



STILL GOING STRONG
First Federal will keep up 'Biggest Loser' contest.
HEALTHY & FIT, B3

EYE FOR AN EYE
Iran doles out justice to man who burned woman with acid.
NATION & WORLD, A11

HOW 'BOUT THEM COWBOYS!
Dallas shakes off team turmoil to stun Giants.
SPORTS, A5



TIMES-NEWS

Monday, December 15, 2008

MagickValley.com

75 cents

SUBPAR SCORES

HIT CARD	
Grade	D
Time	1:46
Out of 50 states	46th
Overall grade	C-minus



BSTN JACKSON/Times-News

Paramedic Stan Flat checks with Pilot Scott Lowe before their lift-off along with Nurse Sheila Desilet Saturday morning at the St. Lakes Magic Valley helipad in Twin Falls. The crew and their Bell 430 twin-engine craft have an average lift off time of 10 minutes from notification. For the second time in two years, the American College of Emergency Physicians gave Idaho an overall D grade, and this time ranked it 46th out of the 50 states and the District of Columbia. The country overall received a C-minus grade.

Report: Idaho still gets low national ranking in emergency care

By Nate Poppino
Times-News writer

Two years after it first ranked the nation's ability to provide emergency health care, the American College of Emergency Physicians still says Idaho needs to do more to fix its system.

The study, first done in 2006, gave Idaho an overall D grade both years and this time ranked it 46th out of the 50 states and the District of Columbia. The country overall received a C-minus grade.

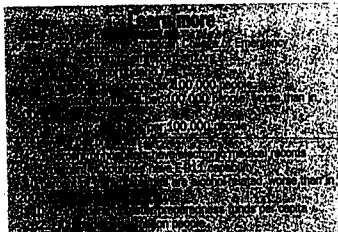
The information is compiled from a number of sources, including an emergency room survey done by hospitals and a survey of state disaster preparedness coordinators.

The state's biggest strength, the report concludes, is its favorable costs and laws regarding medical liability, the sixth-best in the nation and graded as a B-plus. All other scores for individual categories were D's or below

and both the state's disaster preparedness and access to emergency care were rated F's.

The results aren't terribly surprising, said Dr. Curtis Sandy, a Pocatello emergency room physician who's the president of ACEP's Idaho chapter.

The physician shortage, a lack of behavioral health beds, low reimbursement rates for Medicaid patients — they all contribute to the



problem, he said. And it's exacerbated by many projects — such as a poison control center and a trauma-patient registry — that are handed to or end up with the state's EMS Bureau and eat up its funding, he said.

Other health care leaders aren't as convinced. Tom Shanahan, spokesman for the Idaho Department of Health and Welfare, pointed to several areas where state officials are already working

to improve certain issues. The health districts are working to compile a central registry for volunteer health providers, one suggestion under "disaster preparedness." The trauma registry is in the works, he said. And some other items, such as patient and victim tracking systems, haven't been named as a priority by local EMS workers, he said.

Please see REPORT, Page A2

Crowded clubhouse

T.F. Council looks to build golf building, raise fees, extend Hamblin's contract

By Jared S. Hopkins
Times-News writer

The Twin Falls City Council is scheduled to consider tonight three items that impact the Twin Falls Municipal Golf Course: a request by staff to build a new maintenance building; a recommendation to raise most golf fees; and whether to extend the contract with the golf professional who manages the facility by one year as other alternatives are explored.

The new 1,200 square-foot maintenance facility is estimated to cost \$50,000 and would be a more cost-effective way than originally planned for the city to improve the working condi-

tions for grounds crew workers at the course, according to a city staff report. The existing nearly 70-year-old building is replete of holes and leaks, and other building problems, and has insufficient space.

The new building — which was not included in the 2008 budget — would have work bays, a bathroom and an office. To shore up about \$81,000, officials will delay the purchase of two trucks, delay electrical and mechanical upgrades to the park shop, and transfer money the city received in a recent land swap.

The city decided to build a smaller shop after early estimates to replace the current one at the same size cost between \$200,000 and almost \$500,000. With the second shop, the current one would remain as a large storage building.

Please see COUNCIL, Page A2

Jubilee House residents help program for needy children

By Blair Koch
Times-News correspondent

Want to help?

To support Three Foot Socks, contact Kelly Close at 208-316-0344.

Boxes of princess play sets, puzzles, games and other trinkets were stacked around the living room in Kelly Close's Twin Falls home. One by one, the toys would be wrapped and placed inside three-foot tall red and felt socks.

But without the girls living at Jubilee House, a faith-based rehabilitation program for women, the 15,000 toys might remain

unwrapped and go undelivered this year to needy children, said Close. She organizes Grey Eagle Realty Three Foot Socks, a program designed to help 6,000 needy children in the Magic Valley this Christmas. Close typically collects

Please see JUBILEE, Page A2



An unnamed resident of Jubilee House, the faith-based residential recovery program in Twin Falls, wraps gifts Saturday for the Grey Eagle Realty Three Foot Sock program.

Photo by Blair Koch For the Times-News

Honestly, who throws a shoe?

Iraqi reporter throws shoes at Bush at speech in Iraq

By Jennifer Lovan
Associated Press writer

BAGHDAD — On an Iraq trip shrouded in secrecy and marred by dissent, President George W. Bush on Sunday hailed progress in the war that defines his presidency and got a size-10 reminder of his unpopularity when a man hurled two shoes at him dur-

INSIDE

Bush's trip highlights war unwon.

See page A11



In this image from AP/TV video, a man throws a shoe at President George W. Bush during a news conference with Iraq Prime Minister Nouri al-Maliki on Sunday in Baghdad. The man threw two shoes at Bush, one after another. Bush ducked both throws.

Please see BUSH, Page A2

Washington becomes new hot spot in Border Patrol's expansion

By Manuel Valdes
Associated Press writer

SEATTLE — The note from U.S. Attorney Jeff Sullivan to the U.S. Border Patrol was short and to the point: Stop sending petty marijuana cases to his office.

"It is our long-standing policy to use limited federal resources to pursue the sophisticated criminal

organizations who smuggle millions of dollars of drugs, guns and other contraband across our borders," Sullivan wrote in November.

Sullivan's note is one in a string of flare-ups as the Border Patrol expanded its influence and manpower here in recent months. The marijuana bust had come from inland road blocks on state highways.

Sheriff's offices, farmers and a U.S. Congressmen have all made their opinion about the patrol's increased presence known, and not all of it has been friendly.

The clothes cast light on the expanded power of the agency along the country's northern border.

More than 1,100 agents have been added to the

Please see PATROL, Page A2



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Today in History B8
To do for you B2
Weather B12



High: 28 Low: 14
Cloudy and cold.
Light snow showers. Details: B12
and live at magickvalley.com/weather

MORNING BRIEFING

TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

"Snow Biz," presented by Melanie's Talent School of Performing Arts featuring children ages 3-12, 6:30 p.m., College of Southern Idaho's Fine Arts building, Twin Falls, no cost, 737-9100.

CLUBS AND ORGANIZATIONS

Magic Valley Detachment of Marine Corp League, 7 p.m., Dav Hall, Shoup and Harrison, Twin Falls, 293-7312 or 734-8015.

GOVERNMENT

Twin Falls County commissioners: 8:30 a.m., courthouse, 425 Shoshone St. N., 738-4068.
Cassia County commissioners: 9 a.m., courthouse, 1459 Overland, 878-7302.
Jerome County commissioners: 9 a.m., courthouse, 300 N. Lincoln, 644-2700.
Minidoka County commissioners: 9 a.m., courthouse, 715 S. St., Rupert, 436-7111.
Twin Falls City Council: 5 p.m., council chambers, 305 Third Ave. E., 735-7274.
College of Southern Idaho: 5:30 p.m., Student Union Room 248, Taylor Administration Building, 315 Falls Ave., Twin Falls, 732-6261.
Ketchikan City Council: 5:30 p.m., City Hall, 480 E. Ave. N., 726-3841.
Hailey Planning and Zoning Commission: 6:30 p.m., courthouse, 206 First Ave. S., 788-8915.
High School Board: 7:30 p.m., City Hall, 308 Fifth Ave. W., 934-5669.
Jerome City Planning "Advisory Committee" Commission: 7 p.m., courthouse, 300 N. Lincoln, 324-9116.
Minidoka County School Board: 7 p.m., library, Mimico High School, Rupert, 436-4727.
Bliss School Board: 7:30 p.m., school library, 601 E. Highway 30, 352-4445.

HEALTH AND WELLNESS

College of Southern Idaho's Over 80 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 ISDB gym, Jerome Rec Center, Shoshone High (old gym), Rupert Civic

Gym, Blaine County Campus Gym and Flair 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 Pro Exercise Class: 10 to 11 a.m., Blaine County Senior Connection, 721 S. Third Ave., Hailey, no cost, 737-5988.
Fit and Fall Pro Exercise Class: 10:30 to 11:30 a.m., Ageless Senior Citizens, Inc., 310 Main St. N., Kimberly, no cost, 737-5988.
Silver Sneakers Fitness Program: Innovative exercise program designed specifically for Medicare beneficiaries' unique health and physical needs, 11:15 a.m. to noon, Twin Falls YMCA, 2751 Elizabeth Blvd., no cost for Humana-insured or YMCA members and \$5 per class for non-insured, 733-4384.
Muscular Dystrophy support group: Sponsored by the Commission for the Blind, 12:30 p.m., Jerome Senior Center, 324-6833.
Fit and Fall Pro Exercise Class: 1:30 p.m., front lounge, Woodstone Assisted Living Facility, 491 Casswell Ave. W., Twin Falls, no cost, 737-9986.
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, Minidoka Memorial Hospital, Rupert, no cost, 433-3741.
Recovery for Life: "Find Help, Discover Hope, Experience Healing" includes Divorce Care, 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.

OPEN HOUSE

Buhl Christmas Open Houses: unique customized Christmas gifts, gifts, gifts, gifts, maps available, The Nehemiah, Buhl, 543-4253.

To have an event listed, please submit the name of the event, a brief description, time, place, cost and contact name for the event. E-mail at showtimes@magicvalley.com; by 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

What to do and do today

• Check out the wish lists for people in long-term care facilities in the *Times-News* or check with the facilities in your town, and then buy gifts for the residents. Go ahead and play Santa without having to put on the uniform.
• Continue in the giving spirit, by donating canned, dry and frozen food, dairy products, soups and more to

the Jerome Soup Kitchen for the needy. The kitchen is open Monday and Wednesday evenings at St. Jerome's Catholic Church, 216 2nd Ave. E. Information, Diane, 324-2943.
• And why not gather the kids, the grandparents and even that annoying uncle and drive around to see the Christmas lights around your town? Check out the

Food Aid Home and Garden plans on MagicValley.com for a list of places. So get in the car, put on some Christmas music and enjoy the sparkle.
Have your own pick you want to share? Something that is unique to the area and that may take people by surprise? E-mail me at pam@magicvalley.com.

Report

Continued from page A1
Steve Millard, president of Idaho Hospital Association, said he doesn't usually like national rankings because they usually seem to do how much money a state spends, and remembers spending issues with ACEP's 2006 ranking. After reviewing the more recent report card, he said he can't fault the issues they point out and said the overall format and conclusions have improved. But still wasn't sure the document would convince anyone to do anything more than they already are.
"It's a mountain environment, rural with scarce population," Millard said, addressing some issues such as the lack of trauma centers. "We're not going to have the

things that the big cities have."
ACEP was aware of the rural/urban split, said Stephen Epstein, an emergency physician who was part of the task force that compiled the report. One section notes that rural areas face greater challenges, including larger distances, higher rates of some health problems and doctor shortages. The study attempted to balance such areas with their more-urban counterparts, Epstein said, noting that the lowest overall scores still largely but not exclusively went to rural states.
Asked what the odds are of states tackling health-care reform in a tight economy, Epstein said he hopes the incoming Obama adminis-

tration will spur some change and pointed out what he saw were some low-cost solutions to the issues.
Santly acknowledged that not much may change in Idaho until legislators feel they've found the bottom of the current budget crisis. Even then, he said, reform will require many tough decisions, possibly higher taxes and fees and regional consolidation of services, including emergency dispatch centers.
"I don't know how the governments are going to continue to be able to meet the needs without making some serious decisions," he said.
Nate Poppino is at 208-735-3237 or npoppino@magicvalley.com.

Council

Continued from page A1
In other golf course management issues:
• The council will consider a Twin Falls Golf Advisory Commission recommendation to raise fees at the course, although most increases are barely over 6 percent. A single adult season pass would rise \$30, or 6.7 percent, to \$475. But adult greens fees would rise from \$20 on weekdays and \$23 on weekends.
The increases are designed to raise money — \$40,000 in additional revenue, according to a city staff report — at the course, which continually loses money.
The only fee increased last year was the punch card rate, which increased from \$100 to \$125 for 10 rounds of golf. The commission recommended the price increase to \$150.
A public hearing on the

increases is scheduled for 6 p.m.
• The council will consider a one-year contract extension with PGA Pro Mike Hamblin, a move designed to give the city ample time to engage in request for proposals for management of the course.
The city owns the course and city workers maintain it, but management of the facility has been contracted out to Hamblin since 1998. Before that, he was a city employee.
The RFP process is expected to take six months to complete, and the city plans to seek RFPs from all regional golf professionals.
This summer, the council extended his contract by six months and later formed a task force to review the future of the golf course.
The one-year extension assures Hamblin — a popular

figure in Twin Falls for his contributions to junior golf — will be reimbursed for credit card charges. Earlier this year, the council rejected Hamblin's request to be reimbursed for up to \$17,000 in the fees.
Also on tonight's agenda:
• Vote to reject bid proposals for the Perrine Collee Sewer Line Replacement Project and rebid the project.
• Discussion on the city's new Comprehensive Plan and its section on impact fees.
• Consideration of a grant offer from the Idaho Transportation Department for \$25,000.
• Appointment of Patti Patterson to serve as a library trustee.
City Council meetings begin at 5 p.m. at 305 3rd Ave. E. and are open to the public.

Patrol

Continued from page A1
Canadian border since Sept. 11, 2001, four times its presence before the terrorist attacks. Hundreds more agents are to be hired next year.
Agents can set up road blocks up to 100 miles from the border, board passenger buses, and patrol transportation hubs that are not near the border. Elsewhere, the Border Patrol, which is part of the U.S. Department of Homeland Security, has set up road blocks in other northern states, including Vermont, New York and Maine.
This authority, relatively new to the people of Washington, has stirred controversy.
It's the remoteness and the heightened presence of the Border Patrol that has brought this issue to the forefront, said John Bates, the patrol's chief for the western half of Washington. "We've been utilizing check points for more than 75 years. Obviously when you use a new tactic in the border, people are going to have questions, and rightfully so."
Bates wants people to speak out if agents are rude at the checkpoints, one of complaints he has heard. But the checkpoints aren't going away, said Bates, who calls them an integral part of the agency's security strategy.
Advocates say intrusive operations — such as boarding passenger buses — are threatening civil liberties.
The American Civil Liberties Union has led the challenge of Border Patrol's

powers. They call the patrol's 10-mile belt of jurisdiction a "Constitution-Free Zone" occupied by two-thirds of the country's population.
"Our concern is not what they're doing now. But what this expanded interpretation of what they can do can expand into," said Shankar Narayan, legislative director for Washington's ACLU chapter. "They can eventually claim a range of authority away from the border, who can say where that stops?"
Narayan said the ACLU expects to file a lawsuit challenging the road blocks when it finds the right case.
There are no checkpoints in largely rural eastern Washington and none are planned, though spokeswoman Danikelle Suarez said the patrol reserves the right to set them up. Suarez said that eastern Washington's rugged terrain calls for different tactics.
The last checkpoint operated in western Washington happened in October, although border agents are now patrolling bus terminals.
In Vermont, the Border Patrol reinstated a traffic checkpoint 97 miles from the Canadian border on an interstate in 2007. The checkpoint has drawn criticism from U.S. Sen. Patrick Leahy, who questioned its effectiveness. The Border Patrol, however, also provides manpower and technical aid to local police in the region.
In Washington, small protests have also taken place in the towns of Port Angeles and Forks, two towns on the Olympic Peninsula that have seen an increased presence of border

agents. The peninsula can only be reached from Canada by ferry.
In 1999, Ahmed Ressaam, an Algerian national who was convicted on multiple counts for plotting to bomb Los Angeles International Airport around Jan. 1, 2000, was caught by customs agents with explosives in the trunk of his car when he drove off a ferry.
Canada does have lax policies, but there are dangerous people who have gotten into Canada," said Jim Mehlman of the Washington, D.C.-based Federation for American Immigration Reform. "They have agents at checkpoints in close proximity to the southern border, and there's no reason why they can have them in the northern border."
Demoting U.S. Rep. Norm Dicks has critics angry because of his top gun, and said the agency should focus on protecting the coastlines.
Farmers say Border Patrol's crackdown on illegal immigration is scaring away workers.
"We're going to become a military zone in effect, where the federal government has dozens of police on the street, stopping people at will," said Eric Chester of Port Townsend, Wash.
Bates argues that border agents are trying to protect a challenging, porous and busy border. Cocaine being smuggled north from Mexico, and marijuana from Canada are some of the drugs traffickers carry in this corridor, Bates said.
Bates also said the agency will likely refer petty drug cases to local prosecutors, instead of Sullivan's office.

Jubilee

Continued from page A1
The program runs along the donations and toys, and does the wrapping herself. But this year she had some surgeries and wasn't up to the enormous task. The residents at Jubilee House stepped in this year.
"This year, if it weren't for Jubilee House this just wouldn't have happened," Close said.
For residents of the Jubilee House residents — who gave only first names on conditions of anonymity — wrapping presents Saturday in Close's home was an opportunity to give back to the community that supports them.
"Jubilee House is a nonprofit and runs entirely on donations and funds donated to it," said Patricia, who is six months into her recovery from methamphetamine. "It feels good to give back and help, especially to the children who will get these gifts."

The program runs along the popular Toys for Tots, which collects information from services, schools and church organizations on children who need presents for Christmas. Meanwhile, Toys for Tots collects dollar-store type trinkets and toys — stocking stuffers, for the children — which leaves the large gift giving to Toys for Tots.
"We are a totally different organization but get our information from Toys for Tots," Close said. "Some of our kids may get presents from them but some of our kids don't. We just want to reach as many children as we can."
Patricia said when her presents helped her feel better about the upcoming Christmas she'll spend without her four children, ages nine to 21, waiting for her in Arizona.
"They know that when I'm done here I'm coming back to them a different person, a better person and better mom," she said.
Shelli, who said she was from the Twin Falls area, said being welcomed into a home was something she would have to get used to.
"When you're out there, doing drugs, you waited for the ice break, for something to go wrong, for the ice to break and to fall through. Nobody could trust you," Shelli said. "I feel like I'm walking on egg shells...I've never known what normal is and I'm still learning what that feels like."
Close's neighbor, Sharon Morris, said she was impressed with the women from Jubilee House.
"They are very hard workers, nice girls," Morris said. "It breaks my heart they are where they are but they are going to make it. You can tell they are very good women."

TIMES-NEWS

Subscription rates and contact information for the Times-News, including phone numbers and website information.

CORRECTION

County man moving to misidentified
A story about Jerome Economic Development Director Marlin Eldred misidentified the county to which he is moving. He accepted a position in Davis County, Utah. The *Times-News* regrets the error.

Bush

Continued from page A1
which calls for U.S. troops to withdraw from Iraq by the end of 2011.
"It was a size 10," Bush joked later.
The U.S. president visited the Iraqi capital just 37 days before he hands the war off to his successor, Barack Obama, who has pledged to end it. The president wanted to highlight a drop in violence in a nation still riven by ethnic strife and to celebrate a recent U.S.-Iraq security agreement,

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MAGICVALLEY.COM

Night of lights

Buhl celebrates 'Christmas around the world'

By Blair Koch
Times-News correspondent

BUHL — Cold temperatures and a chance of more snow didn't stop people Saturday night from coming out and enjoying the Buhl Night Light parade.

"I thought the parade was really cute and liked how everyone came out. All of the kids and the community got involved," said Cassie Simpson of Buhl. "It was short and sweet."

Simpson just moved with her family to Buhl from upstate New York and heard great things about the parade; she wasn't disappointed.

"I heard that no matter what kind weather the whole town comes out anyway," she said. "It did."

Prior to the parade, which featured several lit floats and youth groups, the West End Senior Center hosted live entertainment and the Kiwanis Club chili feed.

"This is our second fundraiser of the year," said Judy Hoffman, Kiwanis Club member and chili feed chairwoman. "All of the money we raise goes to sponsor area youth. The Kiwanis Club sponsors the school's K-Kids,



Buhl High School Key Club members wave to the crowd during Saturday's Night Light parade in Buhl. Braving cold temps and a chance of snow, the community came out and lined the streets of downtown Buhl to watch the annual parade.

Builders and Key clubs. The most important thing we do is help teach youngsters how to do community service. Those kids grow up with a sense of being responsible about doing some service for their community."

From service clubs to shoppers, downtown was pretty busy all day, said Chamber of Commerce Executive Director Christine Garrison. In addition to Santa Claus visiting the children, floats were transported into town with several business ribbon cuttings, open houses and a Christmas gift craft bazaar.

Members of the Buhl High School select choir Saturday lead a crowd in staging at the Eighth Street Center, where people conversed for caroling and refreshments following the Night Light parade.

