

NEWS OF RECORD

POLICE BLOTTER

Motel suspect — Castle Rock police Tuesday arrested Fred Alton Wesley, 57, of New Castle, Delaware, on suspicion of second-degree theft. Wesley allegedly neglected to pay \$3,500 worth of bills racked up while staying at St. Helens Motel in Castle Rock since Aug. 20 until this week, according to police dispatch logs.

Stolen laptops — Two students are suspected of stealing a \$500 Dell laptop from the Huntington Middle School library Tuesday, according to Kelso police reports. Both boys admitted to police they took the laptops, and police have requested that the Cowlitz County Prosecutor’s Office charge them with third-degree theft.

Prostitution arrest — Department of Corrections officers Tuesday arrested Danica Rae Portner, 21, of Kelso on suspicion of felony prostitution and two drug-related violations.

Robbery arrest — Kelso police Tuesday arrested James Robert Bodine, 44, of Kelso on suspicion of second-degree robbery.

Forgery arrest — Cowlitz County sheriff’s deputies arrested Rosalie Arlene Mickelson, 66, of Longview on suspicion of forgery

and a drug violation.

Drug arrest — Longview police Tuesday arrested Paul Ray King, 34, of Longview on suspicion of a drug violation.

Drug arrest — Kelso police Tuesday arrested Thomas N. Potts Jr., 67, of Kelso on suspicion of a drug violation, contempt of court and a failure to appear charge.

Drug arrest — Department of Corrections officers Tuesday arrested Kyle Ray Reyes, 24, of Longview, on suspicion of a drug violation, contempt of court and a failure to appear charge.

VEHICLE PROWLs

■ 4000 block of Pennsylvania Street, Longview. Tuesday. Multiple cars on the same street prowled, nothing immediately known to be missing.

■ 100 block of McGuire Place, Longview. Tuesday. Glove compartment rummaged through but nothing taken.

■ 100 block of Terumi Lane, Longview.

■ 800 block of Elm Street, Kelso. Sometime Monday night or Tuesday morning. Vehicle registration taken.

■ 100 Hillshire Drive, Woodland. Tuesday. Two coats and sunglasses worth \$1,015.

■ 200 Larch Street, Woodland. Jan.9. Prescription medications.

STOLEN VEHICLES

■ 1000 block of Westminster Drive, Kelso. Tuesday. Dark blue 1987 Toyota pickup.

■ 900 block of Ninth Avenue, Longview. Monday night. Champagne 1996 Honda Accord. Dent in driver’s side door.

■ 1000 block of 15th Avenue, Longview. Tuesday. Black 2013 Honda Civic. AMZ7439.

BURGLARY

■ 1000 block of 12th Avenue, Longview. Tuesday. Dell 17-inch laptop with two power cords and docking station.

■ 500 block of Oregon Way, Longview. Tuesday. Someone broke into garage and appears to have attempted to steal a 1997 Chrysler Cirrus but nothing was taken.

THEFT

■ 1000 block of Seventh Avenue, Longview. Tuesday. White bicycle with black writing and black seat. NorthRock brand, worth \$700 to \$800.

— The Daily News

PAID ADVERTISEMENT

Top Doc Warns; Constipation May Be Sign of Health Problems

And the one simple trick that could beat even nagging “bathroom problems” once and for all.
(HINT: requires no dangerous drugs, cleansers or harsh laxatives)



By Stephan K. Roth
Health editor

If you’re one of the millions tortured by constipation, the news just got a lot worse. Even if you suffer with terrible cramping. Or the painful pushing, straining and endless bathroom visits associated with constipation; it turns out, it could be just the beginning of your problems.

According to **Dr. Michael Steelman**, world famous bariatric doctor, “If you don’t get your constipation under control your system may be overloaded with waste. The longer the waste remains in your system, the more opportunity there is for deadly toxins to escape into your bloodstream, resulting in fatigue, pain and worse.”

