

## Major winter storm batters area

STORY COURTESY OF THE SENTINEL

*Editor's Note: All references of Monday to Friday refer to Jan. 6 to 10.*

Like much of the rest of the state, Southern Illinois in the Sentinel's coverage area was frozen to a standstill Monday as a result of the severe winter weather that blanketed the area Sunday.

Most of the region received anywhere from six to 12 inches of snow from the major winter storm that hit, creating treacherous conditions for motorists and power outages for many trying to keep warm in the subzero temperatures.

### CENTRALIA

In the Centralia area, a total of seven inches of snow was officially recorded at the Centralia Water Treatment Plant although it may have seemed much deeper for people trying to dig out cars in areas where biting winds made snow drifts.

The Centralia Police Department reported that no serious traffic crashes occurred as a result of the inclement weather.

"We haven't had anything major on the roads," Chief Larry Evans said Monday morning. "In this weather, people try to drive more carefully, so we've just had cars in the ditch and some fender benders."

Local law enforcement advised residents to stay home unless absolutely necessary as dispatchers handled emergency calls and Public Works crews tackled the snow covered roadways.

Many living in Central City reported a loss of electricity Sunday, but most service was restored in Central City and Centralia by Monday.

Evans said, "Yesterday there were widespread power outages on and off in Central City and Centralia. It was out for 13 hours at my house. But there are none that we are working with today."

Conditions forced many school, government, and civic group cancellations. The City of Wamac announced its meeting scheduled for Monday would be canceled and reset for a later date. Central City Village Hall was also closed.

Trash pickup for the City of Centralia will be one day late this week with routes to be run Tuesday through Saturday due to the extreme weather.

Emergency snow routes remain in effect in Centralia and have been extended through 8 a.m. Thursday. Residents should not park vehicles on Poplar, McCord, Broadway, Rexford from Pleasant to Poplar, Gragg, Hickory, Brookside from 7th to Broadway, 7th from 4th to Brookside, 5th from Brookside to Elm, Country Club, 4th from Lincoln to Locust, Frazier from Pleasant to Lincoln, 13th from Lincoln to Locust, Perrine from 2nd to 14th, Elm, the one way portion of Noleman, Pleasant, Locust from Rhodes to 17th, Lincoln from Gragg to 14th, 10th from Hickory to Brookside, Brooks from Broadway to McCord, 4th from 7th to Brookside, Calumet, Airport, 2nd from McCord to Locust, 7th from Poplar to Lincoln, and Martin Luther King from Pleasant to Lincoln.

### CLINTON COUNTY

Like other areas throughout Southwestern Illinois, Clinton County saw an abundance of snow on Sunday, but the most treacherous aspect of the storm were the heavy winds, which caused snowdrifts that were sometimes as high as six to seven feet.

Clinton County Highway Department Director Dan Behrens explained that his department were out clearing county roads from 4 a.m. Sunday until at least Monday after-

noon, but there was not much to show of the work.

"Right now, the county highways are two lanes, but it's still continuing the drift," Behrens expressed. "We're trying to keep them open."

The department ran four of its six trucks all day Sunday and utilized all of them on Monday, but each time they would clear a stretch of highway, the drifts would cover the road back up.

"It was a struggle," Behrens said.

One of the more problematic areas in the county was a stretch of St. Rose Road near the Clinton/Madison County line which saw heavy, deep drifts due to the flat farmland that makes up that area of the county.

Behrens explained that they had not started treating the roads as of early Monday afternoon due to winds.

"With snow like this, we haven't used any material," Behrens said. "We don't worry about salting roads until it stops."

The Clinton County Highway Department wasn't the only agency up all night weathering the storm.

Clinton County Emergency Management Agency Director Tony Falconio stated that the agency was on call all day Sunday and received a call in the early hours of Monday morning from a reported house fire in Carlyle.

The EMA were notified by the Carlyle Fire Protection District that a uninhabited residence on Illinois Route 127 was fully engulfed about 3:30 a.m. Monday.

Falconio explained that he and several other members of the EMA went to the scene of the fire and prepared a warming station for the estimated 60 firefighters from several area fire districts who were fighting the blaze.

"It was bad," Falconio remarked. "Hoses, hydrants and pumper trucks were all freezing."

Those on the scene had to use blow torches to thaw out the hoses and fittings to put out the fire.