"We were really excited because we had several new floats enter this year...it was a great day for Buhl," Garrison said.

Blair Koch may be reached at 208-316-2607 or blairkoch@gmail.com

Photos by BLAIR KOCH for the Times-News

5TH DISTRICT COURT NEWS

TWIN FALLS COUNTY FELONY SENTENCINGS
Kirsty L. Melton, 39, Twin Falls; driving under the influence; six years probation; three years determinate; three years indeterminate; suspended; four years probation; 60 days jail; \$2,500 fine, \$2,000 assessment; \$110.50 costs; \$300 public defender fee; shall not possess or consume any alcoholic beverages or frequent any establishment where alcohol is the main source of income; driving privileges suspended for one year; interlock ignition device on vehicle for two years after privileges reinstated; complete DUI Court.

Orion T. Dobson, 50, Twin Falls; two counts burglary; six years probation; per count; two years determinate, four years indeterminate; concurrent.

Ricky A. Hubbard, 29, Twin Falls; possession of a controlled substance with intent to deliver; five years probation; four years indeterminate; suspended; four years probation; \$1,500 fine, \$1,250 assessment; \$107.50 costs; \$150 public defender fee; shall not possess or consume any alcoholic beverages or frequent any establishment where alcohol is the main source of income; 100 hours community service.

Rickie A. Perkins Sr., 54, Twin Falls; six counts lewd conduct with a child under 18; six life sentences to run concurrently with three years fixed; costs to be served concurrently; \$110.50 costs; \$20,000 civil penalty; \$244 restitution; must register as sex offender.

Justin H. Sanderson, 35, Twin Falls; driving under the influence; ten years probation; five years determinate; five years indeterminate; suspended; four years probation; 120 days jail; \$2,500 fine, \$2,500 assessment; \$110.50 costs; \$300 public defender fee; shall not possess or consume any alcoholic beverages or frequent any establishment where alcohol is the main source of income;

driving privileges suspended for two years; interlock ignition device on vehicle for two years after privileges reinstated; \$215 civil compliance costs.

Joe O. Rose, 36, Kimberly; domestic violence; four years probation; two years determinate; five years indeterminate; suspended; two years probation; \$2,500 fine, \$2,500 assessment; \$110.50 costs; shall not possess or consume any alcoholic beverages or frequent any establishment where alcohol is the main source of income; complete domestic violence program; no contact with victim.

CIVIL FILINGS
The Aardema Group LLC, Donald Aardema, Ronald Aardema, doing business as Double A Dairy vs. Northwest Dairy. Damaged fine, doing business as Westfarm Foods, B.F. "Toy" Smith, Does I.X., Business Entity Does I.X. Seeking judgment against defendants for rescission of the Forward Milk Pricing Master contract and Forward Milk Pricing Offers resulting in damages in an amount to be determined at trial in excess of \$10,000; attorneys fees and costs. Plaintiffs allege that they signed a Forward Milk Pricing Contract with defendants and that defendants withheld important information regarding the program causing plaintiffs suffer monetary damages. State of Idaho, Industrial Commission vs. Jawad T. Mansour and Martin J. Mansour doing business as Hansen

Market and Station. Seeking judgment against the defendants for \$4,100 plus additional penalty accruing if matter should be contested; defendants be enjoined and restrained from operating a business with employees while any default exists; attorney's fees and costs. Plaintiff alleges that defendants have failed to provide workers' compensation insurance for their employees. Child support cases

The State of Idaho, Department of Health and Welfare, Child Support Services have filed claims against the following:

Eric S. Roberts. Seeking establishment of paternity; \$239 monthly support plus 56 percent of medical expenses not covered by insurance; provide medical insurance; \$52,275.28 for uncovered medical costs.

Kenneth E. Crockett. Seeking establishment of paternity; \$493 monthly support plus 41 percent of medical expenses not covered by insurance; provide medical insurance.

Charles M. Gollilar. Seeking establishment of paternity; \$297 monthly support plus 48 percent of medical expenses not covered by insurance; provide medical insurance; \$198 for support for a prior period.

Monique N. Gollilar. Seeking establishment of paternity; \$326 monthly support plus 52 percent of medical expenses not covered by insurance; provide medical insurance; \$216.67 for support for a prior period.

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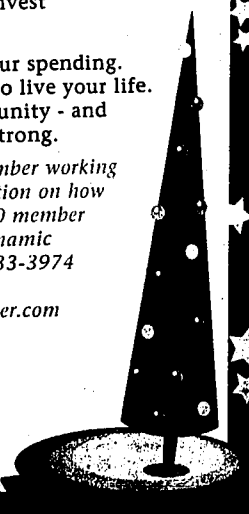
Happy Holidays

Support Our Local Community!

Any business with a presence here in Southern Idaho is LOCAL - no matter where its corporate headquarters may be. Shopping with these friends and neighbors keeps dollars in our local economy - paying wages, taxes, and helping those businesses reinvest in our community.

Be responsible in your spending. But don't be afraid to live your life. Support your community - and keep our economy strong.

Do you have the chamber working for you? For information on how to join the nearly 800 member businesses in this dynamic organization - call 733-3974 or log on to www.twinfallschamber.com



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Fri. Dec. 19, Sat. Dec. 20,
Mon. Dec. 22, Tues. Dec. 23

Wolfskins on the rise in Northern Rockies

By Matthew Brown Associated Press writer

BILLINGS, Mont. — Record numbers of endangered gray wolves were shot this year by government wildlife agents and ranchers in the Northern Rockies, as the predator's attacks on livestock met with an increasingly aggressive response.

In a case that underscores the brutal efficiency of those government wolf control efforts, wildlife agents recently killed all 27 members of a wolf pack near Ketchikan, Alaska. Their removal followed repeated attacks on livestock within the pack's territory.

The Bush administration is poised to remove the regions'

estimated 1,500 wolves from the endangered species list as soon as this week, Environmentalists — who successfully fought to reverse a prior removal of endangered protections — are gearing up to again challenge the government in federal court.

But as jockeying over the animal's legal status continues, an Associated Press review shows more wolves killed in 2008 than at any time since they were reintroduced to the region more than a decade ago.

"In the course of conserving wolves, some will die," said Carolyn Sime, wolf coordinator for the Montana Department of Fish, Wildlife and Parks.

Sime said removing pro-

lem wolves is necessary for the animals to coexist with the region's rural residents.

"It's not a national park. We live here," she said.

Through early December, 245 wolves were legally killed by wildlife agents and ranchers — a 31 percent spike over last year's figure, according to state and federal records.

That included 102 wolves in Montana, 101 in Idaho and 42 in Wyoming. Another nine wolves were shot in a special-ty designated "predator zone" in Wyoming that has since been struck down by a federal judge.

Environmentalists contend that's too much pressure for a species that's been on the endangered list since 1974.

"I realize there are times on private land where wolves have to be taken out, but I think this goes way beyond that now," said Jerry Black, a wildlife activist from Missoula, Mont. "They're being managed. They're being killed."

The 27 wolves from Montana's "Hog Heaven" pack had killed at least five cows, five lammas and a bull over the course of several months. Wildlife agents initially killed eight of the wolves in hopes of curbing the pack's behavior, but decided to take out the remaining 19 wolves in early December after the attacks continued.

The pack is one of seven eliminated in Montana this

year. Wildlife managers in Idaho and Wyoming have taken similar steps with packs that demonstrated a taste for livestock. Trapping and relocating problem-causing wolves has not been done for several years because the best habitat is already occupied by wolves, game managers said.

Removing wolves from the endangered list would open the door to public hunting. Supporters, including some sporting and conservation groups, say that would allow hunters to help keep the population of the predators in check.

Wolves were completely wiped out across the American West in the early 1900s. After settlers moved

into the region and livestock operations began to flourish, the government sponsored poisoning and bounty programs to stem the economic losses caused by wolf attacks.

The animal rebounded quickly in the Northern Rockies, after 66 wolves were shipped in from Canada in 1995 and 1996. Since then, their population has grown by about 25 percent a year.

In recent years, as the most remote wilderness areas became better with the predators, new packs have pushed ever closer to human settlements. "And when wolves den up near cattle or sheep ranches, wildlife biologists say, it is only a matter of time before the predators cross the line."

Procrastinators, rejoice: Airlines are slashing holiday fares

By Peter Fao Los Angeles Times

Early birds aren't necessarily getting the best air fares this holiday season — and procrastinators can end up getting a good deal.

While the oil prices and slumping demand for air travel, airlines are slashing winter fares, so much so that travelers who waited are finding some of the lowest-priced plane tickets in years.

The bottom line: It might not be too late — even for the holidays — to find an affordable air fare to visit family and friends. Just don't try to fly on days when everyone else is taking off.

"Forget the early bird getting the worm," said Tom Parsons, chief executive of travel Web site BestFares.com. "There is no advance anymore."

It used to be — and many airlines continue to push the idea — that travelers who bought plane tickets early got the best deals because

of the typically increased as the departure date got closer.

Indeed, buying a ticket at the airline counter a few hours before the flight can cost two to three times more than a ticket purchased in advance. It's the price travelers and harrid passengers have to pay.

But with the economy in recession, flights to certain cities on certain days during the holidays still have empty seats and that's despite airlines cutting back.

In November, big U.S. carriers reduced capacity by 7 percent, but passenger traffic fell by 10 percent, which meant that planes still had empty seats. Airline analysts are predicting a repeat in December.

"There's still plenty of availability — and some great prices on holiday air tickets," said Brian Eck, spokesman for online travel site Orbitz.com. "We took a look at fares and found that depending on the route and travel dates, fares can be down as much as 10

percent off last year," Cynthia Stafford, a Los Angeles resident and owner of a small film production company, was surprised to find on Wednesday that the cost of a flight to New York during Christmas week had declined since she last looked a few weeks ago.

"It's pretty decent for last-minute," said Stafford, who decided to book the plane ticket. "With the economy in decline, there's a sense that airlines cut back on fares."

With fuel costs one-third of what they were last summer, airlines also have a lot more wiggle room to slash fares. And with last-minute cancellations made by travelers who lost their jobs, some airlines are offering deals that require only a one-day advance purchase, compared with the two-week requirement that has been the standard for years.

"You'd be surprised how airlines are opening up cheap seats at the last minute," said George

Hobica, founder and president of Airfarewatchdog.com. "If you haven't made plans already, you may be rewarded."

An example: A flight in late December from Los Angeles to Dallas dropped from \$450 for people who booked in October to \$269 for those who bought last week.

Bet Williams, a singer who was flying back to New York last month after performing in Los Angeles, said she was planning to visit her mother in Tampa, Fla., for Christmas after finding a round-trip fare of \$240. When she checked a month ago, she found between \$360 and \$400.

"I couldn't believe it," said Williams, who just a week ago had been resigned to forgoing the annual visit this year. "I procrastinated so long, I didn't think there would be any more cheap fares."

But don't expect to find deals on the days when everyone wants to fly. They're probably sold out or

nearly so. Fares for flights to smaller cities where airlines have slashed most of their service are unlikely to be reduced.

Hobica said it can keep day-in day-out fares very high by day — or even hour by hour.

Fares for flights from Los Angeles International Airport to New York's Kennedy airport can fluctuate widely even during the two-week holiday travel period.

Last week, a flight departing Saturday and returning Tuesday, Dec. 23, had the highest fare at \$535 round-trip. But if you departed a day later, on Sunday, Dec. 21, the fare dropped to \$447, a savings of \$88.

Departing on Christmas and returning Jan. 2 would save you even more — the fare dropped by \$142.

Better yet, put off travel until after the holidays and the savings can be dramatic. A barrage of fare sales began last week for travel in January and February, typi-

cally the months with the weakest demand.

A check of travel Web sites last week found fares for L.A.-New York flights after Jan. 5 as low as \$294 round-trip.

But what if you heeded the long-standing advice and purchased tickets a month or two ago and now are finding that the same seats are selling?

"It's not something that airlines readily advertise, but savvy passengers can get some airlines to give them a credit for a future flight or even a refund of the price difference if they discovered that their fare dropped. (This does not apply to changes in fuel surcharges, which many international carriers began imposing during the surge in oil prices.)"

United Airlines, JetBlue Airways and Alaska Airlines will give passengers credit for the fare difference, and Southwest Airlines offers two options: a voucher for a future flight or a refund.

5TH DISTRICT COURT NEWS

TWIN FALLS COUNTY

CIVIL FILINGS
 Joshua A. Hanson, Seeking establishment of paternity; \$803 monthly support plus 72 percent of medical expenses not covered by insurance; public medical insurance; \$200 fee.
 Barry M. Rascon, Seeking establishment of paternity; \$273 monthly support plus 57 percent of medical expenses not covered by insurance; provide medical insurance.

Divorce
 Heidi M. Walton vs. Jacob N. Walton.
 Karla A. Adams vs. Andre Lopez.
 Chanice D. Adams vs. Jeremy S. Adams.
 Susan S. Engman vs. Cynthia C. Engman.
 Erin D. Jackson vs. Clint R. Jackson.
 Arnette E. Edson vs. Terry A. Edson.
 Arlene E. Feligg vs. Charles Edson.
 Maryann Fink vs. Jeffrey A. Fink.
 John R. Vance vs. Tracy L. Vance.
 Norma G. Sanchez vs. Vincent F. Sanchez.
 Lore D. Petersen vs. Aaron W. Petersen.

CITY OF TWIN FALLS

DRIVING UNDER THE INFLUENCE SENTENCINGS
 Darel J. Pingree, 19, Twin Falls; driving under the influence, excessive; \$1,000 fine, \$600 suspended; \$300.50 costs; \$75 public defender fee; 90 days jail, 80 suspended, four days work detail, four days house arrest, two severe two days driving privileges suspended; 365 days probation; 12 months probation.
 Walter W. McCabe Jr., 63, Fall; driving under the influence, \$500 fine, \$300 suspended; \$150 costs; 30 days jail, 29 suspended, credit for time served; driving privileges suspended 90 days; six months probation; no alcohol.
 Amber R. Atkinson, 20, Twin Falls; driving under the influence; withheld judgment; \$500 fine, \$300 suspended; \$90.50 costs; \$75 public defender fee; 30 days jail, 29 suspended, credit for time served; driving privileges suspended 90 days; six months probation; no alcohol.
 Erika D. Penn, 23, Rupert; driving under the influence; \$500 fine, \$400 suspended; \$90.50 costs; 90 days jail, 88 suspended, credit for

one day suspended, one day work detail; driving privileges suspended 180 days; 12 months probation.
 Kendra J. Kodesh, 23, Twin Falls; driving under the influence, \$500 fine, \$400 suspended; \$90.50 costs; 180 days jail, 180 suspended; driving privileges suspended 180 days; 12 months probation.
 Martina N. Holloway, 21, Twin Falls; driving under the influence, under age 21; \$1,000 fine, \$700 suspended; \$90.50 costs; 180 days jail, 180 suspended; driving privileges suspended 180 days; 12 months probation.
 Sean D. Forney, 43, Twin Falls; driving under the influence; costs undelivered; 180 days jail, credit for time served; driving privileges suspended 180 days.
 Christopher A. Hodge, 19, Twin Falls; driving under the influence, excessive; withheld judgment, excessive; \$1,000 fine, \$400 suspended; \$90.50 costs; \$75 public defender fee; 90 days jail, 80 suspended, credit for one day served, five days house arrest, two days work detail, to serve two days; driving privileges suspended 365 days; 12 months probation; no alcohol.
 Jerome, one court driving under the influence; \$700 fine, \$500 suspended; \$90.50 costs; \$75 public defender fee; 180 days jail, balance suspended; driving privileges suspended 180 days; 24 months probation; one court no insurance; 180 days jail with balance suspended; 24 months probation.
MISDEMEANOR SENTENCINGS
 Jason L. Pragnell, 28, Twin Falls; providing false information to an officer; costs waived; 67 days jail, credit for time served.
 William R. Hancock, 22, Shoshone; one court driving without privileges; \$600 fine, \$300 suspended; \$90.50 costs; \$75 public defender fee; 90 days jail, 88 suspended, credit for time served; driving privileges suspended 180 days; 12 months probation; one court failure to appear; \$100 fine, 10 days jail, six suspended, credit for time served; 12 months probation.
 Maria V. Salas, 45, Twin Falls; failure to stop/leave the scene of a damage accident; \$300 fine, \$150 suspended; \$75.50 costs; 10 days jail,

10 suspended; 12 months probation.
 Charanekone L. Inouike, 26, Twin Falls; one court failure to stop/leave the scene of a damage accident; \$300 fine, \$150 suspended; \$75.50 costs; 10 days jail, 18 suspended, credit for time served; 12 months probation.
 Evan D. Fischer, 19, Twin Falls; possession of a controlled substance; \$500 fine, \$400 suspended; \$90.50 costs; \$75 public defender fee; 60 days jail, 50 suspended, credit for two days served; 12 months probation; no alcohol.
 Connie J. Shipp, 53, Twin Falls; one court failure to purchase/invalid driver license; \$500 fine, \$400 suspended; \$75.50 costs; 10 days jail, 10 suspended; six months probation.
 Robert Stowell, 18, Wendell; one court driving without privileges; \$500 fine, \$400 suspended; \$75.50 costs; \$75 public defender fee; 30 days jail, 28 suspended; six months probation.
 Justin C. Shields, 32, Hansen; driving without privileges; \$500 fine, \$400 suspended; \$90.50 costs; 10 days jail, eight suspended, two days work detail; driving privileges suspended 60 days; six months probation.
 Humberto Luna-Montes, 25, Twin Falls; driving without privileges; \$500 fine, \$400 suspended; \$90.50 costs; \$75 public defender fee; 30 days jail, 28 suspended, two days work detail; driving privileges suspended 60 days; 12 months probation.
 Ramona D. Delacruz, 23, American Falls; one court theft by receiving/possessing stolen property; costs uncollectible; 180 days jail, credit for time served; one day work detail; driving privileges suspended 180 days; 12 months probation.
 Robert S. Saxe, 32, Twin Falls; possession of a controlled substance; \$500 fine, \$200 suspended; \$85.50 costs; \$75 public defender fee; 30 days jail, 29 suspended, credit for time served; two days work detail; 12 months probation; no alcohol.

Susan A. Bates, 49, Halley; alter/revolve price tags; \$500 fine, \$300 suspended; \$75.50 costs; 10 days jail, 10 suspended; six months probation; no alcohol.
 Stacey L. Nelson, 19, Twin Falls; petit theft; \$500 fine, \$300 suspended; \$75.50 costs; 10 days jail, 10 suspended; six months probation.
 Henry R. Loman, 54, Twin Falls; one court resisting/obstructing an officer; \$500 fine, \$400 suspended; \$75.50 costs; \$75 public defender fee; 60 days jail, 29 suspended, credit for time served; six months probation.
 Nathan A. Hatfield, 30, Bolter; failure to purchase/invalid driver license; \$500 fine, \$400 suspended; \$75.50 costs; \$75 public defender fee; 30 days jail, 19 suspended, credit for time served; six months probation.
 Rudy Garza, 21, Burli; maintaining a disorderly house; \$500 fine, \$200 suspended; \$75.50 costs; \$75 public defender fee; 30 days jail, 10 suspended; six months probation.
 Orlando Berger, 24, Twin Falls; disturbing the peace/disorderly conduct; \$500 fine, \$200 suspended; \$75.50 costs; \$75 public defender fee; 60 days jail, 31 suspended, credit for time served; 12 months probation.
 Phyllis R. Olson, 21, Twin Falls; domestic battery; amended to disturbing the peace/disorderly conduct; withheld judgment; \$300 fine, \$200 suspended; \$75.50 costs; \$75 public defender fee; two months probation.
 Christal E. Platte, 35, Twin Falls; driving under the influence; amended to inattentive/careless driving; \$300 fine, \$200 suspended; \$75.50 costs; \$75 public defender fee; six months probation.
 Christopher M. Matthews, 38, Twin Falls; petit theft; \$500 fine, \$300 suspended; \$75.50 costs; \$75 public defender fee; 10 days jail, 29 suspended, credit for time served; two days work detail; 12 months probation.
 Gary E. Hartsman, 24, Twin Falls; one court possession of a controlled substance; \$500 fine, \$400 suspended; \$85.50 costs; \$75 public defender fee; 10 days jail, 10 suspended; 12 months probation; no alcohol.

alcohol; one court possession of drug paraphernalia; \$500 fine, \$400 suspended; \$85.50 costs; 10 days jail, 10 suspended; 12 months probation; no alcohol.
 one court injury to a child dismissed.
 Alan R. Porter, 19, Twin Falls; possession of a controlled substance; \$1,000 fine, \$900 suspended; \$85.50 costs; 90 days jail, 88 suspended, two days work detail; 12 months probation; by alcohol.
 Ryan R. Yager, 27, Twin Falls; no insurance; \$500 fine, \$300 suspended; \$75.50 costs; 10 days jail, 10 suspended, one day work detail; six months probation.
 Joshua D. Krebs, 19, Jerome; park curfew violation; \$300 fine, \$250 suspended; 10 days jail, 10 suspended; three months probation.
 Sergey K. Bagdasarov, 23, Twin Falls; reckless driving; \$500 fine, \$300 suspended; \$75.50 costs; 30 days jail, 28 suspended, two days work detail; driving privileges suspended for 30 days; six months probation.
 Cindy L. Stuhberg, 29, Twin Falls; frequenting a place where a controlled substance is used; \$300 fine, \$200 suspended; \$85.50 costs; 10 days jail, 10 suspended; no alcohol.
 Manuel Ortaez, 19, Fall; failure to stop/leave the scene of a damage accident; \$500 fine, \$300 suspended;

et; \$75.50 costs; 10 days jail, 10 suspended; six months probation.
 Maria L. Mellier, 43, Twin Falls; inattentive/careless driving; \$200 fine, \$150 suspended; three months probation.
 Alejandro Bellas, 27, Twin Falls; battery; \$500 fine, \$400 suspended; \$75.50 costs; six months probation.
 Larry W. Scott, 43, Twin Falls; liquor/beverage failure to present identification; \$500 fine, \$500 suspended; \$75.50 costs; \$75 public defender fee; two days jail, credit for time served.
 Stephanie D. Schofield, 32, Twin Falls; petit theft; \$500 fine, \$300 suspended; \$75.50 costs; \$75 public defender fee; 10 days jail, 10 suspended; one day work detail; six months probation.
 Nicholas H. Bruscannon, 26, Twin Falls; malicious injury to property; \$500 fine, \$400 suspended; \$75.50 costs; \$75 public defender fee; 10 days jail, five suspended, credit for time served; six months probation.

