



Snout-to-tail goodness at Le Petit Cochon WEEKEND PLUS > E5



SPORTS > C1





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NOW TOKE READY OR NOT, HE COME THE GÁM



A stray dog walks past the Olympic Rings in Olympic Park in Sochi, where stray dogs have become another issue confronting officials.

Cell use at parade swamped networks

MILLIONS OF TEXTS, EMAILS FROM MASSIVE CROWD

Concern that wireless calls to 911 might not work

By LYNN THOMPSON Seattle Times staff reporter

Wireless networks were overwhelmed Wednesday by an estimated 700,000 Seahawks fans trying to text and call friends, and upload photos and videos from the Super Bowl parade onto Facebook, Twitter and Instagram.

People reported delays and failures as they tried to access websites and send texts and email.

By about 1:30 p.m., the Seattle **Emergency Operations Center sent** out an alert asking people to stay off their phones and computers to help keep 911 lines open.

Police and fire officials say their dispatchers, officers and firefighters use radio frequencies and aren't affected by heavy cellphone use. But they worried that wireless calls to 911 might not get through because the cellular networks were overwhelmed.

"Our main concern is that somene who dials 911 gets the help they need," said Capt. Dick Reed, director of the 911 Center for the Seattle Police Department. He said police didn't know of anyone not getting aid because they couldn't get through to 911 on a cellphone.

BRACING FOR TROUBLE, GLORY | Russia races to the starting line of the Olympics, facing myriad issues ranging from heightened security concerns to unfinished hotels.

BY MICHELLE KAUFMAN Miami Herald

SOCHI, Russia - Despite the anxiety over terrorism threats and criticism for anti-gay laws, poisoned stray dogs and unfinished media hotels, the sun was out Thursday in Sochi, a resort

7 a.m.: CBUT (live)

(tape delay).

7:30 p.m.: Channel 5

Saturday > Sports C8

town sandwiched between the snowy peaks of the Caucasus Mountains and the pebble beaches kissing the Black Sea coastline.

The Olympic flame traveled to

outer space and the North Pole, and now, ready or not, the 2014 Sochi Olympics are here.

The Games will not officially begin until the opening ceremony Friday night, but competition began with Thursday's qualification rounds in snowboard slopestyle, ladies' moguls

and the opening night of team figure skating.

Hometown favorite Evgeny Plushenko, the three-time Olympic medalist and 2006 champion, brought down the house at the Iceberg Skating Palace with his short program set to tango mu-

Today's Opening sic. **Ceremonies on TV** Large groups of athletes checked in to the Olympic Village on the eve of the \$51 billion Full TV schedule for Friday, Games. Friendly volunteers in colorful jackets resembling the

traditional matryoshka nesting dolls are all over the city, directing visitors.

Russian organizers and leaders of the U.S. Olympic Committee were hoping the story lines would switch to the athletes now that competition has See > OLYMPICS, A10



STACY ST. CLAIR / CHICAGO TRIBUNE

MORE OLYMPICS COVERAGE IN SPORTS

Federal Way's J.R. Celski inspired by Seattle rappers > C1 Rough day for U.S. figure skaters; a look at the venues > C5 Washington's Olympics athletes at a glance > C7

Ex-Microsoft exec playing triage doc in D.C.



KARL EISENHOWER / KAISER HEALTH NEWS Kurt DelBene is tasked with getting the federal Healthcare.gov website running smoothly.

INSURINGHEALTH Kurt DelBene is known as meticulous, purposeful and fast-moving – just what the Obamacare website needs.

By DANIELA HERNANDEZ Kaiser Health News

WASHINGTON, D.C. — Kurt DelBene's office is on the sixth floor of the fortresslike Department of Health and Human Services, overlooking the Capitol reflecting pool. With little but a desk, a small laptop and monitor, it looks barren, like someone just moved out.

But DelBene, a longtime Microsoft executive, moved in six weeks ago. He came from the other Washington, after President Obama named him HealthCare.gov's new fix-it guy - the successor to "tech-surge czar" Jeff Zients.

DelBene is here to shore up the famously flawed Obamacare website, not decorate an office. The most telling evidence of his arrival is on the wall to the right of his workstation, where a large whiteboard is covered with scribbled notes about databases, security features, website capacity and the like. It's a big list of lists.

A Chicago

reporter's

photo of

discolored

drinking

poured from

a bathroom

Sochi hotel,

went viral

on Twitter.

water,

"I'm a list guy. I like to make lists of everything. It's a great thought process for me if I can write the list over and over again," says See > HEALTH. A6 See > CELL, A7

Unique stroke risks outlined for women

By MARILYNN MARCHIONE The Associated Press

Just as heart-attack symptoms may differ between men and women, so do stroke risks.

Now, the American Heart Association has issued its first guidelines for preventing strokes in women. They focus on birth control, pregnancy, depression and other risk factors that women face uniquely or more frequently than men do.

The advice applies to patients such as Denise Miller, who had a stroke last year that fooled doctors at two northeast Ohio hospitals before it was finally diagnosed at the Cleveland Clinic. She was 36 and had no traditional risk factors.

"There was nothing to indicate I was going to have a stroke," other than frequent migraines with aura: dizziness or altered senses such as tingling, ringing ears or sensitivity to light, Miller said.

These headaches are more common in women, and the new guide-See > STROKE, A7

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