



"It's summer and time for wandering." - Kellie Elmore

WHAT MAKES A COMMUNITY THRIVE?



Ketchum Farmers' Market, located at 131 River Street East and open Wednesdays, June 14–Oct. 11, 12–4 p.m., offers a cornucopia of fresh, local food and nourishing goods, and includes handmade arts and crafts. Here, patrons browse a table laden with fresh organic fruits and vegetables. Photo credit: Isaiah Frizzell

Ketchum Farmers' Market on Wednesday is alive!

BY ISAIAH FRIZZELL

Breaking bread! Sharing cookies! Stocking up on fresh greens and cheeses from locally owned farms you can trust!

e need and love good food. Some people drink smoothies, some fast, and many of us eat whole nourishment from the very soil itself to sustain Now, granted, Ketchum has some great groceries! Thankfully, and this is a preview (hint hint), many of the vendors from the market also sell their wares in fine establishments around Sun Valley. If you find something you love from someone at the market, well, it may be available year-round. But it's the engagement with said people that changes the game.

Chatting about the batch of cookies that didn't make the sale (and why); the source of delicate squash blossoms; the changing of a seamstress's skills from quilts to throws to pillows, fitting the needs of the people. Connecting at the market you get to know the mindset of the makers who add value to your community in unique ways I visited the Ketchum Farmers' Market on Wednesday just after it opened. There were already a fair amount of people enjoying the sunshine while a few shops were setting up. As it turns out, the first person I spoke to was an artist. Do people want to buy art at a "farmers" market? Who let this guy in? Well yes, of course, this is a hub! The beauty of these exchanges is the opportunity for locals to interact and add novelty to the whole. It turns out he's a local artist, already featured on the cover of a local magazine, and has a beautiful gallery space. While primarily a visual artist, he goes much further. With strong coding skills he has a bent for combining this with sound to conjure new art. Very cool, but the point is we connected over a nearly identical shared interest in precisely the same things. Where two minds meet a third is born and a community sparks. I discovered a master cheese maker (try the gouda), who sourced from her Jersey cattle, ostrich and lamb farmers, unique pickles, leather, jewelry, raw milk and all from locally owned and thoughtfully run farms and craftspeople.

I met a funny, talkative seamstress, ate amazing habañero caramel corn from the sweetest popper you've ever met, and bought fresh LOCAL veggies. Where else? One woman who makes topicals and bakes with beef tallow gave me the most succulent and seductive brownie I've ever had.

Finally, the expression that kept coming from everyone was the gratitude for Forest Service Park for leasing the new spot. "It's sooo much better than the previous asphalt we were on" – direct quote from several vendors. It's amazing what integral people can accomplish when they go for it! The price for a booth is crazy affordable. And so I ask, what would you sell if you ran one next year? What will you find next week? In any case, it's more than worth a visit to buy, it's a chance to connect and connection is community.

that energy as we maneuver through our day, laboring, laughing and loving our experiences.

Community is built on the process of connecting in meaningful ways—the process of finding and feeling a type of security, an extension of home. It's in our neighborhood shops, nature, finance, entertainment spots. At the heart of community is connection and often the comfort of knowing there'll be food. Aren't most days bookended by the joy of eating and drinking? A strong swig of coffee with eggs and toast, a bagel with black tea and a bit of smoked whitefish. The simplest and perhaps most profound pleasure is often in connection and nourishment. What better way to join in than interacting with those people who bring us new and exciting things.

The Wood River Farmers' Market is alive and well on Wednesdays in Ketchum. The new spot is at 131 River Street East with hours 12-4 p.m. The market will be active until October 11. It started on June 14—only five months! We have a limited amount of warm weather in these here parts. Enjoy them how you may, but when you look around your locale, your community, what keeps it thriving? Is it just the stores, the art supplies, the ski shops? Sure, these are all wonderful—swift scenes where you meet good people to acquire your lifestyle tools. But the difference in the connections is palpable at a farmers' market.



Braids of organic garlic hang from a produce stand at the Ketchum Farmers' Market. Photo credit: Isaiah Frizzell

Public Access In Blaine County

BY KAREN CROWSON

laine County's public lands offer endless miles of trails with opportunities for biking, equestrian recreation and hiking. Trails vary from being suitable for all users up to advanced hikers and mountain bikers, with many trails being multi-use.

In Blaine County there are multiple miles of trails, but many residents have discovered they can no longer access some of them. Many public lands in Idaho, including Blaine County, have been marked with 'No Trespassing' signs or have been closed off due to fencing.

Ketchum resident Patti Felton says the Idaho Parks Foundation land on the south side of Ketchum used to be accessible off of Garnet Street from the west and Leadville to Lava Street on the north. Says Felton, "The trails are still there but the closest parking on the Garnet access is State Highway 75 and then you have to walk on a narrow road full of construction traffic through the Garnet Street neighborhood, around 0.35 of a mile, to get to the trail. On the Lava Street side, the trail entry is still there but there is no parking on the street or obviously in someone's driveway or on the nearby condo association lots. This trail system has essentially been cut off to anyone that does not live right next to it."

The Idaho Foundation for Parks and Lands mission statement reads, '... is a statewide nonprofit organization that protects open spaces and unique natural, scenic settings for public benefit through various flexible conservation methods.' The IFPL utilizes both land trusts and conservation easements and, according to the IFPL on their website, idaholands.org, states, 'A conservation easement (or conservation agreement) is a voluntary and legal contract between a landowner and a land trust or government agency that permanently limits how one may use the land, in order to protect its conservation value. The landowner may continue to own, live on, sell, or pass the land on to their heirs, and the conservation easement remains in place.'

"The same party," Felton says, "now owns all three lots past the cul de sac at the end of Garnet. The plat states walking access to the trailhead has to be maintained but it is effectively inaccessible since there is no



Oregon Gulch trail north of Ketchum is popular with hikers and bikers, and comes with easy access and parking. Photo credit: WRW Staff

place to park. Same thing on the Lava Street side now that a new house is being built. These people certainly have private property rights that should be honored but it is disappointing that parking for the trail access was not considered when the land was donated. It is a great trail system for those of us that work in Ketchum and need a sanity break during the day."

Through the Idaho Department of Fish and Game there is Access Yes!, which is a voluntary landowner incentive program where landowners receive compensation for providing sportsmen access to or through their land, with landowners specifying conditions of access that best meet their needs.

