

5 WAYS

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HEALTHY & FIT BY

World series

Blanton and Phillies take on Rays in Game 4.
SPORTS, A5



PATROLLING FOR PIRATES



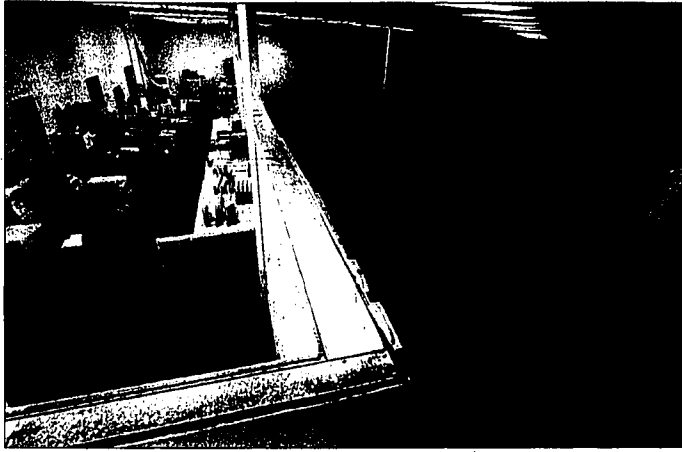
WORLD, A11

TIMES-NEWS

Monday, October 27, 2008

MagValley.com

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The Jerome County Prosecutor's staff will be moving to a larger office in the judicial annex building on Main Street. In the future, there is a possibility of this area being used for a courtroom.

Funding more space

Jerome Co. prosecutors to get larger office

By Andrea Jackson
Times-News writer

An alley of overflowing file cabinets brims with papers stacked several feet deep as clerks at the Jerome County

Prosecutor's Office toil at computer screens surrounded by even more piles of stray documents.
There's just not enough room.
But a bigger office around a

corner and down the hall (Ridley's market, which was converted about two years ago to the Jerome County Court Judicial Annex.
Jerome County

Commissioners last week voted to spend almost \$190,000 to renovate that larger space at the annex to give prosecutors more breathing room.
About \$1 million of cost overruns associated with transforming the old store

Please see JEROME, Page A2

Hospital, others to revisit Canyon View teen program

Doctors say need has been met since 2007 closure

By Nate Poppino
Times-News writer

It's been a year and a half since St. Luke's Canyon View Behavioral Health Services closed its adolescent inpatient unit. Hospital officials, county commissioners and representatives for the Idaho Department of

Health and Welfare will meet next month to review how the closure has affected care options in the Magic Valley.
The officials will also look at other possible steps to improve mental health care in the area, said Twin Falls County Commissioner Terry Kramer. But the big issue is the teen program, which didn't attract enough patients to make it feasible, he said.
"We're not convinced that having nothing in place is a good choice," Kramer said, speaking for the commissioners.

Please see TEEN, Page A4



Cassia Regional Medical Center Emergency Preparedness Coordinator Maria Hoggan inventories supplies to be used during the hospital's Nov. 4 emergency drill. The drill will include the police and fire departments as well as an alternative hospital site set up at the College of Southern Idaho Main-Cassia Center in Burley. The drill will not affect actual patients at CRMC.

Police use DNA to solve everyday property crimes

By P. Solomon Banda
Associated Press writer

DENVER — The burglar was undone by his taste for strawberry soda.

RazJohn Smyer, a suspect in a string of Denver-area break-ins, often checked his victims' refrigerators and helped himself to a drink. The soda can be left behind gave police enough DNA evidence to link him to five burglaries. He's now serving a 20-year sentence.

Smyer's conviction is just one example of how DNA evidence is increasingly being used to solve everyday property crimes across the nation. Once reserved mostly for violent cases such as rape and murder, genetic testing is now much cheaper and faster than when the technology was new.

"Regular watchers of CSI may be led to believe that this technology is already being



RazJohn Smyer: DNA found on strawberry soda cans used in this way, but it's really brand-new," said John

floman of the Urban Institute, lead author of a study on the issue. "This really is the start of a revolution in policing."
The evidence can include almost any biological material left at a crime scene: saliva taken from food, skin cells from the steering wheel of a stolen car, drops of blood from a thief who got cut on a window pane.

By using DNA, authorities



Robert Wilkey: DNA left on a pillow at a crime scene
Michael Devic: DNA left on a piece of 'gold color' candy
RazJohn Smyer: DNA left on a soda can at a crime scene

to identify a suspect than with fingerprints alone. DNA also doubles the number of suspects who are identified, arrested and prosecuted, according to the study, which was funded by the National Institute of Justice.
Burglars identified with DNA evidence in Denver usually plead guilty because prosecutors "have very solid evidence," said Denver

Please see DNA, Page A4

Affordable DNA test increases use

Lower costs of DNA testing and a faster turnaround has increased its use in a multitude of criminal cases.

Cost of processing a case with DNA evidence

Los Angeles \$2,481

Phoenix 1,470

Orange County, Calif. 1,169

Denver 1,033 Average cost

Topeka, Kan. \$1,394

Denver's cost breakdown

526 Preliminary testing

241 Profile generation

92 CODIS entry

78 Case work/return

272 Investigation

184 Post arrest

* Computer program that generates your name and phone numbers (not DNA profile)

SOURCE: Utah Justice

Preparing for the worst

Cassia Regional Medical Center holds Election Day disaster drill

By Laurie Welch
Times-News writer

In case of a dire emergency, Cassia Regional Medical Center officials will conduct a drill on Election Day to make sure they are ready to handle a real one.

"A lot of people have asked us why we are doing this on Election Day," said Maria Hoggan, a Cassia Regional Medical Center registered nurse and emergency preparedness coordinator. "But you never know when a disaster will happen."

No actual patients at CRMC will be affected dur-

ing the three-hour drill from 9 a.m. to noon on Nov. 4, Hoggan said.

Hoggan said the corporate-wide drill called "The Day the State Stood Still," conducted by parent company Intermountain Healthcare, will involve more than 20 hospitals. CRMC is the only participating Idaho facility.

The drill at CRMC will begin with a call to CRMC from its corporate office detailing the magnitude of an earthquake on the Wasatch fault line that has destroyed hospitals, utilities, roads and water sources, Hoggan said.

One thousand patients will be sent to alternative hospitals, including CRMC in the surrounding area. Burley High School drama students will serve as the "walking wounded" patients

Please see DRILL, Page A2

Young voters could rock the polls this year

By Myra Iruo
Associated Press writer

CHICAGO — There's always talk about the impact young voters could have in choosing the next president. But this truly could be a breakout year for them.

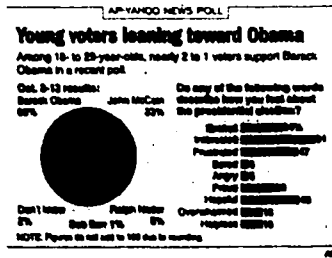
Among the factors: nearly 2-to-1 support for Barack Obama among 18- to 29-year-olds and a seasoned get-out-the-vote effort that has seen young voter participation steadily rising since 2000.

An AP-Yahoo News Poll

conducted earlier this month found that, among 18- to 29-year-old likely voters, 60 percent supported Obama, 33 percent John McCain and 5 percent Ralph Nader. The poll had a margin of error of 9 percentage points.

When asked, "Do any of the following words describe how you feel about the upcoming presidential election?" 61 percent of the young respondents chose "interested," while 48 percent chose "hopeful."

Please see VOTE, Page A2



A group of young supporters cheer for Democratic presidential candidate Sen. Barack Obama, D-Ill., at a rally in Beaverton, Ore., Oct. 17. Young voters are poised to play a key role in choosing the next president, AP photo.

MORNING BRIEFING



TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

Stephen Sondheim's musical *West Side Story*, presented by Burley High School, 8 p.m. curtain, King Fine Arts Center, \$8 general admission and \$10 reserved seating, 312-3450.

BENEFITS AND FUNDRAISERS

Benefit Chili Feed and Silent Auction, for Jessica Dewey (formerly Parsons) to assist with medical and personal expenses; includes entertainment by Brett Reid and Crossfire, 5 to 8 p.m., Heritage Alliance Church, 401 Sixth Ave. N., Twin Falls, 733-9330.

Benefit auction and dinner for Jazz and Select Choirs and Key Club, 6 p.m. dinner and 7 p.m. auction and entertainment, Burley High School cafeteria, \$6 per plate, 543-6662.

CLUBS AND ORGANIZATIONS

Twin Falls Chess Club / Magic Valley Chess Club meeting, 6 to 8:30 p.m., Barnes & Noble Booksellers, 1239 Poleline Road, Twin Falls, (208) 733-6186 or MOLGO.com.

Civil Air Patrol, 7 p.m., Burley Airport, 678-0043 or 878-8880.

Syringa Lions Club 7:30 p.m., United Methodist Church meeting room, 605 H St., town, call 436-9862.

EDUCATION

Visit with Gov. C.L. Butch* Otter, with focus: transportation, water and state budget, 9:30 a.m., Eighth Street Center, Burley, 543-5417.

GOVERNMENT

Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B. Shoshone, 886-2173.

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 733-4068.

Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, Burley, 878-7302.

Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth E., Mountain Home, 587-2129.

Gooding County commissioners, 9 a.m., courthouse, 624 Main, 934-4841.

Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700.

Mindoka County commissioners, 9 a.m., courthouse, 715 G St., Rupert, 436-7111.

Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 735-7274.

Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N., 726-7801.

Hailey City Council, 6 p.m., City Hall, 115

Main St. S., 788-4221.

Jerome County Planning and Zoning Commission, 7 p.m., courthouse, 300 N. Lincoln, 324-9116.

HEALTH AND WELLNESS

College of Southern Idaho's Over 60 and Getting Fit programs, a guided walking workout with stretching and gentle resistance training, 9 to 10 a.m. at several Magic Valley locations: CSI gym, Gooding ISDS gym, Jerome Rec Center, Shoshone High (old gym), Rupert Civic Gym, Blaine County Campus Gym and Filer Elementary; 10:30 to 11:30 a.m. at the Buhl old middle school gym; and 11:30 a.m. to 12:30 p.m. at C.S.I. Burley Outreach Center gym, no cost, 732-6475.

Fit and Fall Proof Exercise Class, 10 to 11 a.m., Blaine County Senior Connection, 721 S. Third Ave., Halley, no cost, 737-5988.

Fit and Fall Proof Exercise Class, 10:30 to 11:30 a.m., Ageless Senior Citizens, Inc., 310 Main St. N., Kimberly, no cost, 737-5988.

SilverSneakers Fitness Program, innovative exercise program designed specifically for Medicare beneficiaries' unique health and physical needs, 11:15 a.m. to noon, Twin Falls YMCA, 1751 Elizabeth Blvd., no cost for human-insured or YMCA members and \$5 per class for non-insured, 733-4384.

Fit and Fall Proof Exercise Class, 1:30 p.m., front lounge, Woodstone Assisted Living Facility, 491 Caswell Ave. W., Twin Falls, no cost, 737-5988.

Choices for Recovery, a non-traditional, 12-step spiritual program open to all faiths, issues and addictions, 4 to 5:30 p.m., west conference room, Mindoka Memorial Hospital, Rupert, no cost, 431-3741.

Recovery for Life: "Find Help, Discover Hope, Experience Healing", includes: Divorce Care, Grief Share, Financial Peace, Co-dependency for Women, 12-Step HOPE (addiction recovery), 6 to 6:45 p.m. meal served and 7 p.m. meetings, Twin Falls Reformed Church, 1631 Grandview Drive N., (corner of Grandview Drive North and Pole Line Road), 733-6128.

LIBRARY

Rhyme Time, toddlers and preschoolers are invited for songs, rhymes, and finger plays, 2 p.m., Storytime Kiva, Twin Falls Public Library, no cost, 733-2964 ext. 110.

Every Child Ready to Read workshop, in English, 6:30 p.m., Jerome Public Library, (208) 324-5427.

To have an event listed, please submit the name of the event, a brief description, time, place, cost and contact number to Suzanne Browne by e-mail at sbrowne@magvalley.com; fax, 734-5538; or by mail, Times News, PO Box 548, Twin Falls, ID 83303-0548. Deadline is noon, four days in advance of the event.

Pat Marcantonio

Pat Marcantonio has things to go and do today

• Support your local high school. A fundraiser dinner and auction will benefit the Buhl High School Key Club and jazz and select choirs. Dinner is served from 6 to 7 p.m. with auction and entertainment to follow at the Buhl High School cafeteria, 1 Indian Territory. Dinner consists of chili, baked potato bar, cornbread for \$6. Auction admission is free. Call 543-8262.

• For a dose of Idaho scenery, go to Malad Gorge off of Interstate 84. It's open yearlong with picnic tables, interpretive view points and a chance to see the Devils Wash Bowl via a metal footbridge over a chasm 250 feet deep and 140 feet wide. There is \$4 per vehicle fee. Don't forget your camera.

• If you can drive, you can volunteer. The Retired and Senior Volunteer Program needs drivers, age 55 and older, in the Mini-Cassia area to drive seniors to doctor appointments and shopping. Call Kitty at 677-4872, ext. 2. This will make you feel good, and you're reimbursed for mileage and covered by excess insurance.

Have your own pick you want to share? Something that's unique to the area and that may take people by surprise? E-mail me at pam@magvalley.com.

Jerome

Continued from page A1

into a professional court building stalled the renovation and the commission Chairman Charlie Howell.

"That's the drawback of remodeling old buildings," Howell said.

An exact timeline isn't available, but Howell said he expects the project to take at least five months. Officials planned for the project alongside original work done at the annex. But commissioners were concerned that tight finances might restrict remodeling projects, county meeting minutes show.

Aside from prosecutors'

office space, outstanding projects include a new courtroom and additional misdemeanor and juvenile probation offices, Howell said.

Misdemeanor probation officers using the basement of the old courthouse may take over some of the prosecutors' current offices, Howell said.

Tight quarters haven't been the only challenge for prosecutors and their staff — the office atmosphere had been literally both hot and cold.

"Employees had to wear coats in the winter and it had been up to 86 degrees this summer," county meeting minutes show.

Temperatures are more tolerable now in the cramped offices.

The prosecutor's eight-person team should be less snug in their soon-to-be renovated space, Howell said.

Jerome County Deputy Prosecutor Paul Kroeger agreed. But, he said, as the county grows, case files will continue to pile up.

"The floor plan should be adequate for a while," he said, "as you walk down the narrow alley here, it's hard to find things."

Andrea Jackson can be reached at 208-735-3380 or ajackson@magvalley.com

Vote

Continued from page A1

But, able to choose more than one answer, only about a third of these likely voters said they were "excited" about the election and 47 percent were "frustrated."

These are the sort of answers one might expect from a group of voters who historically been pegged as Election Day wild cards, but who've also shown they can be counted on — helping get both Ronald Reagan and Bill Clinton elected, for instance.

Show up big this time — and they could put Obama over the top. A lesser voter showing, however, would likely benefit McCain.

So turnout suddenly became a pretty big ingredient," says Peter Levine, director of Tufts University's Center for Information and Research on Civic Learning and Engagement, otherwise known as CIRLE2.

That's especially true in key swing states, such as Florida, North Carolina, Ohio, Pennsylvania and Virginia. In North Carolina, for instance, the most recent tally available shows 57.85 percent new registration, says Levine, director of Tufts University's Center for Information and Research on Civic Learning and Engagement, otherwise known as CIRLE2.

"Young voters don't suffer from a lack of interest. They suffer from a lack of access."

— Executive director of the Student Association for Voter Empowerment Matthew Segal

national trend.

Rock the Vote, which focuses on young voters, has registered more than 2.3 million voters this year, compared with more than 1.4 million voters in 2004, already a standout year for youth turnout.

In that election, about 47 percent of 18-to-24-year-olds voted, up from 36 percent in 2000, according to the Census Bureau. While their impact was not felt as greatly because their vote was more evenly split between George W. Bush and John Kerry, no other age group increased turnout by more than 5 percentage points.

And some political scientists expect those numbers to be topped yet again, especially since young voters have been a long-standing centerpiece of Obama's campaign.

Besides college students, his supporters include people like 13-year-old Chicagoan who recently completed a training and education program called Jobs for Youth and is looking for employment — and a change in the country's leadership.

"I want this time to be different," says Hansen, who has

many peers who also plan to vote.

They may be considered unlikely voters by some. But political scientist Molly Andolina expects many of them will make it to the polls in November.

This cohort has shown a lot of resilience," says Andolina, a professor at DePaul University who studies young-voter habits. "Prior to Obama's win in Iowa — when it was known that he was popular among youth — many students here declared they'd never make it out, in the cold of January, when college and universities were still on break, to spend an hour or more caucusing...."

But they did. And he would.

Still others wonder if young voters' support for Obama might be even stronger than the polls have been showing, since many under 30s don't have land lines.

Because of this, Sam Wang, a professor at Princeton University who helps oversee Princeton Election Consortium, estimates that on average, national polls tend to be understating Obama's margin over McCain by about 1 percentage point.

Drill

Continued from page A1

also will be part to CBMT. Area police and fire departments will also play a part, Hoggan said.

"The scenario will be that the roads are destroyed and there will be no delivery of supplies," she said. "We will be totally isolated for 96 hours."

The hospital has been purchasing additional supplies — including 20 extra wheelchairs, 20 cots and three stretchers, as well as IV poles and blood pressure cuffs — with ITN Homeland Security grants. The supplies will be transported to the hospital's chosen alternative site at the college of Southern Idaho Minn-Cassia Center.

