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Website Helps You Keep Your Tax Refund



Those who need in-person help can schedule an appointment through the website www.yourlocalunitedway.org.

SACRAMENTO REGION, CA (MPG) - A new website at www.KeepYourTaxRefund.com is helping local residents save money this tax season, thanks to United Way California Capital Region and its partners. "We want people to keep more money in their pockets and make our community stronger by taking advantage of tax credits," said Stephanie McLemore Bray, United Way president and CEO. "This website is an easy and effective way to file your taxes and save your money for what matters most to you." KeepYourTaxRefund.com's filing tool is free to individuals or households making less than \$58,000 a year. For those making more, the cost is less than \$50. The website, which is powered by H&R Block software, saves users an average of \$200 in tax preparation fees. Users will need a valid email address and income forms, such as a W2, 1099, 1098, etc.

Those who need in-person help can schedule an appointment through the website to meet with a volunteer from the Volunteer Income Tax Assistance program who will help file their taxes for free, if they qualify. United Way is seeking volunteers to distribute information about the Volunteer Income Tax Assistance program. No prior tax law experience is necessary. Schedules and locations are flexible. For more information, contact United Way Volunteer Services at volunteer@uwccr.org or (916) 856-3983. United Way California Capital Region is spearheading the effort, along with partners including the IRS, Franchise Tax Board, 2-1-1, Asian Resources, Bank of America, CHOC Housing, City of Sacramento, Community Link, Goodwill Industries, Sacramento Coalition for Working Families, Sacramento News & Review, Sacramento Regional Transit, SAFE Credit Union and the Yolo Family Resource Center. For 90 years, United Way California

Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, Sen\$e-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

Source: *Thébaud Communications*

County Sheriff's Office Battles Under-age Drinking with ABC Grant



PLACER COUNTY, CA (MPG) - The Placer County Sheriff's Office is continuing to battle under-age drinking and alcohol sales to minors with a grant from the State of California Department of Alcoholic Beverage Control.

Agencies participating with the Sheriff's Office in the grant for 2013-2014 are Auburn, Lincoln and Rocklin police departments. Since the grant started in the middle of July, 17 operations - including shoulder taps, decoys and general enforcement operations - have been conducted. A total of 279 individuals were contacted during these operations. Deputies have visited 25 licensed establishments, cited 47 individuals, and made 14 arrests for DUI, possession of a controlled substance, possession for sale, felony and misdemeanor warrants as well as other crimes. Grant funds, totaling about \$100,000, are also being used to assist the Sheriff's Office in providing awareness and training in alcohol-related crimes and their impact for school staff, parents, students and the community.

In 2014, the Sheriff's Office continues to aggressively target problematic ABC licensed establishments that sell alcoholic beverages to minors and obviously intoxicated adult patrons. Minor-decoy and shoulder-tap operations will also continue countywide to minimize alcohol access to minors.

Deputies and police officers are identifying problematic areas and businesses where alcohol use is causing problems. They will inspect operations at those locations and at randomly selected establishments to ensure licensees are operating within the standards required by ABC.

Two training sessions will also be held for businesses that possess alcohol licenses. These sessions will provide a review of the rules and regulations governing the service of alcohol.

Tom Reeves to Lead PCWA Field Services



AUBURN, CA (MPG) - Placer County Water Agency General Manager David A. Breninger has announced the appointment of Tom Reeves as the agency's new Director of Field Services, effective Jan. 25. Reeves, a 32-year PCWA veteran, succeeds longtime director Mike Nichol, who retires Jan. 24 following a 24-year career with the water agency. Selected following an extensive recruitment process, Reeves brings a wide range of water agency experience to his new position. He joined PCWA in

1982 as a water quality investigator and later worked as a water treatment plant operator and lead operator before becoming the agency's water treatment superintendent in 1991. He was named field superintendent in 1996 and deputy director of field services in 2005. "Tom's expertise on both the treated water and raw water sides, combined with his organizational knowledge and management skills make him eminently qualified to lead the Field Services Department," Breninger said.

The PCWA Field Services Department employs 54 in a variety of occupational specialties. The department is responsible for maintenance and upkeep of 600 miles of pipeline, 165 miles of canal and eight foothill division reservoirs. Based in Auburn, PCWA supplies treated drinking water and irrigation water to more than 38,500 accounts on the western slope of Placer County and a portion of the Martis Valley in eastern Placer County. ★

Source: *PCWA*

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Sacramento Sports Hall of Fame to Induct Placer County Special Olympics Athlete

From Anna Oleson-Wheeler

SACRAMENTO, CA (MPG) - A local Special Olympics athlete will join the ranks of Dusty Baker, Kevin Johnson and Summer Sanders as a member of the Sacramento Sports Hall of Fame. Donald Schendel - who has been a Special Olympics athlete for more than 40 years - is set to be inducted in the Class of 2014. Donald will be joining Tedy Brushchi, Jeff Float, Leron Lee, Debbie Meyer and Steve Sax at annual celebration and induction ceremony on Jan. 25. Donald was selected out of a pool of five finalists to be the first-ever Special Olympics inductee into the Sacramento Sports Hall of Fame.

Donald joined Special Olympics when he was just 10-years-old, and has won more than 215 medals in his 40 plus years of competing. A Placer County athlete with Special Olympics Northern California, Donald has played nearly every sport Special Olympics has to offer including basketball, bocce, bowling, cross country skiing, golf, softball, snowshoe racing, swimming, track & field and weight lifting. At the pinnacle of his swimming career, Donald won every race in which he competed for 10 straight years. A lifetime Special Olympics athlete, Donald is the epitome of good sportsmanship and serves as a leader to the younger athletes.

"His tenure with Special Olympics and everything that he's accomplished made him a perfect selection," Sacramento Sports Hall of Fame founder TC Martin said. "He fits with what we're all about - the Hall of Fame honors longevity and successful careers. The other key factor is that he's a mentor for the younger athletes. In all of our inductees, we look for people who are good role models and have great attitudes."

Tickets for the celebration event, which will be held at Thunder Valley Casino Resort, are available for purchase now at www.sacsportshof.com, or at Thunder Valley. Part of the proceeds will benefit Special Olympics Northern California.

"It's a natural tie for the Sacramento Sports Hall of Fame to partner with Special Olympics," Martin said. "We looked at a lot of different charities, but Special Olympics was at the top of our list. The Hall of Fame celebrates athletes, and that's just what Special Olympics is doing. It's always been close to my heart since I lived in Sacramento and was involved with Special Olympics. I'm still friends with many of the athletes I met when I volunteered in the past."

About Special Olympics Northern California

Special Olympics Northern California is a free year-round sports training and competition

program for children and adults with intellectual disabilities. There are 16,000 athletes who compete in 152 competitions throughout the region in 11 sports. This requires the extraordinary support and time of 15,100 volunteers and volunteer coaches. Financial support comes almost exclusively from individuals, organizations, corporations, and foundations. For more information on Special Olympics Northern California, please visit www.SONC.org or socialize with us at Facebook.com/SONorCal and Twitter.com/SONorCal.