In 2020 a new bill was taken up by the Idaho Legislature called PAPA, also known as the Public Access Protection Act. PAPA grants public property rights the same amount of protection as private property rights and is a civil remedy for the illegal obstruction of public land. Presently, only county sheriffs can enforce laws against landowners whose properties are adjacent to these public lands and often are unenforced.

Public lands in Idaho are managed by the National

Park Service, U.S. Fish and Wildlife Service, U.S. Forest Service and Bureau of Land Management.

There are thousands of acres of public lands that are 'landlocked' without a road the citizens of Idaho can use to access these lands due to private property owners blocking any access points to these lands. An access trail is a trail that is created and maintained to provide access to a particular area (such as a beach or other recreation area) or to another trail.

The National Trails System comes from the U.S. Department of the Interior, and the National Trails System Act of 1968, as amended, calls for establishing trails in both urban and rural settings for people of all ages, interests, skills and physical abilities. The National Trails System promotes the enjoyment and appreciation of trails while encouraging greater public access. The system includes national scenic trails, national historic trails and national recreation trails.

PUBLIC ACCESS







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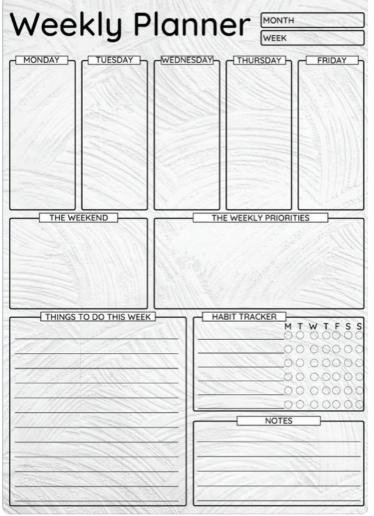
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NAVIGATING BACK-TO-SCHOOL STRESS

EDUCATION



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Bedtime Routines and Beyond: Setting Kids Up For Success

BY TRISTAN HEAD

I fyou've been to the store lately, you've seen the back-to-school signs and the aisles lined with stationery supplies, packaged snacks and, my wife's personal favorite, glittery accessories. In just a few short weeks the community's youth will shift from music in the park to zero-hour rehearsals; outdoor picnics to practices; play-dates to reading logs. These changes encapsulate busier schedules and demands of a new school year which often result in a bit more stress, both positive and negative, for the children in our community.

Although supply lists are necessary, there are more important ways we can support our children and our students with the rapid, and sometimes scary, shift that's about to come that you can't find at the store. Here are a few ways to decrease stress and connect with your kiddo to prepare them, and you, for a great year.

• **Talk about it:** Even the simplest activity can be intimidating if you can't visualize it. Start talking about the new school year now. The teachers, the places, the bus, the new schedule. Many of the school websites have pictures of the staff and school. Visit the playground. Talk about the friends you haven't seen all summer. If you can, take your kids to meet their teacher and see their classroom. The "Sunday scaries" are real for kids, too.

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BCSD Elementary School Open Houses are 1:30 p.m. to 3:30 p.m. on Friday, August 25 Syringa Mountain School Meet Your Teacher 2-4 p.m. on Monday, August 28 WRMS Student Drop-In on Tuesday, August 29 WRHS Open House 6-8 p.m. on Monday, August 28

- **Create a schedule:** Don't we all feel a bit better when things are predictable? Children learn better when they feel safe and confident. Predictable and familiar routines are a simple way to help them feel more settled during the school day. Does this feel daunting to you, too? Work backwards from bedtime. Build a schedule that works for your family, bonus points if you can squeeze in some down time. With BCSD adopting early-out Wednesdays, schedules will surely look different at schools this year. Try a visual or a written schedule, Canva has tremendous options. Spiderman calendar? Add it to the back-to-school list.
- Get some sleep: The Sleep Foundation recommends children aged 3-5 years receive 10-13 hours of sleep per night, 6-12

Continued SETTING KIDS UP FOR SUCCESS Next Page EDUCATION

Setting Kids Up For Success

NEWS

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years receive 9-12 hours, and 13-18 years receive 8-10 hours per night. Can you recall the last time you slept for 12 hours? Children need this sleep not only for their growing bodies but also their growing minds; getting enough sleep directly impacts a student's ability to tune in at school and retain the information they learn. To ensure this happens, get your kids to participate in developing the bedtime routine. Go in and read with them, rather than having them read alone. Nighttime is a quiet time where children are more likely to tell you about their day. Use this time to connect. Then, lights out and tech off.

- **Technology:** As a parent myself, I am not going to belabor the no-tech talk. All I will say is: be mindful of tech use in your home, not only of your child but of yourself. When considering tech use and limits in your home, consider what tech use is replacing: cooking dinner together, "unplugged" free play, sharing experiences and listening to one another. Try to be present together more than you are alone together.
- Build time to connect: It's 2023. Parents are juggling more responsibilities now than ever before, and there's a good chance you put the milk away in the pantry this morning. Now, your schedules are about to get even busier, and there is a lot of pressure to get your children into more sports, more activities, more everything. Time with a trusted adult is the most important gift we can offer our children. Play a game. Build a puzzle. Take a walk. Be present, even for just a few moments. My guess is that we adults need this time just as much as children.
- **Support education:** Education finds itself in the spotlight often, and we all know the headlines are not always positive. Supporting our kids means supporting our teachers and our schools. Our kids hear everything. Speak positively about the topics and people we want our children to feel positive about. Talk about the purpose of school, of education, of trying hard things, of failing and crying and fighting and getting up again. Be a cheerleader, for our kids in this community and all the adults in this village that are helping to raise them.

School plays an important role in teaching our children how to be confident and creative community members. This begins with their lives at home. As community members – parents, teachers, coaches, etc. – let's include our kids in the conversations, not just talk at them. They are getting prepared to change our world.

NEWS

COMMUNITY

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Public Access

House Bill 43 (PAPA) was introduced by Representative Steve Berch (D-Boise) this year, which would provide a civil remedy to allow citizens to file a complaint against any landowner wrongly posting public lands as private.

The Idaho Conservation League (a supporter of the bill) states, "The bill has been proposed for several years and it's unknown whether the bill may receive a hearing. Citizens have a right to access their public lands and no one should be able to deny them that right. If county sheriffs are unwilling to enforce the law, then citizens should have the right to ensure that access is preserved."

