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BELLEVUE PICABO CAREY

WOOD RIVER WEEKLY

YOUR VOICE IN THE WOOD RIVER VALLEY

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"The month of May is the gateway to summer."
- Jean Hersey

SUN VALLEY'S 100 DAYS OF SKIING



Left to right: Patty Boudwin, Liza Qaddourah and Elizabeth Lee cheer after receiving their 100 Days pin. Photo credit: Munzer Qaddourah

How Many Days Did You Ski This Season?

BY ISIAH FRIZZELL

Sun Valley Resort

Of the many unique things to do in Blaine County, what's your favorite? Thanks to Sun Valley Resort (SVR), there are always exciting events to get the community together in a healthy, natural environment. In addition to setting standards for ski resorts worldwide, SVR is known for having essentially created Blaine County. With strong ties to the film industry, they consistently show up for the people of Blaine County and consistently bring the goods in; that is, everything from live music to EMT training to even becoming a hospital during World War II. Read more here to catch up on that story: (<https://woodriverweekly.com/index.php/2024/01/09/sun-valley-resort-hollywood-and-wwii/>)

Ski Season

So you had from Thanksgiving until April—a little over five months—to partake of the powder. Baldy, Dollar, the distinct locales of Warm Springs and Seattle Ridge—how many days did you enjoy the slopes?

In joyous recognition of community, sport and health, each year Sun Valley commemorates those who skied at least 100 days out of the season. You arrive at the lift, scan your pass and slide the snow. When you've reached your 100th scan, it's time to celebrate. The ceremony is endearing and unique—such that it almost looks like a marriage proposal. And perhaps it is, as you're kind of married to the mountain! The official kneels down on one knee, in the snow, and presents the winner with a beautiful metal pin. It's a lovely memorandum cast as a 16-point gold star with the bold words "100 Days" and the season in years at the top.

As a gift from Sun Valley, for the skiers, the pin serves also as a sweet reminder of the dedication, honor and sincerity they put into accomplishing a goal.

The Health of Your Goals

Sometimes it's tough to maintain goals and routines. Perhaps most would rankle at the idea of crawling from a warm bed a few hours early, just to bundle up and brace for the cold wind of the downhill slopes. So how does one gear up for 100 of the roughly 180-day potential season? Dedication. Dedication to the sport, health and the satisfaction of accomplishing your mission.

Skiing is on par with cycling, rowing and jogging for its obvious health benefits. It's even been recognized as a type of interval training. You put in a quarter hour of intense exercise and then ride the lift for a break and a chat. Some do the days solo, and others, in groups. Meeting a couple of friends at the lift makes it all the more compelling and beneficial.

While it might be you versus the mountain on the way down, skiing is very much a community sport. You see familiar faces at the lift and might even share a cocktail afterward. If you time it right, you go for lunch and perhaps catch some live music to harmonize and weave in the memory.

Community Conviviality

Sun Valley's 100 Days of Skiing is an event that the community loves, and this year included a pair of octogenarians. It's just one of those things Sun Valley does. "I think it's sort of in their DNA," says Jeff Oak, a resident who has lived in Blaine County since the '80s and completed the 100 Days this season along with his wife, Nancy.

The challenge comes with novel rewards: "You end up experiencing some better skiing than you expected.

One time we went out and it was a sort of rainy day, and you know I probably wouldn't have gotten out if it weren't for the 100 Days, but it turned out to be just fantastic. It's a great motivator."

Oak is fully immersed in the communal joy of the moment. "I think it's nice. The community here in Warm Springs gets together and the day when a friend gets their pin, all friends come to the lift in the morning for that 100th day and we do a little celebration... a little bonding over it."

The Warm Springs community must also have it in their DNA. Liza Qaddourah, who hails from that borough, got her second pin this year. Her first year completing the 100 Days was a bit wild. And while some feel like it's too strict of a commitment, Qaddourah sees it otherwise. "It did feel more like a job that year because we started late, but this year I did a lot of things. I didn't go ski every single day. We took time out, we went to Vegas to see the Raiders play, went on a girls ski trip to other mountains, so it didn't feel like a job, but you've GOT to get on it early."

Yes, you get exercise, but it's really the social workout that brings them out. Everyone enjoys the win differently but Qaddourah and her Warm Springs crew put on a wild show. "Whoever's day it was, one day it was Patty's, and it was miserable conditions outside, but we got out there and we did a little arch with our poles and she came down and they gave her the pin. Then we took a run and went and had Bloody Marys to celebrate.

"This year I did a mini bottle of Prosecco. It was Lori Cooley's day, so we all signed it and we gave it to her.

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100 Days of Skiing
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SCAN ME



100 Days pin from Sun Valley. Photo credit: Liza Qaddourah

100 Days of Skiing

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ways run into somebody. It's so good for your soul. It's church to me—every day.”

The wintertime escapades are, perhaps counterintuitively, even more bonding. “When the summer comes, you all scatter! You know, you're hiking and fishing and paddleboarding and we all kind of separate a bit. So during the season, Sun Valley has a way of bringing us all together for this.”

The sense of excitement is huge when Qaddourah speaks. Skiing can be a challenging sport. For a couple of years, she was held back by injuries—a broken wrist and, once, a broken toe. “You feel guilty. I'm sitting there with my broken toe just looking out the window and I can't go. I can't get my toe in the boot!” And yet she mends up and goes on to get another 100 Days this season.

The health, the community, the love of the mountains all become palpable. “The connection is so strong. It fills my soul!”

The ability of Sun Valley to bring people together for something so exciting and natural as skiing is not lost on anyone who makes this journey. And, while Qaddourah has done it twice, her friend Lori Cooley, also from Warm Springs, has done the 100 Days eight times—in a row!

How do you measure yourself to ski, almost every day of the season, and keep the momentum for eight years? For Cooley, it is a strict routine. “It's always nice to get up. It's just routine. Get up, walk the dog, go ski. So I always know, you know, I have ‘til lunch time and then I should probably go let the dog out. But some days when it's really good you're, like, he'll probably be fine for another hour.” Lori laughs. It's simply become part of her life. “Last year was such a good ski year, but impromptu to be, like, ‘Oh, it's for 100 Days. Let's go to the Roundhouse, have an espresso martini, and then you come out and there's this huge storm and you're, like, OK, now we have to get home!’ There's planning involved in these adventures even when there's not.

Cooley, much the nutritionist, tallies up the pre-ski snacks on a typical day. “Definitely coffee, yogurt, granola, go ski and maybe go to Apple's for lunch. But springtime is more party time. Maybe at the top your Aperol spritz.” She laughs, mentioning “beer and skiing go really good together... oh, and then everyone wears costumes the last couple days.” Backcountry enthusiasm at full tilt. Cooley wore an ‘80s-inspired neon vibe for her last party.