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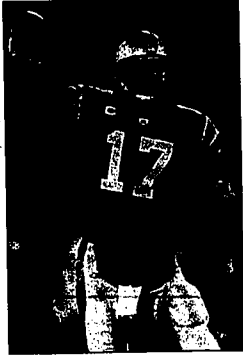
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Smith, Williams lead Panthers past Broncos 30-10



Carolina Panthers quarterback Jake Delhomme (17) prepares to throw a pass during the third quarter of the Panthers' 30-10 win in Charlotte, N.C., Sunday.

AP photo

CHARLOTTE, N.C. — In front of their ailing owner, the Carolina Panthers finished off a perfect regular season at home with a dominating performance that had to make Jerry Richardson proud.

Four days after it was announced Richardson needs a heart transplant, he checked out of the hospital and was in his familiar spot in his end zone suite, watching Steve Smith and DeAngelo Williams power the Panthers past the Denver Broncos 30-10 on Sunday.

In clinching at least a tie for the NFC South title and moving closer to their first playoff berth in three years, the Panthers (11-3) improved to 8-0 at home and prevented the Broncos (8-6) from clinching the AFC West.

Taking advantage of a thin Denver secondary missing Champ Bailey (groin) and Marion McCree (ankle), Smith caught nine passes for 165 yards and a touchdown. Williams added a 56-yard touchdown run and the Panthers' defense shut down Jay Cutler and the

league's second-rated offense.

Jonathan Stewart added another touchdown and got most of the carries in the second half after the team said Williams was shaken up.

While Williams and Stewart (140 combined yards) weren't as impressive as six days earlier when they rushed for 301 yards and four touchdowns, it was enough to avoid any letdown a week before the Panthers visit the New York Giants with the No. 1 seed in the NFC on the line.

Cutler threw for only 172 yards, one touchdown and one interception, but was fortunate the Panthers dropped several potential picks. Brandon Marshall had only five catches for 58 yards, and the running game, decimated by injuries, couldn't pick up the slack.

Turner Bell, who was selling cell phones last month, starting at tailback and had 43 yards on seven carries. Eli Manning rushed for 51 yards and caught his first career touchdown on Denver's first

possession, but the Broncos didn't reach the end zone again on a day that began so promising for the Broncos.

Denver went through pregame warmups perhaps thinking it would clinch the AFC West midway through the first quarter, when Kansas City finished off a win over San Diego in an early game.

Instead, the Chiefs blew a 21-3 third-quarter lead. The Chargers got the winning TD as Cutler was shredding Carolina's secondary on the opening drive that ended with his 7-yard pass to Pope.

Smith caught three passes for 66 yards on Carolina's first possession, ending with a 15-yard catch-and-run TD off a big block from fellow receiver Mushing Muhammad.

The Panthers took their first lead on Stewart's 2-yard run midway through the second quarter — with Smith's 38-yard grab the key play of the drive — then got a gift to take a 20-10 halftime lead.

COLLEGE BASKETBALL Arizona defeats No. 4 Gonzaga

By Andrew Bagnato
Associated Press writer

PHOENIX — Nic Wise scored 21 points, including three free throws in the final 31 seconds, and Arizona upset No. 4 Gonzaga 69-64 on Sunday.

Jordan Hill added 22 points and Chase Budinger had 14 for the Wildcats (7-2), who beat a team ranked in the top four for the first time since Nov. 8, 2001, when they beat No. 2 Maryland.

The Wildcats, who led most of the game, outscored Gonzaga 7-2 over the last 2:25, with Hill and Wise scoring all their points. Austin Daye had 22 points and Matt Bouldin added 14 for the Bulldogs (7-1).

The second half was played with the fury of an NCAA tournament game.

Hill broke a 62-62 tie with two free throws with 1:17 to go, then hit a 4-footer over Josh Heyvleit to put the Wildcats up 66-62 with 36 seconds left.

Bouldin scored on a layup, then Wise iced the game at the free throw line, going 3-of-4 down the stretch.

The Bulldogs seemed to unravel in the clutch, with a spate of turnovers in the final 2 minutes.

This was Gonzaga's second straight game against a Pac-10 opponent. But after blitzing Washington State 74-52 at Pullman on Wednesday night, the Bulldogs struggled to cope with Arizona's athleticism.

They also had to deal with a pro-Arizona crowd at "neutral" U.S. Airways Center, home of the Phoenix Suns. The arena is only about 90 miles from Arizona's campus in Tucson.

Arizona and Gonzaga met for only the third time — and the first since the top-seeded Wildcats held off the Bulldogs in a double-overtime thriller in the NCAA's second round in 2003.

Gonzaga hopes this is the first of two trips to Arizona this season. The Bulldogs may return in March, when the NCAA West Regional will be staged in nearby Glendale.

The Wildcats took a 35-34 lead at halftime as both teams shot 46.4 percent from the field (13-of-28).

The game was the second half of a doubleheader. No. 20 Arizona State held off IUPUI 59-58 in overtime in the opener.



Arizona forward Jordan Hill, right, grabs a rebound over Gonzaga forward Iz Brown, left, in the first half Sunday, in Phoenix.

AP photo

Big D in Dallas

Dallas' defense dominates Eli's Giants 20-8

By Jamie Arn
AP Sports Writer

IRVING, Texas — The soap opera that is the Dallas Cowboys' offense gets all the attention. The defense, however, is keeping them in the playoff hunt.

DeMarcus Ware added three sacks to his NFL-leading total and the Cowboys took down Eli Manning eight times on their way to a crucial 20-8 victory Sunday night in a game where all eyes were otherwise on Tony Romo, Terrell Owens and Jason Witten.

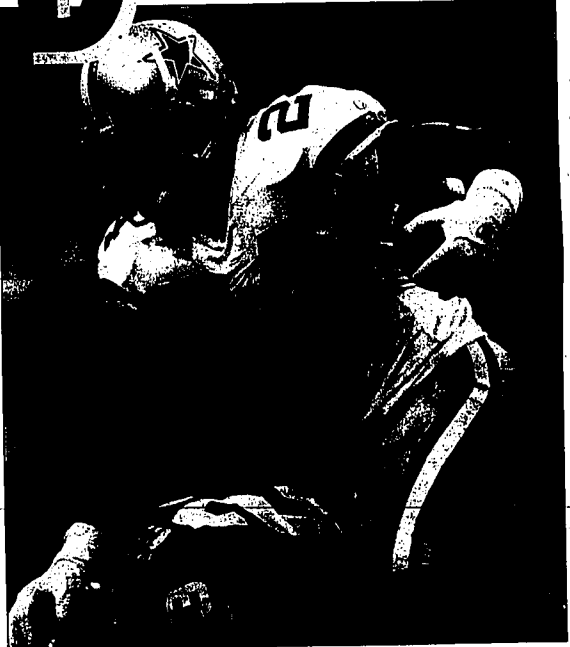
With everyone watching to see how Romo would appease the two main rivals for his offensive affection, he pulled a fast one by tossing touchdowns to third receiver Patrick Crayton and seldom thrown-to fullback left and Dallas trying to manage the clock, rookie Tashard Choice broke off a victory-sealing 38-yard touchdown run.

Finally, the Cowboys could exhale. After a late loss in Pittsburgh and a week of locker-room turmoil, Dallas (9-5) was back in control of its wild-card chances.

"It wasn't a pretty win but we got it done," Owens said.

The Cowboys are guaranteed a playoff spot by winning their last two games, but it won't be easy. Baltimore comes to Texas Stadium on Saturday night, then Dallas closes in Philadelphia.

The Giants (11-3) locked up the NFC East title when Dallas lost last Sunday, but suddenly things aren't going so well for the reigning Super Bowl champions. New York has lost consecutive



Dallas Cowboys defensive back Marion Barber pushes away New York Giants cornerback Corey Webster on the way to a 10-yard gain during the first quarter Sunday, in Irving, Texas.

AP photo

games for the first time since starting 0-2 last season, with both losses coming since star receiver Plaxico Burress shot himself and was lost for the season. This one featured its fewest points of the season and its first regular-season game without a

touchdown since November 2004.

A win would've given the Giants a first-round bye and breathing room in the race for the No. 1 playoff seed. Instead, they head home tied with Carolina for the top spot head-

ing into their matchup with the Panthers on Sunday night.

Romo was 20-of-30 for 244 yards with two touchdowns and no interceptions. He was sacked four times, including

Please see DALLAS, Page A6

Bradford's old school glad to claim Heisman winner

By Murray Erans
Associated Press writer

OKLAHOMA CITY — Sam Bradford's high school coach stared at the TV, chewing his nails and waiting for the announcement.

When he heard about a dozen others heard the name "Sam," they roared so loudly no one could hear the last name. It didn't matter. It was a night to celebrate for Bob Wilson, Bradford's high school coach at Putnam City North, where he worked with the Oklahoma quarterback who is now a Heisman Trophy winner.

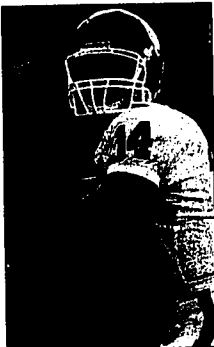
"It felt like right before a state championship game," Wilson said. Within seconds of Bradford's big win, Wilson received a text from a coaching friend: "He's a stud," the coach wrote about Bradford, who played for Wilson's Panthers from 2003-05.

Yep, they're proud of Bradford at his alma mater.

"You just might beat the emotions and the tears," Wilson said. "You think that maybe you had a small part somewhere" in his success. "This kid was so far along when we got him, he had such a great background with his folks and such a great family, he was pretty well grounded."

"It makes you feel good that sometimes good guys win. To see that everything you talk about as a coach — be disciplined, do things right on and off the field, stay away from people who aren't going to help you to be successful, care about people and have lifelong friends, do all those things, and a kid does that and he wins the Heisman! It doesn't get any better."

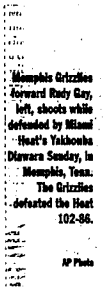
Bradford, a sophomore, has
Please see BRADFORD, Page A6



In this Sept. 13, file photo, Oklahoma Sooners quarterback Sam Bradford looks for a receiver against Washington during their game in Seattle. Bradford was selected as the Heisman Trophy winner on Saturday, Dec. 13.

AP photo

Mayo leads Grizzlies to fourth straight win



Memphis Grizzlies forward Rudy Gay, left, shoots while defended by Miami Heat's Yaoqin Diawara Sunday in Memphis, Tenn. The Grizzlies defeated the Heat 102-86.

MEMPHIS, Tenn. — J.J. Mayo scored 28 points, Rudy Gay added 18 and the Memphis Grizzlies beat the Miami Heat 102-86 Sunday for their fourth straight win.

Memphis' winning streak is its longest since it won the final five games of the 2005-06 season. Darko Milicic finished with 13 points and reserve Mike Conley had 12 for the Grizzlies.

Dwyane Wade, who entered averaging a league-best 29.1 points, had his second straight subpar game. He scored 17 on 5-of-16 shooting after making nine of 24 attempts in the Heat's loss to Atlanta on Friday.

Michael Beasley led Miami with 20 points, and Joel Anthony registered a double-double with 12 points and 13 rebounds.

Memphis shot 65 percent in the third and closed the quarter with a 12-2 run to take an 81-66 lead. Mayo had a big 3-pointer as the shot clock ran out and Gay had a steal and a dunk in the surge.

Miami was without forward Udonis Haslem, who missed the game due to the death of his grandmother. Wakeburn Diawara started in Haslem's place, and finished with six points.

Beasley gave the Heat a boost after both teams struggled at the start. His short bank shot put Miami ahead 31-30 with about 9 minutes left in the half. Wade's 10-footer with about 5 seconds remaining sent the teams into halftime tied at 46.

HORNETS 99, RAPTORS 91
TORONTO — David West scored 29 points, James Posey made six 3-pointers

and had 20 points, and the New Orleans Hornets beat the Toronto Raptors 99-91 on Sunday for their eighth win in 10 games.

Rasual Butler added 16 points, and Chris Paul had 12 points and 12 assists for the Hornets, 12-of-23 from 3-point range. Chris Bosh had 25 points for Toronto.

SPURS 109, THUNDER 104
SAN ANTONIO — Tony Parker scored 22 points, and Tim Duncan had 20 points and 11 rebounds in San Antonio's seventh straight victory.

Matt Bonner added 17 points, and Roger Mason had 14 for the Spurs. Jeff Green led the Thunder (2-23) with 33 points, and Kevin Durant had 28.

—The Associated Press

BASKETBALL

Table with 2 columns: Team, Pts. Includes Memphis Grizzlies 102, Miami Heat 86, San Antonio Spurs 109, Toronto Raptors 91, Dallas Mavericks 101, Phoenix Suns 100.

Table with 2 columns: Team, Pts. Includes Memphis Grizzlies 102, Miami Heat 86, San Antonio Spurs 109, Toronto Raptors 91, Dallas Mavericks 101, Phoenix Suns 100.

SCOREBOARD

Large table showing scores for various sports including Football, Soccer, and Basketball. Columns include Team, Score, and Date/Time.

SCOREBOARD

GAME PLAN

Table with columns: LOCAL, HIGH SCHOOL BOYS, BASKETBALL, TV SCHEDULE, LOCAL, HIGH SCHOOL GIRLS, BASKETBALL, LOCAL, HIGH SCHOOL BOYS, SOCCER.

ROBBO

Table with columns: NATIONAL FINALS, ROBO, NATIONAL FINALS, ROBO, NATIONAL FINALS, ROBO.

MEMPHIS GRIZZLIES

Table with columns: Memphis Grizzlies, Miami Heat, San Antonio Spurs, Toronto Raptors, Dallas Mavericks, Phoenix Suns.

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Female runner collapses, dies during Dallas race

DALLAS — A 29-year-old Austin woman running in the Dallas White Rock Marathon collapsed on Sunday and died, officials said. The cause of death for Erin Lehr remains under investigation, according to a spokesman for the Dallas County medical examiner's office who refused to give her name. "We are deeply saddened to learn of the collapse of a runner at mile marker 21 of the marathon today," Chuck Darnis, marathon president, said in a statement. "Our sympathies and prayers go out to her family and loved ones who are coping with her loss." The 26.2-mile certified course, which starts

and ends near downtown Dallas, is mostly flat with some rolling hills. Temperatures on Sunday climbed to the mid-70s. MAGIC VALLEY CSI holds booster luncheon TWIN FALLS — The College of Southern Idaho Boosters Club will hold its weekly luncheon at noon today in Room 276 in the Taylor Building. CSI coaches will be on hand to talk about their programs. Anyone interested is welcome to attend and bring lunch from the CSI cafeteria. Club Canyon/CSI volleyball camp nears JEROME — The Club Canyon/College of

Sports Shorts

Southern Idaho Winter Volleyball Camp will be held Dec. 29-30 at the Jerome Recreation Center. The camp is open to girls in grades 5-8 and applications are being accepted at the CSI Volleyball Web site at athletes.csi.edu or picked up at the Jerome Recreation Center. The cost is \$60 and the camp is limited to 40 athletes. Sessions: 11 am from 9 a.m. to 1 p.m. each day. Information: Jim Cartisier at 404-2768. —Compiled from staff and wire reports

CLAYTON BREWER, 50, died Sunday after suffering a heart attack while working on a road crew. He was a resident of Clayton, Mo., and had been employed by the Clayton Fire Department for 15 years. He is survived by his wife, Betty, and two children. Burial will be in Clayton, Mo. —Clayton Fire Department

EDITORIAL

How to keep the good jobs we have

There's no Micron or Hewlett-Packard in south-central Idaho, but for 20 years the Magic Valley has been able to offset a dearth of high-paying jobs with a remarkably robust labor market.

Now unemployment is rising in this region, erasing all kinds of jobs. Some of them, in industries such as retail and food processing, are likely to bounce back quickly. But are better-paying jobs — the kinds to be found at Dell and Jayco — coming back in numbers anytime soon?

That's a critical question for Magic Valley economic developers, who try to focus their now-limited resources on companies and industries that pay a living wage. That's \$31.90 an hour for two working adults and a family of four, according to the Northwest Federation of Community Organizations, or \$20.57 for a single parent with a child.

But the average wage in south-central Idaho is only \$15.82 an hour, according to the Idaho Department of Labor.

Meanwhile, the high-paying jobs that the Magic Valley has — a computer programmer here makes \$34.17 an hour, on average, a registered nurse \$25.08 and a plumber \$20.60 — are in jeopardy if the economy continues to deteriorate.

Fortunately, south-central Idaho isn't without resources. Dairy needs the classic definition of a value-added industry, creating its own network of supporting jobs and raising wages across the board. A truck driver in the Magic Valley, for example, averages \$16.68 an hour, a farmworker \$9.46 and a food-processing worker \$12.40.

And then there's the College of Southern Idaho, which can quickly train workers for almost any industry.

One danger is that higher unemployment will make other areas of the state or neighboring Utah and Nevada more attractive to young families.

For two decades of economic development have taught south-central Idaho that good jobs are hard to attract and easy to lose. The factors that enticed employers who came to the Magic Valley over the past 20 years — competitive wages, a flexible workforce and cheap electricity — might not last.

And being the fourth- or fifth-largest urban center in the state, the Twin Falls area is always going to be competing with the Treasure Valley, Pocatello, Idaho Falls and the Panhandle cities.

Compacency just isn't an option anymore. So south-central Idaho needs an aggressive, integrated and focused regional economic development effort with the full participation of the city of Twin Falls, which has devoted most of its attention recently to downtown redevelopment.

The Magic Valley needs to spend more — not less — on attracting employers, and it needs buy-in from and full participation by the Idaho Department of Commerce.

South-central Idaho got the good jobs that we now enjoy because our economic developers outthused the competition. And that's the only way we're going to keep them.

Our view: A weakening labor-market means downward pressure on wages. But south-central Idaho can't afford to yield the well-paying jobs it's developed over the past 20 years.

What do you think? We welcome viewpoints from our readers on this and other issues.

Obama's 'secretary of food'?

As Barack Obama ponders whom to pick as agriculture secretary, he should reform the question. What he needs is actually a bold reformer in a position renamed "secretary of food."

A Department of Agriculture made sense 100 years ago when 35 percent of Americans engaged in farming. But today, fewer than 2 percent are farmers. In contrast, 100 percent of Americans eat.



NICHOLAS KRISTOF

Renaming the department would signal that Obama seeks to move away from a bankrupt structure of factory farming that squanders energy, exacerbates climate change and makes Americans unhealthy — all while costing taxpayers billions of dollars.

"We're subsidizing the least marketable — high fructose corn syrup and hydrogenated soy oil, and we're doing very little for farmers trying to grow real food," notes Michael Pollan, author of such books as "The Omnivore's Dilemma" and "In Defense of Food."

The Agriculture Department — and the agriculture committees in Congress — have traditionally been handed over to industrial farming interests by Democrats and Republicans alike. The farm lobby that perch to inflict unhealthy food on American children in school lunch programs, exacerbating our national crisis with diabetes and obesity.

But let's be clear. The problem isn't farmers. It's the farm lobby, a bipartisan tradition of kowtowing to it. I grew up on a farm in Yamhill, Ore., where my family grew cherries and timber and raised sheep and, at times, small numbers of cattle, hogs and



geese. One of my regrets is that my kids don't have the chance to grow up on a farm as well.

Yet the Agriculture Department doesn't support rural towns like Yamhill; it bolsters industrial operations that have lobbying clout. The result is that family farms have to sell out to larger operators, undermining small towns.

One measure of the absurdity of the system: Every year you, the American taxpayer, send me a check for \$508 in exchange for me not growing crops on timberland I own in Oregon. That's right, The Agriculture Department pays a New York journalist not to grow crops in a forest in Oregon.

Modern confinement operations are less like farms than like meat assembly lines. They are dazzlingly efficient in some ways, but they use vast amounts of grain, as well as low-level antibiotics to reduce infections — and the result is a public health threat from antibiotic-resistant infections.

An industrial farm with 5,000 hogs produces as much waste as a town with 20,000 people. But while the town is required to have a sewage system, the industrial farm isn't.

