

# The Chronicle

Reaching 110,000 Readers in Print and Online — [www.chronline.com](http://www.chronline.com)

\$1  
Midweek Edition  
Thursday,  
Jan. 9, 2014

## Couple Finds Love in Life's Later Stages

College Board Member, Former Legislator to Marry



Bill Brumsickle and his fiance, Doris Wood, laugh together on a love seat in Wood's home in Centralia on Tuesday evening. Both Wood and Brumsickle are life-long educators and fell in love after their spouses died more than a decade ago. They will be married this weekend at Corbet Theatre at Centralia College.

**SEPTUAGENARIANS**  
**WED: Noted Centralia Educators Will Marry at Centralia College**

By Christopher Brewer  
[cbrewer@chronline.com](mailto:cbrewer@chronline.com)

Advancing age usually means one thing for senior citizens: an opportunity to enjoy a slower pace of life as one

generally accepts the nearing of the twilight of their life. Don't tell that to Bill Brumsickle and Doris Wood, however. The pair, known locally for their contributions to the educational sector for years and their current service to Lewis County citizens, certainly aren't slowing down as they get older. In fact, Brumsickle, who served as Centra-

lia High School principal and assistant district superintendent, and Wood, who taught at Centralia College for many years — are going to take part in a life event society generally reserves for members of a younger generation. Brumsickle and Wood are getting married Saturday. The former state legislator and educator, now 78, and the longtime Centralia College in-

structor, 74, will wed at Corbet Theatre on the college campus at 2 p.m. Saturday. "It wasn't going to be anything huge, but in the days leading up to it, it just keeps on getting bigger and bigger," Brumsickle said. To hear both Brumsickle and Wood speak of how their love came to be brings forth a youthful exuberance and

please see **LOVE**, page Main 9

## Report: Deputy Sought Special Treatment

**'NOT GUILTY: Off-Duty Lewis County Deputy Allegedly Traveled at 73 MPH With Blood Alcohol Level Twice the Legal Limit**

By Kyle Spurr  
[kspurr@chronline.com](mailto:kspurr@chronline.com)

A Lewis County Sheriff's Office deputy arrested for driving under the influence early Saturday morning was allegedly driving 73 miles per hour in a 60 mile per hour zone with a blood-alcohol content more than twice the legal limit. He also apparently sought special treatment from the trooper who eventually arrested him, according to a report.

please see **DEPUTY**, page Main 9

## Marijuana Applications See Big Spike

**INCREASE: Officials Are Seeing More and More Demand for Licenses; Complications Build**

By Lisa Broadt  
[lbroadt@chronline.com](mailto:lbroadt@chronline.com)

Since the state Liquor Control Board's last count, the number of Lewis County's marijuana licenses has nearly quadrupled. Seventy-nine producers, 56 processors and 14 retailers are ready to set up shop in Lewis County and capitalize on the recently legalized industry, according to updated figures released Tuesday. At last count, the county had 21 applications for producers, 13 for processors and four for retailers.

please see **SPIKE**, page Main 9



**Weather**  
**TONIGHT:** Low 42  
**TOMORROW:** High 48  
**Rain Likely**  
see details on page Main 2

Weather picture by Carmen Cleveland, Onalaska

### 'Food Fight' Centralia Leads Chehalis in Charitable Battle / Main 6



### Deaths

Hebert, Vernon Frank, 72, Soap Lake  
Dibble, Roy A., 92, Napavine  
Pennington, Marion Lou, 88, Bellingham  
Hobgood, Mary Jane (Carson), 89, Chehalis

The Chronicle, Serving The Greater Lewis County Area Since 1889

**Follow Us on Twitter**  
[@chronline](https://twitter.com/chronline)

**Find Us on Facebook**  
[www.facebook.com/thecentraliachronicle](https://www.facebook.com/thecentraliachronicle)



**MONEY TO LEND** **APPLY ONLINE** [timberlandbank.com](http://timberlandbank.com)



**CHEHALIS**  
714 W. Main Street | Liberty Plaza | Exit 77  
**360.740.0770** Local BANKING FOR You!  
Also Toledo, Winlock, Tumwater and Olympia





# Centralia Council Selects Attorney to Fill Open Seat

**NEW FACE:** Current Councilors Vote 4-2 in Favor of Bart Ricks to Fill Unoccupied Seat

By Kyle Spurr  
kspurr@chronline.com

The Centralia City Council selected Bart Ricks, an attorney at the law firm Mano, McKerricher and Paroutaud in Chehalis for the open at-large council position Tuesday night after interviewing five applicants during a special meeting at City Hall.

Ricks, 31, was sworn in Tuesday night and will be attending the city council's next regular meeting Tuesday, the same meeting the city council will vote for the mayor and mayor pro tem positions.

Ricks, who moved to Centralia two and a half years ago, said his skills as an attorney have prepared him well for the responsibility of serving on the city council.

He said he has the skills to meet with different people from all walks of life, listen, carefully assess situations and propose solutions.

"In my practice, I feel it is important to listen," Ricks said. "That is something I would bring to the table."

The other four applicants



Bart Ricks, an attorney at the law firm Mano, McKerricher and Paroutaud in Chehalis, is sworn in Tuesday night as the newest member of the Centralia City Council. Ricks will attend the city council's next regular meeting Tuesday.

were 2013 candidate Max Vogt, former mayor Harlan Thompson, Johnny Dunnagan and Dan Townsend.

After a nomination process, the city council ultimately voted 4-2 in favor of selecting Ricks.

Councilors Gabe Anzelini and Patrick Gallagher were the

dissenting votes.

Ricks will serve on the council for the remaining two years of the term vacated by Bill Bates, who recently took a new job as lead pastor of a church in his hometown of Sedro-Woolley.

The term ends Dec. 31, 2015. Councilor John Elmore, who

was selected by the city council in the same nomination process in December 2012, nominated Ricks for the open position. Mayor Bonnie Canaday seconded the motion and councilors Lee Coumbs and Ron Greenwood Jr. voted in favor of Ricks.

"It's nice to see a young profes-



Johnny Dunnagan



Harlan Thompson



Dan Townsend



Max Vogt

sional moving into town and taking an interest in helping the city," Elmore said. "I'm impressed with his knowledge of government and felt he understands that it is really the city manager's job to execute our policies."

Ricks will earn \$200 a month plus health insurance, which is the standard compensation for councilors. Ricks can decline both if he chooses.

The city council has three new faces this year. Gallagher won the District 3 seat and Greenwood Jr. won the District 1 seat in the general election. Ricks will fill Bates Position 1 at-large seat.

# Damaged Overpass to be Repaired Friday and Saturday

**13TH STREET:** Northbound Interstate 5 Will Close Nightly During the Repairs

By Kyle Spurr  
kspurr@chronline.com

Northbound Interstate 5 will be closed from 10 p.m. to 5 a.m. Friday and Saturday in Chehalis while crews repair damaged girders on the 13th Street overpass.

Traffic will be routed around the closure using the 13th Street off and on ramps during the closures, according to the Washington State Department of Transportation.

The 13th Street overpass was struck last Tuesday by an oversized load traveling northbound on I-5. A bridge inspection found the accident damaged three of the bridge's six girders, breaking concrete and snapping steel tension cables, WSDOT said.

Traffic on the bridge has since been shifted to the north about 5 feet, WSDOT said.

No semi trucks will be allowed on the bridge until after the repairs this week.

WSDOT determined repairing the girders will keep the 56-year-old bridge safe and serviceable and none of the girders have to be replaced at this time.

"The southernmost girder has damage to the post tension cables, where the other two just have concrete damage," Mike London, WSDOT bridge supervisor, said. "In 1996, we did a retrofit on that southernmost girder, which makes it stronger than it would normally be, so we're able to repair it this time and still keep the bridge structurally sound."

WSDOT bridge maintenance crews will splice broken cables and patch concrete on Friday and Saturday nights. Traffic on the bridge will then be shifted back to the south after the repairs and semi trucks will be allowed on the bridge.

Following the accident, a Washington State Patrol's investigation revealed that the rear pilot car, driving behind the oversized load, witnessed the load hit the overpass.

The oversized load, from B&M Logging Inc. in Chehalis, continued north on I-5 for about 25 miles before finding a safe location to stop, the WSP said. The load stopped about 3 miles from its destination.

The driver, Brent A. Wentzel, 56, Onalaska, was unaware he struck the overpass until he was contacted by the rear pilot car driver.

An over-height detector, located on I-5 about a mile to the south, was tested the day of the accident and is operational, WSDOT said.

It is unknown why the detec-



In this May 22, 2013, file photo, trucks and cars pass underneath the 13th Street overpass along Interstate 5 in Chehalis. Northbound I-5 will be closed from 10 p.m. to 5 a.m. Friday and Saturday in Chehalis while crews repair damaged girders on the 13th Street overpass, which was hit by an oversized truck last week.

tor was not effective in alerting the driver.

The driver was permitted to move a load no higher than 14 feet, 6 inches. Inspectors measured the load as 14 feet, 7 inches, but that was well after the collision. Curiously, it struck a point on the overpass that measured 15 feet, 3 inches, according to the State Patrol.

Neither WSDOT nor the State Patrol has confirmed why a load measured at less than 15 feet struck the bridge.

All the agencies have confirmed is that the load measured at 14 feet, 7 inches when inspectors

found it 25 miles down the road.

"At least an hour that elapsed from when the bridge was hit and when the Washington State Patrol got to the load," Abbi Russell, WSDOT spokeswoman, said. "Nobody knows what happened, except maybe the driver."

Wentzel, whose permit expired at noon on Tuesday just after he hit the bridge, was cited by troopers for permit violations and will be out of service until a new permit is granted by the WSDOT. He was not cited for striking the bridge.

Since the accident, WSDOT has updated the signage on the

bridge from a clearance of 15 feet to 14 feet, 8 inches. Russell said the lowest clearance for the bridge is actually 14 feet, 11 inches, but WSDOT wants to create some leeway for different variables.

The accident is far from the first instance of a freeway overpass being struck in Chehalis.

The Chamber Way bridge at exit 79 in Chehalis was struck three times in the past 18 months, including two accidents that caused significant damage to the girder on the southeast end of the bridge.

## News in Brief

### Digging Down to Stuck Seattle Tunnel Machine

SEATTLE (AP) — The Transportation Department says help is on the way for a massive machine that became stuck last month while boring a tunnel under downtown Seattle.

The department said crews started drilling 5-foot wide shafts Tuesday in front of the machine known as Bertha.

The shafts should allow workers to remove a metal pipe in front of the machine and assess any other problems.

The machine ground to a halt on Dec. 6 after running into the 8-inch diameter pipe that had been left in the ground in 2002 after the department checked groundwater in the area.

Bertha is stopped about 60 feet underground and one-tenth of the way toward completing a 1.7-mile tunnel. It will carry Highway 99 traffic and allow the removal of the Alaskan Way Viaduct.

### Drunken Transient Walks Into Seattle School

SEATTLE (AP) — A transient who was very intoxicated walked into a Seattle elementary school Tuesday and was found inside a boys' restroom.

In a letter to parents, Salmon Bay School said students were held in classrooms until police and paramedics arrived.

The school district told KING the man entered through a door that is kept unlocked longer than other doors for students in wheelchairs.

### More Than 71,000 Enrolled for Private Insurance

OLYMPIA (AP) — Officials say that more than 71,000 people have signed up for private insurance since Oct. 1 through Washington state's new health care exchange.

Another 72,178 people will be enrolled after they complete payment. The exchange had a goal of signing up 130,000 people into private insurance plans by Jan. 1.

The total number of people purchasing private insurance and those enrolling in free insurance through Medicaid is now more than 248,000. More than 121,000 of those signing up are newly eligible to the expanded Medicaid.

Before health care reform went into effect, an estimated 1 million Washington residents did not have health insurance.

Pete Caster / pcaster@chronline.com



Pete Caster / pcaster@chronline.com

W.F. West seniors Kyle Chaney, right, and Jacob Schneider look at potential designs for the school's robotics team competition on Tuesday afternoon in Chehalis.

## W.F. West High School Robotics Team Aims High

**ALMOST HUMAN:**  
*Program a Continued Success in Third Year of Competition*

By Chris Brewer  
cbrewer@chronline.com

On a winter day after school, students at W.F. West High School gather to rehearse their plans and draw up a blueprint to beat their competition.

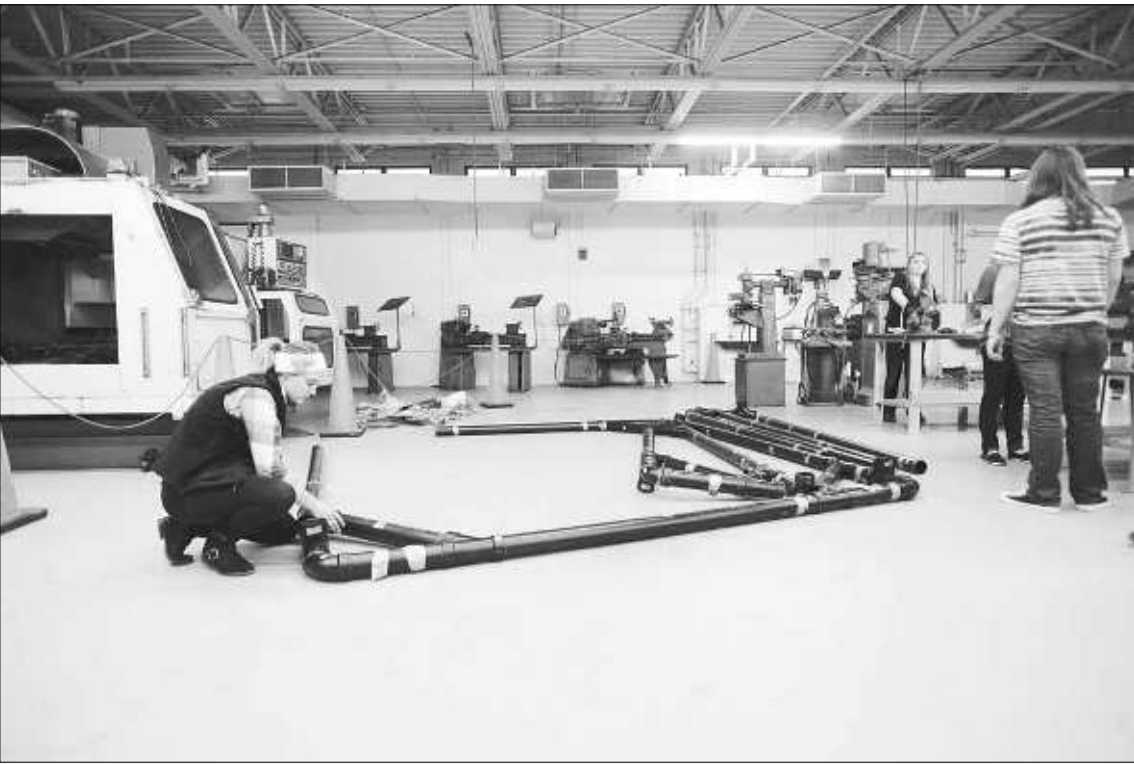
But they're not members of the basketball, wrestling or other sports teams, and they're not drawing out their plans with a marker on whiteboard. Rather, they spend their after-school hours huddled in a room in the school's agricultural building, utilizing computers to draw three-dimensional designs, and roughly 25 students give their input on how to build a competition robot.

High school students, most of whom are underclassmen, will band together to buy supplies, build a fully-functioning robot and send it into competition against scores of other schools in an attempt to win prizes and part of a \$19 million scholarship purse. It's part of a program known as FIRST, a robotics program open to schools nationally that wish to compete.

The Chehalis program, known as Team SWAG 4060, is entering its third year of competition. This time they have six weeks to go from concept to completion on a new robot for the next regional competition, and club president Kyle Chaney, a 17-year-old senior at W.F. West, says this is the most hectic time as the students only found out Saturday what their mission is.

"We're all trying to get together and decide on what functions we want our robots to do," Chaney said. "Right now, we're thinking of creating something new out of the ground with a focus on speed."

The FIRST competition this year challenges teams to a game called Aerial Assist, in which teams have two minutes and 30 seconds to score goals on a 25-foot by 54-foot field. The team with the most goals wins, but



Pete Caster / pcaster@chronline.com

W.F. West robotics team pit boss Sara McAllister works on the team's pit at the school's shop on Tuesday afternoon in Chehalis.



**"They're not only learning to build a robot and do it in six weeks, but they've got to come up with everything and figure out how to pay for it."**

Clifton White  
founder

there's a hitch — three robots each will form an alliance in an effort to defeat an opposing alliance.

Led by founder Clifton White, who also teaches physics and robotics at W.F. West, Team SWAG — which stands for Students With A Goal — comprises students of all walks of life and technical abilities. It's not your normal after-school club, as students design the robot using computer-aided drafting software, program it and tweak it to perform almost humanoid functions.

"It's really cool to see that this is a bunch of students doing all this work," Chaney remarked.

Some students serve on the design team, others program the

robot and still others market and run the business aspect of the group. It's tough enough to build a robot in six weeks, White says, but the students are responsible for securing funding and figuring out what they need to buy within the guidelines of the competition to make their creation a reality. The team also has adult mentors to guide them and help them in the creation process.

"There is a business portion to this that teaches the kids more than just physics," White said. "They're not only learning to build a robot and do it in six weeks, but they've got to come up with everything and figure out how to pay for it."

Chaney said the team has received some significant help

this year from parents, sponsors and community organizations

such as the Chehalis Foundation, making funding the project less of an issue.

"We've done a lot of community outreach and we've got a lot of people to help us out," Chaney said. "We're essentially our own company, with the way we have to go about it all."

Chaney and fellow senior Jacob Schneider, also 17, have been with the team since its inception. In the team's first year, both were part of a team that won the Rookie Inspiration Award and advanced in the regional competition. Schneider says the competition are his favorite part of the program, as they serve as the culmination to weeks of preparation.

"It's essentially like having a part-time job with all the hours we put into it," Schneider said. "When you get to the tournament and you set your robot out there, you know that's the moment all your work went into."

Students put in four hours in the robotics room at W.F. West after school four days per week until it's all over, even gathering for hours on Saturday mornings to work on their robot. And as for the competition aspect, don't tell these students their work isn't as tough as what basketball players do on the hardwood just yards away.

"We kind of consider it a sport," Schneider said. "The competition, the preparation, all of it is really intense. It's a lot of fun."

### WHAT'S NEXT FOR THE TEAM?

After the team builds its robot and the six-week period of construction and testing ends, it has to bag it up and leave it alone until the team's first competition. That contest will take place at Auburn Mountainview High School in Auburn from Feb. 28 to March 1. Its next competition will take place at Mount Vernon High School in Mount Vernon March 14-15. For updates on the team and its progress, check out its website at <http://www.swag4060.org>.

### HOW YOU CAN HELP

Team SWAG 4060 continues to raise funds to build its robot and send its team to regional competitions. The team will host a spaghetti feed and silent auction event at the W.F. West High School commons Friday, Jan. 23, 6-8 p.m. For more information, contact the school at (360) 807-7235.

## Republicans on State Climate Panel Want More Time

SEATTLE (AP) — After a state climate panel missed a deadline to deliver recommendations on reducing carbon emissions, two Republican members of the group said Wednesday they want another year to study the economic costs of proposals.

Sen. Doug Ericksen, R-Ferndale, and Rep. Shelly Short, R-Addy, said the five-member panel should continue to meet to examine the costs and benefits before undertaking some costly

carbon-reducing proposals, such as a cap-and-trade program or carbon tax.

Those and other ambitious strategies have been proposed by Democratic members of the panel, including Gov. Jay Inslee.

"We bit off so much," said Ericksen, who heads the Senate Energy, Environment and Telecommunications Committee. He said legislators need more solid data before they can move forward.

But Sen. Kevin Ranker, D-

Orcas Island, said the panel has enough information and needs to act.

"Enough talk. Now it's time to start putting programs together," he said Wednesday. "We need to start deciding on what we're going to do."

The bipartisan group of lawmakers created by the Legislature last year to come up with cost-effective carbon-reducing strategies has been at odds over how best to do that.

They were so far apart last month that they canceled a Dec. 18 meeting in Olympia to try to work out a compromise.

The panel includes two Republicans, two Democrats and the governor as a non-voting member. Any recommendation needs approval from at least three panelists. The panel is split along party lines.

The Democrats released a draft proposal last month that included strategies such as cap-

ping carbon pollution, phasing out coal-fired electricity and developing lower carbon fuel standards.

Meanwhile, the Republicans' draft proposed encouraging conservation, exploring nuclear power and revisiting the state's goals set in 2008.

That 2008 state law called for Washington to return to 1990 greenhouse gas emissions levels by 2020, and for greater reductions beyond that.

# Centralia Man Files \$2 Million Claim Against County

**DAMAGES:** Ryan Vinatieri Seeks Compensation for 2011 Car Accident

By Lisa Broadt  
lbroadt@chronline.com

A Centralia man has filed a \$2 million claim against Lewis County for alleged unsafe driving conditions. Ryan Vinatieri, 33, claims loose, winter gravel along South Scheuber Road contributed to a January 2011 car accident in which he was a passenger.

Lewis County received Vinatieri's claim last week. It has been assigned to outside counsel, according to Lewis County Risk Management Director Paulette Young. According to the county, Vinatieri cites the sheriff's report in particular its description of the road as proof of the county's negligence. "It is believed the driver was speeding too fast for the conditions, which is a contributing factor to this collision, along with winter gravel near the fog line of the roadway," the sheriff's deputy on scene wrote in the police report. According to the report: Vi-

natieri was the sole passenger in a Ford pickup truck being driven by Sarah R. Mathews, Centralia, on Jan. 23, 2011. Shortly before 6 p.m., the truck, which was traveling north on South Scheuber Road, reached milepost 3. There, the truck met a corner on the roadway, lost control and ended up in the southbound lane, according to the collision report. Mathews then tried correcting the vehicle back into the northbound lane, but overcorrected and lost control of the vehicle. The car flipped and rolled off

the roadway, into a field, causing property damage. Christy Brannon, Chehalis, witnessed the accident and called 911. In a written statement she said that Mathews and Vinatieri had told her they had lost control of the car, but had "been in worse" and that "they were fine." Mathews was cited for driving too fast. Vinatieri filed his claim with only weeks to go; the statute of limitations would have prevented him from doing so after Jan. 23.



Rachel La Corte/The Associated Press

Dorothy Roth, who played one season of professional baseball in the National Girls Baseball League in 1945, signs a bat for Gov. Jay Inslee, in Olympia, on Tuesday. Roth, 86, received a "Silver Spotlight" award from the Washington Health Care Association.

# Inslee Honors Woman Who Played Pro Baseball During WWII

By Jim Camden  
The Spokesman-Review

OLYMPIA — There is, in fact, no crying in baseball. Or so Dorothy Roth, a real-life version of the female baseball players portrayed in the movie "A League of Their Own," confirmed to Gov. Jay Inslee on Tuesday as he issued a proclamation honoring her. Back in 1945, however, there was a bit of stigma attached to baseball for women, said Roth, 86, now a resident of an assisted living center in Marysville, Wash. She was recruited out of high school and was usually the youngest player on the field that summer. She didn't save any of her old uniforms because at the time she was embarrassed to be known as a baseball player. "Nice girls played tennis," she said. Roth tried to hide her bat and glove as she walked past the courts. Baseball was for boys, but most of the boys had been drafted into military service for World War II and women were being recruited

to play baseball to fill the void for baseball fans. "I bet you never thought they'd make a movie about it," Inslee said. "No, and I never thought I'd meet a governor," she replied. She put her one year in the National Girls Baseball League to good use. She used the money she made in that 1945 season with the Parichy Bloomer Girls of Forest Park, Ill., for college and became a teacher. She taught for more than 30 years. She played in a Chicago-based league that was a competitor to the one featured in the 1992 movie. Regardless of the league, Tom Hanks' character's admonition to his players, that there's no crying in baseball, was correct, she assured Inslee. The Bloomer Girls did play the team featured in the movie, the Rockford Peaches of the All-American Girls Baseball League, once, Roth said and beat them. Before signing the proclamation, Inslee said he hoped to enlist Roth in other activities that show

how seniors contribute to their communities. She also received the Silver Spotlight award for her work as an athlete and an educator from the Washington Health Care Association and AARP. The groups plan to honor residents of assisted living or skilled nursing facilities each month in 2014.

## News in Brief

By The Associated Press  
**SSA Marine: 'Full Speed Ahead' for Coal Port Plan**

BELLINGHAM, — A subsidiary of Goldman Sachs has sold its sizeable stake in the companies proposing to build a coal export terminal near Bellingham, Wash. An official with the terminal developer, Bob Watters, told the Bellingham Herald the ownership change won't affect the Gateway Pacific Terminal project and that "we are full speed ahead." Watters is senior vice president with Seattle-based SSA Marine. The company is proposing a port terminal at Cherry Point to export about 48 million tons of coal each year to hungry-markets in Asia. Before the stock transfer, Goldman Sachs had a 49 percent stake in the project. Groups opposing the project hailed the announcement Tuesday, saying Goldman Sachs's exit was a sign that the Wall Street giant has lost faith in the economic viability of coal exports.

tasked with cleaning up Puget Sound. Inslee on Tuesday announced the appointment of Sheida Sahandy. She has worked for the city of Bellevue since 2006, where she worked as assistant to the city manager. She'll take over an agency with 47 employees and an annual budget of \$9.4 million in state and federal money. She begins her job Feb. 4. Sahandy would be the fifth executive director of the partnership since it was created by the Legislature in 2007. She'll take over the post from Marc Daily, who was appointed interim executive director last year.

**Puget Sound Partnership Gets New Director**

OLYMPIA — Gov. Jay Inslee has appointed a new executive director to lead the Puget Sound Partnership, the state agency

**Homeless Woman Robbed of Sleeping Bag in Aberdeen**

ABERDEEN (— Police say a homeless woman was robbed of her sleeping bag under the Chehalis River bridge in Aberdeen. The woman told police Saturday a man with a knife demanded her sleeping bag and pillow and fled on foot. KBKW reported officers searched the area and recovered the sleeping bag and pillow but did not locate a suspect.

• McMenamins •  
**OLYMPIC CLUB**  
HOTEL & THEATER

January 3 - January 9

Cloudy with a Chance of Meatballs 2  
\$4 • PG  
11:30am & 2:30pm (Friday, Saturday, Sunday)

Enders Game  
\$4 • PG-13  
6:00pm

Thor: The Dark World  
\$4 • R (21+)  
9:00pm (No Tuesday)

The Lowest Pair: featuring Kendi Winter, Tuesday, 7 pm, all ages  
\$12.25 Beer, Burger, Movie; Wednesday

Minor with parent before 7 pm only  
\$3 All Ages • Ages 9 and under are FREE  
112 N. Tower Ave. • Centralia  
(360) 736-1634

**SIRENS**

chronline.com

**SIGN PRO**  
QUALITY YOU CAN COUNT ON

**FABULOUS FULL COLOR!**  
NOW EASIER THAN EVER!

Get your customer's attention with full color signs and graphics!

Inside The Chronicle  
321 N. Pearl St. Centralia  
360-736-6322

**COLORFUL BEGINNINGS**  
**JANUARY 9-31**

**25% OFF\***  
PAINTS & STAINS  
(with coupon)

**SHERWIN-WILLIAMS**

**STORE HOURS:**  
MON - FRI: 7AM TO 7PM  
SAT: 8AM TO 6PM  
SUN: 10AM TO 6PM  
Store hours may vary. See store for details.

Find a store near you at [sherwin-williams.com](http://sherwin-williams.com).

Bring this coupon in and save!

**SAVE 25%**  
ON PAINTS & STAINS

**SAVE 15%**  
ON PAINTING SUPPLIES

\*Valid on retail sales of retail products only. Discount taken off of our full retail price. Sale pricing or other offers that result in greater savings will supersede this offer. Savings are applied to qualifying items purchased on a prorated basis; any refunds will be given in the prorated amount, which will reduce your savings. Must surrender coupon at time of redemption. Cash value: 1/100 of 1¢. Offer excludes previous purchases, purchases of gift cards, Multi-Purpose primers and Minwax® Wood Finish quarts, ladders, spray equipment and accessories. Other exclusions may apply, see store for details. Void if transferred, purchased, sold, altered or duplicated. Valid at Sherwin-Williams and Sherwin-Williams operated retail paint stores only. We reserve the right to accept, refuse, or limit the use of any coupon. Offer valid 1/9/14 - 1/31/14. © 2014 The Sherwin-Williams Company.

# The Chronicle

The Chronicle is published Tuesday and Thursday evenings and Saturday mornings by Lafromboise Communications, Inc.

**MISSED OR LATE PAPER?**

Delivery deadlines:  
Tuesday and Thursday ..... 5:30 p.m.  
Saturday ..... 7:30 a.m.  
Please call your carrier or district manager directly.  
For all other issues please call our after hours customer service line at (360) 807-7676 for current delivery status and to leave messages (next business day response).

**TO SUBSCRIBE**

To start a new subscription or to schedule a vacation stop or restart, visit [www.chronline.com](http://www.chronline.com) or call customer service at 807-8203 or (800) 562-6084, ext. 1203. Monday - Friday..... 8 a.m. - 5 p.m.

**TO PLACE CLASSIFIED ADVERTISING**

Call 807-8203 or (800) 562-6084, ext. 1203, or visit [www.chronline.com](http://www.chronline.com).  
Monday - Friday ..... 8 a.m. - 5 p.m.  
**Classified / Legals / Obituary Manager**  
Amanda Curry ..... 736-3311 ext. 1277  
[acurry@chronline.com](mailto:acurry@chronline.com)

**OFFICE LOCATION AND HOURS**

321 N. Pearl St., Centralia  
Monday - Friday 8 a.m. - 5 p.m.

**SUBSCRIPTION RATES**

Newstand weekday rate ..... \$1  
Newstand weekend rate ..... \$1

**Home delivery**

One month ..... \$12.90  
Three months ..... \$35.15  
Six months ..... \$65.15  
One year ..... \$122

**By mail to Washington and Oregon/Other States**

One month ..... \$17.05 / \$19.60  
Three months ..... \$50.50 / \$58.80  
Six months ..... \$99.15 / \$115.40  
One year ..... \$194 / \$227.45

**Online subscriptions to chronline.com**

One day ..... \$2  
One month ..... \$8  
One year ..... \$84

Print subscribers always have full access to [chronline.com](http://chronline.com). Subscriptions are non-refundable but the printed subscriptions can be started and stopped for vacations or when extended breaks in service are requested. Balances may be held on account or can be donated to Newspapers in Education.

**BACK ISSUES**

Limited copies of back issues of The Chronicle are available at \$1 per copy. Back issues greater than two weeks old are \$2 per issue.

**THE NEWSROOM**

For news tips, corrections or story ideas, please contact the appropriate person listed below.