Mountains of Madness

“You'll see people in all types of things.” There's apparently a photo floating around of two guys from a couple of weekends ago showing it all. “Do you remember that movie Borat? So these guys had literally a strap up their back, bare naked, and in the front, you know, was like a reindeer.” Show and tell time on the slippery slopes!

What's the reaction to these shenanigans? “I think most people are, like, it's Sun Valley, we do everything here.” Kudos to that. Blaine County is known for its strong community vibe and events like the Baldy Challenge or this 100 Days challenge put on by groups like Zions Bank and Sun Valley Resort are crucial in modulating the joyous frequencies that make Blaine County the adored community it is—giving people the opportunity to form lasting memories and cherished moments doing things they love.

So what do you do with the pin? Does anyone wear them? “Right now it's sitting in its little ring box on my counter. I have it open so I can look at it when I walk by, but I'm moving it to my goggle strap next year. I saw one girl, she had it on the back, so it won't be lost by the up-and-down motion of taking my lenses on and off, so if I secure it back there, I should be fine.” Qaddourah is already planning for her next pin!

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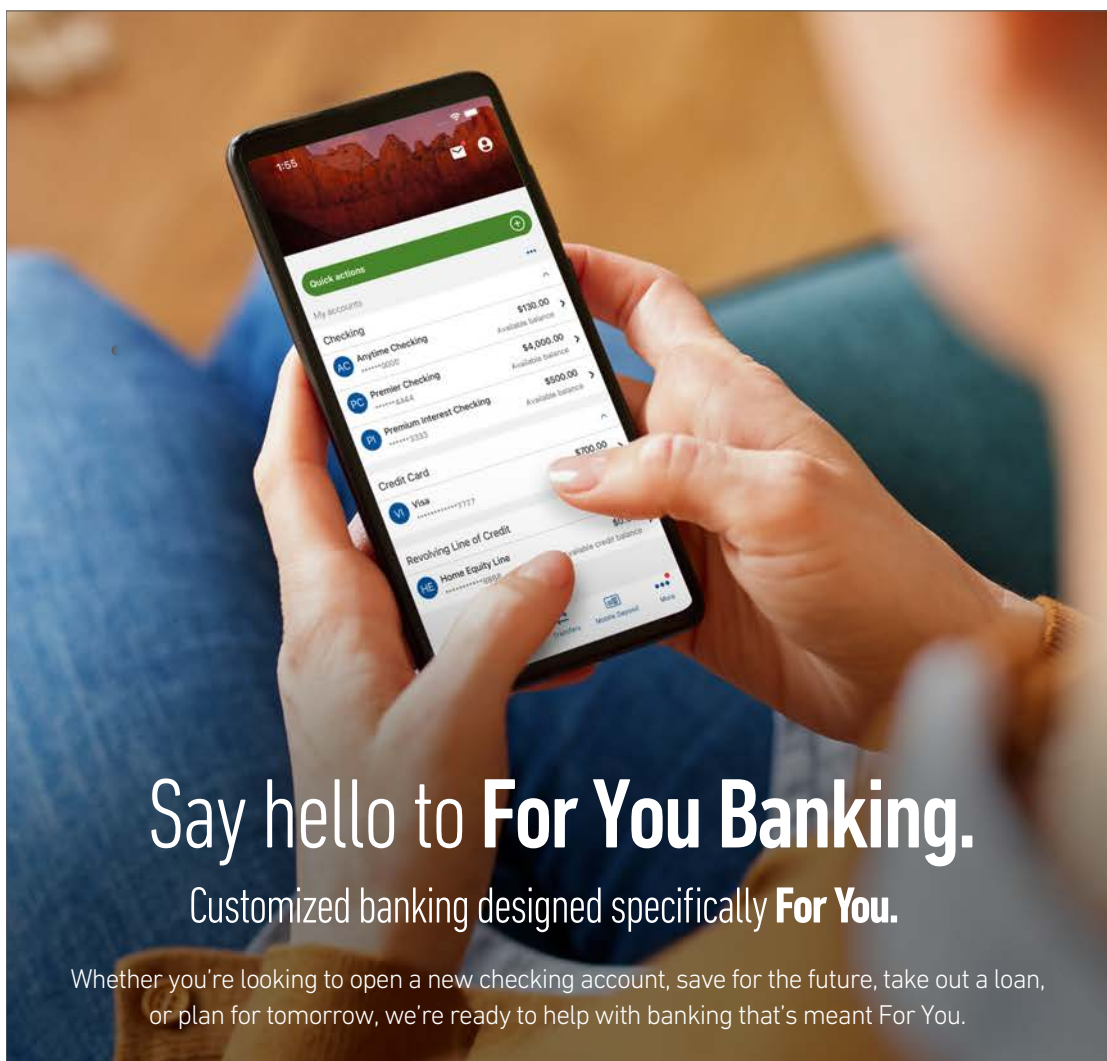
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May Primary Election Candidates



Voters cast their votes in a ballot box. Photo credit: Adobe Stock

Who's Running In Blaine County

BY ISAIAH FRIZZELL

Depending who you talk to, Blaine County is either the bluest county in all of Idaho or the reddest. The time to find out is upcoming and you might be wondering the specifics of who is running, what their party is and all the ensuing deadlines.

The information below comes directly from the people who know. You can see the list online with contact information at <https://www.co.blaine.id.us/450/Candidate-Filings>.

The power is in the hands of the people to elect their representatives. It's time to make a decision, get out there and change the landscape as you see fit.

Early Voting

- Early voting for the May Primary Election is April 29 through May 17.
- Early voting begins the fourth Monday (three weeks prior) of an election.
- Early voting takes place on the first floor of the Blaine County Courthouse, Monday-Friday, 8 a.m.-5 p.m.

The last day for early voting is always the Friday before the election.

Sample Ballots can be found at <https://www.co.blaine.id.us/1115/Sample-Ballots>

Who's Running in the May 2024 Election

Commissioner District 1:

Chris Johnson (D)
Lindsay Mollineaux (D)

Commissioner District 3:

Angenie McCleary (D)

Sheriff

Morgan Ballis (D)
Steve Harkins (D)
Aaron Hughston (R)

Prosecuting Attorney

Matt Fredback (D)

Blaine County Republicans, ARE YOU READY? May 21 is the Primary Election

The Idaho Primary Election takes place on May 21, 2024 and includes races for congress, state legislators, county sheriff, and precinct committee persons.

To view the slate of Republican Precinct Committee Candidates running to represent registered Republican in Blaine County, visit 5BGOP.com or scan the QR Code below.

REMEMBER TO VOTE ON MAY 21!



Important Dates for Idaho Elections:

April 29 to May 17 - In-person Early Voting at the Blaine County Courthouse in Hailey

May 10 - Last Day to request an Absentee Ballot

May 21 - May Primary Election of Precinct Committee Persons and Candidates for the General Election

Visit VoteIdaho.gov for more information on the upcoming election.