Bellevue resident Shon Gerard says public access in Picabo has also been affected, stating, "Farmers and ranchers build along public



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access and choke the road, then prohibit access."

Hailey resident Billy Cook says access to parking at the bottom of Proctor also no longer exists.

Blaine County resident Bill Mason also said of Proctor, "I drove Fairway Drive in Sun Valley and was surprised to see signs of NO PARKING at the far end turn-around that was used to access the trail up Proctor Mountain. The sign said parking and access was now available at the Hemingway Memorial."

Cathy Butterfield, a resident of Ketchum, states, "Long stretches of the [Big] Wood north and south of Ketchum, as well as Warm Springs, that were historically accessible to fishermen and innertubers, have been shut off by long blocks of large houses. North of Ketchum is largely locked up on both sides of the river to Sun Peak."

Former Sun Valley resident Terry Malarkey says, "It's unfortunate that kids and adults can't enjoy what we did tubing Trail Creek gathering golf balls and spending the day floating down the Big Wood and Warm Springs."

Sally McCollum, resident of Ketchum, says she's been attending city meetings about the river access in Warm Springs.

"Some trails are well maintained," says McCollum, "and frequently used, but others have the trail sign constantly removed. Another one has been blocked so you can't really access the creek at all. It's discouraging."

At present, HB43 still stands undetermined and the fate of public access remains open unlike some of the public access trails.

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OPINION

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CAITLIN JOHNSTONE **Western Proxy Warriors Say That Ukrainian Troops Are Cowards**

BY CAITLIN JOHNSTONE

mid continuous news that the Ukrainian counteroffensive which began in June is not going as hoped, The New York Times has published an article titled "Troop Deaths and Injuries in Ukraine War Near 500,000, U.S. Officials Say."

Reporting that Ukrainian efforts to retake Russia-occupied territory have been "bogged down in dense Russian minefields under constant fire from artillery and helicopter gunships," The New York Times reports that Ukrainian forces have switched tactics to using "artillery and long-range missiles instead of plunging into minefields under fire." Then the article gets really freaky:

"American officials are worried that Ukraine's adjustments will race through precious ammunition supplies, which could benefit President Vladimir V. Putin of Russia and disadvantage Ukraine in a war of attrition. But Ukrainian commanders

decided the pivot reduced casualties and preserved

their frontline fighting force. "American officials say they fear that Ukraine has become casualty averse, one reason it has been cautious about pressing ahead with the counteroffensive. Almost any big push against dug-in Russian defenders protected by minefields would result in huge numbers of losses."

I'm sorry, US officials "fear" that Ukraine is becoming "casualty averse"? Because safer battlefield tactics that burn through a lot of ammunition don't chew through lives like charging through a minefield under heavy artillery fire?

What are the Ukrainians supposed to be? Casualty amenable? If Ukraine was more casualty amenable, would it be more willing to throw young bodies into the gears of this proxy war that the US empire actively provoked and killed peace deals to maintain?

Something tells me that the US officials speaking to The New York Times about their "fear" of Ukrainian casualty aversiveness do not know what real fear is. Something tells me that if you marched these US officials through Russian minefields under constant fire from artillery and helicopter gunships, then they would understand fear.

Western officials have been spending the last few weeks whining to the media that Ukraine's inability to gain ground is due to an irrational aversion to being killed. They've been decrying Ukrainian cowardice to the press under cover of anonymity, from behind the safety of their office desks.

In an article published Thursday titled "U.S. intelligence says Ukraine will fail to meet offensive's key goal," The Washington Post cited anon-

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ymous "U.S. and Western officials" to report that the massive losses Ukraine has been suffering in this counteroffensive had been "anticipated" in war games ahead of time, but that they had "envisioned Kyiv accepting the casualties as the cost of piercing through Russia's main defensive line."

The same article quotes Ukrainian Foreign Minister Dmytro Kuleba telling critics of the counteroffensive to "go and join the foreign legion" if they don't like the results so far, adding, "It's easy to say that you want everything to be faster when you are not there."

In an article published last month titled "U.S. Cluster Munitions Arrive in Ukraine, but Impact on Battlefield Remains Unclear," The New York Times reported unnamed senior US officials had "privately expressed frustration" that Ukrainian commanders "fearing increased casualties among their ranks" were switching to artillery barrages, "rather than sticking with the Western tactics and pressing harder to breach the Russian defenses."

"Why don't they come and do it themselves?" a former Ukrainian defense minister told The New York Times in response to the American criticism.

In an article last month titled "Ukraine's Lack of Weaponry and Training Risks Stalemate in Fight With Russia," The Wall Street Journal reported that unnamed western military officials 'knew Kyiv didn't have all the training or weapons" needed to dislodge Russia, but that they had "hoped Ukrainian courage and resourcefulness would carry the day" anyway.

"It didn't," Wall Street Journal added.

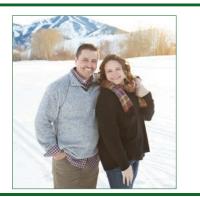
In the same article, The Wall Street Journal cited a US Army War College professor named John Nagle admitting that the US itself would never attempt the kind of counteroffensive it's been pushing Ukrainians into attempting.

"America would never attempt to defeat a prepared defense without air superiority, but they [Ukrainians] don't have air superiority," Nagl said, adding, "It's impossible to overstate how important air superiority is for fighting a ground fight at a reasonable cost in casualties."

And now we're seeing reports in the mass media that US officials-still under cover of anonymity of course-are beginning to wonder if perhaps it might have been better to try to negotiate peace instead of launching this counteroffensive that they knew was doomed from the beginning.

In an article titled "Milley had a point," Politico cites multiple anonymous US officials saying that as "the realities of the counteroffensive are sinking

> Continued SECRETARY OF HYPOCRISY NEXT Page



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OPINION

CAITLIN JOHNSTONE

Proxy Warriors

in around Washington," empire managers are beginning to wonder if they should have heeded outgoing Joint Chiefs chair Mark Milley's suggestion back in November that it was a good time to consider peace talks.

"We may have missed a window to push for earlier talks," one anonymous official says, adding, "Milley had a point."

Oops. Oops they made a little oopsie poopsie. Oh well, it's only Ukrainian lives. Imagine reading through all this as a Ukrainian, especially a Ukrainian who's lost a home or a loved one to this war. I imagine white hot tears pouring down my

face. I imagine rage, and I imagine overwhelming frustration. This whole war could have been avoided with a little diplomacy and a few mild

concessions to Moscow. It could have been stopped in the early weeks of the conflict back when a tentative peace agreement had been struck. It could have been stopped back in November before this catastrophic counteroffensive.