The Sacramento Sports Hall of Fame was created to publicly honor and acknowledge the athletic achievements of Sacramento's greatest athletes. This is a tribute to the athletes who were either born or raised in the greater Sacramento area and attended an area high school who went on to achieve greatness in their respective sports at the amateur, collegiate, Olympic and/or professional level. It is also the mission to create awareness of the talented athletes that have come out of our area who have succeeded at the highest playing level for an extended period of time. The great sports fans in the Sacramento area are invited to participate in the selection process. The honorees are publicly inducted at the annual celebration event, which further solidifies and celebrates their accomplishments. ★

San Juan Water District Wholesale Seeking Enhanced Conservation Measures

GRANITE BAY, CA (MPG) - In response to critically low water levels in Folsom Lake, San Juan Water District Wholesale staff is recommending the SJWD Board consider adopting increased water conservation measures asking customers to continue to reduce water use by 20 percent and to now eliminate outdoor irrigation at their January 8 board meeting.

San Juan Water District Wholesale is one of three water providers relying on water directly from Folsom Lake. The district serves customers in portions of Sacramento and Placer counties. With lake levels below 20 percent capacity and dropping, agencies are preparing to operate with less available water.

"We've entered back-to-back dry years with minimal precipitation in the forecast. Because the forecast does not show conditions getting better soon, we are

recommending our board adopt a heightened conservation level," says San Juan Water District general manager Shauna Lorange.

San Juan Water District Wholesale staff has identified a contingency plan should the dry weather continue. If conditions do not improve, in February the board will consider moving to a Stage 5 Water Emergency - Long Term. This will prohibit outdoor irrigation for all customers, as well as no new connections, reduced indoor water use by 50 percent and implement remaining items in Stage 5 Water Emergency. This month would be utilized to get the word out to all customers. If the forecast remains dry in March, the district will consider stringent implementation of all aspects of a Stage 5 Water Emergency. This would include implementation of tiered pricing and fines.

Beginning January 6th, water

flows from Folsom Lake to the lower American River were cut in an effort to conserve water storage in the lake. This will help delay the dropping of water levels in Folsom Lake, maintaining water for the half-million people relying on Folsom Lake's water.

"There is a need to be careful to balance water needs for people with water needs for the environment along the Lower American River," says Lorange. "This region is working to avoid unnecessary impacts to the fisheries while maintaining adequate water storage to meet basic health and safety water supplies for people."

Customers with questions about water conservation stages and lake levels are encouraged to call San Juan Water District at (916) 791-0115.

Source: Crocker & Crocker

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Contributing Writers Mary Jane Popp, Marlys Johnsen Norris, Tim Reilly, David Dickstein, Dave Ramsey, Dr. E. Kirsten Peters, Kay Burton, Julie Parker, Ronnie McBrayer, David Graulich

Photography Amanda Morello, Susan Skinner
Graphics & Layout Banerjee Designs, Stump Removal Graphics

Advertising Sales Linda Harper
Distribution Assistant Gabriel Scholl
Accounting Nicholson & Olsen CPA
Web Master RJ at thesitebarn.com, JWS Promotions, Mikahn Design

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Publisher's Statement:
It is the intent of the Placer Sentinel to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.



Publisher Paul V. Scholl

History of DeWitt

From U.S. Military Hospital to Placer County Government Administrative Center, Home Depot, and future Costco



During World War II, the DeWitt properties were used as a hospital for the military. In March 15, 1947, the properties were transferred from U.S. Government to the state of California. The U.S. War Assets Administration sold the DeWitt properties, 224 acres, for \$950,632. The conditions were:

- 1) The facilities were to be used for mental institutions
- 2) State could not resell or lease without authorization for 25 years.
- 3) Semi-annual reports
- 4) Release of the above only with approval and payment to U.S. Government

In 1971, the DeWitt properties were transferred from the State of California to Placer County to be used for "public purposes". This was done via California Statute of 1971, chapter 451. At this time Ronald Regan was elected governor of California and he closed most of the mental hospitals. Several laws were later passed concerning rental profits going to the state, etc. These requirements were lifted in 1978.

Assemblyman Eugene Chappie introduced AB 1943, Chapter 95 in 1978 that eliminated deed restrictions and statutory provisions relative to use limitation of the DeWitt

properties in exchange for a quitclaim to the State of 17.83 acres of vacant land. This property was sold by the state to John Dutton and others which was developed into the Heritage Oaks Shopping Center.

It is the author's conclusion that the Board of County Supervisors can do almost anything they want, within the law, with the DeWitt properties. Water supply seems to be the only inhibiting factor for development. A lease with option to buy, must be submitted for open bidding. The clause "for public purposes" is no longer applicable. ★

Community Awareness Academy Offers Inside Look at Law Enforcement

PLACER COUNTY, CA (MPG) - Reservations are now being taken for the Placer County Sheriff Office's popular Community Awareness Academy, which offers an inside look at the law enforcement agency.

Attendees are asked to attend all eight classes, each of which covers a different topic.

Classes are held Monday and Wednesday evenings, beginning March 3 and ending March 26. Participants will hear from members of the department's special units and take "field trips" to the Placer County Jail and morgue, 911 dispatch center, as well as the air operations hangar.

Classes are in the Community Room at the Placer County Sheriff headquarters in the Auburn Justice Center. The center is located at 2929 Richardson



Drive in north Auburn's Dewitt Center. Classes are scheduled from 6 p.m. to 9 p.m.

The academy will kick off with a welcome by top sheriff's administrators and an overview of how the department works.

On subsequent nights, presentations will be made by air operations, Search and Rescue, the bomb squad, the Special Enforcement Team, the marine unit, investigations, hostage negotiators and the drug

task force. There will also be a demonstration by members of the K-9 team.

The academy is intended to provide the citizens of Placer County with an overview of the Sheriff Office's functions, policies and procedures, as well as getting them involved in their community. The goal of the academy is to provide a greater awareness and understanding of law enforcement's role in the community. Attendees must be at least 18 years of age, work or reside in Placer County and agree to submit to a minor background check.

A reservation is required. To reserve a spot, call Community Services Officer Kim Rivera at (530) 889-6922 or email krivera@placer.ca.gov

National Night Out Honors go to Placer County Sheriff Office

PLACER COUNTY, CA (MPG) - For the fifth year in a row, the Placer County Sheriff's Office has been honored for hosting one of the best National Night Out events in the U.S. in 2013, placing twelfth, just behind much larger jurisdictions like Los Angeles County and Minneapolis, Minn.

National Night Out is celebrated annually on the first Tuesday of August, when first-responders caravan in emergency vehicles to dozens of Placer County

neighborhoods. They visit established Neighborhood Watch groups, which hold ice cream socials, barbecues and all sorts of get-togethers. In 2013, more than 37.8 million people in 16,124 communities from all 50 states, U.S. territories, and military bases worldwide participated in National Night Out.

A National Night Out project coordinator said that the Placer County Sheriff's Office has kept its groups "motivated, enthusiastic, and excelled at having fun."

"Placer County groups embody the spirit of Neighborhood Watch," said Sheriff Ed Bonner. "Through their efforts and dedication, residents remain committed to the safety of their neighborhoods."

Neighborhoods interested in creating a Neighborhood Watch group are encouraged to call the Sheriff's Office at (530) 889-7800. ★

Source: Placer County Sheriff's Office

Meadow Vista Lions to Hold Crab Feed

MEADOW VISTA, CA (MPG) - The 40th Annual Crab Feed is just around the corner. It will be Saturday, February 1, 2014, at the Placer Building on the Gold Country Fairgrounds (Auburn). "Runnin 4 Cover" will once

again provide the music. No Host Cocktails start at 6 p.m., Dinner starts at 7 p.m. with the menu of Salad, Pasta, Bread and CRAB! Donation is \$40 per person. Tickets are available at Meadow Vista True Value

Hardware, Meadow Electric, or by contacting Etta Gross at (916) 201-5360.