May Primary

Continued from Previous Page

Precincts

- Blaine County has 16 voter precincts.
- Polls are open from 8 a.m. to 8 p.m.
- Early voting starts April 29 and continues until the Friday before the election.

You may request an absentee ballot until May 10. All ballots have to be cast before 8 p.m. Absentee ballots must be received by the elections office by May 21.

Precinct Committeeman Chairs on the Ballot - Democrat

- 01 North Blaine County - Candice Stark (D)
- 02 Sun Valley LeRoy - Hayes (D)
- 04 South Ketchum GG - Luke (D)
- 05 Quigley - Chantal Westerman (D)
- 06 Deer Creek - Lara McLean (D)
- 07 NW Hailey - Dana DuGan (D)
- 08 NE Hailey - Patricia Dorr (D)
- 10 NW Woodside Pedro Manuel Miramontes Ortíz (D)
- 11 SE Woodside - Karen Bliss (D)
- 12 Poverty Flats - Linda McMahon (D)
- 15 Gannett / Picabo - Pamela Ridgway (D)

Precinct Committeeman Chairs on the Ballot - Republican

- 01 North Blaine County – Darcy Creech (R)
- 02 Sun Valley Adam – Chafetz (R)
- 03 North Ketchum – Jill Williams (R)
- 04 South Ketchum – Juanita Young (R)
- 05 Quigley -- Maria Gerhardt (R)
- 06 Deer Creek – Brian Opp (R)
- 07 NW Hailey – Phil Rainey (R)
- 08 NE Hailey – Heather Lauer (R)
- 09 SW Hailey -- Debbie O'Neill (R)
- 11 SE Woodside -- Andrea Parker (R)
- 12 Poverty Flats – Shawn Grow (R)
- 13 Bellevue -- John Casey (R)
- 14 Carey – Sherie Taylor (R)
- 15 Gannett / Picabo – Nicholas Purdy (R)

Senators & House Representatives

District 26

- State Senator
Ron Taylor (D)
Kala Tate (I)
Laurie Lickley (R)

State House of Representatives

District 26 Seat A

- Ned W Burns (D)
Kally Schiffler (R)
Mike Pohanka (R)

District 26 Seat B

- Chris Hansen (D)
Lyle Johnstone (R)
Jack Nelsen (R)

Absentee Voting

Request an absentee ballot online at <https://voteidaho.gov/>.

Absentee ballots are available for all elections.



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It’s Glowing And It’s Real



Light Bio CEO and founder and Wood River Valley resident Keith Wood holds his Firefly™ Petunia. Photo credit: Erin Roberts

Valley resident Keith Wood unveils Firefly™ Petunia

BY SABINA DANA PLASSE

Living in a time when invention appears to be running our lives at a rapid speed that is becoming more and more difficult to endure, there is a shining light or, in this case, a glow, providing a moment of peace, wonderment and joy in its existence. An invention 40 years in the making, Wood River Valley resident Keith Wood, Ph.D. and CEO of Light Bio, is excited about the release of a garden petunia that glows in the dark with organic light, and it’s just in time for the ultimate gift for Mother’s Day, on Sunday, May 12.

“Keith has done something revolutionary.”
 —Jennifer Moss

As the name suggests, the Firefly™ Petunia is a bioluminescent white petunia that, when in the dark, offers bright buds resembling fireflies. Emitting a soft glow similar to moonlight or a night-light, this plant may appear to be a generic garden annual, but when the sun sets, it provides enchanting living light as a natural source of illumination based on mycology genetics.

Keith Wood, a pioneer in bioluminescent plant development, embarked on a journey that began with a firefly gene inserted into a tobacco plant. While it was unable to sustain light or a glow, it did pave the way for further exploration, which eventually led to the creation of the Firefly™ Petunia. Wood’s research revealed a natural glow in

luminous mushrooms that harmonized perfectly with central metabolic processes in plants.

“Giving plants a living presence relates to our sense of spirituality. It’s fundamental and universal,” said Wood. “It’s perfect for those who live in an urban environment with limited space to connect to nature and revel in its appeal because it is living energy. The Firefly™ Petunia is captivating, bringing joy through light where science and art find common ground.”

By utilizing a gene native to plants, Wood enhanced this bioluminescent harmony, optimizing the interplay between light production and energy utilization. So, in basic terms, he created a glowing plant. And the more light the petunia receives in the day, the brighter it glows in the evening.

Wood’s company, Light Bio, selected the petunia as an inaugural offering due to its popularity as an ornamental plant. The dwarf-sized Firefly™ Petunia is plentiful in blooms and glows up to 100 times brighter than previously possible. Known for their ease of cultivation and prolific flowering, petunias are ideal for this innovative enhancement.

Continued
 FIREFLY™ PETUNIA
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Bridgette Aldrich holds a flat of Firefly™ Petunias in her shop, Bridgette’s Place, located at 15 W. Carbonate Street in Hailey. Photo credit: Erin Roberts



The Firefly™ Petunia glows in the dark. Photo credit: Erin Roberts

Firefly™ Petunia

Continued from Page 6

“Prepare for a revolution in the plant world,” said Moss Greenhouses owner Jennifer Moss in Jerome, Idaho, representing the fourth generation of the Moss Greenhouses family business. “Just like the invention of the Internet in the ’90s, where business went from 8 to 5 Monday through Friday to seven days a week, 24 hours a day, Keith just did that for gardening.

“The Firefly™ Petunia is set to redefine our understanding of plants and their capabilities. It illuminates, and you have to see the plants to believe it. It’s mystical and magical.”

“A plant that opens up a sense of wonder will also create a sense of healing.”

—Bridgette Aldrich

Growing a couple thousand in her greenhouse, Jennifer describes the Firefly™ Petunia as a mounding petunia with an incredible bloom cover. She said with continued pinching, it will keep going. “It will change gardening,” she said. “Keith has done something revolutionary.”

As if it’s asking us to take a moment to be tranquil, the Firefly™ Petunia’s white flowers become center stage as our eyes adjust to its glowing brilliance from green to a

white light with firefly-looking pinpoints throughout the buds and petals, which is part of its organic nature. It’s mesmerizing and, above anything else, calming and lovely. It’s 21st-century nature and couldn’t arrive at a better time, with which Bridgette Aldrich, owner of Bridgette’s Place in Hailey, agrees. Aldrich has several Firefly™ Petunia at her store for Mother’s Day.

“These plants offer soothing energy, which many people need,” said Aldrich, an energy worker and intuitive. “They will assist with automatically shifting a mindset. A plant that opens up a sense of wonder will also create a sense of healing. And it’s a petunia, so it’s straightforward to care for.”