The patients will be transported to the north side of CSI and directed to classrooms set up for the drill where they will be

"The scenario will be that the roads are destroyed and there will be no delivery of supplies. We will be totally isolated for 96 hours."

— Marie Hoggan, Cassia Regional Medical Center registered nurse and emergency preparedness coordinator

hospital determining if the hospital has 96 hours worth of supplies, seeing if there are enough staff members to take care of the additional load of patients and finding out how an alternative site at CSI works. Other alternative sites could include churches or other public buildings during a real disaster.

Ambulances will be running and patients will be in makeup that simulates students at the college, but Hoggan wants area residents to understand the drill is only practice.

"Usually we have tabletop drills," Hoggan said. "This one is really hands on and that will tell the story of what we're prepared or where we're lacking."

Laurie Welch may be reached at 208-677-8767 or laurie@magvalley.com

Crash at Golf Course Road sends at least one to hospital

Times-Herald

A two-vehicle crash at the intersection of U.S. Highway 93 and Golf Course Road on Sunday afternoon sent at least one person to the hospital with minor injuries, police said.

At about 5:30 p.m., a 2002

silver Buick Century driven by a 74-year-old woman collided with a red Dodge Caravan driven by a 31-year-old woman, said Howard Slack, a dispatcher with Idaho State Police. Slack said it wasn't clear how the crash occurred or if any drivers were injured.

Slack said at least one person suffered minor injuries, but details were unavailable. Police said there may have been a third person in the car, but that could not be confirmed.

A nearby stop sign was torn down, leading police to temporarily divert traffic, police said.

Times-News

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CORRECTION

Name spelling

The Jerome/Wood River football game story on page D1 of Saturday's Times-News incorrectly spelled the name of Jerome football coach Gary Krumm.

The Times-News regrets the error.

Governor Otter in Buhl, Hailey today

Gov. C.L. Butch* Otter will be in Buhl and Hailey today for legislative campaign events, according to a release from his office.

He will appear at the English Street Center at 200

English Ave. N. in Buhl at 9:30 a.m. He will also be at the Uppiger Hill at Wood River Center Hall, at 609 Third Ave. S. in Hailey at noon. He'll then travel to Eastern Idaho for similar events.

In Buhl, Otter is expected to lead his support to local Republican legislators running for office.

The general election is Nov. 4.

State: No TB from California found in Idaho cattle yet

By Nate Poppo
Times-News writer

State agricultural officials have yet to find any cases of bovine tuberculosis connected to cattle brought in from California, state veterinarian Bill Barton said Friday.

Officials with the Idaho State Department of Agriculture announced in July they were searching for 961 purebred Holstein dairy bulls imported over the past few years from herds that recently tested positive for the disease.

Though testing was briefly put on hold in September for officials to deal with a case of avian flu in a Treasure Valley game bird farm, Barton said he still plans to wrap up testing by the end of the year.

Officials still have to check some dairies and feedlots in the Magic and Treasure valleys.

The department located all of the bulls and has been inspecting the facilities where they were kept and other cattle they came in contact with, Barton said. As many as 45,000 cattle could be tested by the end of the search.

Tom Shanahan, spokesman for the Idaho Department of Health and Welfare, confirmed that health officials have not found any TB cases in humans associated with the cattle.

California lost its TB-free status in September after holding it for three years. The change placed restrictions on what cattle can be moved out of the state.

Twin Falls assessor's office completes move into clinic office

By Nate Poppo
Times-News writer

Twin Falls County officials are moving ahead with plans to consolidate the assessor's office in downtown clinic space gradually being turned over by St. Luke's Magic Valley Medical Center.

County commissioners cleared the way Thursday for computer and IT infrastructure to be set up in a section of the clinic's abandoned second floor — reuniting the main assessor's office with a satellite office already there.

The move won't require remodeling, Commissioner Terry Kramer said. The commissioners originally intended to do so, but issues surrounding what should pay for remodeling the clinic are still being sorted out, he said. Commissioners decided the space needs were too important to hold off on the move.

A section of the 2006 sales

agreement that transferred the hospital to St. Luke's requires the corporation to provide up to \$3 million in in-kind remodeling services to turn the clinic into county offices. County officials have since argued the contract holds St. Luke's to providing more than that. The issue is headed for mediation, likely in December.

County officials considered doing the assessor's remodeling themselves, but were concerned about disturbing the doctors who remain on the first floor, Kramer said. During remodeling work for the county's specialty courts, workers ruptured a pipe, he said, causing a "little bit of a flood."

"We decided we didn't want to take the chance of tearing into that thing with the doctors still in there," Kramer said. "We didn't see where we could

do that and not interfere with them."

Doctors already had good computer infrastructure in the building, Kramer said, and the county mostly needs to just trace cables and install servers. The county and the clinic maintain separate computer networks to avoid any privacy issues or other data problems, he said.

"We're just making some real progress," Kramer said.

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T.F. Council to vote on park rental fees

By Jared S. Hopkins
Times-News writer

The Twin Falls City Council is scheduled to vote tonight on raising the price for large groups to reserve space at city parks. It will also see a presentation on a proposed sign ordinance, a comprehensive document designed to clarify all types of signs within city limits.

After a public hearing last week, the City Council tabled the vote on park fees. Parks and Recreation Director Dennis Boyer is requesting an increase in park rental fees assessed to large groups or organizers of special events and sports tournaments reserving space at city parks. Among the proposed changes is creating a City

Park rental fee of \$300 per day for half of the park and \$600 for the full park (band shell and power are included).

Overall, the changes would raise at least \$10,000 in new revenue — funding needed to offset growing operating costs at the parks department, Boyer said. Rental fee increases at City Park alone would generate between \$6,000 and \$7,000.

Meanwhile, the new sign ordinance is designed to fix the current code, which officials say is incomplete and full of vague provisions difficult to enforce. It was drafted over two years by an advisory committee that included some city council members.

The Twin Falls Planning and Zoning Commission recently recommended the

council adopt the ordinance, but added a handful of amendments. The council can adopt, reject or change any of the proposed amendments.

The code generally focuses on signs requiring permits and those that don't. Sign regulations affect most commercial properties, as every business in town would fall under at least one day of the code. Monday's meeting could be a long one: the presentation to the P and Z commission took about two hours.

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

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

5TH DISTRICT COURT NEWS

Recent activity in 5th District Court in Twin Falls County included the following:

City of Twin Falls

INDEMNIFICATION SETTLEMENTS

- Timothy L. Harshman, 46, summary driving without privileges, \$700 fine, \$400 suspended, 90 days jail, \$75 public defender fee, 180 days jail, 178 suspended, two days work detail, driving privileges suspended, 180 days, 12 months probation, 180 days jail, 21, Twin Falls, driving without privileges, \$500 fine, \$300 suspended, 90 days jail, \$75 public defender fee, 90 days jail, 90 suspended, three days work detail, driving privileges suspended, 180 days, 18 months probation, \$1,000 fine, \$500 suspended, 90 days jail, 126 suspended, driving privileges suspended, 180 days, 18 months probation, no acc no
- Maureen B. Ruggland, 21, summary one court driving without privileges, two or more convictions, 100% suspended, 30 days jail, credit for time served, driving privileges suspended, 90 days, one court hearing, obstructing an officer, suspended
- Jesse P. Thompson, 29, Twin Falls, driving without privileges, \$500 fine, \$300 suspended, 90 days jail, \$75 public defender fee, 90 days jail, 90 suspended, ten days work detail, driving privileges suspended, 180 days, 12 months probation, 180 days jail, 21, Twin Falls

- requesting a place where a controlled substance is used, \$85 50 costs, \$75 public defender fee, 57 days jail, credit for time served, Laura J. Condon, 38, Twin Falls, one court possession of a controlled substance, \$500 fine, \$300 suspended, \$85 50 costs, 90 days jail, 90 suspended, two days work detail, 12 months probation, no acc, one court possession of a controlled substance, dismissed
- Joseph C. Dudley, 29, Twin Falls, domestic battery, amended to man, costs may be properly, \$500 fine, \$300 suspended, \$75 50 costs, 90 days jail, 88 suspended, credit for time served, two days work detail, 12 months probation, no acc
- Jared M. Gaff, 26, summary one court failure to carry driver's license or person, \$300 fine, \$200 suspended, \$75 50 costs, 30 days jail, 30 suspended, one day work detail, six months probation, one court failure to appear, \$300 fine, \$200 suspended, 30 days jail, 30 suspended, six months probation, no acc
- Yvonne A. Higgins, 21, Twin Falls, orders from under the influence of alcohol or drugs, \$25 fine, \$75 50 costs, Christopher A. Resnick, 21, Twin Falls, possession under the influence of alcohol or drugs, \$25 fine, \$75 50 costs, \$25 fine, \$25 fine, \$75 50 costs
- Larry L. Wood, 19, Twin Falls, one court minor consumption, withheld judgment, granted, \$300 fine, \$300 suspended, \$75 50 costs, driving privileges suspended, 90 days, 12 months probation, no acc, one court battery, withheld judgment

- granted, \$500 fine, \$300 suspended, 60 days jail, 58 suspended, credit for time served, 12 months probation, 90 hours community service
- Ashley Sammons, 24, Twin Falls, probation, withheld judgment, \$500 fine, \$300 suspended, \$75 50 costs, 90 days jail, 90 suspended, two days work detail, 12 months probation, no acc
- Robert J. Threl, 39, Twin Falls, requesting a place where a controlled substance is used, withheld judgment, granted, \$500 fine, \$300 suspended, \$75 50 costs, \$75 public defender fee, 12 days jail, 12 suspended, 12 months probation, one day work detail, no acc
- Cassandra R. Tully, 30, Twin Falls, possession of drug paraphernalia, \$500 fine, \$300 suspended, \$85 50 costs, \$75 public defender fee, 90 days jail, 90 suspended, 12 months probation, no acc
- Victor B. Caspide, 19, Twin Falls, requesting obstructing an officer, amended to disturbing the peace, disorderly conduct, \$500 fine, \$300 suspended, \$75 50 costs, 30 days jail, 29 suspended, credit for time served, one day work detail, six months probation, no acc
- Matthew J. Weaver, 22, Port Angeles, WA, minor of if no contact order, \$700 fine, \$400 suspended, \$75 50 costs, \$75 public defender fee, 180 days jail, 180 suspended, credit for time served, 180 hours work detail, 180 days probation, no acc

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Palin terms curbed bids from pipeline competitors

By Justin Pritchard and Sarah Ball
Associated Press writers

ANCHORAGE, Alaska — Gov. Sarah Palin's signature accomplishment — a contract to build a 17.5-mile pipeline to bring natural gas from Alaska to the Lower 48 — emerged from a flawed bidding process that narrowed the field to a company with ties to her administration, an Associated Press investigation shows.

Beginning at the Republican National Convention in August, the McCain-Palin tickets has touted the pipeline as an example of how it would help America achieve energy independence.

Despite Palin's boast of a smart and fair bidding process, the AP found that her team crafted terms that favored only a few independent pipeline companies and ultimately benefited the winner, TransCanada Corp.

And contrary to the ballyhoo, there's no guarantee the pipeline will ever be built; at a minimum, any project is years away, as TransCanada must first overcome major financial and regulatory hurdles.

In interviews and a review of records, the AP found:

- Instead of creating a process that would attract many potential bidders, Palin started the terms away from an important group — the global energy giants that own the rights to the gas.
- Despite promises and legal guidance not to talk directly with potential bidders, Palin had meetings or



In this Jan. 4, 2008 file photo, Department of Natural Resources Deputy Commissioner Marty Rutherford, left, answers questions during a news conference in Anchorage, Alaska where Gov. Sarah Palin, right, announced that the only application submitted under the Alaska Gas Line Inducement Act to meet all the state's requirements for the exclusive right to build a natural gas pipeline.

phone calls with nearly every major candidate, including TransCanada.

• The leader of Palin's pipeline team had been a partner at a lobbying firm where she worked on behalf of a TransCanada subsidiary. Also, that woman's former business partner at the lobbying firm was TransCanada's lead private lobbyist on the pipeline deal. Plus, a former TransCanada executive served as an outside consultant to Palin's pipeline team.

• Under a different set of rules — four years earlier, TransCanada had offered to build the pipeline without a state subsidy; under Palin, the company could receive a maximum \$500 million.

• Governor Palin held firm to her fundamental belief that Alaska could best serve

Alaskans and the nation's interests by pursuing a competitive approach to building a natural gas pipeline. "The leader of Palin's pipeline team had been a partner at a lobbying firm where she worked on behalf of a TransCanada subsidiary. Also, that woman's former business partner at the lobbying firm was TransCanada's lead private lobbyist on the pipeline deal. Plus, a former TransCanada executive served as an outside consultant to Palin's pipeline team.

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• Governor Palin held firm to her fundamental belief that Alaska could best serve

Alaskans and the nation's interests by pursuing a competitive approach to building a natural gas pipeline. "The pipeline would run from Alaska's North Slope to Alberta in Canada; secondary lines would take the gas to various points in the United States and Canada.

DNA

Continued from page A1
But, able to choose more than one answer, only about a third of these likely young voters said they were "excited" about the election and 47 percent were "frustrated."

These are the sort of answers one might expect from a group of voters who've historically been pegged as Election Day wild cards, but who've also shown they can be counted on — helping get both Ronald Reagan and Bill Clinton elected, for instance.

Show up with this time — and they took up Obama over the top. A lesser youth showing, however, would likely benefit McCain.

"So turnout suddenly becomes a pretty big ingredient," says Peter Levine, director of Tufts University's Center for Information and Research on Civic Learning and Engagement, otherwise known as CIRCLE.

"That's especially true in key swing states, such as Florida, North Carolina, Ohio, Pennsylvania and Virginia. In North Carolina, for instance, the most recent tally available shows 579,858 new registrants who are eligible to vote this year. Many of them 20somethings, they represent about 9 percent of the state's registered voters and could be a difference-maker in a close race, particularly if they support one candidate more heavily than another.

The huge influx of new voters is part of a larger national trend.

Rock the Vote, which focuses on young voters, has registered more than 2.3 million voters this year, compared with more than 1.4 million voters in 2004, already a standout year for youth turnout.

In that election, about 47 percent of 18- to 24-year-olds voted, up from 36 percent in 2000, according to the Census Bureau. While their impact was not felt as greatly because their vote was more evenly split

between George W. Bush and John Kerry, no other age group increased turnout by more than 5 percentage points.

And some political scientists expect those numbers to be topped yet again, especially since young voters have been a long-standing centerpiece of Obama's campaign.

Besides college students, his supporters include people like Elvis Garcia, a 19-year-old Chicagoan who recently completed a training and education program called Jobs For Youth and is looking for employment — and a change in the country's leadership.

"I want this time to be different," says Garcia, who has many peers who also plan to vote.

"They may be considered unlikely voters by some. But political scientist Molly Andolina expects many of them will make it to the polls in November.

"This cohort has shown a lot of resilience," says Andolina, a professor at DePaul University who studies young-voter habits. "Prior to Obama's win in Iowa — when it was known that he was popular among youth — pundits declared that they'd never make it out, in the cold of January, when college and universities were still on break to spend an hour or more caucusing ...

"But they did. And he won."

Still others wonder if Obama might be even stronger than the polls have been showing, since many under-30s don't have land lines. Because of this, Sam Wang, a professor at Princeton University who helps oversee

Princeton Election Consortium, estimates that, on average, national polls could be understating Obama's margin over McCain by about 1 percentage point.

But that's a minor issue compared with barriers to voting some young people are facing, says Matthew Segal, the young executive director of the Student Association for Voter Empowerment.

"Young voters don't suffer from a lack of interest. They suffer from a lack of access," Segal says.

In this election, he's heard complaints about everything from difficult registration requirements to fliers that falsely tell college students they'll lose their student loans if they don't vote in their home state.

Segal's group, also called SAVE, was founded in reaction to voting problems college students faced in Ohio and other states in 2004. Those issues included polling facilities that had trouble handling the influx of young voters.

Students at Washington University in St. Louis were so frustrated after similar problems there that the university persuaded the county to put a polling place on campus for this election. It'll serve about a third of students.

The university also will provide shuttles to students who vote off campus, says Jordan Abel, a sophomore who helped lead an effort that registered an additional 2,000 students.

"There's a tangible sense of excitement and a desire to get involved," Abel, an independent who's still deciding on a candidate, says of the mood on campus.

Teen

Continued from page A1

The program was closed in August 2007, initially for a six-month trial period. The facility only admitted about one-fifth of the teens referred to it — only the suicidal, homicidal or gravely injured.

The loss of the program and, in 2006, the Walker Center's adolescent unit, means the nearest adolescent in-patient facilities are in the Blackfoot, Idaho Falls and Salt Lake City.

Dr. Rick Yavrutian, a child psychiatrist who now manages Canyon View with Jamie Humphrey, said Friday that recent conversations with doctors at Eastern Idaho Regional Medical Center's Behavioral Health Center, Intermountain Hospital and Saint Alphonsus Regional Medical Center found no evidence that Canyon View would have any more teenage patients today than it did a year and a half ago.

Officials with Health and Welfare told the Times-News in February that transportation had been a problem for patients from the Magic Valley, but that even so had been able to find bed space when they needed it.

Statistics at the time showed teen patients holding steady or decreasing in behavioral health facilities across Idaho, but Canyon View reported a decline that left the average daily census at 17 teenage patients. That was down from 19 in previous years, Yavrutian said. And it tied up an entire 12-bed wing that otherwise could be used for growing adult needs.