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LaMalfa Comments on Obamacare Enrollment Figures



assistance from the government, indicating that the program will not be financially viable.

“The latest report released by the administration, which fails to disclose the number of individuals included who have actually enrolled in a plan, is especially upsetting when you take into account the 4.7 million Americans who lost coverage [1]. This means that over 2.5 million more Americans are left uninsured today due to Obamacare and its mandates. Even more alarming, the dismal numbers of healthy, young adults included in the report put the law on track to what the Kaiser Family Foundation described as the “worst-case scenario,” rate increases that result in fewer

options for Americans to get coverage at an affordable rate. Already Washington Insiders are looking for a bailout of insurance companies with taxpayer money,” stated Representative LaMalfa. “Americans deserve access to affordable, quality health care that addresses their needs, not a law full of failed and broken promises. Today’s numbers make it even clearer that this law must at a minimum be delayed and taxpayer bailouts must be off the table.”

Doug LaMalfa is a lifelong farmer representing California’s First Congressional District including, Butte, Glenn, Lassen, Modoc, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou and Tehama Counties. ★

WASHINGTON, DC - Rep. Doug LaMalfa recently released the following statement regarding the latest health care enrollment report that 2.153 million Americans selected a plan through the Obamacare exchanges, a number significantly below the administration’s target of 3.3 million. According to the report, 79% of those who did fully sign up qualify for financial

LaMalfa Votes to Add Transparency and Security to Health Exchanges

WASHINGTON, DC - Rep. Doug LaMalfa (R-CA) voted January 10th in favor of H.R. 3811, the Health Exchange and Security Transparency Act, a measure that would require the Department of Health and Human Services to notify individuals within two business days of any breach on the health insurance exchanges that leaves individuals’ personal health data at risk.

“Today, I joined my colleagues on both sides of the aisle to demand accountability from the Administration for security failures on the health care exchanges. Over the past few months, it has been made increasingly clear that the President’s health care law was never ready for prime time. In fact, just last month, we learned that healthcare.gov was launched before final security testing was completed, leaving the sensitive, personal information of millions of Americans at risk,” said

LaMalfa. “This commonsense measure ensures consumers receive full transparency when it comes to their personal identity and finances. Keeping American’s information safe and secure should not be a partisan issue. It is time the Senate and this administration takes a stand and do what is right to protect the American people from the devastating effects of this law.”

H.R. 3811 passed by a vote of 291-122. ★

An Obama Donor Should Never Be Allowed to Investigate IRS Scandal

Commentary by **Jay Sekulow is Chief Counsel of the American Center for Law and Justice**

A presidential administration is accused of large-scale, widespread misconduct that not only targeted political enemies but also arguably helped that administration win re-election.

The administration – about to face the shame of a public inspector general report – admits wrongdoing, expresses outrage, and pledges to get to the bottom of the scandal, even promising a criminal investigation.

Amongst the dozens of qualified attorneys within the Department of Justice, who should conduct that investigation? A person with no known political leanings, or an open partisan -- a large donor to the president?

The most basic common sense tells us that a partisan should not accept the job, that public confidence can only be restored through neutral investigators. Yet in this administration, common sense fails.

This week, it emerged that the lead Department of Justice attorney in charge of the IRS Tea Party targeting scandal is a large donor to both of President Obama’s presidential campaigns, with her first donation dating back to the primary season in 2008.

All told, this Obama partisan gave \$6,750 to President Obama’s campaign, the Democratic National Committee, and the Obama Victory Fund.

To put that amount in perspective, according to the Center for Responsive Politics less than one-half of one percent of Americans give more than \$200 to a federal candidate. This attorney gave more in two cycles than the vast majority of Americans will give in their entire lifetimes.

The Obama administration is stonewalling congressional

investigators, turning over only a small percentage of relevant documents. It’s also attempting to escape any accountability to the actual groups the IRS harmed.

At the ACLJ we filed suit against the IRS and key IRS officials on behalf of 41 conservative groups in 22 states – groups that faced prolonged IRS harassment, including harassment that suppressed their vital issue advocacy in the 2012 election season.

This harassment was so severe and pervasive that it very well may have influenced the outcome of the election itself, by blunting the Tea Party’s “ground game” that brought millions of voters to the polls in 2010.

The administration has responded to our lawsuit with a comprehensive motion to dismiss, seeking to evade any legal responsibility for its admitted wrongdoing.

Even worse, the conduct of the criminal investigation has hardly been comforting.

After more than seven months since the targeting scheme was revealed, the DOJ has done very little to move this investigation forward. It has even stonewalled Congress, recently rescinding an offer to provide Congress an in-person briefing about the investigation’s progress.

That is not conduct that builds confidence. It’s the kind of thing that happens when the Obama administration investigates itself with one of its biggest fans in charge of the investigation.

After first apologizing, the IRS is circling the wagons.

After first expressing outrage, the Obama administration now calls years of targeting political opponents a “phony scandal,” and the president himself made light of it on MSNBC.

Yet the only thing phony about the Tea Party scandal is the Administration’s response.

Fortunately, when it comes to

the criminal investigation, there is a simple resolution: Obama donors should step down from investigating wrongdoing that could have materially helped the president’s re-election.

To be clear, I’m not suggesting that the DOJ should screen its job applicants for political affiliation. I’m suggesting that admitted partisans should voluntarily decline the “opportunity” to investigate their political favorites and should step down if they’ve made the mistake of accepting the task in the first place.

Public trust is a delicate thing, especially when a scandal goes to the heart of our government’s integrity and our confidence in the political process. The stakes are too high, and the need for neutrality too great, to leave investigations to the partisans.

As I said, this is common sense. But it’s more than common sense. For partisans, stepping away from this investigation is fair, it’s right, and it’s the only responsible choice.

The ACLJ is an organization dedicated to the defense of constitutional liberties secured by law. ★

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Placer County Sheriff Special Report

Stolen Arms Arrest in Loomis

PLACER COUNTY, CA (MPG) - Three Loomis men were arrested early this morning after a Placer County Sheriff’s deputy watched them fire guns from their vehicle in rural Loomis. The guns, an AR rifle and a 12-gauge shotgun, were stolen from a Loomis gun shop Monday.

The deputy was parked at the Sierra Presbyterian Church on Barton Road, near Sierra College Blvd., at 2:44 a.m. when he saw a vehicle, driven by Aaron Lee Patrick, 24, pull over and park on the shoulder. Moments later, the deputy heard several gunshots and saw muzzle flashes coming from the car. The deputy immediately pulled out onto Barton Road and a pursuit ensued.

Patrick drove through stop signs at a high-rate of speed and drove from Barton Road

to Brace Road. As Patrick approached Sierra College Blvd., a tire blew out on the vehicle, which then struck a median. Patrick ran from the disabled car, but the deputy was able to stop him about 100 yards away. He was taken into custody without further incident. Other deputies, and officers from the Rocklin Police Department, found the other two suspects sitting in the car with their hands up. They are Kyle James Lopez, 21, and Ronald Paynter, 23.