When he first arrived, Falconio said the thermometer on his phone read negative nine degrees.

The firefighters worked in shifts and switched out in teams to stay warm as they fought through the night and into the late morning hours.

Falconio noted that it was a sight to see as the sun came up Monday morning.

"It was amazing to see," Falconio said. "They were shooting water and icycycles were forming."

The flames were finally extinguished at about 10:30 a.m. Monday.

### FAYETTE COUNTY

Sunday's massive snowfall resulted in dozens of power outages in Fayette County. Southwestern Electric Cooperative's website reported 54 outages in the county Monday morning, primarily in the areas near Ramsey and Farina, a number that had fallen to 34 by early afternoon. Another seven Ameren customers in the county were without power as of 1 p.m. Monday.

Reporters contributing to this

story included Jason Silvey, Steven Stilt, Philip Sledge, Reece Rutland, Jesse Cantrell and Greg Peterson.

### JEFFERSON COUNTY

The forecast for the Jefferson County area was spot on.

Rachel Trevino, a meteorologist with the Paducah, Ky. office of the National Weather Service (NWS) said that reports indicated that Jefferson County received about 10 to 12 inches of snow over the weekend. Since the estimated snowfall exceeded 6 inches, Jefferson County was issued a winter storm warning Saturday night.

The County was in a wind chill warning throughout the daytime Monday, and was placed under a wind chill advisory over Monday night.

The temperature stayed around negative 6 degrees for most of the day Monday informed Trevino, with a wind chill of negative 25. She commented that the high winds and the snowpack made it difficult

for the area to heat up since the sun reflects off of the snow and the air gets mixed around by the winds.

Starting Tuesday, according to Trevino, a moderating weather trend for the week will begin, with temperatures

expected in the teens by Wednesday.

"We do have another system coming in," warned Trevino. She said that there could be light snow during the daytime and nighttime Wednesday, but she did comment that it should not be too severe.

With the temperature rising in the area, the precipitation could transition briefly to freezing precipitation Thursday, and by Friday, it will be warm enough for rain.

Trevino stated that the area is "Hopefully on the up-swing."

She did say that "people really need to bundle up tonight and tomorrow," but speculated that the weather should get better.

Jefferson County Sheriff Roger Mulch informed that "The main roads [in the county] are passable, but extremely dangerous."

Mulch said that in addition to the typical situations that occur during a very cold weather event, the Sheriff's Office is making sure to look out for and take care of individuals that are stranded. The Sheriff's Office is also making sure to stay alert for home bound citizens that may have problems with their electricity or water.

According to Mulch, some individuals experienced power outages or waterline breaks, though not many were affected by these problems. The Sheriff's Office helped individuals with these problems by getting them to locations with heat or drinkable water until the problems can be fixed.

### MARION COUNTY

Salem Emergency Services officially reported Monday that Salem received 11 inches of snow.

The Marion County Sheriff's Office reported receiving 94 total calls regarding cars that had slid off the road or had become trapped from Jan. 5 until around noon on Jan. 6. Sheriff Jerry DeVore said that while some of the callers were able to resolve their situation with the help of others, the MCSO responded to most of the calls utilizing the office's

humvees.

While numerous cars were forced to be abandoned, the Sheriff reported that none of those rescued by his office suffered from any medical harm from the frigid temperatures.

As of press time, DeVore said that many of the main roads in the county are "extremely hazardous, but passable." However, he cautioned that many of the outlying roads are still in very dangerous condition. He said that those roads will likely remain bad, but crews are working diligently to clear them.

Salem Police Chief Ron Campo advised that his officers had responded to 11 cars that had become trapped within the City's limits. He urged residents to avoid needless travel, saying that conditions remain snow and ice covered.

"We aren't really prepared for this kind of weather. I advise people to stay indoors if possible. But, if you have to go out make sure you have your vehicle stocked with things like blankets, food, water, an ice scraper and sand or cat litter," Campo stated.

The cities of Odin and Salem remain on snow route ordinances at the present time.

Marion County Courthouse was closed Monday, and DeVore said he is unsure of its status for Tuesday, saying that a decision would be made after re-evaluating conditions later on Monday evening.

Salem's Monday night City Council Meeting was also canceled, all agenda items scheduled for discussion will be placed on the Jan. 20 council agenda.