**REGIONAL EXECUTIVE EDITOR**  
Michael Wagar ..... 807-8234  
[mwagar@chronline.com](mailto:mwagar@chronline.com)

**Assistant Editor**  
Eric Schwartz ..... 807-8224  
[eschwartz@chronline.com](mailto:eschwartz@chronline.com)

**Sports Editor**  
Aaron VanTuyl ..... 807-8229  
[avantuyl@chronline.com](mailto:avantuyl@chronline.com)

**Visuals Editor**  
Pete Caster ..... 807-8232  
[photo@chronline.com](mailto:photo@chronline.com)

**Police, Fire, Courts, Environment, East Lewis County Communities**  
Stephanie Schendel ..... 807-8208  
[sschendel@chronline.com](mailto:sschendel@chronline.com)

**Centralia/Chehalis Government, Health, West and Central Lewis County Communities**  
Kyle Spurr ..... 807-8239  
[kspurr@chronline.com](mailto:kspurr@chronline.com)

**Lewis County Government, Politics, South Thurston County Communities and Oakville**  
Lisa Broadt ..... 807-8237  
[lbroadt@chronline.com](mailto:lbroadt@chronline.com)

**Business, Education, Tourism, Religion, South Lewis County Communities**  
Chris Brewer ..... 807-8235  
[cbrewer@chronline.com](mailto:cbrewer@chronline.com)

**Sports, News and Photography**  
Brandon Hansen ..... 807-8227  
[bhansen@chronline.com](mailto:bhansen@chronline.com)

**Death Notices, What's Happening, Opinion, Letters to the Editor, Voices**  
Doug Blosser ..... 807-8238  
[letters@chronline.com](mailto:letters@chronline.com)  
[calendar@chronline.com](mailto:calendar@chronline.com)  
[voices@chronline.com](mailto:voices@chronline.com)

**Church News**  
Jackie Hammond ..... 807-8217  
[jhammond@swfamily.com](mailto:jhammond@swfamily.com)

**Senior Media Developer**  
Brittany Voie ..... 807-8225  
[bvoie@chronline.com](mailto:bvoie@chronline.com)

**THE CHRONICLE**

**PUBLISHER**  
Christine Fossett ..... 807-8200  
[cfossett@chronline.com](mailto:cfossett@chronline.com)

**Sales Director**  
Brian Watson ..... 807-8219  
[bwatson@chronline.com](mailto:bwatson@chronline.com)

**Circulation Manager**  
Anita Freeborn ..... 807-8243  
[afreeborn@chronline.com](mailto:afreeborn@chronline.com)

**Specialty Publications Manager, Family, LIFE**  
Chantel Wilson ..... 807-8213  
[cwilson@swfamily.com](mailto:cwilson@swfamily.com)

**Design Director**  
Kelli Erb ..... 807-8211  
[kerb@chronline.com](mailto:kerb@chronline.com)

**LAFROMBOISE COMMUNICATIONS, INC**

**PRESIDENT, COO**  
Christine Fossett ..... 807-8200  
[cfossett@chronline.com](mailto:cfossett@chronline.com)

**Vice President**  
Steve Walker ..... 807-8204  
[swalker@chronline.com](mailto:swalker@chronline.com)

**Business Manager**  
Mary Jackson ..... 807-8207  
[mjackson@chronline.com](mailto:mjackson@chronline.com)

**Director of Production and IT**  
Jon Bennett ..... 807-8222  
[jbennett@chronline.com](mailto:jbennett@chronline.com)

**Printing and Distribution** ..... 807-8716

**FAX NUMBERS**

Advertising Fax ..... 736-1568  
Classified/Circulation Fax ..... 807-8258  
Obituaries ..... 807-8258  
Newsroom Fax ..... 736-4796

125TH VOLUME, 7th ISSUE  
THE CHRONICLE (USPS - 142260)

POSTMASTER: Send address changes to The Chronicle, 321 N. Pearl St., Centralia, WA 98531.  
The Chronicle is published three times a week at 321 N. Pearl St., Centralia, WA, 98531-0580. Periodicals postage paid at Centralia, WA.

# Centralia Takes Slight Lead in Shop'n Kart 'Food Fight'

**FOOD DRIVE: Centralia and Chehalis Competing to Help Local Food Banks**

By Kyle Spurr  
kspurr@chronline.com

In the "Food Fight" food drive competition between the Twin Cities, Centralia has taken a slight lead at the halfway point. Organizers say the outcome of the "Food Fight," a food drive organized by Shop'n Kart that pits Centralia residents against Chehalis residents, is irrelevant. What matters is the amount of food collected for each community.

After the annual Drive 'N' Drop food drive was less successful than expected in December, Shop'n Kart announced it would host the "Food Fight" to spark support for the Lewis County Food Bank Coalition.

The challenge began Dec. 26 and will last through Tuesday.

"Right now it's still really, really close, but Centralia is in the lead," Sonja Raichl, of Shop'n Kart, said. "I think it's worked out really well how we did the competition."

Bonnie Pedersen, president of the Lewis County Food Bank



Lewis County Food Bank Coalition volunteers Daniel Bryant, left, and Dennis Geiger walk into Shop'n Kart to collect donated bags of food for the Centralia-Chehalis Food Fight on Thursday afternoon in Chehalis. The food bank coalition has collected an estimated 3,600 bags since the food drive started.

Pete Caster / pcaster@chronline.com

Coalition, said the amount of food collected from the "Food Fight" is unbelievable. Pedersen estimates the food bank has already received more than 2,000

bags of food.

Shop'n Kart and Fuller's Market Place employees filled bags with the most requested items and made them available for cus-

tomers at the checkstands to purchase and donate.

The bags cost \$5 and \$10.

Those who purchase a bag are entered to win a \$25 gift card.

Fifty of the cards will be awarded. "This is a true community gift," Pedersen said. "This opportunity for folks at the check-out stand is turning out to be really something."

Raichl said food bank volunteers have stopped by the Centralia and Chehalis locations each day to pick up the donated bags of food and supplies.

"They have been coming over pretty much every day getting loads of donations," Raichl said.

The influx of donated food is a pleasant sight at the food bank coalition, Pedersen said, especially after the disappointing Drive 'n' Drop.

Due to freezing temperatures and a still new format for the Drive 'n' Drop, Centralia brought in about 3,000 pounds of food, down from about 14,000 last year. Chehalis collected about 4,300, less than the 10,200 brought in last year.

Overall, the food bank donations last year fell short by more than 50 percent.

The "Food Fight" has helped the food bank coalition fill its empty shelves and be able to give back to the community.

"People are being super generous," Pedersen said.

# Tests Show Puget Sound Geoduck Clams Safe to Eat

SEATTLE (AP) — Washington state health officials Tuesday said their arsenic testing has confirmed that geoduck clams harvested from a bay in Puget Sound are safe to eat, following toxicity concerns that prompted China to ban imports of West Coast shellfish.

Officials hope the results will help persuade China to lift a ban it imposed last month on the import of clams, oysters, mussels and scallops harvested from Washington, Oregon, Alaska and Northern California.

China's import ban is creating a hardship for the state's shellfish industry. Geoducks are highly prized large burrowing clams that can fetch up to \$50 a pound in Asian markets. The U.S. exported \$68 million worth of geoduck clams in 2012, mostly from Washington state.

China's ban was based in part on shipment of geoducks traced to Poverty Bay, near Federal Way, that the country said tested above its standard for inorganic arsenic. Chinese officials also cited high levels of paralytic shellfish poi-

soning in a shipment of geoducks from southeast Alaska.

Alaska state officials said their testing did not turn up high levels of PSP in the geoducks harvested in Alaska that were flagged by Chinese officials.

Washington state and federal agencies do not routinely test for arsenic in Puget Sound, but officials noted that a study in Poverty Bay in 2007 did not find arsenic levels that were a health concern.

Even so, Washington state officials last month closed commercial clam harvesting on 135 acres of state-owned aquatic land in Poverty Bay as a precaution, and voluntarily tested for inorganic arsenic.

"We hope that this will help bring an end to the ban," agency spokesman Donn Moyer said. "The government of China will make its decision on criteria that we don't have insight into."

Officials with the National Oceanic and Atmospheric Administration have forwarded the state's test results to the Chinese government, agency spokeswoman Connie Barclay said in an

email Tuesday.

"NOAA Fisheries and the Seafood Inspection Program will continue to work with the appropriate Chinese officials on the question of the safety of geoduck clams, so exports to China can resume as soon as possible," she said.

The agency's director of seafood inspection sent the Chinese government a letter in December, urging China to allow imports to resume and noting they believe that geoduck clams and mollusks harvested near the West Coast are safe to eat.

Barclay said the agency has not received a response yet.

David McBride, a Washington state toxicologist, said the tests also ensure that "we have safe geoducks here in Washington state for our own population."

About 36 geoduck clams were harvested from Poverty Bay and combined into 12 samples that were tested in a state lab, as well as a private lab.

The samples tested lower than China's acceptable standard. One test on a whole clam found a level higher than China's standard, but



AP Photo / Elaine Thompson

In this June 24, 2013, file photo, a grocer displays live geoduck clams in Seattle. Washington state health officials said Tuesday, Jan. 7, 2014, their arsenic testing has confirmed that geoduck clams harvested from a bay in Puget Sound are safe to eat, following toxicity concerns that prompted China to ban imports of West Coast shellfish. Officials hope the results will help persuade China to lift a ban it imposed last month on the import of clams, oysters, mussels and scallops harvested from Washington, Oregon, Alaska and Northern California.

it included skin which is not typically eaten, said McBride.

Since learning of the ban, Alaska state officials reviewed their own tests and protocols for a shipment of geoduck clams from outside Ketchikan.

"We showed that the area

where it was harvested was open, and the test results were clean and didn't exceed U.S. regulatory limits" for PSP, said Kim Stryker, program manager with Alaska's food safety and sanitation program.

"We're waiting for more information" from China, she said.

## News In Brief

### Twin Transit to Change Routes Beginning Jan. 13

By The Chronicle

Twin Transit, the public transportation provider between Centralia and Chehalis, will begin making changes to its routes and schedules on Monday.

Four routes will have changes starting on Monday.

Route 12, in Chehalis, will serve bus shelters at the Lewis County Historical Museum and downtown Chehalis. Route 12 will no longer serve State Street or the bus shelter on Main Street in Chehalis.

Time points on Route 12 will all be five minutes or more earlier. The route will connect with Route 30, intercity express, at the downtown Chehalis shelter or with Chehalis passengers going to Walmart.

Route 21, Centralia, will connect with transferring Route 30 passengers for the hospital every 30 minutes. Time points for Route 21 will be adjusted on the hospital loop to be one to four minutes later.

No changes were made to Route 22, west Centralia.

Route 30 will no longer go into Walmart northbound. Passengers may transfer to Route 12 at the downtown Chehalis shelter for Walmart service northbound.

Time points for Route 30 will be adjusted one to five minutes later. Time point No. 2 and renamed from "S. Pearl & Cherry" to "S. Pearl and Plum."

Route 41, the capital commuter, will depart in the afternoon from Yard Birds 12 minutes later.

Revised rider guides are available at the Twin Transit office, on all buses and online at [www.twintransit.org](http://www.twintransit.org).

### Open House Scheduled for Centralia Parks Plan

Centralia residents will have an opportunity next week to review and comment on the city's draft Parks and Recreation Master Plan during an open house 5 p.m. Monday at Kitchen No. 1 in Fort Borst Park.

Residents will be allowed to comment on any planned or proposed projects, including the city's swimming pools, the Fort Borst Park ball fields and additional parks or trails.

Emil Pierson, community development director, said once citizens review the draft plan, it will be sent to the city's parks board for recommendations for the city council.

The city council will approve the updated parks plan later this year.

"We would love to receive as many comments as we can on our parks plan," Pierson said.

The parks plan is updated every four to five years. The current parks plan is available on the city's website at [cityofcentralia.com/files/parksplanweb.pdf](http://cityofcentralia.com/files/parksplanweb.pdf).

### 'Just for Fun Piano' for Beginners Offered at Centralia College

Nationally known pianist and composer Donn Rochlin will teach piano to beginners in his "Just for Fun Piano" class at Centralia College 10 a.m. to 1 p.m. Saturday, Jan. 18.

This class is for anyone who wants to learn to play their favorite songs at the piano for fun

without years of lessons.

This class is for beginners, but also for seasoned players who would like to express more creativity and relax more at the piano.

Rochlin has taught thousands of people at colleges and universities how to play the "Easy and Healthy" way in one session. Participants will see how chords work in a song, how to get more out of sheet music by reading less, and how to practice and have fun. He will give a demonstration of professional "Tricks and Licks."

Students will learn to improvise, improve their confidence and gain a better understanding of what is going on in music. The emphasis is on creativity and relaxation as much as the theory behind it.

The class is recommended for those ages 16 and up. Tuition is \$60; a \$25 materials fee will be collected in class for the book and CD.

To register, call Centralia College, (360) 736-9391, ext. 427.

### Marine Life at Bottom of Bellingham Bay Declining

OLYMPIA (AP) — It hasn't been such an easy life for some tiny creatures living in the mud at the bottom of Bellingham Bay.

A new state report released Wednesday finds that sediment-dwelling critters such as clams, snails, sea stars and crabs are showing signs of stress, and the bay's sediment quality is declining. The 2010 Department of Ecology survey also found the number and diversity of invertebrates are unusually low com-

pared to previous surveys.

Scientists sampled the top inch of sediment at 30 locations in the bay. They looked at chemical levels, toxicity and other factors.

They found abundant numbers of invertebrates that could withstand harsh conditions such as one group of marine worms. But, the number of creatures

more susceptible to harm from harsh conditions including snails and clams were unusually low.

Scientists couldn't attribute the decline to any significant chemical contamination. They believe other environmental factors are involved.

## Sen. Paul Shin Retires From Washington Senate

OLYMPIA (AP) — Sen. Paull Shin announced his immediate resignation from the Washington state Senate on Tuesday following a recent diagnosis of Alzheimer's disease.

In his resignation letter, the Democrat from Edmonds said he had originally planned to retire from the Legislature at the end of his term later this year, but that he determined that health problems, including the Alzheimer's diagnosis, "make it impossible for me to represent my constituents in the manner in which they deserve."

Shin, 78, was a college professor for 31 years, teaching East Asian studies at a variety of schools including the University of Washington, Western Washington University and Shoreline Community College.

He was elected to the state

House in 1992 and served two years, before stepping down for an unsuccessful run for Congress. He narrowly lost the Democratic primary race for lieutenant governor in 1996 and was elected to the state Senate in 1999.

In floor speeches, Shin would occasionally speak of his childhood as an orphan in South Korea during the Korean War. He came to the United States after he was adopted by an American soldier.

Shin's resignation comes less than a week before the start of the legislative session. The process to fill his seat starts with the Snohomish County Democratic Party, which will submit the names of three potential candidates to the Snohomish County Council, which will then appoint a person from the list.



The Chamber is open

Monday-Friday 9-5

Saturdays 9-3

# Business Connections

Centralia-Chehalis Chamber of Commerce Monthly Newsletter

## Chamber Directory Coming Soon!



Alicia Bull  
Executive Director

Presence of mind is something that weighs heavily in a business owner's mind. Do people recognize my brand, my colors, my logo? Are people walking through my front door and using my services? While all of that is incredibly critical for a business, we must also remember an important venture: presence of community, on which the Centralia-Chehalis Chamber of Commerce staff and volunteers industriously dedicate over

10,000 hours per year of time.

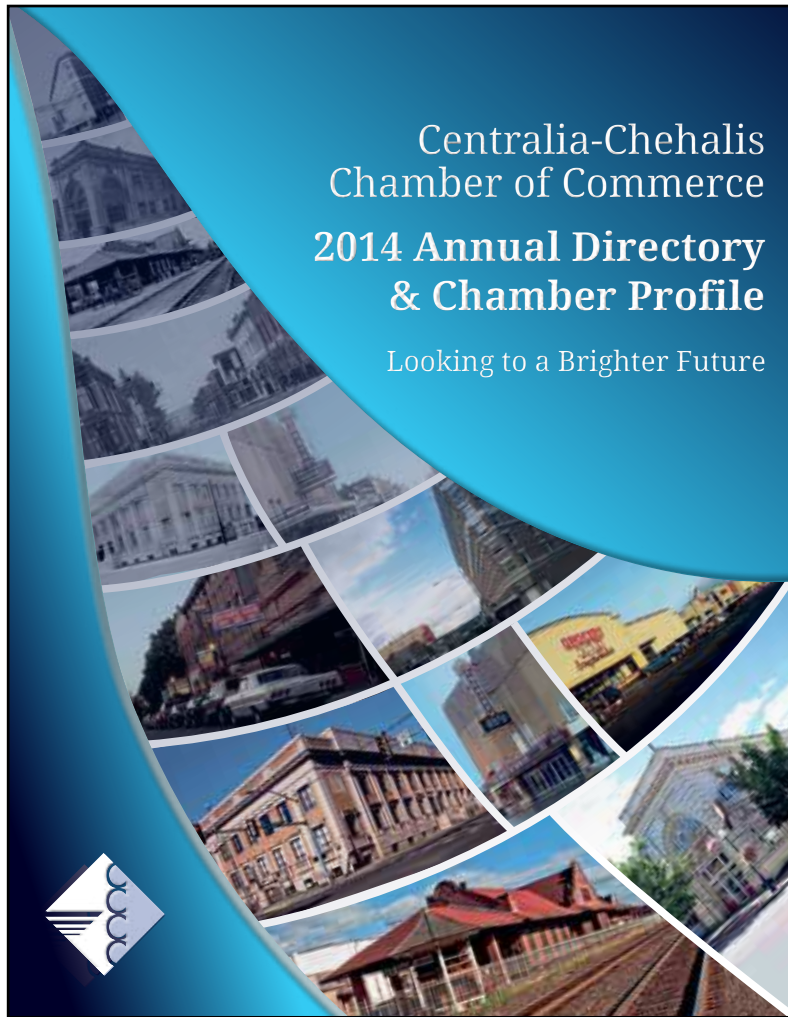
We wholeheartedly believe in this amazing and diverse business community. Our role as the Chamber is to facilitate further economic growth and promote and protect our current businesses, and we do so through several projects throughout the year.

Outside of the several community festivals we promote and participate in, we have an awesome pair of gigantic scissors (hold a ribbon cutting, and you can use them!), send out a weekly newsletter chock full of information about business and community events, provide the Rob Fuller Scholarship to our future leaders, provide business education and networking opportunities, and serve as a business information resource for visitors to our community. Business promotion and community growth are always top of mind at the Chamber.

Our directory is one of the many other services we provide our members. We are

excited to say that the 2014 directory has gone to print and will be released at our January 17th Annual Banquet. The information on the pages make a great guide for those new or considering a move to the area. We pass several of them out each week to visitors at the Chamber office. Local residents look to the directory for consumer guidance as well.

In the directory, you will find local businesses you know you can rely on. It allows the Chamber to showcase its members and how they serve our community. Thumb through the pages, and you will see a listing of businesses, organizations, and individuals who care about and are deeply involved in making sure our communities are — and will continue to be — great places to live and shop. If you are unable to attend The Chamber Annual Banquet please stop by the Chamber office and pick up a copy of the directory anytime after January 17th.



**Welcome To Our Newest Chamber Members!**

- Bead Lady
- Midway R.V. Park
- Business to Business
- Lewis County Guide
- Advocate Printing
- re:Design
- re:Design Home Staging
- Ferrellgas, Inc.
- Lewis County Farm Bureau
- Exodus Engineering, Inc.
- Cascade Dental Center

**Upcoming Chamber Events**

**Annual Banquet. Friday January 17th, 6pm Social Hour, 7pm Dinner. Cost is \$50 per person or \$350 for table of 8. Reserve by January 10th!**

**Ribbon Cutting, Thorbeckes FitLife Centers on Monday, February 10th at 5:30pm, at 91 SW Chehalis Ave, Chehalis to introduce Hot Yoga.**

**Home and Garden Show, March 21-23 at the Southwest Washington Fairgrounds in Chehalis. Vendor applications, available at chamberway.com, are due by February 7th.**

# March 21 - 23, 2014

Friday 10-6 · Saturday 10-5 · Sunday 10-4

## Southwest Washington Fairgrounds

# 49th Annual Home

# & Garden Show



Centralia-Chehalis Chamber of Commerce  
Promote. Protect. Inform.

**CHAMBER STAFF**

Alicia Bull  
Executive Director  
Director@ChamberWay.com

Amber Roal  
Marketing Manager  
Marketing@chamberway.com

Lisa Guerrero  
Office Manager  
TheChamber@Chamberway.com

Michelle Turner  
Member Services  
TheChamber@Chamberway.com

**2014 Executive Board**  
Tony Ketchum, Chair  
I.P. Callison & Sons

Ken Kostick, Past Chair  
Quanex/Port of Chehalis

Amanda Singleton, Incoming Chair  
Rainier Connect

Kyle Heaton, Vice Chair  
Port of Centralia

Jenny Collins, Secretary  
Visiting Nurses Foundation

Ron Hall, Treasurer  
Ron Hall, CPA

**2014 Board of Directors**  
Chris Dupont  
TransAlta

Bob Jackins  
Home Depot

Suzie Mitchell  
Helly Hansen

Ron Sturza  
Sunbird Shopping Center

Dr. James Walton  
Centralia College

Mitch Moberg  
Twin Cities Trading Post

Rob Hill  
City of Centralia

Merlin MacReynold  
City of Chehalis

Deanne Putman  
Allstate Insurance/Putman Agency

Lindy Waring  
Lucky Eagle Casino & Hotel

Walter Cuestas  
Century 21/Lund

**CONTACT US:**  
500 NW Chamber of Commerce Way  
Chehalis, WA 98532

Office: 360.748.8885

Toll free: 1.800.525.3323

Fax: 360.748.8763

TheChamber@ChamberWay.com

# Get Weather Preparedness Before the Weather Hits

Submitted by G. Ross McDowell, Deputy Director, Lewis County Sheriff's Office, Division of Emergency Management

Winter weather brings concerns about heat and maximizing its retention, frozen pipes, and access to your place of business. The following checklist will help you identify the areas of your business that are most susceptible to winter hazards and to suggest ways to minimize damage. It is a good idea to develop a plan of action for your business and your staff to be ready for this type of interruption. Below you will find critical information and preparedness tools to assist in protecting your business and the most critical element of your business – your employees.

## BEFORE THE STORM

- ❑ Check your insurance coverage for protection against winter hazards.
- ❑ Develop a procedure for restoring electrical services on an item-by-item basis.
- ❑ Develop a procedure for relocating salvageable and undamaged stock and supplies.
- ❑ Add the following supplies to your disaster supplies kit: rock salt (to melt ice on driveways), sand (to improve traction), and snow shovels (or other snow removal equipment).
- ❑ Determine your greatest risk potential: loss of heat, frozen pipes, and/or loss of access due to snow/ice.
- ❑ Identify who is responsible for keeping heating

- equipment in good working order: business owner or landlord.
- ❑ Identify who is responsible for snow/ice removal: business owner or landlord.
- ❑ Determine what equipment needs to be protected from freeze-up, i.e. computers, telecommunications, manufacturing equipment, etc.
- ❑ Are portable heaters or other emergency equipment needed?
- ❑ If snow and/or ice prohibit access to your business, are there alternative ways to enter your premises?
- ❑ Seal all openings with caulking and insulation where cold air can enter.

## DURING THE STORM

- ❑ Repair walls and roofs to prevent drafts; inspect roof drains for debris.
- ❑ Make sure storm windows are effective, if appropriate.
- ❑ Make sure heating and heat-producing equipment is in good condition and operating efficiently.
- ❑ Arrange for snow removal from driveways, doorways, and roofs.
- ❑ Drain all idle pumps and compressors, making sure jackets are vented.
- ❑ Provide proper lubrication on equipment for cold weather operation (i.e., emergency generators, snow blowers).
- ❑ Test cold weather equipment.

- ❑ Clean and inspect boilers and firing mechanism/controls.
- ❑ Maintain automatic sprinkler protection in idle buildings; promptly handle sprinkler system impairments; notify local fire department.
- ❑ Monitor building temperature especially in hard-to-heat areas containing vulnerable equipment. Keep temperatures above 40°F.
- ❑ Mark hydrants near your business for ease in locating and clearing after a heavy storm.
- ❑ Heaters, snow blowers, generators, and cold-weather equipment should be located where it is most likely to be used.
- ❑ Keep driveways, walkways, and doorways clear of snow and ice.
- ❑ Open water faucets slightly to let them drip in order to keep water flowing through the pipes that are vulnerable to freezing. Ice may still form, but the open faucet helps prevent the pipe from bursting by allowing relief for any built up pressure.
- ❑ Names and phone numbers of your heating contractor, plumber, fire department, insurance agent, and building owner should be easily accessible.
- ❑ Have someone assigned to check indoor temperatures should your place of business be vacant for long periods of time.

## YOUR EMPLOYEES

- ❑ Ensure you have an emergency communication plan in place prior to the storm,

- evacuation, or threat.
- ❑ Have all employees, vendors, and client contact information on hand.
- ❑ During evacuation consider your phones lines- redirection to cell phones, answering service, or Google Voice could be critical.
- ❑ Following the storm, notify all critical people of next steps, based on damage.
- ❑ Winter storms may range from a moderate snow in a short amount of time to a blizzard lasting for days. Some storms are regional and may affect several states, while others are more localized, depending upon geography and terrain. Common characteristics of winter storms are dangerously low temperatures, strong winds, ice, sleet, and freezing rain.

## KNOW THE TERMS:

- Winter storm watch** — be alert, a storm is likely
- Winter storm warning** — take action, the storm is in or entering the area
- Blizzard warning** — snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill--seek refuge immediately!
- Winter weather advisory** — winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists
- Frost/freeze warning** — below freezing temperatures are expected and may cause damage to plants, crops, or fruit trees

# The Balance of B Vitamins

B vitamins are very important for healthy living. If you take time to review most food labels, you will find one or more of the B vitamin family listed. There are so many benefits to these nutrients, but it is always important to take stock of just how much we are ingesting, and the interactions of any medicines we take to live a healthy, quality life. There is potential danger if not enough is taken, absorbed properly, or taken in excessive amounts – so do your homework and pay attention to your body for your best health.

by Jenni Bodnar  
Thorbeckes GM



manente reviewed the records of patients who were prescribed antacids such as Prilosec, Nexium, & Prevacid. Those who took them for two or more years were found to have a 65% chance of B12 deficiency. As you can see in the chart to the right, the symptoms related to this can be serious. It is recommended by health professionals and experts worldwide to never go beyond 6 months to a year without seeing your medical professional to review your intake of vitamins, supplements, & medications. If you do find symptoms developing, do not hesitate to make an appointment, or call right away to speak with an on-call professional. Your doctor may decide that you need to stay on a certain prescribed medication, but that adjustments in the intake of vitamins are necessary to create the best possible balance for your body's nutritional needs. "Be your balanced best" in this New Year!

Nutrient	Benefits	Symptoms if taking too much
B1 (Thiamine)	Nervous system function, appetite, & energy	Rare: Headache & weakness. Irregular heart beat/low blood pressure.
B2 (Riboflavin)	Skin, eyes, & energy	Rare: Allergic reactions including swelling of tongue, hives, breathing difficulty.
B3 (Niacin)	Skin, nervous system, mental function	Blurred vision. Gastro: nausea & stomach pain. Some disorientation, feelings of fear.
B5 (Pantothenic Acid)	Glandular function	Severe diarrhea
B6 (Pyridoxine)	Fat & protein metabolism, needed for red blood cell generation	Nerve & Muscles: burning sensation, loss of muscle coordination, rapid breathing.
B7 (Biotin)	Hair growth, protein synthesis	No toxicities found.
B9 (Folic Acid)	Amino acids, protein synthesis, red blood formation & fat metabolism	Damage to central nervous system including, pain, numbness, movement disorders.
B12 (Cobalamin)	Brain development and DNA synthesis for cell regeneration	Blood clots, itching, diarrhea, allergic reaction. Nerve damage, depression, & dementia.

Since 1972

**CUSTOM Security Systems**

1-800-227-0945

reachone.com/custom

UL Residential & Commercial

Featuring Local In-State Monitoring

FM APPROVED

Free Estimates 360-736-4191

• Security Systems • Fire Alarm Systems • Camera Systems

Explore Your Insurance Options

Call us for a quote 800-321-1878 or 736-1234

Business • Personal • Home • Auto • Flood • Earthquake • Life

**NICHOLSON & ASSOCIATES INSURANCE LLC**

118 West Pine Street, Centralia  
Also located in Olympia & Vancouver  
800-321-1878 or 360-736-7601 • www.nicholson-insurance.com

Advertise Here

Call 360-736-3311

NEW HOMES

SPECIAL BUILDER INCENTIVES!

**ROB RICE HOMES**  
Creating Exceptional Communities Since 1985

REPRESENTED BY **epic REALTY, INC.**  
Serving you locally since 1989

**STADIUM ESTATES**  
• Ideal Location, Napavine Area Schools  
• Easy I-5 Access

**HOLLOWAY SPRINGS**  
• Located in Chehalis School District  
• Fully landscaped with fencing  
• Several floor plans to choose from

Linda Mechell  
(360)520-5376

www.RobRiceHomes.com  
1868 State Ave. NE, Olympia WA 98506

\*See site agent for details on builder incentives.

# Food Fight Started to Help Local Food Banks

Food Fight, sponsored by Shop'n Kart, is a food drive that pits Centralia against Chehalis to raise food supplies. Donations can be made at Shop'n Kart locations where bags are available for sale at \$5 and \$10. Those purchasing a bag will be entered to win one of fifty \$25 Shop'n Kart gift cards. Help fight hunger in this ol'fashioned Food Fight ending on January 14th.



# Bizz Buzz

What is going on with your business? Submit a small paragraph (200 words or less) and let the community know about new hires, promotions, business awards and other business news. Deadline is the last Friday of each month. Email [marketing@chamberway.com](mailto:marketing@chamberway.com).

**2014 Ambassadors**  
Ambassadors serve as a liaison between the Chamber and its members, as a proactive link among new and existing members, and as representatives of the Chamber at events for the general public. They create a feeling of friendliness and promote a professional atmosphere in which to establish business contacts. Ambassadors carry the Chamber message to prospective and existing members as well as to the community as a whole as the official "hosts" of the Chamber.

- Kim Sweem, President  
Rainier Connect
- Maretta M. Boes,  
Washington Orthopaedic Center
- Michelle Davis,  
KeyBank - Centralia
- Rachelle Denham,  
Security State Bank -  
South Market Blvd.
- Dianne Dorey,  
Lewis County Assessor's Office
- Trevor Elliott,  
Virgil R. Lee & Son Insurance
- Kelli Erb,  
The Chronicle
- Ale Espino,  
Pete Bezy Realty
- Angela French,  
United Way of Lewis County
- Cindy Henderson,  
Ash & Roberts, DDS
- Carol Johnson,  
Community Member
- Cynthia Jussila,  
Twin Star Credit Union -  
Centralia
- Shari McFarland,  
Vistas Northwest Real Estate
- Lisa Neal,  
KITI Radio 1420/ Live 95 FM
- Sheila Page,  
Coldwell Banker Kline &  
Associates
- Pam Orr-Rayton,  
Lewis County Title Co.
- Raquel "Kelly" Robinson,  
Holiday Inn Express
- Amanda Singleton,  
Rainier Connect
- Harlan Thompson,  
Miss Lewis County Scholarship  
Program
- Rebecca Teitzel,  
Edward Jones
- Scott White,  
Historic Fox Theatre  
Restorations
- Dana Hill,  
Thorbeckes FitLife Center
- Ryan Schopp,  
Country Financial
- Correne "Cori" Moses,  
Lewis County PUD
- Christine Brower,  
KeyBank- Rochester
- Angie Maxwell,  
Cascade Sport & Spine and  
Physical Therapy

**Lewis County Drug Court**  
Lewis County Drug Court is proud to recognize local businesses that are making Lewis County a healthier and safer place. These employers are willing to take a chance on people with checkered pasts. In doing so, they help individuals transform themselves into functional members of our community. This list only represents 2013 employers; we know there are many other fantastic businesses that have supported us over the years. Thanks to you all, drug court wouldn't work without you! If you would like to join our efforts please call Jennifer @740-2731.

- Employers to receive recognition**
- JJ Berry's Country Store
  - Shop-n-Kart
  - Burger King — Rush Road and Centralia
  - Frank's Super Mini Mart
  - Centerville
  - Top Notch Trailers
  - First Amendment
  - TEAM employment
  - ASAP employment
  - Raul Reyna, Mr. Clean
  - Construction
  - Imperial Fabricating
  - Sahara Pizza
  - Travelodge
  - American Behavioral Health
  - Walmart
  - Clancy's Fishing
  - McDonalds on miracle mile
  - B & D Market
  - Maximilian Motorsports
  - Dennys — Centralia and Chehalis
  - Country Cousin
  - Cascade Hardwoods
  - Home Depot
  - OK Tires
  - Mr. J's Big T. BBQ
  - Kling & Associates
  - Yard Birds
  - Salvation Army
  - Visiting Nurses
  - King Oscar Motel

**DRESSBARN Expansion & Remodeling**  
DRESSBARN will be implementing a major renovation and expansion at the Centralia Outlets beginning January 12th. The store transformation will include new flooring, paint, fitting rooms, fixtures, lighting, as well as, gaining an additional 800 (approx.) square feet to it's current 7600 (approx.) square footage. To accomplish this extensive renovation, the store will close for business after regular hours on January 11th and will reopen on March 21st. When the renovation is complete, DRESSBARN will look like a brand new store. Most of the expanded space will be utilized for the women's sized merchandise, which is very popular. Look for an exciting and beautifully remodeled DRESSBARN and grand reopening activities in March.