Released to the world, the Wood River Valley is one of the only places where a Firefly™ Petunia can be bought in person. Available at Bridgette’s Place in Hailey and at Moss Garden Center in Ketchum, south-central Idaho can enjoy the magic of a glow-in-the-dark petunia. The plants will grow 8 to 10 inches in size with abundant white flowers and can be planted in pots, baskets, or gardens. The Firefly™ Petunia is available online and for shipment at Light Bio’s website, <https://light.bio/>.



A Firefly™ Petunia in full bloom soaks in sunlight, which provides more glow in the dark. Photo credit: Erin Roberts

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FISHING REPORT



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FROM PICABO ANGLER

The latter part of April signals a time of transition on our local fisheries. Silver Creek, the Big Wood River, and the South Fork Boise River below Anderson Ranch remain closed and will re-open on the Saturday of Memorial Day weekend. The lower Big Lost River is open all year, but it won't be long before flows increase to "summer levels" and render the river unfishable for several months. Steelhead season on the Salmon River is winding down (closing at the end of April), and fish are concentrating on spawning areas on the upper river around Stanley. While the fishing in local rivers wanes, our area stillwaters come into their own, providing a great change of pace and some outstanding fishing opportunities.

Magic Reservoir can yield some incredible fishing. Now is the time to check out areas like Myrtle Point, the Narrows, Hot Springs Landing, and the bay at the dam. Don't forget your leech patterns and Clouser Minnows. You never know whether you'll catch a rainbow, brown, or smallmouth on your Magic outings during the spring. In addition, Carey Lake, Little Wood Reservoir, and Fish Creek Reservoir all provide good fishing opportunities for the next two months.

The Big Lost River below Mackay Reservoir remains open to fishing, and flows are currently at just below 95 CFS, making wading easy. Fluctuations in flows can make fishing unproductive, so check the USGS flow gauge before making the trip.

The Little Wood River between Carey and Richfield is fishable and is a good option for anglers who need to wet a line. Small streamers are the way to go here; olive, black, and brown woolly buggers or a small sparkle minnow are all you need.

Now is a great time to go through your gear in preparation for Opening Day on Silver Creek. Don't neglect your fly lines, leaders, tippet, etc. Taking the time now to replace old or damaged gear will ensure that you don't lose the brown trout of a lifetime during the brown drake hatch. Here at Picabo Angler new product is arriving daily. Give us a call or stop by the shop to check out what's new, or to stock up on your favorite flies and gear.

Happy fishing, everyone!



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COMMENTARY

NO BONES ABOUT IT

FRAN JEWELL

Creating a Dominant or Aggressive Dog

BY FRAN JEWELL

Many people don't even believe in dog "dominance." It has now become an evil word if you are a modern dog-training enthusiast. Merriam-Webster dictionary defines the word "dominant" as "more important, powerful, or successful than most or all others." I watch dog behavior day after day and see one dog that pushes another around, or one that controls all the interactions. Social hierarchy is EXTREMELY important to dogs even though it might not be how we humans like to view our sweet, adorable companions.

Every day, my dogs will see who can get out the door the first or fastest. Every day I see dogs using height to determine who is higher in status by doing things as simple as laying on the back of the sofa, or sleeping at the top of the stairs. Some dogs will roll over, exposing themselves to other dogs, while some dogs will stand erect, tail high and hackles raised, to display who they are to other dogs.

Some breeds are more dominant by nature than others. Terriers tend to be more aggressive in nature than hunting dogs. Of course, this is a general rule and not certain of every dog of that breed. And every litter of puppies will have a pup more dominant than another.

What is hard for our human culture to understand is how a young puppy, sweet and innocent, could possibly become dominant and/or aggressive. It is their "cuteness" and their sweetness that lures us into treating them as we would a stuffed animal, with endless cuddles, free food and treats, and no

consequences for bad behavior and send our beloved pet to the dark side.

What is the "dark side?" Examples are growling if you come near the food bowl; so-called protecting us from others; demand barking for treats, walks or other valuable items; guarding favorite places such as a special chair, a bed or even YOUR bed; dragging you down the street when put on a leash; refusing to allow you to hold their collar or chewing on their leash. Sometimes a dominant dog will not allow you to touch their feet by growling. One of my favorites is a dog that rolls over on his back to keep from doing whatever it is that you want him to do or mouthing you. Dominant dogs get what they want because they have learned ways to make that happen. Dominance can turn into aggression. Then, the dark side has become the "black side." Yes, you CAN create a dominant or even an aggressive dog by how you treat them.

So what do we do? Prevention is always the best. An ounce of prevention is truly better than a pound of cure! Start teaching rules as puppies or the second an adoptee comes home. Love, love, love but only when your dog works for it by doing sit, down, come. Remember, dogs are literalists, so the higher a dog is, the higher he is in social status. Allowing dogs access to higher places such as the back of the sofa, sitting on a window ledge, or standing at the top of the stairs can signal to your dog that he is higher in social status than you are.

While not all dogs have dominant tendencies, it is entirely possible to take a dog that



At my house, Steel is a status seeker. Here he got on my bed while I was brushing my teeth. You can almost see him saying to me, "Well, are you going to make me get off?" Yes, I did. Photo credit: Fran Jewell

came to you without those tendencies and create a monster impossible or dangerous to live with. With enough forethought and care to provide direction and boundaries, our sweet dogs can remain a glimmer of light in our world.

Fran Jewell is a dog behavior consultant, NADOI-certified instructor and vice president. She owns Positive Puppy Dog Training LLC and can be reached at (208) 721-7221.

SCIENCE OF PLACE

HARRY WEEKES

An Archipelago of Elk

BY HARRY WEEKES

Many years ago, I boarded an overnight ferry in Turku, Finland, headed for Stockholm, Sweden. The only bird reference in this piece is when my roommates and I found our berths, located on the "Penguin Deck," so named because it was two floors under the waterline. We decided to stay above decks all night. And because it was night, and we were younger, and we were hockey players, and we were moving through the archipelago between the Gulf of Bothnia and the Baltic Sea, we decided that the best place to do this was from atop the bridge, which we accessed by a ladder on the back side.

We sat on the top of the boat, moving through the moonlight of a distant land, as the islands, small and large, drifted past the ship. Or, more accurately, the ship steered through the islands. It was eerie and beautiful, one of those memories that lives as much as emotion as it does images.

In the middle of April, I headed out of Indian Creek to school. Near the bottom of the canyon, in the close-cropped, recently snow-free fields, the emerging light played off a shape barely moving to my right.

It was 6:10 a.m. Sunrise was 6:49 a.m.—a bit more than half an hour away. In wondering about the quality of light—that magical amount that lets you see well enough to recognize large shapes, but not well enough to fully resolve them—I looked it up and found out there are three types of twilight, each designated by how far the sun is below the horizon.