Tri-County Electric Cooperative also said that numerous citizens in Marion County experienced power outages Sunday afternoon into Monday morning.

"While we had outages in our entire three county service territory, the Kinmundy and Omega areas had the worst damage and the most lengthy outage. The power in those areas went off between 11 a.m. and noon on Sunday. Power was restored to much of the area by Monday at 1:30 a.m. The lengthy outage was due to ice accumulation on the line followed by extreme wind. This caused our lines to gallop which caused cross arm braces to break, causing the outages. Our crews worked very hard through adverse conditions to make repairs to restore power. The outages in the Kinmundy and Omega area had approximately 400 members without power," said Tri-County General Manger Marsha Scott.

The cold storm did see some warm hearts as the Apostolic Church in Salem opened its doors for stranded travelers. Campo reported that 150 people were housed at the shelter during the storm after every hotel room in Salem was taken.

### WASHINGTON COUNTY

"The roads are all snow packed," said Washington County Emergency Management Agency (EMA) Director Rick Greten. "The North/South roads are blowing shut as quick as they can plow them." Greten advises that all residents stay where you are and if travel is absolutely necessary to turn headlights on and take as much time as needed getting to your destination.

In order to better service Washington County ambulances have been staged in Ashely, Nashville and Okawville. "It will allow us to get there a little quicker." Said Greten. Shelter has been provided since last night at the Grace United Methodist Church in Nashville and the Original

**Weather** ..... continues on page 2

## Good Samaritan, St. Mary's hospitals open as warming centers

BY JASON SILVEY  
 CENTRALIA SENTINEL NEWS STAFF

St. Mary's Good Samaritan Inc. is once again opening its doors to ensure local residents have a safe haven from the frigid winter temperatures.

Area residents seeking relief from the extreme temperatures are encouraged by SMGSI administrators to make use of the heated public areas at both campuses, St. Mary's Hospital in Centralia and Good Samaritan Regional Health Center in Mt. Vernon.

Individuals may utilize the Patient/Main Entrance lobby, lounges and cafeteria at both facilities as warming sites with an open invitation through the duration of the extreme cold.

According to Rose Aldag-McVey, St. Mary's Good Samaritan spokesperson, "When the temperature and wind chill reach these excessive lows, it is very important to stay warm. Extreme cold can be dangerous and we hope people will continue to take advantage of this offer. We are trying to make sure people have a safe, warm place to go until the cold breaks."

In addition to being a welcoming place for shivering residents to turn to in the cold, the practice is also a way for the hospitals to prevent serious medical conditions related to the dangerous weather, including hypothermia and frostbite.

Dr. David LeBeau, a 12-year veteran of the emergency department at St. Mary's Hospital said, "The most frequent cold-related problems we see are falls related to icy surfaces. Hypothermia and frostbite are not frequent in this area but precautions should be taken. Those with asthma should know their limits, know their trigger and avoid the cold weather. Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems and injuries."

*jsilvey@*

*morningsentinel.com*

## INSIDE:

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## Dr. K discusses e-cigarettes

**DEAR DOCTOR K:** After smoking for more than 15 years, I finally quit eight months ago. But I still miss my cigarettes. I recently heard about electronic cigarettes. Are they safe?

**DEAR READER:** I've been getting a lot of questions lately about electronic cigarettes, or e-cigarettes, from my patients. Like you, my patients want to know if they're a safe alternative to cigarettes.

The truth is that nobody knows if e-cigarettes are safe. That's because e-cigarette makers have not submitted their products for FDA approval, which would require proof of safety and effectiveness. Ads claim e-cigarettes help people stop smoking, but I'm not aware of any strong evidence to back this up.

For readers who've never seen one, e-cigarettes look like regular cigarettes or cigars. Others look more like pens. They all are built around a battery-operated heating element, a cartridge that contains nicotine and other chemicals, and an atomizer that converts the chemicals into an inhalable vapor. E-cigarettes vaporize a solution of nicotine dissolved in water and propylene glycol. That's a fluid that helps nicotine dissolve.

Why would anyone smoke an e-cigarette? Regular cigarettes contain nicotine — the substance that smokers become addicted to. They also contain tars that can cause cancer. Proponents say that an e-cigarette gives a person the feeling of smoking without the risks.