**BEN KOSTICK APPOINTED TO NATIONAL PUBLIC POWER COUNCIL**  
Ben Kostick, President of the Board for Public Utility District #1 of Lewis County was named to a three-year term on the American Public Power Association's Policy Makers Council by APPA's Board of Directors. APPA is the Washington, D.C. based national service organization representing the nations more

than 2,000 not-for-profit, community-owned electric utilities that serve 47 million consumers in 49 states.

The Policy Makers Council assists APPA in promoting federal legislation that is important to public power systems like Lewis PUD and opposing harmful legislation. It also provides advice on other issues of importance to APPA. Members of the council meet a minimum of twice a year, and participate in meetings with elected representatives and congressional staff for the purposes of supporting APPA's national legislative agenda.

The Council is made up of 40 members who serve on either utility boards or are elected officials in public power communities. Four members are appointed to the Council from each of the 10 geographic regions recognized by APPA.

Kostick is a Certified Public Accountant in Lewis County and is active in community affairs, including Twin Cities Sertoma Club and acting Treasurer for WPUA.

**Artistry in Massage offers a New Years Special**

Happy new year to all of you from all of us at Artistry In Massage!!

Thank you for your support in 2013 and we look forward to serving you in 2014. Did you know that massage therapy enhances the function of joints and muscles, improves circulation and general body tone, relieves mental and physical fatigue, prevents the bodies systems from dysfunctioning, decreases depression, anxiety and hostility, helps keep stress hormone levels under control... and so much more?

Julie, Cindy and I would like to invite you to make massage therapy part of your new years resolution in healthy choices.

Don't forget about the awesome, amazing scrub room where you can literally get a clean exfoliated start to the new year! Call (360) 807 4711 and mention this ad to receive a \$5.00 discount off any service. As always, we look forward to working with you.

**The Bath Depot, Inc.**

A new year, a new you with bath and body essentials from The Bath Depot, Inc. located at 108 West Pine Street, Centralia. You can scrub or soak away the winter blues or just pamper yourself now that the holiday season is over with one of the many body scrubs or bath indulgences offered. And, don't forget to pick up a lotion, too! For more information call (360) 623-1016 or like us on Facebook to keep up with new product arrivals, specials, and events!

**Cascade Sport and Spine adds Massage Therapy**

Cascade Sport and Spine Physical Therapy and Sports Rehab is excited to add massage therapy services to our Chehalis office. Our new massage therapist, Shannon Blair, grew up in the Lewis County area. She received her training at Everest College in Vancouver, Washington. She enjoys spending time with family and friends, camping, gardening,

crafts and any chance to be at the beach or on the river. We are excited to welcome her to our practice! Please be sure to attend any upcoming chamber event for a chance to win a free massage! Our regular pricing is \$60 per hour and \$30 per half hour. Ask about our Senior discount! Schedule your massage by contacting our Chehalis office at 360-748-1580 or stop by at 145 S. Market Blvd, Chehalis, WA 98532.

**Party at Debbie's Boutique**

Hello and new year blessings to you from Debbie's Boutique. So what's happening for January??? We have been in our new "bigger and better" location a year now and it's time to celebrate. We want to invite you to join us Friday and/or Saturday Jan. 24th and 25th 11-4pm. Draw your own rock for your discount and have some cake and beverage while you sit by the fireplace and maybe even win a door prize. With many cold days yet to come, Debbie's has warm and fuzzy hats & caps, scarves & leather gloves, fur vests & coats, jeans & slacks, tops and long sleeved tunic-T's for layering, as well as beautiful dresses for your special occasion or dinner. NEW Arrivals... spring is shipping and we have already received a huge selection of belts, belts and more belts; leather, buckle, dressy, trendy, we've got it...SO Stop ~Shop ~ Save and Celebrate. Thank you for shopping local and we very much look forward to serving you in the coming year.

**DevilFish presents Robert Burns Supper**

The DevilFish Public House presents one of Lewis County's premier events on Sat. Jan 25. Tickets are now on sale for our "ROBERT BURNS SUPPER". Included in the nights cost is a five course dinner, the traditional

'piping in' of the Haggis. Live music during cocktail hour. highland scotch for the toast, and dessert.

Mrs Jean Lamoueaux has graciously agreed to do the honors again this year with readings from Robert Burns. Scottish highlander Stewart Nelving will be bringing in the pipes.

This is a closed event-the pub is officially closed to the general public. Ticket price is \$35. The DevilFish Public House is located at 289 NW Chehalis Ave.

**SIGN PRO**

**THE POSSIBILITIES ARE ENDLESS...**

- Commercial Lettering
- Exhibit Signs
- Cut Vinyl Graphics
- Vehicle Graphics
- Printed Graphics
- Banners
- A-Boards
- Letter Sets
- Lettering
- Indoor Lettering
- Weather Resistant Outdoor Signs
- Photographs
- Commercial Vehicles
- Industrial Signs
- Garage and Building Wraps

**NEW LOCATION!**  
Inside The Chronicle  
321 N. Pearl St. Centralia  
**360-736-6322**

**SECURITY STATE BANK**  
LOCALLY OWNED  
SINCE 1903  
Member FDIC

**Money to Lend!**  
Local Lenders • Competitive Rates

Our business is helping your business succeed!

- Business Loans
- Lines/Letters of Credit
- Equipment Financing
- SBA & Rural Development Loans

Call Andy today to schedule an appointment at your convenience!

**Andy Alexander**  
LENDER

748.8648 | 877.595.0378 | [ssbwa.com](http://ssbwa.com)

**Title Guaranty Co.**  
of Lewis County

"Growing Lewis County One Family at a Time."

When buying, selling or refinancing, specify Title Guaranty for Title Insurance & Escrow.

**360-748-0001**  
Title Fax: 360-748-9867 Escrow Fax: 360-740-7892  
200 NW Pacific • Chehalis • [www.titlego.com](http://www.titlego.com)

*You're Invited*

**Centralia - Chehalis Chamber of Commerce**

**Annual Banquet**

**"Looking to a Brighter Future"**

**Friday, January 17th 2014**

**6 pm: Social Hour**

**7 pm: Dinner & Program**

**Great Wolf Lodge**  
20500 Old Highway 99 SW  
Please RSVP by January 10th, 2014  
\$50 per person or \$350 to sponsor a table.

# Networking Events

## Business After Hours



Holiday spirits are high as business and community members network while enjoying food from McMemamins.



The Steve Rogers Band sang carols and provided festive entertainment.

## Ambassador Christmas Party



The Chamber Ambassadors 2013 Christmas Party at The Shire.



Keep up to date with the Chamber and the latest happenings. Scan the QR code with your smart phone!



Left: Keith Macy from Timberland Bank takes a holiday picture with Debbie Campbell with the United Way of Lewis County.

## Ribbon Cutting



Attendees enjoy the plush waiting room at the Body Renovations Ribbon Cutting.

## Chamber Forum



Secretary Wyman delivering information important to area businesses during the December Forum at O'Blarney's in Centralia.



Chamber members enjoyed lunch and then listened to Secretary of State Kim Wyman.



Secretary of State Kim Wyman, left, with Chamber Director Alicia Bull.

**THORBECKES**  
FITLIFE CENTERS

**HEALTH FAIR**

MONDAY, FEBRUARY 10, 2014 | 4:00 - 7:00PM

**FUN FOR EVERYONE!**

PLEASE JOIN US FOR THIS **FREE** COMMUNITY EVENT.

**Don't miss our Hot Yoga Studio Chamber of Commerce Ribbon Cutting at 5:30 pm!**

**CHEHALIS THORBECKES, 91 SW CHEHALIS AVE.**

# Opinion

Columnists, Our Views,  
Letters to the Editor

Richard Lafromboise, Publisher, 1966-1968  
J.R. Lafromboise, President, 1968-2011  
Jennifer Lafromboise Falcon, Chairman

Christine Fossett, President  
and Publisher

## Two Musical Sensations Are a Point of Pride

A pair of Lewis County singers are providing music to the country's ears.

Tuesday's edition of The Chronicle included promising news for two of the area's most successful musicians.

Brandy Clark has traveled far from her hometown of Morton, but her efforts have brought a great deal of pride to this corner of Southwest Washington.

The critically-acclaimed country music songwriter and singer appeared on "The Late Show With David Letterman" Monday, prompting many in her hometown and beyond to tune in.

She used her performance to focus on her own songs after years of success as a writer for other notable performers in the

### Our Views

country music hub of Nashville, Tenn.

Clark's debut album, "12 Stories," was released Oct. 22 and has since drawn intense praise from some of the country's largest media outlets.

She's been singled out as one of the great emerging storytellers on the country music scene by USA Today and the Boston Globe.

It's fun to think that perhaps some of those stories are laced with her experiences growing up right here in Lewis County.

Her mother, Sally, evoked pure pride when speaking to The Chronicle about her daughter's success Monday.

"After 15 years of hard rejection basically, it's just a relief that other people hear the talent I've always heard," she said.

We share her mother's pride, and look forward to what comes next for this rising star with Lewis County roots.

Meanwhile, another national music sensation, Angela Meade, is coming back to Western Washington to perform at her alma mater.

Unfortunately for us, it's not Centralia College — this time.

After a rousing performance before a packed house in December 2012 at the Corbet Theatre, the professional opera singer will this time be performing at Pacific Lutheran University in Tacoma.

Like her 2012 Centralia per-

formance, she will be dedicating the evening to her mother, Deborah Meade, who died of breast cancer less than two years ago.

Proceeds from the Jan. 18 concert will help establish the Angela Meade Vocal Performance Scholarship at PLU. The concert, which begins at 7:30 p.m., will be held in the Lagerquist Concert Hall in the Mary Baker Russell Music Center at PLU.

It's a fantastic opportunity for local admirers to see the highly successful opera sensation in person while supporting a worthy cause.

Meade, who began her professional opera career more than five years ago, is currently starring as Alice Ford in The Metropolitan Opera's new production

of "Falstaff," by Giuseppe Verdi, in New York City.

She has claimed some of opera's most prestigious honors, including The Metropolitan Opera's 2012 Beverly Sills Artist Award, the 2011 Richard Tucker Award and Vienna's Belvedere Competition. In May, Meade was named Artist of the Year by the Washington National Opera.

We're blessed with many talented local products here in Lewis County.

Consider supporting them by attending their performances and picking up their CDs.

We commend both Clark and Meade for reaching new heights as musical stars, while shedding a little light on the place where it all began for them.

### COMMENTARY: I Was Just Thinking ...

## Schools Were Important Even to the Pioneers

What a wonderful thing the human mind is! It can lead us on fantasies of wonder and delight with little more than the slightest nudge. One morning last week I was driving out the Salzer Valley Road for no other reason than it was there, and I wanted to get away from city streets regardless of the price of petrol.

It was a delight to pass the old Salzer Valley school building, which, I understand, still serves as a local meeting place, and which is maintained by surrounding citizens. It has to be unique in the true definition of the word.

I tried to think of other former one-room school houses that might still be standing, but could come up with only one immediately, that one located on the west side of the Jackson Highway, across the road from where I believe the old Chehalis Golf Course was located back in the 1930s.

Were there any more? The only way to find that out was with a visit to the Lewis County Historical Society Museum and a talk with Margaret Shields, the 93-year-old keeper of the archives who still sits at her desk every day the museum is open. She added a few to the list: one on the east side of Jackson Highway south of the park, one up the North Fork Road near Lucas Creek, and one at Knox, on the Onalaska road.

Most old schools still standing have been converted into residences, and at least one other, on the Logan Hill Road, was turned into a Grange hall before most of it burned down a few years ago.

On my bookshelves is a listing of at least 112 post-offices that existed at one time or another in Lewis County, and I wondered if a similar book existed, listing the various school districts within our borders.

Margaret consulted her own index of school-related items in a special file cabinet and came up with two typewritten compilations of county school districts, one from 1939 and the other 1949. They were almost identical, so she sold me a copy of the 1949 collection for 60 cents. Not wanting to appear cheap, I handed her a dollar and told her to keep the change.

Would you be surprised to learn that in 1949 there were 128 different school districts within the boundaries of Lewis County? Most had already consolidated with other districts by then, but were still listed as individual school districts.

In addition there had been other schools that had opened and closed before official districts were formed. Reading their names inspires a feeling of wonderment that these were all separate communities, comprised of individuals who "did for themselves" without any help from anyone else.

When did it start? Who was first? There were already a few schools in the Washington Territory by 1850, but according to one source there were only three schools north of Cowlitz Prairie.

The only actual date I've seen is suspect, because it's based on human memory, but a 1935 book states that the first school was at Davis Prairie near Claquato, and that the first classes were held on Jan. 1, 1855. On the other hand, the 1850 census listed 146 dwellings in Lewis County, an equal number of families, and 23 children already in school. However, that's back when the northern boundary of Lewis County was up in Canada, halfway to the Arctic Circle.

There's so much more to this topic, so, as we used to say on radio, "Stay tuned."

...

Bill Moeller is a former entertainer, mayor, bookstore owner, city council member, paratrooper and pilot living in Centralia. He can be reached at bookmaven321@comcast.net.



By Bill Moeller

davidford-cartoons.com



### Letters to the Editor

#### Objective Is to Do What's Best for the Kids

To the editor:

I ran for the school board to find ways to improve the district.

Instead, the superintendent's contract says board members "will refer all criticisms, complaints and suggestions to the superintendent" for his decision and "will regard this as a confidential relationship." So my public discussion has to be constrained.

I've read recent letters by the superintendent that my campaign issues are inaccurate. I also hear some dismiss my issues as only a vendetta against the superintendent. For the record, I stand by the statements I made during the campaign.

I want to assure voters my main interest has always been what's best for kids and to give each student the best opportunity to change his or her life. I also want to make the most efficient use of the taxpayers' money. I think we can have one of the best school systems in the state, but we need leadership with that goal and the ability to get there.

My vision of a highly functioning district is where staff believes all students can succeed. The district needs curriculum, assessments and instruction aligned with state standards at each grade level where teachers compare assessments, learn from each other what worked or didn't work, and plan extra instructional time for students who aren't meeting standards. Schools need extensive after school programs to reteach these students.

During campaigning, I also talked about trust. Some, including the newspaper, focused on the superintendent and missed my main

#### HOW TO REACH ELECTED OFFICIALS

##### CONGRESS

##### U.S. Sen. Maria Cantwell

511 Dirksen Senate Office Bldg.  
Washington, D.C. 20510  
phone: (202) 224-3441  
fax: (202) 228-0514  
email: <http://cantwell.senate.gov/>

##### U.S. Sen. Patty Murray

173 Russell Senate Office Bldg.  
Washington, D.C. 20510  
phone: (866) 481-9186  
fax: (202) 224-0238  
email: <http://murray.senate.gov/>

##### U.S. Rep. Jaime Herrera Beutler

3rd Congressional District  
1130 Longworth House  
Office Bldg.  
Washington, D.C. 20515  
phone: (202) 225-3536  
fax: (202) 225-3478  
email: [herrerabeutler.house.gov](mailto:herrerabeutler.house.gov)

##### Vancouver Office:

750 Anderson St., Suite B  
Vancouver, Wash. 98661  
phone: (360) 695-6292  
fax: (360) 695-6197

point. Trust includes four factors in how staff relate to each other. High levels of trust come with respect of each other, a high personal regard for others so all suggestions are heard, personal integrity and belief in each other's competence. Most staff have it, but many don't.

Competence includes beliefs that everyone's motivation is academic success of students. Where there are high levels of trust and belief in others' motivation, teams of teachers, para-educators and principals can truly share their work, observe each other without fear of judgment, share and receive serious constructive criticism, and incorporate what teachers learn from each other in their own classrooms.

Conversely, when trust is low, constructive criticism is seen with suspicion, motivations are questioned, and it leads to anger, defensiveness and excuses to explain away poor results and those seeking change. Real issues aren't addressed.

A "tyranny of niceness" sometimes develops in low-trust

districts where it's seen as inappropriate to even discuss others' results. Those who do are seen as bad apples.

Leadership needs to make trust and constructive scrutiny of work routine and address mistakes with integrity.

Others may want to excuse my issues away as a vendetta, but my concern on leadership is the district's inability to develop the culture necessary to honestly dig deep into issues and make the necessary changes. Excuses often seem in the forefront.

The board decides Wednesday if the superintendent is the best person to make needed changes. His contract ends June 30. Another year is added automatically to his contract if the board doesn't act in January.

Centralia can have a top tier school system. I think a change in leadership is needed to get there.

NEAL KIRBY  
director

Centralia School Board

### First Amendment Center Quote of the Day

"The media only report stupid or careless answers, not stupid or unfair questions."

Colin Powell

former U.S. secretary of state, 1996

### Editorial Mission Statement

■ We will strive to be the voice of reason for the peaceful settlement of conflict and contention on key local issues. We will work to be fair at all times and to provide a balance of opinions. We will make our opinion pages available for public discussion of vital issues and events affecting the quality of life in Lewis County and adjoining regions. When necessary, we will be willing to take a tough, definitive stance on a controversial issue.

### Letters Policy

■ Please type opinions, if possible, and limit letters to 500 words. Shorter letters get preference. Contributors are limited to publication of one item every two weeks, with exceptions as warranted. Items submitted are subject to editing and will become the property of this newspaper. Poetry is not accepted.

### To Send Your Letter

■ Address letters and commentaries to "Our Readers' Opinions." Please sign them and include your full address and daytime telephone number for verification and any questions. Send them to 321 N. Pearl, Centralia, WA 98531. E-mail letters can be sent to [letters@chronline.com](mailto:letters@chronline.com).

### Questions

■ For questions on a letter call Doug Blosser at 807-8238 or toll-free, 1-800-562-6084, ext. 1238.

### Editorials

■ Regional Executive Editor Michael Wagar can be reached at (360) 807-8234, or at (360) 458-2681, or by e-mail at [mwagar@chronline.com](mailto:mwagar@chronline.com).

# Records

## Sirens, Court Records, Lotteries, Commodities

### LEWIS COUNTY SHERIFF'S OFFICE

#### Vehicle Prowls

• A man reported a DigiTrak F2 locator, a tool used to identify underground utility lines, was stolen from his vehicle between Jan. 7 and sometime the morning of Jan. 9 on the 800 block of Hillburger Road near Chehalis. The tool is valued at \$18,000.

• A homeowner in the 900 block of Shorey Road near Chehalis reported that someone broke into their vehicle between Tuesday afternoon and Wednesday afternoon and stole electric shears, a DeWalt drill and a work bag containing various tools.

#### Drug Possession and Warrant

• Deputies arrested three people from Yelm after stopping a vehicle at 5:20 a.m. Tuesday on the 300 block of Yates Road in Chehalis. Adam G. Jones, 34; Kassandra M. Anderson, 22; and David R. Perez, 42, were arrested and booked after Jones, who was driving the vehicle, sped away after being confronted by someone who then called 911. Deputies caught up to the

### Death Notices

• **VERNON FRANK HEBERT**, 72, Soap Lake, formerly of Rochester, died Thursday, Jan. 2, at Central Washington Hospital, Wenatchee. Services are planned for Ephrata.

• **ROY A. DIBBLE**, 92, Napavine, died Saturday, Jan. 4, at Providence Centralia Hospital. At the deceased's request, there will be no services. Arrangements are under the direction of Sticklin Funeral Chapel, Centralia.

• **MARION LOU PENNINGTON**, 88, Bellingham, formerly of Winlock, died Tuesday, Jan. 7, at her son's home in Bellingham.

### Centralia Man Suspected of Child Rape Turns Himself In

By The Chronicle

A Centralia man accused of molesting a teenage girl over an 11-month period turned himself into sheriff's deputies late Tuesday night, according to the Lewis County Sheriff's Office.

Rodney J. Teitzel, 35, is currently being held in the Lewis County Jail on suspicion of second-degree rape of a child, second-degree child molestation and other charges. Sgt. Rob Snaza said in the daily Lewis County Sheriff's Office news release that Teitzel turned himself in at roughly 11:40 p.m. Tuesday.

Deputies contacted a woman Jan. 3 who said her 14-year-old daughter told her she had been raped and molested several times between October 2011 and September 2012, and that Teitzel was the man who molested her. Deputies then tried to get in contact with Teitzel, but could not do so, according to the media release. Teitzel then turned himself in late Tuesday night.

As of Wednesday afternoon, Teitzel remained in the Lewis County Jail without bond. A preliminary court date had not yet been set.

### Wet Weekend Ahead Across Washington

SEATTLE (AP) — The National Weather Service says a series of storms will bring rain and mountain snow to Washington into next week.

Forecasters say the heaviest rain in Western Washington is likely to be Friday night and Saturday when high winds also are expected with high surf on the coast.

Gusty winds, rain and mountain snow are forecast Saturday in Eastern Washington as the storm moves through the Inland Northwest.

### Lewis County Public Facilities District Board to Meet

By The Chronicle

The board of directors of the Lewis County Public Facilities District plans to meet Tuesday, Jan. 14, at 10 a.m.

The meeting encompasses

vehicle and discovered Jones had a suspended license and was allegedly in possession of methamphetamine. Jones and Anderson were arrested on suspicion of meth possession; Perez was arrested on a felony warrant from Thurston County.

#### Two-Vehicle Crash

• Rebecca Johnston, 34, Chehalis, was transported to Providence Centralia Hospital after a two-vehicle crash on the 3300 block of Jackson Highway. Kevin D. Rader, 39, Chehalis, was also involved in the crash. Both vehicles involved were heavily damaged, according to deputies.

### CENTRALIA POLICE DEPARTMENT Death

• A caller reported that a vehicle had been parked in a lot of a business on the 1100 block of Harrison Avenue for a couple days, and told police it looked like a man was inside and was unresponsive. Police responded at 10:38 p.m. Wednesday and checked the vehicle, and found a man dead from what they believe to be natural causes. The

A graveside service will be at 1:15 p.m. Tuesday at Tahoma National Cemetery, Kent. Arrangements are under the direction of Cattermole Funeral Home, Winlock.

• **MARY JANE (CARSON) HOBGOOD**, 89, Chehalis, died Monday Jan. 6, at home. At the deceased's request, services and interment will be private. Arrangements are under the direction of Newell-Hoerling's Mortuary, Centralia.

### Lotteries

#### Washington's Wednesday Games

Powerball: 19-20-37-41-58,

case is under investigation.

#### Identity Theft

• Ricardo Perez-Ramirez, 23, Centralia, was arrested after a traffic stop on the 1200 block of Mellen Street at 4:42 p.m. Wednesday. Police say Perez-Ramirez showed several false documents to identify himself; the documents included his photo, but used a false name. Perez-Ramirez was discovered by police to have an outstanding warrant, suspended license and no ignition interlock device in his vehicle.

#### Purloined Propane Tank

• Police received a report of a theft of a propane tank on the 400 block of Centralia College Boulevard sometime after 6:30 Wednesday morning.

#### Theft

• Officers received a report of two men breaking into a business at 1200 Lum Road and taking several cellphones that were on display at 7:31 Thursday morning.

Powerball: 14  
Next jackpot: \$70 million  
Lotto: 06-07-09-21-33-47  
Next jackpot: \$6.2 million  
Hit 5: 13-15-18-19-27  
Next cashpot: \$190,000  
Match 4: 11-16-19-23  
Daily Game: 7-1-2  
Keno: 03-05-10-12-18-22-30-32-42-44-47-48-49-50-53-57-62-70-74-75

### Commodities

Gas in Washington — \$3.376 (AAA of Washington)

#### Fraud

• Police received a report of someone opening a fraudulent cellphone account under the name of a victim at 3:18 p.m. Tuesday located on the 600 block of South Tower Avenue.

### MORTON POLICE DEPARTMENT Blood at the Post Office

• Police responded to a report of blood strewn about the Morton Post Office at 10:49 a.m. Jan. 1. Police found blood smeared on the sliding doors in front of the building, as well as the glass doors leading into the lobby area. Police also found blood droplets on the floor of the post office. The post office was closed as crews cleaned the blood from the area. Police also noted that they found blood on the front windows of a business and believe the same person may have been to that location as well.

#### Rollover Crash

• One man sustained minor injuries in a crash at 12:26 p.m. at the intersection of Second Street and Adams Avenue Saturday.

Crude Oil — \$92.54 per barrel (CME Group)  
Gold — \$1226 (Monex)  
Silver — \$19.48 (Monex)

### Corrections

• The Chronicle seeks to be accurate and fair in all its reporting. If you find an error or believe a news item is incorrect, please call the newsroom as soon as possible at 807-8224, between 8 a.m. and 5 p.m. Monday through Friday.



The man was taken to Morton General Hospital after telling officers he passed out as he wasn't feeling well.

#### Burglary

• Joanna I. Johnson, 59, Morton, was arrested at 5:22 p.m. Sunday on suspicion of burglary. Johnson, who was later booked into the Lewis County Jail, was accused of taking items from the receiving area of Jan's Lost and Found Thrift Shop at 167 Main Ave. after business hours.

### RIVERSIDE FIRE AUTHORITY Vehicle Crash

• Firefighters responded to a crash at the intersection of King Street and Centralia College Boulevard Wednesday. No one was injured, and damage to the involved vehicles was minimal.

•••


By The Chronicle Staff

Please call news reporter Stephanie Schendel with news tips. She can be reached at 807-8208 or sschendel@chronline.com.



### In Remembrance

## AL AND BETTY LUOND



Please join the family of Al and Betty Luond for a celebration of their life on Jan. 25, 2014 from 1:00 p.m. to 3:00 p.m. at the Morton Senior Center, 103 Westlake Ave, Morton, Wash.  
To view the obituary, please go to [chronline.com/obituaries](http://chronline.com/obituaries).

### News in Brief

regular agenda items, according to the board. The meeting will take place at 156 N.W. Chehalis Avenue in Chehalis.

### Glass Art Show to Be Held in Toledo

By The Chronicle

A glass art show is currently being held at Gallery 505 in Toledo, 2-6 p.m. Thursdays through Sundays.

The show will continue through Jan. 26.

A photography show will begin Friday, Feb. 7. Opening night hours will be 5-9 p.m. After the opening, the exhibit will be open 2-6 p.m. Thursdays through Sundays. The last day is Feb. 23.

Gallery 505 is located at 205 Cowlitz St. Telephone number is (360) 864-2789.

### Toledo Senior Center to Host 'Tea Time'

By The Chronicle

The Toledo Senior Center will host an afternoon tea, "Tea Time in Toledo," on Sunday, Feb. 16 from 2 p.m. to 4 p.m.

The afternoon tea event will include scones, sandwiches and desserts. There will also be a silent auction for those in attendance.

Local musician Valdis Garuts will play music on a kokle, a Latvian folk, plucked string instrument.

Hats and gloves are encouraged for ladies and bow ties and suits are encouraged for the gentlemen.

The cost is \$10 per person and reservations are required.

To place a reservation, contact the Toledo Senior Center, 150 Coal St., at (360) 864-2112.

### Mossyrock Schools Look to Form Levy Committee

By The Chronicle

Officials and supporters in the Mossyrock School District are asking for volunteers to serve on a levy committee there.

Anyone interested in serving, from local parents to interested community members, can get in touch with Karen Ernest at the Mossyrock School District main office at (360) 983-3181. Ernest will then direct interested people to the committee chairperson.

The Citizens Levy Commit-

tee meeting is scheduled for Tuesday at 6 p.m. The meeting will take place in the district board room and is open to the public.

### Boeing Machinists Get \$10,000 Bonus This Month

OLYMPIA (AP) — The Puget Sound economy should get a mid-winter boost after Boeing pays bonuses to members of the Machinists union.

Workers will receive a \$10,000 bonus in the paychecks the week of Jan. 25.

The bonus is part of the contract extension the union approved along with pension concessions in return for the company's promise to build the new 777X in Washington. The union represents about 30,000 workers in the Puget Sound area.

The Olympian reports the contract also calls for a \$5,000 bonus in January 2020.

### Family Welcomes Dennis Rodman's Apology

SEATTLE (AP) — The sister of a man imprisoned in North Korea welcomed an apology from Dennis Rodman after his comments suggesting the man may have deserved his arrest.

Rodman traveled to North Korea to celebrate the birthday of leader Kim Jong Un.

Terri Chung of Edmonds, Wash., said Thursday it's good to see Rodman recognize the gravity and urgency of Kenneth Bae's plight. She says, "It's nothing he can make light or play games with."

She's still worried about the fallout from his comments made on CNN that Bae may have deserved his arrest 14 months ago while leading a tour. Chung wants everyone to know how precarious his situation is.



OUR LEWIS COUNTY ARRANGEMENT OFFICE  
1126 S. Gold St., Suite 208 · Centralia, WA 98531  
[www.FuneralAlternatives.org](http://www.FuneralAlternatives.org)

Funeral Alternatives offers a variety of simple, cost-effective options.

## Direct Cremation

# \$795.00

No-Hidden Fees

Free use of our online obituary & Condolence pages  
No overtime or weekend removal fees

Available 24/7

For Appointments Call 360-807-4468

## Deputy

Continued from front page

Christopher P. Fulton, 31, Napavine, pleaded not guilty to driving under the influence on Monday during an arraignment in Lewis County District Court.

According to the Washington State Patrol investigation report, when the state trooper approached Fulton, he immediately asked if the trooper knew him.

Fulton, who was hired by the sheriff's office in April 2008, was off duty and driving his privately owned pickup truck southbound on Interstate 5 near the Mellen Street exit in Centralia at the time of his arrest, the sheriff's office said.

Fulton was initially stopped for speeding and then arrested for DUI.

"When I did not immediately

recognize him he said, 'Really?'" trooper Melody Krenelka wrote in the report. "He informed me that he is a deputy with the Lewis County Sheriff's Office."

Krenelka noticed Fulton's eyes were red and watery and an obvious odor of intoxicants was coming off of his breath, according to the report.

"He told me he had a few drinks at the casino, but that he thought he was ok to drive," Krenelka wrote. "He asked if I could work with him on this. He repeatedly reminded me of his employment."

Krenelka said Fulton expressed offense to being called "sir."

"(He) reminded me that 'we work together' and that he knew me. It appeared to me that he was trying to persuade me to treat him in a favorable/preferential manner," Krenelka wrote.

Fulton was placed under ar-

rested for driving under the influence. Prior to being placed in the back of the patrol car, Fulton asked for a field sobriety test, the report said. He performed poorly on the walk-and-turn and one-leg stand, which was especially poor given the fact that he has received training on the administration of these tests, the report said.

Fulton told the trooper he had only two drinks and that he drank the two beers at a casino.

Fulton then blew a .187 blood-alcohol content on a voluntary, preliminary breath test. Later at the Lewis County Jail, Fulton blew a .174 and .172, which are both more than twice the legal limit of .08.

The WSP did not book Fulton into the Lewis County Jail, according to the sheriff's office. Fulton's car was impounded and he was transported in the patrol car.

Will Finn, the WSP public information officer, said the WSP only booked 38 percent of DUI offenders last year and officer's use discretion, only booking offenders for felonies such as vehicular homicide or other criminal circumstances.

The sheriff's office said Monday that Fulton was placed on administrative leave, as is standard protocol, while the incident is investigated. The investigation is expected to be complete within one month.

Fulton is the second Lewis County Sheriff's Office deputy to be arrested for allegedly driving under the influence of alcohol in the past four months.

Deputy Jeff S. Humphrey was arrested for driving under the influence in September.

Humphrey receive a two-week, unpaid suspension from the sheriff's office. His sen-

tence was deferred last month, according to the Lewis County Prosecutor's Office.

Sheriff Steve Mansfield would not comment on the case, why the deputies were not immediately fired or what he intends to do with Fulton.

"I can talk all about that once (the investigation is) done," Mansfield said. "I don't want people to read into what I will do or not do. I have to follow the law or I end up jeopardizing the case."

Fulton's case will be handled by a Thurston County prosecutor because of the conflict of interest.

Mansfield expressed his disappointment about the incident.

"I'm extremely disappointed and frustrated over this whole thing and I'm looking for answers," Mansfield said.