"They look profitable because we're paying for their wastes," notes Robert P. Martin, executive director of the Pew Commission on Industrial Farm Animal Production. "And then there's the cost of antibiotic resistance to the economy as a whole."

One study suggests that these large operations receive, in effect, a \$24 subsidy for each hog raised. We face an obesity crisis and a budget crisis, and we subsidize bacon!

The need for change is increasingly obvious, for health, climate and even humanitarian reasons. California voters last month passed a landmark referendum that will require factory farms to give minimum amounts of space to poultry and livestock. Society is becoming concerned not only with little boys who abuse cats but also with tycoons whose business model is abusing farm animals.

An online petition at www.fooddemocracynow.org calls for a reformist pick for agriculture secretary — and names six terrific candidates, such as Chuck Ilesbroek, a reformer in Nebraska. On several occasions in the campaign, Obama made comments showing a deep

understanding of food issues, but the names people in the food industry say are under consideration for agriculture secretary represent the problem more than the solution.

Change we can believe in? The most powerful signal Obama could send would be to name a reformer to a renamed position. A former secretary of agriculture, John Block, said publicly the other day that the agency should be renamed "The Department of Food, Agriculture and Forestry."

And another, Ann Veneman, told me that she believes it should be renamed, "Department of Food and Agriculture." I'd prefer to see simply "Department of Food," giving primacy to America's 300 million eaters.

As Pollan told me: "Even if you don't think agriculture is a high priority, given all the other problems we face, we're not going to make progress on the issues Obama campaigned on — health care, climate change and energy independence — unless we reform agriculture."

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

LETTERS TO THE EDITOR

Help the Salvation Army this holiday season

Since Dec. 1, I've had the pleasure of doing my community service at the Salvation Army. Major Eddie is in charge of the entire operation and his chief assistant is Becky; she is a multitasker — I've watched her talk on the phone, operate the computer and nod her head yes or while someone is asking her questions, all at the same time. She's amazing. If you can't find her, look for a cloud of dust and there's a 99 percent chance she's causing it. I'm not sure if Wendy has a title, but she also goes 100 mph without creating a wake. They all just "git'er done." It's truly amazing the huge number of people they help out. Another amazing thing is

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 Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

the number of different trees they donate to their food bank as well as donations of other items to make the operation run smoothly. If you'd like to feel good about yourself, pick a tag off of their "Angel Trees" located in the mall, at Fred Meyer and Old Navy; spend a few bucks and I'll guarantee you'll light up some faces Christmas morning. Tipoff of being a couch potato? Call and offer your time as a volunteer; it will

make you feel good. I guarantee it. If big business was operated the way the Salvation Army is, the country wouldn't be in the sad shape it is today. If you're sleeping indoors and eating every day, you're much more fortunate than a lot of people.

Give a little and get a lot. I happy holidays, everyone, and you, too, Stan. CALVIN "BLACKIE" KNIGHT Twin Falls

Mental illness is not contagious

I am a member of an outpatient mental health center who benefits from the support of others with brain disorders. I benefit from the structure of the groups where we gain the knowledge to lead a quality life in the community. What is hard to understand is the cost of a long stay at the hospital, such as Canyon View, costs taxpayers lots of money. I remain stable in the outside with the right meds and positive support of the other members and loving staff. What I'd like people to know is people with brain disorders are just like the rest of society. You can't catch schizophrenia by shaking my hand or talking to me. KEN STOKER Burley

TIMES-NEWS

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

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THE LIGHTER SIDE OF POLITICS

Doonesbury



Mallard Fillmore



By Bruce Tinsley



Obama's rules — or Chicago rules?

Barack Obama may soon face a defining dilemma in the wake of Illinois Gov. Rod R. Blagojevich's alleged attempt to sell the president-elect's Senate seat: What standard of conduct should Obama impose on aides acting on his behalf?

Here's what we know: It's increasingly clear that someone on Obama's staff talked with Blagojevich or his aides last month about the now-empty Senate seat. According to the criminal complaint filed by U.S. Attorney Patrick J. Fitzgerald, Blagojevich believed that Obama wanted his longtime aide, Valerie Jarrett, to get the seat, and the governor sought to find out what he could obtain from the president-elect in return. But after several days of discussion, Blagojevich concluded with Jarrett that Obama wanted to be given "his senator... for nothing" ("Bleep" him), the governor added.



DOYLE
MCMANUS

There's nothing unusual about a senator or his staff talking with a governor about what he'd get a vacant Senate seat. That's normal politics, even outside Chicago. So far, it seems that Obama's team did the right thing. The question is, when the tapes and transcripts of their conversations are released, will there be something that makes us cringe?

Obama's staff includes several people who know Blagojevich well. The president-elect's chief of staff, Rahm Emanuel, once begged Blagojevich to give the governor's most important advisers. Obama's top political strategist, David

Axelrod, worked for Blagojevich in the 1990s, although they eventually parted ways.

Axelrod said Thursday that the last time he spoke with the governor was "thunkfully, a long time ago." The normally voluble Emanuel, famous for deploying executives as frequently as Blagojevich, hasn't talked about the matter. Obama said that he had no personal contact with the governor's staff and has asked his team "to gather the facts... so we can share them with you over the next few days." That's the kind of thing politicians say when they know they have a problem but they aren't sure how bad it is.

By now, a few days after the prosecutor blew the whistle, Obama should know what most of the facts are. When the governor's aide said they wanted something in return for putting Jarrett in the Senate, how did Obama's aide react? By refusing the

idea and calling the police? Or in some less stiff-necked way that in the cold light of a transcript will look less high-minded?

In short, when Obama's team talks with the governor, were they operating under Obama's rules — or Chicago rules? More important: How will Obama react if someone on his team made a misstep?

His actions over the next week could set a test for his administration. They will mark a real-world test of his rhetoric about ethics and transparency.

"There are clever politicians who conduct all their phone conversations as if they knew a tape was running," said Suzanne Garment, a lawyer who has written extensively on modern political scandals. "Let's hope that happened here."

But Chicago rules? If they behaved like model citizens, it's likely that there's something on the tape that

will be at least a minor embarrassment.

If there was an apparent crime, like a solicitation of bribery, you might think the person solicited would have a legal duty to report it. But lawyers say that's not the case.

Still, Obama has promised to hold his administration to a far higher standard. "It's not enough to just change the players; we have to change the game," he says. An ethics bill he proposed in 2007 was aimed partly at empowering ordinary citizens to report ethics violations.

At best, the controversy is an unwelcome distraction for the president-elect from the substantive work of his transition — work that has been undeniably impressive so far. It reminds voters that for all Obama's post-partisan reformism, his roots are in the politics of Chicago.

At worst — although we are not yet there — the president-elect could even face

calls to fire one of the aides he hoped to bring to the White House, merely for the appearance created by a conversation with Blagojevich in an era of high ethical standards.

As Axelrod has said, a too-zealous prosecutor can look at normal political behavior and suspect impropriety. In a 2006 Vanity Fair interview, the Obama aide complained about Fitzgerald's scrutiny of Chicago politics.

"He goes after fleas and elephants with the same bazooka," Axelrod said. "At some point there's a line... where you begin criminalizing politics in its most innocent form."

But it's not over. "We've been around so many of these," Garment noted. "If you say there's nothing more here, you risk looking like a sucker."

Doyle McManus is a reporter for the Los Angeles Times.

LETTERS TO THE EDITOR

Hunter had one option

Since moving here from the Midwest a couple of years ago, I have seen a lot of different kinds of hunters. Some are better than others. What was the hunter supposed to do, ask the cougar to wait before attacking until the hunter goes home to get the right gun? Unbelievable!

Always carry several different kinds of guns when you go out hunting.
STORMI STORCH
Twin Falls

P&W director should keep her job

I am writing this after understanding that the Parks and Waterways director is not continuing.

It is my understanding that the position was offered to her but a figure could not be agreed on. It is also my understanding that there was a difference of \$6,000 to \$15,000 in salary. It would seem that as business, you would understand that to keep a valued employee would be of the highest priority.

Please consider some of the facts that should come into play here. I feel I have some insight into this situation since in the past had the opportunity to work with the last two directors.

1. You and the county now have a person who can and

has run the program with little or no problem. Your phones were not ringing off the hook this summer; things were under control.

2. You have a director who were in the best shape they have been in a number of years.

3. Murtaugh Lake and park were not a problem as in the past.

4. You have a director who knows and understands a budget; something lacking in the past.

5. Yes, she would possibly be the highest-paid department head, but how many others run two departments with the success that is displayed here?

When this all started last spring, you had doubts that the job could be handled by one person. Now you know! Yes, it can be and it was done in a first-class and professional manner.

Now the dollars and cents of this matter. Let's see here. Pay proven employee the \$9,000 extra or hire someone, within house or out, \$42,000 to \$52,000. I wonder just how many businesses, in the private sector, would consider such a move. It would appear that the county could save about \$30,000, plus insurance, etc. There must not be any hard times in the county Courthouse.

I would urge the county commissioners to reconsider this move. You have an

opportunity to have a department that is in budget, running smoothly, keeping people happy and not causing you any problems; doing it all in the middle of the stream.

JIM OLSON
Twin Falls
(Editor's note: Jim Olson has been a member and chairman of the Twin Falls County Parks and Waterways Board for 11 years.)

Clubs should have standards

Are we kidding here? I am tired of hearing the Veterans of Foreign Wars and the American Legion denigrated by those who don't like their standards. If you don't like their standards, start your own dang club. But no, we have to make others change to please us. How completely arrogant have we become?

I am not a member of the legion, but I and my wife are life members of the VFW. The VFW's standards of admission by the title of the organization are being veterans of a foreign war! My wife is a veteran of a foreign war and thus was accepted with no problem as a life member!

If you can't tell by now, I am a bit agitated. I am sorry Ms. Bergen had her feelings hurt. That is too bad. And by reading the legion's Web site and talking with the legion's

Internal Affairs Division, women are allowed to join the legion and not just an auxiliary. Maybe the problem lies with the local chapter.

As a matter of fact, Ms. Bergen can submit her application online or mail it in to obtain a membership through the national office and not the local one. Point being, even if the legion didn't allow membership of females doesn't make it discrimination. If that was the standard, then the 508 Parachute Infantry organization I am a member of is also in violation of that rule, even though we didn't have one female in my unit.

But hey, why not let the war protester in my club because he has the word "war" in his title? The standards of admission by any group are decided by that group. If you don't like them, quit whining and make your own.

MICHAEL GREENWELL
Burley

Kimberly has had a good year

One year has passed since the last election for the city of Kimberly. During this past year, many positive things have happened that are worth mentioning.

1. The Kimberly Business Owners Association has been established. This group has sponsored many

special events that have knit the community together. It has been a pleasure to participate in the activities sponsored by KB OA.

2. The Citizens Advisory Committee has been formed to study utility rates and determine what might be the best route for the city in the future.

3. The Mayor's Youth Advisory Council has been founded. Along with projects they are working on, and learning about how city government works, they are being trained as future leaders.

4. The Kimberly City Library continues to grow with circulation each month surpassing the previous month.

5. Economic growth is on the rise. The city of Kimberly has been fortunate to have welcomed many new businesses during this past year with more to come in the near future. What a positive influence!

It seems to me that the private sector, existing and new businesses and employers are proud to be a part of Kimberly. The Kimberly School District and the city are good partners and work together toward common goals. It is difficult for me to understand why our city leaders are being attacked when so many positive things are taking place.

Thanks to those of you who offer support to Mayor Overacre, George Plew, myself and other council members. Your vote of confidence and positive support is meaningful and truly appreciated. I resolve to serve with integrity, listen to your concerns, and search for good solutions to benefit our citizens and community.

LEE MCKINLAY
Kimberly
(Editor's note: Lee McKinlay is a member of the Kimberly City Council.)

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QUOTABLES

"We've already stepped forward and made enormous concessions. But as we made it clear... we were prepared to make further sacrifices. But we could not accept the effort by the Senate GOP caucus to single out workers and retirees for different treatment and to make them shoulder the entire burden of any restructuring."

—UAW President Ron Gettelfinger on the collapse of a congressional bailout for the U.S. auto industry.

"He can come to Serbia if he cannot take it any more in America. He can have a cow or a pig or two, a chicken.... He is always welcome."

—Dragan Radovic, described as a son of embattled Illinois Gov. Rod Blagojevich, to a Serbian newspaper.

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Officials: Ore. bank bomber might have used cell phones

By Steven Dubois
Associated Press writer

PORTLAND, Ore. — Cell phones might have been used in a bomb blast that killed two officers who had carried the device into an Oregon bank, investigators said Sunday as they released surveillance photos of a "person of interest."

Carlton County Sheriff Russ Isham said the man in the photos, who has not been identified, may have experience in welding and electronics.

The photos, apparently taken with a security camera, show a man with an average build who appears to be in his 30s. He has a beard and dark hair.

The Sheriff's Office declined to say where the photos were taken but said someone involved in the bombing might have been in the central Oregon city of Bend last month.

Cell phones and items that might have been used to make the bomb were bought in Bend last month, Isham said. The man might have taken actions "in furtherance of his plan" on Thursday and Friday in Salem and Woodburn.

Authorities would not



This undated image released by the Marion County Sheriff's Office on Sunday shows a 'person of interest' in the bomb blast Friday that killed two police officers at a Woodburn, Oregon bank and left a third in critical condition. The sheriff's office would not say where the photo was taken, or say whether the man's identity is known.

elaborate on how cell phones might have been used. Bombers often use cell phone signals to remotely detonate explosives.

Lt. Stella Lorraine of the Marion County Sheriff's Office, the lead agency in the case, did not have an explanation Sunday for why the

officers who ended up dead or wounded took the bomb into the bank after it was found outside.

A West Coast Bank branch manager found the device Friday after a call about a bomb threat at nearby Wells Fargo bank branch that turned up a harmless device.

Isham asked the public to help identify the man in the photos. A \$35,000 reward has been offered for tips.

Woodburn Police Chief Scott Russell remained in critical care at a nearby Woodburn police hospital as a result of the blast that killed Woodburn police Capt. Tom Tennant and Oregon State Police Senior Trooper William Hakim.

Robert Scaes, the CEO of West Coast Bank, said Sunday that the bank planned to establish a fund for the families of the law enforcement officers.

Howell R. 'Hawky' Gnaou

Howell R. "Hawky" Gnaou left to join his son in New York. He was born in Newark, N.J., on Sept. 10, 1912, and enlisted in the Naval Reserve in 1942. After serving until 1945 he worked for the Bureau of Reclamation for 30 years, retiring after 30 years as superintendent of Glen Canyon Dam. He received his electrical engineering degree from Penn State

University and his master's from Colorado State University. He is survived by his wife of 73 years, Bernice; his daughter Margaret Ann; 10 great-grandchildren; five great-grandchildren; and three great-grandchildren. He was loved dearly and will be missed. Arrangements entrusted to Sunland Mortuary in Sun City, Ariz.

SERVICES

Omere Kenneth Carter of Jerome, funeral at noon today. Furnish with Monday, 1343 S. Lincoln; Jerome; visitation one hour before the service Monday at the mortuary.

Sarah Vera Vanskike of Fairfield, funeral at 2 p.m. today at the Fairfield Community Church (Demary Funeral Service, Gooding Chapel).

Tracey Joseph Farrow of Bellevue, memorial service at 2 p.m. today at St. Charles Catholic Church in Halley (Wood River Chapel of Halley).

Coy Zane Neal of Kimberly, graveside service at 2:30 p.m. today at Sunset Memorial Park in Twin Falls (Serenity Funeral Chapel in Twin Falls).

Benny C. Stroud of Jerome, funeral Mass at 10:30 a.m. Tuesday at St. Anthony's Catholic Church in Wendell; visitation from 5 to 7 p.m. today, with rosary at 7 p.m. at Demary Funeral Service, Wendell Chapel.

Hubert L. Thleme of Piler, funeral at 1 p.m. Tuesday at Immanuel Lutheran Church, 2055 Silver Ave. E. in Twin Falls; visitation one hour before the service Tuesday at the church (Farnsworth Mortuary in Jerome).

Gustavo Gonzalez Cervantes of Jackpot, Nev., funeral Mass at 1 p.m. Tuesday at St. Anthony's Catholic Church in Twin Falls; rosary service at 4 p.m. today at the church.

(Serenity Funeral Chapel in Twin Falls).

Milford (MJP) Jantzen-Burgemeister of American Falls, military graveside service at 1 p.m. Tuesday at the Aberdeen Cemetery in Aberdeen; visitation at 11 a.m. Tuesday at the Aberdeen Legion Hall, 180 S. Main (David Rose Mortuary in American Falls).

Jennie Kendall (Marill) Gifford of Ketchikan, memorial service at 10 a.m. Wednesday at the Castelford First Baptist Church (Farnsworth Mortuary in Buhl).

Lawrence A. "Bode" Sheridan of Twin Falls, graveside service at 2 p.m. Wednesday at Sunset Memorial Park in Twin Falls; visitation from 4 to 8 p.m. Tuesday at Reynolds Funeral Home, 2409 Addison Ave. E. in Twin Falls.

Travis Marie Cogwill of Twin Falls, funeral at 2 p.m. Wednesday at White Mortuary in Twin Falls; visitation from 4 to 6 p.m. Tuesday at the mortuary.

William Bonner Shappert of Bellevue, memorial service at 11 a.m. Saturday at Wood River Chapel in Halley.

Lynn Nielsen Bradshaw of Rupert, funeral at 11 a.m. Wednesday at the Rupert West State Center, 26 S. 100 W. in Rupert; visitation from 6 to 8 p.m. Tuesday at the West State Mortuary in Rupert; and one hour before the service Wednesday at the church.

DEATH NOTICES

Daniel R. Zohner
PAUL — Daniel R. Zohner, 65, of Paul, died Sunday, Dec. 14, 2008, at his home. The funeral is pending and will be announced by the Rasmussen Funeral Home of Burley.

Susan Becker
BURLEY — Susan Becker, 44, of Burley, died Sunday, Dec. 14, 2008, at Park View Care & Rehabilitation Center in Burley. The funeral is pending and will be announced by the Rasmussen Funeral Home of Burley.

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3:30 p.m. for next day publication. The e-mail address for obituaries is obits@magicalvalley.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magicalvalley.com and click on "Obituaries."

Atheists vow to fight rule on marriage, religion

By Ashley Powers
Los Angeles Times

LAS VEGAS — In a city launched by shogun wadings and quickie divorces, which offer the chance to be wed by faux Liberaces, King Tuts and Gtm Reapers, there remains at least one nuptial taboo: you can't be married by an atheist.

Michael Jacobson, a 64-year-old retiree who calls himself a lifelong atheist, tried this year to get a license to perform weddings. Clark County rejected his application because he had no ties to a congregation, the state requires. So Jacobson and attorneys from two national secular groups — the American Humanist Association and the Center for Inquiry — are trying to change things. If they can persuade the state Legislature to rework the law, they plan to sue.

Jacobson, who spends most afternoons reading online or dining at a nearby buffet, is an admitted atheist. But he's willing to fight on principle, recalling one time he couldn't: In the 1960s, the Army demanded that his dogtags note his religion. He reluctantly chose Judaism, which irked his atheist friends. "One of the things I like to do is stand up and say I'm a nonbeliever, so you know

you're not alone," he said recently.

For years Mel Lipman, a friend of Jacobson's and the American Humanist Association president, had wedded over nonreligious weddings in Las Vegas. But he belonged to the Humanist Society, a secular branch of the Humanist Association group that is a religious group satisfied the clerk's requirements.

When Lipman and his wife moved to Florida this spring, Jacobson — a balding man with a thin white mustache and a trace of his native Philadelphia in his voice — decided to become the Las Vegas atheist celebrant.

"But I'm not going to do a religious thing to do a religious thing," he said. "That's a sham because atheists are not religious." Jacobson filed out an application to perform marriages but sidestepped the questions regarding religion. County Clerk Shirley Parguire said she had little choice but to reject it.

Some of the state's regulations date to the 1960s, when

ministers were dumping their flocks to "Marrying" Same, according to the book "Vegas: An Unconventional History." One would-be officiant apparently hoped to marry enough people to finance his divorce.

Lawmakers, trying to ferret out the profit-hungry, said, "We're not going to be among a minister's 'incidental' duties. Drive past the string of neon-lighted downtown chapels, and you'll see that didn't quite pan out."

Clark County issues nearly 100,000 marriage licenses a year and boasts dozens of places to exchange vows — atop Harley-Davidsons, in Renaissance courtesans, aboard gondolas — 24 hours a day. The competition is so fierce that, in recent years, employees at rival chapels have accused each other of slashing tires and shouting death threats.

"Someone is working at all of these venues," said Parguire, whose office doesn't have the resources to track down ministers flouting the law. In fact, she worries that if the criteria to become an officiant changes, her staff would be "blasted."

But Bob Ritter, an attorney for the American Humanist Association, argued that

when a celebrant marries a couple, he's acting as an agent of the state. Therefore, "It's unconstitutional to block someone from holding that position based on his religion — or lack of it."

"Many atheists and agnostics have ... deeply held beliefs," Ritter wrote to Parguire. "Are not the beliefs entitled to the same respect" Nevada law, he continued, implies that "the religious are more trustworthy than the nonreligious. This is a bigoted assumption."