The closure came just as a number of Magic Valley groups were pulling together to address mental health. Canyon View, which has since added two psychiatrists to its staff, will soon open a joint behavioral health center with Family Health Services and other entities that will pull together "fragmented services," Yavrutian said. An improved out-patient program could head off problems before teens would need to be hospitalized, he said.

The county is also about to open a counseling center, Kramer said, and now has a pilot program providing behavioral health screenings at the county detention center.

In an e-mail to hospital officials on Thursday, Commissioner Tom Mikese cited a section of the 2006 hospital sales agreement that requires St. Luke's to keep mental health services "at the level and scope at least equivalent to what it was at the time. The package included both out- and in-patient services.

The language is one reason county commissioners have

monitored the closure's impact. But St. Luke's CEO Mark Schwartz said Friday he doesn't think commissioners will push the issue during the November meeting, and that the hospital's new focus on out-patient prevention could meet that requirement by reducing the need for in-patient treatment.

"I do think that what we're doing is actually providing a more-enhanced service and a higher level of service" than in past years, he said.

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

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Seahawks ruin Singletary's debut

Seattle tops SF 34-13

By Greg Buchanan
Associated Press writer

SAN FRANCISCO — Compared to new coach Mike Singletary's feuding, fumbling, quarterback-switching 49ers, even the struggling Seattle Seahawks looked sharp.

Fullback Leonard Weaver made two lengthy touchdown catches, Josh Wilson returned an interception 75 yards for a score and the Seahawks

ruined Singletary's tumultuous debut with San Francisco in a 34-13 victory Sunday.

Seneca Wallace passed for 222 yards in his third career victory as a starter, including short passes turned into scores of 43 and 62 yards by his fleet-footed fullback T.J. Duckett had an early 1-yard TD run as the Seahawks (2-5) calmly snapping their three-game losing streak and

evened the season series with the Niners, who lost their fifth straight.

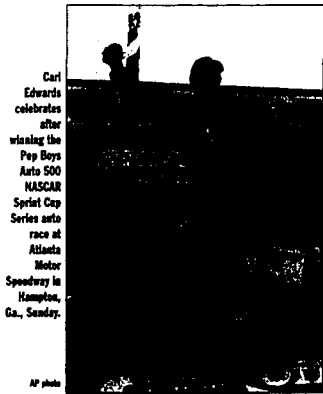
Seattle's steady effort was nothing like the crazy day for the 49ers (2-6) and Singletary, the Hall of Fame linebacker who took over the team after Mike Nolan was fired last Monday. In Singletary's first game in charge, he couldn't immediately fix a porous defense — but he benched quarterback J.T. O'Sullivan after three turnovers and ordered overheated tight end Vernon Davis off the field after a foolish penalty.

Before Singletary went into the 49ers' locker room after the game, he removed his hat and spoke to the fans above the tunnel, saying: "I apologize. I apologize to you guys. I apologize."

Singletary, known for his fiery motivational speeches, was promoted from assistant head coach to replace Nolan, who went 10-37. The Niners came out with little passion early — and thanks mostly to O'Sullivan's mistakes, the Seahawks had a 20-3 halftime lead with just 111 yards of offense.



San Francisco 49ers' Jason Hill (89) scores a touchdown past Seattle Seahawks' Marcus Trufant (23) and Josh Wilson (26) in the third quarter of an NFL football game, Sunday in San Francisco.



Edwards wins, Johnson finishes 2nd to widen lead

By James Frye
Associated Press writer

HAMPTON, Ga. — Winning races is the only way anyone has a chance to catch Jimmie Johnson in the race for the Sprint Cup championship.

And even that may not be enough.

Carl Edwards won Sunday at Atlanta Motor Speedway, yet it barely kept him in Johnson's championship rearmview mirror.

Johnson roared back from a rare pit-road penalty with a masterful final drive through the field to finish second and widen his lead in the standings to 183 points over Edwards with three races to go in the Chase for the championship.

A jubilant Edwards was

quickly brought back down to earth when informed of Johnson's final position while celebrating in Victory Lane.

"Are you kidding me?" Edwards asked. "You've ruined my parade. I could have done without that one. That's unbelievable. He does a great job."

A championship-winning job.

Johnson, racing for his third consecutive title, started from the pole but dropped as low as 30th and a lap off the pace after NASCAR flagged him for speeding on pit road. He had in race his way back onto the lead lap, but was still hovering outside the top 10 as the laps wound down.

Please see CARL, Page A6

Phillies crush Rays

Homers send Phillies to victory

By Ronald Blum
Associated Press writer

PHILADELPHIA — Even their pitcher socked a ball into the seats.

If Ryan Howard, the Philadelphia Phillies and their frustrated fans needed any more evidence this really might be their year, Joe Blanton gave it to them.

Blanton became the first pitcher to sock a ball into the seats in the World Series. Howard drove in five runs with two homers and the Phillies romped over the Tampa Bay Rays 10-2 on Sunday night to move within one win of their first championship since 1980.

Jayson Werth also homered as the Phillies took a 3-1 lead in the best-of-seven Series.

Cole Hamels will try to close out the Phillies' second Series title on Monday night against Scott Kazmir in a rematch of Game 1 starters. Hamels (4-0) is trying to become the first pitcher to win five postseason titles in one year. Of the 42 teams to take 3-1 World Series leads, 36 have gone on to win



the crown.

"It will be absolute bedlam," Howard said of a Phillies' possible title. "It will be one of the craziest places on Earth. It's kind of scary to imagine."

After splitting the first two games in Florida, the Phillies improved to 6-0 at Citizens Bank Park this postseason. That includes a wacky, rain-delayed 5-4 win in Game 3 that ended at 1:47 a.m. Sunday — it drew a 6.1 television rating, easily the lowest in Series history.

Jimny Rollins made a great escape from a rundown in the first inning — perhaps with the help of an umpire's blow call — energizing the Phillies and rattling the Rays.

A day after hitting his first

homers of the Series, Howard connected twice. The major league leader in homers and RBIs hit a three-run drive off Andy Sonnanstine that made it 5-1 in the fourth and sent screams through a whooped-up crowd of 45,933. Howard struck again with a long, two-run shot in the eighth.

Blanton, with a Greg Luzinski body type that's a throwback to an era of pudgy pitchers, had a dreamlike night. He gave up four hits — including solo homers to Carl Crawford and pinch-hitter Eric Hinske — struck out seven and walked two in six-plus innings.

Just 2-for-33 (.061) with one RBI in his career to that point, Blanton homered in the fifth.

"I guess I just stuck with my first

same approach to hitting since I got here, you know: Close my eyes and swing hard in case," Blanton said. "Hope something good happens. Better to be lucky than good, I guess."

Even when Jason Bartlett's grounder up the middle carried off him in the fifth, the ball went straight to third, where Pedro Felix threw to first for the out. The pinball wizard defense was fitting — The Who gave a concert across the street at the Wachovia Center on Sunday night.

Four pitchers combined for one hit relief, with Ryan Madison striking out B.J. Upton on a 3-2 changeup to end the seventh with two runners on, preserving a 6-2 lead.



Philadelphia Phillies' Ryan Howard runs off of Tampa Bay Rays' Andy Sonnanstine during the fourth inning of Game 4.

No. 11 BSU in position to earn BCS bid

By Ralph H. Bean
Associated Press writer

NEW YORK — Tenth-place Utah and 11th-place Boise State are both in position to earn an automatic BCS bid, but only one is reserved for first-place Texas and second-place Alabama on Sunday.

Penn State surged in the Bowl Championship Series standings after its big win at Ohio State, closing the gap on first-place Texas and second-place Alabama on Sunday.

Still, the Nittany Lions are in danger of being unseated and left out of the BCS national championship game.

The Longhorns were again first by far in all the polls and on top of all the computer rankings. Staying undefeated would be easy for Texas, which plays at Texas Tech on Saturday, but if Collin McRoy said crew cars, a trip to Miami

for the Jan. 8 title game will be theirs.

The top two teams in the final BCS standings play for the national title.

Texas' 5981 BCS average is the third highest since the current formula, which counts the USA Today coaches' poll and Harris poll for two-thirds of the grade and a compilation of six computers for the other third, was put in place in 2004.

The Crimson Tide (3,439) were a solid second in the polls, and second in all but one of the computer ratings.

Penn State's 13-6 victory over Ohio State helped in the computer rankings and pushed its average to 3,257.

The podium for the Nittany Lions in the postwar weeks of the Big Ten in comparison to the Southeastern Conference and the Big 12.

After a week off, Penn State

Please see BCS, Page A6

College Bowl Series standings

| NAME | TEAM | BSU | BSU AVE | INTERACTIVE | FOOTBALL | COMPUTER | RANKING |
|------|----------------|------|---------|-------------|----------|----------|---------|
| 1. | Texas | 5981 | 1 | 1 | 1 | 1 | 1 |
| 2. | Alabama | 5498 | 2 | 2 | 2 | 2 | 2 |
| 3. | Penn State | 3257 | 3 | 3 | 3 | 3 | 3 |
| 4. | Ohio State | 3202 | 4 | 4 | 4 | 4 | 4 |
| 5. | Georgia | 3185 | 5 | 5 | 5 | 5 | 5 |
| 6. | Oregon | 2703 | 6 | 6 | 6 | 6 | 6 |
| 7. | Utah | 2681 | 7 | 7 | 7 | 7 | 7 |
| 8. | Florida | 2288 | 8 | 8 | 8 | 8 | 8 |
| 9. | Michigan | 2287 | 9 | 9 | 9 | 9 | 9 |
| 10. | LSU | 2088 | 10 | 10 | 10 | 10 | 10 |
| 11. | Boise State | 1977 | 11 | 11 | 11 | 11 | 11 |
| 12. | Ohio State | 1873 | 12 | 12 | 12 | 12 | 12 |
| 13. | Washington | 1869 | 13 | 13 | 13 | 13 | 13 |
| 14. | Memphis | 1747 | 14 | 14 | 14 | 14 | 14 |
| 15. | North Carolina | 1738 | 15 | 15 | 15 | 15 | 15 |
| 16. | Michigan State | 1737 | 16 | 16 | 16 | 16 | 16 |
| 17. | Georgia Tech | 1737 | 17 | 17 | 17 | 17 | 17 |
| 18. | LSU | 1688 | 18 | 18 | 18 | 18 | 18 |
| 19. | Michigan | 1687 | 19 | 19 | 19 | 19 | 19 |
| 20. | Virginia Tech | 1687 | 20 | 20 | 20 | 20 | 20 |
| 21. | North Carolina | 1687 | 21 | 21 | 21 | 21 | 21 |
| 22. | North Carolina | 1687 | 22 | 22 | 22 | 22 | 22 |
| 23. | North Carolina | 1687 | 23 | 23 | 23 | 23 | 23 |
| 24. | Oregon | 1687 | 24 | 24 | 24 | 24 | 24 |

NOTE: The BCS average is calculated by averaging the current team of the Harris poll, USA Today Coaches and Computer polls.

SOURCE: Bowl Championship Series

Canyon Conference tie-breaker tonight

Valley, Glenns Ferry and Declo, each tied at 1-1 in Canyon Conference regular-season play, will meet at 6 p.m. tonight at Jerome High School to decide which two teams will advance to the Class 2A state football playoffs.

Each team will play the other in an overtime period set-up, with teams starting possessions at the 40-yard line in the two rounds, the 25-yard line in the second round and 10-yard line for the third round until a winner is decided. A coin flip will determine which team gets the ball first.

The top two teams tonight will represent District IV in the playoffs. The team that

wins goes 2-0 will be the district's top seed, while the team going 1-1 will be the second seed. The team that goes 0-2 will have its season end.

Declo (5-3) will face Glenns Ferry (2-6) first, with the Pilots then facing Valley (2-5). Valley and Declo will square off after that.

B.C. By Johnny Hart

PETER?

YESSS...?

LOOK, ROCK MAN, I ONLY DEAL WITH PETER!

Baby Blues By Rick Kirkman & Jerry Scott

And there's a **FLAG** on the **PLAY!**

Clipping

MO-M-N-N-M!

Beetle Bailey By Mort Walker

NO! I TOLD YOU NO YESTERDAY AND I'LL TELL YOU NO TOMORROW!

EVERYTHING IN LIFE IS SUBJECT TO CHANGE EXCEPT GARGE

GOPE! WORK LONPER

Blonde By Dean Young & Stan Drake

DAGWOOD! WE'VE BEEN WALKING FOR REARLY AN HOUR!

IT'S OKAY, HONEY, I KNOW WHERE WE ARE!

LET'S HEAD HOME! WE'VE GONE TOO FAR!

WHAT MAKES YOU THINK YOU'VE GONE TOO FAR?

JUST CALL IT A "SIXTH SENSE"

Dilbert By Scott Adams

YOUR PROJECT IS NOT SEXY.

I'M TRANSFERRING ALL OF YOUR FUNDING TO A PROJECT THAT TOTALLY AROUSES ME.

THAT'S SOMETHING THEY DON'T COVER IN BUSINESS SCHOOL

The Elderberries By Phil Frank and Joe Tropea

Something about fall depresses me - the inevitable quiet of life.

It could be that it reminds you of the inevitable quiet of life.

The drama we all have a role in.

Man story's about a rebel.

A lead character who refuses to play by the rules, but has a hunger for justice.

Not to mention an impressive retention of the basic plot of every 1950s police movie.

For Better or For Worse By Lynn Johnston

DADDY DREDDY! MRS BARD'S SHEEPDOG HAD PUPPIES, AN' SHE SAYS WE CAN SEE THEM - WILL YOU COME? PLEASE?

HONEST, HONEY WE'RE JUST GOING OVER TO LOOK!

OK, BUT IF YOU COME BACK WITH ONE - I QUIT!

Frank and Ernest By Bob Thaves

ON-CALL ROOM

THIS ROOM IS FOR THE ON-CALL SURGEONS.

OPERATORS ARE STANDING BY!

Garfield By Jim Davis

I'LL NEVER EAT AN ENTIRE PLATE OF JALAPENO POPPERS BEFORE BED AGAIN

Hagar the Horrible By Chris Browne

MY WIFE WANTS TO KNOW IF WHEN YOU LEAVE, YOU'LL TAKE OUT THE GARBAGE?

Hi and Lois By Chance Brown

MONDAY:

TUESDAY:

YOU'RE LIKE MY LITTLE CHARGEABLE SOLAR BATTERY, TRINE.

Luann By Greg Evans

HERE IT IS! YOUR NEW COSTUME FOR WHEN YOU READ "THE BEAUTIFUL WITCH"

HOW PRETTY! BROSKE, GARDNER, HOW LIKE "EVYRA DOES THE PLAYBOY MANSON"

I DO USE ONE OF BOB HAKER'S OTHER QUITT'S AS INSPIRATION.

I'M GOING TO TAKE THINGS OFF TO PUT THIS ON.

MM, WELL, I COULD ALTER THEM.

I CAN'T WAIT TO TRY IT!

Classic Peanuts By Charles M. Schulz

THAT SIGH SAID GOLFERS DRIVING A CART SHOULD OBEY THE 50% RULE.

I FAILED GEOMETRY

Pearls Before Swine By Stephan Pastis

WHAT ARE YOU DOING, PIG?

I'M HANGING FROM A CHAIN-UP BAR UNTIL EVERYONE IN THE WORLD LEARNS TO LOVE EACH OTHER.

YOU DUMB PIG. IF YOU HANG THERE LONG ENOUGH YOUR ARMS ARE GONNA STRETCH OUT.

OH, I'M NOT WORRIED ABOUT THAT. I KNOW THAT WITH THE WAY THINGS ARE GOING PEOPLE WILL SEE THEY HAVE NO CHOICE BUT TO START LOVING EACH OTHER...

Sigh.

Pickles By Brian Crane

EARL, DO YOU REMEMBER WHAT I TOLD YOU ON THE DAY WE GOT MARRIED?

YOU'RE MARRIED, RIGHT?

NO, I TOLD YOU THAT YOU COULD EITHER GET FAT OR GO BALD.

AND YOUR POINT IS...?

Rose is Rose By Pat Brady

Non Sequitur By Wally Pfister

HELL, LOOKING AT THE BRIGHT SIDE, TURNING CANT GET AS FAR AWAY BY STARGAZING INTO THE COSMOS.

CALL A BUNNY BLOOD.

I WANT FREE FINANCIAL ADVICE

I WANT UNEXPECTED

IT'LL BE THE BEST THING THAT HAPPENS TO YOU

COULD YOU HELP ME FIND A SUFFICIENT CARD? MY FRIEND'S PROBLEM?

The Wizard of Id By Brant Parker & Johnny Hart

JUST THINK OF THE MONEY WE'LL SAVE ON HEATING OIL THIS YEAR!

Zits By Jim Borgman and Larry Scott

THIS S ROCKLOW

I JUST WANE THE FINE PRINT OF READING GUMMERS IN THIS MORNIN, AND I CANT THOPE OF THEM!

WE COULDN'T MISS QUITE THIS MORN!

AND, WASTELY, WE'LL BE FORGOTTEN!

EDITORIAL

Cameron an essential advocate for Magic Valley

There are higher-ranking members of the Idaho Senate, but none more influential than Dean Cameron.

The 47-year-old Republican insurance agent from Rupert co-chairs the budget-writing Joint Finance Appropriations Committee, but he's an important player in most issues the Senate considers.

And he's an indispensable representative of the Magic Valley's interests. From College of Southern Idaho funding to water projects, Cameron's fingerprints are on nearly every legislative action that benefits this region.

That's why we're endorsing him for a 10th term. We do so even though Cameron has a thoughtful and energetic Democratic opponent in Jerome consulting engineer Scott McClure.