## Love

Continued from front page

enthusiasm that belies their respective ages. Both had previously been married, but Wood lost her husband Thomas in 2003 and Brumsickle lost his wife Mary Ann in 2007.

"Not having anyone to live with and share life with was the pits," Brumsickle said. "It just got dry."

The two had met when Brumsickle served in the Legislature, as Bill said he knew Thomas Wood, who served as superintendent of the Pe Ell School District. He knew Doris Wood from having taken tour groups to Centralia College, many of which would visit Wood's classroom. After their respective spouses died, both maintained a connection with each other while keeping busy with community service.

"I thought 'I need to get out and do more, get out and meet more people,'" Wood explained. "I got involved with as much as I could, and I kept teaching until I was about 70."

As time went on, Wood and Brumsickle began to communicate. But it took awhile, Wood says. She had no interest in getting married at first — and by the initial look of it, Brumsickle may not have either.

"It took him six months to call me the first time in 2009," Wood said. "But he did, and the time between us seeing each other was less and less and less each time."

Public service may have been a common bond between the two, but Brumsickle and Wood began to spend time together outside those routine interactions. They visited local concerts and Broadway productions, then graduated to cruises at locations around the world. The two have sailed the seas off the coast of



Pete Caster / pcaster@chronline.com  
Bill Brumsickle looks over at his fiancée, Doris Wood, while sitting at her home in Centralia on Tuesday evening.

Alaska, in the Mediterranean Sea and the British Isles, to name a few.

"We just kept getting closer," Brumsickle said.

Brumsickle says he was greatly influenced by a speaker who visited Centralia College and brought forth a message of the importance of the "here and now," as Brumsickle put it. That gave him all the motivation he needed.

"I just said, 'Doris, let's get married,'" Brumsickle said.

Aside from falling in love, there remains a practical factor to Brumsickle and Wood's decision to marry: They have both had recent health scares. In 2013, Brumsickle was driving with Wood to Portland International Airport from Centralia when he passed out behind the

wheel and crashed. That incident was blamed on medication that slowed down his heart rate. Wood, meanwhile, has had her right foot amputated after an infection and now wears a prosthetic device.

"Those made us realize that one needs to be able to legally speak for the other should something happen," Wood explained.

Transitioning quickly from the serious portion of the conversation, Brumsickle put a humorous spin on his decision to marry Wood.

"After eating the stuff I cooked for awhile, there was one time she cooked for me" — enchiladas, as the couple recalls — "and that was the clincher."

The two live, for the time being, in separate houses in the Stillwater Estates senior housing

complex just west of Centralia. They're in the process of figuring out how to combine two households into one, and the easiest solution for now is to renovate and expand what is now Wood's home by 800 square feet.

The two say that so far, planning for the wedding that takes place in two days has gone off without a hitch — except for one thing, that is. The Seattle Seahawks play their NFC Divisional round game at the same time Brumsickle and Wood tie the knot.

"We might have to get the minister to give our guests periodic updates on the Seahawks score," Wood laughed.

"Oh, everyone has cell phones these days," Brumsickle retorted. "They'll be fine."

Bill Brumsickle and Do-

ris Wood may marry Saturday, but they won't get to travel on a planned honeymoon to Kauai until February. Community service still calls — Wood has meetings to attend to as a member of the Centralia College Board of Trustees, and Brumsickle still serves on the Pope's Kids Place board, among others.

Though the couple's age continues to advance, they say their love makes them feel young once again and has brought a newfound happiness that continues to inspire and renew both of them daily.

"We've gone with the theme 'On the cake of life, you're my frosting,'" Wood said. "I chose that because when you fall in love in your '70s, all over again, it's a great joy."

## Spike

Continued from front page

According to the Liquor Control Board, the spike is due, in part, to a backlog in processing the applications, which had to be filed by Dec. 20.

Statewide, more than 2,600 applications have been submitted — significantly more than was predicted, or is needed.

It's a problem because officials are, at least initially, capping total pot production at 2 million square feet, or about 46 acres. It remains to be seen how many applications are approved, but if it's even close to the number submitted, that could leave growers with less than 1,000 square feet apiece on average — not enough space for most to run an economically viable operation.

"It's going to be a challenge, no question about it," said Alison Holcomb, the Seattle attorney who drafted the legal pot law. "There are 10 times as many applications as we need."

The prospect of having too many growers isn't the only difficulty prompted by the overwhelming interest in the industry. Some 2,035 applications have been processed so far for retail licenses, but the state is capping the number of pot shops statewide at 334. That means there are likely to be lotteries for those licenses in many areas.

**AS IT STANDS** in Lewis County, the number of applications is in-

consequential — none of them are going to be realized any time soon.

Lewis County, as well as its cities, has adopted a policy that places marijuana applicants in limbo: Applicants may grow, produce or sell marijuana, as long as they can get approval from both the state and federal governments.

The state approval is easy; the federal approval is virtually impossible.

County Commissioner Bill Schulte said that ever since voters passed Initiative 502 last year, local jurisdictions have found themselves in a governmental tug of war.

On one side is state law, which permits highly regulated growth, production and sale of marijuana. On the other side is the federal law, which still outlaws marijuana.

Though the feds have said they do not, at this point, plan to prosecute local jurisdictions that are breaking the Controlled Substances Act, the risk of allowing I-502 business outweighs the reward, Schulte said.

"We're really reluctant to put our employees or elected officials at risk," he said.

**MARK THOMPSON KNEW** that this day would come, that marijuana, eventually, would be legalized.

Now that it has, he wants to be part of it.

"I grew up in the '70s," the Toledo farmer said, "so this legal thing is kind of inspiring to me."

Thompson, along with his son, Matt, and wife, Debbie Goldsby, has applied to turn their 6-acre Toledo farm into "All Green Farms Inc."

Thompson describes the new venture as a family business.

"I've always wanted to do something with my boy, and this is something he wanted to do too," he said. "We actually purchased out here thinking this is what we'd do someday."

As a medical marijuana card holder, Thompson already has much of the infrastructure needed to grow pot. He estimates his current equipment to be worth about \$100,000.

"When they allowed me to start growing medical, I realized my heart is really into it. I thought, 'What a great job,'" he said. "If it works out and all goes well, it will be something good for my grandkids."

In his indoor facility, Thompson grows various strains including sativa and kush. Growing medical pot has given him time to learn and perfect his growing techniques, he said.

Thompson believes the county's roadblocks are surmountable. "I'm pretty casual about it," he said. "I hope it all works out."

**WASHINGTON STATE** Liquor Control Board spokesman Mikhail Carpenter said it's premature to worry about the number of applications statewide, because while the state is not capping the number of growers, no one yet knows how many will meet criteria. The

board must screen each application to make sure the proposed locations aren't within 1,000 feet of schools, parks, daycares or other locations where children frequent. Officials must also conduct background checks on applicants and their financial backers.

"They haven't gone through the licensing process," he said. "We don't know how many are viable."

**THE BOARD** is issuing growing licenses of three tiers: less than 2,000 square feet; 2,000 to 10,000 square feet; and 10,000 to 30,000 square feet. Under its rules, if the total amount of licensed growing canopy exceeds 2 million square feet, it may reduce by an equal percentage the space allotted to each grower, or apply those reductions to the growers in one or two of the tiers.

Holcomb called the glut of pot-growing applications "a real problem for the people that want to go into production."

"If you apply for a 30,000-square-foot grow and incur all the expenses for the lease and buildout, you don't want to suddenly learn that you can only grow 2,000 square feet," she said.

Holcomb suggested the board should be prepared to raise the production cap of 2 million square feet, to ensure enough pot is produced to meet demand. It remains unclear how good the licensed growers will prove to be, and how much usable marijuana they'll actually produce from the 2 million square feet of canopy.

She noted that soon after recreational marijuana stores opened in Colorado Jan. 1, some had to close early due to limited supply. Some stores jacked up prices due to the first-day demand.

Some hopeful growers have applied for the maximum of three top-tier licenses, meaning they might have been planning to grow as much as 90,000 square feet of cannabis.

"Our biggest clients are sweating it," said Seattle marijuana business attorney Hilary Bricken. "People are paranoid and they have every right to be paranoid, because no one knows what's going to happen. As a business strategy, can you rely on everyone else's failure so that you can have the size grow you want? I would say, no, not if you want to sleep at night."

But Paul Schrag, of Commencement Bay Production and Processing in Tacoma, said he's not panicking. His company has applied for two growing licenses, with plans to start with an initial grow of about 3,000 square feet and expand from there.

"Knowing what I know of the gantlet people have to go through to receive a license, I have a feeling a good percentage of those applications will be eliminated," he said. "There's a lot of due diligence left that's going to thin out those numbers."

•••

The Associated Press contributed to this report.

# Nation/World

## Nation in Brief

### Food Industry Cuts Calories Four-Fold Over Pledge

WASHINGTON (AP) — Some of the nation's largest food companies have cut daily calorie counts by an average of 78 per person, a new study says, more than four times the amount the industry pledged to slash by next year.

The study sponsored by the Robert Wood Johnson Foundation found that between 2007 and 2012, the estimated total cut in food product calories was in the range of 6.4 trillion.

Seventy-eight calories would be about the same as an average cookie or a medium apple, and the federal government estimates an average daily diet at around 2,000 calories. The study said the calories cut averaged out to 78 calories per day for the entire U.S. population.

The 2010 pledge taken by 16 companies — including General Mills Inc., Campbell Soup Co., ConAgra Foods Inc., Kraft Foods Inc., Kellogg Co., Coca-Cola Co., PepsiCo Inc. and Hershey Co. — was to cut 1 trillion calories by 2012 and 1.5 trillion calories by 2015.

### Christie Faces Political Fallout Over Traffic Jam

TRENTON, N.J. (AP) — New Jersey Gov. Chris Christie has scheduled a news conference for today, one day after emails and text messages revealed his administration may have closed highway lanes to exact political retribution.

There was likely to be fallout for the second time in weeks, given that the governor issued a statement Wednesday saying he was "outraged and deeply saddened" by the revelations. He said he was misled by a key aide and he denied involvement.

"This completely inappropriate and unsanctioned conduct was made without my knowledge," he said in the statement. "People will be held responsible for their actions."

### Giffords Completes Skydive on Shooting Anniversary

TUCSON, Ariz. (AP) — Gabrielle Giffords marked the three-year anniversary of an attack that left her severely wounded and forced her to resign from Congress by skydiving Wednesday in a feat that highlights her ongoing recovery after having to learn how to walk and talk again.

Across the city, others gathered for bell-ringing and flag-raising ceremonies to remember the six killed and 13 injured, including Giffords, on Jan. 8, 2011, as the former Arizona congresswoman met with constituents outside a grocery store.

Giffords waved and blew kisses to a crowd at a skydiving site between Phoenix and Tucson after successfully landing without injury.

"Gabby landed beautifully. Happy she's safe. So proud of her bravery," Giffords' husband, former astronaut Mark Kelly, wrote on his Twitter account after the tandem jump with his wife strapped to a professional skydiver.

### Roaches Found at California Chicken Plant

LIVINGSTON, Calif. (AP) — Work at a California chicken plant has been halted after federal inspectors found cockroaches.

The Modesto Bee reported the Foster Farms facility in Livingston carried out "enhanced sanitizing" Wednesday after receiving a letter from the Food Safety and Inspection Service detailing the cockroach problem.

The inspectors said they found roaches five times in several parts of the plant over the past four months.

The letter said inspectors found the pests early Wednesday at a hand-washing sink.

# Obama Considers NSA Limits to Phone Records

## IMMINENT? Decision by President Could Come as Soon as Next Week

By Julie Pace

AP White House Correspondent

WASHINGTON — President Barack Obama is expected to rein in spying on foreign leaders and is considering restricting National Security Agency access to Americans' phone records, according to people familiar with a White House review of the government's surveillance programs.

Obama could unveil his highly anticipated decisions as early as next week. Today, the president is expected to discuss his review with congressional lawmakers, while his top lawyer plans to meet with privacy groups. Representatives from tech companies are meeting with White House staff on Friday.

The White House says Obama is still collecting information before making final decisions.

**AMONG THE CHANGES** Obama is expected to announce is more oversight of the National Intelligence Priorities Framework, a classified document that ranks U.S. intelligence-gathering priorities and is used to make decisions on scrutiny of foreign leaders. A presidential review board has recommended increasing

the number of policy officials who help establish those priorities, and that could result in limits on surveillance of allies.

Documents released by former National Security Agency systems analyst Edward Snowden revealed that the U.S. was monitoring the communications of several friendly foreign leaders, including German Chancellor Angela Merkel. The revelations outraged Merkel as well as other leaders, and U.S. officials say the disclosures have damaged Obama's relations around the world.

Obama and Merkel spoke by phone Wednesday, but U.S. officials would not say whether they discussed the NSA issues.

The president also is said to be considering one of the review board's most aggressive recommendations, a proposal to strip the NSA of its ability to store telephone records from millions of Americans and instead have phone companies or a third party hold the records. The NSA would be able to access the records only by obtaining separate court approval for each search, though exceptions could be made in the case of a national security emergency.

It's unclear whether Obama will ultimately back the proposal or how quickly it could be carried out if he does.

Before making his final decisions, the president was supposed

to receive a separate report from a semi-independent commission known as the Privacy and Civil Liberties Oversight Board, which was created by Congress. However, that panel's report has been delayed without explanation until at least late January, meaning it won't reach the president until after he makes his decisions public.

**MEMBERS OF THAT** oversight board met with Obama on Wednesday and have briefed other administration officials on some of their preliminary findings. In a statement, the five-member panel said its meeting with the president focused on the NSA phone collection program and the Foreign Intelligence Surveillance Court, which oversees the data sweeps.

It's unclear why Obama will announce his recommendations before receiving the report from the privacy and civil liberties board. One official familiar with the review process said some White House officials were puzzled by the board's delay. The report would still be available to Congress, where legislators are grappling with several bills aimed at dismantling or preserving the NSA's authority.

That official and those familiar with the White House review insisted on anonymity because they were not authorized to discuss the process by name.

## World in Brief

### Bomb Kills Top Pakistani Police Who Hunted Taliban

KARACHI, Pakistan (AP) — A senior police investigator known for arresting dozens of Pakistani Taliban was killed today in a car bombing, a sharp blow to efforts to crack down on militant groups seeking to gain a foothold in the sprawling southern city of Karachi that's vital to the country's economy.

Chaudhry Aslam was traveling through a commercial area in the port city when a powerful explosion ripped apart the vehicle he was traveling in, police officer Amir Farooqi said. The blast killed two other officers with him, Farooqi said.

Aslam was known for being one of Karachi's toughest police officers who had escaped previous attempts on his life. In September 2011, a suicide bomber detonated a vehicle packed with explosives outside his home. That blast killed eight people, though Aslam escaped unharmed and vowed to continue his work.

"This is a cowardly act," Aslam told local television at the time. "I'm not scared. I will not spare them."

### French Senate Wants Ban on Free Book Delivery

PARIS (AP) — If the French Senate gets its way, retail giant Amazon and its online peers won't be able to offer free book deliveries in France anymore.

In an unusual show of unity today, the upper house of parliament unanimously approved a bill that would amend a 33-year-old law regulating book prices, and help struggling independent book sellers, which have faced tough competition from cost-cutting online vendors in the digital age.

In essence, the Senate proposal would strip some of the convenience and financial advantage of home or office delivery of books ordered online. Ultimately, if approved, the legislation could weigh on the minds of customers when they decide whether to trek over to mom-and-pop bookshops instead of shopping online.

### No Deep Freeze: Australia Swelters in Heat Wave

CANBERRA, Australia (AP) — Bats are dropping from trees, kangaroos are collapsing in the Outback and gardens are turning brown. While North America freezes under record polar temperatures, the southern hemisphere is experiencing the opposite extreme as heat records are being set in Australia after the hottest year ever.

Weather forecasters in Australia said some parts of the sparsely populated Pilbara region along the rugged northwest coast were approaching 122 degrees F. today. The record high of 123.3 F. was set in 1960 in Oodnadatta, South Australia state.

### Actress's Slaying Puts Venezuela Leaders on Spot

CARACAS, Venezuela (AP) — President Nicolas Maduro hastily gathered state governors and mayors Wednesday to discuss the country's violent crime amid public outrage over the killing of a popular soap-opera actress and former Miss Venezuela.

In a rare conciliatory moment during the meeting, Maduro reached out and shook hands with the main opposition leader, Miranda state Gov. Henrique Capriles, whom he defeated by a razor-thin margin in the April presidential election.

Hundreds of actors and writers took to Caracas' streets Wednesday to demand the government protect its citizens from the callous killers responsible for giving Venezuela one of the world's highest murder rates.

More than nine in 10 homicides go unsolved in this troubled oil-rich nation, according to the independent Venezuelan Violence Observatory.



Jennifer Hudson, left, winner of the favorite humanitarian award, and Julia Hudson speak on stage at the 40th annual People's Choice Awards at the Nokia Theatre L.A. Live on Wednesday in Los Angeles. Looking on from left is presenter LL Cool J.

# Hudson Takes Humanitarian Honor at People's Choice Awards Ceremony

By Jessica Herndon

AP Film Writer

LOS ANGELES — Jennifer Hudson held back tears when she accepted the favorite humanitarian award at the 2014 People's Choice Awards.

Accompanied on stage Wednesday night by her sister, Julia Hudson, the Oscar-winning actress became choked up as she said: "My mother always taught us without family you have nothing. Whether you know it or not, we all are family. What happens to the other happens to us. It's one thing to be a celebrity and have power, but it means nothing if we're not making a difference and helping someone else."

Hudson created the Chicago-based Julian D. King Gift Foundation with her sister, Julia Hudson, in honor of her nephew, Julian King, who was killed in 2008 at the age of 7. The crime also took the lives of the Hudsons' mother and brother. The foundation aims to provide stability and positive experiences for children.

Hudson was presented the award by LL Cool J. "It feels good to see positivity acknowledged," she said. "Where we come from

all you hear about is who shot who and who went to jail. There is more to life than the block you live on. We want to show them that I came from the same area and if I can do it, you can do it too. It does not stop there."

Hudson's tender moment was the only instance to strike a strong emotional chord during the show. Bestowing the humanitarian award remains a gripping current in the show primarily packed with light-hearted moments.

Sandra Bullock gained the show's first humanitarian award in 2013 for her efforts in storm-ravaged New Orleans. She stayed modest in her speech, saying she didn't do much compared to the volunteers based in New Orleans. Bullock added that she was able to "write a check and be a really good cheerleader."

Last year marked the first year that the People's Choice Awards included more in their lineup than the fans' favorite slices of entertainment. But the show had yet to see a moment quite as affecting as Hudson's.

The show — with nominees determined by national ratings averages, box-office grosses, mu-

sic sales, social media activity and peopleschoice.com data — is a big popularity contest that doesn't hold much weight in the industry. The winners are decided by the fans by online voting.

But the People's Choice Awards is always a truly star-studded evening, as the show is one of the first big televised ceremonies occurring at the top of awards season. The Golden Globes take place on Sunday, followed by the Screen Actors Guild Awards, Grammys and the Oscars.

Appearing at Wednesday night's fete were stars from television, music and film ranging from Drew Barrymore to Heidi Klum, Ian Ziering, Jessica Alba, Zac Efron, Michael B. Jordan, Anna Faris and Julianna Margulies.

Ellen DeGeneres was named favorite daytime TV host, making her the woman who has gained the most People's Choice Awards with a total of 14 trophies.

Bullock was named favorite movie, comedic and dramatic actress and shared the favorite movie duo award with "Gravity" co-star George Clooney.

# Voices

Columns, Celebrations,  
Community Conversations

## Voice of the People

Two Lewis County Sheriff's Office deputies have been arrested for allegedly driving under the influence of alcohol in the past four months. Do the recent incidents change your perception of the sheriff's office? Should the deputies be fired?



"Law enforcement people are human. Everyone makes mistakes. Everyone seems to think they are superhuman and should never do such a thing. I think they should be disciplined just like everyone else."

Dana Arthur  
Chehalis, home health worker



"No, I am thankful I'm raising my children where there is law and order, even if its servant enforcers make mistakes. Lawlessness is a frightening thing."

John Anders  
Napavine, Cascade Hardwoods



"If I'm the sheriff, I recognize that this is a complex issue. I carefully consider all aspects of the incident, consult with senior management, and handle this on a case by case basis, while taking steps to prevent such instances in the future."

Matt Aust  
Adna, Pacific Lutheran University student



"In my opinion they are human as are the rest of us. They shouldn't catch any break because they are law enforcement nor should they be punished any more than you or I."

Lindsay Anderson  
Rochester, certified nursing assistant

## Chehalin Rides in Rose Parade Aboard Norwegian Fjord



Photographs submitted by Kristin Miller, Chehalis



**Above:** Chehalis resident Kristin Miller rides her 15-year-old Norwegian Fjord horse Saundra during the Tournament of Roses Parade in Pasadena, Calif., on New Year's Day. Miller was invited to join the parade by the Norwegian Fjord Horse Registry. It was the first time in the parade's history that Fjords had participated.

**Left:** Eric Watness, left, Seattle, rides in an authentic Norwegian cart with Jim Davenport, Yakima. The Fjord pulling the cart, named Sunday, is owned by Watness.

**Below:** Rory Miller, the husband of Kristin, served as a sidewalker during the parade. Sidewalkers help keep the participants and the spectators safe during the parade. He is holding a lead rope.

To submit your photographs, e-mail [voices@chronline.com](mailto:voices@chronline.com) or send mail to Voices, The Chronicle, 321 N. Pearl St., Centralia, WA 98531.



**TODAY ONLY**  
**75% off**  
**THURSDAY, JAN 9TH**

## Centralia Visiting Nurses Thrift Shop

222 S. Pearl St., Centralia  
(360) 623-1562

**Store Hours:**  
Monday thru Saturday - 9 a.m. to 6 p.m.  
Sunday - 11 a.m. to 5 p.m.

**Centralia Visiting Nurses closed for remodel**  
**1/10/14 to 1/12/14**  
**Still accepting donations during closure**  
**SALE ONLY AT CENTRALIA LOCATION**

**Ductless Heat Pump Specialist**

# ADVANCED ENERGY SYSTEMS

Your Heating, Cooling & Refrigeration Specialists Since 1982

**360-748-1817**  
[www.advancedenergyinc.com](http://www.advancedenergyinc.com)

# iPad Users - We have an app for you!

## chronline.com

## HEALTH NOTIFICATION

# Are You Hard of Hearing?



A major name brand hearing aid provider wishes to field test a remarkable new digital hearing instrument in the area. This offer is free of charge and you are under no obligation.

These revolutionary 100% Digital instruments use the latest technology to comfortably and almost invisibly help you hear more clearly. This technology solves the “stopped up ears” and “head in a barrel” sensation some people experience.

If you wish to participate, you will be required to have your hearing tested in our office **FREE OF CHARGE** to determine candidacy and review your results with the hearing instruments with our hearing care specialist.

At the end of this evaluation, you may keep your instrument, if you so desire, at a tremendous saving for participating in this field test. Special testing will be done to determine the increased benefits of this technology.

Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing test, and proper fit. **This is a wonderful opportunity to determine if hearing help is available for your hearing loss and get hearing help at a very affordable price.**

**CALL NOW IF YOU WISH TO BE INCLUDED IN THIS FIELD TEST**

# OFFER EXPIRES JAN. 15TH

Call today to make your reservation for the  
Hearing Aid Field Test

***Miracle-Ear at Sears***

**Lewis County Mall**

**121 N.E. Hampe Way • Chehalis, WA**

**(360) 262-4252**

***Aberdeen***

***Miracle-Ear at Sears***

***South Shore Mall***

***360-637-4711***

***www.miracle-ear-aberdeenwa.com***

***Shelton***

***Miracle-Ear Center***

***1718 Olympic Hwy. North***

***360-464-4170***

***www.miracle-ear-shelton.com***

**www.miracle-ear-chehalis.com**





# Sports

Sports editor: Aaron VanTuyl  
Phone number: 807-8229  
e-mail: avantuyl@chronline.com

## Centralia Shoots Past River Ridge / Sports 7

### 2B Girls Basketball



Brandon Hansen / bhansen@chronline.com

Pe Ell's Tabatha Skeen puts up a shot during C2BL girls basketball action against Onalaska Wednesday night on Dennis Bower Court in Onalaska.

## Pe Ell Wins Defensive Struggle Over Onalaska

By The Chronicle

ONALASKA — In a low-scoring defensive battle, Pe Ell managed to get the ball to roll their way just a few times more than Onalaska in a 29-23 Central 2B girls basketball victory here on Wednesday. Kayla Capps led the Trojans with 10 points in a game that scoring came at a premium.

"Both teams were going hard man-to-man the entire night," Onalaska coach Ron Murphy said. "Both teams weren't giving an inch. They made a few more shots than we did."

Onalaska ended up shooting 15 percent from the field as Pe Ell shot 24 percent. Nicolle Durycia led the Loggers with 8 points while Jessica Paxton had 5 points and 11 rebounds.

"They both played really well," Murphy said. "Jessica was good on the boards and did well on the defensive end. Nicole was battling everything tonight as well."

Onalaska (2-8 overall, 1-5 league) hosts Winlock on Friday, while Pe Ell hosts Napavine the same night.

### Pirates Swipe Victory From Mossyrock

ADNA — Adna overwhelmed Mossyrock here Wednesday night, swiping 24 steals en route to a 69-40 victory in their C2BL girls basketball matchup.

Shaney Dotson's double-double led the Pirates with 21 points and 11 rebounds.

"In the first half we got ourselves in foul trouble, which is something we've been trying to work on," said Adna coach Chris Bannish.

please see **BASKETBALL**, page S4

### Prep Wrestling

# BREAKING BEARS



## Tigers Stockpile Six Pins in 52-22 Dual Victory Over 3A Olympia

Pete Caster / pcaster@chronline.com

Olympia's Trevor Shaw winces as Centralia's Bryce Bock grabs at his leg during a 113-pound match at a nonleague dual at Centralia on Wednesday. Brock would win via major decision 11-1 and Centralia would win the dual by a final 52-22 margin.

By The Chronicle

The Olympia High School wrestlers were finding their backs to the mat often as Centralia wracked up six pins in a 52-22 nonconference dual victory Wednesday night on the Tigers home mat. The top-ranked 2A wrestler at 182 pounds, Kyler Bailey, pinned Olympia's Aram Briggs in 3:05.



"For one reason or another we don't have our full line up," Centralia coach Scott Phillips said. "So some of

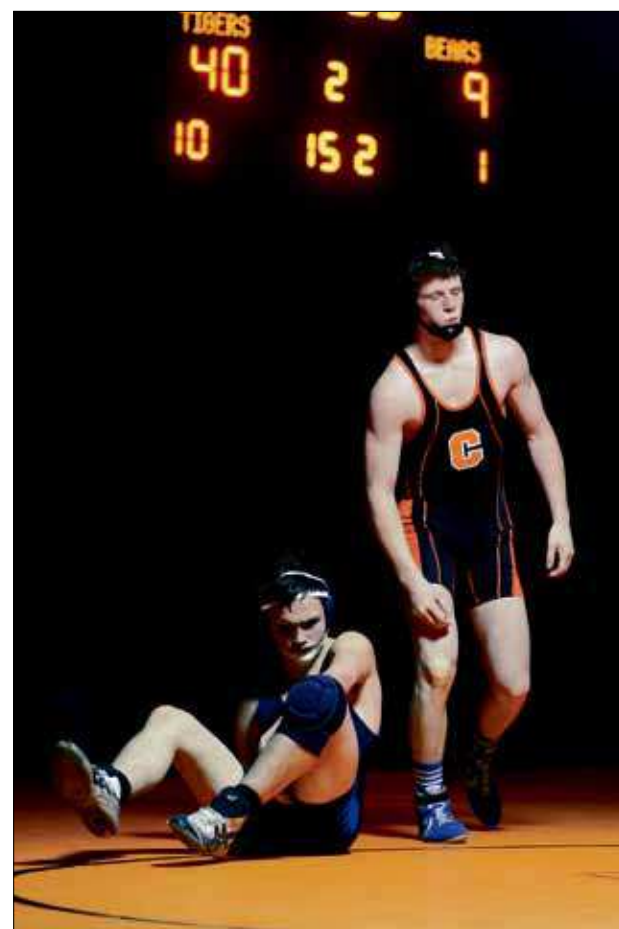
our seconds are having to step in and compete. When young guys have to step into the lineup, their job is to just compete and not get pinned to save us team points. For the most part we did a great job of that."

Josh Harmon picked up a 36-second pin over Olympia's Valor Pettis in the second match of the night at 285 pounds. Bryon Cerrano collected a 51-second pin at 126 pounds followed by a pin by Paul Ward in 42 seconds at 138 pounds. Also notching pins were Christian Smith (145 pounds) and Joseph Finch (152).

please see **WRESTLING**, page S4

## HOW THE MATCHES WENT...

- 220 - Alex Grant (O) won by fall in 3:33 over Bryan Due
- 285 - **Josh Harmon (C) won by fall in :36 over Valor Pettis**
- 106 - Layn Pannkuk (C) won by Forfeit
- 113 - **Bryce Bock (C) won by major decision 11-1 over Trevor Shaw**
- 120 - Alexis Barajas (C) won by Forfeit
- 126 - **Byron Cerrano (C) won by fall in :51 over Shawn Luke**
- 132 - Craig Peterson (O) won by minor decision 4-1 over Trent Due
- 138 - **Paul Ward (C) won by fall in :42 over Alex Ecker**
- 145 - **Christian Smith (C) won by fall in 1:03 over Spencer Mallory**
- 152 - **Joseph Finch (C) won by fall in 2:25 over Peter Ronekdau**
- 160 - Patrick Flannery (O) won by major decision 10-1 over Charliann McCall
- 170 - Levi Briggs (O) won by fall in 1:07 over Kaitlyn Whalen Cent
- 182 - **Kyzer Bailey (C) won by fall in 3:05 over Aram Briggs**
- 195 - Jackson Smith (O) won by minor decision 8-1 over Enoch Amador



Pete Caster / pcaster@chronline.com

Centralia's Joseph Finch walks back to the center of the mat after pinning Olympia's Peter Roney-Gault at 152 pounds during a non league dual meet at Centralia on Wednesday night.

### On the Mat



Pete Caster / pcaster@chronline.com

Centralia's Paul Ward looks to pin Olympia's Alex Ecker during their match at 138-pounds.

### The Final Word

## WR Harvin, TE Willson Practice for Seattle

By The Associated Press

RENTON, Wash. (AP) — Wide receiver Percy Harvin and tight end Luke Willson have participated in practice for the Seattle Seahawks, raising the possibility of each playing in this weekend's NFC divisional playoff game against New Orleans.

Seattle coach Pete Carroll said Tuesday that Harvin made it through the two

days he participated last week without any setbacks.

Harvin has played in one game this season — Week 11 against Minnesota — following hip surgery in August. Last week was his first time on the practice field for Seattle since the middle of November. Willson's recovery is a surprise after he was taken off the field on a cart in Seattle's season finale against St. Louis.

## TV's Best Bet

NBA Basketball  
Miami at New York  
5 p.m.  
TNT

# All for ONE. ONE for all.



1025R Sub-Compact Tractor Package  
(Includes Loader and Backhoe)

STARTING AT  
**\$18,999\***

Washington  
TRACTOR

WashingtonTractor.com

Store Hours:  
M-F 7:30 am - 5 pm | Sat 9 am - 1 pm | Sun - Closed

ABERDEEN (360) 533-6393 | CHEHALIS (360) 748-9944 | ELLENSBURG (509) 962-6801 | LYNDEN (360) 354-2186 | MOUNT VERNON (360) 424-7995 | OKANOGAN (509) 422-3030  
OLYMPIA (360) 491-2503 | POULSBORO (360) 930-0095 | QUINCY (509) 787-4553 | SNOHOMISH (425) 334-4048 | SUMNER (253) 863-4436 | YAKIMA (509) 452-2880

JOHN DEERE

\*Offer ends 1/31/14. Prices and model availability may vary by dealer. Some restrictions apply; other special rates and terms may be available, so see your dealer for details and other financing options. Available at participating dealers.