Although their motive for shooting is under investigation, the men may have been shooting at road signs or at the ground.

Inside the car, deputies found two of the three weapons that were stolen from National Gun on Taylor Road in Loomis early Monday morning. Detectives are investigating the men’s connection to the stolen weapons. All three suspects were booked at the Placer County Jail on multiple felony charges, including willful discharge of a firearm, receiving stolen property, and conspiracy. Bail was set at \$110,000 for Lopez and \$25,000 for Paynter.

Patrick, who is on Post Release Community

Aaron Patrick Lee

Kyle James Lopez

Ronald Michael Painter

PLACER COUNTY, CA (MPG) - The Placer County Sheriff’s Office arrested a Merced man believed to be responsible for numerous burglaries in the North Lake Tahoe area.

Jason Woodral, 35, was booked at the Placer County Jail Wednesday on eight counts of burglary. Early Wednesday, deputies from the sheriff’s North Lake Tahoe station responded to the Kings Beach Laundromat for a reported burglary in progress. The subject

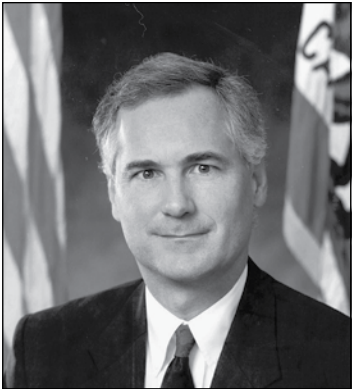
fled but was caught in a residential area of Kings Beach. He was arrested with the assistance of Placer County Probation officers, who were on the lookout for him.

Further investigation revealed that Woodral was responsible for numerous burglaries at local businesses in Kings Beach, including the Kings Beach Laundromat, the Kings Beach Car Wash, the Tahoe Cutting Company and the Tahoe Pilates Studio.

Jason Wayne Woodral

Woodral also had an outstanding arrest warrant stemming from a burglary committed in Merced in 2009. He is currently being held on \$200,000 bail.

The Wrong Direction



did they?

So what's that money going for?

It increases funding for Head Start by \$600 million – despite the fact that every credible study has concluded that this program provides no lasting benefit to children.

It continues wasteful TIGER grants, which, under the guise of transportation puts money into projects like a 6-mile pedestrian mall in Fresno and streets that discourage cars.

It continues funding the scandalous essential air service that pays to fly empty and near-empty airplanes across the country.

It continues to throw money at all manner of immensely expensive and failed green energy programs and other forms of corporate welfare.

We're told to be grateful it doesn't fund other wasteful programs like high speed rail. But when we vote for these appropriations, we are responsible for the money we waste – not the money we don't.

The regular order would at least give the House a chance to examine and debate these questionable programs before we cast our votes. Not this process. But do not believe for a moment that they won't be debated AFTER we cast our votes. This measure will face the full light of public scrutiny in the days ahead, and that may prove to be very harsh light indeed.

True, the measure makes some cuts – but in many cases, the WRONG cuts.

For example, although this bill reverses the cuts made to disabled military veterans' pensions – it maintains the pension reductions for all other military veterans – about 82 percent of our military retirees. According to published reports, over a 20 year period, a retired enlisted service member will lose an average

of \$72,000 of promised pension payments, and commissioned officers will lose \$124,000.

And the Payments in Lieu of Taxes or PILT are not funded at all. That's the program that makes up a small portion of the revenues that the federal government has cost rural communities as it has appropriated vast tracts of their land. To add insult to injury, the bill adds roughly \$200 million to pay for more federal land grabs, which will cost local communities still more of their local revenues and economic activity.

We're promised that PILT funding will be restored in the Farm Bill, which is little consolation. That's the bill that continues to provide massive subsidies to agribusiness at the expense of both taxpayers and consumers.

I am not unmindful of the challenges that faced the Appropriations committee – not the least of which is that the measure must ultimately have the consent of the Senate and the President, who are responsible for the most fiscally irresponsible period of our nation's history. I understand that.

But under our Constitution, a dollar can't be spent by this government unless the House says it gets spent. The buck literally STARTS here. As long as we continue to increase spending on frivolous programs at the expense of working families – and at a time when our accumulated debt threatens to sink what's left of our economy -- we are clearly moving this nation in the wrong direction.

I appreciate the fact this bill has bipartisan support, but a bipartisan agreement that moves us in the wrong direction is still wrong. With all due respect, I must dissent. ★

Congressman McClintock spoke in opposition to the omnibus appropriations bill for 2014 that will be voted on by the House today:

Mr. Speaker: The House is scheduled to take up the omnibus appropriations bill for 2014, and I rise this morning to outline my objections to the measure.

This is not the "regular order" promised to the American people, in which each of the 12 appropriations bills is painstakingly vetted. It is all 12 bills rolled into one, with no opportunity for meaningful debate or amendment.

True, it adheres to the budget passed in December – but that is nothing to boast about. That budget destroyed the only meaningful constraint on federal spending.

One member said that he is "surprised" by opposition because – quote – "this bill, for the fourth year in a row, cuts discretionary spending."

Only by Washington math. Last year, the discretionary spending of the United States government was \$986 billion. This measure appropriates \$1,012 billion. That's an increase. And it is \$45 billion more than the sequester would have allowed.

After all, they didn't blow the lid off the sequester because they wanted to CUT spending, now

Senator Jim Nielsen Appointed as Vice Chair of Senate Committee on Budget and Fiscal Review

Comments on Governor's Proposed Budget



SACRAMENTO, CA (MPG) - California Senate President pro Tempore Darrell Steinberg (D-Sacramento) recommended and the Rules Committee unanimously confirmed Senator Jim Nielsen (R-Gerber) to serve as Vice Chair of the Senate Committee on Budget and Fiscal Review.

Experienced and knowledgeable in the state's convoluted budget process, Senator Nielsen will be an assertive steward as decisions are made on the spending of taxpayers' monies.

In response to the Governor's budget proposal, Senator Nielsen expressed his appreciation that the Governor advocated for fiscal restraint in presenting many of the same recommendations Republicans have made for the past decade.

"I appreciate the Governor's efforts; however, this budget proposal doesn't adequately address the structural deficit that continues to plague the state treasury. It also continues to fund the Governor's 'dream' of the High Speed Rail that California taxpayers don't want and can't afford."

Senator Nielsen added, "The state recently received more tax dollars than state financial experts predicted. These monies should either be returned to taxpayers or used to pay down the state's debt."

Citing cost-of-living adjustments and other automatic increases in the state's budgets, Nielsen vowed to push for reforms in the budget process.

"California's financial problems have not been erased by this temporary financial windfall created by a 'temporary tax increase' (Proposition 30) last year. We continue to be plagued by expensive on-going costs like the High Speed Rail project, and the Affordable Care Act also known as Obamacare."

Senator Nielsen continued, "The state has a massive \$355 billion 'wall of debt' that must be paid down so our economy can grow. Our state's economy is not recovering like the rest of the country. We must address the need to create more jobs for Californians who want to work." ★

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. Call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.



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FUEL UP FOR FITNESS

FAMILY FEATURES

Sports nutrition isn't just the domain of professional athletes — for a good workout and quick recovery, everyday athletes need the right diet, too.

"A good workout is draining and can lead to fatigue and sore muscles," said Michele Macedonio, R.D., C.S.S.D., L.D., a veteran sports nutritionist and team dietitian for the Cincinnati Reds. "The right combination of foods helps restore energy and nutrients used during exercise, and prepares your body for the next workout."