McClure, 61, has tackled two issues that most lawmakers ignore: the Legislature's role in refereeing how the Eastern Snake River Plain Aquifer is allocated and high health insurance costs that put an unreasonable burden on Idaho employers.

He'd change the Idaho Department of Water Resources practice of managing water on a sectional basis across the Snake River Plain; the aquifer must be looked at as a comprehensive system, McClure argues.

And he thinks the Legislature has abdicated its responsibilities on thorny water-rights disputes and has handed the job to the courts because the issues are difficult. McClure believes lawmakers should have more to say about the way Water Resources Director Dave Tutill handles water-allocation issues.

The growth in health insurance premiums in Idaho is the second-highest in the nation, he says, in part because of a 14-year-old law intended to prevent HMOs from being too selective. Something should be done — legislatively or administratively — to reduce insurers' administrative costs, McClure says.

For his part, Cameron has frequently tackled health insurance issues. In 2007, he sponsored legislation that raised the age at which children could remain on their parents' health insurance policies in order to cover college students.

Among his other successful initiatives have been bolstering the state's rainy-day funds — crucial now that state tax revenues are shrinking — forcefully advocating expansion of drug and mental-health courts as an alternative to prison, and shepherding a \$26 million project aimed at giving Twin Falls more water and helping solve disputes between south-central Idaho surface water users and groundwater pumpers.

Yet Cameron hasn't been afraid to stand up to Gov. Butch Otter or other Republicans. He engineered a Senate override of the governor's veto of \$2.4 million in drug-treatment funding during the last session. And in 2007, he opposed a highway funding bill that dropped one road project — located in a legislative district represented by Democrats.

Cameron is a smart, well-respected, principled lawmaker whose service has done a lot of good for District 26 and the broader Magic Valley.

Times-News

Brad Hud publisher Steve Crump Opinion editor

The members of the editorial board and writers of columns are Bill Hunt, James G. Wright, Steve Crump, Bill Fitzmaurice and Ruth S. Placor.

Want to express your opinion?

Go to MagValley.com, register and tell us what you think about this editorial and other news.

Looking for the upside of the downturn

Your retirement savings are swirling through the drain of the market meltdown, your home isn't worth what a Chihuahua's doghouse was a year ago, and the United States may be facing the most severe recession since the Great Depression. But cheer up, for this is a happy column! The economic misery is numbingly real, but it's also true that a downturn isn't uniformly bad and might even be good for you in several ways: A recession could save



NICHOLAS KRISTOF

your life. Christopher Ruhm, an economist at the University of North Carolina, Greensboro, argues that death rates go down during economic slowdowns. Ruhm's research indicates that suicides rise but total mortality rates drop, as do deaths from heart attacks, car accidents, pneumonia and most other causes.

For example, each 1-percentage-point drop in unemployment in the United States is associated with an extra 3,900 deaths from heart attacks.

Some experts are skeptical. But in downturns we drive less, so car accidents decline, while less business activity means fewer job accidents and less pollution. Moreover, in recessions people have more leisure time and seem to smoke less, exercise more and eat more healthily.

A bear market might benefit you, if you are in your working years and won't have to sell your stocks soon. That's because you're probably accumulating stocks now in your retirement account, and you'll accumulate more when share prices are low. Americans are twice as



likely to own a retirement account, like a 401(k) or an IRA, as to own a stock portfolio outright. For anyone a decade or more from retirement, a bear market is a chance to pick up bargains. For such people, today's bear market probably won't affect share prices when you have to sell. It will age 20 in 2029, and I doubt that the market level then will be affected by today's turmoil.

Falling housing prices and falling stock prices harm landlords and speculators but benefit renters and first-time buyers (if they can still get mortgages). These beneficiaries tend to be low-income families, thus in this respect the poor may benefit. Likewise, a recession lowers prices of gas, oil and food, which disproportionately affect the poor.

More broadly, there's some evidence that falling home and stock prices will raise savings rates in the United States. That is necessary for the long-term health of the economy.

Income doesn't have much to do with happiness. The Americans haven't become any happier as they have prospered in the last half-century. And winning the lot-

tery doesn't make people happier in the long term. This is called the Easterlin Paradox: Once they have met their basic needs, people don't become happier as they become richer. In recent years, new research has undermined the Easterlin Paradox, yet it's still true that happiness has less to do with money than with friendships and finding meaning in a cause larger than oneself.

"There's pretty good evidence that money doesn't matter much for how you feel moment to moment," said Alan Krueger, a Princeton University economist who is conducting extensive research on happiness. "What seems to matter much more is having good friends and family, and time to spend on social activities."

The big exception to all this is people who lose their jobs or homes, and the new president should act immediately to help them. Krueger argues that for these people, the losses are greater than we have generally realized, for their losses are not only monetary but also the erosion of self-esteem and friendships as they are wrenched out of social net-

works that enrich their lives (and help them find new jobs). And for those who lose health insurance, a medical or dental problem is enormously stressful, even life-threatening.

One lesson is that the government should try particularly hard to keep people in their homes. We should, for example, allow courts to ease the terms of mortgages to prevent foreclosures, while also boosting assistance to help the unemployed find jobs.

Obviously, a meltdown isn't good. Divorce rates spike in recessions. Credit evaporates, lives are upended, and for retirees counting on selling stocks to survive, a bear market is a catastrophe.

Yet that's not the whole picture, and we shouldn't overdo the gloom the way we overdid the giddiness during the boom. For most Americans, those who keep their homes and jobs and years from retirement, even the most bearish cloud might have a silver lining.

Nicholas Kristof is a columnist for *The New York Times*. Write to him at nkristof@nytimes.com

LETTERS TO THE EDITOR

Canon qualified to be prosecutor

I am writing to urge Minidoka County voters to elect Nicole Cannon to serve as prosecuting attorney for Minidoka County. She was appointed by the Minidoka County commissioners when Jason Walker left the office to become a magistrate.

Nicole offered some patrons by choosing to run as an independent, but that issue has nothing to do with the question of whether she is qualified to do the job. She has the experience to handle the office, and she has performed the job in a diligent and competent manner.

The criminal and juvenile case loads in Minidoka County have grown significantly in the decades since I was a prosecuting attorney. Courts are having to deal with many more cases because of the breakdown of families and the insidious growth of drug abuse and sex crimes. Diligent prosecution of offenders is only part of the solution to the prob-

Tell us what you think

ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Town Hall office, mailed to PO Box 648, Twin Falls, ID 83303, faxed to (208) 734-5538, or e-mailed to letters@magvalley.com

lems, but it is a necessary part. Minidoka County voters should stay the course by electing Nicole Cannon as their prosecuting attorney. DONALD J. CHISHOLM Burley

Presidential race is about money

As an American about to vote on a crucial presidential election, I believe it is important for us to understand the shifts in the structure of our democratic society and recognize that politics has become a moribund bazaar barbed by enormous amounts of money. We see where millionaires expose the need for change, while our poorest citizens wonder

where the real meal will be paid for. Think of it: \$454 million raised by Barack Obama and \$240 million by John McCain to influence the vote; an electorate that their vote will truly make a difference in the global scheme of the world.

Consider what three amounts of money would mean in our present economy rates and instead it goes to the bank tanks that purchase the commercials, the press releases and the media outlets that run over and over the same message — we need change.

The real power is money and according to our David Brinkley's "Suspension," it ends with the thousands of us people in the thousands of millions, whose net

worth is twice that of the poorest 2.5 billion. According to Open Secrets Organization, "Only a tiny fraction of Americans actually give campaign contributions to political candidates or political action committees. In 2004, the 2% of the 286,410,404 American population, the current report of people giving more than \$2,000 in 2007, represent

Just at time we take the election process out of the hands of the ballot boxes and return to town hall debates, face-to-face meetings with candidates who have courage to change the system.

One individual who had the courage to put his idea on the line for the United States, John McCain, has been exposed to the risk, and his efforts to change our economic and foreign policy as the world, and he has the experience to deal with curbing the runaway costs of government and the outrageous electoral process. He had his requests for town hall debates of 1 hour in the media. TEDDY KITION, Burley

Check out what local residents are saying about the upcoming election

Read and respond to Progressive Voice, in the Middle and Conservative Corner. Go to MagValley.com, and fill the blogs buttons.

THE LIGHTER SIDE OF POLITICS



LETTERS TO THE EDITOR

Abortion is a difficult and personal decision

In response to Carol Douglas's letter printed Oct. 23, I feel the need to state a few more points:

"Pro-lifers" seem to think that the rest of us must be "pro-abortion." This could not be further from the truth. The key word here is choice.

The highly emotional and difficult decision to terminate a pregnancy should be private, between a woman, her doctor and her partner if one is involved. It should never be used as a form of birth control. Family planning, education, contraception and/or abstinence should always be the focus.

As a U.S. senator, Mr. Risch will work to make the 2001/2003 tax cuts permanent. He believes that if there are tax cuts, that it will harm married couples and families across the nation.

If you want real change in Washington, please vote for JIM RISCH for U.S. senator of Idaho.

RAQUEL STILLMAN
Buhl

About election letters ...

The Times-News welcomes letters from and on behalf of candidates for the Nov. 4 election. Deadline is Wednesday at noon; no election letters received after that will be published. Letters must be 30 words or less, and only one letter from each writer will be published in October. E-mail letters to ethomason@maglevolley.com, fax them to 734-5538, or mail them to Letters to the Editor, Times-News, P.O. Box 548, Twin Falls, Idaho 83303.

Jim Risch has a proven track record of reducing taxes and government spending. As example, when Jim Risch was governor, he called a special session of the state Legislature to fix the out-of-control property tax increases. In addition, after years of serving as an Idaho state senator, he earned the name of "The Taxpayers' Friend."

As a U.S. senator, Mr. Risch will work to make the 2001/2003 tax cuts permanent. He believes that if there are tax cuts, that it will harm married couples and families across the nation.

If you want real change in Washington, please vote for JIM RISCH for U.S. senator of Idaho.

RAQUEL STILLMAN
Buhl

Black flies sometimes transmit a highly contagious disease called vesicular stomatitis, which creates blisters on the noses, mouths, tongues and udders of animals. In 1982, the state of Idaho quarantined all movement of infected cattle, sheep, horses, and pigs in Twin Falls and Cassia County for several weeks. Milk must be dumped. Aside from the potential for disease, the misery of the desperate insects feeding in the ears of horses and other animals around the heads of animals and everything make outdoor life unbearable.

Two years ago, as the result of a wide array of lost citizens, voters overwhelmingly established an emergency pest-control district. State law requires a vote to continue the efforts. Outdoor recreationists, outdoor caterers, tourism interest, livestock owners, West Nile victims, Idaho Department of Fish and Game, the State Veterinarian, even airplane crop sprayers — pilots become blinded when windshield wipers are totally covered when flying through swarms of black flies — supported the commissioners at a public hearing.

For public and economic health and comfort, please vote YES.

LAIRD NOH
Kimberly

McFall is out of touch

As a former 25-year resident of Jerome County, I had the opportunity to get to know Doug McFall as a neighbor and as an Idaho State Police trooper as he went about his duties. He was always very professional.

Now after 24 years as a state trooper, Doug is running for Jerome County sheriff after retiring from the Idaho State Police. That training will benefit Jerome County. You are fortunate to have a top cop to choose from. Elect him!

VAUGHN HUMPHREYS
Twin Falls

Risk is out of touch

So here is the mystery: How can Risk be running for treasurer when he is so out of touch with the working class that he thinks a plumber can make a quarter of a million dollars? Would a plumber making that much complain about paying his fair share of the humongous debt caused by the Republican administration borrowing billions of dollars from the Chinese? I think he would be dancing in the streets.

TYLER SMITH
Twin Falls

Risch listens to individuals

Citizens of Cassia and Minidoka counties: Allow me a moment of your time. I am writing this letter to

ask your support in the election of a true gentleman, Jim Risch. I am not one to be involved in politics; I leave that to my wife. But I was truly impressed with Mr. Risch and his wife.

My wife attended the Republican Luncheon and was seated at a table with various other individuals, and you know how everyone just mingles and visits. Well, time came to sit down and begin the meeting. Mr. Risch and his wife asked if it was OK to sit next to my wife. They visited regarding foster care, the health and welfare system and the need for changes.

The part that struck me was that these two individuals, let's say the "mucky mucks," sat and visited with an average, everyday person, not with all of the other politicians. To me this goes a long way in stating character. Mr. Risch may not be able to solve each and every individual problem, but I feel that he is a person who is willing to listen, truly listen, to individuals and their concerns. This is why I am asking for your vote for Mr. Risch in the November election.

Let's send a person to Washington that will listen to the people of Idaho.

DAN BUSH
Rupert

Choose carefully when voting

I'm extremely concerned about the coming elections. It looks like the elite socialist Democrats will win the White House.

If that happens, the liberal block will have the means to make all kinds of laws and regulations and be able to proceed with plans to place the United States in a globalist world order.

Joe Biden has called for the Law of the Sea Treaty, which had been rejected.

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Nov. 29 • 10am-5pm
For Booth Information Contact Jackie 208-670-0660

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To Announce your special event Call or email Karen at 735-3270 Lalczak@maglevolley.com

The Law of the Sea Treaty gives the United Nations control of all the seas and seaports. This is a threat to our sovereignty, as the United Nations courts will try all offenders. It's hard to believe an American citizen could ever consider such a thing.

The Democrats are being well-funded, mostly by anti-American billionaires and the Hollywood elites. They are trying to buy this election with false claims and worlds of money. And it appears they are getting it done.

With Obama in the White House and carrying a majority of liberals in the House and Senate, he can get his pet projects passed, most of which are bad for our future generations. Take a close look at all his plans for us. The government will

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Security firms join Somali piracy fight

By Katharine Hoarell
Associated Press writer

NAIROBI, Kenya — Blackwater Worldwide and other private security firms — some with a reputation for being quick on the trigger in Iraq — are joining the battle against pirates plaguing one of the world's most important shipping lanes off the coast of Somalia.

The growing interest among merchant fleets to hire their own firepower is encouraged by a U.S. Navy and Pentagon initiative to market for security firms scaling back operations in Iraq.

But some maritime organizations told The Associated Press that armed guards may increase the danger to ships' crews. In 2007, 17 Iraqi contractors killed accidentally on fishermen.

The record in Iraq of security companies like Blackwater, which is being investigated for its role in the fatal shooting of 17 Iraqi civilians in 2007, raised concerns about unregulated activity and possible legal wrangles.

"Security companies haven't always had the lightest of touches in Iraq, and I think Somalia is a pretty delicate situation," said Roger Middleton, who wrote a report on piracy in Somalia for Chatham House, a think tank in London.

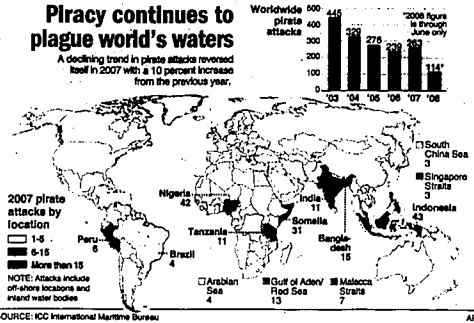
At least a dozen U.S. warships due to arrive in Somali waters this weekend. It is trying to work out legal and regulatory issues surrounding the use of armed contractors before adopting action on private security companies.

But the U.S. Navy, part of the coalition already patrolling off the coast of Somalia, says the coalition cannot effectively patrol the 2.5-million square miles of water and does not welcome the companies.

"This is a great trend," said Lt. Nate Christensen, a

Piracy continues to plague world's waters

A declining trend in pirate attacks reversed itself in 2007 with a 10 percent increase from the previous year.



2007 pirate attacks by location: 1-6, 7-15, More than 15. NOTE: Attacks include off-shore locations and inland water bodies. SOURCE: ICG International Maritime Bureau

spokesman for the Bahrain-based U.S. 5th Fleet. "We would encourage shipping companies to take proactive measures to help ensure their own safety."

Somali officials also approve of the private contractors.

Abdulkadir Muse Yusuf, deputy marine minister of the semi-autonomous region of Puntland, said private firms are welcome in Somali waters. As well as fighting pirates, he said, they will help combat illegal fishing and toxic waste dumping.

Some security companies — not all of which let their employees carry lethal weapons — blame trigger-happy operators in Iraq and Afghanistan for tarnishing the reputation of legitimate businesses.

After a series of shootings that killed civilians, Iraq legislators negotiated an agreement with the U.S. that will remove some of the private contractors' immunity from prosecution. U.S. authorities are investigating Blackwater for improperly bringing weapons into Iraq and for its role in the 2007 Iraq civilian deaths.

The removal of immunity, Iraq's stabilizing security

and a glut of security operators in the country have combined to tempt some companies to set a new market in the pirate-infested Gulf of Aden off Somalia.

Last week, Blackwater announced it was hiring a ship fitted with helicopters and armed guards for escorting vessels past Somalia's pirate-ridden coast. Spokeswoman Anne Tyrrell said it had received 15 inquiries so far.

Peter Singer, an expert on private security companies, agrees Africa is a potential growth market, but he says it's unlikely many firms will abandon work in Iraq and Afghanistan, where there are dramatically more business opportunities as long as the wars continue.

"If somehow Iraq ends and you see a shrinking amount of contractors there, most of them are in logistics and training services," Singer added. "None of that carries over to this role."

British firms dominate security work in the Gulf of Aden, but American companies are increasingly getting into the action, according to Associated Press examination of new anti-piracy

efforts through interviews in East Africa, Europe and Washington.