# Outdoors

Hunting, Fishing  
Hiking, Birding

## SEMESTER IN THE WILD



The Associated Press

In this Fall 2013 photo provided by the University of Idaho, students in the University of Idaho's first Semester in the Wild program take a class in the Frank Church-River Of No Return Wilderness, Idaho. The students are members of the university's first Semester in the Wild Class.

## Students Spend Semester "Abroad" in Idaho Wild

SPOKANE, Wash. (AP) — Some college students spend semesters away from school contemplating art at the Louvre in Paris, exploring pyramids in Egypt or trekking across China.

But for about a dozen students from around the nation their time off campus this fall meant going deep into the Pacific Northwestern wilderness, backpacking through mountains, studying river ecology and waiting on weekly air supply drops.

The novel program from the University of Idaho dropped college students in one of the most remote locations in the U.S. for more than two months, giving them a unique sense of what organizers call the "complex and symbolic" American West.

"This was something that was much more exciting than a semester abroad for me," said Bonnie Ricord, a junior from Empire, Mich.

Students who study abroad are immersed in foreign cultures to expand their learning in ways that aren't possible in a traditional classroom.

The Semester in the Wild program, which completed its first session at the end of last month, has the same goals. But instead of sending students far beyond U.S. borders, educators here have them travel deep within to Idaho's Frank Church-Riv-

er of No Return wilderness, an area about 150 miles northeast of Boise and almost completely cut off from the outside world.

There the 11 students shared a cabin without cell service, 35 miles from any road. The nearest town was more than four hours away, and mail, food and supplies were delivered weekly by bush plane. Energy came from solar panels and a small hydroelectric project in a nearby creek — but those power sources balked as days grew shorter and the stream froze over.

Other university programs provide students with a chance to spend time in federally designated wilderness areas. But part of what makes the Idaho program unique is the coursework, English professor Scott Slovic said.

Students studied literature of the U.S. West, environmental writing, river ecology, wilderness management and outdoor leadership under professors who were flown in for weeklong teaching stints.

"It was the most intense semester of schooling I ever had," said Jacob Miczulski, a junior from Bellevue, Idaho.

Slovic said the students "actually lived the types of subjects they were learning about."

"We read a John Muir essay about climbing a tree in the Sierra Nevada in a windstorm," he

said, mentioning the pioneering conservationist. "And an hour later students were outside with me climbing trees."

Tom Gorman, Idaho's associate dean for the College of Natural Resources, said the program has drawn interest from students around the nation and is accepting applications for fall 2014. This year's class had participants from as far away as North Carolina. The cost is normal tuition, room and board, plus a special fee of \$1,500 per student.

Ricord, who studies natural resources ecology at the University of Vermont, said the program provided her with an experience she otherwise wouldn't have had.

"Being in a wilderness was new to me," she said. "In the Midwest and East, there is a lot less designated wilderness."

There are about 109 million acres of wilderness areas set aside in the U.S., just over half in Alaska. The Frank Church-River of No Return wilderness, at 2.3 million acres is the second-largest in the Lower 48.

Miczulski, who studies wildlife management, also said he got to see and experience new things.

"I could sit on the front porch with a pair of binoculars," he said, "and see bighorn rams butting heads."



The Associated Press

In this Fall 2013 photo provided by the University of Idaho, student Todd Kriner of Delaware Valley College helps unload supplies from a helicopter at the Taylor Wilderness Research Station operated by the University of Idaho in the Frank Church-River Of No Return Wilderness, Idaho. Kriner is one of the university's first Semester in the Wild Class students.

## Millions of Animals Need Human Help During Freeze

LOS ANGELES (AP) — Backyard rabbit Mr. Bun-Buns has been calling a bathroom home for nearly a week, police K-9s have been relieved of chase duty in deep snow, feral cats got sugar and straw from a lot of good Samaritans and Ormsby, a skinny, toothless, blind and geriatric goat with a tendency to wander has been locked in a barn.

As a fierce freeze gripped much of the country, animal lovers were rushing to protect pets, livestock and police dogs from historically icy temperatures that have led to deaths, transit shutdowns and school closures.

The blast of polar air breaking records in the Midwest, East and South sent shelters and pet owners scrambling to keep sen-

sitive paws and wet noses warm.

Veterinarians say the smaller the animal, the higher the risk of freezing to death.

In dogs and cats, shivering and lethargy are the first two signs of trouble.

"The smaller you are, the more body surface you have, and the quicker you will lose body heat," said Dr. Douglas G. Aspros, immediate past president of the Illinois-based American Veterinary Medical Association.

Subzero wind chills have been widely registered, and Aspros, who has offices in White Plains and Pound Ridge, N.Y., says they are a big factor because wind strips heat from pets faster.

If you need to warm a shivering animal, a quick and easy way

is to heat a towel in the dryer and wrap it around them.

Many animals will be comfortable if they're moving but get cold when they slow down, said Dr. Brian Collins of the small animal clinic at Cornell University College of Veterinary Medicine in Ithaca, N.Y.

"They may refuse to walk because their feet are so cold," he said. "They might alternate picking up their feet because they don't want to leave them down too long. I have seen little dogs just fall over. They will pick up one, two and three feet and fall right over."

The Indianapolis Metropolitan Police Department's dogs are still on patrol with their handlers, but they aren't being deployed for extended outdoor

searches, Lt. Benny Diggs said.

All dogs are different, but a K-9 might be able to search for only 15 or 20 minutes in deep snow before showing signs of trauma to the legs, he said. Ice under snow can cut their feet and salt in wounds is painful.

"We haven't had anything like this in forever. You can't even put chemicals down because they just freeze," Diggs said.

Cats are probably the most resourceful animals in the cold, and feral cats are particularly hardy because they are so used to the outdoors, said Becky Robinson, president and founder of Alley Cat Allies in Baltimore.

But in this kind of a freeze, a helping hand could save a lot of lives, she said.

She says Samaritans have been making cheap, outdoor shelters with plastic tubs or foam coolers set off the ground and lined with straw.

Blankets gather moisture, she said, and will freeze, so they use straw. She recommends putting water in plastic, rather than metal, bowls, with a pinch of sugar because it doesn't freeze as quickly, she said. It still has to be refreshed often, though.

The vets warned drivers to check before starting cars because cats, domestic and feral, are drawn to warm engines and car hoods. An open clothes dryer is a warm spot that could lure an indoor cat, so keep the door shut.

## Hunting and Fishing Report

## Forget the 'Polar Vortex,' We're Currently Experiencing a 'Pouring Vortex'

By Jordan Nailon

jnailon@chronline.com

As the "Polar Vortex" attempts to lock the lower 48 in a national deep freeze, we Washingtonians stand as a last bastion of normalcy. While most other states are iced over to a near standstill, causing roads and airports to overflow with weary travelers, the Pacific Northwest stands firm in its commitment to overcast skies turning to showers.

Our unseasonably dry stretch of the past three weeks has ended thanks to a consistent sprinkling of rain over the last week, although temperatures are still hovering between 50 and 38 degrees on most days. The fresh lowland rain and warmer temperatures should converge for a perfect storm for outdoors enthusiasts. While snow falls in the mountains for skiers and snowboarders, rain will land in the hills and fill local rivers with water and fish. Lowland pastures should see their water table rise as well, bringing geese and ducks to the area for late season hunters.

## FISHIN'

Fishing prospects should be picking up considerably with the influx of rain. Last week anglers from the Columbia River to the tip of the Olympic Peninsula were complaining of low water levels and scarce, stagnant fish.

"It's pretty skinny. We've had some pretty low flows for winter steelhead fishing," explained WDFW fish biologist, Joe Hymer. "This rain event will probably be the truthing for what kind of winter runs we are going to have this year. We shall see, but so far it's been pretty slow."

Hymer added, "Talking around, I don't think we are the only area having difficulties either." He mentioned Puget Sound and the fabled rivers and streams of the Olympic Peninsula as other fisheries getting off to a low and slow start.

Mark Feasel, Athletic Director at Forks High School agreed with Hymer's suspicions, saying with a laugh, "You know it's bad when you've got people in Forks asking for more rain."

Still, anglers on the Cowlitz don't think the river will be in prime fishing condition until closer to February, and Tacoma Power hatchery information tends to agree. Last week, just 161 coho salmon were recovered by Tacoma Power at the Cowlitz Salmon Hatchery separator, as well as 32 coho jacks and 111 winter-run steelhead. During that same time period, Tacoma Power released 28 adult coho, 7 coho jacks, 3 winter-run steelhead and 1 cutthroat trout into the Tilton River at Gust Backstrom Park in Morton, as well as 41 adult coho and 17 coho jacks above Cowlitz Falls Dam, into Lake Scanewa.

The late run on the Cowlitz has many anglers heading to Grays Harbor in order to try their luck on the lower Chehalis River and its tributaries. The lower Chehalis, from Montesano to Aberdeen, as well as the Wynoochee and Satsop rivers have had the best fishing in recent weeks, with late run salmon mingling with early run steelhead. As the rivers swell a bit, expect those fish to start charging up river and providing more angling opportunities closer to the Twin Cities.

Keeping in line with the trend of late steelhead runs and low numbers, the WDFW has closed a number rivers to the north to fishing. Portions of the Cascade and Stillaguamish rivers have been closed as well as the Nooksack River. According to the WDFW, these closures are due to the fact that few fish have returned to the hatcheries so far, and so they have not been able to retrieve enough eggs for future propagation.

## HUNTIN'

For many hunters, the only trigger work done recently was for the cause of New Year's revelry. With deer, elk, bear, and most cougar hunts closed throughout the state, the only viable target these days are ducks, and the warm dry weather has had the



Jordan Stead / The Associated Press

The cold wave in Western Washington reduced Snoqualmie Falls to some world-class icicles Monday, Dec. 9, 2013, in Snoqualmie, Wash. The cold temperatures are expected to moderate through the week. Officials at Puget Sound Energy say icy conditions such as these occur about once a year. The conditions have not stopped or hurt power production of the hydroelectric plant at the falls. Water has continued to flow.

water fowl in hiding for weeks.

However, with rain forecast for the next week in our area, plus frigid temperatures in the Great White North, ducks should be flocking to our area for refuge. Pastures that were dry and empty last week have started to fill with water, creating seasonal ponds for birds to congregate. The reasonably warm temperatures will keep the water fowl content for a while, so hunters should be sure to head out to the field before the weather tries to turn cold and dry, forcing the birds to find more fortified shelter in the forests.

Most duck and goose hunts in our region will continue through Jan. 26, although hunting in Goose Management Area 2B is limited to Wednesdays and Saturdays, ending on Jan. 18. Via press release, Sandra Jonker, WDFW regional wildlife manager, reminded water fowl hunters headed to, "Area 2A and 2B to familiarize themselves with the special certification and reporting requirements."

The WDFW has scheduled an 8-day brant goose hunt in Skagit County, for the dates of Jan. 11, 12, 15, 18, 19, 22, 25 and 26. The limit for those hunts is two geese per day.

On Dec. 30, the WDFW did an aerial survey of Fidalgo, Padilla and Samish bays and counted a total of 6,486 brant geese in the area. The minimum number of brant geese for a hunt has been established by the WDFW Commission to be 6,000 birds.

"Numbers of brant in Skagit County are down from last year's count of 8,960, but still high enough to provide limited hunting opportunities while sustaining the wintering population in the area," said Don Kraege, waterfowl section manager for WDFW, via press release.

Kraege also stated that about 4,000 brant were counted in adjacent areas of Whatcom County. According to Kraege, that number is a 65 percent increase in brant in that area over last year's count.

Although elk are off the menu for now, that doesn't mean they have gone away. On a recent excursion on a logging road between the Hoh River and the Queets River on the Olympic Peninsula, I encountered a small group of four or five cow elk in the road. As the truck gradually slowed down, one cow took extreme exception to the small pickup truck's presence and set off on a dead sprint toward the windshield. With the breaks in full screech mode, the elk continued its torrid approach and appeared as if it may try to jump on the hood and stomp the cab like a tin can. At the last possible second, the cow stopped, nose to nose with the truck, let out a vaporized huff, and gave me a look that said, "This is my road. Ye humans be warned." Hopefully, that matriarchal elk has a prosperous offseason.

Hunters who would like to qualify for a WDFW special hunting permit drawing need to turn in their hunting reports by Jan. 10. Reports to be included

are for black bear, deer, elk, turkey harvested in 2013.

Those hunters who meet the deadline will have their names entered into a limited drawing for five deer permits and four elk permits that are valid in various areas of the state. Those permits will be good from Sep. 1 through Dec. 31, 2014.

Via press release, WDFW game manager Dave Ware stated that hunting reports are important to the WDFW so that they can begin resource management planning for the upcoming year. "The drawing for special permits is designed to give hunters an extra incentive to file their reports early," said Ware. "If everyone waits until the last minute, it creates problems with reporting."

## CLAMMIN'

Between Dec. 29, 2013 and Jan. 1, 2014, "just over 30,000 razor clam diggers," took to Washington coast beaches, according to WDFW razor clam expert, Dan Ayres.

"We had some decent weather, and lots of people show up," said Ayres. "It was a good way to reel in the New Year and people did real well, with limits every single day."

The next scheduled digs, dependent on toxin testing, are as follows:

- Jan. 15, Wednesday, 6:19 p.m.; -0.1 feet; Twin Harbors
- Jan. 16, Thursday, 6:51 p.m.; -0.1 feet; Twin Harbors
- Jan. 17, Friday, 7:22 p.m.; 0.0 feet; Twin Harbors, Long Beach, Mocrocks
- Jan. 18, Saturday, 7:53 p.m.; 0.2 feet; Twin Harbors, Long Beach, Mocrocks
- Jan. 28, Tuesday, 4:36 p.m.; -0.7 feet; Twin Harbors
- Jan. 29, Wednesday, 5:25 p.m.; -1.2 feet; Twin Harbors, Long Beach
- Jan. 30, Thursday, 6:11 p.m.; -1.4 feet; Twin Harbors, Long Beach, Mocrocks
- Jan. 31, Friday, 6:55 p.m.; -1.4 feet; Twin Harbors, Long Beach, Mocrocks
- Feb. 1, Saturday, 7:38 p.m.; -1.0 feet; Twin Harbors, Long Beach, Mocrocks, Copalis
- Feb. 2, Sunday, 8:20 p.m.; -0.5 feet; Twin Harbors, Long Beach, Mocrocks
- Feb. 26, Wednesday, 4:15 p.m.; -0.4 feet; Twin Harbors
- Feb. 27, Thursday, 5:04 p.m.; -0.7 feet; Twin Harbors, Long Beach, Mocrocks
- Feb. 28, Friday, 5:49 p.m.; -0.8 feet; Twin Harbors, Long Beach, Mocrocks

"We're holidaying off on Copalis a little bit," said Ayres, who explained the WDFW is trying to save some clams for spring harvest. "Copalis is always a little bit of a conundrum for us. As soon as we open it a lot of people descend on it and we get a big chunk of clams hauled out."

Ayres also noted that Clallum beach has been closed all year due to spotty clam numbers and the WDFW's inability to get in there and do regular toxin checks.

"For whatever reason, the clams have a more difficult time setting up there. Those beaches, oceanographically, are much different," said Ayres. "People

up in Forks who don't want to drive all the way south are pretty disappointed, but they would be even more disappointed if they went out and tried to dig clams."

In addition to coastal clam digging, the WDFW has also opened beaches along Puget Sound for sport clam digging. Clam surveys on these beaches have revealed a large enough population to sustain a longer season.

Under the new rules, Belfair State Park is now open to sport clamming through August 31, 2014, and Fort Flagler State Park will be open until April 15, 2014, and then re-open from May 15 through Dec. 31, 2014.

## WILDLIFE VIEWING

Relatively warm weather and fresh rain will no doubt put geese and ducks in the air for birders to see. Good viewing areas include swamped pastures, rivers, and the Nisqually National Wildlife Refuge.

Orca whales are also continuing to show themselves in Puget Sound. Three orcas were spotted off of Budd Bay back in the first week of December, and more recently, two orcas were documented near Port Orchard, on Jan. 3.

## SNOW REPORT

White Pass is reporting sub-freezing temperatures and snow this week, with a base snow level of 12-24 inches, and a summit pack of 50 inches. The resort has received a half inch of fresh snow over the last 24 hours. According to its website, White Pass advises snow sliders to, "Pay attention, early season conditions exist but the grooming is phenomenal!"

Mt. Hood Meadows is reporting a base snow depth of 27 inches and a mid-mountain depth of 35 inches. Via their website, Meadows reported, "On the groom it's dense, packed snow, with streaky spots. Off the groom we have mostly fresh snow with crust on top and a few spots of hard underneath. Early season conditions exist. Watch for unmarked obstacles."

Mt. Baker is reporting heavy snow, with 5 inches falling over the last 24 hours. Their base snow pack is between 60 and 77 inches, with a midday temperature of 30 degrees. According to their snow report, the slopes are all powder or packed powder.

Summit at Snoqualmie is currently closed and waiting on more snow, although it may open up as early as Friday, depending on weather.

Crystal Mountain Resort is reporting a base snow depth of 11 inches and 45 inches of snow at the summit, although they have not had any new snow over the last 72 hours. Right now, roughly half of their lifts and runs are open, although they are highly anticipatory of new snow to kick the season into full swing.

## File Hunting Reports by Jan. 10 to Qualify For Permit Drawing

By WDFW

OLYMPIA — Hunters have a chance to win one of nine 2014 special hunting permits if they report this year's hunting activities for black bear, deer, elk, or turkey to the Washington Department of Fish and Wildlife (WDFW) by Jan. 10.

Those who meet the deadline will be included in a drawing for five deer permits and four elk permits in various areas of the state. Those permits will be valid from Sept. 1 through Dec. 31, 2014.

To qualify for the drawing, hunters must submit a report for each black bear, deer, elk, or turkey tag they purchased and for each special hunting permit they received in 2013.

All hunters, whether successful or not, are required to submit hunting reports for those species by Jan. 31. Failure to meet the deadline can result in a \$10 fine, payable before a hunter can purchase a 2014 license.

Dave Ware, WDFW game manager, said the annual hunting reports are an important source of information for managing the resource and developing future hunting seasons.

Hunters can report by phone (877 945-3492) or the Internet <https://fish-hunt.dfw.wa.gov>. Hunters should be prepared to give the game management unit they hunted and their individual WILD identification number, which is printed on license documents.

As in recent years, hunters are required to file separate reports for general-season hunting activities and for special-permit hunts for deer, elk, black bear and turkey.

Whether reporting online or over the phone, hunters should follow the prompts until they receive a confirmation number for each report, he said.

More information the WDFW's incentive permit drawing is available on page 17 of the 2013 Big Game Hunting pamphlet (<http://wdfw.wa.gov/hunting/regulations/>).

## Washington Ski Resorts Forced to Move Snow Around

SNOQUALMIE PASS, Wash. (AP) — At least one Western Washington ski resorts is getting creative and moving snow around since it's not falling from the sky.

KING-TV reports ski resorts are weeks behind their usual openings.

For New Year's Eve, crews at Alpental scooped about 15 tons of snow from its parking lots and moved it to a tubing area a few miles east.

That doesn't help the people who want to take a ski lift up the mountain to go skiing but at least some snow lovers are having fun.

The Summit at Snoqualmie Pass is still closed for skiing and snowboarding, almost three weeks past its average open date.

Snoqualmie season pass holders can use some other resorts for free while they pray for snow at home.

## Tuesday's 1A Girls Basketball

### Turnovers Hurt Tenino in 47-27 Loss

By The Chronicle

HOQUIAM — Tenino turned the ball over 35 times here Tuesday night as they fell to Hoquiam 47-27 in 2A EvCo girls basketball action.

"The story of this game for us is just not taking care of the basketball, which has been an issue, but we had the biggest case of fumble fingers I've ever seen last night," said Tenino coach wanda Blanksma. "I was thinking on the ride home that blind snakes could have handled the ball better than we did, if that helps give you a visual."

Hoquiam made use of those extra possessions, attempting 67 shots in the game.

"They've got a couple of good little shooters that we didn't cover up so well," said Blanksma.

Blanksma was encouraged by her team's rebounding effort and their ability to get to the line. For the game, the Beavers out rebounded the Grizzlies 30 to 23, and shot 10 more free throws than their opponents.

"I was pleased about that. I thought the girls offensively were looking to score, and attacking the basket," said Blanksma.

Taylor Tibbetts led the Tenino effort with 9 points and 15 rebounds.

Tenino (0-7, 0-3 league) hosts Forks on Friday, and then plays Rochester on Saturday at 6 p.m.



Pete Caster / pcaster@chronline.com

Centralia's Kyzer Bailey gets ready for the second round of his match against Olympia's Aram Briggs during a non league dual meet at Centralia on Wednesday. Bailey won by technical fall (16-0) early in the second round.

## Wrestling: Tigers Host Evergreen Conference Foe Tumwater Today

Continued from Sports 1

"Our ongoing goal this year is to continue to improve our technique, strength, focus and in-

tensity," Phillips said. "Again, tonight, I think we have done that. We have things that still need to be improved on, but I am happy with our progress so far."

Bryce Bock picked up an 11-1

major decision over Trevor Shaw to round out the Tigers' scoring. The Tigers are currently ranked 12th in the 2A ranks and have seven different ranked wrestlers according to washingtonwres-

tingreport.com.

Centralia turns around quickly and is home on Ron Brown Court against Tumwater today in Evergreen 2A Conference wrestling action.

## Basketball: Adna back to .500

Continued from Sports 1

As a result of the team foul trouble, Adna spent much of the second quarter with its starters planted on the bench. Still, the Pirates were able to piece together consecutive runs at the end of the first half and beginning of the second half that jumped its lead out to 20 points.

"Overall, our pressure really bothered them," said Bannish. "They actually shot the ball well when they got their shots off."

Regyn Gaffney led the Pirates' plundering effort with six steals, and Cheyenne Gilbertson added five thefts.

"We were just able to put some pressure on them and get out and get some easy buckets," explained Bannish.

The commanding lead meant that Bannish was able to get in a few players who haven't had a ton of varsity minutes, including Macy Moon and Savannah Massingham, who scored their first varsity points in the contest.

"Since I've been here, this is the most unselfish I have seen a team play," said Bannish. "I thought we passed the ball better than in any other game."

The Pirates totaled 14 assists during the game.

Kelsie Moorcroft paced the Mossyrock offense, scoring a game-high 22 points.

Adna (5-5, 4-2 league) hosts Toutle Lake on Friday. Mossyrock hosts Wahkiakum on Friday.

### Toutle Lake Trips Up Winlock

TOUTLE — Winlock wandered into a waddling buzz saw here Wednesday night as they were defeated 68-22 by Toutle Lake in C2BL girls basketball action.

"They took it to us from the opening jump," said Winlock coach Scott Ashmore.

"They got into a run and jump kind of press," explained Ashmore. "What we've learned over the last couple years is that when

a team gets physical we have a tough time matching up."

Not to mention, added Ashmore, "They're really good."

Toutle Lake connected on 7 of 13 long-distance attempts during the game, and Samantha Woodley led the scoring barrage with 23 points. Makayla Gardner added 10 points for the Ducks.

Winlock was never able to muster any kind of response to the hard-charging Ducks, as they failed to score in double digits in any quarter of the game.

"You ain't going to win a lot of games scoring single digits in every quarter," said Ashmore, who summed up his team's struggles as, "Too many turnovers. Not enough shots and not good enough shooting."

Dustee Alvord and Jazmine Lopez led Winlock with 7 points each.

Winlock (3-6, 1-4 league) plays at Onalsaka on Friday.

### Kelly's Double Double Helps Lift MWP Past Napavine

RANDLE — Ashley Kelly recorded a double-double here Wednesday night as she paced Morton-White Pass to a 45-32 C2BL victory over Napavine.

"She had a monster game," said MWP coach Darin Allen of Kelly, who scored a game-high 23 points and grabbed a game-high 10 rebounds. "She just played her butt off tonight, and the girls found her when she was open."

Feeding off of her teammates' passes, which led to a team total of 13 assists, Kelly shot a scorching 10 of 14 from the field for the game.

"She just kind of ran around and went crazy tonight," said Allen. "But that's her teammates finding her when she is open as well."

What interested Allen more than Kelly's offensive scoring display was his team's defensive effort.

"Our emphasis was that we were really going to try to stop



Brandon Hansen / bhansen@chronline.com

Onalaska's Jessica Paxton and Pe Ell's Bailey Lusk battle for the rebound during Central 2B League Wednesday night on Denis Bower Court in Onalaska.

the post play," said Allen, who noted that Karley Bornstein and Mackenzie Olson had been wreaking havoc for Napavine in recent games.

"We put emphasis that we were really going to front the post tonight and I think the girls

really bought in," said Allen, who pointed out that Bornstein and Olson combined for only 6 points in the game.

Kenya Lorton led Napavine with 17 points, while Bornstein and Olson grabbed seven rebounds apiece.

"We did a great job as a team defensively," said Allen. "It was a big league win for us tonight."

Morton-White Pass (7-3, 4-2 league) hosts Winlock in a boy/girls double header on Saturday, with the girls playing first at 5:45 p.m. in Morton.

## College Basketball

### Andrews Helps Huskies Hold Off Utah 59-57; Cougs Fall to Colorado in Spokane 71-70 in OT

SEATTLE (AP) — The duty that has fallen to C.J. Wilcox in the past was instead picked up by Andrew Andrews on Wednesday night when Washington needed scoring in the second half.

Andrews scored 12 of his 19 points in the final nine minutes, and Washington was pushed to the final seconds before holding on for a 59-57 win over Utah in the Huskies conference home opener. Coming off a split in the desert, Washington could not shake the Utes (12-3, 1-2 Pac-12)

until the final seconds when Delon Wright's contested desperation attempt 3-pointer from the corner was off the mark.

Only then could Washington coach Lorenzo Romar and the Huskies appreciate how good Andrews was down the stretch.

Andrews made 8 of 14 shots and the 19 points were two shy of a career-high. It was his third career play with 8:43 left that gave Washington a 44-43 lead and the Huskies never again trailed despite being pushed to

the final buzzer. Wilcox added 14 points and Nigel Williams-Goss scored 13 for the Huskies (10-6, 2-1).

Wright led Utah with 27 points and 11 rebounds and Washington had no answers for the talented guard in the second half with his ability off the dribble to get to the basket. Wright scored 18 points in the second half, but the Utes made 1 of 15 3-point attempts. Utah came in to Wednesday night shooting 36 percent on 3s.

### Buffalo Get Past WSU

SPOKANE, Wash. (AP) — Dexter Kernich-Drew scored a career-high 24 points and the Cougars led for much of regulation before losing to No. 15 Colorado, 71-70 in overtime Wednesday night.

Washington state (7-8, 0-3 Pac-12) was coming off a 47-point loss to No. 1 Arizona last week in which the Cougars scored just 25 points.

The Cougars made 13 of 23

from 3-point range while playing a slowdown game on offense, and they almost upset the Buffaloes despite missing leading scorer DaVonte Lacy, who is out with a rib injury.

Askia Booker added 18 points for Colorado (14-2, 3-0), which has tied the second-best start in program history. Xavier Johnson scored 14 for the Buffaloes, who shot just 41 percent. Leading scorer Spencer Dinwiddie was held to six points, nearly 10 below his average.

## College Basketball

## Lady Blazers Rebound Their Way Past Chokers

By The Chronicle

On a night where they missed 54 shots, tenacious offensive rebounding may have made the biggest difference as Centralia College improved to 3-0 in NWAACC West Division women's basketball play with an 82-52 victory over Grays Harbor Wednesday night at the Michael Smith Gymnasium.

"We attacked the offensive boards really well, giving ourselves second chance points," said Centralia coach Shane Schutz.

For the game, the Blazers grabbed 57 rebounds compared to the Chokers' 40, and 29 of those boards were of the offensive variety for Centralia.

When they corralled those offensive boards, Centralia looked to score from the one place it was not cold — long range.

"We shot well from the 3-point line," said Schutz. "I thought our kids shot really well and moved the ball really well, finding the person with the extra pass."

Leah Davis led Centralia with 13 points, including 3 of 6 shooting from downtown. Karina Gee added 9 points, seven rebounds, and six assists.

Courtney Kaupu led the Blazer rebounding effort with 12 boards and chipped in 8 points.

"Every day this group, as hard as its been in terms of trying to figure things, this team's chemistry has been awesome," said Schutz. "Now we're starting to gain confidence and swagger to go with the chemistry, and now the games are starting to be more fun."

Centralia (7-6, 3-0 league)



Pete Caster / pcaster@chronline.com

Centralia's Kendra Preuninger puts up a shot over Grays Harbor's Marlee Chovich during the first half of an NWAACC women's basketball game at the Michael Smith Gymnasium in Centralia on Wednesday night.

plays at Highline Community College next Monday.

## Blazer Men Get First Victory

Marced Farley led the Trailblazers with 17 points in a 75-65 NWAACC West Division victory Wednesday night in Centralia's Michael Smith Gymnasium.

Centralia shot 50 percent from the field and after leading 34-32 at halftime and were able to extend their lead by 8 in the second half.

The Trailblazers dished the ball for 14 assists, which allowed three different players to reach double digits and two more to come within a bucket of that.

Patrick Broussard added 13 points and John Dumetz had 14. Broussard also led the team with five boards.

Grays Harbor shot 12 percent from the 3-point line and had just six team assists, compared with 20 turnovers.

Centralia (1-10 overall, 1-2 league) will play at Highline on Monday.

## Tuesday's Prep Boys Basketball

## Morton-White Pass Pummels Napavine to Remain Undefeated

By The Chronicle

MORTON — The Timberwolves, coming off three non-league victories, wanted to return to Central 2B League action with a solid first quarter.

That turned out to be just the beginning.

Morton-White Pass led 25-9 after one period and blew out Napavine, 82-42, here Tuesday night for a C2BL boys hoops victory.

Kalen Dunlap and Kaleb Poquette each scored 16 points to lead MWP, which shot 48 percent (31 of 64) from the field.

"We're sharing the ball real well," said MWP coach Tony Gillispie. "We're getting up and down the floor real well, and shooting some high percentage shots. I'm real happy with our ball movement."

The Timberwolves piled up 24 assists, with Zach Hanson doling out five and center Zach Counts dishing off four.

Zach Walton scored 15 points with five blocked shots and eight rebounds, Rylon Kolb scored 14 with seven boards, and Brian Reynolds added 13 points and sparked the defense off the bench, Gillispie said.

J.T. Kaut led Napavine with 11 points.

Morton-White Pass (8-0, 5-0 league) will host Rainier for a nonleague game at White Pass on Friday and will host Winlock in Morton on Saturday. Napavine will host Pe Ell on Thursday.

## Smalley Big for Ony in Win Over Pe Ell

PE ELL — Onalaska took advantage of a weak second quarter by Pe Ell and picked up a 61-49 Central 2B boys basketball victory here on Tuesday night. Jonathon Smalley was lethal for the Loggers, notching 23 points, while Travis McMillion added another 20.

"Smalley shot the ball well tonight. He killed us," Pe Ell coach Justin Phelps said. "McMillion is so good finishing with the ball and a strong rebounder."

Pe Ell led 17-15 after the first quarter, but Onalaska went on a 10-4 run in the second frame for a 25-21 lead. Austin Arrington and Dustin Lusk both finished with 15 points for the Trojans.

"We came out hot and ready to play," Phelps said. "We showed that we were capable of beating them, but we've been having a real tough time in second quarters. We got stagnant on offense. In the second half we got a little more swagger but Onalaska kept holding on to the lead."

Arrington hit a 3-pointer and notched two big free throws to pull the Trojans within 2 points in the fourth, but Onalaska was able to put the game away at the free throw line on 9 of 13 shooting.

"They're just so dang disciplined and fundamental," Phelps said. "They just executed us to death. They're a good ball club."

Pe Ell (3-5 overall, 0-4 league) plays at Napavine on Thursday. Onalaska (9-1 overall, 5-1 league) plays at Winlock on Thursday.

## Cardinals' Rally Comes Up Short Against Ducks

WINLOCK — The Cardinals scored 28 fourth-quarter points here Tuesday in a Central 2B League contest against Toutle Lake, but couldn't quite complete a comeback.