Dishes such as these from CanolaInfo provide complex carbohydrates, fiber and protein with nutrition-packed ingredients including whole grains, beans, nuts, fruits and plenty of vegetables.

Each delicious recipe contains less than 300 calories per serving and is prepared with heart-smart canola oil to supply healthy unsaturated fats, including monounsaturated and omega-3 fats. For more great recipes, visit www.canolainfo.org.

Skillet Quinoa with Black Beans, Cilantro and Feta

Yield: 6 servings
Serving size: 1 cup

- 1 tablespoon canola oil
- 1 cup onions, diced
- 2 cups red bell pepper, diced
- 1 1/2 cups water
- 3/4 cup quinoa, uncooked
- 1 can (15 ounces) reduced sodium black beans, rinsed and drained
- 1/4 cup chopped walnuts
- 2 teaspoons chili powder
- 1/3 cup crumbled, reduced-fat feta cheese*
- 1/4 cup fresh cilantro, chopped
- 1 medium garlic clove, minced
- 1/2 teaspoon salt

In large, non-stick skillet, heat canola oil over medium-high heat. Add onion and pepper. Sauté 5 minutes or until onions begin to brown on edges, stirring occasionally. Add water and quinoa. Bring to boil over medium-high heat, reduce heat, cover and cook on medium-low for 12 minutes or until water is absorbed.

Remove from heat, stir in beans, walnuts, chili powder, feta, cilantro, garlic and salt. Cover and let stand 2 minutes to heat through and absorb flavors.

*Vegetarian option:

Replace feta with vegan cheese or tofu.

Nutritional analysis per serving: 230 calories; 8 g total fat (1.5 g saturated fat); 10 mg cholesterol; 31 g carbohydrates; 7 g fiber; 3 g sugars; 10 g protein; 360 mg sodium; 445 mg potassium



Powerhouse Green Smoothie

Yield: 1 serving
Serving size: 1 2/3 cups

- 3/4 cup seedless green grapes
- 1/2 cup ripe banana slices
- 1/4 cup chopped kale
- 2/3 cup non-fat plain Greek yogurt
- 1 1/2 teaspoons canola oil
- 1/2 cup ice cubes

In blender, combine all ingredients. Blend for about 30 seconds to 1 minute or until desired smoothness is achieved.

Nutritional analysis per serving: 290 calories; 7 g total fat (0.5 g saturated fat); 0 mg cholesterol; 42 g carbohydrates; 3 g fiber; 31 g sugars; 17 g protein; 75 mg sodium; 502 mg potassium

Know the Score

- **Make friends with fat:** Fat is an important energy source for athletes, but it's important to choose healthy fats. Canola oil, for example, provides a valuable source of unsaturated fats, including monounsaturated and omega-3 fats.
- **Pump up protein:** Maximize muscle growth with a snack that contains carbohydrates plus 10 to 20 grams of protein consumed within 15 to 30 minutes after a workout, when muscle is most receptive to growing.
- **Don't ignore complex carbs:** Athletes need healthy carbohydrates, the preferred source of energy for active muscles. Whole grains, beans, vegetables and fruit are good sources.
- **Feed the furnace:** Running on empty? Your body needs consistent fuel to function. A small pre-workout snack may improve your workout performance. Liquid foods such as smoothies digest more quickly than solids, which makes them ideal pre- or post-workout for energy, hydration and restoring nutrients.

Chunky Chicken, Vegetable and Rosemary Stew

Yield: 6 servings
Serving size: 1 cup

- 2 tablespoons canola oil, divided
- 12 ounces boneless chicken breasts, cut into 1-inch pieces
- 1 medium onion, cut in 8 wedges
- 3 medium carrots, quartered lengthwise and cut into thirds
- 1 medium celery stalk, cut into 1-inch pieces
- 2 cups water
- 2 dried bay leaves
- 1/4 teaspoon crushed red pepper flakes
- 1 can (15 ounces) reduced-sodium navy beans, rinsed and drained
- 1 cup grape tomatoes, quartered
- 1/2 cup chopped fresh Italian parsley
- 1 tablespoon chopped fresh rosemary
- 3/4 teaspoon salt

In Dutch oven, heat 1 tablespoon canola oil over medium-high heat. Add chicken and cook about 3 minutes per side or until it begins to brown (center will still be slightly pink). Remove from oven and set aside.

Add remaining canola oil, onion, carrot and celery. Sauté, stirring frequently, for 5 minutes or until vegetables just begin to lightly brown on edges. Add water, bay leaves and pepper flakes. Bring to boil over high heat. Reduce heat to medium low and simmer covered for 20 minutes or until vegetables are tender.

Stir in chicken, beans, tomatoes, Italian parsley, rosemary and salt. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked. Serve immediately or let stew stand 30 minutes to develop flavors and texture.

Nutritional analysis per serving: 220 calories; 7 g total fat (1 g saturated fat); 50 mg cholesterol; 17 g carbohydrates; 6 g fiber; 3 g sugars; 22 g protein; 380 mg sodium; 532 mg potassium





By Ronnie McBrayer

Turn Down the "Stinking Thinking"

"God knows," God knows we tend to argue with ourselves, don't we? Late in the day, quietly in the dark; early in the morning before we've had our coffee or medication; driving alone with only the hum of the tires on the pavement: We have these conversations with ourselves that those in recovery have learned to call, "Stinking Thinking."

We create these stories inside our heads about who we are; how we have failed; how ashamed we should be of ourselves; how unworthy we are; how utterly useless our lifework has been; how we are a lousy father, mother, parent, business owner or whatever. I'm convinced that many people can't be quiet, and they can't still their minds because they can't bear what they say to themselves in the quiet moments.

So, they have to keep the volume of life turned up to ear-bleeding levels and they keep the pace of life at breakneck speed. These people aren't busy, they are suffering, and I can't blame them for wanting to smother the voices in their heads, because a majority of the time that self-guided narrative they are feeding themselves is erroneous, untrue, and downright destructive.

Obviously there are those who do not have the voices of shame and inadequacy screaming in their brains. There are those who have, shall we say, more narcissistic tendencies. Their thinking is about how great they are; how overlooked and persecuted they have been; how they are so much better than that other guy and why can't everybody see that.

It's a line of thought on the other end of the emotional spectrum, but it is "Stinking Thinking" all the same.

This, then, is one of the great benefits of prayer – and I don't think it matters if that prayer is guided by means of a rosary, prayer beads, meditation, a daily repetition of a favorite Scripture, or some other spiritual practice. People who pray aren't simply memorizing a repeated litany of words or practicing religious rituals. They are, in a real sense, reprogramming their software. They are overwriting the faulty components of their thinking.

They are experiencing the transformation of their hearts and minds, for in learning to listen to God's voice in prayer (and listening is a learned art form) they can turn down the cacophony of voices around them. And yes, these other voices include the "Stinking Thinking" inside their own heads.

Those who learn to truly pray are empowered to say, "Amen, let it be!" to God's voice, and to shout in protest, "No, absolutely not!" to all other pretensions – especially those pretensions that are manufactured from within. Such praying may not get one everything he or she asks for, but such praying may lead one to getting what he or she needs; and to that, I must say, "Amen." ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at www.ronniemcbrayer.me.