In addition to Blackwater, Mississippi-based Hollowpoint, which has not been active in Iraq, says it will provide guards and recover seized ships.

"We'll get your crew and cargo back to you, whether through negotiations or through sending a team in," said CEO John Harris, who is discussing contracts with several companies.

There have been 63 reported attacks on ships off the Somali coast this year alone and probably many more have been carried out. Almost a third of the recorded attacks have been successful.

Ransoms can reach into the millions of dollars. That's a fortune in a failed state like Somalia, where almost half the people depend on aid and warlords plunder food shipments meant for starving children. The money goes to clan-based militias, some of which are fighting in Somalia's civil war.

SERVICES

Scott LeRoy Norris of Boise and formerly of Jerome, funeral at 11 a.m. today at Freewill Baptist Church, 610 S. Cleveland St. in Jerome; visitation one hour before the service today at the church (Farnsworth Mortuary in Jerome).

Donald "Don" C. Pruett of Buhl, memorial service at 11 a.m. Tuesday at Calvary Assembly of God Church in Buhl (Parke's Magic Valley Funeral Home in Twin Falls).

Sylvan Bodily of Burley, funeral at 11 a.m. Tuesday at the Star Ward LDS Chapel; visitation from 6 to 8 p.m. today at Hansen-Payne Mortuary Chapel in Burley and one hour before the service Tuesday at the church.

Michael "Mike" G. Shillito of Kuna and formerly of Glens Ferry, tentative graveside service at 11 a.m. Wednesday at the Glenn Rest Cemetery in Glens Ferry (Seneca Funeral Home in Draper, Utah).

Virginia "Jean" Pruett of Kimberly, graveside service at 1 p.m. Wednesday at Twin Falls Cemetery; visitation from 6 to 9 p.m. Tuesday at

Serenity Funeral Chapel, 502 Second Ave. N. in Twin Falls.

Winona "Louise" Dawson Willingham of Twin Falls, funeral at 11 a.m. Thursday at the LDS Church, 667 Harrison St. in Twin Falls; visitation one hour before the service Thursday at the church (Parke's Magic Valley Funeral Home in Twin Falls).

Johnnie Gilbert Bell of Wendell, graveside military memorial service at 2 p.m. Thursday at the Paul Cemetery (White Mortuary in Twin Falls).

Floyd John Hernandez of 2 p.m. Saturday at Lighthouse Christian Fellowship on Eastland Drive, followed by celebration of life at the old Lighthouse Christian Fellowship on Main Avenue (Parke's Magic Valley Funeral Home in Twin Falls).

Melvin W. Pelley of Henderson, Nev., graveside memorial at 2 p.m. Saturday at Sunset Memorial Park, 2296 Kimberly Road in Twin Falls; visitation from 10 a.m. to noon Thursday at Palm Mortuary, 7600 S. Eastern Ave. in Las Vegas, Nev.

DEATH NOTICES

Daniel Phillip Neville

Daniel Phillip Neville, 48, of Twin Falls passed away Saturday, Oct. 25, 2008 at his home, surrounded by his family.

Arrangements are pending and will be announced by White Mortuary "Chapel by the Park."

Harold F. Smith

Harold F. Smith, 74 of Twin Falls, died Sunday Oct. 26, 2008 at a local care center.

Arrangements will be announced by Parke's Magic Valley Funeral Home in Twin Falls.

Blaine Thomas Harper

BLAINE — Blaine Thomas Harper, 76, died Saturday, Oct. 25, 2008, in St. George, Utah.

The funeral is pending and will be announced by the Rasmussen Funeral Home of Burley.

Shirley Fay Miller

RUPERT — Shirley Fay Miller a 70-year-old Rupert resident, passed away Oct. 25, 2008 at St. Lukes Magic Valley Medical Center in Twin Falls, Idaho.

Services are pending and will be announced by Hansen Mortuary in Rupert, Idaho.

Fresh hopes and concerns as fetal DNA tests advance

By Bob Stein
The Washington Post

WASHINGTON — Doctors have started using powerful new DNA tests to screen fetuses for signs of genetic abnormalities, not only more problem pregnancies early but stirring fears that the results will increase abortions as well as confuse and needlessly alarm many couples.

The tests, which use "gene chips" to detect much subtler chromosomal variations than standard prenatal testing can, have also triggered complaints that they mark another step toward a society that seeks to weed out abnormalities in the quest for the perfect child.

Proponents argue that the tests allow couples to harness the latest molecular technology to target the most devastating genetic syndromes, alleviating their worries in some cases and to others identifying abnormalities soon enough to terminate the pregnancy or prepare to care for an afflicted baby.

But critics say the tests have not been thoroughly validated and threaten to produce a flood of murky, misleading results that will subject emotionally vulnerable couples to unnecessary surgery, perhaps prompting some to abort healthy pregnancies.

Some worry that the technology could be used to hunt for the rapidly growing list of genetic markers that merely signal an increased risk for cancer, diabetes, mental illness, obesity, addiction and other conditions later in life. Screening similar tests could be associated with obesity, personality or intelligence.

"It's a classic Pandora's box," said Leslie Bendoric of the federal government's National Human Genome

Research Institute. "Like any powerful technology, it solves some problems while at the same time creating new ones. How you use a powerful technology decides whether it's good or bad."

The testing is being introduced at a time when there is already intense debate about wider screening for Down syndrome, which is detected by examining fetal DNA obtained through amniocentesis or chorionic villus sampling.

Called comparative genomic hybridization, the new tests use "microarrays" or gene chips to search for dozens of less common, often more severe syndromes undetectable by standard additions of genetic material that standard genetic analysis makes.

"We can interrogate the fetal genome to identify smaller pieces of DNA that are either missing or connected, and many of these can cause disease," said Ronald Wapner of Columbia University, who is leading a \$3.3 million federal-funded study that is starting to evaluate the technology in 4,000 pregnancies.

Many experts say doctors should wait for the outcome of that study and possibly others before offering the testing widely. But two labs in the study — Baylor College of Medicine in Houston and Signature Genomic Laboratories of Spokane, Wash. — are already publicly promoting the service, and a third at Emory University in Atlanta has quietly started doing the tests.

"I believe it's ready for prime time," said Arthur Boudreau, who chairs Baylor's department of molecular and human genetics. "For people who want the best possible prenatal diagnosis and want the maximum information, this is the best option."

The tests, which cost about \$1,600 and are not yet covered by insurance, can detect about 150 known genetic disorders that can cause physical deformities, mental retardation or a host of health and behavioral problems, he said.

"Some of these disorders are quite burdensome. They require lifelong nursing care. In some cases these children never walk, never talk, never feed themselves," Boudreau said. "It can have a major impact on the family. People say, 'I wish you had given me the opportunity to know ahead of time. It's really destroyed our lives.' That's why women want to know."

While a woman may choose to terminate a pregnancy when they get a bad result, others may decide to have the baby, and knowing the information helps them and their doctors get ready to care for the child. "There are things we want to detect during the pregnancy so we can anticipate the medical problems once the baby is born," said Lisa Sheffield, Signature's president and chief executive. "That way, once they are born, they already have a diagnosis and can get the care they need as soon as possible. That's the biggest advantage."

So far most couples requesting the tests have already had a child with a genetic abnormality, have a family history of a genetic syndrome or are trying to clarify worrisome results from standard screening such as an ultrasound or conventional genetic analysis.

"Systems and obstetricians are aware that this is available and are demanding it," said David Ledbetter, a professor of human genetics at Emory. "Some couples seek the testing because they want so much information as possible."

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AROUND THE WORLD

CALIFORNIA

Magnitude-5.1 quake strikes off N. California
EUREKA — A moderate earthquake has struck off the northern California coast, but there are no reports of any damage or injury.

The U.S. Geological Survey says in a preliminary report that the magnitude-5.1 quake struck at 2:27 a.m. Sunday at a depth of about 11.5 miles.

It was centered offshore, about 41 miles southwest of Eureka and 200 miles northwest of Sacramento.

A Humboldt County sheriff's dispatcher says she felt a light tremor in her Eureka office, but that the department has received no word of injuries or damages in the area.

IRAN

Ahmadinejad's health stirs speculation about re-election plans

BEHRET — Reports about the health of Iranian President Mahmoud Ahmadinejad have stirred speculation about whether the controversial populist will run again for the country's highest elected office in June.

In an interview published late Saturday by Iran's official Islamic Republic News Agency, a close associate of Ahmadinejad said the president had fallen ill because of overwork and exhaustion.

"Every human being can face exhaustion under such a workload," lawmaker Mohammad Ismail Kowsari, an ally of Ahmadinejad, said in the interview. "The president will eventually get well and continue his job."

The exuberant and media-hungry Ahmadinejad, who turns 53 Monday, missed several public appearances last week, although he appeared at several low-key events over the weekend.

The absences have prompted whispers that Ahmadinejad is on his way out. But Kowsari and others close to Ahmadinejad have

accused his critics of trying to use what they describe as a routine illness for political advantage.

SYRIA

Witnesses: U.S. copters attack Syrian village

DAMASCUS — Syria's state-run television and witnesses say U.S. military helicopters have attacked an area along the country's border with Iraq, causing casualties.

The report quoted unnamed Syrian officials and said the area is near the Syrian border town of Abu Kamal. It gave no other details on Sunday's attack.

Local residents told The Associated Press by telephone that two helicopters carrying U.S. soldiers raided the village of Hawjeh, 10 miles inside Syria's border, killing seven people and wounding five.

The U.S. military in Baghdad had no immediate comment.

KENYA

Fighting escalates in Northeastern Congo

MOMBASA — Rebels overran an army base and seized the headquarters office of a nearby gorilla park in intensified fighting Sunday in the northeastern corner of the Democratic Republic of Congo.

Since August, fighting has driven nearly 200,000 more people from their homes in a region where more than 1.4 million, or about one-fifth of the population, have been displaced, aid officials say.

"It's significantly worse in that rebels seem to have gained a lot of ground," said Emmanuel de Merode, director of Virunga National Park, home to 200 of the world's surviving mountain gorillas.

Although parts of the park have been under rebel control for months, Sunday's fighting forced 53 park rangers to flee into the forest as rebels seized control of the headquarters, located atop a strategic bluff. Rebels also retook control

of Rumungabo military camp, located north of the city of Goma.

— Wire reports

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INSIDE: To do for you, B2 | Classified, B4-12 | Weather, B12

Looking to lose

Gooding resident is contestant in 'The Biggest Loser'

By Melissa Davlin
Times-News writer

This winter, tune in to NBC and root for our hometown hero to lose big.

Gooding resident Aubrey Cheney was cast for season seven of NBC reality series "The Biggest Loser."

Cheney, 29, is currently filming the Los Angeles-based weight-loss series. She and her sister, Amanda Kramer, 31, of Boise, are fighting contestants from across the country to lose the

biggest percentage of body weight and avoid being sent home. Teams work out with trainers up to eight hours a day, and they get lessons in healthy eating.

Cheney and Kramer auditioned for the show in April and began filming four weeks ago, Cheney said in a phone interview Wednesday. To participate, she had to quit her job — at Gooding's Soil Conservation District. If she makes it to the end of the show, she could be separated from her husband and four

children for as long as five months at The Biggest Loser Ranch.

"It's horrible," she said. So why go through with it? "We're fat!" she laughed, then added: "It seemed like it would be a really cool experience."

At the start of filming, Cheney weighed 249 pounds, and Kramer 262 pounds. The sisters didn't always struggle with the scale, however. Both were athletic and gained weight only after they got married and had children.

"I took being skinny for granted and figured I'd always be that way," Cheney said. Now, she added, it's time to get back to being fit.

Jill Garmen of NBC Publicity wouldn't confirm Cheney's participation in the show, but said season seven will premiere Jan. 6. We'll track Cheney's weekly progress for fans back home.

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

Sisters Amanda Kramer, left, and Aubrey Cheney are competing in the yet-to-air season seven of 'The Biggest Loser.'

Photo courtesy of AUBREY CHENEY



Bret Davis looks for an open man while Greg Schroeder heads out to block during a game of flag football at Robert Stewart Jr. High Saturday morning in Twin Falls. The group has gathered for friendly matches for the last few years.

5

Want to make your routine a habit healthier

By Ariel Hansen
Times-News writer

You all know the stereotype: a football fan on a well-sat couch with a beer in one hand, hot wings in the other and a big belly in the middle.

Of course, there are very fit fans out there, and if you find them, ask how they got those washboard abs. This advice, though, is for folks who need a few suggestions about how to be healthier as they enjoy their favorite sport.

Try 'em out, and your couch-dent at the end of the season could be a little shallower. Get up and cheer: Just don't blame us if your team loses!

Ariel Hansen may be reached at ariel.hansen@lee.net.

2

Move between plays

During commercial breaks, get up and get going.

Try a quick series of exercises, like crunches or squats, and alternate between them during alternating commercial breaks.

For crunches, says Lighthouse Christian School football coaches, stick your toes under your couch, put your hands or fingertips behind your head, and lift your torso until you feel your abs contract (don't do full sit-ups, or it could strain your back muscles). Do about 20 reps per set.

Assistant coach Bobby Post recommends chair squats: Stand in front of a chair or couch, then lower yourself like you're sitting until your rear just touches. Then stand up again, and repeat about 20 times per set.

Tigue adds: "Make sure your knees don't go over your toes. You're literally overemphasizing your butt sticking out."

Or try V-sit. Sit on the edge of a chair, with your hands on the seat behind you, and bring your knees up to your chest, lower them and repeat.

"That is a great exercise for your abs and your core as well as reaching some of your hip flexors and your quads," Tigue said. And you don't even have to get up to do it.



Lighthouse Christian students Ryan Jones, left, Chase Dill and Jessica VanVleet demonstrate crunches Friday at the Twin Falls school.

1

A little less couch time

The first suggestion from College of Southern Idaho physical fitness instructor Jaimie Tigue is to watch fewer games, because the less time you spend on your rear, the more time you have to be active. So narrow your loyalties: Pick one team to follow, rather than watching every game from a league's worth.

For superfans though, that might not be an acceptable option.

So find ways when the game isn't on to be active. Commit to exercising that doesn't cut into your evenings: maybe a morning workout routine or, like the Heider family and friends, a standing Saturday-morning appointment for flag football.

"We've been doing it for years," said Twin Falls Lin Ryan Heider.

4

Pay attention to what you eat

As important as what's going in your mouth is how much, agreed the football fans.

Ryan Heider plans to join up with a weight-loss program this winter, but he says his biggest effort this football season is to watch his portions.

"I think I'm just really going to try to focus on not eating so much, not allowing myself to eat whatever I want, even if somebody does bring the snacks," he said. Even if those snacks are family favorites like chicken wings and pizza. "For me, personally, I don't think I'd quit eating the things I like to eat, I'll just monitor my portions."

Tigue recommends avoiding snacks and opting for a meal instead, because it's so easy to be a "mindless muncher" while you're paying attention to the game. Try setting out only a certain amount of your favorite snack, and don't dip into the bag after that.

"The key to everything is moderation."

Even if you're not willing to give up a favorite, eat just a little of it or save it for a big game instead of regular games.

Couch Post agrees: "Watching what you eat is a big deal. That's ultimately the biggest deal."



3

Up your heart rate at halftime

When you have a few more minutes like during halftime, get your heart rate up by moving outdoors or, if you want to watch the commentary, moving fast at home.

Post suggests taking a zip around the neighborhood. Walk one side of the block, run the next, walk the third, then run back home.

Or break out your own pigskin: "Having halftime football, that's something that's great to do during Thanksgiving," he said. Because that break is a little longer, you can get a good game going.

If you're staying indoors, alternate two to three minutes each of jumping jacks, jump rope and hula hoops.

That last exercise, Tigue said, is running in place and bringing your knees up almost to chest height with each step.

5

Choose healthier foods

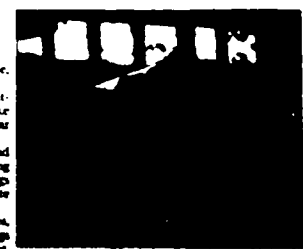
When it comes to beverages, go easy. If you like a buzz during the game, choose light beer instead of regular.

Skip soda for water or, if you crave a little sweetness, a soda replacement like Gatorade or a powdered mix with a sugar substitute.

"We have the pop (at family get-togethers) and that's the first thing they gave up and the first thing I gave up," said Ryan Heider. Several of his siblings recently lost weight. "Water's a big one. Crystal Lite seems to be a little more common now."

Tigue suggests putting out trays of vegetables, fruits and whole-grain pretzels, to satisfy cravings for crunch, sweet and salty. Do avoid creamy dips, she said, because those can add calories fast. Opt for salsa with chips instead of cheese dip, and order your pizza with more vegetables and less meat.

And squeeze in just a little movement with your marching: "Get up and walk around. Don't have somebody go to the fridge and get you (a beverage) — get it yourself," said coach Post.



do for You

Breast cancer support

Breast Cancer Support Group, 7 p.m. today, in the reception area at St. Luke's Mountain States Tumor Institute Cancer Center, 656 Addison Ave. W. in Twin Falls. Open to breast cancer survivors (male or female) and their families and friends.

Topic: digital mammography.

Free: Lydia at 933-4053 or Mary at 734-1766.

'Baby and Me'

St. Benedicts' "Baby and Me" classes, 11 a.m.-noon Tuesdays, at Jerome Public Library, 100 First Ave. E.

This week's topic: "Baby on the Move." The session is for parents of children from preschool through toddler years.

Free: 324-6133.