Following the lead of Caleb Rose, who netted 20 of his game-high 29 points in the final frame and hit 8 of 9 foul shots down the stretch, Winlock nearly erased a 21-point deficit, but ultimately fell by a 54-50 margin.

"It finished up with us making a run, hitting some shots, getting a couple of turnovers, and then we had to foul," Winlock coach Dennis Tauscher said. "They missed some free throws at the end that gave us a shot."

After pulling within 3 points as time grew short, Winlock was unable to find a good look at the basket and Toutle Lake forced a turnover. Winlock fouled to stop the clock and Toutle Lake made one of two free throws to secure

the 4-point victory.

The comeback attempt was made necessary by a mid-game Cardinal swoon which saw the home team outscored 33-11 during the second and third quarters.

Shooting woes hampered the Cardinals all game as they shot only 36 percent from the field and 52 percent from the charity stripe.

Down the stretch, though, Rose was ready for the challenge.

"He just loosened up," said Tauscher of Rose. "We got him the ball in the paint and they were fouling him. He worked hard to get himself open and we found a way to get the ball in to him."

"He also made some 3-pointers that made them come out on him, too," Tauscher added. "They had a tough time matching up because he is tall and a good shooter."

Tauscher credited the effort of Chance Fisher as well, who suffered a cut due to a nasty blow to the head early on.

"But he went and cleaned it up and came back. His presence and willingness to play through that really sparked our comeback, too. Just playing through that," Tauscher said. "He's probably at the E.R. getting stitches right now. He was just a catalyst for emotion, the intensity."

Fisher wound up fouling out of the contest, but not before he accumulated 8 points and 15 rebounds.

"We definitely came away with a positive. The intensity they showed. They didn't give up," Tauscher said. "The defense started to step up which made the offense start to work. Just a taste of that will make them remember what it takes."

Winlock (1-8) plays host to Onalaska on Thursday.

## Vikings Ward Off Richardson, Pirates

MOSSYROCK — Kyler Hazen led Mossyrock with 17 points as the Vikings picked up a 59-50 Central 2B victory here

on Tuesday night, weathering a 30-point performance by Adna's Jordan Richardson.

Richardson, a junior, shot 12 of 18 in the contest including 5 of 7 from the 3-point line.

"They did a good job taking away what we wanted to do, which was attacking the interior, by zoning us all game," Mossyrock coach Dustin Workman said. "We were 4 of 17 from the 3-point line and they forced us to knock down shots late in the game, which we did."

Mossyrock battled for a 25-20 halftime lead, and a high-scoring third quarter pushed the lead to 46-37.

"Defensively our pressure was good, and we were able to turn those into some run-outs," Workman said. "We extended the lead to double-digits in the third but they clawed back. We've got to find a way to play consistently for the whole game."

Shaun Stephens added 12 and Tristan Watson notched 13 points and eight rebounds for the Vikings. Garrett Trotter added 10 points and eight rebounds for Adna to go along with Richardson's big performance.

"A lot of Richardson's shots were tough shots because we play man," Workman said. "We were right in his face. He's a good player. Once he got rolling he just kept it up."

Mossyrock (7-1, 4-1 league) will play at Wahkiakum on Thursday. Adna plays at Toutle Lake on Thursday.

## Grizzlies Press Past Tenino

HOQUIAM — Hoquiam was able to surprise the Beavers early with its press and held on for a 51-40 SWW 1A League Evergreen Division victory here on Tuesday night.

Nihls Peterson led Tenino with 21 points and 14 rebounds but his team couldn't crack the Grizzlies' lead after they went on a 16-4 run in the first quarter.

"They came out with a tough press and put a lot of pressure on our guards up front," Tenino coach Trevor Mora said. "Nihls

Boys 1A Basketball  
Rockets Oust Indians

By The Chronicle

TOLEDO — Brock Johnson led Castle Rock to victory with 26 points here Wednesday night as the Rockets toppled the Indians 54-34 in a middle-of-the-pack SWW 1A Trico boys basketball showdown.

"They shot the ball extremely well," said Toledo coach Scott Merzoian. "They are tough to defend. The two Johnson brothers are so quick, and they shoot the ball so well."

Johnson hit six 3-pointers in the game. Mason Klingberg added 19 points for the Rockets while dominating the glass cleaning effort with 16 boards, which Castle Rock won 31-23. With Toledo's sharpshooting Brent Wood sidelined with an ankle injury, Toledo struggled to find rhythm in their offense. For the game, Grant McEwen led the Indians with 17 points and seven rebounds.

"We just didn't play very well, and it was a large part because of them," conceded Merzoian. "It's just one of those nights. It's disappointing. I thought we got out-hustled and that doesn't happen very often."

Toledo (6-4, 4-4 league) plays at Woodland on Friday.

## Warriors Get Past Ocosta

ROCHESTER — Tyler Yarber poured in 21 as the Warriors defeated Ocosta 60-51 in nonleague boys basketball action here on Wednesday night. After a slow start put Rochester down by five in the first quarter, the Warriors outscored the Wildcats by 14 points the rest of the ball.

"Yarber got hot from three and he had a real good shooting night," Rochester coach Mark Goldrick said. "That kind of helped us open it up."

Yarber hit 5 of 9 from the free throw line. Tanner Nelson added six points and 18 rebounds while Aaron Blanchard added 13 points.

Rochester (5-7 overall, 1-3 league) will play at Elma on Friday.

worked hard and got out ahead of everybody, working hard in the post."

Hoquiam led 26-18 after the half and outscored Tenino by three points after the break. The Beavers were plagued by 23 turnovers in the loss.

"Hoquiam did a good job moving the ball around and sharing it," Mora said. "They had lots of guys score, we just couldn't put our best defensive guy on their best scorer, points came from everywhere. We didn't let them shoot well though, and held them to just two 3-pointers which has been their calling card."

Jon Jones pulled down eight rebounds for the Beavers. Tenino (3-8 overall, 0-4 league) hosts league foe Forks on Friday.

## Acorns Win Big in Brooklyn

BROOKLYN — Oakville spread the ball around and ran to a 63-33 victory over North River here on Tuesday night. T.J. Trott and Shawn Youckton both led the Acorns with 10 points and eight rebounds.

"I rotated my kids through every three and four minutes," Oakville coach Cliff Harris said. "It was a fun game and North River is a small school, but they're well coached and the kids come to play."

North River has 23 kids enrolled in the high school and the gym is three-fourths the width of a normal gym, meaning some depth perception problems affected the Acorns. They were able to cope, though, and shot 61 percent from the field.

Geo Jack added 8 points for Acorns, who led 18-6 after the first quarter and 30-18 at the break. The Acorns increased their lead by 18 in the second half.

Gary Ortivez and Rey Lopez each had five assists while Marcus Youckton added four steals for the Acorns.

Oakville (5-5 overall) host Wishkah on Thursday and Lake Quinault on Friday.

## Scoreboard

## Preps

**Local Schedules**  
**THURSDAY, Jan. 9**  
**Boys Basketball**  
Adna at Toutle Lake, 7 p.m.  
Mossyrock at Wahkiakum, 7 p.m.  
Onalaska at Winlock, 7 p.m.  
Pe Ell at Napavine, 7 p.m.  
**Girls Basketball**  
Black Hills at W.F. West, 7:30 p.m.  
Elma at Woodland, 7 p.m.  
Toledo at Rochester, 7 p.m.  
**Wrestling**  
Tumwater at Centralia, 7 p.m.  
W.F. West at Black Hills, 7 p.m.  
Toledo at Winlock at Ilwaco, 7 p.m.

**FRIDAY, Jan. 10**  
**Boys Basketball**  
Tumwater at Centralia, 7:30 p.m.  
W.F. West at Black Hills, 7:30 p.m.  
Rainier at Morton-White Pass, 7 p.m.  
Rochester at Elma, 7 p.m.  
Forks at Tenino, 5:45 p.m.  
Toledo at Woodland, 7 p.m.  
Lake Quinault at Oakville, 5:45 p.m.  
**Girls Basketball**  
Toutle Lake at Adna, 7 p.m.  
Wahkiakum at Mossyrock, 7 p.m.  
Winlock at Onalaska, 7 p.m.  
Napavine at Pe Ell, 7 p.m.  
Forks at Tenino, 7 p.m.  
**Wrestling**  
Tillamook at W.F. West, 6 p.m.

**SATURDAY, Jan. 11**  
**Boys Basketball**  
Napavine at Adna, 7 p.m.  
Winlock at Morton-White Pass (Morton), 7 p.m.  
Pe Ell at Mossyrock, 7 p.m.  
Wishkah at Oakville, 5:45 p.m.  
**Girls Basketball**  
Centralia at Tumwater, 7:30 p.m.  
Winlock at Morton-White Pass (Morton), 5:45 p.m.  
Pe Ell at Mossyrock, 5:45 p.m.  
**Wrestling**  
Centralia at W.F. West Bearcat Invite, 10 a.m.  
Napavine at Kelso Tournament, 9 a.m.  
Rochester, Tenino at Rainier Invite, TBD

**Local Results**  
**Tuesday's Games**  
**Boys Basketball**  
**At Centralia**  
**TIGERS 86, HAWKS 55**  
River Ridge 12 6 25 12—55  
Centralia 18 21 24 23—86  
**River Ridge (55)** — Parker 9, Williams 12, Price 12, Murphy 5, Kanani 2, Howard 4, Clark 4, Leib 5, Key 2  
FG: 24 of 77 —.311 FT: 5 of 12 —.417 Reb: 27  
**Centralia (86)** — Housden 19, Scott 17, Blaser 9, Waring 20, Jackson 2, Verduzco 5, Neely 6, Kerner 8  
FG: 30 of 51 —.588 FT: 16 of 22 —.727 Reb: 35 (Housden 10)

**At Chehalis**  
**PANTHERS 66, BEARCATS 52**  
Washougal 15 14 22 15—66  
W.F. West 8 16 17 11—52  
**Washougal (66)** — Davis 3, Wallace 5, Taylor 7, Tran 14, Jones 8, Prangley 23, Adams 6  
FG: 23 of 45 —.511 FT: 15 of 19 —.789 Reb: 36 (Prangley 14)  
**W.F. West (52)** — Gueller 11, Cox 3, Moon 13, Cleary 1, Schwarz 6, Sherry 13, McKay 5  
FG: 16 of 47 —.340 FT: 19 of 28 —.679 Reb: 22 (Moon 4)

**At Morton**  
**TIMBERWOLVES 82, TIGERS 42**  
Napavine 9 9 7 17—42  
Morton-WP 25 16 18 23—86  
**Napavine (42)** — Doughty 6, M. Fagerness 3, Stanley 7, Filley 4, Kaut 11, Hertz 2, Sherwood 6, VanWyck 1  
FG: 13 of 64 —.203 FT: 12 of 18 —.667 Reb: 33 (Hertz 7)  
**Morton-White Pass (82)** — Polquette 16, Ko. Dunlap, Elledge, Kolb 14, Walton 15, Hanson, Ka. Dunlap 16, Counts 4, Reynolds 13, Eveland 4  
FG: 31 of 64 —.484 FT: 13 of 25 —.520 Reb: 39 (Walton 8, Kolb 7)

**At Mossyrock**  
**VIKINGS 59, PIRATES 50**  
Mossyrock 14 11 21 13—59  
Adna 12 8 17 13—50  
**Mossyrock (59)** — Stephens 12, Bowman 3, Hazen 17, Kirkley 5, Watson 13, Allen 5, Butler 4  
FG: 21 of 50 —.420 FT: 13 of 23 —.565 Reb: 27 (Watson 8)  
**Adna (50)** — Olson 1, Richardson 30, Trotter 10, Wagner 1, Moon 4, Kaech 2, Latimer 2  
FG: 21 of 52 —.404 FT: 3 of 9 —.333 Reb: 21 (Trotter 8)

**At Pe Ell**  
**LOGGERS 61, TROJANS 49**  
Onalaska 15 10 14 22—61  
Pe Ell 17 4 12 16—49  
**Pe Ell (49)** — Aidan Arrington 6, Bailey 1, Smith 5, Russell 2, Austin Arrington 15, Lusk 15, Speck 5  
FG: 18 of 53 —.488 FT: 9 of 14 —.643 Reb: 27 (Lusk 7)  
**Onalaska (61)** — Nielson 6, Smalley 23, Modica 5, Taylor 3, Lawrence 4, McMillion 20  
FG: 22 of 45 —.488 FT: 9 of 13 —.692 Reb: 33 (McMillion 12)

**At Hoquiam**  
**GRIZZLIES 51, BEAVERS 40**  
Tenino 4 14 9 13—40  
Hoquiam 16 10 8 17—51  
**Tenino (40)** — Bailon 4, Peterson 21, O'Brien 4, Pier 1, Davido 5, Engebrenth 2, Jones 3  
FG: N/A FT: 13 of 20 —.650 Reb: 38  
**Hoquiam (51)** — B. Kelly 8, Newton 11, D. Kelly 4, White 2, Steen 9, Adams 6, Farnar 4, Anderson 7  
FG: N/A FT: 3 of 8 —.375 Reb: N/A

**At Winlock**  
**DUCKS 54, CARDINALS 50**  
Toutle Lake 10 10 23 11—54  
Winlock 11 3 8 28—50  
**Toutle Lake (54)** — Erhorn 16, Farley 1, Risner 12, Phillips 5, Corbet 7, Butler 10, Booth 3, Pohll 4  
FG: N/A FT: N/A Reb: N/A  
**Winlock (50)** — Heuvel, Tremayne 6, Coleman 3, Rose 29, Miller, Fisher 8, Mitchell  
FG: 15 of 41 —.366 FT: 11 of 21 —.524 Reb: 34 (Fisher 15)

**At Brooklyn**  
**ACORNS 63, MUSTANGS 33**  
Oakville 18 12 17 16—63  
North River 6 12 9 6—33  
**Oakville (63)** — M. Youckton 4, Tinney 2, Trott 10, A. Youckton 4, Ortivez 3, Lopez 5, Bird 1, Jack 9, Bray 5, Atkins 8, S. Youckton 10  
FG: 26 of 42 —.619 FT: 2 of 4 —.500 Reb: N/A  
**North River (33)** — Turner 5, L. Charape 4, J. Charape 2, Holmes, Berentsen 3, Simpson 9, Baumhang 2, Wilson 8, McDougall  
FG: 16 of 40 —.400 FT: 0 of 0 —.000 Reb: N/A

**Girls Basketball**  
**At Toledo**  
**INDIANS 40, ROCKETS 29**  
Castle Rock 3 7 7 12—29

Toledo 15 8 10 7—40  
**Toledo (40)** — Moore 4, Harlan 3, Barge 2, Tauscher 7, Chaselin Rice 9, Casee Rice 15  
FG: 15 of 43 —.348 FT: 10 of 22 —.455 Reb: 24 (Casee Rice 8)  
**Castle Rock (29)** — Seidl 16, Fletcher 1, Keeling 2, Guerrero 2, Williquette 8  
FG: N/A FT: 9 of 24 —.375 Reb: N/A

**At Westport**  
**WARRIORS 69, WILDCATS 12**  
Rochester 18 23 21 7—69  
Ocosta 2 2 0 8—12  
**Rochester (69)** — Baird 2, Lancaster 17, Dale 2, Justice 2, Seymour 18, Kee. Demers 16, Kes. Demers 3, Hegberg 4, Althaus 5, Gedney 1  
FG: 32 of 74 —.432 FT: 6 of 18 —.333 Reb: 22 (Seymour 5)  
**Ocosta (12)** — Phillips 3, Sunde 6, Rutzler 3  
FG: 4 of 21 —.190 FT: 3 of 6 —.500 Reb: 17

**At Lacey**  
**HAWKS 75, TIGERS 50**  
River Ridge 15 19 18 23—75  
Centralia 18 10 12 10—50  
**River Ridge (75)** — Coleman 13, Ayers 2, Bernethy 9, Floyd 9, Johnstone 7, Brewster 2, McGill 18, Stevenson 13  
FG: 33/50 —.660 FT: 8 of 13 —.615 Reb: N/A  
**Centralia (50)** — Crews 17, Gilmore 3, Cline 15, Hall 6, Pocklington 1, Nugent 8  
FG: 20 of 54 —.370 FT: 3 of 6 —.500 Reb: N/A

**At Hoquiam**  
**GRIZZLIES 47, BEAVERS 27**  
Hoquiam 10 18 14 5—47  
Tenino 2 7 10 8—27  
**Hoquiam (47)** — Quercia 10, Parker 5, Rose 2, Kramer 6, Creviston 9, Stewart 2, Sansaver 1, Doyle 8, Gregg 2, Hilliard 2  
FG: 20 of 67 —.299 FT: 3 of 4 —.750 Reb: 23  
**Tenino (27)** — Vens 3, Ford 4, Bronson 3, Tibbetts 9, Richardson 3, Richards 6, Gubbe, Masters  
FG: 9 of 45 —.200 FT: 9 of 14 —.643 Reb: 30 (Tibbetts 15)

**Wednesday's Games**  
**Boys Basketball**  
**At Rochester**  
**ROCHESTER 60, WILDCATS 51**  
Rochester 5 19 18 18—60  
Ocosta 10 12 16 13—51  
**Rochester (60)** — McLemore 4, Rigsbee 9, Yarber 21, Gedney 3, Ranger 4, Nelson 6, Blanchard 13  
FG: 23 of 62 —.371 FT: 8 of 10 —.800 Reb: 41 (Nelson 18)  
**Ocosta (51)** — Short, Tackett 9, So. barra 5, Horarra 17, Anderson 2, Benn 12  
FG: N/A FT: 5 of 13 —.384 Reb: N/A

**At Toledo**  
**ROCKETS 54, INDIANS 34**  
Castle Rock 16 15 14 9—54  
Toledo 11 6 8 9—34  
**Castle Rock (54)** — T. Johnson 4, B. Johnson 26, Klingberg 19, Althaus 5  
FG: N/A FT: N/A Reb: 31 (Klingberg 16)  
**Toledo (34)** — F. Wallace 4, Askin 3, McEwen 17, Vermillya 9, Fuentes 1, Johnson, Bowen, J. Wallace, Andrews  
FG: N/A FT: N/A Reb: 23 (McEwen 7, F. Wallace 6)

**Girls Basketball**  
**At Adna**  
**PIRATES 69, VIKINGS 40**  
Adna 16 13 20 20—69  
Mossyrock 12 6 10 10—40  
**Adna (69)** — Moon 6, Massingham 1, Bond 7, Gilbertson 7, Gaffney 10, Dotson 21, Rolfe 6, Elliot 11  
FG: 30 of 74 —.405 FT: 7 of 18 —.389 Reb: 30 (Dotson 11)  
**Mossyrock (40)** — Blackburn 2, Smith 2, Quinlan 2, Moorcroft 22, Hensch 12  
FG: 18 of 47 —.383 FT: 4 of 8 —.500 Reb: N/A

**At Toutle**  
**DUCKS 68, CARDINALS 22**  
Toutle Lake 17 22 13 16—68  
Winlock 5 5 5 7—22  
**Toutle Lake (68)** — Br. Hockett 8, Woodley 23, Wason 7, Dean 2, Ba. Hockett 5, Mak. Gardner 10, Mar. Gardner 4, Adams 10  
FG: 26 of 48 —.542 FT: 10 of 17 —.588 Reb: N/A  
**Winlock (22)** — Whitehead 3, Alvord 7, Lopez 7, Hammond 3, Stalcup 2  
FG: 6 of 31 —.194 FT: 7 of 8 —.875 Reb: N/A

**At Randle**  
**TIMBERWOLVES 45, TIGERS 32**  
MWP 12 16 11 6—45  
Napavine 7 4 12 9—32  
**Morton-White Pass (45)** — Elledge 2, Atkinson 3, Kelly 23, Allen 5, Hazen 5, Kolb 3, Robbins 1, Eveland 3  
FG: 18 of 48 —.375 FT: 5 of 10 —.500 Reb: 29 (Kelly 10)  
**Napavine (32)** — Lorton 17, Dickerson, Hamre 2, Harris 2, Kleemeyer 5, Bornstein 2, Olson 4  
FG: 13 of 47 —.277 FT: 3 of 8 —.375 Reb: 28 (Bornstein, Olson 7)

**At Onalaska**  
**TROJANS 29, LOGGERS 23**  
Pe Ell 5 12 4 8—29  
Onalaska 7 9 4 3—23  
**Onalaska (23)** — Paxton 5, Duryea 8, Dalsted 2, Musick 2, Vint 4, Hoyt 2  
FG: 7 of 46 —.152 FT: 8 of 20 —.400 Reb: 25  
**Pe Ell (29)** — Alden 4, Skeen 4, H. Compton 3, A. Compton 6, Hoke 2, Capps 10  
FG: 11 of 45 —.239 FT: 5 of 14 —.357 Reb: 24

**Wednesday's NWAACC Results**  
**Women's Basketball**  
**At Centralia**  
**BLAZERS 82, CHOKERS 52**  
Centralia 43 39—82  
Grays Harbor 26 26—52  
**Centralia (82)** — Gee 9, Fisher 7, Preuninger 11, Sorensen 6, McIntyre 8, Davis 13, McDonald 3, Myers 6, Finger 5, DeVore, Kaupu 8, Narolski 6  
FG: 28 of 82 —.340 FT: 11 of 12 —.920 Reb: 57 (Kaupu 12)  
**Grays Harbor (52)** — Chovich 4, Maneman, Hagain, Cox 23, Robles 5, Koe, Fifeild 10, Stewart, Russell 9, Dotson 1  
FG: 15 of 53 —.280 FT: 19 of 30 —.630 Reb: 40 (Russell 7)

**Men's Basketball**  
**At Centralia**  
**BLAZERS 75, CHOKERS 65**  
Grays Harbor 32 33—65  
Centralia 34 41—75  
**Centralia (75)** — Rogers 9, Scott 8, Edwards 7, Malone 4, Brooks 3, Broussard 13, Farley 17, Dumetz 14  
FG: 27 of 52 —.509 FT: 19 of 28 —.679 Reb: 29 (Broussard 5)  
**Grays Harbor (65)** — Harrison 9, Darryl Larkins 2, Kolokihakaufisi 3, Laddson 10, Harrod 2, Irion 4, Strauther 5, Bryan McGriff 26, Jordan Dutton 4

FG: 26 of 60—433 FT: 11 of 15—733 Reb: 35 (McGriff 14)

## College Basketball

**Men's NCAA Div. I Basketball**  
**Week 10 Rankings (Jan. 6)**  
**AP Top 25**

Rk.	Team	Record	Pts.
1	Arizona (60)	15-0	1,620
2	Syracuse (5)	14-0	1,550
3	Ohio State	15-0	1,470
4	Wisconsin	15-0	1,427
5	Michigan State	13-1	1,378
6	Wichita State	15-0	1,203
7	Baylor	12-1	1,169
8	Villanova	13-1	1,141
9	Iowa State	13-0	1,076
10	Florida	11-2	1,052
11	Oklahoma State	12-2	934
12	Louisville	13-2	825
13	San Diego State	12-1	823
14	Kentucky	10-3	808
15	Colorado	13-2	752
16	Duke	11-3	745
17	Oregon	13-1	715
18	Kansas	9-4	367
19	Massachusetts	12-1	364
20	Iowa	12-3	261
21	Missouri	12-1	247
22	Gonzaga	14-2	241
23	Illinois	13-2	178
24	Memphis	10-3	126
25	Kansas State	11-3	112

**Others receiving votes:** Cincinnati 103, Creighton 82, North Carolina 79, UCLA 79, Pittsburgh 44, Connecticut 41, Harvard 41, Saint Louis 19, Oklahoma 15, Michigan 11, George Washington 9, Southern Methodist 9, Xavier 3, Notre Dame 3, Toledo 2, Arkansas 1

**USA Today Coaches Poll**

Rk.	Team	Record	Pts.
1	Arizona (30)	15-0	798
2	Syracuse (1)	14-0	761
3	Ohio State (1)	15-0	741
4	Michigan State	13-1	687
4	Wisconsin	15-0	687
6	Wichita State	15-0	632
7	Iowa State	13-0	543
8	Louisville	13-2	503
9	Baylor	12-1	488
10	Villanova	13-1	476
11	Florida	11-2	473
12	Oklahoma State	12-2	466
13	Duke	11-3	399
13	Oregon	13-1	399
15	San Diego State	12-1	379
16	Kentucky	10-3	362
17	Colorado	13-2	272
18	Gonzaga	14-2	255
19	Massachusetts	12-1	223
20	Kansas	9-4	151
21	Missouri	12-1	113
22	Memphis	10-3	108
23	Creighton	12-2	90
23	Iowa	12-3	90
25	UCLA	12-2	66

**Others receiving votes:** Pittsburgh 65, North Carolina 40, Connecticut 35, Saint Louis 25, Oklahoma 17, Southern Miss 15, Illinois 14, Cincinnati 13, George Washington 11, Michigan 5, Kansas State 5, Toledo 5, New Mexico 3, Texas 3, Harvard 2

## NFL

**National Football League**  
**All Times PDT**  
**AMERICAN CONFERENCE**

East	W	L	T	Pct	PF	PA
y-New England	12	4	0	.750	444	338
N.Y. Jets	8	8	0	.500	290	387
Miami	8	8	0	.500	317	335
Buffalo	6	10	0	.375	339	388
<b>South</b>						
y-Indianapolis	11	5	0	.688	391	336
Tennessee	7	9	0	.438	362	381
Jacksonville	4	12	0	.250	247	449
Houston	2	14	0	.125	276	428
<b>North</b>						
y-Cincinnati	11	5	0	.688	430	305
Pittsburgh	8	8	0	.500	379	370
Baltimore	8	8	0	.500	320	352
Cleveland	4	12	0	.250	308	406
<b>West</b>						
y-Denver	13	3	0	.813	606	399
x-Kansas City	11	5	0	.688	430	305
x-San Diego	9	7	0	.563	396	348
Oakland	4	12	0	.250	322	453
<b>NATIONAL CONFERENCE</b>						
<b>East</b>						
y-Philadelphia	10	6	0	.625	442	382
Dallas	8	8	0	.500	439	432
N.Y. Giants	7	9	0	.438	294	383
Washington	3	13	0	.188	334	478
<b>South</b>						
y-Carolina	12	4	0	.750	366	241
x-New Orleans	11	5	0	.688	414	304
Atlanta	4	12	0	.250	353	443
Tampa Bay	4	12	0	.250	288	389
<b>North</b>						
y-Green Bay	8	7	1	.531	417	428
Chicago	8	8	0	.500	445	478
Detroit	7	9	0	.438	395	376
Minnesota	5	10	1	.344	391	480
<b>West</b>						
y-Seattle	13	3	0	.813	417	231
x-San Francisco	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

x-clinched playoff spot  
y-clinched division

**Wild-Card Playoffs**  
**Saturday, Jan. 4**  
Indianapolis 45, Kansas City 44  
New Orleans 26, Philadelphia 24

**Sunday, Jan. 5**  
San Diego 27, Cincinnati 10  
San Francisco 23, Green Bay 20

**Divisional Playoffs**  
**Saturday, Jan. 11**  
New Orleans at Seattle, 1:35 p.m. (FOX)  
Indianapolis at New England, 5:15 p.m. (CBS)

**Sunday, Jan. 12**  
San Francisco at Carolina, 10:05 a.m. (FOX)  
San Diego at Denver, 1:40 p.m. (CBS)

**Conference Championships**  
**Sunday, Jan. 19**  
AFC, 12 p.m. (CBS)  
NFC, 3:30 p.m. (FOX)

**Pro Bowl**  
**Sunday, Jan. 26**  
At Honolulu  
TBD, 4:30 p.m. (NBC)

**Super Bowl**  
**Sunday, Feb. 2**  
At East Rutherford, N.J.  
AFC champion vs. NFC champion, 3:30 p.m. (FOX)

## NBA

**All Times PST**  
**EASTERN CONFERENCE**

Atlantic Division	W	L	Pct	GB
Toronto	17	17	.500	—
Brooklyn	14	21	.400	3½

Boston	13	23	.361	5
Philadelphia	12	22	.353	5
Philadelphia	12	23	.343	5½
<b>Southeast Division</b>				
Miami	27	8	.771	—
Atlanta	19	17	.528	8½
Washington	16	17	.485	10
Charlotte	15	21	.417	12½
Orlando	10	25	.286	17
<b>Central Division</b>				
Indiana	28	7	.800	—
Chicago				

## Tuesday's Boys 2A Basketball

## Hot-Shooting Tigers Down River Ridge

## FROM DOWNTOWN:

**Tigers Hit 10 of 18 Threes, Move to 3-0 in Conference Play**

By Aaron VanTuyl

avantuyl@chronline.com

The defining point in Centralia's wins this season has been, more often than not, 3-point shooting.

When the Tigers are on, they win. When they're not, it typically hasn't ended well.

Tuesday night's 86-55 win over River Ridge in the Hub City, which improved the Tigers to 3-0 in Evergreen 2A Conference action, was a perfect example of what happens when things go right.

Maxx Waring went 6 of 9 from long range and scored 20 points, and Centralia shot a sizzling 59 percent from the field and converted 10 of 18 attempts from behind the 3-point arc.

"It was just one of those nights," Tiger guard Ty Housden said. "Everybody has those nights, and it was one of those nights."

The Tigers broke River Ridge's press for a few open layups early on to get rolling, and led 18-12 after a 3 from Joe Blaser ended the first quarter. Housden opened the second quarter with another 3, and Centralia closed out the second quarter on a 12-0 run that featured a pair of 3s from Waring and two buckets by Housden.

"When you shoot well, everything looks a little better," Tiger coach Ron Brown said. "We did shoot pretty well. I thought we did a lot of other things, but you build on a few good shots, and everybody loosens up."

The Hawks exploded for 25 points in the third frame, though it wound up only doing marginal damage — a point, to be exact — to Centralia's 21-point halftime lead, as the Tigers poured in 24 of their own in the third.

River Ridge managed 16 points on second-chance opportunities against Centralia's zone defense, but shot just 31 percent (24 of 77) from the field and was never able to overcome their 6-point second quarter.

Baylor Scott added 17 points for Centralia on 7 of 10 shooting from the field. Housden went 8 of 13 from the floor and added 10 rebounds, citing the defense as the catalyst for the team's shooting.

"If our defense is good, which it has been these last few games, we're going to be pushing the ball," he said. "We're going to be getting that better look, pretty much, and it just opens up our game offensively."

Waring hit a 3-pointer with 4:41 left in the fourth quarter that pushed Centralia's lead over 30 at 77-46.

"You know, we have good



Brandon Hansen / bhansen@chronline.com

Centralia's Ty Housden goes up towards the basket during Evergreen 2A Conference basketball action against River Ridge Tuesday night at Ron Brown Court in Centralia.

shooters. We really do," said Brown, adding that six different players have led the team in scoring this season. "They're all capable, and if you put it together on a given night, which we did tonight, it makes you look pretty good."

Centralia (7-3 overall) will host Tumwater on Friday night.

Note: The Tiger JV won 70-30, and Centralia's c-squad won 39-37.

#### Panthers Roll Past Bearcats

W.F. West coach Ryan Robertson was not mystified by his

team's 66-52 loss to Washougal on Tuesday night in Chehalis. He was actually quite certain of the cause.

"We just didn't bring any energy from the start. We were down 9-nothing before we knew it," said Robertson.

After being outscored 15-8 in the first quarter, W.F. West was able to shave 2 points off of the deficit in the second quarter, but a second half comeback was not in the cards.

"We didn't do anything well," said Robertson. "When you get beat 36-22 on the boards you can tell who is hungrier for

the basketball."

Besides being thoroughly outrebounded, W.F. West shot just 34 percent from the field and 67 percent from the free throw line compared to 51 and 79, respectively, for Washougal.

Bowe McKay provided a spark off the bench, Robertson added, scoring 5 points. Bryan Moon led W.F. West with 13 points and four rebounds, and Nathan Sherfey added 13 points.

W.F. West (6-5) travels to Black Hills on Friday to resume Evergreen 2A Conference action.