Civic, nautical, and astronomical twilight see the sun 6, 12, or 18 degrees below the horizon, respectively. Since this had no meaning to me, I found out the sun moves roughly one degree every four minutes, meaning I was seeing the elk at the end of nautical twilight, which is maybe why they reminded me of that boat trip so many years ago.

The first of the elk islands stood out because they stand out—a large animal with a white rump, as much a shadow as anything. I rarely, if ever, stand next to an elk, so to slide by one in a Prius in the darkness is to get a sense of how big they are, and a quick reminder to "go slow."

Another thing I have learned over the years, if you are looking out to the right of your car at a large animal, you should pretty quickly look over to the left, too.

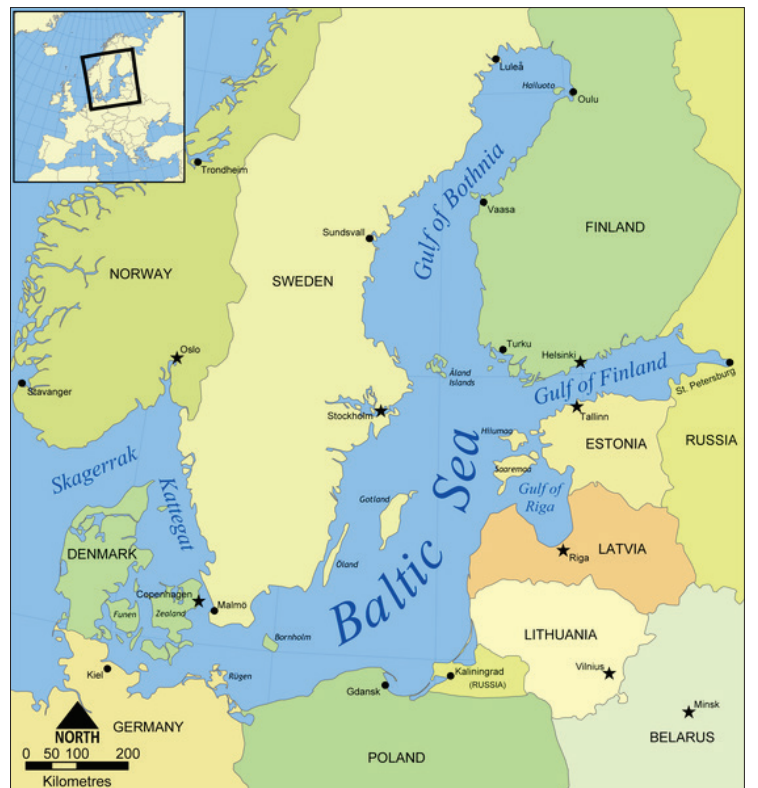
In those final curves of the road, great islands of ungulates emerged. "The herd," or at least one of the elk herds that we become passingly familiar with in the Valley, was grazing in the open fields—ungulate derricks; their heads and necks moving slowly up and down, always paying attention to the world around them.

I slid through this elk archipelago much as I did on that ferry so

many years ago, leaning forward, awed by this natural moment. In the waters of the Baltic, the silence of the night and the islands overwhelmed any engine noise. In the cocoon of my car, the outside elk felt like driving through a painting.

Ultimately, I liked that—the natural world: a great, organic piece of performance art we get to play in, move through, and appreciate... one hooved animal at a time.

Harry Weekes is the founder and head of school at The Sage School in Hailey. This is his 52nd year in the Wood River Valley, where he lives with Hilary and one of their three baby adults—Simon. The other members of the flock are Georgia and Penelope (Georgia recently fledged from Davidson College in North Carolina and Penelope is at Middlebury College in Vermont).



Map of the Baltic Sea. Photo credit: Norman Einstein

MONEY MATTERS

SUZANNE HAZLETT

WEATHERING VOLATILITY

BY SUZANNE HAZLETT, MBA, CIMA®, CFP®

“Uncertainty is actually the friend of the buyer of long-term values.” – Warren Buffett

Volatility doesn't occur in a vacuum. It's influenced by human behavior and actions, or reactions, to market events, the global economy, politics, and other factors. And while current events can initiate fluctuations, it's the response of investors that fuels them.

Everyone wants to “buy low and sell high”; however, investors are often driven by emotion to do precisely the opposite. Excitement can cause investors to rush in when the market's rising and everyone else is buying, then panic and rush out when everyone is selling. It can be difficult to ride out volatility without reacting irrationally, but it's essential to maintain discipline and focus on your long-term goals and best interests.

The specific causes of volatility are countless, though uncertainty lies at the root. What drives uncertainty are four primary risk categories: market risk, liquidity risk, credit risk, and operational risk.

- **Market risk:** Generally, the most common cause of uncertainty includes external price shocks, currency or interest rate movements, natural disasters, and geopolitical tensions.
- **Liquidity risk:** The inability to sell a particular asset due to the absence of buyers.
- **Credit risk:** Specific to debt investments, there is the risk of debtors defaulting on their obligations to creditors.
- **Operational risk:** An inherent risk in managing a business or other entity, including fraud and other illegal activities.

The good news is that market volatility is sometimes opportunistic. One way to potentially use volatility to your advantage is through dollar-cost averaging, the practice of investing a set amount every month or quarter. Although the strategy takes discipline, you'll put money into the market when prices decline to more favorable valuations for buyers. Separately, in the right situation, selling assets at a loss, a practice called tax-loss harvesting, may prove beneficial in taxable accounts. This strategy can help offset the taxes on your investment gains. Although doing so may be emotionally tricky, stay focused on your financial goals when markets are volatile.

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Suzanne Hazlett, MBA, CIMA®, CFP® is the founder of Hazlett Wealth Management, LLC.

INSPIRATIONS FROM MY HEART

DOVE

Who's Doing the Talking?

BY DOVE

Have you ever wondered where the thoughts in your mind originate? Are they truth because you thought them or could they possibly be energy picked up by your brain receptors and not even be yours? We are told to know ourselves and that truly is the only way to know if your thoughts are yours. Your brain is like a radio that receives the thoughts of whatever is spinning out around in the ethers and you are in charge of the ones you let into your mental space. It is very important at this time to know who you truly are and not be programed by all the different energies being directed at you.

True peace comes from connecting with nature, trees, rocks and such. Nature is a source of inspiration, love and beauty if you take the time to focus on it. Your focus (your frequency) determines the ideas and situations you attract to you. You are in charge of the energy you play with.

I have to remind myself often that I am not the chaos we are bombarded with by the media. When I find my energy moving to that of irritation, all I have to do is go play in the garden, listen to music that I love or go cook in the kitchen. My energy rapidly shifts when I take responsibility for all that I put out rather than passively letting in thoughts that frustrate me. I find I need to shut out so much of the info projected and discipline myself to do joyful things rather than be focused on that latest upheaval.