Okay, Now I Remember

Dr. James L. Snyder

Memory is a beautiful thing, that is, when it is working. I must confess there are many times in which my memory is on some kind of a vacation.

What I want to know is simply this, how do you know you have forgotten something if you have forgotten it?

I do many things I cannot remember exactly why I do them. Behind everything I do is a reason for why I do it or those things that I do not do. I must confess I am quite a reasonable person along this line.

Without memory, we can take many things for granted. We go through motions we do not know why we are going through them, we just go through them.

Everybody says that when you get older your memory rather takes a backseat. That may be the case with me, I am not quite sure. I cannot remember.

I must confess it is a great asset at times to have a memory failure.

For instance, when the Gracious Mistress of the Parsonage accosts me and says, "Did you remember...?" She may have sent me to the grocery store to fetch something or she may have sent me, God forbid, to the mall to pick up something she ordered online.

When she asked this question, I always respond by saying, "I forgot, you know my memory is not what it used to be." It is an easy way to slither out of something I have forgotten to do. The older I get the more plausible this excuse is, I just cannot remember why.

However, on those occasions when she is a little more exasperated than others at me she will say, "Your memory never was what it used to be!"

What that means exactly I do not know. She probably told me sometime in the past, but right now, I simply cannot recall. I am

perfectly happy just forgetting that for the time.

Why is it I can remember things I do not want to remember and I cannot remember the things that I need to remember? For instance, I can remember the year my wife was born, but I can never recall the month or the day. As a good husband, I should reverse that, not remember the year and positively remember the month and day.

Why is it when my wife is giving me a piece of her mind, all I can remember at the time is a funny incident that happened to me earlier that morning? Smiling at a time like that is not advantageous to a happy life of the husband. When she asks, "What is so funny?" I cannot tell her I was not listening to her but thinking about something else.

My memory was jogged earlier this week when a certain incident happened at the Post Office.

Anybody who knows me knows that I am not in any way shape or form a hugger. I am a firm believer in what the Bible says, "the right hands of fellowship" (Galatians 2:9). I am vigorous in this handshaking ceremony. That is about as far as it goes.

I had quite forgotten my position along this line, or rather; I should say why I came to this position.

Standing in a very long line at the post office at which time I was in somewhat of a hurry to get through a lady walked in. She looked at me and says, "Oh, it's so nice to see you. I haven't seen you for a long time." Then she caught me off guard and gave me a hug.

I did not know who this woman was; I could not remember ever seeing her before. With the way my memory is these days, I pretended as if she was a long-lost friend of mine. She chatted about stuff that really did not make any sense to me

at the time. I smiled and nodded my head and chatted away to her about things I am sure did not mean anything to her.

I was not really paying attention and as the line moved forward, something dawned on me.

You know how it is when all of a sudden something hits you. Your vacationing memory comes home and unpacks. Well, that happened to me standing there in line.

By the time I had figured out what had happened, it was too late to do anything about it. When she hugged me, she stepped in front of me and therefore was ahead of me in line.

I had one of those "aha" moments but there was nothing I could do about it at the time. I had to swallow my pride, display a contagious smile across my face and take it like a man. A man who has been outwitted by some lady he had no idea who she was.

I now remember why I do not do any hugging. I know all hugs are not equal but with the memory I have I do not remember the difference and I am not taking any more chances.

Driving home from the Post Office, I remembered the wise words of King Solomon. "The thing that hath been, it is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun" (Ecclesiastes 1:9).

If I could just remember that, I certainly would be okay. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.

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9. Manufactured
13. With ample space
14. Waikiki garland
15. Policeman's shocker
16. Spritelike
17. Egg cells
18. Shamu and such
19. *The coldest Super Bowl venue to-date
21. *2014 Super Bowl stadium name holder
23. Australian runner
24. Fries, e.g.
25. Actor's domain
28. Trans-Siberian Railroad city
30. *Last year's power
35. Younger sister to Katniss
37. Larger-than-life
39. Tolerate
40. Milano moolah
41. India bigwig
43. Network of nerves
44. Like a lemon
46. Cough syrup balsam
47. Inevitable occurrence
48. Tip of lion's tail
50. Shipping hazard
52. Bell and Barker
53. Swerves
55. Orinoco or Grande
57. *Type of Super Bowl venue
61. Kool & the Gang's 1983 hit
64. Boston hockey player
65. 34th pres.
67. Haley to Manny on "Modern Family"
69. Moved like Argo
70. *It's raised for field goals
71. Mauritanian village, Boer
72. The Benevolent and Protective Order of

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 8. *Frequent Super Bowl host, but not this year
 9. Lime-rich soil
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 11. Like Beethoven
 12. Gaelic
 15. Come up with a sum
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 22. Tokyo, once

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One Of Israel's Greatest Generals Ariel Sharon Dies at Age 85

Commentary from
WeStandWithIsrael.org

At the age of 85 Ariel Sharon, one of Israel's greatest generals, has passed away. The former Prime Minister of Israel spent 8 years in a coma after suffering a stroke, but is now finally at peace.

As we say goodbye to one of Israel's strongest leaders and most ardent defenders, we look back on his life of service and hold up Sharon as a man who understood that peace comes through strength and an unshakable determination to defend your homeland and the people in it.

Sharon was a true warrior. He took part in the Israeli War for Independence when they were attacked on all sides by Egypt, Jordan, Iraq, Syria and Lebanon as well as fighters from all around the Arab world who came to destroy Israel in their first days as a new nation.

After independence, he distinguished himself further through

many military operations and shadow operations carried out between various belligerents until the outbreak of the Six Day War in 1967 when Sharon led his armored battalion that broke through the Egyptian lines with his aggressive tank tactics that humiliated the Egyptian military.

Sharon became commander of the IDF (Israeli Defense Force) Southern Command and his military tactics were studied and taught by US war colleges.

Israel was once again attacked in 1973. The Yom Kippur War launched October 6th, 1973 by Egypt and Syria caught Israel by surprise and almost destroyed them. Sharon came back to the military and led his armored division once again to the Sinai Desert and together with other capable Israeli commanders encircled the Egyptian third army and broke their defenses again. Israel tanks rushed through the desert and were within 100 km of Cairo before the Egyptians

surrendered. Sharon's military brilliance had become legend.

Sharon was elected Prime Minister in 2001. He suffered a stroke in 2005 and after a long series of surgeries and other mounting health problems he became incapacitated in 2006 and was unable to continue leadership and was succeeded by Ehud Olmert in April of 2006. After 8 years in a coma Sharon died January 11th, 2014.

The legacy he left behind is one of strength. Sharon embodied the indomitable courage that has defined the Israelis for thousands of years. Constantly surrounded by hostile enemies and always in a war for survival, the Israelis have survived only through their unconquerable spirit.

As Americans, we can learn from the example of Sharon as he believed the only way to ensure peace and security for his people was to always maintain a strong military and always be prepared to defend your country. ★



SAFE HOME... HAPPY HOME

Is your home safe? We all want to protect our family from accidents and preventable injuries. So, it's time to arm you with the information you need from the woman who is an International Safety

Expert...The Honorable Nancy Steorts. As the former Chairman of the U.S. Consumer Product Safety Commission, her safety initiatives have resulted in saving thousands of lives and preventing millions of injuries. The nation credits her for smoke detectors, carbon monoxide detectors, helmets, and the Toy Safety Act to name just a few. She served under five Presidents, and is always in the safety know, and always putting consumers first. Nancy also has her own newspaper column, is a radio and television commentator and national spokesperson on safety and consumer issues. She has authored three books... "Safety and You" and "Safe Living in a Dangerous World" and she shared the information in her latest book "Your Home, Safe Home" on my

POPPOFF!

with Mary Jane Popp

POPPOFF Radio Show with her Safety Tips" A-Z.