Celiac support

Celiac Support Group of Magic Valley meeting, 7 p.m. Tuesday, in the doctors' meeting room at St. Luke's Magic Valley Medical Center's cafeteria, 656 Addison Ave. W. in Twin Falls.

Anyone interested in a gluten-free diet is welcome.

Free: Pat, 731-9079.

About childbirth

Prepared childbirth classes, 6:30-9 p.m. Tuesdays, this week to Nov. 25, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: wellness of the mother; labor and delivery process with relaxation and breathing techniques; care of the postpartum mother and newborn; breast-feeding and bottle feeding; and a video tour of the Women's and Infant Center.

Wear comfortable clothing; bring two pillows and, if possible, a support person.

Cost is \$60. Pre-registration required: 732-3148.

Childbirth refresher

Childbirth refresher course, 6:30-9 p.m. Thursday, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.

Childbirth preparation and breathing techniques will be reviewed, along with a video tour of the Women's and Infant Center.

Cost is \$20. Pre-registration required: 732-3148.

Childbirth refresher

The refresher class of St.

Benedicts' prepared childbirth series, 7 to 9:30 p.m. Thursday, at Jerome Ambulance Building, 240 E. Main.

Topics: labor rehearsal, postpartum care and infant cardiopulmonary resuscitation. Bring two pillows, a blanket and, if possible, a support person.

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

Big Kids Klub

Big Kids Klub, 10-11:30 a.m. Saturday, in the Sage Room at St. Luke's Education Center, 500 Addison Ave. W. in Twin Falls.

Help prepare brothers and sisters for the new baby.

Cost is \$10 for one child, \$15 for two or more children; pre-registration required: 732-3148.

Fitness for children

The College of Southern Idaho's Mini-Gymnastics Center will offer "Gymnastics for Children," 4-7 p.m. Tuesdays and Thursdays, Nov. 4 to Dec. 4, at the center, 1600 Parke Ave. in Burley.

Classes are divided by age and ability: ages 4-5, 4-5:50 p.m.; and intermediate and advanced students, 6-6:50 p.m. Children will run, tumble and cartwheel while developing balance, coordination, agility and self-confidence.

Cost is \$30. Register: 678-1400.

Diabetes screenings

Magic Valley Diabetes

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

Eye screenings, foot exams, hemoglobin A1c tests, dental exams and diet education will be available free to people with diabetes, after they receive their influenza and pneumonia immunizations (\$27 for flu shot; \$42 for pneumonia shot).

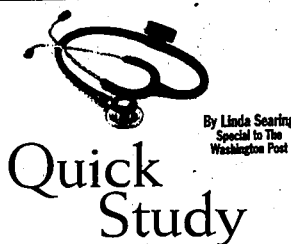
Dental exams will be offered only at the Twin Falls and Jerome clinics (in the morning) and at the Wendell clinic.

"Head to Toe" clinics will take place at:

- Rupert: 9 a.m. to noon and 1-4 p.m. Nov. 4, health district office, 1218 Ninth St., Suite 15; 436-7185.
- Burley: 9 a.m. to noon and 1-4 p.m. Nov. 5, health district office, 2311 Parke Ave., Unit 4, Suite 4; 678-8221.
- Jerome: 9 a.m. to noon and 1:30-3:30 p.m. Nov. 7, health district office, 951 E. Ave. 11; 324-8838.
- Wendell: 9 a.m. to noon Nov. 12, Wendell Housing Association, 105 W. Ave. A; 934-4477.
- Twin Falls: 9:30 a.m. to 3 p.m. Nov. 14, health district office, 1200 Washington St. N.; 737-5966.

Information on diabetes: Susie Beem, 737-5946.

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



Quick Study

The topic: prostate cancer

Radiation may improve survival odds if cancer reappears

THE QUESTION
If cancer returns after removal of the prostate gland, might radiation treatment prolong a man's life?

THE STUDY
This study involved 635 men whose levels of prostate specific antigen (PSA) indicated that cancer had recurred after a radical prostatectomy. They were treated with radiation or radiation plus hormone therapy, or they were given no further treatment. About six years later (nine years after the cancer had returned), 116 of the men had died from prostate cancer. 11 percent would have been given radiation only, 12 percent of the radiation-plus-hormones group and 22 percent who had gotten no additional treatment. Radiation treatment, alone or in combination, decreased the risk of death by more than 60 percent.

WHO MAY BE AFFECTED
Men who have had radical prostatectomy; surgery that removes the entire prostate and nearby cancerous tissue. Studies have found that cancer returns in up to 40 percent of men who undergo this surgery.

CAVEATS
Improved survival rates were most pronounced in men with more-aggressive cancer and those whose blood radiation within two years of the cancer's return. Nearly all men in the study were white; whether men of other races might expect similar results was not determined.

FIND THIS STUDY
It's in the June 18 issue of the *Journal of the American Medical Association*.

LEARN MORE
Learn about prostate cancer at www.cancer.gov and www.prostatecancerfoundation.org.

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

Weighing in on workout do's and don'ts

By Jeannine Stein
Los Angeles Times

The weight room can be a confusing place for gym-goers. Often armed with too little information about how to handle weight and cable machines and free weights, they are ripe for making blunders — and it can cost them, leading to major and minor injuries. We asked two trainers. What's the worst mistake you've seen people make in the weight room?

Nina Moore, trainer, the Sports Club/LA:
Not doing a proper warm-up before training. You do someone come in at 6 a.m. and the heaviest thing they've picked up so far is their gym bag, and they go right into doing a bench press with 175 pounds, without doing any warm-ups at all. If you do a warm-up, that's when you increase your risk of injury pulled and strained muscles and ligaments, and sore joints. An active warm-up prepares the body for the workout. The best warm-up warm-up exercises is also a great way to engage the core muscles.

"On the floor at the gym we keep a bike, an engineer an upper body exercise machine that uses arms and hands to rotate pedals, jump ropes and stability balls for people to warm up. Or you can do an exercise without adding resistance — such as body weight lunges — a preparation for doing lunges with weights. You can also do push-ups."

"A good warm-up should include about 10 minutes of activity. That's also a time when you can clear your head and focus on what you want to accomplish during the workout."

Rob Glick, co-founder of Global Fitness Solutions, member of IDEA Health & Fitness Association:
People don't understand about maintaining their back and spine stability while lifting weights. They're just throwing the weights up rather than lifting the weights and I'm thinking, Oh my God, I can hear their back screaming."

"When doing weights on a fixed machine, you're making an isolated movement and strengthening your body in that one position. So you relax your core, because the bench is giving you stability. Free weights and cable machines are more functional, so that's where the deeper understanding of the core comes into play. Core strength and core control can be a stabilizer



and an anchor. If I want my core to work as a stabilizer, I want to maintain a nice, proper posture and then do the movement. Slow down initially, and connect to the movement properly. Don't worry about how much weight you're lifting. Once you understand how to do it, let your body be your guide to how much weight and how many reps you should do."

Mike Ryan, trainer with Gold's Gym Fitness Institute:
"Guys especially always want to lift as much as they can. That's the worst thing in the world, because weight training is all about form and technique; it's not a weight-lifting competition. It's a good idea to always err on the side of caution and build up weight appropriately. Otherwise, it opens people up to injury."

"I hate to say it, but guys need to check their ego at the door. When you realize you can't move a weight properly, be smart about it. Drop the weight and go lighter."

"I've seen everything from a sore back to a pulled hamstring and quad. In terms of bigger injuries, I've seen people tear their pectorals doing a bench press. That's just a chest injury. The nagging injuries are fairly common — people tweaking their back — and those are preventable."

"It's great that the enthusiasm is there, but you have to pace yourself. This is a

lifestyle change — you're in it for the long run. Take your time and let the muscles mature as you develop them."

Janel Bilal, personal trainer, 24 Hour Fitness Magic Johnson Sport Club:
"I see a lot of bad form, especially protracted shoulders. Some people don't have proper scapular motion through the shoulder area, and during an exercise like a seated row, you see shoulders that are curled forward. Many people are sitting at a desk all day or commuting long distances, and they're in that slouched position, or they play a sport such as tennis, where there is a lot of forward shoulder rotation."

"You shouldn't rotate your shoulder while you're working another muscle group. For example, your shoulder shouldn't be rolling while you're doing a bicep curl. Pressing the shoulders down and squeezing the rhomboids (muscles in the upper back) will lock in the shoulder girdle and keep that area stable enough to get the muscle group you're working to carry the majority of the weight."

Chalene Johnson, fitness instructor and video and fitness motivational host:
"The No. 1 thing is too much momentum with the weights. The speed of the repetition is way too fast. People are literally swinging the weights and lifting them so fast that the velocity builds

momentum but decreases the overload to the muscle, which makes the exercise less effective. The slower the speed, the more effective."

"The quicker you can reach overload by going slower, the more effective the muscle contraction and the results. You're trying to make the exercise as difficult as possible to break the muscle fiber down. Overload creates a momentary failure so that you can't do another rep, and that process breaks the muscle fiber down. That's what causes the muscle to repair itself, leading to increased muscle mass, a higher metabolism and decreased body fat."

"It's not the number on the scale of the weight that makes a difference; it's how difficult you can make the rep."



Janel Bilal shows proper scapular motion on the left, but poor right, bad posture and shoulder rotation.

MARCUS THOMPSON shows how to properly brace the core.

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Avoiding adverse drug effects

The Washington Post
Do you regularly use over-the-counter medication to treat your headaches and allergy problems? If so, be mindful of the potential adverse side effects, and food-drug or drug-drug interactions.

The American Academy of Family Physicians (AAFP) recommends knowing the ingredients found in prescription drugs if you're taking them along with over-the-counter drugs, including vitamins and antioxidants. Also be aware that some foods that you eat with over-the-counter or prescription

drugs can change the way that the medicine works in your body. AAFP offers these tips to reduce the risk of adverse drug effects:

- Make sure you know what ingredients the product contains and understand any warnings or possible adverse effects.
- If you don't understand something, ask your doctor or pharmacist about it.
- If you take any prescription drugs, ask your doctor before taking an over-the-counter drug.
- Don't stir medicine into your food or take capsules apart (unless your doctor tells you to).

Camin Regional Internal Medicine Clinic welcomes...

Kerwin S. O'Neil, MD
 Dr. O'Neil has graduated with honors from the University of Utah School of Medicine and completed his residency in Internal Medicine at the University of Utah. He is currently in the College of Physicians & Surgeons at the University of Utah. He is currently in the College of Physicians & Surgeons at the University of Utah. He is currently in the College of Physicians & Surgeons at the University of Utah.

Dr. O'Neil practices with Kerwin S. O'Neil, MD and is now accepting new patients. He will be joining Dr. Kerwin S. O'Neil, MD. Dr. Hoffman at their office located in the Camin Regional Internal Medicine Clinic, 117 Condon Street, Suite 100, Twin Falls, Idaho 83401.

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Long-term ills tied to ...

bad food



By Anny Shin
The Washington Post

WASHINGTON — Over the past five years, Sarah Pierce has suffered repeated kidney failure, spent three years on dialysis, had the plasma in her blood replaced twice, and lost a fiance, friends and a job — all because of something she ate.

Pierce, now 30, was infected with a toxic strain of bacteria, E. coli O157:H7, that can be spread through undercooked meat or raw produce. Today, she has a healthy kidney donated by her brother, a full-time job and a husband. But the medicines she takes to keep her body from rejecting her replacement kidney carry a high risk of causing birth defects, so she has ruled out pregnancy.

"I would have liked to have had children," she said.

Pierce belongs to a small subset of people who develop long-term health problems from food poisoning. Their ranks are growing. Over the past decade, as medical experts have sought out the source of certain chronic illnesses, they have increasingly found links to episodes of food poisoning, sometimes many years beforehand, according to the Centers for Disease Control and Prevention.

Campylobacter, a bacterium associated with raw chicken, is now recognized as a leading cause of the sudden acute paralysis known as Guillain-Barre syndrome. Certain strains of salmonella, the bacterium involved in the recent outbreak in Mexican raw jalapeno and serrano peppers, can cause arthritis. And E. coli O157:H7, a strain of an otherwise harmless bacterium that lives in animal intestines, can release toxins that cause hemolytic uremic syndrome, or HUS, a kidney disorder that in 25 to 50 percent of cases leads to kidney failure, high blood pressure and other problems as much as 10 years later.

This list is just the beginning of the many health problems some people are now attributing to food-borne infections.

"What the classical medical literature says and what we've seen is not the same," said Donna Rosenbaum, executive director of Safe Food, Our Priority, or STOP, a non-profit that represents people who have suffered serious food-borne illness.

The CDC estimates there are 76 million cases of food-borne disease in the U.S. annually. The vast majority are people experience it only as an unpleasant bout of diarrhea or abdominal pain.

Food poisoning: When to seek help

Of the estimated 76 million cases of food-borne disease the Centers for Disease Control and Prevention estimates occur each year in the U.S., the majority cause symptoms such as diarrhea and vomiting for just a day or two.

The CDC recommends consulting your doctor if diarrhea is accompanied by:

- **High fever** (temperature over 101.5);
 - **blood in the stools;**
 - **prolonged vomiting** that prevents keeping liquids down; or
 - **signs of dehydration**, including a decrease in urination, a dry mouth and throat, and dizziness when standing up.
- A doctor should also be called if the diarrheal illness lasts more than three days.

Food poisoning cannot always be avoided. Tainted food does not always smell or taste bad. However, the CDC lists a few precautions people can take to reduce the risk:

- **Cook:** Meat and eggs need to be cooked thoroughly. Ground beef should reach an internal temperature of 160 degrees. Eggs should be cooked until the yolk is firm.
- **Separate:** Avoid cross-contamination by washing hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food.
- **Chill:** Refrigerate leftovers promptly.
- **Clean:** Wash your hands before preparing food. Rinse fresh fruit and vegetables in running tap water to remove dirt. Discard the outer leaves of a head of lettuce or cabbage. Avoid leaving cut produce at room temperature for many hours.
- **Report:** Notify your local health department about suspected cases of food-borne illness. Scientists use this information to control the spread of illness and learn how to prevent outbreaks in the future.

Until recently, doctors were focused on the acute phase of food-borne infections, but since the 1990s, there has been "a more gradual recognition that some of the pathogens do have long-term (effects)," said Marguerite Neill, an infectious-disease specialist who teaches at Brown University.

though an estimated 5,000 to 9,000 Americans die each year from food poisoning. A handful of pathogens are responsible for more than 90 percent of those fatalities: salmonella, listeria, toxoplasma, noroviruses, campylobacter and E. coli. Those most susceptible to infection are small children, the elderly and people with compromised immune systems.

Until recently, doctors were focused on the acute phase of food-borne infections, but since the 1990s, there has been "a more gradual recognition that some of the pathogens do have long-term (effects)," said Marguerite Neill, an infectious-disease specialist who teaches at Brown University. "We're already on the right track in terms of (saying) food-borne illness is more than diarrhea and may end up with long-term (illnesses)." Some doctors are now wondering, for example, whether food-borne infections trigger irritable bowel syndrome and colitis. Said Andrew Parva, an infectious-disease expert at the University of Utah.

However, long-term health effects of food-borne infections are hard to study, for a

what role factors such as genetics play in who develops them.

Researchers and clinicians face unique challenges when studying the long-term effects of HUS. The first outbreak associated with E. coli in the U.S. was in the 1980s. Many of the earliest victims are only now entering their childbearing years.

Also, the number of HUS cases is small. Only about 5 to 10 percent of the 73,000 people each year who get sick from E. coli develop HUS.

The impact of HUS, however, is great. In the acute phase, microscopic blood clots may form in the kidney, leading to kidney failure, Neill said. Sometimes the kidney can be rescued with temporary dialysis. Less commonly, these blood clots form in organs such as the brain and cause stroke or seizure. There may be permanent damage to the kidney.

According to a long-term study of 157 HUS victims co-written by Parva in 1994, more than half developed kidney problems seven or more years after the initial illness.

"These people face a lifetime of medical treatment. Anyone with HUS will be monitored for the rest of their lives. If the acute course was severe enough, the risk of long-term kidney complications, including end-stage renal disease and kidney transplant, is quite high. The future medical cost alone can then be in the millions," said William Marler, a Seattle lawyer who sues retailers and food companies on behalf of food poisoning victims.

That is the scenario Elizabeth Armstrong faces. Her two daughters, 2 and 3, both attracted much public attention or funding, Neill said. Also, federal health-care privacy laws make it difficult for researchers to approach anyone who is not in their direct care.

To get around the lack of these problems, STOP is setting up a national registry of victims of food-borne disease who would be willing to participate in longitudinal studies. The registry could help researchers determine, for instance, how frequently food-borne infection leads to chronic health problems and

Share your holiday weight-loss effort

With all of his extra temptations — and those cold-weather hibernation urges — the holiday season is a challenge for anyone trying to lose or maintain weight. So it's natural to look to friends and co-workers for support.

If that's you, tell us about it. We'd like to hear about other workplaces, programs or groups of friends banding together to drop pounds during these dark and difficult months. By Tuesday, call features reporter Melissa Davlin at 735-3234 or send e-mail to melissa.davlin@lee.net.

How to spot your child's allergy

The Washington Post

It can be tough to recognize allergy problems in children since many may seem similar to other conditions. If you suspect your child may be experiencing adverse reactions to common triggers such as dust, fungus, foods, animals or latex, check out the American Academy of Pediatrics' "Guide to Your Child's Allergies and Asthma" to help identify symptom patterns in your child. Some clues are:

- Recurrent red, itchy, dry and sometime scaly

rashes in the creases of the skin, wrists and ankles.