#### MLB

## Edgar Martinez on Hall of Fame Vote: "I Knew I Wasn't Going to Get In"

By Ryan Divish

The Seattle Times

Edgar Martinez didn't sound bitter or angry. Even through the scratchiness of a cellphone connection, he sounded, well, like normal old Edgar — upbeat and positive, while remaining realistic about his Hall of Fame hopes.

The Mariners great understood that his chances of earning enough votes to be inducted into this year's class were slim. He'd read stories analyzing the vote and understood that the addition of Greg Maddux, Tom Glavine and Frank Thomas — all of whom were voted in Wednesday by the Baseball Writers' Association of America — made things a little more difficult for him.

"Since the writers can only vote for 10 players, and in this year's class you have so many great players, plus the other deserving players that were still waiting to get in, I thought it could be difficult for my chances," he said.

Martinez didn't allow himself to even gauge the possibil-

ity. The analytical side of him wouldn't allow it. He accepted his fate before the announcement came.

"I knew I wasn't going to get in," he said.

Martinez was on just 25.2 percent of the 571 ballots this year. The percentage is down from the 35.9 percent he received last year and 36.5 in 2011.

"I'm not surprised that my percentage went down," he said. "We just have to wait and see for the future."

Martinez had no arguments against the three inductees. Their résumés and numbers were close to impeccable.

"They were all great players," he said. "They deserve to be in there."

Martinez never faced Glavine. He faced Maddux twice in his career. In 1997, at Cleveland's Jacobs Field, Martinez got his first All-Star hit off Maddux, smashing a solo homer to left field. Martinez had been hitless in five previous All-Star at-bats. The two met once in the regular season. The Braves came to Safeco Field on June

15, 2003, and Maddux made the start. He struck out 11 batters, including Martinez, who went 0 for 3, twice.

"He's not overpowering, but his control was amazing," Martinez said. "He had a lot of movement on the ball. He just knew how to pitch. It was amazing what he was able to do. He played in Chicago for a lot of years, and that was a hitter's park."

But it's the induction of Thomas that could possibly help Martinez's future chances. The White Sox slugger appeared in more games at designated hitter (1,310) than he did at first base (969). While most voters and fans still view Thomas as a first baseman, the argument can be made he was more of a DH.

"I think it can improve my chances," said Martinez, primarily a DH. "But in reality, Frank's numbers were amazing. When you have the numbers he has, over 500 homers — that's a big number — he's well deserving to be in the Hall of Fame. He was a great hitter. He was a definitely a first-ballot player."

## Tuesday's Girls Basketball

### Indians Start Fast, Hold Off Rockets

By The Chronicle

TOLEDO — The Indians got off to a fast start and left Castle Rock in the dust in the form of a 40-29 SWW 1A League Trico Division victory here on Tuesday. Casee Rice led Toledo with 15 points and eight rebounds as the Indians tried to keep pace in the race for a District 4 tournament spot.

"We got off to a really good start which has been unusual for us," Toledo coach J.B. Ewers said. "We got off to it and kept that pace for the rest of the game. It was a good win for us."

Toledo was coming off a 1-point loss to Stevenson, but took a 23-10 lead over Castle Rock into halftime and extended their lead by 3 points in the third quarter. The Indians are currently seventh in a Trico Division that takes six teams to districts.

"So we're still fighting and in the mix of things," Ewers said.

Toledo (3-7 overall, 3-5 league) will play at Trico foe Woodland on Thursday.

#### Warriors Blast Ocosta

WESTPORT — The Warriors pushed their record to a perfect 10-0 here Tuesday night with a 69-12 nonleague blowout of Ocosta.

Sierra Seymour scored 18, Joni Lancaster added 17 and Keeli Demers notched 16 to lead Rochester, which led 62-4 after three quarters.

"It's good, in that, you kind of get your shot back on track," Rochester coach A.J. Easley said. "We've been on break. It's good to come out and kind of clear the system a little, and get out and run a little bit."

Ten different players scored for the Warriors in the win. Rochester shot 32 of 74 (43 percent) from the field, while Ocosta went 4 of 21 (19 percent).

Courtney Baird played well defensively, Easley added, and Kessa Demers — Keeli's twin sister — returned to the lineup from a knee injury.

Rochester will host Elma (6-4) on Thursday.

#### Early Lead Disappears in Tigers' Loss to River Ridge

LACEY — The Tigers held a 3-point lead after one quarter of play here Tuesday night, but were outscored 60-32 the rest of the way and River Ridge emerged with a 75-50 Evergreen 2A Conference girls hoops win.

"Right before the half, we just fell apart," Tiger coach Tom Kelly said. "We started turning the ball over. Our defense, even in the first quarter when we were leading wasn't very good. Our defense was just as bad as I have ever seen."

Kelly said he'd been of the opinion that his team's defense was improving of late.

River Ridge shot a sizzling 66 percent from the floor for the contest, mostly due to fast-breaks and open layup opportunities. On the other end of the stat sheet, Centralia shot just 37 percent from the field and attempted only six free throws.

"We're going east and west and nobody's going north and south. Nobody's attacking," Kelly said.

After watching his team's 3-point lead morph into a 25-point blowout, Kelly was at a loss for an explanation.

"I've never experienced this before, so I don't know what to chalk it up to," he said. "Let's put it on me. Let's say it's bad coaching."

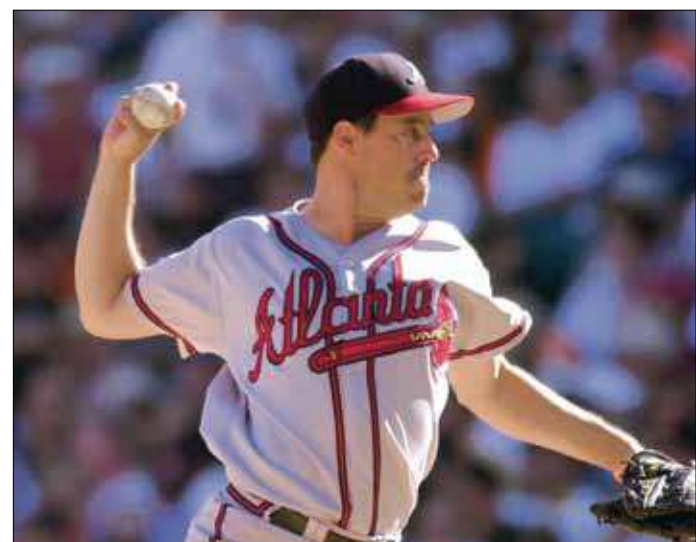
Madi Crews managed 17 points against a Hawk defense focused on limiting her opportunities.

"She played pretty good under duress," said Kelly. "When somebody's dogging you all night, it's pretty frustrating."

Payton Cline added 15 points and played well in the second half, Kelly noted.

Centralia (6-4, 1-2 league) plays Saturday at Tumwater.

MLB



Susan Pollard / MCT



Phil Velasquez / MCT



Curtis Compton / MCT

Greg Maddux, seen pitching for the Atlanta Braves in this 2002 file photo, was elected to the Baseball Hall of Fame on Wednesday.

Frank Thomas speaks to the media at U.S. Cellular Field in Chicago after being elected to the Baseball Hall of Fame on Wednesday.

Former Atlanta Braves pitcher Tom Glavine, seen speaking to the media in this 2010 file photo, was elected to the Baseball Hall of Fame on Wednesday.

# THREE'S COMPANY

*Pitchers Glavine and Maddux, Along With Hard-Hitting Thomas, Make Hall of Fame*

NEW YORK (AP) — A new generation of starting pitchers and a self-proclaimed Mr. Clean of the Steroids Era will be ushered into baseball's Hall of Fame this summer. For tainted players, however, the doors to Cooperstown remain closed.

Greg Maddux, Tom Glavine and Frank Thomas were elected on their first ballot appearances Wednesday, when Craig Biggio fell just two votes short.



Maddux and Glavine will join their former Atlanta Braves manager, Bobby Cox, at the July 27 induction along with Joe Torre and Tony La Russa, also elected last month by the expansion-era committee.

But Barry Bonds, Roger Clemens and other stars whose accomplishments were muddied by accusations of steroids use lost even more ground, dropping below 40 percent in an election where 75 percent is needed.

And on his first day as a member of baseball's elite, Thomas

said the living members among the 306 Hall of Famers don't want those with sullied reputations.

"Over the last year, doing a couple of charity events with Hall of Famers that are in, they've got a strong stance against anyone who's taken steroids. They don't want them in. They don't care when they started or when they did it, they do not want them in," he said. "I've got to take the right stance, too. No, they shouldn't get in. There shouldn't be cheating allowed to get into the Hall of Fame."

Making their second appearances on the ballot, Clemens dropped from 37.6 percent to 35.4 in voting by senior members of the Baseball Writers' Association of America, Bonds from 36.2 to 34.7 and Sosa from 12.5 to 7.2.

Bonds, baseball's career home run leader, is the only seven-time MVP in major league history. Clemens is the lone seven-time Cy Young Award winner.

"As for what they did, I don't think any of us will ever really know," Thomas said. "But I can just tell you, what I did was real and that's why I've got this smile

on my face right now because the writers, they definitely got it right."

Mark McGwire, appearing for the eighth time, fell from 16.9 to 11 percent — down from a peak of 25.6 in 2008. Rafael Palmeiro will be dropped from future ballots after falling to 25 votes and 4.4 percent — below the 5 percent threshold necessary to remain eligible. One voter submitted a blank ballot.

"I can go home and sleep at night and rest," Thomas said, "so I don't have to worry about all the nonsense that the other people are going through, because I know I won't be getting a call in the middle of the night from someone saying, oh, he did this or he did that."

Miami Herald columnist Dan Le Batard, saying interested fans were more qualified than voting reporters, said he turned his ballot over Deadspin.com, which allowed readers to vote on how it should be cast.

"I hate all the moralizing we do in sports in general, but I especially hate the hypocrisy in this," Le Batard said in remarks posted by Deadspin. "I always like a little anarchy inside the ca-

thed we've made of sports."

BBWAA Secretary-Treasurer Jack O'Connell declined comment. Maddux and Glavine become the first primarily starting pitchers to enter the Hall whose careers began after Bert Blyleven, who debuted in 1970. Maddux reached the major leagues in 1986 and Glavine a year later.

They also are the first teammates on a starting rotation to be elected together since 1946. Add in Cox, and the induction will be dominated by Braves.

"It's fitting, given the influence those two guys had on my career," Glavine said. "The thing that would have disappointed me the most had it not happened would have been a lost opportunity to go in with Bobby and Greg."

Maddux, eighth on the career list with 355 wins, was picked on 555 of 571 ballots. His 97.2 percentage was the eighth-highest in the history of voting. Glavine, a left-hander with 305 victories, appeared on 525 ballots and received 91.9 percent. Thomas, who hit 521 homers, is the first Hall of Famer who spent the majority of his career as a designated hitter. He was at 478 and 83.7 percent. Maddux and Glavine will be the first pair of living 300-game winners to be inducted in the same year.

"It's exciting for me to go in with my teammate," Maddux said.

Biggio received 427 votes and 74.8 percent, matching Nellie Fox in 1985 and Pie Traynor

in 1947 for the smallest margin to just miss. Traynor made it the following year, and Fox was elected by the old Veterans Committee in 1997. Biggio, who spent his entire career with the Houston Astros, appeared on 388 ballots last year in his initial appearance — when writers failed to elect anyone — and appears to be on track to gain election next year. Next year's vote will be even more crowded when Randy Johnson, Pedro Martinez, John Smoltz, Carlos Delgado and Gary Sheffield become eligible, five years after their retirements.

## Class of 2014

*A total of 19 newcomers joined 17 holdovers from last year's ballot to make up the 2014 Baseball Hall of Fame candidates. A closer look at who made the cut:*

**Greg Maddux** Pitcher, 23 seasons  
*Cubs, Braves, Dodgers, Padres*

- MLB debut on **Sept. 3, 1986** for the Chicago Cubs
- Win-loss record of **355-227** with an earned run average of **3.16** and **3,371** strikeouts
- **8-time All-Star**; **18-time Gold Glove** Award winner; World Series title (1995)

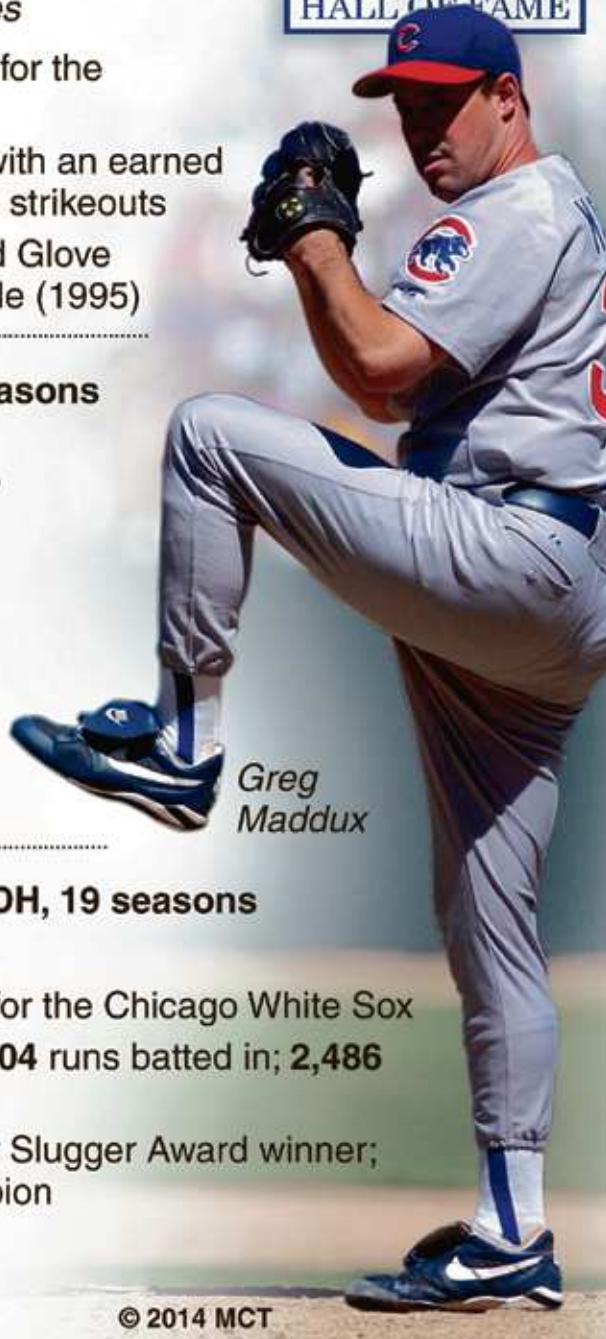
**Tom Glavine** Pitcher, 22 seasons  
*Braves, Mets*

- MLB debut on **Aug. 17, 1987** for the Atlanta Braves
- Win-loss record of **305-203** with an earned run average of **3.54** and **2,607** strikeouts
- **10-time All-Star**; **4-time Silver Slugger** Award winner; World Series title (1995)

**Frank Thomas** First base, DH, 19 seasons  
*White Sox, A's, Blue Jays*

- MLB debut on **Aug. 2, 1990** for the Chicago White Sox
- **.301** batting average and **1,704** runs batted in; **2,486** hits with **521** home runs
- **5-time All-Star**; **4-time Silver Slugger** Award winner; 1995 Home Run Derby champion

Source: Major League Baseball, Baseball-Reference, MCT Photo Service  
Graphic: Melina Yingling



Greg Maddux

© 2014 MCT

**Tires LES SCHWAB**

**OUR BEST PASSENGER TIRE! ULTRA 2900**

**OVER 20% MORE TREAD LIFE**  
So you get more miles out of these tires.

STARTING AT  
**121.85**  
175/65R-14

✓ **OUTSTANDING WET & DRY TRACTION** ✓ **A QUIETER RIDING TIRE**

The NEW Ultra 2900 is the BEST all-season touring tire we've ever offered. Available in several popular sizes, the Ultra 2900 fits many mid-size and larger cars.

We are so sure about the quality of the Ultra 2900, it comes with a 30-day ride guarantee and our Best Tire Value Promise.

Centralia  
1211 Harrison Ave. • 360-6603  
Chehalis  
36 N. Market Blvd. • 748-0295

**Brunswick's Winter Boots Now Available!**

Adults & Childrens  
Columbia • Skechers

SERVING LEWIS COUNTY FOR FOUR GENERATIONS  
525 N. Market Blvd. • Chehalis 360-748-7178

"Smiles from the heart"

**CENTRALIA ORTHODONTICS**

**E. Andrew Lasley, DMD**

**Orthodontics for children and adults**

- Warm, caring atmosphere
- Complimentary initial exam & consultation
- No referral necessary
- Invisalign certified provider
- Most Insurances Accepted
- Flexible Financing

2405 Borst Ave. Centralia  
**www.centraliaortho.com • 360-736-0129**



# Live Healthy



## NEW YEAR'S RESOLUTION ACHIEVED

### GOAL: Eric Brooks Lost 100 Pounds Through Strict Diet and Running Regimen

Pete Caster / pcaster@chronline.com  
Eric Brooks poses for a portrait behind his house in Chehalis.

By Kyle Spurr  
kspurr@chronline.com

Eric Brooks kept his New Year's resolution. Brooks, a 30-year-old Chehalis resident, entered 2013 weighing in at more than 300 pounds. He had constant heartburn and, often, lower back pain. He wore baggy jeans and sported scraggly hair.

Last New Year, Brooks vowed to make a lifestyle change by committing to a nutritional diet and daily jogs. Now, a year later, Brooks' 6-foot, 3-inch frame carries a healthy 200 pounds.

"For the first six months it was more or less watching my diet and slowly walking on trails and trying to get a couple miles in at a time just walking," Brooks said. "I lost 55 pounds."

By July of last year, Brooks had started The Couch-to-5K, a 12-week training program that helps people work up to running a full 3 miles nonstop. He is currently running about 35 miles per week.

On Sunday, he ran 16 miles — a distance he would have considered unthinkable at nearly any other point in his life.

"When you start at zero it's hard to go three miles. We expect results to be immediate, but that's just not the case," Brooks said. "I lost 100 pounds through nothing but hard work and eating the correct portions."

Sticking to a dedicated routine worked for Brooks, but he said other people should find their own motivation and exercises that work best for them.

"I would encourage everybody to do it and to understand there is nothing easy about running and dieting," Brooks said. "But the good news is once you lose the weight and run as far as you want to, that is something you have created for yourself."

For Brooks, his motivation stems from his wife, Catie, who is 8 months pregnant with the couple's first child. It's a boy.

Brooks said he started running regularly around the same time Catie found out she was pregnant. The prospect of becoming a first-time father gave Brooks the extra motivation to keep training. The jogging also gave Brooks time alone to sort out all the excitement about his changing life.

"I had so much stuff going on in my head about being a first-time dad that to have a couple hours a day to process it (is beneficial)," he said.

Catie was on the same diet and exercise plan as Brooks. She lost 40 pounds before she became pregnant.

"She is 8 months pregnant and weighs less than she did the year before," Brooks said. "She is really motivated. She understands it's a long-term effort too."

Brooks, a claims manager for Labor and Industries in Tumwater, said he commonly sees claims from employees that could have been prevented if they were in better health.

Along with his job, Brooks also sees people in his life struggle with depression and disease. Being an able-bodied younger man made Brooks realize he should set a better example.

"How can I live my life as a way to encourage them without getting my life in order first?" Brooks thought.

Going into 2014, Brooks' new goal is to maintain the distances he is running while becoming faster. He currently runs about 11-min-



ute miles and wants to shave off some of that time.

Part of getting faster means losing another 15 to 25 pounds, Brooks said.

Brooks is embracing his new lifestyle and is looking forward to another year of improvements.

"I'm excited to move forward and be a more active person," Brooks said. "To actually live the life, to go out and go running or mountain biking or snowboarding. That is what memories are about. You don't want to look back on all that you couldn't do."

Pete Caster / pcaster@chronline.com  
Eric Brooks enjoys a jog near his house in Chehalis.

#### ONLINE RESOURCES:

- Eric Brooks, who lost about 100 pounds in one year, suggests using The Couch-to-5K website coolrunning.com to set a workout plan — starting with short distances and working up to running 3 miles nonstop.
- Brooks also uses the Android app Libra — Weight Manager, a daily weight tracker with a seven day weighed trendline.
- Additionally, Brooks read the books "The Belly Off! Diet: Attack the Fat That Matters Most," by Jeff Csatori that gives a straightforward look at reasonable daily food consumption; and "The Hacker's Diet," by John Walker that looks at the root causes of slow weight gain and how to reverse it.



Catie Brooks / Courtesy Photo  
Eric Brooks poses at Disneyland in 2012, shortly before his New Year's resolution to get in shape. Over the course of 2013 Brooks, now 30, lost nearly 100 pounds through dieting and a running regimen.

# THE GIFTS THAT KEEP ON GIVING

Use your gift cards on healthy purchases and reap the benefits all year long

**W**hether you are an avid athlete or have a New Year's resolution, running gear is an adrenaline-fueled gift that will be used and abused for months to come. Check out the latest, trendiest gear that attempts to defy the laws of physics and turn even the average runner into a superhero. Do gifts get any better than that? No. No, they don't.



## SHOES » ADIDAS RUNNING SPRINGBLADE SHOE, AVAILABLE IN MEN'S AND WOMEN'S; \$180

Multiple "energy blades" decorate the bottom of the shoe, providing extra inches of height, impact absorption and extra bounce in your step.



## NIKE FREE FLYKNIT+, AVAILABLE IN MEN'S AND WOMEN'S; \$160

Incredibly lightweight and flexible, this breathable, knitted shoe fits more like a sock than a traditional sneaker.



## REEBOK ATV 19+; \$140

This spacey looking shoe has 19 "podular lugs" lining the bottom of the sneaker, designed to make all-terrain running a comfortable ride.



## NEW BALANCE 1260V3; \$145

This seamless (there are literally no sew-welded seams), soft-density foam cushioned shoe is quite the looker, too. Available in many unique, flashy color combinations.



please see GEAR, page Life 3

The NEW iPad App is here! [chronline.com](http://chronline.com)

Access The Chronicle's news, weather, sports anywhere you wish!



To Subscribe Call 807-8203 or [chronline.com](http://chronline.com) subscribe As always, print subscribers get full access for FREE

## Why wait for emergency care?

Morton Hospital's average ER wait... **32 minutes**

Other hospitals? You're lucky if it's less than **4 hours**



Morton General Hospital 521 Adams • Morton • 360-496-5112 [www.mortongeneral.org](http://www.mortongeneral.org)



LeeAnn Evans, R.N.

## Gear

Continued from page Life 2

## APPAREL »

## ASICS LITE-SHOW FAVORITE RUNNING TOP; \$44-48 DEPENDING ON STYLE

The entire Lite-Show line features a reflective thread on all seams, which bounces light rays back at the source to make runners more visible.

## NEW BALANCE WINDBLOCKER TIGHT WOMEN'S BOTTOMS; \$90

Eco-friendly coffee grinds compose the NB Heat technology that claims to provide a two-degree skin surface temperature increase. They are also flexible and reflective.



## NIKE ENGINEERED HOODED WOMEN'S TRAINING TOP; \$125

Stylish, comfortable and breathable, this training top keeps runners warm on chilly outings, but could double as casualwear when not working up a sweat.



## UNDER ARMOUR MEN'S ALTER EGO COMPRESSION SHIRT; \$45-60

Runners often feel like superheroes, but now they can look one, too. Choose from Iron Man, Batman, Superman, Spider-Man and Hulk.

## GADGETS »

## SENNHEISER ADIDAS PMX 6851 SPORTS HEADPHONES; \$80

Headphones that are comfortable, sound good and stay in place? Yes, and they're also sweat/water resistant and fit under your bike helmet on cross-training days.

## TOMTOM RUNNER GPS WATCH; \$170

Provides outdoor and indoor tracking, and even works on treadmills. Vibrations alert runners to their progress even when music is playing. Adjustable for all wrist sizes and very durable.



## JAWBONE UP; \$130

The latest competitor to the Nike Fuelband, Up tracks your movement, sleeping and eating patterns. Attach photos of your food for easy meal tracking and get morning feedback about how long you were in a deep sleep.



## REEBOK WOMEN'S INSHAPE FITNESS MONITOR; \$80

Simple, no-frills tracking device that is worn like a watch and tracks running speed, heart rate, distance and calories burned, and also works as a pedometer.

© CTW FEATURES

# ESSENTIAL Yoga



## Hot Yoga Studio Ribbon Cutting Feb. 10th, 5:30pm at the Chehalis Thorbeckes

Yoga increases flexibility, strength, circulation, massages our lymphatic system and internal organs and stimulates our nervous system. It improves skin detoxification as well as brings clarity and focus to the mind. It helps us to sleep soundly and reduces stress. Realize improved health, peace and joy as our bodies, minds and spirits become strong and healthy.

**Yoga for all fitness levels, including:**

**PiYoga Yoga Stretch Gentle Yoga**

**Hot Yoga and Hot Power Yoga at our beautiful Hot Yoga Studio in Chehalis**

Contact: Melissa for more information:

melissayoga@thorbeckes.com | thorbeckes.com/hotYoga | 360-736-1683

## ON EDGE

### Rock Wall Routes Competition!

Jan. 18th, 2014

9:45am Orientation • Competition 10:00am - 1:00pm

14 Routes - Beginner to Expert

Every Climber receives a Thorbeckes Edge T-Shirt

All climbers are entered to win a 1 month single membership

**\$10** (registered by Jan. 10) **\$20** (day of event)

Register with Brett Brockmueller via email or phone:  
rockwall@thorbeckes.com | 360-748-3744

CHEHALIS  
91 SW CHEHALIS AVE., • CHEHALIS  
360-748-3744

CENTRALIA  
2020 BORST AVE., • CENTRALIA  
360-736-1683

ROCHESTER EXPRESS CENTER  
10119 HWY 12 • ROCHESTER  
360-273-0457



# THE EDGE

AT THORBECKES

**BOOK  
'n'  
Brush**  
Serving Lewis County Since 1969

Join our Birthday Club!  
(Applies to 12 years and younger)

Sign up and receive:

**\$5 Book 'n' Brush Birthday Bucks**

Free scoop of ice cream from  
**Sweet Inspirations,**

and even more  
**Stupendous Surprises!**

See store for details



www.BooknBrush.com

Located in Historic Downtown Chehalis • 518 N. Market Blvd. Chehalis WA 98532

BooknBrush@gmail.com • 360.748.6221 • Mon-Sat 10-6



# HISTORY *of*

**Lewis County**  
- est. 1845 -

## Tycoon Billiard Hall Has Beer on Ice

In 1890, the Tycoon Billiard Hall, across from the post office, was labeled the "Headquarters for Commercial Men," in The Centralia Chronicle. "A quiet pleasant resort for gentlemen. The only place in the city where draft beer on ice can be procured."

## Slayer is Acquitted

In 1910, William Dean, who killed Ed Bertrand at Little Falls, was acquitted on the grounds of self-defense.

"There was an element of sectional strife in the case," The Centralia News Examiner reported. "Dean is a Kentuckian, and there are a number of Southerners who are employed in and about Little Falls. There was some feeling against some of these men on the part of Bertrand and others, according to the stories of some of the citizens there. Dean had \$100 when arrested, but it is reliably reported that his friends in the logging camps and mills raised about \$1,000 with which to defend him."

## Body Found

In 1911, a body was found north of Centralia.

"Last Thursday a sensation was sprung when the body of a man who had evidently been murdered, was found in a shack a short distance above Centralia," The Chehalis Bee-Nugget wrote. "Evidence of a desperate struggle was noticeable. The murdered man had evidently been attacked while lying down in a corner of the shack. A club and stone covered with blood showed how the deed had been committed, and the blood spattered on the walls demonstrated that there had been a struggle. "The sheriff was called. He investigated the matter, and is of the opinion that the dead man and those who committed the deed were hoboes. The shack is a favorite hangout for these men. No clues were left that were definite as yet to lead to the arrest of anyone."

## Cultivating Crops on Top of Cooks Hill



submitted by **Floyd Venard** for Our Hometowns

Anna "Mullen" Venard is pictured in this circa 1907 photo cultivating the ground for crops on top of Cooks Hill. Anna was married to George Washington Venard in Missouri or Kansas when the dust bowl blew them out. The Venards came to this area early in the 1900s with their children, one of whom was born in Washington.

## Sticklin Dies

In 1935, L.G. Sticklin, 74, resident of Lewis County since 1891, died at his home at the Sticklin apartments, with all of the members of his family at his bedside.

For several years Sticklin had been in ill health, but the shock of the recent death of his 4-year-old grandson, Ted, was thought to have hastened his passing.

"Mr. Sticklin opened an undertaking establishment, and a year later he moved to Chehalis where he has resided since," The Centralia Daily Chronicle wrote. "Mr. Sticklin was noted for his efforts on behalf of city beautification, during his lifetime buying many old buildings and renovating them. Among these was the old St. Helens hotel building, which he moved two blocks to its present location and rebuilt it as the Sticklin apartments, where he spent the last years of his energetic and useful life."

ent location and rebuilt it as the Sticklin apartments, where he spent the last years of his energetic and useful life."

## State Wants Fair Money

In 1960, the State Tax Commission wanted more than \$1,500 from the Southwest Washington Fair for business and occupation taxes dating back to 1955.

"Why the tax commission has waited for more than 26 years to try to apply the B and O tax to fairs such as ours is a question," said Tony Wildhaber, fair manager.

## Breckel Picked as Interim Police Chief

In 1985, Toni Breckel, 16-year-police department veteran, was appointed as interim police chief in Centra-

lia. He took the place of former Centralia Police Chief Jay Winter who had been removed from the chief position by Mayor Jack Gelder.

"I guess you can say I accepted the appointment with somewhat mixed emotions," said Breckel. "Sometimes it's hard to step in and take the place of someone who's been your good friend for 14 years."

## Winds Disrupt Skiing

In 2000, the White Pass Ski area was closed when cables on the lifts were blown away from electronic sensors. Near the top of the ski runs, winds were clocked at 118 mph.

"We didn't get much argument," Kevin McCarthy, general manager, said. "It was some very good skiing, but they didn't enjoy the ride up."

## Chamber Merger Recalled

In 2005, during its annual banquet, the Centralia-Chehalis Chamber of Commerce recalled the history of the chamber, which included the merger of two chambers.

"At one point, I recall being chastised by a Centralia businessman in the aisles of Fullers, complaining that we were showing favoritism toward Chehalis and weeks later received a phone call from an individual in Chehalis charging us with the same offense in favoring Centralia," shared Joe Pitt, first president of the merged chamber. "At a board meeting we determined we must be on the right track if members of both camps were unhappy."

## WASHINGTON STATE HISTORY

HistoryLink.org

### Magnuson Helps Spearhead Unemployment Relief in Washington House of Representatives Beginning January 9, 1933

Newly elected state Representative Warren G. Magnuson (1905-1989) helps spearhead unemployment relief and thus plays a significant role in the Washington state legislative session that begins on January 9, 1933. This session is held during the depths of the Great Depression, with unemployment running at 25 to 30 percent. Magnuson serves as chair of the House unemployment relief committee. He is 28 years old.

A bill was proposed and passed to provide \$10,000,000 to hire unemployed persons for public works projects. Funds were provided for some initial work on the Grand Coulee Dam as well as the Yakima Valley Roza irrigation project, and to construct the Deception Pass bridge between Whidbey Island and Fidalgo Island, and to build Washington Park Arboretum in Seattle.

Magnuson was also the main force in the passage of a major bill to give public utilities the right of eminent domain to acquire private power systems and a bill to allow pari-mutual betting on horse racing, which led to the establishment of Longacres Race Track in south King County.

At the conclusion of the session, House Speaker George Yantis wrote Magnuson and thanked him for his help. He

stated: "You remember I told you I was going to have to count on you for a lot of work related to revenue and taxation and also on the unemployment problems. You were a very important factor in the session and delivered the goods every time. I extend my personal appreciation [and] I wish you every success - you have the ability and the character to deliver at all times" (Scates, 40).

Magnuson was later to become one of Washington's most influential U.S. senators ever.

### Hearst Corporation Puts The Seattle Post-Intelligencer Up For Sale on January 9, 2009

The Hearst Corporation, which owns the Seattle Post-Intelligencer, announces that the newspaper is up for sale. The P-I's parent company states that unless a buyer is found within 60 days, the newspaper will either become an internet-only publication or cease all operations.

