

The Daily Insider

Southern Washington Edition

Cheri Meyerhofer named human resources VP for Southwest Washington Medical Center

Cheri Meyerhofer, formerly Northern Arizona Healthcare director of human resources, has been appointed vice president of human resources at Southwest Washington Medical Center by the center's president and CEO **Joe Kortum**.

Meyerhofer will be a member of the medical center's executive team.

Kortum said today, "Cheri has a strong track record of recruiting and retaining the best and brightest stars in health care, attracting the right people for the right job, and promoting a positive working environment."

Meyerhofer, who has 20 years' medical experience and holds a master of business administration from Indiana University, is a member of the Society for Human Resource Management, American Society for Healthcare Human Resource Administrators, Arizona Healthcare Human Resources Association and Northern Arizona Human Resource Association.

County Realtors endorse library bond issue

The board of directors of the Clark County Association of Realtors today announced its endorsement of the \$48 million Fort Vancouver Regional Library District bond issue that will be on the February ballot.

The bonds would pay for expansion of the Vancouver Community Library and for a new library in east Vancouver at the Firstenburg Community Center.

U.S. Sen. Patty Murray speaker at chamber's Wednesday luncheon

U.S. Sen. **Patty Murray** (D-Wash.), the state's senior senator and ranking member of the Senate Transportation and Employment Committee, is the speaker at a Greater Vancouver Chamber of Commerce Advocacy Forum luncheon at noon Wednesday, Jan. 7, in the Heathman Lodge.

Murray will provide an overview of national congressional issues that affect business and the southwest Washington community, and she will participate in an audience question-and-answer segment.

Pre-registration is required for the \$30 luncheon, which is open to the public. Fall **694-2588** for further information.

Lose weight? Eat less

The simple answer to the question "How do I lose weight?" is "Eat less," according to **Dick Johnson**, manager of Oxford Club, a Vancouver fitness center.

However appropriate, eating less is not easy. Southwest Washington Medical Center's Nutrition and Diabetes Center currently offers four different programs which come under the category "Unlocking the secrets to lasting weight loss."

Some of those secrets are decreasing caloric intake, eating breakfast, eating plenty of carbohydrates, weighing regularly, and exercising—a lot.

"All diets work if your goal is to lose weight, but almost none of them work if your goal is to maintain weight loss."

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according to **James O. Hill**, founder of the National Weight Control Registry, writing for the medical center's January-February issue of *HEALTH Scene*.

For further information, call **514-3857**.

SWIFT auction set for May 15

Always a sellout, the Southwest Washington Independent Forward Thrust gala auction is at 5 p.m. Saturday, May 15, in the DoubleTree Hotel, Jantzen Beach.

Tickets for the 2004 auction are \$150 per person and include dinner. Reservations can be made by calling **397-1091**.

Weather cancellations

All Vancouver School District after school and evening sports events have been canceled. ~~SES~~ The board of trustees of the Fort Vancouver Regional Library District has canceled its 6 p.m. meeting in Washougal and will reschedule later.

News briefs

The Vancouver City Council will discuss creating a metropolitan park district in a work session at 5 p.m. today. The council will convene a regular session at 7 p.m. during which Mayor **Royce Pollard** and council members **Dan Tonkovich**, **Tim Leavitt** and **Larry Smith** will each be sworn into a new term of office. ~~SES~~ Clark Public Utilities' commissioners meet in regular session at 9 a.m. Tuesday, Jan. 6. ~~SES~~ Clark County Commissioners meet in regular session at 10 a.m. Tuesday, Jan. 6. ~~SES~~ The Southwest Washington Regional Transportation Council meet in regular session at 4 p.m. Tuesday, Jan. 6, in the Public Service Center.

Monday on the Air

Vancouver City Council Workshop (live)—5 p.m. CVTV

Vancouver City Council (live)—7 p.m. CVTV

Portland Blazers at Seattle (live)—7 p.m. KGW-TV, KUPL, KRMZ

Stocks of local interest at 4 p.m. EST Monday, Jan. 5, 2004

Alaska Air Group	27.74	-.06	Linear Technology	43.19	+1.46
Alcoa	38.78	+1.23	Microsoft	28.14	+69
Amazon.com	53.27	+1.37	Nautilus	14.48	+38
Bank of America	79.32	+23	Nike	67.55	-06
Bank of Clark County	15.00	unch	Nordstrom	33.86	+61
Bemis	50.25	+74	PepsiCo	47.25	+79
Boeing	42.07	+08	Precision Cast	46.17	+76
Boise Cascade	32.50	-.37	RLRN	24.99	+102
CenturyTel	33.30	+56	Starbucks	33.41	+50
Costco	36.15	-.17	TSM	10.91	+23
Expeditors Intl.	38.34	+1.14	Tektronix	32.85	+49
Georgia Pacific	31.19	+63	US Bancorp	28.86	-29
HPQ	23.67	+51	Wash. Mutual	39.63	+02
Intel	32.91	+75	W. Coast Bancorp	21.48	+05
Kyocera	69.21	+2.36	Weyerhaeuser	65.00	+85

DOW: 10,544.07 +134.22 NASDAQ: 2047.36 +40.68 S&P: 1122.22 +13.74

Town Tabloids and The Weather

Craig and Lynn Angelo being served, then serving. ~~SES~~ **Todd and Linda Martin** finishing tales of Great Britain with Irish coffee. ~~SES~~ **Ginger Metcalf** filling her dance card. ~~SES~~ **Terry Murphy** seen in best of company. ~~SES~~ **Monday**, below freezing, snow flurries, 29. **Tuesday**, possible accumulations of snow and ice, warming in the afternoon, rain, 39. **Wednesday**, warming, raining, 46.

Acapulco	88/66
Athens	50/35
Chicago	22/56
Dallas	44/25
Hong Kong	72/65
Los Angeles	66/46
London	49/43
New Orleans	62/44
New York	45/31
Orlando	82/61
Paris	40/35
Phoenix	62/40
Rome	44/34
Seattle	30/24
Sydney	90/69
Tokyo	45/30
Washington	62/32