But it wasn't. The US had an agenda to lock Moscow into a costly military quagmire with the goal of weakening Russia, and to this day US officials openly boast about all this war is doing to advance US interests. So they've kept it going, using Ukrainian bodies as a giant sponge to soak up as many expensive military explosives as possible to drain Russian coffers while advancing US energy interests in Europe and keeping Moscow preoccupied while the empire orchestrates its next move against China.

Last month The Washington Post's David Ignatius wrote an article explaining why westerners shouldn't "feel gloomy" about how things are going in Ukraine, writing the following about how much this war is doing to benefit US interests overseas:

"Meanwhile, for the United States and its NATO allies, these 18 months of war have been a strategic windfall, at relatively low cost (other than for the Ukrainians). The West's most reckless antagonist has been rocked. NATO has grown much stronger with the additions of Sweden and Finland. Germany has weaned itself from dependence on Russian energy and, in many ways, rediscovered its sense of values. NATO squabbles make headlines, but overall, this has been a triumphal summer for the alliance."

tattooed on their forehead.



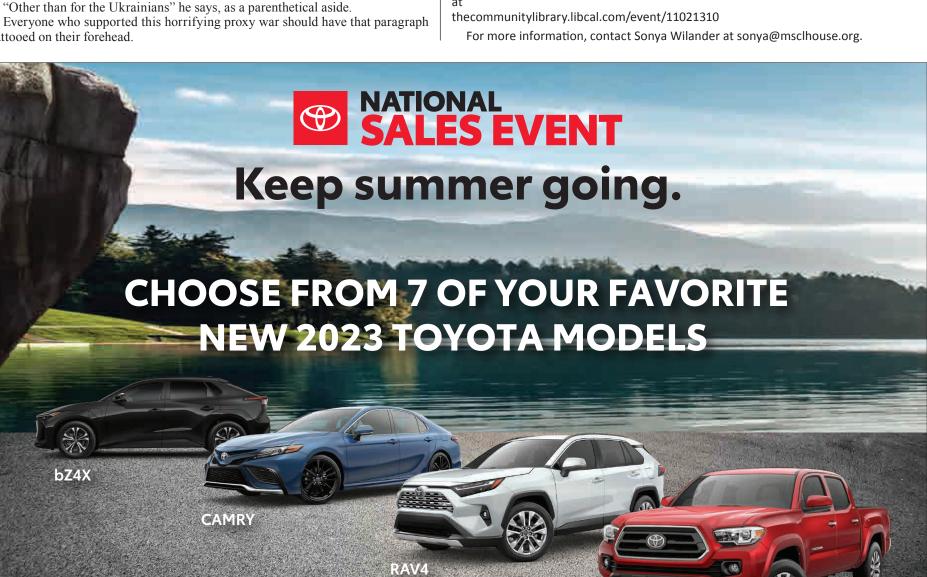
HAILEY, Idaho - Aug. 17, 2023 -September is National Recovery Month - a time to celebrate the progress that those in recovery from substance use disorder have made and continue to make. In addition, Recovery Month celebrates communities, families, organizations and providers who have given support and dedication to those in recovery.

On Wednesday, Aug. 30, at 6 p.m., Men's Second Chance Living, will share this message of hope by partnering with The Community Library to present "A Life in Recovery," a talk by Benjamin Seymour.

Seymour has over 23 years of experience in behavioral health care and is a nationally recognized interventionist, consultant, counselor, author and public speaker. He has served as the founder and CEO of several health

care companies in the U.S. and is well versed in working with health care organizations in a consultative capacity. Seymour is an adjunct professor at the Idaho College of Osteopathic Medicine in Meridian and specializes in working with impaired physicians, executives, nurses, attorneys and other professionals.

The event will be held in the John A. and Carole O. Moran Lecture Hall at The Community Library in Ketchum. Attendance is free, but seating is limited so please register at









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THE "WEEKLY" FISHING REPORT FOR AUGUST 23 - SEPTEMBER 5 FROM PICABO ANGLER

he nights are getting cooler, which means fall is getting close; this will bring along with it all the great fishing fall usually provides. Some fantastic hatches happen in the fall and arguably some of the year's best fishing takes place. We look forward to the Mahogany Duns on Silver Creek and the Red Quill on the Big Wood, and we look forward to quiet waters and aggressive fish. With all of this, along with the changing of the leaves and the beautiful fall weather, it's no wonder why this is our favorite time of year!

Silver Creek is fishing well. The mornings have been seeing good numbers of Tricos and Baetis; the fish tend to get picky on one or the other so if they aren't eating your Trico, try a small Baetis instead. The afternoon hopper fishing has been outstanding with some wind, and the Callibaetis have been good on the calmer days.

The Lower Lost River remains high at over 600 CFS, but hopefully we will have lower flows that coincide with fall fishing. Tricos and Baetis can be outstanding on the Lower Lost in late summer/ early fall.

The Upper Lost River has been fishing awesome! The fish are spread out and happily taking small attractor or hopper patterns. With lower light conditions don't be afraid to throw a streamer; these fish will happily eat a larger meal.

The Big Wood River is also a great option. The crowds should start to thin a little as we move closer to fall, and this should bring on one of our favorite hatches of the year—the Red Quill (Hecuba).

The Salmon River continues to be an excellent fishery with Spruce Moths, hoppers, and

COMMENTARY NO BONES ABOUT IT FRAN JEWELL

Long-Range Planning For Your Dog

By Fran Jewell

This is a topic most people never talk about or never think about when getting a dog. We tend to look at how cute the dog is and how much we want a dog in our lives. It's hard to think about our dog outliving us. As a responsible dog owner, long-range planning really is a part of getting a dog in the first place.

When contemplating getting a new dog, there are many considerations, such as how old we are, what our health is, and what our living circumstances are. We should also consider if our living circumstances are likely to change before our dog reaches old age. It is easy to say to ourselves, "Gosh, I can afford a dog right now, and look at the nice yard I have!"