How do you change the stories in your head, or do you enjoy them? Choose stories that lift you up and fill your heart. After all, you are in charge of the thoughts you entertain. Choose wisely and joyfully. Keep a list of those thoughts and actions you love. Don't let the thoughts that loop around in your mind run the show. If you find you are having that type of mental activity, you can be pretty sure that negative ego has taken over and is using all your energy to create nothing of value. Go put your hands on a tree and learn to feel the life force of the tree. It is beautiful. Visit the heart rock tree by the Bow Bridge in Hailey. Talk to the birds and enjoy their songs. You are in charge of your own energy, so create from a place of joy and imagination.

We can all shift our focus by choosing to see beauty rather than chaos. If we all do that and declare that we love truth, we will eliminate the conflict in our world. Yes, it will take time, but the dominant frequency wins and I choose love. Blessings, Dove



ON LIFE'S TERMS

JOELLEN COLLINS

TOURISTA?

BY JOELLEN COLLINS

I am an inadvertent tourist. No longer driving, I live in Walnut Creek. Even though spending half my life in California and the other half in Idaho, and traveling a lot on my own, I find touring with others and learning about my current environment an unexpected bonus to living in a new area. I find it hard to believe that now I often go with a driver and a few other residents to places I haven't seen in Northern California. Once I might have disdained this kind of travel, thinking that I could best explore new places on my own. To my surprise, I am making friends and laughing a lot in the little bus that carts us to places I have missed visiting. I get to know some of my neighbors who engage in different activities than I do or who prefer eating alone, missing the good humor and joyous conversations in our large dining area. I have discovered that I am learning about things that were not previously my concern and enjoying being just like other tourists, guided by docents and representatives.

I have thus caught the spirit at a Mo-Town performance in Sunnyvale, sampled delights at a famed ice cream place after a long ride north during which we saw the vast waters of the California Delta, viewed the early blooms at Berkeley's Rose Garden and today we'll hop in the little yellow bus and visit a wildlife center where we will understand more about the living, non-human world near to us. One day we went to Golden Gate Park's Conservatory of Flowers with 11 others. It was raining, and much of the park was off limits due to construction projects and safety concerns after excessive mud and water during the recent cold spell. We wound up later at Fort Point at the base of the Golden Gate Bridge, where we explored the halls of a building preserved by constructors of the bridge as a reminder of the location's history. In all the times I have been in San Francisco, I have missed Fort Point and other historical sites.

On another trip, we also arrived at an unplanned location, the Oakland Air Museum. I expected to be bored by looking at airplanes, but my first view there was of a precise replica of the Wright Brothers plane, with a wingspan of over 40 feet and odd little nooks for the pilot. I was moved by some of the historical aviation information, viewing WWII planes, an Amelia Earhart room, and a huge early passenger plane. I enjoyed the knowledge of my fellow travelers as well.

My activities here are many: I am reading more than ever, often watch good films in the small theater, join intellectual games, hear some live music almost every day, laugh during most meals, tell silly jokes and also hear deep and meaningful stories. All in all, this kind of unexpected tourism has opened my mind to aspects of an area I thought I knew. It's refreshing to experience new vistas.



JoEllen Collins—a longtime resident of the Wood River Valley, now residing in San Francisco—is an Idaho Press Club award-winning columnist, a teacher, novelist, fabric artist, choir member and proud grandma.

WRANGLER'S WRITINGS

BRYCE ANGELL

DON'T BURN THE BEEF

We squeezed into a parking spot. The time was half past five. The small-town country diner was about to come alive.

Inside you'd find a welcome, by the fire a cozy seat. And a menu with one entrée, the county's finest prime-rib meat.

We chose a table that was set away from all the light. Then our waitress asked how we would like prime rib prepared tonight.

My wife likes prime rib medium. I like it juicy rare. The chef knew how to cook the meat. None better, I could swear.

The waitress brought our dinners. Culinarian first rate. That's when I noticed drippings at the bottom of my plate.

My mind went back when I was young, to a life of work yet joy. We were raised and fed on meat and spuds like every country boy.

Our grain-fed beef was marbled. Soon the butcher they would meet. Providence was having two stocked freezers full of meat.

But somewhere in between the butchering and the eat, we wasted many T-bones, fried too long with too much heat.

No one asked if we would like our steak a medium well. 'Cuz the one who fricasseed your steak would burn it plumb to \$@##.

The cast-iron pan was fired up and as far as we all knew, the steaks fried in the pan cooked tougher than a leather shoe.

Chewing takes some effort and especially when grown old. 'Cuz if you sport false teeth for sure your Polident won't hold.

But then one day, while out at camp, I gained a life remake. A man from South America cooked all of us a steak.

He sprinkled all our T-bone steaks with powdered garlic salt. Then placed 'em in a hot pan. Watched 'em almost to a fault.

He cut a chunk of rare red meat and placed it on my plate. I popped it in my mouth. Dang sure the best I'd ever ate!

My taste buds have convinced me, never overcook the meat. I learned from my experience that the drippings are a treat.

The cowboy and the rancher raised and fed the steer for you. They eked out a small living on what both knew how to do.

When grilling on your camp chef, thinking you're a cook somehow. Remember that the beef is prime and not just plain old cow.

— Bryce Angell



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.

NUESTRA VOZ CUENTA TAMMY DAVIS



Photo credit: Tammy Davis

Funky Show Time!

BY TAMMY DAVIS

OUR VOICE COUNTS

Get ready to strut your style and support a cause at the second annual Funky Fashion Show, happening Wednesday, May 1, from 6-8 p.m. at the Limelight Hotel in Ketchum.

Prepare to be dazzled as fashion meets philanthropy in this one-of-a-kind event. Over 14 nonprofits serving the Wood River Valley will be taking center stage, showcasing their unique missions and fabulous fashion sense.

Join us for an evening of creativity, community and compassion as local models, volunteers and supporters come together to make a difference. From avant-garde ensembles to eco-friendly designs, there's something for everyone to admire and applaud.

But the Funky Fashion Show is more than just a catwalk — it's a celebration of generosity and giving back. With each ticket purchase and donation you will be directly supporting the vital work of these nonprofits, enriching the lives of individuals and families throughout our community.

As you enjoy the show, take pride in knowing that your presence helps to fund essential programs and services, from environmental conservation to youth empowerment, animal welfare, and beyond. Together, we can make a meaningful impact and build a brighter future for all.

So, mark your calendars and save the date for May 1 at the Limelight Hotel, 6-8 p.m. Doors open at 5. Let's come together, dress to impress, and show our support for Idaho Gives and the incredible organizations serving the Wood River Valley.

Tickets are limited, so don't miss your chance to be part of this unforgettable evening. Grab your friends, unleash your inner fashionista, and join us for a night of fun, fashion and philanthropy!