When you’re constipated fecal matter sits much longer than it should in your system. That “toxic gunk” clings to your colon walls and decays.

The longer the waste is in your system, the worse it is.

But now, a small company out of Florida has come up with a solution to help end even the worst constipation problems. And its discovery has doctors so excited they’re recommending it to their patients. And it’s even helping people who have suffered for years. People who sit in agony daily... pushing, straining, and praying for relief. But until now, relief never seemed to come.

Laxatives can make things WORSE.

That’s because drug-store remedies aren’t enough. You may get temporary relief but it turns out those over-the-counter laxatives and stimulants you rely on, with prolonged use, can intensify your constipation problems!

Finally, a Breakthrough

But now there’s breakthrough science that uses one simple trick to end the agony of constipation once and for all. It’s called H2Go; an ingenious new mini-tablet that’s guaranteed to work and could change your life forever.* You won’t ever have to sit in your bathroom praying for relief again.

“Thankfully with H2Go you can END your constipation- and be Regular Again without gas, without bloating and without pain... guaranteed to work, backed by indisputable results”, adds Dr. Steelman.

Can Popcorn Fix Your Colon?

Water is the key to colon health. So in order to increase the effectiveness of ordinary (and potentially unsafe) magnesium, scientists drew inspiration from, of all things, -- popcorn. Using the process of

popping a kernel as a guide, they discovered that a grain of magnesium could be re-heated until it ‘popped,’ which significantly increased the surface area.

Softer Stools & Faster Elimination

The result was a proprietary form of natural magnesium called Active Magnesia. Amazingly, it acts like a giant sponge drawing up to 4 times more water to the colon than regular magnesium. And more water means softer stools and quicker and easier elimination.*

And since it works with your body naturally, you don’t need harsh laxatives or awful-tasting fiber that can leave you feeling bloated, uncomfortable, and with a gritty taste in your mouth.

Don’t be a ‘prisoner’ to the bathroom

H2Go contains the exact amount of Active Magnesia you need to get the job done. Right off the bat, you get into a routine. You get regular and stay that way, visiting the bathroom each morning like clock-work.*

You get back on schedule and do the things you love, without being a prisoner to the bathroom.

Works in Three Different Ways

No other product does it all like H2Go. It’s great for occasional overnight relief without irritation or overstimulation...it’s gentle enough for everyday use without fiber bulk or bloating...or as a superior colon cleanse to gently and thoroughly detoxify your body.*

What Goes In MUST Come Out!

Did you know that every time you move your bowels, small leftover amounts of waste could cling to and harden on your colon walls, just like the pipes in your home? By the time you’re age 50, this ‘toxic sludge’ begins to fester.

According to the Mayo Clinic: Not all OTC laxatives are safe for long term use. Overuse can lead to dependency and decreased bowel function.

Unlike other products, H2Go cleanses your colon, eliminating toxins so you feel ‘lighter’ with unstoppable energy, and healthier than have in a long time.*

H2Go fits your lifestyle and it’s so easy on your system that you can use it every day with total confidence.

Recent survey confirms effectiveness.

- 90% of users surveyed saw regularity improvement

- 62 % claim it works better than other products
- 83 % would recommend H2Go to a friend

Doctor Recommended. Doctor Approved.

H2Go has helped thousands of people much needed comfort and peace of mind they never had before.

“I’ve tried so many products. H2Go just does the trick for me. I’ve never had a product that works so beautifully. I think it’s a miracle and that’s the truth. Without H2Go, I’m lost,” says Barbara Z.

“Ever since I can remember I have always had trouble going smoothly. Other colon cleansers, though successful, made me bloated and uncomfortable but with my H2Go finally I can go more comfortably without any bloating or discomfort,” adds Vickie.