But, as we all know, things can happen to us in the blink of an eye, such as the loss of a job that causes our financial situation to change and we can no longer afford veterinary care or food for our loved pet. We can also lose our life in a car accident or on the ski slope. Sometimes illness forces us to be disabled and no longer able to care for our dog. If you are approaching your Golden Years, it's entirely possible that your dog may outlive your natural lifespan. You could lose your spouse that was the primary caregiver for your dog,

The point of this discussion is not to say "Don't get a dog!" The point is to look at providing for your dog if something unexpected should happen to you. No matter what your current circumstances, it is critical to think about what would happen to your dog in the event of something unforeseen. It's possible that our dog could end up in a shelter where its fate would be unknown.

Put your wishes in writing. Then make sure that a trusted friend knows you have a written "Will" for your dog. Ahead of time, ask someone to be your dog's caretaker. Detail complete care instructions, including food, when you feed your dog, which veterinarian that has your dog's records, commands your dog knows, and so on, so that the change is comfortable for your dog. If possible, you can even leave a trust fund for your dog so that the new caretaker has finances available to care for your dog. Include enough to pay for food and veterinary bills for the anticipated remainder of your dog's natural life. Finances for a yearly premium for a health insurance



Photo credit: Fran Jewell

policy for your dog might be something to consider so that in the event of a dramatic illness your designated caretaker has the finances to provide the best care for your dog.

One last thing to include in your "Will" would be what you would like for your dog upon its completion of life. Do you wish for your dog to be cremated? Talking to your veterinarian about those options is another good idea.

While it can be hard to think about these things when you and your dog are healthy, it's responsible to think about these things and designate your wishes ahead of time so that your dog will always be cared for in the event of an unforeseen change in your life circumstances.

Fran Jewell is an IAABC Certified Dog Behavior Consultant, NADOI Certified Instructor and the owner of Positive Puppy Dog Training, LLC in Sun Valley. For more information, visit positivepuppy.com or call 208-578-1565.

SCIENCE OF PLACE On Scales Of Time

BY HANNES THUM

ne of the more defining characteristics of the study of geology is time. Big time. Deep time. Geologic time. We talk about the history of the planet and of the continents and the outcrops and the drifts and faults in terms of great spans of years such as periods and ages. Units of time that go so far beyond our human scales and human lifetimes that they simply cannot be adequately understood by our human minds (or at least by mine).

Eons, eras and epochs.

It seems hard to study geology at all without having to return again and again to this assumed concept that geology moves incredibly and imperceptibly slowly, but that there has been incredible amounts of time for it to occur. Amounts of time so vast that they, too, border on the imperceptible. For many people, myself included, the most challenging piece of talking about geology is to stretch one's brain out, slowly but surely, as if it were silly putty or a piece of chewing gum, and try one's best to visualize what a few billion years looks like. Or even a million. Or even a thousand. The sound of water hissing against sandstone and cutting a river canyon, the immense but silent grind of fault lines, the welding of two continents together to make the highest mountains on Earth.

grows a half a centimeter a year; that the Grand Canyon has been cut and eroded by only half a millimeter a year. You can hold these annual distances between your finger and your thumb. But can you hold that much time?

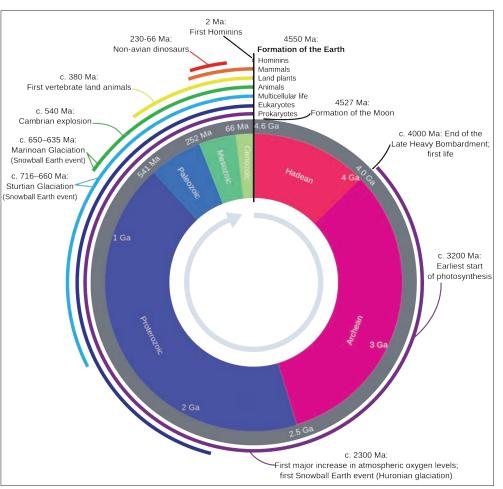
For as long as I can remember, I've believed that the study of geology required a leap of faith of sorts. That to understand how geology works, one had to deeply trust in deep time as a profound underlying force of geology, as powerful as plate tectonics, even

grows a half a centimeter a year; that the Grand though it was so hard to comprehend as to be Canyon has been cut and eroded by only half nearly unprovable.

HANNES THUM

That one could turn coal into diamonds if one simply allowed time and heat and pressure to work their magic.

Hannes Thum is a Wood River Valley native and has spent most of his life exploring what our local ecosystems have to offer. He currently teaches science at Community School.



small attractors all producing plenty of fish. A dropper nymph will catch fish that are hesitant to rise. With dropping flows and cooler weather coming, now is the time to do a last float or two on the Salmon.

Happy fishing, everyone!



Hwy 20 in Picabo info@picaboangler.com (208)788.3536 www.picaboangler.com Like the invisibly measured drip, drip, drip of sap running down the outer bark of a whitebark pine perched on the lonely edge of a high alpine ridgeline. All of these years gone by.

I once visited a local whitebark pine that has been confirmed to be more than 700 years old, and I can barely get my head around that span of time, let alone the span of time that has built up and broken down that ridgeline numerous times in the four-and-ahalf-billion years that our planet has been in existence. All of these years gone by.

It's been said that the Atlantic Ocean is widening by a few centimeters a year; Everest

Geological time in a diagram called a geological clock, showing the relative lengths of the eons and eras of the Earth's history. ("Ma" = a million years (Megayear) ago; "Ga" = a billion years (Gigayear) ago) Diagram courtesy of Woudloper, accessed via Wkipedia

MONEY MATTERS KRISTIN HOVENCAMP **THERE IS NO ONE-SIZE-FITS-ALL SOLUTION**

By Kristin Hovencamp, CPWA®

am commonly asked, "Given today's markets, where should I invest my cash?" That's a loaded question. Each person's circumstance is unique, and there is no one-size-fits-all response. Before making any investment decisions, formulate answers to the following questions.

What keeps you up at night, specific to your finances?

Most everyone feels money-related anxiety. According to the National Endowment for Financial Education, "Money woes are the number one reason more than 50% of adults in the United States cannot sleep at night."

How did you react to previous market crashes?

Do you recall how you felt on October 19, 1987, commonly called Black Monday? That infamous date set in motion investment losses worldwide estimated at \$1.7 trillion. How about the 2000 dot-com bubble burst or the 2008 Great Financial Crisis? What was your emotional reaction when you dared to look at your 401(k) or other investment portfolios? You might not recall each specific event, but I imagine you do remember the feelings of financial fear you experienced.

How much would you be willing to lose?