For more information and to purchase tickets, visit <https://thecrisishotline.org/2nd-annual-funky-fashion-show/> or contact Tammy Davis at (208) 720-7160. See you on the runway!!

NUESTRA VOZ CUENTA

Prepárese para lucir su estilo y apoyar una causa en el segundo desfile anual Funky Fashion Show, que tendrá lugar el miércoles 1 de mayo de 6 a 8 p. m. en el Hotel Limelight en Ketchum.

Prepárese para deslumbrarse cuando la moda se une a la filantropía en este evento único. Más de 14 organizaciones sin fines de lucro que prestan servicios en Wood River Valley ocuparán un lugar central, mostrando sus misiones únicas y su fabuloso sentido de la moda.

Únase a nosotros en una velada de creatividad, comunidad y compasión mientras modelos, voluntarios y simpatizantes locales se unen para marcar la diferencia. Desde conjuntos vanguardistas hasta diseños ecológicos, hay algo para que todos admiren y aplaudan.

Pero el Funky Fashion Show es más que una simple pasarela: es una celebración de la generosidad y la retribución. Con cada compra de boleto y donación, apoyará directamente el trabajo vital de estas organizaciones sin fines de lucro, enriqueciendo las vidas de personas y familias en toda nuestra comunidad.

Mientras disfruta del espectáculo, siéntase orgulloso de saber que su presencia ayuda a financiar programas y servicios esenciales, desde la conservación del medio ambiente hasta el empoderamiento de los jóvenes, el bienestar animal y más. Juntos, podemos lograr un impacto significativo y construir un futuro mejor para todos.

Entonces, marquen sus calendarios y reserven la fecha para el 1 de mayo en el Limelight Hotel, de 6 a 8 p.m. Las puertas se abren a las 5. Reunámonos, vistámonos para impresionar y mostremos nuestro apoyo a Idaho Gives y las increíbles organizaciones que prestan servicios en Wood River Valley.

Las entradas son limitadas, así que no pierdas la oportunidad de ser parte de esta velada inolvidable. ¡Reúne a tus amigos, libera a la fashionista que llevas dentro y únete a nosotros para una noche de diversión, moda y filantropía!

Para obtener más información y comprar boletos, visite <https://thecrisishotline.org/2nd-annual-funky-fashion-show/> o comuníquese con Tammy Davis al (208) 720-7160. ¡¡Nos vemos en la pasarela!!

PROJECTOOLSUCCESS

BETTER HOMEOWNERS NEWS ANNA AND MICHELLE



ADAPTING TO LIFE'S NEW CHAPTERS

BY ANNA & MICHELLE

All of us encounter major life events and they have the possibility of disrupting our lives temporarily, if not permanently. The homes we live in may have met our needs originally but, due to a change in our life, it may no longer be adequate or the best fit for us, which will require a move. The decision to change one's living situation often comes as a response to these pivotal moments, and the reasons behind such changes can be as diverse as the events themselves.

The number of things that can influence these changes is numerous. It may be the birth of a new child, or the ages of the children are getting such that you simply need more room.

Marriages generally merge two households into one. The possibilities are endless, but it could be two single people or two single parents each with children who need the right space to blend the families.

A promotion, transfer, or a new job could require a change in housing, or maybe just make it more convenient to move closer to where a person is working.

Countless numbers of people have moved as a result of health issues. It could be to get away from the altitude, or to a drier climate, or to a more rural area where life is simpler. The death of a spouse can be the impetus for the move.

Empty nesters and retirees have the freedom to make changes to their housing that will better adapt to their new lifestyle. The time may have come to seek a cozier, more manageable abode that suits the evolving needs of empty nesters. It may or may not lead them to a new city or state, but it can certainly include a different size or style home than they have currently.

These are just a few examples of how major life events can set the stage for changes in housing. If you are considering a move for one of these reasons now, you will probably think about it at some point. We can help you through today's market, talk about timing, and guide you through the decision-making process.

We want to be your trusted agent, ready to support you finding your dream home as you start this new chapter in your life. Take the first step, when the time is right, by connecting with us.

NEWS IN BRIEF

BCRD Aquatic Center Program Registrations and Season Passes

Summer is on its way, and with it the opening of the Blaine County Recreation District (BCRD) Aquatic Center. The outdoor Aquatic Center, located at the Community Campus in Hailey, will open for the season on Saturday, May 25.

Registration for the BCRD's aquatics programs, including Youth Swim Lessons and Dolphin Swim team, opens on Wednesday, May 1 at 5:30 p.m. These popular programs often fill quickly; parents and guardians are encouraged to register their children promptly. Aquatic Center season passes with preseason pricing will also be on sale starting May 1.

The Aquatic Center offers a 25-yard, six-lane pool, and a zero-depth leisure pool. Limited preseason pool hours begin Saturday, May 25, and regular summer hours start Saturday, June 8. Swim lessons, youth swim team, lap swim, aquarobics classes and recreational open swim hours are offered throughout the season.

Season passes will be available for online purchase starting May 1. Preseason pricing of \$199 for a family of four, \$102 for adults, \$84 for children, and \$84 for seniors is available through May 27. Season passes include entry to open swim and lap swim all summer.

Youth Swim Lessons offers group lessons for children 3 to 12 years old in two-week sessions from June 10 – August 15. The skill-based, age-appropriate group lessons consist of 30-minute classes, Monday through Thursday each week, for \$50 a session. Reg-

istration is available online starting May 1 at 5:30 p.m.

Dolphins Swim Team is for children aged 5 to 18 who can swim 50 yards and includes participation in Sagebrush Swim League meets. Dolphins Swim Team registration is \$95 for children 10 and under, and \$142 for children 11 and over. Registration is available online starting May 1 at 5:30 p.m.

For more information on BCRD Aquatic Center programming, call (208) 578-2273 or visit bcrd.org.

Family Financial Planning

If you want to learn the tools and strategies needed to create a sound financial plan for your family, this free class is for you! Hosted by the Hailey Public Library, the class will teach participants how to develop budget and cash building techniques that create a strong financial foundation. Wood River Valley native Brayden Olson is a licensed financial planner at Madison Poole in Boise with a keen interest in helping families meet their planning needs. The talk will be held Thursday, May 2, at 5:30 p.m. at Town Center West.

"Planning for our financial future is often put off because we don't possess the needed skills to be successful," commented Kristin Fletcher, the library's programs and engagement manager. "Brayden will help participants navigate this often confusing and overwhelming world of personal finance, addressing how money works and how to make it work for them."

For more information about this and other talks, call (208) 788-2036 or visit www.haileypubliclibrary.org.

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CROSSWORD

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SUDOKU

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Happy Spring!