“H2Go has been an extremely reliable, gentle natural treatment that is very well tolerated. After a few weeks of using H2Go, patients report less stress and more energy. Some patients simply look better. H2Go continues to be our first choice,” says Dr. J. Volpe, Physician For Alternative Medicine

Special Opportunity for Our Readers

The manufacturer of H2Go has set up a special hotline number so you can order it directly from them.

Even better, if you’re one of the first 500 callers to **1-888-837-3403**, ask how you can get a 30-day supply of H2Go risk free.

Free Special Report

You may also receive a copy of the eye-opening special report -- packed with tips on how to keep your colon clean as a whistle and boost your digestive health. It’s a \$25 value, but ask how it can be yours for FREE.

End the torture of constipation once and for all. Get well and stay that way with **H2Go.***

Call Now, Toll-Free **1-888-837-3403.**

Individual Results May Vary.

These statements have not been evaluated by the US Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Some Assembly Required



Engineer Jim Salley explains the tunnel segments, six of which fit together to form one five-foot long ring of tunnel. Seattle’s new stretch of rail lines will travel across Capitol Hill and to the University District.

Inslee asks obscure state agency to fight inequality

Walker Orenstein
Associated Press

OLYMPIA — Gov. Jay Inslee says Washington must reduce the gap between the pay of an average employee and the salaries of corporate executives, and he has called on the State Investment Board to help accomplish that goal.

One of the main responsibilities of the board, a state agency not often a point of contention between lawmakers, is to invest and manage the retirement money of public employers and employees such as teachers, police officers and

judges. The board manages \$103.4 billion in assets right now, according to its website.

As a shareholder in companies, the board can vote against the salary of an executive if it’s out of line with how well the company performs financially, said State Treasurer Jim McIntire, a Democrat and one of 10 voting members of the board.

But Inslee, in his State of the State speech Tuesday, asked the board to go further and use its voting power to “reduce the widening pay gap between CEOs and their workers.”

McIntire said Wednesday

he believes stagnant wages of average employees are a “significant problem in the U.S. economy,” but he said the board only considers voting against the salaries of corporate executives if it would negatively affect its investments. The board has voted against an estimated 17 percent of “compensation proposals” for CEOs since 2010, he said.

The board probably won’t review its policies and voting guidelines based on Inslee’s speech, McIntire said. “It’s a public comment, and we always take into consideration the public comment we get,” he added.

Standoff

FROM B1

that you can continue to perform your duties and serve the American public.”

Jewell said federal agencies have partnered well in the past with communities in Harney County and elsewhere in the West.

She said “those important efforts continue — even as the situation remains extremely tense, unsettling, and frustrating” for her employees and for residents of Harney County.

Jewell said the department is working with federal, state and local law enforcement agencies to “peacefully resolve this situation as quickly and safely as possible.”

Wildlife

FROM B1

of them live there.

The owner of Oregon Pack Works in Redmond said Monday that he isn’t surprised by the group’s composition.

“Welcome to Oregon politics,” said owner Karl Findling. “This is a conundrum we’re in right now in this state, geographically, and it’s a great example with this task force.”

Lawsuit

FROM B1

state lands,” Laughlin said. “They also have a duty to protect clean water, fish and wildlife habitat, recreational opportunities and other values held closely by Oregonians.”

The state manages about 654,000 acres of Forest Trust Lands it purchased from the counties several decades ago. Linn County officials say a forest management plan adopted in 2001 emphasized improvements to fish and wildlife habitat and other conservation measures, which reduced logging and slashed timber revenue by half.

“We believe over time a delta has developed: the

difference between what these lands could produce ... versus the production that is occurring,” said John DiLorenzo, an attorney at the Portland law firm Davis Wright Tremaine LLP who is representing Linn County.

The price tag of that gap comes to \$1.4 billion, including roughly \$35 mil-

lion in annual revenue owed since 2001, future damages of a similar amount and interest, according to DiLorenzo and county officials.

The governor’s office declined to comment on the potential lawsuit. A State Forester’s spokesman did not immediately return a call for comment.

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