News of the impending sale was first broadcast on KING-TV the night before. An unnamed source "close to the deal" told the television station that the announcement was imminent. Editors and reporters at the P-I were stunned, unaware that the Hearst Corporation was planning to announce the sale.

The Post-Intelligencer traces its origins back to Seattle's first newspaper, the Gazette, founded in 1863. It was published as the Weekly Intelligencer from 1867 until 1876, when it began daily publication as the Intelligencer.

### New Sammamish Public Library Building Opens on January 9, 2010

A new public library opens in Sammamish (King County). The new library, located in the Sammamish Commons

on 228th Avenue SE, replaces an older public library in Sammamish that has been open since 1998.

As Seattle's suburbs spread east onto the Sammamish Plateau in the 1980s and 1990s, the need for a local library became apparent. In 1988 voters approved a bond measure to build or improve about 20 libraries in unincorporated King County, which included construction of a new library on the Sammamish Plateau. It was originally scheduled to be completed by 1995, but various delays pushed the project back for so long that the King County Library System opened a temporary library station in 1995 in the Sammamish Highlands Shopping Center, where you could at least order and pick up books. Finally in April 1998 construction of a 10,000-square-foot library began, and Sammamish's first library opened at 825 228th Avenue NE on December 15, 1998.

But in only a few years the library was already outdated. A burgeoning population in Sammamish as well as rapid technological advances created demands on the library that were difficult for it to meet given the constraints of the building. Further, vehicular access to the library was difficult, with access possible from only one direction, the southbound lanes of 228th Avenue NE, even though the building sat on the northwest corner of one of Sammamish's busiest intersections at Inglewood Hill Road and 228th Avenue NE.

By 2006 calls for a new library were growing louder, and in October 2007 the Sammamish City Council agreed to sell a parcel of land to the King County Library System for the construction of a new library building. Located just south of the Sammamish City Hall,

the new library would become part of the 30-acre Sammamish Commons, a civic and park complex just south and west of the intersection of SE 8th Street and 228th Avenue SE in Sammamish. Funding for the project was available from a \$172 million capital improvement bond measure passed by area voters in 2004.

In December 2008 ground was broken for the new \$16 million library building, and construction proceeded through much of 2009. Meanwhile,

the question arose of what to do with the old building once the library moved. This was answered in September 2009 when the Sammamish City Council voted to purchase the old building from the King County Library System for use as a recreation center geared primarily toward teenagers. The City is scheduled to take over the old library building in February 2010.



**MOISTURE IN YOUR WINDOWS?**  
Don't Replace. RESTORE for Less!  
Guaranteed Repair Process!

**CALL TODAY!**  
**360-740-7777**  
Chehalis, WA 98532  
#GLASSGC871JS

**The Glass Guru™ SERVICES**  
Moisture Removal  
Scratch Removal  
Water Stain Removal  
Window Replacements  
New Glass, Windows, Doors, Screens & MORE!

Free Estimates  
Learn More At [TheGlassGuruofChehalis.com](http://TheGlassGuruofChehalis.com)

**SERVING LEWIS COUNTY PACIFIC**

**Prosthetics & Orthotics, LLC**  
*Compassionate Consultation • Locally Owned*

- Artificial Limbs
- Knee Braces
- Leg Braces
- Arch Supports
- Diabetic Shoes
- Repairs & Adjustments
- Home Or Office Visits

**(360) 330-1602**  
1720 Cooks Hill Rd.  
Centralia, Wa



Raymond Frieszell, MS, CPO  
Licensed Prosthetist/Orthotist

**Office Hours by Appointment**  
**MEDICARE • VA • DSHS • L & I • ALL INSURANCES**

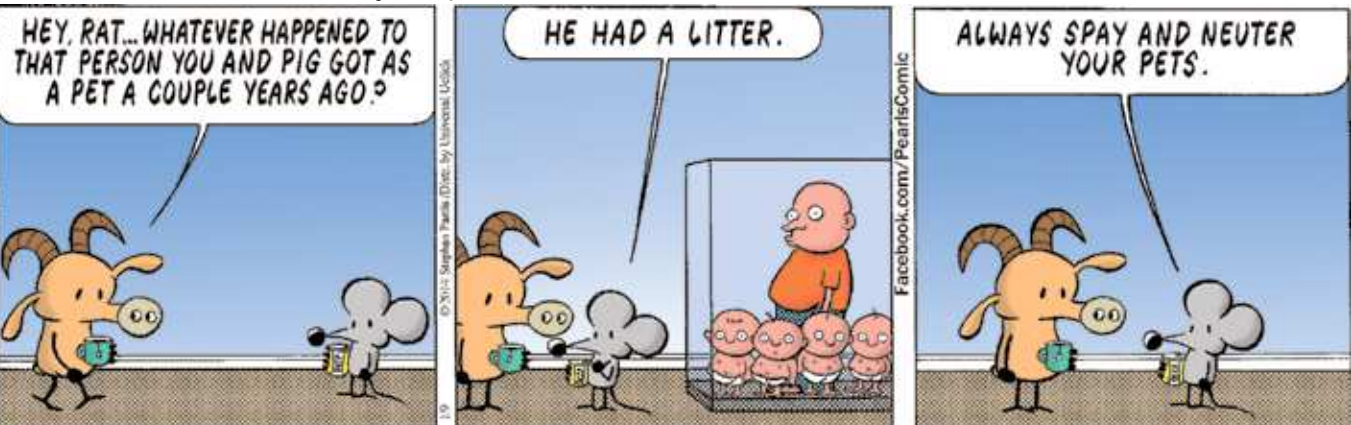
GET FUZZY by Darby Conley



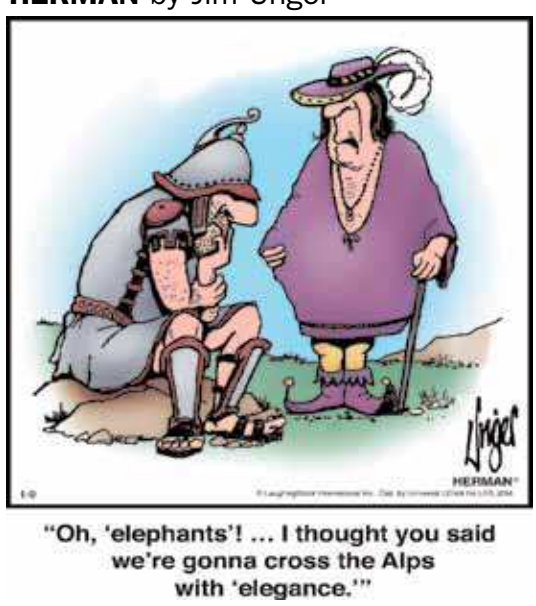
NON SEQUITUR by Wiley



PEARLS BEFORE SWINE by Stephan Pastis



HERMAN by Jim Unger



RHYMES WITH ORANGE by Hilary B. Price



DENNIS THE MENACE by Hank Ketcham



DILBERT by Scott Adams



PICKLES by Brian Crane



WIZARD OF ID by Parker & Hart



FOR BETTER OR FOR WORSE by Lynn Johnston



CLASSIC PEANUTS by Charles Schulz



HI & LOIS by Greg & Brian Walker



BLONDIE by Dean Young & John Marshall



SHOE by Gary Brookins & Susie MacNelly



FRANK & ERNEST by Bob Thaves



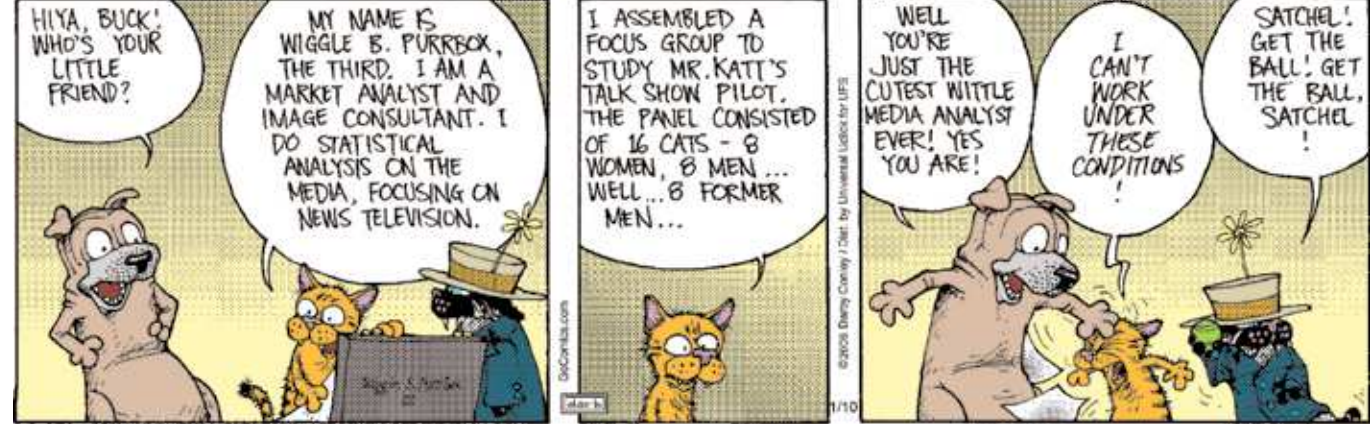
B.C. by Mastroianni & Hart



BEETLE BAILEY by Mort, Greg & Brian Walker



**GET FUZZY** by Darby Conley



**NON SEQUITUR** by Wiley



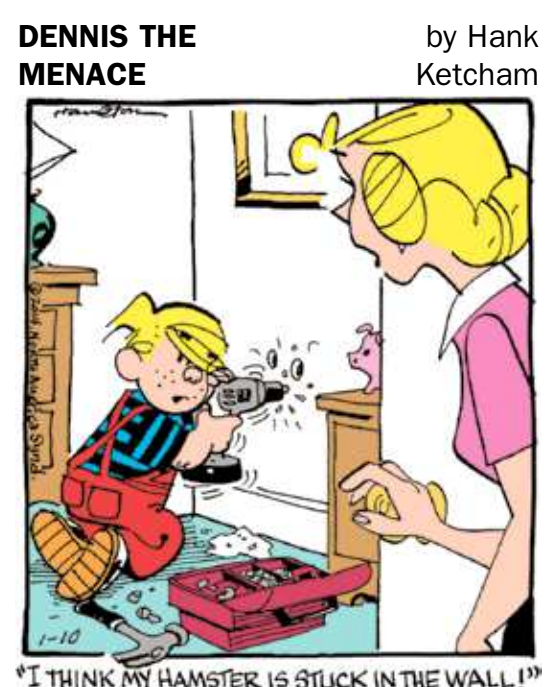
**PEARLS BEFORE SWINE** by Stephan Pastis



**REVENGE OF THE UNDERPAID SECRETARY**



**DENNIS THE MENACE** by Hank Ketcham



**RHYMES WITH ORANGE** by Hilary B. Price



**DILBERT** by Scott Adams



**PICKLES** by Brian Crane



**WIZARD OF ID** by Parker & Hart



**FOR BETTER OR FOR WORSE** by Lynn Johnston



**CLASSIC PEANUTS** by Charles Schulz



**HI & LOIS** by Greg & Brian Walker



**BLONDIE** by Dean Young & John Marshall



**SHOE** by Gary Brookins & Susie MacNelly



**FRANK & ERNEST** by Bob Thaves



**B.C.** by Mastroianni & Hart



**BEETLE BAILEY** by Mort, Greg & Brian Walker



## Puzzle One

Find answers to the puzzles here on  
Puzzle Two on page Life 8.

## Sudoku

Difficulty: 4 (of 5)

## Crossword

Answer to Previous Puzzle



- ACROSS**
- 1 According to —  
6 Miss Muffet's fare  
10 Raw  
12 Type of pigeon  
14 Beantown  
15 Take turns  
16 Like elephants  
18 Back talk  
19 Tar's toddy  
21 Mimicked  
23 Wheel buy (2 wds.)  
24 That girl  
26 Benchmark  
29 Does field work  
31 "No Scrubs" group  
33 Cincinnati river  
35 Ancient colonnade  
36 911 responder  
37 Intellect

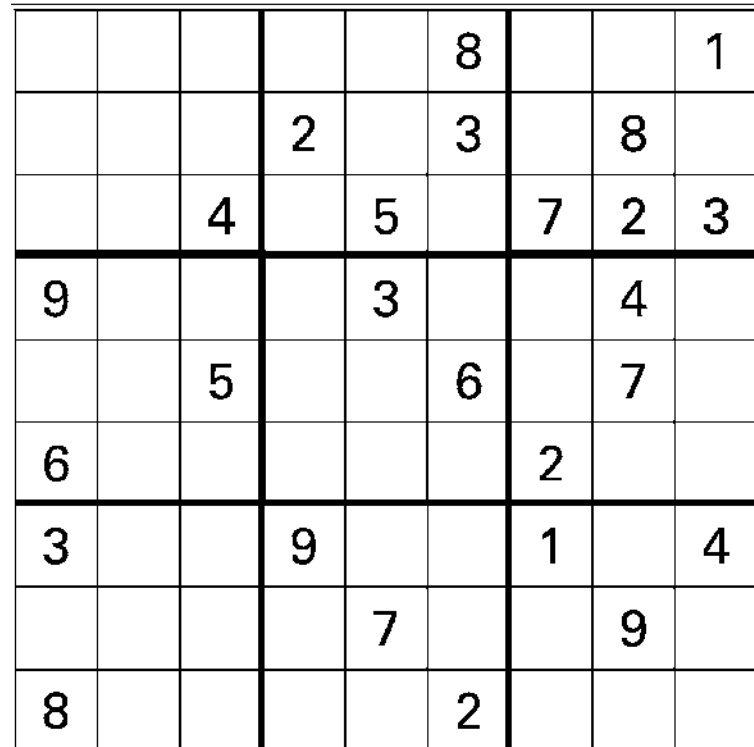
- 38 Sweater flaw  
40 Had dinner  
42 Beatty of film  
43 Shuttle launch sound  
45 Wolf's expression  
47 "Nova" network  
50 Dots on a monitor  
52 "You bet!" in Bonn  
54 Dainty  
58 Trombone parts  
59 Boxing venues  
60 Livy's road  
61 Busybody

**DOWN**

- 1 Wheel part  
2 Plastic — Band  
3 NFL gains  
4 Jackpot game  
5 Ample  
6 Stiff

- 7 Rough shelter  
8 And others (abbr.)  
9 Sasquatch cousin  
11 USN rank  
12 Get ready

- 13 Dem. rival  
17 He inspired Lenin (2 wds.)  
19 Pesky insects  
20 Synthetic fabric  
22 Ensure failure  
23 Happy sighs  
25 Cousteau's summer  
27 River or wine  
28 Clementine's dad  
30 German industrial region  
32 Iowa hrs.  
34 — man out  
39 Burrowing rodent  
41 Queen of whodunits  
44 Has the flu  
46 Ms. Lauder  
47 Slumber-party attire  
48 Exotic island  
49 Houlihan on "M.A.S.H."  
51 MPG monitor  
53 Keats opus  
55 Quaint lodging  
56 Make doilies  
57 NASA counterpart



1-9-14

©2014 JFS/KF Dist. by Universal Uclick for UFS

## PREVIOUS SOLUTION

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

**HOW TO PLAY:**

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

## Celebrity Cipher

Today's clue: E equals F

"G KS SGAGJKLJ KUZRJ OHRCD. BZR MKLJ

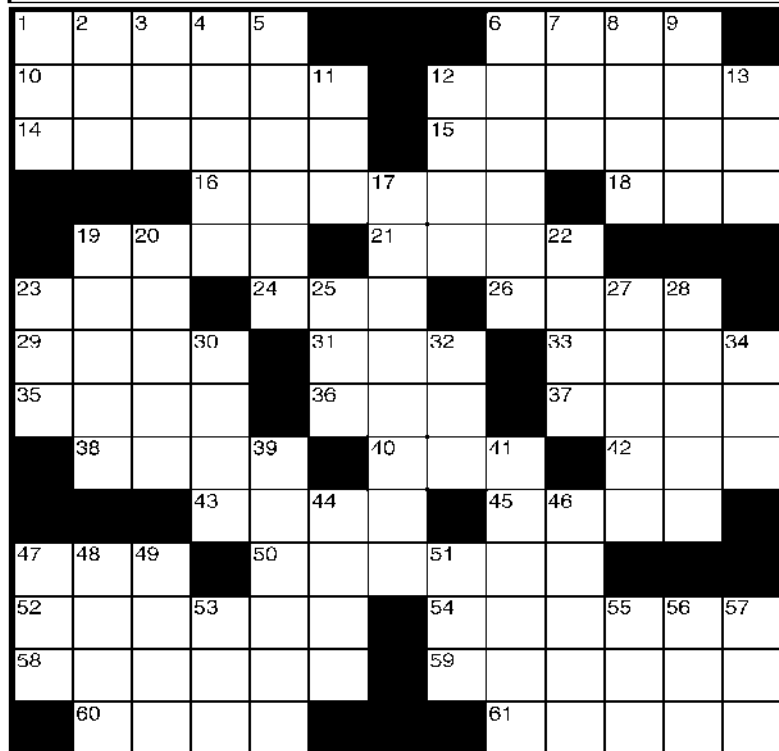
JZ OZ 'NS, BZR'HN ZRJ ZE SB AGEN."

— DKHKT SGPTNAAN CNAAKH

**PREVIOUS SOLUTION:** "A man must marry only a very pretty woman in case he should ever want some other man to take her off his hands."  
— Sacha Guiry

© 2013 by NEA, Inc.

Want more puzzles?  
Check out the "Just Right Crossword Puzzles" books  
at [QuillDriverBooks.com](http://QuillDriverBooks.com)



1-9

© 2014 UFS, Dist. by Universal Uclick for UFS

# Ten Tips for Eating Healthier in 2014

By Robert Rodriguez

The Fresno Bee

It's a new year and a good time to start living a healthier lifestyle.

Health experts, food bloggers and chefs say that with an abundance of fresh fruits, vegetables and nuts, getting on the right track should be a little easier.

Also helping people make better food choices is a new book by celebrity chef Giada De Laurentiis. Her book, "Giada's Feel Good Food: My Healthy Recipes and Secrets" is loaded with more than 100 recipes for breakfasts, lunches, snacks, dinners and desserts.

Why change your eating habits? The reasons are many, including lowering your blood pressure, reducing your risk of heart disease and getting your blood sugar levels under control. Admittedly, it isn't always easy to change.

But with 10 helpful tips from the experts and some recipes from De Laurentiis, you can begin the new year in a healthful way.

**1. Don't skip breakfast,** says Kim Tirapelle, a registered dietitian at Kaiser Permanente in Clovis, Calif. Eating a breakfast with protein and fiber will help stabilize your blood sugar and curb your late morning cravings. Foods like Greek yogurt are a great source of protein as are eggs or egg whites. Whole wheat toast, oatmeal and fresh fruit are also good sources of fiber.

**2. Increase your intake of fruits and vegetables at every meal.**

Tirapelle says the more colors of food on your plate the better. Also, if you can't get your children to eat vegetables, sneak it in their food by pureeing it and adding it to sauces or soups. And if you can't find fresh fruits or vegetables, frozen produce is a good option.

**3. Cut out the fat and salt.** Try roasting or grilling your meats and vegetables instead of frying. Choose leaner meats and pull the skin off poultry. Also, don't be afraid to experiment with differ-

ent herbs and seasonings, such as cinnamon, chile peppers, basil, thyme, cilantro or turmeric, or whatever is in season at the farmers markets. It helps add flavor without the salt.

**4. Increase your intake of fiber and whole grains.** Chef Naomi Hendrix adds a tablespoon of chia seeds to her morning oatmeal or cereal. The nutrient rich seeds are high in protein and antioxidants. Hendrix says the tiny seeds will make you feel full, reducing the tendency to over eat. Other fiber-rich things to try include quinoa, amaranth and freekeh, young green wheat that is toasted and cracked.

**5. Eat more foods with omega-3, a beneficial fatty acid.** Tirapelle says foods with omega-3 help improve your heart and brain function. Foods high in omega-3 include salmon, mackerel, tuna, flax seed, spinach and walnuts. She recommends at least three servings a week.

Pregnant women should consult their doctors about eating fish because of the concern over high levels of mercury.

**6. Increase your fluids.** "Often times when we feel tired and worn down it is because we are dehydrated," Tirapelle says. She said we should be drinking between 64 to 80 ounces of water a day. And limit the sports drink, flavored coffees and teas.

**7. Plant your own garden.** Growing your own food helps increase your intake of fresh fruits and vegetables and gets children more interested in what they are eating.

Along with growing her own food and shopping at farmers markets, food blogger Kindra Franzen of Visalia, Calif., cleans out her pantry of junk food. "Get it out of the house," Franzen says. "No temptations. Nothing to set you up for failure."

please see **HEALTHY**, page Life 8

# Babies of 2013

## Did your family welcome a new addition in 2013?

### Babies of 2013 contest

Entry Criteria: All babies must have been born in 2013 and reside in Lewis County or in The Chronicle's circulation area. **PUBLIC VOTING** on Chronline.com will determine the top three babies and local judges will choose the overall winner from the top three popular votes. The Chronicle is not responsible for incorrect names or other information.

Submit electronically now on Chronline.com.  
(Cell phone photos will not be accepted.)

3 winners will be chosen!

**Entry Deadline:** Sunday, February 9th

**Voting:** February 14th — March 2nd

**Publication Date:** Thursday, March 20th

The Chronicle Family

For more information call 360-807-8203.

\$150 cash for the  
1st place winner!



# Healthy

Continued from Life 7

**8. Try healthy snacks.** Limit salty and fried snack foods such as potato chips. This time of year stock up on winter fruits for snacks and at meal time. "Put a bowl of 4-5 peeled mandarins and 2-3 sliced pears at the dinner table for one more side dish," said Dorie Lim, a registered dietitian. "Trust me, they'll disappear." Dried fruit and nuts also are a good source of healthy snacks.

**9. Choose low-fat or nonfat milk products.** Also, try using low-fat plain yogurt or avocados — that have a heart healthy fat — for dipping vegetables or other healthy snacks.

**10. Use smaller plates to help with portion control.** Also, taller slender glasses help reduce the amount of soda or juice you drink. When you eat from smaller plates, you feel satisfied without overeating, says the U.S. Department of Agriculture.

For more tips, visit the government's website, [choosemyplate.gov](http://choosemyplate.gov).  
Now, on to the recipes:



**ROASTED RED PEPPER HUMMUS IN CUCUMBER CUPS**

*Makes 6 servings*  
**Ingredients:**  
1 (15-ounce) can cannellini beans, rinsed and drained  
½ cup diced jarred roasted red bell peppers  
1 tablespoon tahini (sesame seed paste)  
1 large garlic clove, peeled  
2 teaspoons fresh lemon juice  
½ teaspoon ground cumin  
½ teaspoon kosher salt  
Pinch of cayenne pepper (optional)  
2 hothouse cucumbers, ends trimmed  
Fresh flat-leaf parsley, cilantro, or mint leaves, for serving (optional)

**Directions:**  
In a food processor, combine the beans, roasted peppers, tahini, garlic, lemon juice, cumin, salt, and cayenne pepper, if using. Blend until smooth, scraping down the sides of the bowl if needed. Transfer the hummus to a small bowl.  
Run the tines of a fork down the length of each cucumber several times, turning to make ridges about 1/8-inch deep in the skin all the

way around. Cut the cucumbers crosswise into 1-inch rounds, for a total of at least 12.  
Using the smaller end of a melon baller or a small round measuring spoon, scoop out part of the center of each cucumber round to form a hollow. Use a small spoon (or a pastry bag fitted with a star tip) to fill each cup with hummus, mounding it slightly over the top. Tuck a small fresh parsley leaf into the side of the filling as a garnish, if desired. Arrange the cups on a platter and serve.  
—Giada De Laurentiis, "Feel Good Food"

**CHICKEN SALAD WITH ROASTED VEGETABLE VINAIGRETTE**



*Makes 6 servings*  
**Ingredients:**  
**Chicken salad:**  
1 head romaine lettuce, chopped  
1 head radicchio, chopped  
1 Belgian endive, chopped  
2 cups (1/2-inch) diced cooked skinless chicken breast  
½ cup roasted root vegetable vinaigrette (recipe follows)  
**Roasted root vegetable vinaigrette:**  
2 medium carrots, peeled and cut into 1-inch pieces  
2 medium parsnips, peeled and cut into 1-inch pieces  
1 large shallot, quartered  
1/3 cup plus 2 tablespoons extra-virgin olive oil  
¼ cup frozen unsweetened apple juice concentrate, thawed  
3 tablespoons apple cider vinegar  
1 teaspoon pure maple syrup  
¾ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
1 1/3 cups low-sodium chicken broth

**Directions:**  
Preheat the oven to 425 degrees.  
On a baking sheet, toss the carrots, parsnips, and shallot with 2 tablespoons of the olive oil. Roast until the vegetables are tender, 30 minutes. Set aside to cool.  
Combine the carrots, parsnips, shallot, remaining 1/3 cup oil, the apple juice concentrate, vinegar, maple syrup, salt and pepper in a blender or food processor. Blend until smooth.  
For the chicken salad: In a large bowl, combine the lettuce, radicchio, endive, and chicken. Add the vinaigrette and toss to coat.  
—Giada De Laurentiis, "Feel Good Food"

**ADVICE: Dear Abby**

# Young Mom Must Keep her Wits as Husband Considers Leaving

**DEAR ABBY:** My husband and I are a young couple, married almost two years. He recently told me he isn't happy with me anymore and that he may want to leave. He won't tell me why. He says he doesn't know why.



By Abigail Van Buren

It was a complete shock to me. He refuses to seek marriage counseling and has dealt with a lot of depression for which he won't seek help, either. We have a child, and I am now pregnant again. It hasn't changed his thoughts about leaving.

What should I do for myself and our children? What can I do to help my husband change his mind? I'm still deeply in love with him.  
— CONFUSED IN SOUTH CAROLINA

**DEAR CONFUSED:** I can only imagine how painful this must be for you. Because your husband won't see a counselor about your marriage or do anything about his depression, then YOU should. And when you do, start figuring out a "plan B" for how you will support your children if it becomes necessary. You should also consult an attorney who can help you ensure that your husband lives up to his responsibilities if he does decide to leave.

The reason for your husband's ambivalence will become apparent in time. You may love him deeply, but for your sake and that of your children, it's important you stay calm and rational.

**DEAR ABBY:** I'm a 17-year-old girl, turning 18 soon. Ever since I started high school, my family has pressured me to do my best in everything I do. Some examples: my grades, having the perfect boyfriend and being first in sports. I know they want the best for

me. But I'm a human being. I sometimes make mistakes. At the same time, I don't want to disappoint them. What should I do? Should I tell them to get off my back or continue to accept their pressure?  
— TEEN IN TURMOIL, TULSA, OKLA.

**DEAR TEEN:** Your parents probably push you because they want you to get a college education. Good grades, various activities and a talent for sports can make you a more attractive candidate.

There are ways to tell your parents to ease up without saying, "Get off my back." Your message might be better received if you said to them what you wrote to me: "I know you want what's best for me. I don't want to disappoint you. But I'm a human being and I sometimes make mistakes. I love you, but the pressure is getting to me." It's not hostile, and they may hear what you're saying without becoming defensive.

**DEAR ABBY:** My brother-in-law is a registered sex offender. I am uncomfortable having him stay at our house with my husband and me and our children. My mother-in-law insists we need to forgive him and let him stay. I hate putting my husband in the middle (it is his sister's husband), but I do not want him under our roof overnight.

Am I right to refuse, or do I let him stay and be on major guard?  
— MOMMY IN MEMPHIS

**DEAR MOMMY:** As a mother, it is your job to protect your children. Because you feel your brother-in-law might be a danger to them, he should sleep elsewhere — and "forgiveness" has nothing to do with it.

*Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.*

# Puzzle Two

Start on Puzzle One on page Life 7. Answers to the puzzles here will be published in Saturday's paper.

## Crossword

- ACROSS**
- 1 Carpet
  - 4 Prison room
  - 8 Milk qty.
  - 11 Famous numero
  - 12 Latin dance
  - 13 Little pest
  - 14 Cabaret
  - 16 Zig opposite
  - 17 Urges strongly
  - 18 Old cattle town
  - 20 "— -Pan"
  - 21 Polish
  - 22 Freshen
  - 25 Glacial deposit
  - 29 Aussie gem
  - 30 Sailor
  - 31 Football coach Shula
  - 32 Crooner — Damone
  - 33 High times
  - 34 Lawn invader
  - 35 Cream-filled pastries
- DOWN**
- 1 Ancient letter
  - 2 Windows alternative
  - 3 Vincent van —
  - 4 Desert bloomers
  - 5 Architects' wings
  - 6 Brown Rouge sch.
  - 7 Party in Britain
  - 8 Sphinx site
  - 9 Rani's maid
  - 10 Links org.
  - 12 Scarecrow stuffing
  - 15 Monopoly buy
  - 19 CEO degree
  - 21 Breaks in
  - 22 Wander
  - 23 Hero's tale
  - 24 Salt, to a chemist
  - 25 Swabs
  - 26 — fixe
  - 27 Carol
  - 28 They may be split
  - 30 Hindu teacher
  - 34 Intertwine
  - 36 Ottoman title
  - 37 Moved slowly
  - 38 Dice turns
  - 40 Fortels
  - 41 Parched
  - 42 Sporty trucks
  - 43 Baby's cry
  - 44 Small cut
  - 45 Online auction
  - 46 Nothing, to Pedro
  - 47 Zoo transport
  - 50 "Exodus" character

**Answer to Puzzle on Page Life 7**

H	A	M	S		S	S	N		G	I	S	T
A	S	A	P		O	P	E		A	L	A	I
R	E	N	O		B	L	E		B	E	L	L
M	A	Y	O	R		A	R	R		S	T	E
					L	E	S	S	O	N	S	
C	O	B		K	A	H	N		M	E	L	S
E	M	O	T	E					J	U	L	E
L	O	R	R	Y					W	E	T	B
L	O	G	O		I	D	E	S		A	N	Y
					T	I	G	R	E	S	S	
S	S	E		Q	U	O			E	A	G	E
P	H	E	A	S	A	N	T		R	I	D	E
A	U	K	S		N	E	V		A	G	E	S
M	E	S	H		A	D	A		H	I	N	T

Want more puzzles? Check out the "Just Right Crossword Puzzles" books at [QuillDriverBooks.com](http://QuillDriverBooks.com)

1	2	3		4	5	6	7		8	9	10
11				12					13		
14			15						16		
17							18	19			
			20			21					
22	23	24				25			26	27	28
29					30				31		
32					33				34		
35			36	37				38			
			39				40				
41	42	43				44			45	46	47
48				49	50						
51				52					53		
54				55					56		

## Sudoku

Difficulty: 2 (of 5)

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

1-13-14 ©2014 JFS/KF Dist. by Universal Uclick for UFS

**Answer to Puzzle on Page Life 7**

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

**HOW TO PLAY:**  
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

## Celebrity Cipher

Today's clue: P equals B  
"E GAZY LMY WAEDY ... E GAZY LMY DKYGG. E GAZY BXRNF VYAVGY. E GAZY ZZYXF DEWHGY LMEWH RPAIL WYS FAXJ." — GYR KEBMYGY

**SOLUTION TO PUZZLE ON PAGE LIFE 7:** "I am militant about drugs. You want to do 'em, you're out of my life." — Sarah Michelle Gellar



FRIDAY EVENING

Friday evening schedule table with columns for channel, time, and program details. Includes shows like Wheel of Fortune, Jeopardy!, and various news and entertainment programs.

SATURDAY DAYTIME

Saturday daytime schedule table with columns for channel, time, and program details. Includes shows like Good Morning America, Jeopardy!, and various news and entertainment programs.

SATURDAY EVENING

Movies Sports Kids Bets

January 11, 2014

Main Saturday Evening TV schedule table with columns for channel, time, and program details.

WEEKDAY DAYTIME

Movies Sports Kids Bets

Main Weekday Daytime TV schedule table with columns for channel, time, and program details.