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CHAMBER CORNER MIKE MCKENNA

Finding Your Happy Pace With Girls On The Run

BY MIKE MCKENNA

One of the big goals of the Girls on the Run program is something we can all relate to: It's to find your happy pace.

As Girls on the Run (GOTR) Southern Idaho's Executive Director Teresa Johnson explained, "It's about finding your happy pace with running, with school, with your friends. It's relatable to everything we do in life."

The nonprofit GOTR was founded in 1996 with just 13 girls and the mission to "inspire girls to be joyful, healthy and confident." Over 2 million girls have now been involved, making GOTR's annual 5Ks one of the largest runs in the world. It has also been recognized as being one of the most influential after-school programs in the country for health and wellness.

GOTR offers programs for girls in grades 3-5 and 6-8 and junior coaching for high school girls aged 16-18. They run programs for eight weeks each fall and spring, ending in a celebratory, non-competitive 5K. GOTR offers scholarships and can even provide running shoes. Each participant also gets a running buddy, which is usually a friend or family member, for encouragement and support.

"It's fun and feels good to set a goal and achieve it," Teresa said. "The goal of our programs is to boost girls' self-confidence and empower them to lift themselves up and help lift up others."

After serving as youth director for the Wood River Community YMCA for a half-dozen years, Teresa took over as executive director of the local GOTR Council a couple of years ago and has done a terrific job of reviving the nonprofit. The program now has girls from five local schools participating as well as another handful of schools in Twin Falls. At a recent gathering, some of the girls were saying how happy they are that GOTR is back.

"Parents are happy. The girls are happy. What else can you ask for?" Teresa said. She then answered her own question by sharing the news of the return of the Color Me Fearless 5K Run.

The 5K Color Run is open to everyone and will take place at 10 a.m. on June 1 at Hailey Elementary School. The event will include the run as well



as food trucks, music and family activities. A discounted early-bird registration is now open.

"It's all about community and celebrating," Teresa said about the Color Run. "There's an energy and a buzz and excitement and a really positive vibe that day. It's a great event."

Volunteers are still needed to help put on this very rewarding event.

"Girls on the Run is about making friendships, connections, working on conflict resolution, setting goals, learning how to ask for help," Teresa explained. "All the tools you need to find your happy pace in life."

To sign up for the Color Me Fearless 5k or for more information, go to GOTRSouthernIdaho.org. To volunteer, email teressa.johnson@girlsontherun.org or call 208-788-7863.



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.

CLASSIC SUDOKU

See answer on page 11

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

CROSSWORD

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
IT'S A LONG STORY: The author talking about himself
by S.N.

- | | | |
|---|-----------------------------|---------------------------------|
| ACROSS | 80 Birds with a shrill call | 13 Fannie __ mortgage |
| 1 Programs to download | 84 Small shorebirds | 14 Explosive sticks |
| 5 Czech or Bulgarian | 86 Highway access | 15 Romantic hopeful |
| 9 Cats or Phantom... | 89 Highway, for instance | 16 Nightclub rover |
| 13 Workweek column headings | 90 Part 3 of quote | 17 Complimentary tickets |
| 18 9-Across' stagehands | 93 Compass pt. | 23 Weed-chopping tool |
| 19 Metered car | 94 Calculus pioneer | 24 Greek dawn goddess |
| 20 Had on | 95 Cairo waterway | 25 Track down |
| 21 Put __ in (meddle) | 96 Henri's "here" | 29 Copier attachments |
| 22 Start of a memoir quote | 97 Deep affection | 30 Starts on |
| 26 Likewise not | 99 Sis or bro | 31 78-Across on the run |
| 27 La bohème hero | 100 Montreal university | 32 County near Cornwall |
| 28 Serbian tennis great | 103 Ship of 1492 | 33 Modern moody music |
| 30 Fence of bushes | 105 Euro-filled fountain | 34 Chance of loss |
| 33 Chalk remover | 107 Caterpillars' casings | 36 Target competitor |
| 35 Opponent of Luther | 109 Painter Vermeer | 39 Follower of orders |
| 37 Seized car, for short | 110 End of quote | 40 Hard pull |
| 38 Beverage on draught | 117 Do __ burn (seethe) | 41 Job-related move, for short |
| 39 Don't include | 118 Faucet annoyance | 44 __ Heath (Hardy setting) |
| 40 "Coffee, __ milk?" | 119 Smooth out | 45 Check the sum of |
| 42 Laugh syllable | 120 Pins of violins | 46 Rival of Frazier and Foreman |
| 43 Part 2 of quote | 121 Limited-choice question | 47 Old Southwest outlaw |
| 50 Orbital extreme | 122 Seasoning for fries | 48 Tonally accurate |
| 51 Canadian country singer | 123 Extreme anger | 49 Southwest FL hub |
| 52 Racetrack shape | 124 Office sub | 54 Winter glider |
| 53 Not quite a fortnight | | 58 Full-grown sheep |
| 55 What stamp pads hold | DOWN | 59 Close-attention letters |
| 56 TV serial | 1 German "Darn it!" | 61 MRI regulator |
| 57 Short poetic tribute | 2 Quid __ quo | 62 To each her __ |
| 60 Clear, as a windshield | 3 Temple bench | 63 USMC bigwigs |
| 64 Double-curve shape | 4 Playground fixture | 65 Tape player feature |
| 65 Author of <i>Unmasked</i> , the quote's source | 5 Marquee topper | 66 Grassy yards |
| 70 Baseball great Gehrig | 6 Washroom, so to speak | 67 "Mind your manners!" |
| 72 Window sticker | 7 Wood-chopping tool | 68 Ballet rail |
| 73 Temper, as titanium | 8 Shook rapidly | 69 Top-tier |
| 74 Capital of Kazakhstan | 9 Nobel, by birth | 70 Car seat holder |
| 78 Tie the knot | 10 Pay tribute to | |
| | 11 Expressed out loud | |
| | 12 What ducks walk with | |

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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
18																
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|-----------------------------|---|-------------------------------|
| 71 Peace Prize city | 88 February 2 beast | 108 Italian "darling" |
| 75 "Bird" prefix | 91 Government-issued "Savings" vehicles | 109 Major month for matrimony |
| 76 Hawaiian bird | 92 Entirely | 111 Not a lot |
| 77 Mythical many-eyed giant | 98 Wicked ways | 112 65-Across musical heroine |
| 79 "Dapper" dresser | 100 Exxon merger partner | 113 Trip segment |
| 81 Costner or Kline | 101 Commandeer | 114 Get a look at |
| 82 Standing tall | 102 African antelope | 115 GWTW studio |
| 83 Neighbor of Turkey | 103 Launching place | 116 Clairvoyance: Abbr. |
| 85 Repair, as film | 104 Lacking skill | |
| 86 Hockey great Bobby | 106 Pour __ (exert oneself) | |
| 87 Member of the clergy | | |

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