Markets hate uncertainty, as do most investors. How much time do you have to recover from significant losses? Research has found that financial comebacks often take years. Many investors do not recover from their setbacks. Can you ride out a bear market if your investment horizon is not long-term?

Black Swan events occur more frequently than every 100 years. Suppose you're already retired or nearing that path; set aside enough cash for your liquidity needs. Invest an agreed-upon percentage of your portfolio in income-generating securities and another portion in growth investments that can keep pace with inflation. Allow an extra cushion for joyful expenditures and unexpected expenses. Detach yourself from the market mania and expose your portfolio to no more volatility than you need to accomplish those objectives.

Kristin Hovencamp, CPWA® is an Investment Executive and Director of Business Development with HAZLETT WEALTH MANAGEMENT, LLC, which is independent of Raymond James and is not a registered broker/dealer. Investment advisory services are offered through Raymond James Financial Services Advisors, Inc. Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. 675 Sun Valley Road, Suite J1 + J2 Ketchum, Idaho 83340 208.726.0605.

INSPIRATIONS FROM MY HEART

DOVE

DIFFICULT QUESTIONS

hat do you do with difficult questions that you feel you need to have an opinion about? Where do you stand on many of the issues we are being plagued with, such as "Is climate change real or is it a way to keep our focus off what is really going on?" I just watched a talk about climate change that stated that in the last 800 years we have actually cooled by 4 degrees from 800 years ago. I ask, how can the



powers that be know that? Did we have ways of measuring the temperature 800 years ago and what were they?



BY JOELLEN COLLINS

s I write this, I am acutely aware that sometimes procrastination works, and that my fear of needing a topic, usually somewhere floating around in my mind, would vanish when I found two column-worthy topics. These may not be the most important or reading-worthy concepts ever, but both have stuck with me. Today I choose the one that I imagined after an unusual series of negative occur-

rences on the Monday of this past week. Rather than verbally "share" the lesson learned during those many hours to everyone I encounter, I choose this method of relating the kind of day

most of us will experience once in a while. I awoke to the reality that my beloved dog Suki was not healing well from surgery on her bladder or had another problem as the post-operation pee pads and the rug nearby showed stains from overnight bile leakage. I am still trying to find ways to clean the rug and Suki's tail, also stained by the bile acid.

O.K. I got to my writing, not the best, and decided to remain at home and work on the re-publication of two of my novels, a process which has involved finding legitimate book publication or marketing companies. I do not want to be rude, but I have learned, very slowly, to work hard to find reputable agents, marketers, publicity agents or anyone who will not take my money and run. I consider myself fairly intelligent and rather attuned to the multitude of lies immediately available on the Internet. I have chosen well but not perfectly, still being occasionally tricked by a mellow voice, but most of the contacts haven't read my book. Even after several days have passed since first contact, they can't recall a particular scene or character.



JoEllen Collins—a longtime resident of the Wood River Valley— is an Idaho Press Club award-winning columnist, a teacher, writer, fabric artist, choir member and unabashedly proud grandma known as "Bibi Jo."

No details here, but the rest of the day was spent trying to deal with too many phone calls and a problem with receiving another call while I am connected already, and then that interrupting call cancels the current call, and I lose that connection. That kind of frustration lasts for hours, along with notices of "undeliverable" packages, and two charges for PayPal (I've used them for years) that didn't go through - then the prospect of messaging and email times and "chats" that don't work.

At any rate, exhausted from these frustrations, I started off to my physical therapy appointment, but the elevator stopped after I was behind its closed door. Then a 2-inch space opened, so I could breathe. Our wonderful fire department arrived within a few minutes, and I was released. I was relieved and silly, thinking that I might try this again sometime just to see the likes of them. I missed my PT, of course.

HOWEVER, my "bad day" disappeared when I attended our wonderful symphony, relaxing with the performance of this vibrant orchestra, the resonant sounds from a soothing master pianist, and the mellow massage of Sibelius.

Thus, I'm still a grateful woman, and I got a column out of a bad day!

WRANGLER'S WRITINGS

BRYCE ANGELL

The Chess Player

The old man's name was Johnson and he loved the game of chess. But his eyes and face weren't normal, kinda creepy I'd confess.

Johnson always had his game of chess set out to play. He'd move his pawn ahead one square, and then he'd look my way.

You never really knew if we were eyeing face to face. 'Cuz Johnson's eyes were both askew. A vision to erase.

His left eye tilted out a bit. You'd say a might cockeyed. The right eye never made a move. Some said. "Looked like it died."

I moved my knight out from a pawn. I'd planned no strategy. And then I quizzed him 'bout his eyes. This time they stared through me.

Old Johnson hesitated, then he moved his knight out front. He said when he was younger, he had tried a stupid stunt.

He didn't bother telling me just what the heck he did. So, I moved my pawn and figured Johnson kept things under lid.

But it didn't take old Johnson long to warm up to a boy, who listened to his stories, trying never to annoy.

JOELLEN COLLINS



Kristin Hovencamp, CPWA®, is an Investment Executive and Director of Business Development with HAZLETT WEALTH MANAGEMENT, LLC.

From my belief system, I believe that the earth is a living entity and, like every living thing, will do what it needs to preserve its life force. Earth has more diverse life forms than just about any planet, it has been said. It is a specimen of great value. So, how do we preserve the incredible beauty of this piece of real estate? Is decreasing the population the answer? Will electric cars solve the problem of carbon emissions? I don't think so, as more carbon energy is expended creating the cars and the electricity to run them than they ever save.

How about plastic? It comes from petroleum and it is used in almost all of our daily life- Ziploc bags, plastic refrigerator dishes, eyeglass lenses, clothing, just to name a few. How do we change our lives and go back to nature? Do we do with less convenience and ease from all the products man has created? Maybe Native Americans had it right and we messed up the whole way of living by bringing civilization to the planet. Has greed taken over common sense? Why do we fill the oceans with plastic when there is a process right down in Utah for converting plastic to fuel, with no pollution?

We as a species are at a crossroads in our existence. We either learn to value the earth and care for it, or greed ourselves into a place where the earth cleans up the messes we have made. There is technology to solve most of these problems but it has been withheld for greed. There are cures for most diseases but you don't make money from well individuals. If we choose to have a place for our grandchildren, we need to put the earth first.