I'm sure some are very familiar, but a reminder certainly can't hurt! Simple measure can mean the difference between safety and tragedy. Take note, and don't you become a statistic.

- A. Air quality of home checked regularly
- B. Baby proof your home for small children (My addition. Do the same for pets)
- C. Carbon Monoxide detectors on each floor
- D. Disaster plan for each family
- E. Electrical outlets capped if children are in the home
- F. First Aid kit for home and automobile
- G. Ground Fault Circuit interupters in Bathrooms and Kitchen
- H. Helmets on heads of ALL bicyclists
- I. Inspection of home each year
- J. Juvenile products should be NEW not USED
- K. Kitchen should have a fire extinguisher
- L. Lead free paint, and lead free children's products
- M. Medicines with child resistant closures (Hopefully, we can still open them ourselves)
- N. Non-skid mats in Tubs and Showers
- O. Older adults use Grab Bars in Tubs and Showers
- P. Poison Control Center posted

- Q. Quickly extinguish all candles when leaving a room
- R. Railings for all stairs
- S. Sensor lighting on Pathways
- T. Throw Rugs secured with non-skid backing
- U. Upholstered Furniture should be fire-resistant
- V. Venetian blinds with no cords
- W. Whirlpools with 2 separate drains
- X. X-Mas holiday decorations should be fire-resistant
- Y. Yard should be well lighted at night to prevent falls
- Z. Zero Accidents and Injuries should be your goal in a SAFE HOME

We don't think about what could happen, but Nancy does. If you would like to check out more about safety in your home, go to www.nationalsafetyexpert.com. It seems like every day there is some new danger or safety issue we have to face. Why not be ahead of the game in your home. She even goes into detail about what should be on your safety checklist before you go on a cruise and why we need to pay attention to outdoor lighting and walkways. Better safe than sorry is always the key on POPPOFF. Have a safe and wonderful New Year...and BE CAREFUL!!! ★

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Weekdays

- 6 - 9am: The KAH1 Morning News with Barry Stigers and the KAH1 News Team
- 9am - Noon: The Dave Ramsey Show
- Noon - 1pm: The KAH1 Noon News with Mary Jane Popp and the KAH1 News Team
- 1 - 4pm: The Savage Nation
- 4 - 6pm: The KAH1 Afternoon News with Scott Costa and the KAH1 News Team
- 6 - 7pm: TMZ Live
- 7 - 10pm: Sports Byline USA with Ron Barr
- 10pm - 12am: Poppoff with Mary Jane Popp

Saturdays

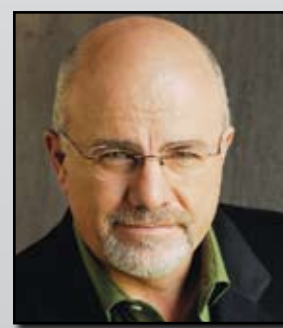
- 6 - 7am: A Time for Seniors
- 7 - 8am: The Swap Shop
- 8 - 9am: The KAH1 Corral
- 9 - 10am: The Garden Goddesses
- 10am - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
- 8 - 9pm: Rewind with Jimmy Jay

Sundays

- 7:30 - 9am: Cruisin' Garage & Swap Meet
- 9 - 9:30am: The Crossroads Radio Show
- 10 - 11am: The Dew Sweepers Golf Show
- 11am - 5pm: Sinatra & Friends Music
- 5pm - 6pm: Talk about Guns
- 7 - 8pm: A Way With Words
- 8 - 9pm: Hearts of Space



Michael Savage

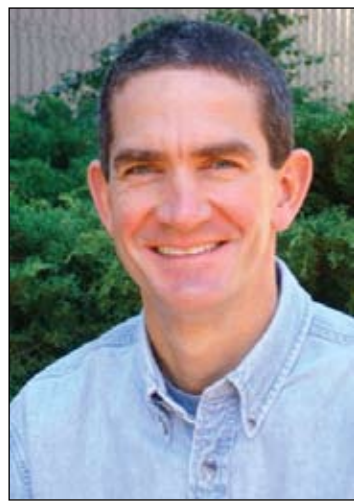


Dave Ramsey



Mary Jane Popp

Are You Getting Too Much Health Care?



By Eric Nelson

Is it possible that the real health problem in America isn't so much the lack of access to quality care as it is too much access? According to a recent article in *The Atlantic*, this may very well be the case, at least for some of us. But it's also possible that as we begin to unpack this largely unacknowledged problem, we'll discover some compelling and truly health-inducing solutions.

In 2011, a team of physicians headed by Brenda Sirovich, a research associate at the VA Medical Center in Vermont, published a survey in which 42 percent of American primary care physicians said that their patients were getting more care than necessary. While that may sound odd – after all, how can more of a good thing be bad? – Sirovich points out that all health procedures include potential upsides and downsides.

“Any time you have an intervention for a patient, no matter how small,” she’s quoted as saying, “there is also the chance that it’s going to do some harm.”

The reasons for such over-reach are numerous and well

documented: Physicians who want to be sure they are providing the best care possible for their patients; the fear of legal challenges from those who feel their doctors did not do or are not doing enough; patients who are being urged to have treatment that provides a direct financial benefit to their care provider.

Solutions, on the other hand, seem to be fewer and farther between.

For instance, the recently enacted Affordable Care Act includes a provision to encourage doctors and hospitals to come up with ways to increase quality, reduce cost, and eliminate waste in the health care system. Another effort, spearheaded by the American Board of Internal Medicine Foundation, promotes conversations between doctors and patients about effective care and avoiding unnecessary tests and treatments.

But perhaps the most intriguing and potentially lasting solution can be found in an increasingly popular approach to health care that recognizes that it's not just the patient's body but their mind that deserves consideration.

Evidence that such an approach is gaining traction can be found in the abundance of books being written on the subject, including OB/GYN turned mind-body medicine guru Lissa Rankin's best-seller, *Mind Over Medicine: Scientific Proof That You Can Heal Yourself*. The book draws on hundreds of scientific studies, all supporting the idea that it's not diet, exercise or even our DNA but what's going on in our thought that matters most, including our spiritual outlook.

One of the most compelling of these studies deals with the

impact of superstition on our health.

A group of researchers in San Diego compared the death records of almost 30,000 Chinese-Americans with those of more than 400,000 randomly selected Caucasians. What they discovered was that the Chinese-Americans died as much as five years earlier than the rest, if they were not only sick but also happened to be born in a year that Chinese astrology and Chinese medicine consider ill-fated.

“The researchers concluded that they died younger, not because they had Chinese genes, but because they had Chinese beliefs,” writes Rankin.

This makes you wonder if there are any other beliefs that might be having an adverse impact on our well-being. It also makes you wonder whether the remedy lies in simply changing what the human mind believes or, as Rankin discusses, being open to a more spiritually inspired or Mind-based solution.