Most state laws regarding who can wed couples are akin to Nevada's, Ritter said. At least three states, however, allow nonatheists — who are licensed to administer oaths and act as witnesses — to reside over "I dos." Ritter hopes Nevada legislators will embrace something similar.

If not, Ritter might see success in court, said Lynne Henderson, a professor at the University of Nevada, Las Vegas, law school. Judges performing ceremonies, for example, don't have to meet religious criteria, so it's "absurd" to make anyone else do so, she said. Officials could regulate Nevada's other ways such as making them get training.

"It's very weird," she said, "to try to suppress these laws in a city of 24-hour wedding chapels."

Children's literature luminary Sterling dies at 95

By Elaine Woo
Los Angeles Times

Dorothy Sterling, a significant figure in 20th-century children's literature for her well-researched portrayals of historical black Americans written decades before multiculturalism became mainstream, died Dec. 11 at her home in Wellfleet, Mass. She was 95.

A self-described accidental historian, Sterling wrote more than 35 books, among the best known of which is "Freedom Train: The Story of Harriet Tubman." Published in 1954 and still in print, it was one of the first full-length biographies of a historical black figure written for children.

The author drew attention to more obscure but important figures in "Captain of the Planter: The Story of Robert Smalls" (1958), the first children's biography of the slave who captured a Confederate gunboat during the Civil War.

"The Making of an Afro-American: Martin Robinson Delany" (1971) drew her interest in the little-known abolitionist, Harvard-educated physician and early proponent of black nationalism.

Sterling was a major figure in the development of 20th-century children's literature. She was one of the first people to insist upon the representation of African Americans in that literature," said Julia Mickenberg, an American studies professor at the University of Texas, Austin.

In the mid-1960s, Sterling testified before a congressional committee headed by Adam Clayton Powell Jr., D-N.Y., on racial bias in textbooks and helped form the Council on Interracial Books for Children, which worked to improve the portrayal of minorities in children's books.

She also wrote for adults in "We Are Your Sisters: Black Women in the Nineteenth

Century" (1984), an anthology of votes drawn from essays, letters, literature and other records that The Christian Science Monitor said "read better than fiction and have the vividness of poetry"; and "Ahead of Her Time: The Story of Abby Kelley and the Politics of Antislavery" (1992), a social reformer who influenced suffragettes including Susan B. Anthony and Lucy Stone.

The title of that book, "Ahead of Her Time," is the perfect description of Dorothy," said Mary Helen Washington, a professor of African American literature at the University of Maryland, College Park, who knew Sterling for more than two decades. "She was the most extraordinary researcher I've ever seen in my life."

Sterling, who was white, developed an interest in black American history after reading the works of radical

historians such as Herbert Apthamer and W.E.B. Du Bois. In the 1940s she was a Communist; her long-term goal was her long-said goal.

"I learned about black history from the Left, and then I pursued it," she told Mickenberg in the book "Learning from the Left: Children's Literature, the Cold War, and Radical Politics in the United States."

Born Nov. 23, 1913, in New York, Dorothy Dannenberg was a descendant of German Jews who came to the United States in the 1850s. As the daughter of a lawyer and a schoolteacher, she grew up in comfortable circumstances.

She had wanted to become a botanist but switched to philosophy after a professor and her father encouraged her to form a feminist was extremely limited.

Her first job after college was writing reviews for Art News, a weekly magazine. When a new owner replaced all the women on staff with men, she joined the Federal Writers Project, a Depression-era work relief program. She was a life-changing experience for Sterling, who for the first time "met people who did not share my sheltered, middle-class background," including aging Yiddish playwrights, Greenwich Village poets, black novelists and journalists.

Among the latter was her

future husband, Philip H. Sterling, a newspaper writer who had lost his job early in the Depression. They were married from 1937 until his death in 1941.

In 1948, Sterling began to work as a newspaper editor, a secretary and later as a researcher. She became an expert subject on a wide range of subjects, from Hollywood to ballet, but was not allowed to write the stories. In those days, she recalled in an essay for Contemporary Authors, "All writers were ... researchers were she ..."

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Illinois legislators focus on ousting governor

By Christopher Willis
Associated Press writer

SPRINGFIELD, Ill. — Officially, Illinois lawmakers will gather soon to consider a special election to replace Barack Obama in the U.S. Senate — but it was already clear Friday that ousting disgraced Gov. Rod Blagojevich was at the top of many to-do lists.

On a scale of one to 10, impeachment is 25 and everything else is a two," Rep. Jack Franks, a fellow Democrat from Woodstock.

A legislative session beginning Monday will be the first since Blagojevich was arrested last week on charges that he tried to profit from a fellow Democrat from Woodstock.



In this image from video Illinois Gov. Rod Blagojevich waves at his wife and children as he leaves the state capitol building in Springfield. Blagojevich is accused of scheming to sell President-elect Barack Obama's Senate seat to the highest bidder.

down businesses seeking state deals. Republicans said Sunday

that they plan to put intense public pressure on Blagojevich to move against

Blagojevich. A spokesman for Democratic House Speaker Michael Madigan said he will discuss the idea with Republican leaders on Monday.

Meanwhile, Blagojevich was expected to firm up his legal representation after meeting over the weekend with Chicago attorney Ed Genson, who has defended media mogul Conrad Black and R&B singer R. Kelly. On Sunday, Blagojevich's wife, Patti, went into Genson's building.

Generally, a bulldog who generally takes his cases to trial, has said he and the governor would make a "mutual decision" on Monday.

Blagojevich spokesman Lucio Guerrero said the governor "has no plans on resigning Monday."

Guerrero didn't respond directly to whether the governor could or would do anything to slow down the Legislature's move toward impeachment.

"The governor has indicated in the past there is more to this story that he's wanting to tell at an appropriate time," he said.

David Dring, spokesman for House Minority Leader Tom Cross, R-Oswego, said Republicans will step up the pressure on Democrats to remove Blagojevich.

"If they won't work with us, you'll probably see some good theater," Dring said.

The GOP also plans to run television ads pressuring Democrats to approve a special election to replace Obama. Blagojevich still holds the power to appoint a

new senator, and if he resigned, that power would go to Democratic Lt. Gov. Patrick Quinn.

Illinois Republican Party chairman Andy McKenna told reporters the ads will "make the point that this is the people's seat, and the more we discover a special election."

A spokesman said Madigan, who has often clashed with Blagojevich, will discuss impeachment with Cross on Monday.

Frank said Madigan — a methodical man who never rushes decisions — listens to House members and will probably respond to public cries for impeachment. But Franks also said he would like to see Blagojevich with a wait-and-see response.

Eye for an eye

Woman blinded by spurned man invokes Islamic retribution

By Thomas Erdbrink
The Washington Post

TEHRAN, Iran — Aenech Bahrami once enjoyed photography and mountain vistas. Her work for a medical equipment company gave her financial independence. Several men had asked for her hand in marriage, but the blind-eyed electrical technician had refused them all. "I wanted to get married, but only to the man I really loved," she said.

Four years ago, a spurned suitor poured a bucket of sulfuric acid over her head, leaving her blind and disfigured.

Last month, an Iranian court ordered that five drops of the same chemical be placed in each of her attacker's eyes, according to a principle in Islamic jurisprudence that allows a victim to seek retribution for a crime. The sentence has not yet been carried out.

The implementation of a punishment allowed under Islamic law, including lashing, amputation and stoning, has often provoked controversy in Iran, where many people have decried such sentences as barbaric. This case is different.

Tehran Journalist Aisheh Amini, who writes about human rights and opposes the sentence, said protest has been muted because people have been moved by Bahrami's story. "It had not got emotional over what has happened to her," Amini said.



Aenech Bahrami has been the subject of news stories such as the one held by her mother, Shabaneh. The corporal punishments allowed under Islamic law has often been criticized as barbaric, but in Bahrami's case, a court has ordered five drops of the same chemical to be placed in each of her attacker's eyes. Bahrami and her mother are shown at home in Tehran, Iran.

Bahrami, 31, said she has fought long and hard to obtain what she views as justice.

"At an age which I should be getting on a wedding dress, I am asking for someone's eyes to be dipped with acid," she said in a recent interview at her parents' small apartment in a lower-middle-class Tehran neighborhood. "I am doing that because I don't want this to happen to any other women."

Some officials also said the punishment would be a deterrent.

"If propaganda is carried out on how acid attackers are punished, it will prevent such crimes in the future," Mahmoud Salarkia, deputy attorney general of Tehran, told reporters after the ruling. There are no statistics on the number of acid attacks against women in Iran. "This is an extreme case of social

violence, but crimes like spouse and honor killings are clearly on the rise in Iran," Amini said. "These crimes are violent reactions to sexual limitations in this country."

In public life, men and women are often segregated in Iran, and sex before marriage is illegal. Amini said she doubted that the sentence against Bahrami's attacker would reverse the trend. "Social violence will not be cured with violence."

In 2002, Bahrami was a 24-year-old electronics student at a Tehran university. She and her friends felt sorry for a sometimes bedraggled younger student named Majid Movahedi, so they collected sweaters and pants and asked a university staff member to pass them on to him.

"Ameneh was always nice to everybody," said her mother, Shahn, carefully lifting a

cup of tea to her daughter's lips.

Bahrami left a deep impression on Movahedi, even though the two had never spoken.

"He was absolutely crazy about her," said Aziz Movahedi, Majid's father. "At periods he would lock himself in his room, saying he only wanted to marry her."

Bahrami didn't share his feelings. "I remember him as a strange boy with an obsessive stare," she said. In 2003, Movahedi's mother called Bahrami's parents to propose a marriage. "I politely declined," Bahrami said.

Movahedi began waiting outside her workplace and stopping her in the street, crying that he would kill himself if she didn't marry him.

Police said they could not act before a crime had been committed, so Bahrami decided to act. "Things were out of control. I

was facing an unbalanced person," Bahrami said.

On Oct. 31, 2004, she approached Movahedi as he waited near her office. "I made up a story that I had gotten engaged and was about to marry. 'Continue with your life,' I told him. 'There is absolutely no hope for us.'"

As she returned to her office, he vowed to kill her.

Three days later, on a cold, clear autumn afternoon, Bahrami was walking home through one of Tehran's busy city parks when Movahedi tapped her on the shoulder. As she turned around, a burning fluid splashed onto her face.

"It felt like my head was stuck in a bowl of boiling water," Bahrami said. "I bent forward to allow the stuff to drip off my face, but the pain was intolerable. I fell on the pavement, screaming for help."

Fed ready to slash key interest rate

WASHINGTON (AP) — With the country spiraling deeper into recession, the Federal Reserve is ready to slash its key interest rate — perhaps to an all-time low — in hopes of cushioning some of the economic fallout felt by many struggling Americans.

To battle the worst financial crisis since the 1930s, Fed Chairman Ben Bernanke and his colleagues already have slashed the Fed's target rate for influencing the economy — the federal funds rate — to 1 percent, a level seen only once before in the last half-century.

The Fed opens a two-day meeting Monday to assess the economy and decide its next move on rates. Another reduction to the funds rate, the interest banks charge each other on overnight loans, is all but certain to be announced Tuesday.

Economists predict the Fed will cut its rate in half — to just 0.50 percent. A few think the Fed could opt for an even more forceful action — lowering rates by a whopping three-quarters percentage point — but that's a larger cut occurs. It would be the lowest on records that track the monthly average of the targeted funds rate going back to 1954.

Even an aggressive rate cut would be a modest move around, analysts said.

"It is not so much going to give the economy a big push forward. It's more a case of trying to help the economy from being pulled further backward by all these negative events," said Stuart Hoffman, chief economist at PNC Financial Services Group.

However deeply the Fed decides to cut rates, the prime rate — for many consumer and small-business loans would drop by a corresponding amount. The prime lending rate is used to peg rates on home equity loans, certain credit cards and other consumer loans. Cheaper rates could give pinched borrowers a dose of relief.

The goal of lower borrowing costs is to entice people and businesses to spend more, which would revive the flat-lined economy. So far, though, the Fed's aggressive rate reductions have failed to lift the country out of a recession that started last December.

Jobless by the financial crisis, worried banks have hoarded their cash and been extremely reluctant to lend money to customers. Fearful consumers, watching jobs vanish and their investments melt away, have backed their spending. Including big-ticket purchases like homes and cars that typically involve financing.

President Bush's Iraq trip highlights war unwon

By Robert H. Reid
Associated Press writer

IRAGHAD — President George W. Bush's whirlwind visit to Iraq was his ostensible victory lap for what often looked like a personal crusade.

The president leaves behind a war that even he admits is not yet over — and a devastated country whose divisions are far from healed.

Certainly, Baghdad is safer than it was a year ago. Bush visited the Green Zone on Sunday without being rocketed for cover from the bunkers and mortars that

Analysis

rained down on the area only six months ago.

But the country is far from safe by any normal standard. Nearly six years after the U.S. invasion, Iraq is the country of daily bombings, kidnappings and ambushes.

"There is still more work to be done," Bush said after his meeting with Prime Minister Nouri al-Maliki. "The war is not over."

Prospects for stability are as uncertain as the fleeting state of the heavily armed security guards who scour the streets for

threats when they escort U.S. officials who fly outside their Green Zone enclave.

Suspicion among Shites, Sunnis and Kurds — which fueled the war that erupted after Saddam Hussein's ouster — still run deep.

Nearly 150,000 U.S. troops remain in Iraq — more than when Gen. David Petraeus ordered the "troop surge" largely credited with curbing violence and arresting the country's slide toward full scale civil war.

The architect of the surge, Gen. David Petraeus, did even like to use the word "victory" in connection with the Iraq war.

Petraeus left in September to take a new post as the U.S. military's regional commander for the Middle East. Before his departure, Petraeus said "this is not the sort of struggle where you take a hill, plant the flag and go home to a victory parade."

"It's not a war with a simple slogan," he told the British Broadcasting Corp. It has taken more than 4,200 U.S. deaths to learn that simple truth.

The U.S. presence in Iraq was given by mistakes for years, starting with what Bush called the "intelligence failure" that led him to believe Saddam

Hussein held weapons of mass destruction.

Bush then dispatched enough troops to defeat Saddam's army — but not enough to maintain law and order. The 2003 decision to disband the Iraqi army and purge members of Saddam's party drove thousands of Sunni Arabs to the insurgency.

U.S. officials were slow to respond to the insurgents. Dismissing them as "dead enders" from the Saddam regime, the Bush Pentagon failed to anticipate the Sunni-Shite fighting that plunged the country to the brink of civil war in 2006.

Palin tops list of memorable quotes

NEW HAVEN, Conn. (AP) — Sarah Palin lost the election, but she's a winner to a connoisseur of quotations.

The Republican vice presidential candidate and her comedic doppelganger, Tina Fey, took the top two spots in this year's list of most memorable quotes compiled by Fred R. Shapiro.

"First place was 'I can see Russia from my house' spoken in satire of Palin's foreign policy credentials by Fey on 'Saturday Night Live.'"

Palin actual quote was: "They're our next-door neighbors and you can actually see Russia from here in Alaska, from an island in Alaska."

Palin also made the third annual list for her inability to name newspapers she reads. When questioned by CBS anchor Katie Couric, Palin said she reads "all of them, any of them that have been in front of me over all these years."

Palin's quotes were pivotal, said Shapiro, associate librarian and lecturer in legal research at the Yale Law School who compiles the list. "This quote helped shape the election results," he said of the Russia quote. "As it sank in the public realized this was someone really, really inexperienced and perhaps lacking in curiosity about the world."

Shapiro issued his Yale Book of Quotations, with about 13,000 entries, two years ago after six years of research. He expects to release the next edition in about five years, but in the meantime plans to issue annual top 10 lists.

Picking the best quotes this year was especially challenging because the presidential race and financial crisis provided so much material, Shapiro said. Last year's list ranged from "Don't tase me, bro" — shouted by a Florida college student — to a quote from a Miss Teen USA contestant who gave a confused and mangled response to a question about why one-fifth of Americans



Gov. Sarah Palin, R-Alaska, is seen on stage during an election night rally in Phoenix on Nov. 4. The Republican vice presidential candidate and her comedic doppelganger, Tina Fey, took the top two spots in this year's list of most memorable quotes.

can't locate the U.S. on a map.

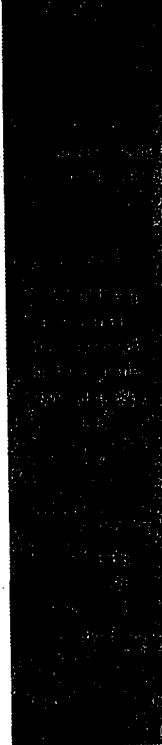
Shapiro said that when he began the list he thought he would select the most profound, eloquent or witty quotes. But the celebrity culture and political discourse led him down a different path.

"What I have come to do is pick some quotes that really say something about our culture and they tend almost exclusively to be quotes that are notable for negative reasons rather than being admirable or eloquent," Shapiro said.

Palin's running mate, Sen. John McCain, also made the list twice, once for his "fundamentals of America's economy are strong" comment in April and again for saying "maybe 100" when asked last January how many years U.S. troops could remain in Iraq.

Shapiro said the quotes may have been somewhat unfairly construed. "Nonetheless, these quotes cemented his image as someone who was out of touch with economic realities or indifferent to economic realities and being someone who was fanatical about prosecuting the war in Iraq," he said.

Shapiro relies on sugges-



tions from quote-watchers around the world, plus his own choices from songs, the news and movies, and then searches databases and the Internet to determine the popularity of the quotes. Phil Gramm, a McCain advisor, made the list for saying "We have sort of become a nation of whiners" in July in reference to Americans concerned about the economy.

In Jesus' town, Christmas looking cheerful again

By Dalia Hammari
Associated Press writer

BETHLEHEM, West Bank — After eight bleak years, Jesus' birthplace finally has a Christmas season to cheer about.

Hotels are booked solid through January, Manger Square is bustling with tourists, and Israeli and Palestinian forces are working to make things go smoothly.

Elias Al-Araj's 200-room hotel is fully booked for the season, and he plans to open a 100-room annex. He says he already has bookings through July.

"This year, business was great," he said.

Bethlehem's economic fortunes are closely tied to the Israel-Palestinian conflict. Tourism blossomed in the 1990s, when peace hopes were alive, but was crushed by the outbreak of fighting in 2000. Christmas after Christmas, tourists were scared off by Palestinian violence and Israeli travel restrictions.

With calm gradually returning to the West Bank, Bethlehem has again become a magnet for Christmas pilgrims.

"It's a difference between heaven and earth," said entrepreneur Mike Kanawati, who is so optimistic he's opening a new restaurant near the Church of the Nativity.

Palestinian officials say 1.3 million tourists have visited the West Bank this year, nearly double last year's level. The total for 2008 could rise to 1.6 million. The tourism boom has created 12,000 new jobs, said Palestinian Information Minister Riad Malki.

Bethlehem's 19 hotels are fully booked through January, said Mayor Victor Batarseh. He said he expects 50,000 visitors on Christmas



In this photo, a Palestinian security force officer stands guard as Christians gather outside the Church of the Nativity, traditionally believed by many to be the birthplace of Jesus Christ, in Manger Square during Christmas festivities in the West Bank town of Bethlehem.

Eye alone, compared with 22,000 last year, with about 5,000 more expected during Orthodox rites in January. Batarseh said he hopes the signs of recovery will persuade more Bethlehemites to stay in their town. In recent years, growing numbers, particularly Christians, have emigrated.

"Calm and an increase in tourism will create more job opportunities and encourage families to stay in the city," said Batarseh, who is Christian. Officials say 40 percent of the town's 32,000 residents are Christian, down from 90 percent in the 1950s. The rest are Muslim.

Christmas decorations should be up by Monday. Palestinian President Mahmoud Abbas will light the Christmas tree, a large cypress, in Manger Square. Bands of yellow lights are already strung across the main road at the entrance to Bethlehem.

Bethlehem is a typical West Bank town, with congested streets and noisy markets, very different from the biblical idyll visitors might imagine.

"It's fascinating to see the

place I heard about all my life," said Michael Creasy, 30, a software engineer from San Francisco, after emerging from the Church of the Nativity that stands over Jesus' traditional birth grotto. He said he'd love to stay for Christmas, but has to get back to work.

The upbeat mood contrasts sharply with the dismal Muslim holiday season in the Gaza Strip. Because of an Israeli economic blockade imposed in response to repeated rocket attacks, the coastal strip is acutely short of sheep and cattle needed for the Muslim feast of the sacrifice.

Meanwhile, Bethlehem is being turned into a showcase for Palestinian security forces, who have been gradually expanding areas under their control in the once unruly West Bank.

Some 1,500 Palestinian police officers will be deployed in Bethlehem during the holiday.

They are trying to look reassuring, though the dozens of armed officers who recently stomped in unison across Manger Square might have scared some tourists.

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Rosa Nava, right, jokes with Camille Darrington while weighing in on Dec. 5 at the Jerome First Federal branch on Lincoln Street. This final weigh-in ended First Federal's fall 'Biggest Loser' contest.



ASHLEY SMITH/Times-News



MEAGAN THOMPSON/Times-News

First Federal employee Kai Mathews lost 12 pounds off his formerly 215-pound frame during the Twin Falls-based bank's weight-loss challenge. Mathews, shown working out on Wednesday evening, was on the winning team.

LOST! 882 pounds

First Federal will continue 'Biggest Loser' contest

By Ariel Hansen
Times-News writer

Think about what you weigh. Say you're 175 pounds. Now imagine losing 19 percent of that weight — 33 pounds. That's a lot.