E-cigarette smokers inhale nicotine, water and propylene glycol. The nicotine stems the craving that drives some ex-smokers back to regular cigarettes. But e-cigarette smokers don't inhale tar, carbon

monoxide, or the thousands of other substances in tobacco smoke. So while an e-cigarette smoker does remain with a nicotine addiction, he or she doesn't have to worry about getting cancer.

Or so the proponents of e-cigarettes say.

But don't be fooled. There are still many reasons to worry about e-cigarettes. First, the dose of nicotine delivered with each puff may vary substantially. Nicotine is a stimulant and very high levels can irritate heart rhythm. Granted, there is no strong evidence

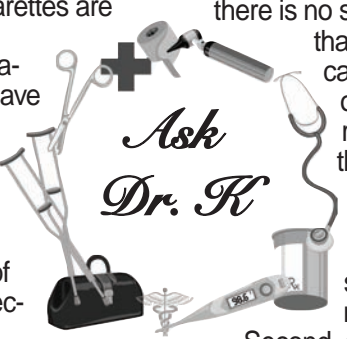
that e-cigarettes can cause dangerous heart rhythms — but that is because there are no large, high-quality studies of the safety of e-cigarettes.

Second, e-cigarettes still contain an array of chemicals. These include diethylene glycol, a highly toxic substance; formaldehyde, a powerful carcinogen; and at least four other chemicals suspected of being harmful to humans. There is no proof that e-cigarettes increase the risk of cancer the way real cigarettes surely do, but again, that's because there are no good, long-term studies of safety.

Third, e-cigarettes are designed to simulate the smoking experience. By doing so, they might tempt ex-smokers into resuming the habit. They could also be a gateway into cigarette smoking for young people who are not yet hooked. Until we have scientific studies, it's buyer beware.

If you're an ex-smoker on the brink of relapse, consider the many well-studied, FDA-approved nicotine replacement products on the market.

These include patches, gums, lozenges, inhalers and nasal sprays. They are vastly preferable to smoking. And, until we have more studies, to electronic cigarettes.



# Crossword

**ACROSS**

- 1 Paddock parents
- 6 Two-timer
- 9 Illustrations
- 12 Tolerate
- 13 "The \_\_\_ Daba Honey-moon"
- 14 Fresh
- 15 Earth tone
- 16 "Halo" singer
- 18 Beast
- 20 TV remote button
- 21 Have
- 23 Enthusiast
- 24 Dud
- 25 Indian royal

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47				48				49			50	51
52				53				54				
55				56				57				

- 27 Ship of the desert
- 29 "The Godfather" star
- 31 Christmas carol starter
- 35 Someone in the kitchen?
- 37 Therefore
- 38 Eagle's nest
- 41 Toothpaste type
- 43 Current measure, for short
- 44 Pharmaceutical
- 45 Psychiatrist
- 47 "Material Girl" singer
- 49 Idaho's capital

- 52 Chowed down
- 53 \_\_\_-relief
- 54 Showed again
- 55 Neither mate
- 56 Suitable
- 57 Cheer up

**DOWN**

- 1 Long March leader
- 2 Easy as \_\_\_
- 3 "Take a Bow" singer
- 4 First place
- 5 Letter line
- 6 Poolside structure
- 7 Explorer Tasman
- 8 Desk-calen-

- dar page
- 9 Per \_\_\_ (yearly)
- 10 Right-hand page
- 11 Seventh-grader, usually
- 17 Brunch entree
- 19 Georgia city
- 21 Sphere
- 22 Series of skirmishes
- 24 Started
- 26 Rainbow component
- 28 "Real Time With Bill \_\_\_"
- 30 Gaming cube
- 32 "Hips Don't

- Lie" singer
- 33 Belly
- 34 Mindreader's claim
- 36 Shocked
- 38 Madison Avenue employee
- 39 Lyric poet's Muse
- 40 Less courteous
- 42 Cuba \_\_\_ (cocktail)
- 45 Child's play
- 46 Yule refrain
- 48 Cagers' org.
- 50 Perched
- 51 Away from WSW

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Crossword puzzle solution is printed on page 3.

**Weather .....**  
continued from page 1

Springs Hotel in Okawville. According to Greten the Illinois State Police (ISP) had put into effect a no-tow night. If individuals went into the ditch or became

stranded no tows were provided, instead the ISP picked individuals up and took them to the nearest hotel or shelter.