Of course, tackling the problem of too much health care will likely require more than one fix. But any approach that decreases the potential for harm and increases the opportunity for healing is a good one and deserves further exploration.

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission. ★

Stewardship Council Board Of Directors to Meet In Auburn in January

The Pacific Forest and Watershed Lands Stewardship Council, a land conservation and youth investment foundation, announces its next board of directors meeting will be held in Auburn on January 23, 2014. The Stewardship Council Board of Directors (Board) may take action on the following agenda items related to its Land Conservation Program, as well as on other matters.

Fee Title Recommendations
The specific fee title recommendations made by the Watershed Planning Committee that will be considered by the Board on January 23 are as follows:

SHASTA COUNTY: United States Forest Service – Lassen National Forest is recommended to receive fee title to approximately 929 acres available for donation within three parcels in the Battle Creek planning unit.

Pacific Gas and Electric Company (PG&E) is recommended to retain fee title to approximately 210 acres which had been made available for donation within three parcels in the Battle Creek planning unit.

SHASTA COUNTY: United States Forest Service – Lassen National Forest is recommended to receive fee title to approximately 308 acres available for

donation within five parcels in the Lake Britton planning unit.
PG&E is recommended to retain fee title to approximately 1,380 acres which had been made available for donation within 26 parcels in the Lake Britton planning unit.

NEVADA AND PLACER COUNTIES: United States Forest Service – Tahoe National Forest is recommended to receive fee title to approximately 469 acres available for donation within one parcel in the Lake Spaulding planning unit.

NEVADA COUNTY: United States Forest Service – Tahoe National Forest is recommended to receive fee title to approximately 75 acres available for donation within one parcel in the Fordyce Lake planning unit.

BUTTE COUNTY: California Department of Water Resources is recommended to receive fee title to approximately 20 acres available for donation within two parcels in the Oroville planning unit.

PG&E is recommended to retain fee title to approximately 1,155 acres which had been made available for donation within 23 parcels in the Oroville planning unit.

Conservation Easement Holder Recommendation
The specific conservation

easeholder recommendation made by the Watershed Planning Committee that will be considered by the Board on January 23 is as follows:

BUTTE COUNTY: The Northern California Regional Land Trust to be selected as the prospective conservation easement holder over all the lands in the Oroville planning unit that will be encumbered by a conservation easement.

If the above fee donee and conservation easement holder recommendations are approved by the Board, transaction negotiations between the parties would commence. The negotiated agreements would become part of a set of proposed Land Conservation and Conveyance Plans (LCCPs) to be considered for adoption by the Board at a later date after an opportunity for public comment. Adoption of an LCCP by the Board would be the final step in the Stewardship Council's process for selecting donees.

WHEN: Thursday, January 23, 2014
1:30 – 3:00 p.m.

WHERE: Holiday Inn Auburn – The Sierra Room
120 Grass Valley Highway
Auburn, CA 95603

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These revolutionary infrared heaters are changing the lives for many that find it difficult to pay for the high cost of heating a home. Infrared heat warms in a way similar to the warmth we feel from the sun, it's been described by many as "bone warming" heat. It is completely safe and does not deplete oxygen from the air, which would make you tired, nor dry out the air, which irritates your skin. The iHeater brand is said to be the most sought after brand of infrared heaters. iHeaters have been selling strong for many years, they have in-house customer service located in Indianapolis, Indiana. The iHeater infrared heating elements are backed by a lifetime warranty and don't burn out, like other low-end brands of infrared heaters that use bulbs.

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Riley Reviews



LONE SURVIVOR (Rated R)
A Film Review by Tim Riley

The brutal realities of war in the rugged terrain of Afghanistan, as told in "Lone Survivor," hits the audience right in the gut in this unvarnished tale of heroism and courage under the harsh light of Peter Berg's direction.

The director brilliantly captures the unforgiving essence of a Navy SEAL operation that went horribly wrong when a reconnaissance team of four brave soldiers became trapped under fire in the mountains of the remote Hindu Kush region of Kunar province.

Based upon the first-person account of Marcus Luttrell, "Lone Survivor," at least as a title, downgrades the element of suspense, but not enough that the ill-fated mission is relieved of all sense of shock and trepidation.

The opening scene is a fitting prologue that explores in excruciating detail the rigors of the intensely grueling training process, where only those with the greatest mental and physical toughness emerge as full-fledged SEALs.

The point of this exercise is to set the stage for what follows in 2005 when Marcus Luttrell (Mark Wahlberg) and three of his battle-ready fellow soldiers are dispatched on a mission to capture or kill a top Taliban leader responsible for slaying U.S. Marines.

The other elite soldiers include commanding officer Lt. Michael

BRUTAL WAR FILM "LONE SURVIVOR" A SOLID TALE OF COURAGE

Murphy (Taylor Kitsch), gunner Danny Dietz (Emile Hirsch), and sonar technician Matthew "Axe" Axelson (Ben Foster), all of whom report to Lt. Commander Erik Kristensen (Eric Bana).

Character development is somewhat limited by the circumstances of the wartime setting. We get a glimpse of the camaraderie between the men at the base camp, mostly the usual male bonding and joking around, but not a lot of perceptive insight.

On June 28, 2005, the four-man surveillance team of Operation Red Wings boarded a helicopter so that they could be dropped into a remote mountainous area with the mission to identify Ahmad Shah, a high-level Taliban operative that the American military was most anxious to neutralize.

The four SEALs arrive safely on the ground, but soon discover that their radio equipment and satellite phone are not functioning regularly, leaving them isolated when having to make key decisions or relay vital information back to headquarters.

Another immediate problem is that three goat herders grazing their flock stumble upon the men's hiding place, plunging the mission into immediate jeopardy. The SEALs are forced to make an urgent life-and-death decision – how to treat the intruders under the rules of engagement.

In one of the film's most compelling scenes, the soldiers debate the choices facing them. Instantly, they know that protocol dictates they must release civilian noncombatants, but these guys look more sinister and

suspicious than simple farmers.

Still, killing the unarmed prisoners so that they could not alert the Taliban was morally objectionable, to say nothing of how the soldiers could be crucified by public opinion and the official rules if they killed innocent civilians.

Ultimately, the goat herders are cut loose, and the SEALs began an arduous climb to what they hoped would be safety. Soon, hellfire rained down on them.

The Taliban, bolstered by more than a hundred fighters, launch an assault that results in an intense firefight from machine guns, mortars and rocket-propelled grenades. The Americans are seriously outnumbered and outmatched in firepower.

But the hardy band of Navy SEALs hold off the enemy hordes for quite some time, a blood-splattered affair that puts the Americans in a courageous last stand that offers no way out since help is not imminently on the horizon.

Even when the cavalry arrives, in the form of an assault helicopter, the Taliban have already gained the upper hand and blast the rescue team out of the sky, killing another 16 Marines.

Even after falling down mountainous hillsides, pummeled by rocks and falling debris, Luttrell, badly wounded, miraculously escapes to small village where he's hidden by a tribe willing to stand up to the Taliban thugs.

For a war movie that seeks to put the audience in the thick of the action, "Lone Survivor" has admirably accomplished the mission. Director Berg delivers an unflinching look at the brutality of warfare.

"Lone Survivor" is a significant war movie, and much like "Saving Private Ryan," it highlights the heroism of our soldiers. But it is also much like "Black Hawk Down" insofar as recalling very tragic circumstances of grueling combat. ★

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