- Repeated or chronic cold-like symptoms that last more than a week or two, or develop at about the same time every year. These could include a runny nose, nasal stuffiness, sneezing and throat clearing.
- Nose rubbing, sniffing, sneezing and itchy, runny eyes.
- Itching or tingling sensations in the mouth and throat. Itchiness is not usually a complaint with a cold, but it is the hallmark of an allergy problem.

Weight loss support

Banding together to face the holidays unafraid.

NEXT WEEK IN HEALTHY & FIT

Varicose Veins?

Just your veins and a **BOARD CERTIFIED VASCULAR SURGEON**

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The only Fellowship Trained Board Certified Vascular Surgeon in the Tulsa Valley.

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KEYS TO SUCCESSFUL INVESTING

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

Week 6 — REVIEW YOUR PORTFOLIO AND GAME PLAN BUY AND HOLD, DON'T BUY AND FORGET

Unless you plan to rely on luck, your portfolio's long term success will depend on periodically reviewing it. Even if nothing bad happens, your investment may appreciate at differing rates, so after a while your asset allocation may change.

Rebalancing involves restoring your original asset allocation decisions by shifting your funds among investment classes to restore the ratios you decided on at first designing your portfolio.

Call our office to review your game plan.

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To place ads call (208) 733-0931 Ext. 2, in person @ 132 Fairhold St. Twin Falls or visit us online @ www.magicvalley.com Hours: M-F 8:00 am to 5:30 pm

Legal notices for Twin Falls County, including notices of trustee's sale and public notices.

Legal notices for Cassia County, including notices of trustee's sale and public notices.

Legal notices for Gooding County, including notices of trustee's sale and public notices.

Legal notices for Blaine County, including notices of trustee's sale and public notices.

Legal notices for Blaine County, including notices of trustee's sale and public notices.

NOTICE OF TRUSTEE'S SALE
Idaho Code § 55-1506 Today's date: October 10, 2008
File No.: 7104-27693 Sale date and time (local time): Friday, 09/29/2009 at 11:00 AM
Sale location: in the office of First American Title Company, 260 3rd Avenue, Suite 100, Twin Falls, ID 83301

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.

CASSIA COUNTY
IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF CASSIA MAGISTRATE DIVISION
Case No. CV2008-145
NOTICE TO CREDITORS
In the Matter of the Estate of MARILYN J. WHIPPLE, Deceased.

GOODING COUNTY
CITY OF BLAINE
SUMMARY OF ORDINANCE
This Summary of Ordinance is provided pursuant to Idaho Code § 50-901. The summary involves Ordinance No. 08-56 Summary of Ordinance of the City of Blaine, Idaho, dated 10/27/08.

101
Lost and Found
FOUND Aussie mix young dog in the Burley area. Please claim or see to good home. Call 208-312-2990

NOTICE OF TRUSTEE'S SALE
Idaho Code § 55-1506 Today's date: October 10, 2008
File No.: 7104-27693 Sale date and time (local time): Friday, 09/29/2009 at 11:00 AM
Sale location: in the office of First American Title Company, 260 3rd Avenue, Suite 100, Twin Falls, ID 83301

NOTICE OF PUBLIC HEARING
CITY OF MURTAUGH
ON PROPOSED GRANT ACTIVITIES
The City of Murtaugh is submitting a proposal to the Idaho Department of Commerce for an Idaho Community Development Block Grant (ICDBG) in the amount of \$200,000.

CASSIA COUNTY
SUMMONS
TO: Yolanda Analoco Measeo
You have been sued by Mario Analoco and Antonio Analoco, the Petitioners, in the District Court in and for Cassia County, Idaho, Case No. CV2008-1100.

GOODING COUNTY
NOTICE OF PUBLIC SALE
On February 26, 2009 at the hour of 11:00 o'clock AM of said day at Land Title and Escrow Inc., 700 West 2nd Street, Gooding, Idaho 83401 (LAW, INC.) as salesmen, we will sell at public auction to the highest bidder, for cash in lawful money of the United States, all payable in full to the County of Gooding, Idaho, real property situated in the County of Gooding State of Idaho and described as follows to wit:

FOUND Ferris 4 years old female found in Burley on Hansen St. Call to identify. Phone: 220-3673

NOTICE OF TRUSTEE'S SALE
Idaho Code § 55-1506 Today's date: October 10, 2008
File No.: 7104-27693 Sale date and time (local time): Friday, 09/29/2009 at 11:00 AM
Sale location: in the office of First American Title Company, 260 3rd Avenue, Suite 100, Twin Falls, ID 83301

NOTICE TO CREDITORS
IN THE MATTER OF THE ESTATE OF ROBERT D. HAMILTON
Deceased.
NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above-named decedent. All persons having claims against the decedent or the estate are required to present their claims within 60 (sixty) months after the date of the first publication of the notice of said death will be forever barred.

CASSIA COUNTY
IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF CASSIA
Case No. CV08-565
NOTICE TO CREDITORS
In the Matter of the Estate of NICH HOOPER, Deceased.
NOTICE IS HEREBY GIVEN that LARRY E. TOSCALE has been appointed personal representative of the above-named decedent. All persons having claims against the decedent or the estate are required to present their claims within four months after the date of the first publication of the notice of said death will be forever barred.

GOODING COUNTY
NOTICE OF PUBLIC SALE
On February 26, 2009 at the hour of 11:00 o'clock AM of said day at Land Title and Escrow Inc., 700 West 2nd Street, Gooding, Idaho 83401 (LAW, INC.) as salesmen, we will sell at public auction to the highest bidder, for cash in lawful money of the United States, all payable in full to the County of Gooding, Idaho, real property situated in the County of Gooding State of Idaho and described as follows to wit:

FOUND Motorcycle tail & license plate. Found on 3000 East. Call 208-337-8548



JEROME COUNTY CALL FOR BIDS
Jerome County is soliciting bids to move a steel building from Jerome School District's Property to Jerome Fairgrounds. Contractors are required to have a public works license through the State of Idaho. Contractor's bids will be accepted until close of business on Friday November 14, 2008 at 5 PM. The scope of work is available upon request at 300 North Lincoln Room 307, Jerome, Idaho or by calling 1-208-324-9262.

PUBLISH: October 27 and November 5, 2008

JEROME COUNTY NOTICE OF TRUSTEE'S SALE
TS No. 08-01044 Title Order No. W823280 Parcel No. RPP05 17E0290460. The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States, in the front lobby of Land Title & Escrow located at 237 N. Lincoln, Jerome, ID 83338, on 02/20/2009 at 10:00 AM, (recognized local time) for the purpose of foreclosing that certain Deed of Trust recorded 04/18/2006 as Instrument Number 2062181, and executed by SIVANVA FULTZ, A MARRIED WOMAN, as Grantor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, to RECONTRUST COMPANY, the Current Trustee of record, covering the following real property located in Jerome County, state of Idaho: Township 8 South, Range 17 East of the Boise Meridian, Jerome County, Idaho Section 2; that part of the SE1/4SE1/4, described as follows: Beginning at the Southeast corner of said section; thence North along the East boundary line of said section 280 feet; thence South 89°37' West, 388.93 feet; thence South parallel to the east boundary line of said section, 280 feet to the South line of said section; thence North 89°37' East along said South line, 388.93 feet to the point of beginning. The Trustee has no knowledge of a more particular description of the above referenced real property, but for purposes of compliance with Idaho Code, Section 60-1113, the Trustee has been informed that the street address of 494 EAST 400 SOUTH, JEROME, ID 83338 is sometimes associated with said real property. Bidders must be prepared to tender the trustee the full amount of the bid at the sale in the form of cash, or a cashier's check drawn on a state or federally insured savings institution. Said sale will be made without covenant or warranty, express or implied, regarding title, possession or encumbrances to satisfy the obligation secured by and pursuant to the power of sale conferred in that certain Deed of Trust. The default for which this sale is to be made is: Failure to pay the monthly payment due 05/01/2006 of principal, interest and impounds and subsequent installments due thereafter, plus late charges, with interest currently accruing at 7.500% per annum; together with all subsequent sums advanced by beneficiary pursuant to the terms and conditions of said Deed of Trust, and any supplemental modifications thereof. The principal balance owing as of this date on said obligation is \$720,114.01, plus interest, costs and expenses actually incurred in enforcing the obligations thereunder and in this sale, together with any unpaid and/or accruing real property taxes, and/or assessments, attorneys' fees, Trustee's fees and costs, and any other amount advanced to protect said obligation, as authorized in the promissory note secured by the aforementioned Deed of Trust. Therefore, the Beneficiary elects to sell, or cause said real property to be sold, to satisfy said obligation. NOTICE IS HEREBY GIVEN THAT THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE, AND THAT THE DEBT MAY BE DISPUTED. THE ABOVE GRANTORS ARE NAMED TO COMPLY WITH SECTION 45-1509 (4)(a) IDAHO CODE. NO REPRESENTATION IS MADE THAT THEY ARE, OR ARE NOT, PRESENTLY RESPONSIBLE FOR THIS OBLIGATION. DATED: 10/10/2008 Name and Address of the Current Trustee is: RECONTRUST COMPANY 1800 Tapp Canyon Rd., 812-200 SUN VALLEY, CA 92250-1821 PHONE: (800) 281-8219 RECONTRUST COMPANY Successor Trustee Amanda Rose, Team Member ASAFV 2266068

PUBLISH: October 27 and November 5, 2008

MINDOKA COUNTY NOTICE OF HEARING ON NAME CHANGE
Case No. CV-2008-783
A Petition to change the name of Alecia Jurek, born 1-22-1999 in Burley, Idaho residing at 750 North 900 East has been filed in Mindoka County District Court. The name will be changed to Gai Jurek, because the child could have mom & dad's last name. The child's father is living and the child's mother is living. A hearing on the petition is scheduled for 10 o'clock AM on Monday Dec 1, 2008, at the County Courthouse. Objections may be filed by any person who can show the court a good reason against the name change.
Date: October 14, 2008
J/Deputy Clerk

PUBLISH: October 20, 27, Nov 3 and 10, 2008

MINDOKA COUNTY IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF MINDOKA
Case No. CV-2008-420
NOTICE TO CREDITORS
In the Matter of the Estate of DAVID WAYNE AREMAN, also DAVID AREMAN, DECEASED.
NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four (4) months after the date of the first publication of this Notice or said claims will be forever barred. Claims must either be presented to Sharon Rae Aremann, personal representative of the estate of David Wayne Aremann, deceased, at the law office of Robinson & Associates, PO Box 390, Rupert, Idaho, the place fixed for the transaction of the business of said estate, or filed with the COURT. DATED this 8th day of June, 2008.
Sharon Rae Aremann
Personal Representative

PUBLISH: October 20, 27, Nov 3 and 10, 2008

...carries Times-News special section will publish on Veterans Day, Tuesday, November 11th 2008. Its purpose is to recognize and thank all of the Veterans who served our country and are forever grateful to us.

A 2 inch wide by 2 inch high ad for our Veterans Day

...mail to the Times-News, PO Box 548, 132 Fairview Court, West, Twin Falls, Idaho, or call Karen at (208) 735-3270.

I give permission to publish information in the Veterans Day section of the Times-News.

... (signature)

LINCOLN COUNTY PLANNING & ZONING NOTICE OF PUBLIC HEARING CANCELLED
The hearing to be held on October 30th for 4-Brothers Dairy Expansion has been canceled and will be held on November 13, 2008. See our legal notice on October 27th and Nov. 3rd.

PUBLISH: October 27, 2008

NOTICE OF PUBLIC HEARING
November 13th, 2008 at 6:00pm
LINCOLN COUNTY COURT HOUSE
111 WEST B STREET
2ND FLOOR COURT ROOM
PURSUANT TO ESTABLISHED PROCEDURE, NOTICE IS HEREBY GIVEN THAT The Lincoln County Planning & Zoning Commission will HOLD A PUBLIC HEARING.

8:00pm Roy and Nedra Hubert decision on Conditional use permit. To split of 5 acres.
Next: Proposed CAFO designated areas to amend the Lincoln County land use map to reflect the addition of designated areas for all new CAFO permit placement.
Next: 4-Brothers Dairy is applying for a siting permit to expand of 4657/animal units. This is a continued hearing.
ANY FURTHER SALES OR DESCRIPTIONS CAN BE SEEN AT THE LINCOLN COUNTY PAZ OFFICE IN THE COURT HOUSE. TESTIMONY IS LIMITED TO 3 MINUTES (UNLESS APPROVAL OF MORE TIME BY COMMISSION. IF THERE ARE ANY PERSONS NEEDING SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THE ABOVE NOTICED MEETING, PLEASE CONTACT THE PAZ ADMINISTRATOR WITH (208)206-9808

PUBLISH: October 27 and November 6, 2008

MINDOKA COUNTY NOTICE OF HEARING ON NAME CHANGE
Case No. CV-2008-783
A Petition to change the name of Alecia Jurek, born 1-22-1999 in Burley, Idaho residing at 750 North 900 East has been filed in Mindoka County District Court. The name will be changed to Gai Jurek, because the child could have mom & dad's last name. The child's father is living and the child's mother is living. A hearing on the petition is scheduled for 10 o'clock AM on Monday Dec 1, 2008, at the County Courthouse. Objections may be filed by any person who can show the court a good reason against the name change.
Date: October 14, 2008
J/Deputy Clerk

PUBLISH: October 20, 27, Nov 3 and 10, 2008

MINDOKA COUNTY IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF MINDOKA
Case No. CV-2008-420
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In the Matter of the Estate of DAVID WAYNE AREMAN, also DAVID AREMAN, DECEASED.
NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four (4) months after the date of the first publication of this Notice or said claims will be forever barred. Claims must either be presented to Sharon Rae Aremann, personal representative of the estate of David Wayne Aremann, deceased, at the law office of Robinson & Associates, PO Box 390, Rupert, Idaho, the place fixed for the transaction of the business of said estate, or filed with the COURT. DATED this 8th day of June, 2008.
Sharon Rae Aremann
Personal Representative

PUBLISH: October 13, 20, 27 and Nov 3, 2008

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Visit magicvalley.com/careerfair and click directly on the store link for application instructions.

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TIMES-NEWS magicvalley.com

LOAN OFFICER
First Federal is currently looking for a Loan Officer in the Twin Falls area. The successful candidate will possess the skills required to analyze requests on all types of loans offered by the bank with an emphasis on Mortgage lending. Candidate will also possess proven sales, organizational, communication and public relation skills in building customer relationships.

To be considered for this position, please complete an employment application, available at any First Federal branch location.

Salary DOE; with complete compensation and benefits package available.

Send completed application to P.O. Box 249, Twin Falls, ID 83303-0249, Attn: Becky Curtis.

First Federal is an EOE M/F and Drug Free Workplace.

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| <ul style="list-style-type: none"> Ash St. Locust St. Walnut St. Elm St. <p>TWIN FALLS</p> | <ul style="list-style-type: none"> Buchanan St. Lincoln St. Pierce St. Filer Ave. <p>TWIN FALLS</p> | <ul style="list-style-type: none"> Elm St. N. Heyburn Locust St. N. Ash St. N. <p>TWIN FALLS</p> |
| <ul style="list-style-type: none"> Duvall Cir. Filer Ave. E. Heyburn Ave. E. Maurice St. N. <p>TWIN FALLS</p> | <p>Earn extra money and start saving for Christmas with a newspaper route!</p> | <ul style="list-style-type: none"> Bracken St. Falls Ave. W. Wendell St. Lawrence Ave. <p>TWIN FALLS</p> |
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| <ul style="list-style-type: none"> Motor Route \$1,100 every 4 weeks <p>BUHL</p> | <ul style="list-style-type: none"> Burton Ave. Oakley Ave. Adams Ave. Brenwood Ave. <p>BURLEY</p> | <ul style="list-style-type: none"> 14th Ave. W. Idaho St. Rice Ave. Syringa Cir. <p>GOODING</p> |
| <ul style="list-style-type: none"> Motor Route \$700-900 <p>JEROME</p> | <ul style="list-style-type: none"> Super Tuesday Routes Available Call 677-8733 <p>BURLEY</p> | <ul style="list-style-type: none"> 3rd Ave. W. Artziano St. Nevada St. Texas St. <p>GOODING</p> |

Call now for more information about routes available in your area.

Twin Falls... 735-3346
Burley, Rupert, Paul... 677-8733
T.F.M.R., Kimberly, Buhl, Filer... 735-3347
Gooding, Shoshone, Halley, Jerome... 735-3302

LOST goats, near Stars Ferry heading towards Paia, 2 white Alpines, Orange/brown dog collar, 670-6770

LOST Old hand cart between Kimberly & Marquette Falls, for sentimental reasons, small reward. Lost 10/19 208-628-4609 leave message.