Ask yourselves these questions: How do I impact the earth? Only you can answer this. What are you going to do to reduce the impact of your presence? One thing you can do is to look fear in the gut and no longer entertain it. If we all take a small action to eliminate the impact we have on the planet, we will thrive, as will Mother Earth. Do your part, use less, need less, and hold love in every cell of your being. Dove

I was prob'ly ten years old, first time I saw his face. My father told me, "This gentle man will stay here at our place."

He said, "I'd like it if you'd keep an eye on this old man. He's been homeless since forever, living in a broke down van.

"Your job will be to keep the bunkhouse stocked with food and such. Canned peaches and some tins of spam, he ain't used to having much."

So every night past supper I would listen to each tale, how he'd waited for the enemy and fought 'em tooth and nail.

He showed me how to play the game of chess and every rule. But most of all I learned from him, "A loose mouth proves a fool."

He taught me, "Always show respect. Be true to all your kin." And how my folks were kind enough to take an old man in.

One morning I woke early. Thought I'd check the bunkhouse out. And there lay old man Johnson. He was dead. I had no doubt.

Most younger boys would be afraid to find death all alone. But me, I stood there thinking. "Johnson's found his way back home."



Bryce Angell - The outdoors has always been a large part of my life. My father was an outfitter and guide for 35 years and I was there to shoe and care for the horses and help him do the cooking. We took many great trips into the Yellowstone area. Even now that I'm older, we still ride into the Tetons, Yellowstone and surrounding areas. My poems are mostly of personal experience. I am now retired and enjoying life to the fullest. I plan to do more riding and writing.

- Bryce Angell

BETTER HOMEOWNERS NEWS

NUESTRA VOZ CUENTA ELIZABETH JEFFREY



Herbert Romero. Photo credit: Herbert Romero

CLIMATE CULTURE CHANGE

BY ELIZABETH JEFFREY

OUR VOICE COUNTS

Please join us! Thursday, August 24, 2023 1:00 - 2:00 p.m. at Winn's Compost on the right just before Ohio Gulch Transfer

Station

Our CAC Summer Series of local compost facilities ends next week with Winn's Green Waste Recycling Center. Winn's takes local yard green waste, food waste, manure, and solid waste and turns it into garden and landscape compost. Wood chip mulch is made out of the leftover wood chips, grass and leaves which are composted into rich topsoil.

Winn will give a tour of his varied composting mixes, what organic waste he accepts at his site, and how we each can use his facility for dropping off our organic waste or purchasing his blends. The tour will also include his impressive gigantic composting tools, including The Claw and The Transformer.

Pre-registration is not required but it would be helpful for anyone who would like to carpool to the event. To pre-register or to find out more, just return an email to CACWRV@gmail.com

Hope you can join us!!

NUESTRA VOZ CUENTA

Por favor únete a nosotros

el próximo jueves 24 de agosto

1:00 - 2:00

(a) Compost de Winn a la derecha justo antes de la estación de transferencia de Ohio Gulch

Is It Time To Sell Your Second Home?

BY ANNA & MICHELLE

uring the pandemic, second homes became popular because of the rise in work-fromhome flexibility. That's because owning a second home, especially in the luxury market, allowed those homeowners to spend more time in their favorite places or with different home features. Keep in mind, a luxury home isn't only defined by price.

In a recent article, Investopedia shares additional factors that push a home into this category: location, such as a home in the mountains or in a desirable city, and features, the things that make the home itself feel luxurious.

A recent report from the Institute for Luxury *Home Marketing (ILHM)* explains just how much remote work impacted the demand for second and luxury homes:

"The unprecedented ten-fold increase towards remote work since the pandemic is an historic development that will continue to fuel second home demand for many years to come."

But what if you bought a second home that you no longer use? If you're now shifting back into the office or are seeing your priorities and needs change, you may find you're not utilizing your second home as much. If so, it may be time to sell it.

And if you own what's considered a luxury home, buyer demand for it may be even greater. In another report, the Institute for Luxury Home Marketing explains:



ANNA AND MICHELLE

the luxury market. While it might only represent a small percentage of the overall real estate market, luxury homeownership's influence is growing. Not only has the purchase of homes valued over \$1 million (a figure considered by the National Association of Realtors to be a benchmark for luxury) tripled from 2.6% to 6.5% since 2018, but demand for multiple luxury properties has soared over the last two years.

This phenomenal increase has been driven by a growing affluent demographic who consider owning a luxury property a necessity in their asset portfolio. All indications are that this trend is here to stay, albeit that demand is set to return to a more sustainable level."

If you own a luxury second home that isn't being used as much anymore, now's the time to sell. There are still buyers in the market who are looking for a home like yours today.

Let's connect to explore the benefits of selling your second home this year.

BLAINE BUG CREW



WEED OF THE WEEK

Untangling Field Bindweed

BY: BLAINE BUG CREW

magine going out in your front yard to pull some weeds. You see a viney plant and try to pull it. It breaks off in your hand, but you feel better that you can't see it. Little do you know that you have had an experience with a plant that has roots that grow many feet into the ground. Field bindweed is an invasive predator that is almost impossible to mechanically combat. Here are some of the facts.

Field bindweed is a creeping perennial vine native to Eurasia. It can grow from 1.6-6.6 feet in length and often forms dense infestations consisting of one or more. Leaves are round to arrow-shaped, 2.5 to 5.7 cm long, and alternate along a prostrate stem. Flowering occurs in midsummer, when white to pale pink, funnel-shaped flowers develop, and continues into early fall. Flowers are typically 1.9-2.5 cm in diameter and are by small bracts. Seed pods are pointed and approximately 5 mm long. Each pod contains four rough pear-shaped seeds which can remain viable in the soil for up to 10 years and as long as 50 years under the right conditions. Field bindweed is thought to have been introduced into North America as a contaminant in crop seed as early as 1739. Plants tolerate a wide range of environmental conditions and elevations-from



Convolvulus arvensis, or field bindweed, is a species of bindweed in the Convolvulaceae[1] native to Europe and Asia. It is a rhizomatous and climbing or creeping herbaceous perennial plant with stems growing to 0.5–2 metres (1.6–6.6 ft) in length. It is usually found at ground level

Nuestra serie de verano CAC de instalaciones locales de composta termina la próxima semana con el Centro de reciclaje de desechos verdes de Winn. Winn's toma los desechos verdes del jardín local, los desechos de alimentos, el estiércol y los desechos sólidos y los convierte en abono para jardines y jardines. El mantillo de astillas de madera está hecho de las astillas de madera sobrantes, el césped y las hojas que se convierten en abono en una rica capa superficial del suelo.