Someone at First Federal in Magic Valley lost about 19 percent of his or her weight in the past 10 weeks, as part of the bank's "Biggest Loser" contest, modeled after the popular television show. Each of the 132 participants set a goal — to lose or maintain weight and create healthier habits — and on average, each person lost 6.7 pounds.

Kai Mathews, who works in collections, almost doubled that average, losing 12 pounds off his formerly 215-pound frame. "I had hoped to get right around 200 (pounds), so I hit my goal more or less," Mathews said. "In the very last week I worked out like six times, was really counting the calories."

It's a good thing he did. The bank employees were divided into teams based on their branch or building, and Mathews' team won the contest by a tiny margin. His team — from the bank's Internal Support Center building in Twin Falls — lost an average of 6.9 percent of their body weight, just a few hundredths of a percent more than the team who came in second.

"So it felt good to lose those few last pounds," Mathews said. No kidding.

Darla Crider, service relationship manager, said she has strengthened relationships with many of the participants, whether they were on her team or not. Those relationships helped her when she was struggling to make progress during the contest.

"I was ready to quit, because I'd plateaued. I wasn't going anywhere," she said. She mentioned her struggles to a teammate. "The next thing I knew, I was getting phone calls from other people on my team saying, 'Look how far you've come!'"

Some of the support was pretty tongue-in-cheek. "I heard things about branches ordering doughnuts for other branches," Crider said. "It was really done in fun."

The weight loss, however, was serious, and helped participants make real changes in their lives. Crider said she was especially impressed by a group of female employees who were committed to the contest.

"I was really proud of these women. They really took it to heart and made lifestyle changes," she said. "It was amazing to see the changes in their personalities, more confidence in themselves."

The contest was so popular that a continuation of it has been chosen for the bank's first-quarter health initiative. The participants will get a little break for the holidays, and restart after Jan. 1.



Before & After

First Federal security director Sara Rose — photographed in early October and early December — says she lost 36.4 pounds during the company health challenge that spanned several months. Rose says she cut out soda (even diet soda), eats less fried food and walks when she has to visit other downtown branches. "I didn't work out very much," says Rose, adding that she is just being honest. "I want to eat what I want to but in moderation." Aside from the weight loss, Rose says other physical changes have added to better sleep and energy.

MEAGAN THOMPSON/Times-News

For contestants like Mathews, though, that holiday break isn't a time to gorge on Christmas cookies. He wants to achieve the ideal body mass index for his height and build during the first-quarter "Biggest

Loser" contest, by dropping another 10 to 15 pounds. "It might be a New Year's resolution type of deal," he said. With the support of the other First Federal employees, that sounds like

a resolution he — and they — can keep.

Ariel Hansen may be reached at ariel.hansen@lee.net or 208-788-3475.

Three friends and co-workers from Cassia Regional Medical Center spend their lunch hour walking, and their diabetes has been easier to manage as a result. From left, Debbie Robinson, Carle Call and Kent Ervason.



CORREY BURT/For The Times-News

Diabetics, you've got to have a team

By Corren Hart
Times-News correspondent

BURLEY — Although he was careful about his eating habits, Kent Ervason, 50, of Burley knew that someday he would be diabetic. His father was.

"I saw how he died," said the five-year veteran of the diabetes wars. "A piece at a time. I don't want to go that way."

Ervason started attending Tonnelle Houston and Lori Johnson's monthly diabetes education group and says it has helped him stay on track.

"Kent is a good example of what exercise can do for him," Houston said. Ervason agreed. "I've lost 20 pounds since the first of October," he

said. "Her group is my team. There are about 15 of us in there. Last month she taught us the value of monitoring everything we put in our mouths. If we make the right choices we stay on track."

Diabetes educators around south-central Idaho help diabetics live healthier lives. In Mini-Cassia's diabetes education group, there is more than teaching.

"We get to vent about our depression in eating, and emotional depression," Ervason said. "We learn to have a team. We feed off each other. We learn to monitor our progress."

Houston, a registered dietitian at Cassia Regional

To do for You

'Baby and Me'

St. Benedict's Family Medical Center's "Baby and Me" classes, 11 a.m.-noon Tuesdays, at Jerome Public Library, 100 First Ave. E. This week's topic: "Financing Baby." The session is for parents of children from infancy through toddler years. Free; 324-6133.

About childbirth

Prepared childbirth classes, 6:30-9 p.m. Tuesdays, this week to Jan. 13, in the lobby at St. Luke's Magic Valley Medical Center'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. Preregistration required: 732-3148.

Breast-feeding

"Breast-feeding 101" class, 7-9 p.m. Tuesday, at Jerome Ambulance Building, 240 E. Main St. The class is for expectant mothers, fathers and support people: first-time parents; and mothers who feel their last breast-feeding experience wasn't successful. The

class can be taken as a refresher course. Cost is \$5. Register: 324-6133.

About C-sections

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

Topics: Cesarean deliveries, non-conforming labors, pain management and hospital procedures. Wear comfortable clothing; bring two pillows and, if possible, a support person. Free. Preregistration required: 732-3148.

Asthma education

Asthma education class for people with asthma, their families and caregivers, 6-7 p.m. Thursday in the Sage Room at St. Luke's Education Building, 588 Addison Ave. W. in Twin Falls.

The class follows guidelines set by the National Asthma Education and Prevention Program and the American Lung Association. Free. Preregistration required: 737-2007.

Alzheimer's support

Alzheimer's Support Group meeting, 10:30 a.m. Wednesday, at RiverRidge Care and Rehabilitation Center (formerly SunBridge), 640 Filer Ave. W. in Twin Falls. Open to Twin Falls-area residents who have family members with Alzheimer's. Free. Information: Steve Jones or Dawn Meyer, 734-8645.

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. Preregistration required: 732-3148.

"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

By Linda Searing
Special to The
Washington Post

The topic: smoking

Cigarette use may speed up cognitive decline

THE QUESTION

Does smoking affect a person's reasoning, memory and other cognitive abilities?

THIS STUDY

It involved 1,964 generally healthy people (average age, 56); about 21 percent smoked, 44 percent were former smokers and 35 percent never had smoked. At the start of the study, smokers scored lower on average than people who never had smoked on all tested aspects of cognition, except memory; those scores were about the same. During a five-year span, smokers' scores in all areas, including memory, declined about twice as fast as nonsmokers' did. The more cigarettes smoked, the greater the decline.

WHO MAY BE AFFECTED?

People who smoke. Smoking causes lung cancer and several other types of cancer and is associated with heart disease, stroke, chronic obstructive lung disease, cataracts and an array of reproductive and early childhood problems. One of every five deaths in the U.S. each year has been linked to smoking.

CAVEATS

Smoking status was determined by participants' responses on a questionnaire.

FIND THIS STUDY

It's in the Oct. 15 online issue of the *American Journal of Public Health*.

LEARN MORE

Learn about the effects of smoking at www.cdc.gov/tobacco and www.cancer.org (search for "questions about smoking").

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.

Who says you can't shop and then drop for a few push-ups?

By Vicky Hallett
The Washington Post

WASHINGTON — Your social calendar is packed with holiday soirees. There are the cocktail parties, office must-shows, family get-togethers. Every other waking hour is devoted to gift-hunting. So when do you squeeze in a gym visit? You probably don't.

But there's no need to repress yourself to a Santa physique. I present ways to make your December workout wonderland.

Mail makeover

Take, for instance, all those hours you'll be logging at remote shopping centers. You could circle around the parking lot until you find a primo space, target stores in the most direct possible fashion and then pig out at the food court. Or you could handle mail visits our way, with the help of Nathan Stormer, Washington-area fitness manager for Brimley Total Fitness. He's brimming with fat-burning ideas.

For starters, park at the far end of the lot. You'll still have a lot of time inside to hear that Christmas muzak, but this way you get in a few minutes of fresh air and the chance to use open space. Stormer suggests that you make the trek with walking lunges or side squats. It looks a tad silly, but as he explains, "Any time you move in a lateral motion, you burn more calories."

Once you've made some purchases, any movement is going to be more effective because you're holding

weights. "The primary thing I remember is that shopping bags are a kind of resistance," Stormer says. Use them for biceps curls, overhead presses or lateral raises while debating whether your mother-in-law would really enjoy that biting book. Waiting in line? Stand on one leg and pump the other leg back, knee bent or straight, to engage your glutes. Points deducted for kicking the shopper behind you.

Beaver, fathers and support people: first-time parents; and mothers who feel their last breast-feeding experience wasn't successful. The

When it's time to take a break, shield your eyes from the cinnamon rolls and find a bench instead. But don't just use it to plopp your butt down. Start with triceps dips. Hold on to the bench's edge while sinking your rear below the seat, and then press up. Or sit on the bench and place your hands down and go into elevated push-ups and plank pose.

You're worried about stares, right? No need, apparently. When we tried this routine with other shoppers, just passed by on their merry way. "Although management did swoop in to advise us that the benches were not built to be used as exercise equipment. So be careful and don't get them too sweaty, OK!"

Good-for-you gatherings

Maybe you can't control what your pals have planned for their yuletide events, but at least your holiday bash can involve literally rocking around the Christmas tree.



Between each store, try taking a lap around the mall. Think of it as window shopping with benefits.

After all, polite guests know to follow the leader, says D.C.-based party planner Jodi Moraru. "So if the host and hosts start dancing, other people will, too," she says, noting that a DJ or a peppy iPod playlist can be key in motivating folks to cut a rug. Also: Offer prizes!

More Prancer than Dancer? If you have a few pals who live in the same area, consider throwing a progressive party: Start off in one house, then hoof it over

to a few others throughout the night. Or make the main attraction scooping out the holiday decorations in your neighborhood. As long as they're fortified with mugs of glogg, guests will be game. Just playing works, too. Moraru's family get-togethers usually involve Twister, which gets both kids and grown-ups up and moving. And you don't have to merely watch football. You can actually get a match going in your own yard.

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Make a list of all debt and interest rates and prioritize as to which should be paid first, such as the credit cards charging the most interest.

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Physical fitness trainer Sara Willis, right, trains Candace Coffey with a kettlebell at Joe's Gym in Los Angeles. 'Kettlebells are the hot thing right now,' Willis says.

BRUN KHAN/LA Angeles Times

What gets the pros moving

Personal trainers discuss their favorite books, DVDs

By Jeannine Sloan
Los Angeles Times

Personal trainers don't always pluck their ideas out of thin air. Sometimes they're inspired by books and videos. We asked a group of trainers to recommend books and DVDs they found motivating.

George Padilla, group exercise coordinator, Los Angeles Athletic Club

Book: "The Purposeful Primitives: Using the Primal Instincts of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change" by Mary Gallagher (Dragon Door Publications, 2008)

This book encompasses strength training, nutrition and cardio, and has some pretty interesting ideas about working out that go more toward intensity and away from those long cardio sessions. Instead of getting on the treadmill and having to slog away for an hour, you get a lot more out of the workout. You're doing shorter workouts, and that lessens impact on the joints, which helps

prevent overuse injuries. Shorter workouts are also good for busy people.

The nutrition portion of the book doesn't necessarily focus on counting calories, but more on the composition of the meal, and the importance of pre- and post-training eating, which will help keep your metabolism up and maximize the body's ability to use calories to recover from a workout, versus being stored as fat.

People perhaps intuitively think that they're going to get a better workout on an empty stomach, but that's not necessarily the case. If you fuel your workout beforehand, you'll likely end up having a higher intensity workout.

Sara Willis, personal trainer, Joe's Gym, Los Angeles
DVD: "Mahler's Aggressive Strength Beginner Kettlebell Training Workshop"

This video really breaks down how to do the kettlebell movements, and explains why you're doing it. (Mahler) also gives a lot of modifications. Kettlebells are so intense, and not everybody

can even start out with one—some people might have to use their body weight. Once you get that down, you can progress to using the kettlebells.

Kettlebells are the hot thing right now, but using them does take a lot of conditioning. What's great about the DVD is that it explains step by step how to get proper alignment.

When I do kettlebells with clients, they gain not only power, but core conditioning as well, because when you throw the kettlebells up, you create an instability, and your center of gravity is slightly different than using a dumbbell. The cardio benefit is incredible — just doing two reps you'll feel it. You really shock the system, and by doing so it helps you burn more fat — and it's fun and different.

Kim Schneeberger, personal trainer, the Easton Gym, Santa Monica, Calif.

Book: "Get With the Program: Getting Real About Your Weight, Health, and Emotional Well-Being" by Bob Greene (Simon & Schuster, 2002)

I have a hard time agreeing with trainers who are out there — there are so many things written that are just not true and aren't encouraging people to read.

Bob Greene really has a good understanding of what he's doing, and anybody can follow his advice. If they want to lose 10 or 100 pounds, if they're a beginner or an athlete. Anybody can understand it, and he's very compassionate. He's a likable trainer.

The exercise programs are very straightforward, and he gives you options. You can start off with the basics, or if you're already exercising, you can jump into the program (at a later stage).

It's pathetic to think about losing weight as having to follow so many rules and having to calculate things. In terms of nutrition, Bob will point out things that are maybe not as well known, like hidden calories in foods most people don't know, or foods that aren't that filling or are high in sugar. Very simple things that make sense.

St. Luke's Magic Valley Medical Center, Diabetes and Nutrition Center, 7418 North College Road, Twin Falls; 736-6218.

• Every Wednesday from 9:30 until noon, diabetes education.
• Every Thursday, weight management for diabetes; call for time.
• "Power to Prevent," a diabetes prevention class for ages 14 and up, aimed at those who are at risk for diabetes; will begin 6:30 p.m. Wednesdays as soon as enough people sign up. South Central Public Health District, 1020 Washington St. N., Twin Falls; 734-5900, ext. 5946.
• Third Tuesday of the month, at 7 p.m., from January through May, and September through November, Susie Beam is the health educator. St. Benedict's Family Medical Center, 709 N. Lincoln; Jerome; 324-4301.
• Third Tuesday of the month, held with South Central Public Health's meetings. Ann Bybee is the diabetes educator.

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Diabetes

Continued from page B1

Medical Center, said Cassia Regional and Minidoka Memorial Hospital, where Johnson is a dietitian, collaborate to offer community diabetes education classes once a month. "This month we talked about food; cooking for the holidays. Low sugar, low fat, that kind of stuff."

Her group has about 30 members, although only about half attend most meetings. She has counseled diabetics for five years as a certified diabetes instructor.

"Most people would benefit from following a diabetic diet," Houston said. "So all these holiday eating ideas are applicable to everyone. One of the mistakes people make is to think that they can't eat sugar, so they go for the high-fat foods like deviled eggs. Some people cut out all the carbs and they're eating huge amounts of protein and high-fat foods and not even blinking an eye."

She said sugar is not a major culprit in moderation. "If you eat a whole lot it can be a problem, but eating it slowly in small amounts helps," she said. "A lot of diabetics have high cholesterol, high blood pressure, and high-fat foods would make that worse."

Lifestyle changes have prohibited inactivity, and diets have changed. As a result, she said, diabetes has increased exponentially every year for the past decade.

Houston recommends the plate method of eating. "Fill half of it with vegetables — really half of it — and a quarter of it is your meat, and a quarter is your bread or starch," she said. "That's the ideal meal. Have some fruit

Finding your team

Need a support team to manage your diabetes? There are meetings everywhere.

These are 7:30 to 8 p.m. on the second Thursday of each month, free of charge: **Cassia Regional Medical Center, 1501 Hilland Ave., Burley, in the Evergreen Room; 977-6269.** **Jan. 8: "Diabetes — The Greatest Risk and Loss."**

• April 9 — "Complications with diabetes — Guaranteed? Or just possible?" **Minidoka Memorial Hospital, 1224 Eighth St., Rigby; in the conference room; 438-0481.** **Feb. 12 — "Cravings — What you really need to know."** **Local grocery store — "Healthy Meal Planning with food mysteries revealed."** **Mar. 14 — "Stress and its effect on you"**

Other diabetes support groups:

on the side and a glass of milk on the side." She doesn't land all this on a new patient, however.

"I try to start with them where they're at and lead them slowly in the right direction. I say let's pick one or two things to work on this week ... If they're successful, they say, 'I can do this.'"

Allen Butler, 75, Burley, has been diabetic at least 12 years. He calls Houston "an angel from heaven." "Before I started with the education group I was going to the VA," Butler says. "It was hard to control, hard to do. Too many high blood sugars. My A1C was 7.9. The last test I had I'm down to 6.0 after taking Timmie's treatments and her showing us what to do."

Houston has worked with Butler and his wife, Polly, teaching them how to count carbs. "Polly counts my carbs every day," Butler said. "It's a great thing to have her and my wife working with me. I use a sheet, that Tennifer worked out for me." He uses

the count to adjust his dosage of insulin.

Butler recommends Houston and the education group to every diabetic he meets. Mary Lou Adfield of Jerome is 67 and has known about her diabetes for six years. She works as a scrub tech and surgery tech, and is improving slowly.

"I manage real good," she said. "I never miss my pills. But I'm not good at exercise." She admitted she has to make herself do those 10-minute sessions per day on her treadmill, but she can see the benefits so she keeps at it. Adfield attends South Central Public Health District health educator Susie Beam's monthly meetings and listens closely.

"I feel better now my sugar's low," said Adfield. "I take care of myself. I have been counting carbohydrates for five years or so. I check my feet, get my eye exams. I've learned that we ourselves are the only ones who can do that for ourselves."

Recreation district launches fitness studio in Hailey

Times-News

The Blaine County Recreation District on Friday announced the opening of the BCRD Fitness Studio in its facilities at the Community Campus in Hailey.

Previously home to the Wood River Gymnastics Academy, the studio is now a multipurpose fitness space for providers like Sun Valley Tae Kwon Do, College of Southern Idaho fitness classes and a variety of community health and wellness programs.

Adjacent to the BCRD gymnasium, the 2,200-square-foot fitness space will enable the recreation district to expand program offerings in its Community Campus location, which is owned by the Blaine County School District.

"In addition to Sun Valley Tae Kwon Do, the BCRD has

already been working with other great partners including CSI and St. Luke's Center for Community Health to offer a wide array of youth and adult wellness classes," said Dave Keir, the district's recreation director.

BCRD Fitness Studio offers two fitness areas including 1,000 square feet of fitness flooring and 1,200 square feet of matted multipurpose flooring. The location can be used for in-house programs or rented to outside providers for classes, clinics and workshops.

In addition, the recreation district offers adult volleyball, indoor soccer, adult basketball, indoor playground for pre-schoolers, and a variety of other programs, including a seasonal youth sports leagues and special events.

Information on using the BCRD Fitness Studio or any other services: Keir at 780-2117 or www.bcrd.org.

A cure for diabetes?

By Kathleen Horn
The Washington Post

Analyzing what Chris Wright calls "the nitry-gritty of how cells form" provides clues to many mysteries.

Among them, how to cure diabetes, says Wright, director of Vanderbilt University's Program in Developmental Biology. Wright and his lab study cells — developing pancreatic tissue, stained in various colors to distinguish endocrine tissue from epithelial ducts and pancreatic cells with a specific gene called PTF1A.

Wright and his lab have discovered that the PTF1A is crucial to the formation of the pancreas, including the beta cells that produce the insulin that diabetics lack. "Take away PTF1A, and cells can no longer form the pancreas ... They change their job," Wright says. "Using his knowledge, Wright plans to make beta cells that can replace a diabetic's dysfunctional or destroyed ones. Wright's work is in mice for now, but he believes that it could be applied to humans within the next five years."

We can help fix your family budget

Feeling the pinch? Dumbfounded by personal debt? Let us help you get your family's budget under control.

The Times-News has recruited Frank Ellis, associate business professor at College of Southern Idaho, to offer personalized advice for a southern Idaho family who needs major help getting a handle their spending. So what are you waiting for, your credit cards to incur more interest? Contact features reporter Melissa Davlin at 208-735-3234 or melissa.davlin@es.net to volunteer for the story.

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Letters to Santa

The Times-News is printing a special section of the newspaper on December 23rd which will feature letters to Santa written by local children. These letters are true treasures and examples of faith and hope even in hard times. If you have a child who would like to have their letter to Santa printed in the newspaper please email it to santa@magicvalley.com no later than 5pm on Wednesday, December 17, 2008. Questions? Please call Lucinda at 735-3294. due to size limitations we may not be able to print all letters.

TIMES-NEWS
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All light, all dark or light & dark

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Digestion:

More for you to chew over

By Brenna Maloney
The Washington Post

Think of the stomach as a J-shaped elastic bag that fits under your diaphragm on the left side of your abdomen, protected by your five lowest ribs. The top end connects to the esophagus; the bottom end attaches to the small intestine. Deep folds (rugae) in the stomach's lining contain millions of glands that produce hydrochloric acid and an enzyme called pepsin. When you're expecting food, the brain sends signals to your still-empty stomach to start secreting these gastric juices.

A fist becomes a cantaloupe

Your stomach is usually about the size of your fist, but in the case of a big meal it can expand four to five times, about the size of a couple of softballs, or a cantaloupe. If you are accustomed to overeating (who, you?), frequent expansion and contraction will have exercised this muscle, and it will expand with ease. If not, overfilling your stomach will make you feel bloated and uncomfortable.