104 Personals

LOOKING for single gentleman 68-75 in Twin Falls area for friendship or long term relationship. Like the outdoors, likes to cook & spend quiet evenings at home. White Box 97303, c/o Times News P.O. Box 548, Twin Falls, ID 83303

107 Pregnancy Alternatives
Pregnant? Worried? Free Pregnancy Tests Confidential 208-734-7472

113 Child Care Services
JEROME Mom of 3 has immediate openings for in-home child care. Stephanie 324-3999

LICENSED Child care, days & evenings, CPE & first aid, ICCP accepted. All ages. Referrals 735-4183

200 Employment
PUBLIC SERVICE MESSAGE Federal Employment information is free. Remember, no one can promise you a federal job. For free information about federal jobs: Call Career America Connections, 476-757-3000

CLERICAL Full-time, Mon-Fri 8-5. Full Benefits. Wage \$12.00/ hour. Computer & phone experience required. Send resume to Box 9076 c/o Times News P.O. Box 548 Twin Falls, ID 83303

CLERICAL Part time person for data entry and accounts payable. Daily knowledge preferred but not required. Send resume to Box 9076 c/o Times News P.O. Box 548 Twin Falls, ID 83303

CLERICAL PT Clerical position at busy office. Some bookkeeping, phones and data entry. Send resume to 147 Main St. E Twin Falls. Fax 733-9449 or email hpbpd@oneval.net

205 Dairy
DAIRY Feeder for dairy in the Magic Valley area. Salary based on experience and performance. Call 208-420-3130

206 Drivers
DRIVER Looking for a part-time job working mornings & afternoons? We have the perfect job for you! Now hiring Bus Drivers Paid Training Western States Bus Call 208-733-8003

DRIVERS **TOP GUN** Truck Drivers Academy Class "A" CDL Instruction 735-6656

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200 Employment

206 Drivers

DRIVERS **TOP GUN**

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BUY IT! SELL IT!

THE FAMILY CURS

By Bill Keene

LAB PUPPIES pure bred, 4 yellow, 1 white, 2 black, 1 AKC reg. Call 208-912-3010 or 431-9812

LAB pups, ready now, silver coloring, AKC reg. See pictures at www.familycur.com 431-9812 or 431-9312

LABS 1 black male, 1 chocolate male, 1 black female, 7 weeks old AKC reg. registered. In Rupert. 436-4174 or 628-0716

LABS Black AKC reg. 1st. whole, 7 weeks, 240 lbs. male and 250 females. Both parents hunkers. Call 208-366-2029.

LABS Yellow AKC reg. 5 females, 1 male, shesha & dollows removed, ready Nov 1. 208-208-9227

MACKAY husky/sheep Australian Shepherd Great family of working dogs. 423-4918 or 639-4916

MINI DACHSHUND Chocolate based red. 5 mids, old male pup, AKC reg. Great with kids, cats & dogs. 5200 208-308-4334

MINI DACHSHUND pups, taking deposits, ready 11/10. AKC reg. Call on e-mail pictures. Buff. 406-473-6396

MINI DACHSHUNDs, ready 10/20, will hold for \$100 dep. 208-436-4996 or 312-2944

MINI SCHNAUZERS 2 reg. ready, my puppy AKC an experienced dog breeder. Full vet check, dewormers removed. tails docked and 1st shots. Hand raised in my dog park with parents on site. References avail. 4 males left, 3 white, 1 black, 1 tan, 1 tan. Hilary 208-431-6929

PAPILLON puppies, AKC reg. females, black and white, 1 male, 1 female. 308-0787 or 293-4054

PIT BULL pups 2 males, 6 weeks old, \$150 cash. Call 208-543-4623

PIT BULLS 500 lbs. blue \$150, 208-260-1980 or 208-280-1438

PIT BULLS 4 awesome parents, awesome pups, 4 males left, \$150 731-6913 or 731-6118

PUG AKC Agood breed, 208-260-1980 or 208-280-1438

PUG PUPPIES 3 males, 2 females, 2 weeks, \$200 cash only Call 208-562-7139

PUG PUPPIES 7.8 weeks 2 males 2 females \$150 cash Call 208-724-7139

PUGS 11 "tear marks" ready to go or wormed \$200 cash Call 208-444-7811

PUGS 3 males 3 females, backs and legs, ready to go \$275 208-434-4369 or 708-293-7470

SPIN POOD \$450 Showpiece \$650 Low trained \$200 Call 208-423-8002

SPIN TZU puch AKC reg. 12 wks old 1 female, male, AKC reg. and color. Ready now. 5200 208-308-4318

WELSHMANERAS CMC 3 very nice, 2 males & 1 female, \$250 each. 208-447-3043

WELSHMANERAS CMC 3 very nice, 2 males & 1 female, \$250 each. 208-447-3043

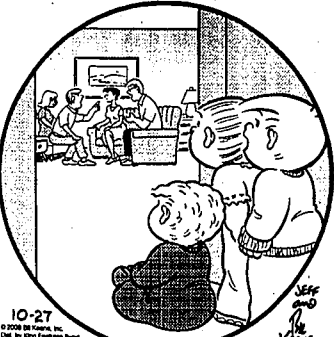
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WELSHMANERAS CMC 3 very nice, 2 males & 1 female, \$250 each. 208-447-3043



"We're not S'POSED to understand. They're talking politics."

716 AG Business and Service Directory
706 Farm/Ranch Supplies
707 Irrigation
709 Hay Grain and Feed

STOCK TRAILER 4-horse, bumper pull, \$3,500. 208-728-4824
707 Irrigation Citywide Sprinkler Pipe Repair. 431-7176
PVC 12 2000, PVC 100 1200. PVC/ACR 12 1200. 208-423-4644

709 Hay Grain and Feed ALFALFA 1", 2", 3" cutting, no rain, covered, small bales \$10/bale. 208-423-4644

800 Merchandise Bring your Antiques & Collectibles and MAKE SOME CASH at the New Indoor Mall. 208-423-5533

801 Antiques and Collectibles Bring your Antiques & Collectibles and MAKE SOME CASH at the New Indoor Mall. 208-423-5533

BIRTHDAY PHOTOS Have you forgotten to pick-up your birthday photos? We have some photos for you sure you don't want to miss. These can be picked-up at the Times-News Classified Dept!

802 Appliances USED APPLIANCES All types and models. Starting price \$89. 208-723-8114

WASHER & DRYER Kenmore To Service 2008 white electric washer and dryer. 1350. 208-423-7748

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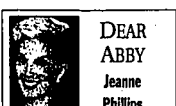
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Stranger's kindness touches woman during son's illness

DEAR ABBY: With Halloween approaching, I would like to share a young man's act of kindness that will stay with me forever. In October 2005, my lively and energetic 7-year-old son, Matthew, was diagnosed with a brain tumor. After successfully completing treatment, he was back to his old self and happily making plans for the summer. Unfortunately, by the following summer his tumor was growing back, and there was nothing the doctors could do. One evening in July we ordered a pizza to be delivered. Matthew told me that for Halloween he wanted to dress like a pizza delivery man, and asked if he could talk to the man when he came to the house. Because of the tumor, Matthew's speech was difficult to understand. His right side was paralyzed, and his body was swollen from steroids, so I was concerned about how the person would react. I was hesitant, but agreed. When the delivery man arrived, I was shocked to see how young he was. I told him my son was sick but wanted to meet him because he wanted to dress like a pizza delivery man for Halloween. Without hesitation the young man came in and talked to Matthew about his job. He even gave Matthew his name tag to wear as part of his costume for Halloween. I was so impressed with that young man. He wasn't taken aback by my son's appearance, as so many of our adult friends had been, and he made Matthew so happy. Matthew was in the hospital by Halloween, but he wore the man's pin on his hospital gown. It was my son's last Halloween, and I'm thankful that this young man was so caring and considerate. His name is Jeff, and his kindness should be an example to everyone. —LINDA IN MASSACHUSETTS



DEAR ABBY Jeanne Phillips

He is racist, homophobic and sexist. He is also blatant about his opinions, whether or not people want to hear them. All of "Sadie's" other friends agree he's a complete jerk, and not only that, he takes up all her time.

Sadie is smart. She realizes Chip has those traits. Somehow she doesn't care about his defects and looks past them. I'm not really scared for her safety. Chip seems to be nice to her. I can't stand to be around the guy, but that means I don't get to talk to my best friend most of the time. I am trying to be nice to Chip, and I have talked to Sadie about this, but nothing works. Please help. I'm at the end of my rope.

DEAR LINDA: Please accept my deepest sympathy for the loss of your son. Your letter touched my heart. Thank you for writing to remind my readers and me what a difference a simple act of kindness can make in the life of another person. DEAR ABBY: I'm 15 and I detest my best friend's boyfriend, "Chip."

IF OCTOBER 27 IS YOUR BIRTHDAY: Learning to be compassionate and caring for others could be an underlying theme that develops in the year ahead.

ARIES (March 21-April 19): It's always fun. Energy levels could be at a low point, so this isn't a good time to begin a new project or take on a new challenge. Hold off on making a major purchase and delay signing contracts.

TAURUS (April 20-May 20): It is the easiest time in the world just to be yourself. It is much harder to be what others expect you to be. Don't let anyone make you feel unworthy or undeserving. Avoid making significant changes.

Today is Monday, Oct. 27, the 301st day of 2008. There are 65 days left in the year. Today's Highlight in History: On Oct. 27, 1868, the 24th president of the United States, Theodore Roosevelt, was born in New York City. On this date: In 1787, the first of the Federalist Papers, a series of essays calling for ratification of the United States Constitution, was published in New York City. In 1793, the United States and Spain signed the Treaty of San Lorenzo, also known as "Pinckney's Treaty" which provided for free navigation of the Mississippi River to the Gulf of Mexico. In 1864, the first rapid transit subway, the NYCT, was inaugurated in New York City.

HOROSCOPE Jeradine Saunders

CANCER (June 21-July 22): Sharpen social skills. You may need to conduct pleasant conversations with people with whom you have nothing common. If you are creative or artistic this is a good day to brainstorm an upcoming project.

LEO (July 23-Aug. 22): Watch your pennies today. If you didn't intend to join Groups, organizations, or community events, could cut out your time leaving you starved for personal fun.

LIBRA (Sept. 23-Oct. 22): You can please all of the people all of the time. You might not even be on the same wavelength as others. This isn't a good time to push business agendas, invest or to pursue your social ambitions.

SCORPIO (Oct. 23-Nov. 21): Postpone a shopping spree.

SAGITTARIUS (Nov. 22-Dec. 21): Allow others to give ideas that resonate with your plans. People you mingle with under these stars might be seeking your friendship due to self-interest. Hold off on starting new ventures.

AQUARIUS (Jan. 20-Feb. 18): Act professionally. If you wish to be treated like a professional Venus is in your sign, so you will be cheerful and easy going during the next week or two. Others, however, expect to be taken seriously.

PISCES (Feb. 19-Mar. 20): Working behind the scenes is to your advantage. Concentrate on the tasks that desperately need your personal attention and pass up meetings. Avoid interruptions and much can be accomplished.

TODAY IN HISTORY

In 1967, Union Station in Washington, D.C., opened. In 1944, the author J.R.R. Tolkien was born in Warwick, Warwickshire, England. In 1922, the first annual celebration of Navy Day took place in the United States. In 1938, Dan Flavin announced a name for his new synthetic color paint, "Munsell's New Color System." In 1974, Walt Disney's first television program, titled "Disneyland" after the yet-to-be completed theme park, premiered in ABC. In 1978, Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin were named winners of the Nobel Peace Prize for their progress toward achieving a Middle East accord. Ten years ago, Hurricane Mitch hit through the western Caribbean, pummeling coastal Honduras and Belize, the storm caused several thousand deaths in Central America as the days that followed in San Salvador, El Salvador, were marked by looting and the immediate death of NAID strikers. Five years ago, Naïde members in Baghdad struck a deal to buy back quarters and three police stations, leading dozens of people to be killed in the Marwan Mulla al-Badr al-Badr, Washington died at age 99, he had a long association with the New York Field, died in Los Angeles at age 97. One year ago, despite significant downturn in the price of oil, the price of gold rose to a record high of \$1,200 per ounce, passed a 100-year-old agreement with OPEC and the United Arab Emirates and a 100-year-old agreement with the United Arab Emirates and the United Arab Emirates.

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su do ku
Puzzles by Pappocorn

Grid for the 'su do ku' puzzle with numbers 1-9 in various positions.

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved.

816 Miscellaneous For Sale

PELLET STOVE Whitefield S1200, solid oak coffee table \$85, wicker chair \$35, coffee table & chair cash only, 733-1150

821 Variety Foods And Services

BLACK ANGUS BEEF on the hoof, \$1.30 lb. Grass fed, all natural. Call 208-731-9630

824 Guns & Rifles

BENELLI Nova pump shotgun, 31" camo woodstock, 34" barrel, \$400/offer, 260-1896

817 Musical Instruments

DRUM SET 7 piece like new \$350, 208-829-8287 after 8:30 or by msg

822 Wanted To Buy

GOOSE DECOYS WANTED Looking to buy Roosters, sheeps, turkeys and fox. Call 208-420-4513

825 Camping/Tramping Equipment

TENT 16'x20', price includes heavy duty aluminum poles, very easy set up. \$850 firm. 208-434-4211

820 Tools & Machinery

ATTENTION Concrete contractors We have lots of good equipment for sale...

826 Wanted To Buy

WANTED Antique and estate, old pottery pictures, horse saddle, 1941 Indian and cowboy name magazines. Call 208-334-4721

903 Boats And Accessories

BOAT 14' aluminum V-hull, 35HP, Evenflo, stern drive, fish finder, trolling motor, w/air, 1488 lbs. Call 841-274-1106

CLASSIFIEDS

Call The Times News to place your ad 208-733-0931 ext 2

904 Campers And Shells

USED SHELLS Quality-Low Price-Selection 208-312-1828

905 Motor Homes & RVs

CRUISE AIR II by Oregon Boy 86 motorhome 24' 500 hp, new front air heater, new hot water heater, new motor board...

900

ATTENTION Concrete contractors We have lots of good equipment for sale...

906

WANTED We buy your RVs, motorhomes, campers, trailers, boats, and more...

907

WANTED We buy your RVs, motorhomes, campers, trailers, boats, and more...

901 Snowblowers

SIERRA 07 67 Wheel, 2 slide cuts, Arctic package, loaded \$23,500, 839-4888

902 Motorcycles

HARLEY DAVIDSON 90 Dyna, lots of extras, very nice, call 208-420-3970

Assist Auto Brokerage

270 S. Idaho St. Wontal 208-536-1900

903 Snow Vehicles

12th Annual SNOWMOBILE AUCTION! Sat, 11/8, 11AM Corner of Karcher & Middleton Hds., Nampa, ID

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TRANSPORTATION

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1005 Semis And Heavy Equipment

CLARK FORKLIFT 2 1/2 ton, 1000 lbs, pneumatic tires, \$4000, 208-839-1818

1001 Aviation

PROWLER '95 36' pull trailer, slide out, in good condition, \$7,500, 208-410-2690

NOTICE

Please check your ad for accuracy the first day it runs.

1002 Auto Parts And Accessories

PARTS FOR SALE Forders, hood, lights, grills, mirrors, radiators, interior/exterior parts, etc. 734-7090

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Advertise in the Business & Service Directories 733-0931 ext. 2

908 Utility Trailers

MIRAGE '99 20' Extreme Snow enclosed trailer, loaded w/ weapons, only \$8495

1004 Antiques and Collectibles

EL CAMINO '69 58,000 or best offer. Call 208-434-3330

909 Travel Trailers

ALJO '83 24' bumper pull, real good condition for sale or trade. \$5500, 208-934-8747

1006 Trucks

ALL TRUCKS WANTED! Sell your vehicle for immediate CASH TODAY!

Used-Car Buyers CHECK LIST. Decide which make and model is sought. Research asking price with Kelley Blue Book. Online and printed resources. Set daytime appointment. Before test drive, check undercarriage, engine and body for rust or damage. Check interior for cleanliness. Comfort and size. Inspect tires for wear. Check oil for proper level and color. Check coolant and radiator for leaks or corrosion. Drive on highway to gauge acceleration.

TWIN FALLS FORECAST

Today: Sunny skies, light winds and warmer than normal temperatures. High over 60s.
Tonight: Mostly clear, skies and cool temperatures. Lows in the upper 30s.
Tomorrow: Will above average temperatures and sunny, dry conditions. High over 60s, low middle 30s.

BURLEY/RUPERT FORECAST

Today: Sunny skies and warm temperatures. High over 60s.
Tonight: Clear and cool. Lows in the lower to middle 30s.
Tomorrow: Continued unusually warm temperatures and sunny skies. High upper 60s, low lower 30s.

TWIN FALLS FIVE-DAY FORECAST

Table with 5 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature ranges (High/Low).

Yesterday's Weather

Table with 2 columns: Hi, Lo. Lists weather conditions and temperatures for various locations like Boise, Idaho Falls, etc.

IDAHO'S FORECAST

SUN VALLEY SURROUNDING MTS. High pressure will make for sunny, warm days and clear, chilly nights today through Thursday. Includes a map of Idaho with weather icons for various regions.

ALMANAC - TWIN FALLS

Table with 5 columns: Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moonrise and Moonset, U.V. INDEX, Pollen Count.

REGIONAL FORECAST

Table with 5 columns: City, Today, Tomorrow, Hi, Lo. Lists forecasts for Boise, Idaho Falls, Pocatello, etc.

NATIONAL FORECAST

Table with 5 columns: City, Today, Tomorrow, Hi, Lo. Lists forecasts for major US cities like New York, Los Angeles, Chicago, etc.

WORLD FORECAST

Table with 5 columns: City, Today, Tomorrow, Hi, Lo. Lists forecasts for international cities like London, Paris, Tokyo, etc.

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TODAY'S NATIONAL MAP. A map of the United States with weather icons indicating conditions across different regions.

CANADIAN FORECAST

Table with 5 columns: City, Today, Tomorrow, Hi, Lo. Lists forecasts for major Canadian cities like Toronto, Montreal, Vancouver, etc.

Large advertisement for 'meineke car care center' featuring a grid of car listings. Each listing includes the car model, year, features, price, and contact information for the dealership.

Sudoku Answers: A 9x9 grid containing the solutions to the Sudoku puzzles from the previous page.