The Original Springs Hotel allowed people to sleep on the floors and provided cots to those seeking

warmth and shelter, the Grace United Methodist Church had approximately 75 people seeking refuge last night according to Greten. He also mentioned that those seeking shelter varied from locals to people passing through seeking

refuge including individuals heading to place like Peoria or Colorado Springs.

Greten and Alan Holhp, Fire Chief of Nashville Fire District both reported no major outages or accidents as of yet, to their knowledge.

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# Stir

## Beat the January blahs: A hearty dish for a winter night

There's no getting around it — it's January. Weird weather. Not enough sunlight. Credit card bills. It's time to hunker down.

Take a hint from that song you hummed on New Year's Eve and renew your "old acquaintance" with some serious comfort food. We're talking baked beans. They're cheap, easy and filling. Bonus: They warm your kitchen and fill your home with delicious aromas while they cook. A perfect January dish if there ever was one!

Think of baked beans as the early American Colonists did: as the main event, not as a side. Serve them with good bread. Brown bread steamed in a can is traditional; B&M brand is sold in many supermarkets and is quite tasty. Cornbread is good, too. Add a salad or cooked greens — collards, kale, chard, spinach — and you've nailed dinner.

According to John Mariani's "Dictionary of American Food and Drink," the Puritans followed the biblical instruction to keep the Sabbath holy, refraining from any work from sundown on Saturday to sundown on Sunday. They baked the beans all day Saturday, serving them for dinner and for Sunday breakfast and lunch, keeping them warm in a heavy-duty bean pot.

Historians disagree on the origin of baked beans in the Colonies. Some say the Colonists learned to bake beans from Native Americans, who cooked them in a stone-lined pit (the "bean hole") with bear fat and maple sugar. Mariani sides with novelist Kenneth Roberts, who says New England sea captains brought the dish back from North Africa and Spain, where Sephardic Jews baked beans for the same reason the Puritans did, to keep the Sabbath.

Betty Fussell, in "I Hear America Cooking," calls Roberts an "unregenerate fictioneer" and says that the "boring truth" is that the "bean habit" started in England, where baked dried peas (called "pease pudding," "pease pottage" or "pease porridge") was the "national dish." The Massachusetts settlers added "a Littell sugar" (maple) until shipments of molasses began arriving in Boston harbor late in the 17th century.

Here's a recipe for baked beans but, in truth, you can tinker with it any way you like. Try different sweeteners, such as maple syrup or honey. If you like spicy food, add chilies, Asian chili paste or hot sauce. If you are vegetarian, leave out the bacon. If you love meat, add more, or substitute a ham hock or pancetta (Italian bacon) or guanciale (hog jowl) or salt pork. Don't want the beer? Try apple cider or apple juice, or chicken stock or some dry vermouth. As a dish,

baked beans are about as forgiving as they come.

Have some fun. Don't let January get the better of you.

### BAKED BEANS WITH BEER

Yield: 8 servings

1 pound small dried, white beans (such as navy beans, soldier beans or great northern beans)

4 to 6 strips thick-cut bacon, diced

1 yellow onion, peeled and diced

1/2 cup unsulfured molasses

1/4 cup, packed, dark or light brown sugar

2 tablespoons prepared Dijon mustard

1/4 cup tomato paste

1 cup red or amber ale (see note)

Water, as needed

Salt and ground black pepper to taste

Pick over the beans and discard any discolored ones, or any tiny stones that might have gotten in with them. Rinse and drain.

Place the beans in a large bowl and cover with cold water by 2 inches. Let sit overnight, or up to 12 hours. Drain. (If you've forgotten to do this, or don't

have time, see "quick-soak method" below)

Preheat oven to 325 degrees.

In a Dutch oven, cook the bacon until fat is rendered and bacon is lightly browned but not crispy. Add onions and cook until softened, 5 to 7 minutes. Add the beans to the pot and stir to combine with onions and bacon. Stir in the molasses, brown sugar, mustard and tomato paste. Add the beer and enough water to cover the beans by about 1/2 inch.

Bake, covered, until beans are soft, about 4 hours, checking every hour or so to see if more liquid is needed (add more water if it is). Uncover, season with salt and pepper and stir. If beans seem dry, add more water. Cook, uncovered, another 2 hours until most of the liquid has been absorbed.