And the mixer gets to work

As the food, already moistened with saliva, enters the stomach, it soaks in the highly acidic gastric juices. The stomach wall has three layers of muscle that run lengthwise, horizontally and diagonally. Working in different directions, they pulverize the



food into a soupy liquid called chyme, then slowly funnel it into the small intestine. The Greeks had a word for the sound sometimes produced by these muscles — "borborygmi," or "growlings."

Some accidental insights

Our knowledge of how the stomach works was rooted in an accident: In 1822, a fur trapper named Alexis St. Martin shot himself in the side, and the resulting wound left a permanent opening to his stomach. U.S. Army surgeon William Beaumont took the opportunity to study the physiology of gastric digestion. Over the next eight years, Beaumont carried out a series of experiments on St.

Martin, including dangling food into the opening to discover why, and how quickly, different substances are digested. His published findings in 1833, were, if not exactly appetizing, revolutionary.

Can't live without it?

Well, technically, you can. In severe cases of stomach cancer or bleeding gastric ulcers, surgeons may perform a gastrectomy, the surgical removal of all or part of the stomach. When part is removed, the remaining portion continues its digestive function. If the entire stomach goes, the esophagus is attached to the small intestine, the digestive process begins in the small intestine, and, in successful cases, the body eventually adapts. Despite the lack of stomach acids, certain things, such as high-protein foods, become difficult to digest, so some adjustments to diet are necessary.

A corrosive environment

A healthy stomach is an acidic stomach, since that's what breaks down food. The gastric juices have a pH of around 2, which basically means they're corrosive enough to strip paint or burn right through the stomach. To protect itself, the stomach lining continuously secretes mucus. If the levels of acid and mucus fall out of balance, the stomach can start to hurt and we take gastric pills such as Rolaids. These usually contain aluminum, magnesium or both, which react with acids to form more-neutral compounds.

'Biggest Loser' lesson: Don't try this at home

By Jeannine Stein
Los Angeles Times

On "The Biggest Loser," contestants arrive fat and leave thin. And in between, they go through an intense fitness regimen that is, to put a good face on it, grueling.

The hours-long, athlete-level routines take place from the get-go. Some contestants have completed a quasi-triathlon consisting of a 250-meter swim, a two-mile bike ride and a climb up 42 flights of stairs. Others have pulled airplanes down a runway or climbed up and down a hill as many times as they could from sunup to sundown — not just sweating copious amounts but sometimes feeling dizzy, vomiting and crying.

With the show taping its seventh season and continuing to spawn an ever-larger assortment of books, videos, online clubs and forums, "The Biggest Loser" has made uber-boot-camp-style training sessions seem a sure-fire ticket to weight loss for sedentary, morbidly obese people. And the success of its contestants suggests there's little risk — contrary to common advice that such programs should be undertaken only with a physician's seal of approval.

Mainstream physical health experts are appalled by such extreme workouts. "This is another example of taking a serious health condition and almost mocking it," says Jeffrey Pottelger, kinesiology professor and director of the Center for Health Enhancement at Miami University in Ohio. "I find it deplorable."

For starters, he points out that overweight people might have undiagnosed medical conditions such as high blood pressure, heart disease and diabetes.

"If you go out and do this type of workout," Pottelger says, "you are going to dramatically increase your risk for some abnormal event and possibly exacerbate the condition. People could certainly have a heart attack, a stroke, or become hypoglycemic. People need to be aware of these kinds of things."

Second, the truly obese need moderate workouts that "help them build up their strength and stamina gradually," he says, not ones that send them sprinting out of the blocks, risking injury. "This is not the way we deal with this kind of weight issue," Pottelger says. "At the end of the day, you're talking about behavior change — nutritional, psychological — and that's hard to change. If it were easy, we'd be able to change all sorts of behaviors. The question in putting on a program like this is that in having people watch, it isn't a scenario that will help people change their behavior and become healthy."

Nick Anderson, head trainer of the year by IDEA Health & Fitness Association, criticizes the show's portrayal of exercise as an almost Herculean effort. "All the show does is reinforce to those who are overweight or obese: 'See how hard (exercise) is?' For most people, exercise is going to be hard, but it doesn't have to be that hard."

Although some of her clients limit the show motivating Anderson, owner of Health Fitness, a Naperville, Ill.-based personal training

"If you go out and do this type of workout, you are going to dramatically increase your risk for some abnormal event and possibly exacerbate the condition."

— Jeffrey Pottelger, kinesiology professor and director of the Center for Health Enhancement at Miami University in Ohio

studio, thinks they're being duped. "It looks like in six weeks they lose 150 pounds, I have a struggle against what's really and what's perceived reality... Our job is to help you develop steps that will develop a normal, healthy lifestyle. And nothing they're watching is above normal and balanced. Even if her clients do have the drive to hit the ground running — literally — the vast majority, she says, don't have the means, the time or the resources to accomplish that."

ID Roth, the co-creator and executive producer, says the show is simply redefining what is realistically possible.

Most people — including doctors and fitness professionals — all cling to the idea that standard recommendations of moderate exercise and moderate weight loss are right for almost everyone, including the morbidly obese, he says. And says he has had to convince themselves they can't do one push-up, let alone 10.

"Bob and Jillian had so much conviction about how much more these people could do," he says of the show's trainers, Bob Harper and Jillian Michaels. And as for the contestants: "In a way, these guys are trained like special forces. They're tired, they're overworked, but they're changing their food and exercise habits."

The severe workouts and stunts people do are the "extreme" part of the show, Roth says, adding that viewers will use common sense in building their own weight-loss programs.

"People are watching the show to be inspired and not to feel hopeless any more. Viewers are saying, 'If that guy who weighs 300 pounds can do it, so can I. I can go on that run tomorrow morning.' But they're not expecting to lose 30 pounds in a week." Diet and exercise tips offered during commercial breaks reinforce more prudent ideas, he says.

What you need to know about vitamin D

By Sharl Roan
Los Angeles Times

The new star of the nutritional world is clearly vitamin D. Most people don't get enough of this wonder nutrient and increase their risk of several diseases by being deficient. In the past month, several major medical groups have called for a range of policy changes regarding vitamin D, including an increase in the current recommended daily allowance and new testing guidelines to look for deficiencies. Here's an update.

• A group of 18 vitamin D researchers at the University of California has issued a "call to action" recommending that the daily intake of vitamin D for adults be revised by the government to 2,000 International units a day. (The current recommendation is 200 IU for people up to age 50, 400 IU for people 51 to 70 and 600 IU for people 70 and older.) "While society has been on this topic is highly desirable. It should not delay recommending a 2,000 IU daily intake of vitamin D



for most people," a member of the consortium, Dr. Anthony Norman, said in a news release. An editorial on vitamin D by Norman, a University of California Riverside biochemist, was published in the American Journal of Clinical Nutrition. • A review article published in the Journal of the American College of Cardiology recommended screening for screening for vitamin D deficiency and treatment in people with cardiovascular disease. The rec-

ommendations are needed, according to the authors of the paper, because of the growing body of evidence that links vitamin D deficiency to cardiovascular problems. They say that cardiovascular patients with a deficiency should receive 50,000 IU of vitamin D2 or D3 (forms of the vitamin) once a week for eight to 12 weeks followed by maintenance therapy. • In October, the American Academy of Pediatrics published a recommendation

that the amount of vitamin D for infants, children and adolescence should be doubled to 400 IU a day.

Studies have linked vitamin D deficiency with an increased risk of hypertension, obesity, diabetes, heart attack, stroke and some types of cancer.

"Vitamin D deficiency is an unrecognized, emerging cardiovascular risk factor, which should be screened for and treated," Kansas City cardiologist James H. O'Keefe, a co-author of the JACC article, said in a news release. "Vitamin D is easy to assess, supplementation is simple, safe and inexpensive."

Optimal levels of vitamin D for infants, children and adolescence should be doubled to 400 IU a day — which is now thought to be much too low. Vitamin D toxicity (taking too much) is rare but is possible if the intake is greater than 20,000 IU per day.

Harder for some to kick the habit

By Sharl Roan
Los Angeles Times

Who still smokes — and why? Addiction experts acknowledge that it has become more difficult to make a dent in the country's smoking rates. Although millions of people have quit in the decades since the dangers of tobacco became known, about 43.4 million U.S. adults still smoke, according to the Centers for Disease Control and Prevention. Two recent studies point to

the challenges: • One, released at a recent meeting of the American College of Chest Physicians, found that nicotine dependence had reached a 15-year high. Nearly 75 percent of people currently seeking smoking-cessation treatment are categorized as highly nicotine-dependent. • Another, published in Nursing Research, examined data from the 237,648 nurses registered in the Nurses' Health Study at Brigham and Women's Hospital in Boston. The study found that the



death rate among former smokers in their late 70s was 1.5 times that of nonsmokers. Current smokers were 2.3 times more likely to have died by that age compared with nurses who never smoked. Smoking among nurses declined from 33.2 percent

in 1976 to 8.4 percent in 2003. But lead author Linda Sarna, of the nursing school at the University of California, Los Angeles, points out that nurses are intimately acquainted with the effects of smoking yet still struggle with nicotine addiction.

Now time
Five ways to get a better night's sleep.

NEXT WEEK IN 'HEALTHY & FIT'

Arts, Crafts & Bazaars Calendar

Grandy's Christmas Craft Show
Dec. 12th & 13th
Dec. 19th & 20th
8:30am - 6pm
Unique handmade gifts & Holiday Decor
Located at Snake River Sprinkler Garden Center
1676 E. 4100 N. Buhl
From Buhl 1.75 miles E. on Hwy 30

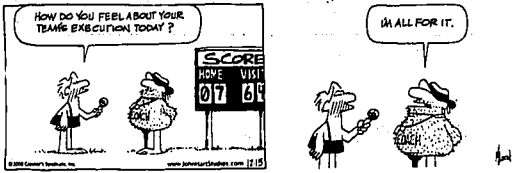
To Announce your special event Call or email Karen at 755-3270 kdcikman@maglevall.com

TIMES-NEWS
www.timesnews.com



B.C.

By Johnny Hart



Baby Blues

By Rick Kirkman & Jerry Scott



Beetle Bailey

By Mort Walker



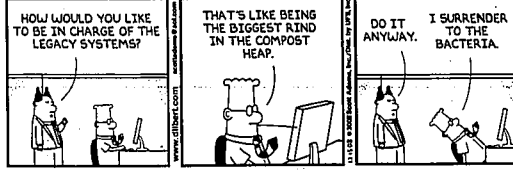
Blondie

By Dean Young & Stan Drake



Dilbert

By Scott Adams



The Elderberries

By Phil Frank and Joe Troise



For Better or For Worse

By Lynn Johnston



Frank and Ernest

By Bob Thaves



Garfield

By Jim Davis



Hagar the Horrible

By Chris Brown



Hi and Lois

By Chance Browne



Luann

By Greg Evans



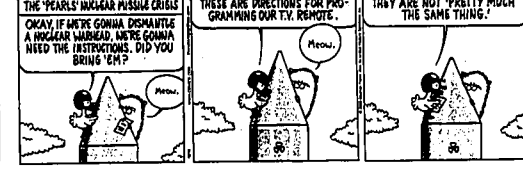
Classic Peanuts

By Charles M. Schulz



Pearls Before Swine

By Stephan Pastis



Pickles

By Brian Crane



Rose Is Rose

By Pat Brady

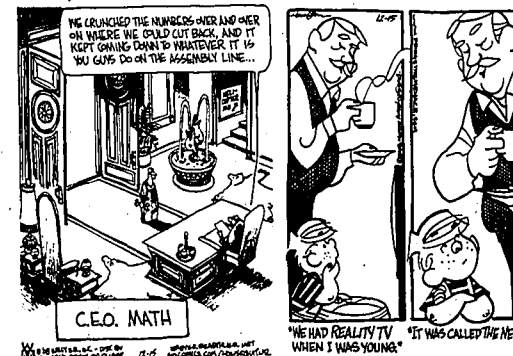


Non Sequitur

By Wiley

Dennis the Menace

By Hank Ketcham



The Wizard of Id

By Brent Parker & Johnny Hart



Zits

By Jim Borgman and Jerry Scott



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CLASSIFIEDS

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

LEGAL NOTICE IS HEREBY GIVEN PURSUANT TO Idaho Code 45-805 that Oregon Trail Storage, 471 South Park Avenue West, Twin Falls, WI, will accept the contents of the following units: Kelley Jones, Unit A-21, last known address: 1480 Atlantic, Twin Falls, ID 83301. Eric Boldt, Unit C-1, last known address: PO Box 913, Twin Falls, ID 83333.

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. You, as a citizen, have the right to be informed, this newspaper urges every citizen to read and study these notices. We advise those citizens who seek further information to exercise their right to access public records and public meetings.

LEGAL ADVERTISING The Idaho State Bar PO Box 648 Twin Falls, Idaho 83303-0648 legal@magicvalley.com Deadline for legal ads: 3 days prior to publication, noon on Wednesday. Last day for publication for Monday, Tuesday or Friday to Thursday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary. If you have any questions call Ruby, legal clerk, at 208-735-3324.

NOTICE OF TRUSTEE'S SALE On Wednesday, March 18, 2009 at the hour of 10:30 o'clock A.M., of said day, in the office of Alliance Title & Escrow Corp. located at 811 Twin Falls Avenue East, Suite 1315, Twin Falls, ID 83301. Alliance Title & Escrow Corp., as successor trustee, will sell at public auction, to the highest bidder, for cash, cashiers check, certified check or tellers check, from a bank which has a branch in the community at the site of the sale, money order, State of Idaho check or local government check, or cash equivalent in lawful money of the United States, all payable at the same time of sale, the following real estate property, situated in the County of Twin Falls, State of Idaho, and described as follows: to wit: All of Lot 3 and the Southeast 12.5 feet of Lot 19 in Block 19 of the original subdivision above, according to the official plat thereof, filed in Book 3 of Plats at Page 28, Official Records of Twin Falls County Idaho.

NOTICE OF PUBLIC HEARING January 6, 2009 A VARIANCE by Mal Machado on property owned by John Nunes and Richard Svanera consisting of approximately one hundred sixty (160) +/- acres located in Section 11, Township 10 North, Range 13 East B, M, and addressed approximately 3980 North 750 East Bunk, Idaho in the Agricultural Zone. The intent is to decrease the Salmon Falls Canyon Rim setbacks in order to expand an existing Animal Feeding Operation. A CONDITIONAL USE by Daniel and Jessica Kluth on property consisting of approximately three point four six (3.46) +/- acres located in Section 09, Township 10 North, Range 18 East B, M, and addressed approximately 3510 East 3900 North, Kimberly, Idaho in the Rural Residential Zone. The intent is to construct a two thousand two hundred eight (2,208) square foot horse barn. A CONDITIONAL USE LAND DIVISION by Bob and Barbara Holloway on property consisting of approximately one hundred twenty (120) +/- acres located in Section 23, Township 10 North, Range 15 East B, M, and addressed approximately 3787 North 2000 East Bunk, Idaho in the Agricultural Zone. The intent is to divide six (6) +/- acres with an existing home site. An Ordinance Repealing Twin Falls County Code Title Chapter 9-8-5.0-4, Canal, 9-8-5.0-4, Canal and 9-8-5.0-5-A: Canal Other Items: NOTICE IS FURTHER GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission at the hour of 7:00 pm on the 8th day of January at the Marvin Hempelman Twin Falls County Building Meeting Room, 248 Third Avenue East, Twin Falls, Idaho upon said requests.

NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission upon said requests: A VARIANCE by Mal Machado on property owned by John Nunes and Richard Svanera consisting of approximately one hundred sixty (160) +/- acres located in Section 11, Township 10 North, Range 13 East B, M, and addressed approximately 3980 North 750 East Bunk, Idaho in the Agricultural Zone. The intent is to decrease the Salmon Falls Canyon Rim setbacks in order to expand an existing Animal Feeding Operation. A CONDITIONAL USE by Daniel and Jessica Kluth on property consisting of approximately three point four six (3.46) +/- acres located in Section 09, Township 10 North, Range 18 East B, M, and addressed approximately 3510 East 3900 North, Kimberly, Idaho in the Rural Residential Zone. The intent is to construct a two thousand two hundred eight (2,208) square foot horse barn. A CONDITIONAL USE LAND DIVISION by Bob and Barbara Holloway on property consisting of approximately one hundred twenty (120) +/- acres located in Section 23, Township 10 North, Range 15 East B, M, and addressed approximately 3787 North 2000 East Bunk, Idaho in the Agricultural Zone. The intent is to divide six (6) +/- acres with an existing home site. An Ordinance Repealing Twin Falls County Code Title Chapter 9-8-5.0-4, Canal, 9-8-5.0-4, Canal and 9-8-5.0-5-A: Canal Other Items: NOTICE IS FURTHER GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission at the hour of 7:00 pm on the 8th day of January at the Marvin Hempelman Twin Falls County Building Meeting Room, 248 Third Avenue East, Twin Falls, Idaho upon said requests.

NOTICE IS HEREBY GIVEN that a Public Hearing will be held on January 8, 2009 at the hour of 12:00 Noon at the Marvin Hempelman Twin Falls County Public Building Meeting Room, 248 Third Avenue East, Twin Falls, Idaho. The Planning and Zoning Commission will review the applications that are to be heard at the hour of 7:00 pm on the 8th day of January at the Marvin Hempelman Twin Falls County Building Meeting Room, 248 Third Avenue East, Twin Falls, Idaho upon said requests.

200 Employment

200 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 Connection. 478-577-3000

205 Dairy PERSON knowledge in hospital, maternity, outside duties. Salary DOE Call 423-2482 8am-5pm

205 Drivers Looking for a parttime job working mornings & evenings? We have the perfect job for you! Now hiring Bus Drivers Paid Training Western States Bus Call 208-733-8003

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

108 Professional Services SANTA FOR HIRE Very reasonable. Call 734-5194 or 731-5193

113 Child Care Services IN-HOME DAY CARE Immediate openings for (3) FTF children. *1st & CPR Certified *CCP accepted 208-733-8712

114 Miscellaneous Services NEED A PILOT Moved or town? Call 208-431-7097

EDUCATION Murtha School Dist. is looking for a Graduate Education Teacher to join our team. Full benefits and signing bonus are available to a highly qualified applicant. Please call for an application or send your resume to Superintendent Michaela Cappo Murtha School District, #418 P.O. Box 117 Murtha, ID 83344 (208) 432-5481 To have application e-mailed contact Venia.edams@murtaugh.k12.id.us

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INSURANCE AMERICAN FAMILY INSURANCE American Family Insurance is hiring an Agent on Training (AIT) position. Base pay is \$3000 per month with 50% bonuses and commissions on new business. Unlimited income potential. AIT's will work under an established mentor agent for 12-18 months before starting their own business. Please apply online at www.russell.com Click on Online Agency Application. For questions, please call (208) 552-2411.

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ANNOUNCEMENTS 101 Lost and Found FOUND E-Gator. Call me to identify and pick up. 208-735-9009 leave message. FOUND Kitten at Oregon Trail School. Call 733-8450 days to identify. FOUND Siamese cat in Jerome St. in Jerome. Young, neutered male. Call 328-8646. LOST Boston Terrier, female, black/white, trained call 208-328-8646. LOST Dog near Declo. Very large black, white and tan dog with white markings. Very unusual eyes. Answer to Galtley. Very gentle. 208-312-8668. LOST Pit Bull/Bulldog Tick Hourly Cross on 8th & 9th. Bunley. Female, scars on both hips, big head, very gentle, answers to S & S. Brown \$100. 208-312-8622. FOUND dog, possible Chihuahua, female, dark brown, found on 1251 S. 208-470-0387

101 Lost and Found FOUND Bichon or Cockerpoo south of Jerome. Very well trained call Phyllis L. Anderson for Al or Patty at 208-420-2114. FOUND Digital camera behind Banner Furniture after the Christmas parade. Call to describe. 733-1421. FOUND Digital camera in the 300 block of Moore St. in Jerome. Fals. 208-734-2009. FOUND dog, medium-large male, black with white, part wisker. S & S. Brown \$100. 324-8285 or 538-0518. FOUND dog, possible Chihuahua, female, dark brown, found on 1251 S. 208-470-0387

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Holiday Employment Special Buy one ad; get a second for 1/2 price! Run your ad on Sunday, Dec 21, or Dec 28, then run the same ad on Christmas Day for 50% off! Call Gary at 208-735-3269 or email her at employment@magicvalley.com for more information or to place your ad.

Santa Claus Read The Classifieds Every Day! 208-326-5258 PUBLISH: November 24, Dec 1, 8 and 15, 2008

su | do | ku

Puzzles by Pappocom

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

V. EASY # 88

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. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. Find the answers for todays puzzle on page B-12.

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Times-News

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For sale or lease. 4 bdrm, 2 bath, 1688 sq. ft., 2 car garage. Sprinkler system, lots of upgrades, RV pad, fireplace in master bedroom, excellent neighborhood. \$290,000. 232 Eastbrook Rd. Call 961-0522

TWIN FALLS 3 bed room, 2 bath with extra deck

Approx. 1536 sq. ft. with attached 2 car garage. Fenced yard with irrigation system. Built in 2004. Located at 652 Cedar St. For more info call by owner. \$150,000. Contact Linda at 208-225-4842

TWIN FALLS 3 bed room, 2 bath

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Landscaped, 3 car garage, \$279,900. 216 Eastwood. Financing Available. First Federal Bank 808-732-4222 Ask for Ron Raamunson or Sherrita Daily

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1/2 mile Little Wood River frontage. 2100 sq. ft., 3 bdrm, 2 bath home, needs some work. 2 horse barn, 15 wheel shares, wheat trax. 208-638-4220

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1/2 mile Little Wood River frontage. 2100 sq. ft., 3 bdrm, 2 bath home, needs some work. 2 horse barn, 15 wheel shares, wheat trax. 208-638-4220

JUMBLE

THAT SCRAMBLED WORD GAME

Unscramble these four Jumbles. One letter to each square, to form four ordinary words.

