



Healthy Diabetes Plate

Everything you wanted to know about diabetes management and prevention for you, your loved ones, or friends.

Join Rhea Lanting, MS, Extension Professor and learn how to use a plate to plan healthy meals. In these interactive classes, you will plan meals, use social media tools, get some great recipes, and sample foods.

There is a \$15 fee per couple for these classes, which helps cover the cost for handouts and food samples.

The fee also includes A1C pre and post tests.

Classes will be held at the University of Idaho Extension, Twin Falls County Office (630 Addison Ave W, Suite 1600) from 12 noon to 1:30 p.m. on the following dates:

Monday, April 20

Diabetes symptoms and introduction to the Healthy Diabetes Plate

Monday, May 4

Using the Healthy Diabetes Plate in the supermarket

Monday, May 18

How to prepare meals and eat out using the Healthy Diabetes Plate

Monday, June 1

Diabetes Class

RSVP by APRIL 13th - Rhea Lanting rlanting@uidaho.edu or (208) 734-9590

Please bring your lunch and your iPad and/or smartphone to class!

...Fair Housing Month cont.

our ability to seek and retain employment options, the cultural benefits we enjoy, the extent of our exposure to crime and drugs, and the quality of health care we receive in emergencies; and WHEREAS the laws of this nation and our state seek to ensure such equality of choice for all transactions involving housing; and WHEREAS ongoing education, outreach and monitoring are key to raising awareness of fair housing principles, practices, rights and responsibilities; and WHEREAS only through continued cooperation, commitment, and support of all Idahoans, can barriers to fair housing be removed,

NOW THEREFORE, I, Roy E. Hubert of Lincoln County, do hereby proclaim April 2015 to be FAIR HOUSING MONTH in Lincoln County, State of Idaho.

Dated this 23rd day of March, 2015.

*Roy E. Hubert
Chairman, L.C. Commissioners*

LEGAL NOTICES ~ LEGAL NOTICES ~ LEGAL NOTICES

NOTICE OF WATER RIGHT DELIVERY CALLS FILED BY THE BIG WOOD & LITTLE WOOD WATER USERS ASSOCIATION

Notice is hereby given that, on February 24, 2015, the Idaho Department of Water Resources ("Department") received two conjunctive management water delivery call letters from the Big Wood & Little Wood Water Users Association ("Association"), through counsel Joseph F. James, Brown & James, Attorneys at Law, 130 Fourth Avenue West, Gooding, Idaho, 83330. One letter was submitted on behalf of Association members diverting water from the Big Wood River below Magic Dam. The other letter was submitted on behalf of Association members diverting water from the Little Wood River below its confluence with Silver Creek. The Department is treating these letters as water right delivery calls pursuant to the Department's Conjunctive Management Rules (IDAPA 37.03.11) and has initiated new contested case proceedings. The Big Wood River delivery call is Docket # CM-DC-2015-001. The Little Wood River delivery call is Docket # CM-DC-2015-002. The letters state that diversions of ground water hydraulically connected to the Big Wood River and the Little Wood River are injuring senior-priority surface water rights owned by Association members identified in the letters. The Association requests administration of ground water rights under the prior appropriation doctrine. The letters may be viewed online at the following website links:

http://www.idwr.idaho.gov/News/WaterCalls/Big_Wood_River_Delivery_Call/

http://www.idwr.idaho.gov/News/WaterCalls/Little_Wood_River_Delivery_Call/

The Director of the Department will hold a status conference regarding Docket # CM-DC-2015-001 and Docket # CM-DC-2015-002 on May 4, 2015, at 1:00 p.m. at the Lincoln County Community Center, 201 South Beverly Street, Shoshone, Idaho, 83352. More information regarding the status conference can be found at the above-described website links.

Gary Spackman, Director

Published in the Idaho Mountain Express and Camas Courier on March 25th, 2015 & April 1st, 2015; and the Times News on March 26th, 2015 & April 2nd, 2015.

✓ OK DM 6/5/2015