**QUICK-SOAK METHOD:** Cover the rinsed beans with water and bring to a boil. Boil for two minutes, shut off the heat and let the beans sit for 1 hour. Proceed with the recipe.

**BEER NOTE:** A malty red or amber ale adds some

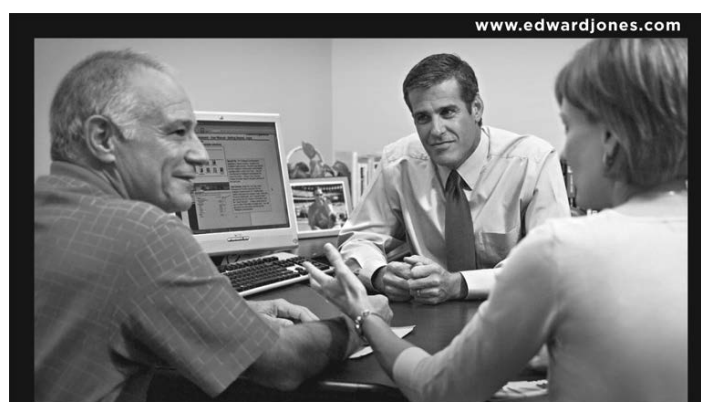


Beans baked with a malty ale make a hearty winter dinner. (Photo by Marialisa Calta)

Solution to crossword puzzle printed on page 2.

Solution time: 27 mins.

M	A	R	E	S		C	A	D		A	R	T	
A	B	I	D	E		A	B	A			N	E	W
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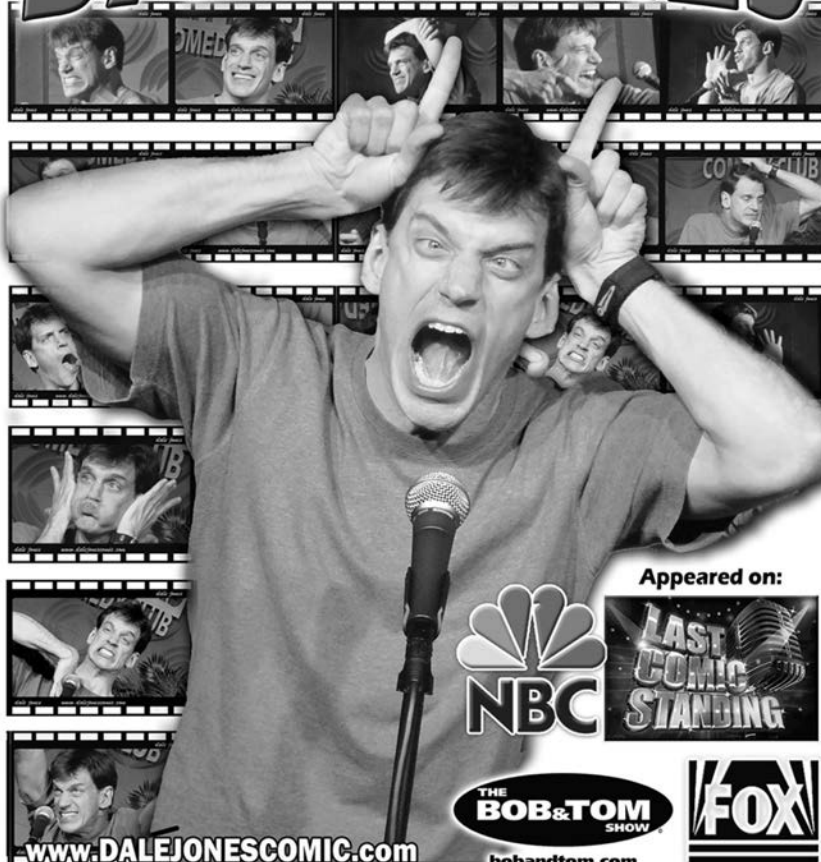
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Questions or more  
information: Please  
contact Meredith Fyke  
618.548.9797

**Happy New Year!**

1 Save more money 2 Eat healthier foods  
3 **Quit Smoking!**

Start your year off right!

Illinois Tobacco QUITLINE **1-866-QUIT-YES Today**  
Jefferson County Health Department **618-244-7134**

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