The clues are listed and the rim of the puzzle is marked.

UPPPY

RODOP

CERUDE

SMUQIR

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer: "_____"

(Answer tomorrow)

Saturday's Jumbles: **CRACK TESTY BARRN PUNDIT**
Answer: Tracking for submarine duty has to be -- UNDETERMINED

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WENDELL \$149,000

Closing costs paid. 4 bdrm, 1 1/2 bath, 125' x 97' Ave W. 308-8477.

BURLEY Beautiful and affordable.

3 to 5 acre waterfront lots. Sits on a hill. Views with four season recreation. 208-920-5200

TWIN FALLS "Breckenridge Estates"

Great Community. 16,682 sq. ft. lot. 1825 Canyon Park Ct. 208-225-4842

TWIN FALLS 3 bed room, 2 bath

\$149,900. 208-208-4663

TWIN FALLS 4 bdrm, 3 bath, gas fireplace, 2,581 sq. ft.

Landscaped, 3 car garage, \$279,900. 216 Eastwood. Financing Available. First Federal Bank 808-732-4222 Ask for Ron Raamunson or Sherrita Daily

TWIN FALLS Free Home Search

Free list of foreclosures available. Call Realty

BARKER REALTORS

Call 843-4371

300

Equal Housing Opportunity

DRACO INVESTMENT CORP

CASH for Deeds of Trust, mortgages and Real Estate Contracts. Call today for a free, no-obligation quote. (208)733-8221

TWIN FALLS Help the economy. BUY A HOUSE!

Flexible rent to own terms. All terms available. Put 10% down & get the first 6 mo. RENT FREE. Call for details & financing. 208-735-8242.

TWIN FALLS Lease option.

2300 sq. ft., \$145,000. 1800 sq. ft., \$115,000. 208-404-0202

WENDELL \$149,000

Closing costs paid. 4 bdrm, 1 1/2 bath, 125' x 97' Ave W. 308-8477.

BURLEY Beautiful and affordable.

3 to 5 acre waterfront lots. Sits on a hill. Views with four season recreation. 208-920-5200

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Deck the halls with a better job fa, la, la...

River Ridge

(formerly Sunbridge)

LPN/RN - 12 hour NOC 2-10 CNAs

Full-time is 32 hours per week. Part-time is 20 hours. We offer competitive pay & full-time includes an excellent package. Apply in person or contact Beverly Nilpper.

RIVER RIDGE CARE & REHABILITATION CENTER
Caring like the King in Life
820 Filer Ave West, Twin Falls. Phone: 208-734-6445

It won't MAKE YOU RICH

But look on the bright side.

IT JUST MIGHT

KEEP YOU FROM BECOMING POOR.

Motor Route Accepting Applications.
TWIN FALLS 735-3346

Motor Route Available \$1400-\$1300
GOODING 735-3302
SHOSHONE 735-3302

Happy Holidays!

TIMES-NEWS

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

Twin Falls... 733-3346
Burley... 735-3302
Gooding, Shoshone, Hole, Idaho... 733-3302

THE FAMILY CIRCUS

By Bil Keane

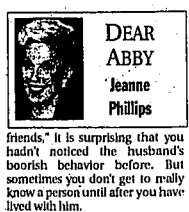


"I thought this was the year you were gonna address Christmas cards during summer vacation."

602 Unfurnished Homes, 603 Unfurnished Homes, 604 Unfurnished Apts. and Duplex. Listings include SHOSHONE 3 bdrm, TWIN FALLS 4 bdrm, WEINDEL 3 bdrm, etc.

604 Unfurnished Apts. and Duplex. Listings include FILER 1 bdrm, GOODING 3 bdrm, HEYBURN 2 bdrm, JEROME Move-In Special, etc.

Couple's boorish houseguest ruins chance of another stay



DEAR ABBY: My husband and I have built and begun using a second home. We have entertained some wonderful business guests here. Last weekend, a couple of longtime friends, "Shirley" and "Arnold," came to stay for three days. They were the most miserable because of Arnold.

WEARY ELVES: I am unaware of any superstitions concerning Christmas decorations. Many people leave their decorations (and trees) up if they are entertaining for New Year's Eve.

DEAR ABBY: My adult daughter, "Marsha," boss of home as well as in school and start a conversation or tell me something while I'm watching the news or some other commercial, which I'd gladly skip.

SOUTHERN CALIFORNIA: DEAR JAMES: You are. However, a compromise might be to invest in a digital video recorder. That way you can "pause" whatever you're watching and return to it when interrupted.

IF DECEMBER 15 IS YOUR BIRTHDAY: There may be some highly charged changes to what you consider most important during the year ahead.

HOROSCOPE: Jeraldine Saunders

Virgo (Aug. 23-Sept. 22): Don't get caught in the crosshairs of an argument or petty squabble. You are capable of making executive decisions and taking the bull by the horns, but might step on a few toes along the way.

Capricorn (Dec. 22-Jan. 19): Zero in on your finances. Make a list and check it twice. Partners may have spent money without your knowledge. Aquarius (Jan. 20-Feb. 18): Promote peace and good will to all. With loving and kindhearted Venus in your sign, it is easy to get your ego and your chin.

TODAY IN HISTORY

In 1948, former State Department official Alger Hiss was indicted by a federal grand jury in New York on charges of perjury. In 1964, Canada's House of Commons approved dropping the "Red Ensign" flag in favor of a new design. In 1978, Cleveland became the first major U.S. city since the Great Depression to default on its bonds.

drawals called for under the Wye River peace accord; nevertheless, Clinton declared his trip a success. Five years ago: Former nurse Charles Callen was charged with murder after telling prosecutors he had killed 30 to 40 severely ill patients in Pennsylvania and New Jersey since 1987 by injecting them with drugs.

24/7 Classified Ad Placement magicvalley.com. Includes owl logo and contact information.

TWIN FALLS FORECAST

Today: Cloud temperatures, cloudy skies and scattered snow showers. Highs mid to upper 20s...

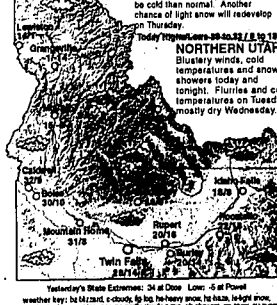
BURLEIGH/RUPERT FORECAST

Today: Light snow and cold temperatures. Highs only near 20, lows near teens...

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Temperatures will continue to be very cold all week...

BOISE Snow showers and flurries will come and go today and Tuesday...



TWIN FALLS FIVE-DAY FORECAST

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

ALMANAC - TWIN FALLS

Table with 3 columns: Temperature, Precipitation, Humidity. Includes monthly and yearly averages.

Moon Phases



REGIONAL FORECAST

Table listing regional forecasts for various cities like Boise, Idaho Falls, etc.

NATIONAL FORECAST

Table listing national forecasts for various cities across the US.

Yesterday's Weather

Table showing yesterday's weather for various cities.

Barometric Pressure

Table showing barometric pressure for various cities.

U.V. INDEX

Table showing UV index for various cities.

Sunrise and Sunset

Table showing sunrise and sunset times for various cities.

WORLD FORECAST

Table listing world forecasts for various international cities.

TODAY'S NATIONAL MAP



CANADIAN FORECAST

Table listing Canadian forecasts for various cities.

meineke car care center advertisement with phone number 735-8286.

Sulldoku Answers: 9 3 7 2 4 1 5 8 6, 8 1 5 7 9 6 4 3 2, etc.

1009 Vans and Buses advertisement listing various vehicle models and prices.

1010 Autos advertisement listing various car models and prices.

1008 SUVs advertisement listing various SUV models and prices.

1009 SUVs advertisement listing various SUV models and prices.

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1010 Autos advertisement listing various car models and prices.

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1010 Autos advertisement listing various car models and prices.

Classified Private Party Ads section with various vehicle listings and contact information.

1011 Import and Wanted Cars section with various car listings and contact information.

TWIN FALLS

AREA CHAMBER
OF COMMERCE

Business Beat

A MONTHLY NEWSLETTER FOR THE BUSINESS COMMUNITY

Support Your Local Community This Holiday Season

The Twin Falls Area Chamber of Commerce is committed to growing business and building community. The chamber provides numerous opportunities for businesses to build new contacts and customers throughout the area.

Just as the Chamber's success depends upon the strength of our membership, our community's success depends upon the strength of our local businesses.

Our community values and principles have built a solid foundation for our local economy and quality of life. In Southern Idaho, we're not experiencing many of the economic problems seen in the rest of the country. Unemployment is lower. Our cost of living is lower. Banks are sound – and offering affordable lending rates. We all have a responsibility to keep our local economy strong. Don't buy what you can't afford. But remember – we can't afford NOT to support our local businesses. It's what keeps our economy going.

Shopping with your friends and neighbors at businesses here in Southern Idaho keeps dollars in our local economy – paying wages, taxes, and helping those businesses reinvest in our community. It's time for us to get back to normal by acting normal. Be responsible in your spending. But don't be afraid to live your life. Support your community – and keep our economy strong.

Also – remember those in need during the holidays. We understand that budgets are tighter this year. But don't forget local charities this season to help them help your friends and neighbors in need.

From all of us at the Chamber office and the Board of Directors...Merry Christmas and Happy New Year!

Inside:

- Welcome to New Chamber Members
- Business Workshop Coming in January



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(208) 934-4414



www.pioneerfcu.org

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Hailey, ID 83333
(208) 788-2305

* A.P.R. Annual Percentage Rate. Based on approved credit with terms up to 36 months and the holder's 30% variable prime rate loan. Applies when and where applicable. Some restrictions may apply and are subject to change. A.P.R. may vary based on applicable credit history. © Twin Falls, ID 2008



Earn your Bachelor's or Master's degree without leaving Twin!

Darcie Koffer did.

Darcie completed her Bachelor's of Science in Nursing through the ISU-Twin Falls program in May 2008.

Find out what you can do.

Contact the Idaho State University-Twin Falls office for more information.



Office located in the Evergreen Building on the CSI Campus.

ISU-Twin Falls
Call 736-2101
or visit
isu.edu/tfctr



TWIN FALLS

A MEMBER OF CUBA, INC.

The Twin Falls Area Chamber of Commerce Mission Statement

The Twin Falls Area Chamber of Commerce is a non-profit business organization providing members a strong voice, vision and focused leadership to enhance the economic vitality and quality of life in our community.

Making Your Business Work For You - The E-Myth Solution

Join the Twin Falls Chamber, College of Southern Idaho, and Idaho Small Business Development Center for a special event Monday, January 19. You'll learn how to grow your business, develop your key managers, and create a strong branded experience that sets you apart from your competitors. Use E-Myth's Seven Centers of Management Attention to manage your business. Craft a vision, identity, and plan long-term goals and break mental blocks. The workshop is developed around the best-selling books and E-Myth Worldwide Program founded by Michael E. Gerber. It'll discuss the "entrepreneurial myth" that most people who start small businesses are entrepreneurs and the fatal assumption that an individual who

understands the technical work of a business can successfully run a business that does that technical work.

The E-Myth Seminar will include a morning session on Making Your Business Work for You, a luncheon session on Business Mentoring, and an afternoon session on Delivering Your Brand Promise On Time, Every Time. Attend one session for \$75 or both sessions for \$100. Sessions will be held at the Rick Allen Room at the Herrett Center on the CSI campus. The event is sponsored in part by Intermountain Gas and the WIRED grant. For registration information, contact the Small Business Development Center at 732-6455 or email lsbd@csi.edu.

Call for Nominations for Chamber Board Election

Terms for Chamber Board members coincide with the Annual Meeting and Banquet, planned for early February at Canyon Crest Dining and Event Center. Three seats will be up for election in 2009. Any employee of a Chamber-member business (in good standing) is eligible to run for election to the Board, provided, however, that no nominee shall be employed by the same Chamber member as any other nominee or any existing Director. Directors serve for a 3-year term. Directors are responsible for the supervision of the Chamber, the direction of its work and

policy-making. The Board of Directors controls the Chamber's property and is responsible for the organizations finances. The Board meets monthly - and Directors also attend Chamber functions and committee meetings as needed. If you're interested in running for one of the seats on the Board, please email shawn@twinfallschamber.com with your name, business name, and contact information. Self-nomination is allowed. Ballots will be sent to Chamber members in January with the final vote being tallied at the Annual Meeting in February.

Economic Issues Forum 3rd Tuesday of Each Month

Each month, the Twin Falls Area Chamber of Commerce hosts an Economic Issues Forum to discuss the varying factors that impact our local economy and quality of life. The forum is held on the 3rd Tuesday of each month at 9 Beans and a Burrito (764 Cheney Dr.) from 12noon

to 1pm. The forum is a round-table discussion of the labor market, real estate, economic development, and other issues that impact the economy. We also have guest speakers who present on specific topics. Coming up at the forum: **Tuesday, December 16 - The**

Chamber's Public Policy Committee will host our local legislators to discuss the Chamber's Legislative Priorities for the 2009 session. We'll also have a presentation from the Idaho Chamber Alliance, made up of Chambers around the State, to discuss the upcoming

legislative session. Again, the forum is open to chamber members and the general public. Lunch is on your own. We do our best to keep the forum to one hour - wrapping up by 1:00pm. For more information, contact the Chamber office at 733-3974.

January Twin Falls Today

Tuesday, January 13, 2008

12noon -

Hosted by Twin Falls Chamber & Greater Twin Falls
 REALTORS
 (732-6455)
 732-6455

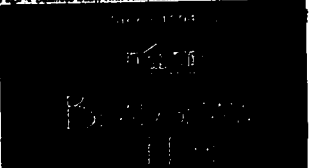
January Business After Hours

Thursday, January 22, 2008

5:30 - 7:00 p.m.

Hosted by Everton Mattress & Furniture Gallery
 (347 Pole Line Rd.)

Food - Drinks - Networking - Prizes - FUN!



A Design/Build Business

Remodels/ Additions

See Before You Build Technology

212-0265

Renewing Members

Thank you to the following businesses for their ongoing commitment to the work of the Chamber!

1-5 Years
 Black Swan Inn Luxurious Theme Suits
 Burbank Photography
 Capricorn Financial Strategies, Inc.
 CH2M Hill OMI
 Deagle, Ames & Co
 First Baptist Church

St. Luke's Snake River Internal Medicine
 Step Ahead Learning Center
 Summit Dental Care
 The Catering Room by Norm's Café
 The Pita Pit
 United First Financial

15+ Years
 Blip Color

New Members

Welcome to these new members of the Chamber who've joined the organization recently. Take a moment to stop in to see them and please do business with other Chamber businesses!

9 Months Later
 Erin Gray
 1759 Fillmore
 Twin Falls, ID 83301
 733-9700

Dreamerz Carriage Co.
 Teri Adams
 780 Falls Ave. Ste. 174
 Twin Falls, ID 83301
 410-9020

Liberty Tax Service
 Jennifer Johnson

T & Y Enterprises
 Ying & Todd Reeves
 PO Box 916
 Kimberly, ID 83341
 423-4409

The Quilt Barn
 Heather Cartwright
 2087 Main St.

Bausman Inc
 Mitch Bausman
 3365 N 3000 E
 Twin Falls, ID 83301
 420-XXXX



Special Events, Parties, Banquets

208-733-2417

Catering Corporate & Social Events Since 1962

Turf & Club Catering

Dec./Jan. '09

We hope you find the printed monthly calendar helpful in identifying important Chamber activities. We also provide a weekly calendar in your Friday News. Now you can also go online to view all Chamber events on the Chamber's website including Area Boards & committees Board.

Sund	Mon	Tues	Wednesda	Thurs	Fri	Sat
14	15	16 12:00 p.m. Economic Issues Forum (9 Benna and a Burrito - 704 Cheney Drive) 1:00 p.m. Ribbon Cutting White Cloud Communications (668 Main Ave. E.)	17	18	19 4:00 p.m. Ribbon Cutting Habitat for Humanity (480 Watchmaker)	20 1:00 p.m. Ribbon Cutting Right On Track Child Care (1411 Falls Ave. E. Suite 501)
21	22	23	24 8:00 a.m. Chamber office closed for Christmas Eve	25 8:00 a.m. Chamber office closed for Christmas Day	26 8:00 a.m. Chamber office closed	27
28	29	30	31	1 8:00 a.m. Chamber office closed for New Year's Day	2	3
4	5 5:30 p.m. Ambassadors Meeting (Chamber office)	6 9:30 a.m. Agribusiness Committee (Chamber office)	7	8 2:00 p.m. Ribbon Cutting Liberty Tax Service (1296 Addison Ave. E.)	9	10
11	12	13 12:00 p.m. Twin Falls Today Chamber/ Greater TF Association of Realtors (1102 Eastland Dr. N., Suite 1)	14	15	16	17

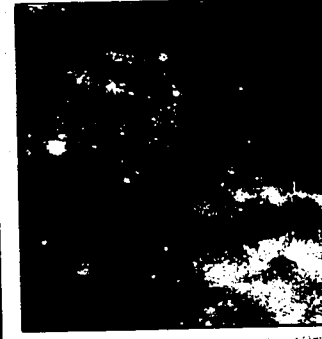
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 Twin Falls - 208-736-2400
 Gooding - 208-934-5555

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- ★ Remodels & New Construction

➔ www.jmkitchens.com

JM KITCHENS

INCORPORATED 734-1434
767 2nd Ave. W. • Twin Falls



Unique Idaho Products Available at Chamber Office!

The Buzz Langdon Visitor Center is closed for the season but we have a selection of unique local and Idaho products available for sale at the Chamber office. They make great client appreciation gifts for the

holidays or gifts for family and friends outside the state! Stop in to see what we have to offer during our regular business hours 8am to 5pm Monday through Friday at the Chamber office (858 Blue Lakes Blvd. N.)

Chamber Membership Offers Competitive Edge

Membership in the Twin Falls Area Chamber of Commerce is your key to business success! Through its various programs, services, and activities – the Chamber gives you the competitive edge.

Key Benefits of Chamber membership:

Credibility – people know you are part of a group of professionals working together to positively impact the economy and quality of life in the Twin Falls area.

Visibility – your business will be featured in Chamber publications, you will have members-only ac-

cess to advertising opportunities, and when your new business joins we'll welcome you with special ribbon-cutting and open house events.

Exposure – the Chamber refers ONLY Chamber members in response to the thousands of vacation, relocation, and general information requests we receive annually. Your business will also be listed in the Chamber's business directory and online on the Chamber's website.

Networking – take advantage of the opportunities to meet other Chamber members and learn how

you can work with them to enhance everyone's business. Events include monthly Twin Falls Today luncheons, monthly Business After Hours get-togethers, the Annual Meeting and Banquet, and other special events.

Representation and Advocacy – the Chamber is hard at work every day representing the interests of the Twin Falls area business community to ensure achievement of the organization's mission. The Chamber also works closely with local, state, and federal government to promote issues of benefit to the business community.

Involvement – the Chamber offers many volunteer committees, access to educational seminars and workshops, and networking events to help you and your business grow.

For more information about how to become a member of the Twin Falls Area Chamber of Commerce, please contact Bobbi Pyle at 733-3974 or email bobbie@twinfallschamber.com. You can also access an online application form at www.twinfallschamber.com

www.twinfallschamber.com

President/CEO..... shawm@twinfallschamber.com *Shawn Barigar*
 Membership Coordinator..... bobbie@twinfallschamber.com *Bobbi Pyle*
 Information Coordinator..... judie@twinfallschamber.com *Judie House*
 Visitor Center Coordinator..... judy@twinfallschamber.com *Judy Harr*

858 Blue Lakes Boulevard North
 Twin Falls, ID 83301
 Phone: 208-733-3974
 Fax: 208-733-9216

TWIN FALLS

CHAMBER OF COMMERCE

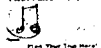
Twin Falls Area Chamber of Commerce is a non-profit business organization providing members a strong business voice, vision and focused leadership that enhances the economic vitality and quality of life in our community.



TWIN FALLS

AREA CHAMBER
OF COMMERCE

Twin Falls TravelCast



Free Your Trip Now!



Watch, listen or download videos and audio products about things to see and do in the Twin Falls Area at www.twinfallschamber.com or at twinfalls.com

IDAHO
www.visitidaho.org

Family or friends coming for the holidays?

Keep your stress level **LOW** with these tips:

1. **Set 'em up with local lodging!** - South Central Idaho offers more than 60 hotels, motels, bed & breakfasts, campgrounds, and even cabins! Get the details online at www.visitidaho.org.
2. **Keep 'em busy!** - Guests can get stale after a few days...so get out of the house and visit your own backyard! Stroll on the Snake River Canyon Rim Walking Trails, take a trip through the Herrett Center, or head for the hills and enjoy winter recreation. Local attractions and activities are highlighted at the "things to do" section of www.twinfallschamber.com.



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JEROME & GOODING COUNTIES**

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