Winn dará un recorrido por sus variadas mezclas de compostaje, qué desechos orgánicos acepta en su sitio y cómo cada uno de nosotros puede usar sus instalaciones para dejar nuestros desechos orgánicos o comprar sus mezclas. La gira también incluirá sus impresionantes herramientas gigantes de compostaje, que incluyen; La garra y el transformador.

No se requiere inscripción previa, pero sería útil para cualquier persona que desee compartir el viaje al evento. Para pre-registrarse u obtener más información, simplemente devuelva un correo electrónico a CACWRV@gmail.com

¡Espero que pueda unirse a nosotros!!



with small white and pink flowers. Photo credit: Phil Sellens, access via Wikipedia

cultivated fields to waste areas. This invasive species is present in all 48 contiguous states and Hawaii. Now let's introduce an insect that eats bindweed.

Aceria malherbae is a gall-forming Eriophyid mite which stunts, reduces plant density, and reduces flowering in field bindweed. Galls are typically found on the leaves or stem buds. The stems form compact clusters of stunted leaves when they are attacked. When the leaves are attacked, they fold or twist upward along the midrib where the mite feeding occurs. These agents are present year-round producing multiple generations per year. The two nymphal stages resemble the adults but lack external genitalia. The adults are microscopic

and worm-like with an annulate body with two pairs of legs of the combined head and thorax. The soft-bodied adults are increasingly available from established field sites. Galls can be handpicked and stored for several weeks if refrigerated. Wrapping infested stems around bindweed plants or transferring individual galls to the tip of the stem are the best methods to conduct new releases.

Now you have been informed about how to identify field bindweed and why it is such an invasive plant. You also know how biological control is used to combat it. If you spot an infestation of field bindweed and decide that you want to help in the fight, please contact Morgan Baird at (208) 788-5543, ext. 1136





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11







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Wood River Weekly Advertorials

Advertorials are a cost-effective way to get the word out about your company, cause, product or service.

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Purchase an advertorial 250 Words plus a logo or photo for only \$80 or 500 words plus a logo and photo for only \$150

12

MIKE MCKENNA **Putting the 'Fun' in Functionality** CoreFocus Re-launches

BY MIKE MCKENNA

t doesn't take long to be around Jacqui Terra and Gabby Rivelo before you realize they've picked the right profession.

The owners of the newly rebranded CoreFocus: Pilates, Yoga and Functional Fitness studio in Hailey both have big, welcoming smiles and radiate energy and enthusiasm about what they do and how they help others.

"Our goal is help people create good habits and move their bodies in conscious and sustainable ways so they can move well their entire lives," Jacqui said

"People get depressed if they can't move their bodies the way they want, especially around here,' Gabby added. "We want people to come in here to get a deeper understanding for how their bodies work and then go out there and enjoy all the incredible things our community has to offer.'

CoreFocus studio was originally founded by Alysha O'Classen 17 years ago under the name Pure Body Bliss. Jacqui and Gabby, who both earned biology degrees in college, came on board as co-owners in 2019 and a year later they became the sole owners. As the world emerged to a new post-pandemic reality, the pair decided to make some changes to their business model.

They doubled their Pilates reformers to eight and began to offer more group

classes, which help cut down the costs for clients and also added more social engagement. The reaction was very positive and membership, online bookings attendance went up from 25%-200% for the various options.

The CoreFocus team now consists of a dozen certified instructors who have decades of combined experience helping people become healthier. They specialize in helping folks become their best selves.

'We want to see our clients become more empowered," said Gabby, who teaches several popular yoga classes and is a Level II Reiki instructor.

We've moved towards a more educational-based structure," said Jacqui, who is a certified Pilates and yoga instructor as well as Integrative Life Coach. "There's a difference between being physical and being embodied. We help peo-



ple become more mindful of their bodies and their movements and it helps them feel better. It's super rewarding."

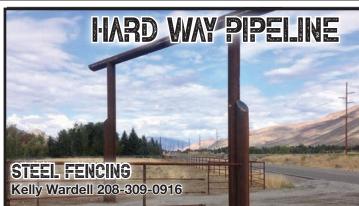
CoreFocus has clients from ages 16 to 96. They include everyone from hardcore athletes to folks rehabbing post-surgery to scores of people just trying to live healthy lives.

"It's rewarding to see someone doing something they thought they couldn't do, or could never do again. It's really about mindfulness," Gabby said, adding, "We don't just want to train for a 'summer body,' we want to create a healthy body for life."

CoreFocus is located in Alturas Plaza, in the alley across from Atkinsons' Market in Hailey. The studio offers private, semi-private and group Pilates classes, as well as yoga classes, acupuncture and chiropractic services as well as Reiki seven days a week. They plan on soon offering teacher training, too. Early-bird pricing is available until Aug. 31.

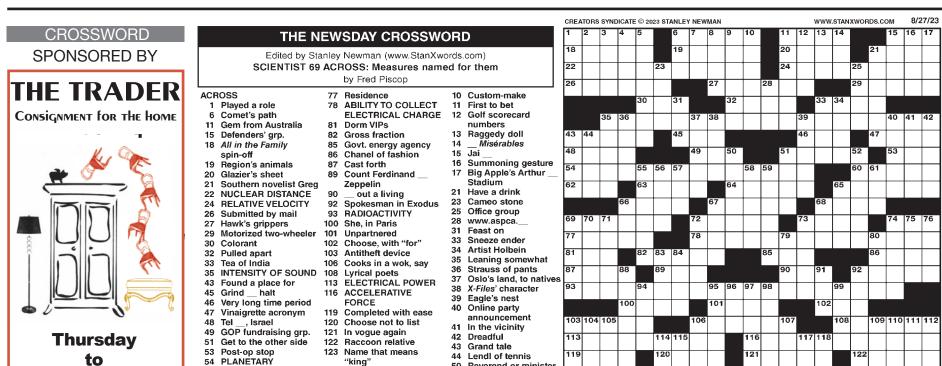
For more information, go to CoreFocusMovement.com, call (208) 720-3238 or visit the studio at 91 East Croy Street in Hailey.





How To Play Sudoku The Classic Sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.





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	Bellevue, Idaho						

See answer on page 11

MORE OF STAN'S CROSSWORDS! Play FREE from Stan's archives of Easy, Hard and Sunday puzzles at: tinyurl.com/stan-newman-crosswords

