



# HOW TO THROW THE ULTIMATE TAILGATE

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**PLUS:**  
*New Year-  
New Message*

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# Placer Sentinel

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*Serving Auburn and Placer County since 1987*

First Issue of January 2014

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# Hiring Expectations Rising

*Pacific Staffing Special Report*

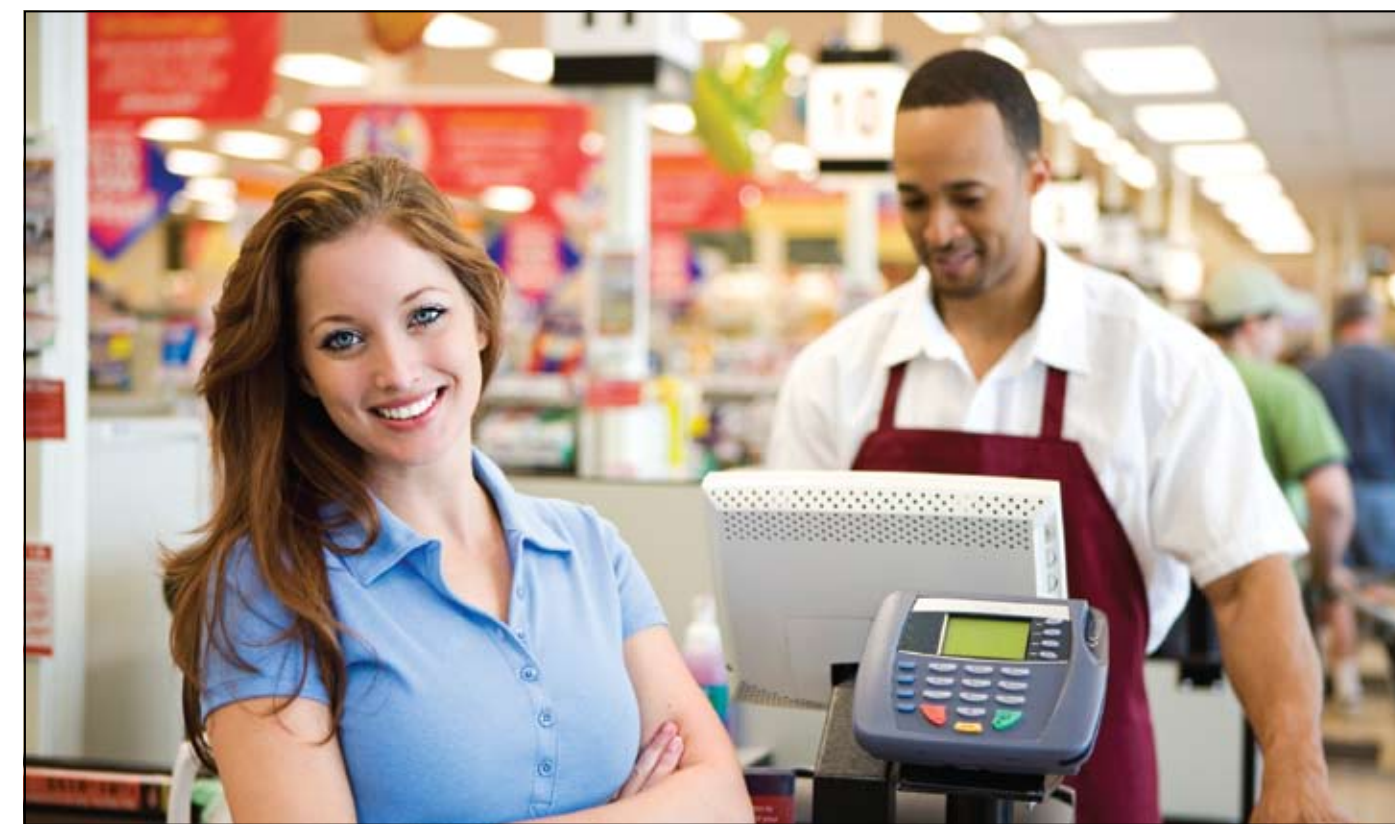
**SACRAMENTO REGION, CA (MPG)** - Three quarters of Sacramento's top employers are optimistic about the economy in the New Year and those expectations will keep them busy hiring through Quarter 1. When asked directly seventy-six percent (76%) of human resource contacts were optimistic about economic growth and job markets in the Sacramento region for 2014.

Polled directly by telephone, that optimism is reflected in hiring activity as sixty percent (60%) of top companies say they are planning to hire in January, February and March.

This is a slightly more rapid pace of hiring than last year's first quarter when fifty-seven percent (57%) were hiring with thirty-six percent (36%) motivated to hire for growth, or workforce expansion in 2013.

Quarter 1 of 2014 finds forty-two percent (42%) hiring for growth, with thirty-eight percent (38%) hiring for attrition, or replacements among existing workers in the first three months.

These are significant improvements in the market from regional employment and economic conditions just four years ago. As Pacific Staffing discovered then, the first three months of 2009 sent the market crashing with hiring freezes, workforce reductions, furloughs and shortened workweeks, massive layoffs and companies going out of business as the national recession hit the area. That's



history as seventy-four percent (74%) of those surveyed also say they expect their companies to grow in 2014.

While the majority of HR contacts were positive about Q1 2014, thirteen percent (13%) remain pessimistic the economy would improve in the New Year. Two companies are expecting to reduce their workforce numbers due to seasonal change in the first three months of the year.

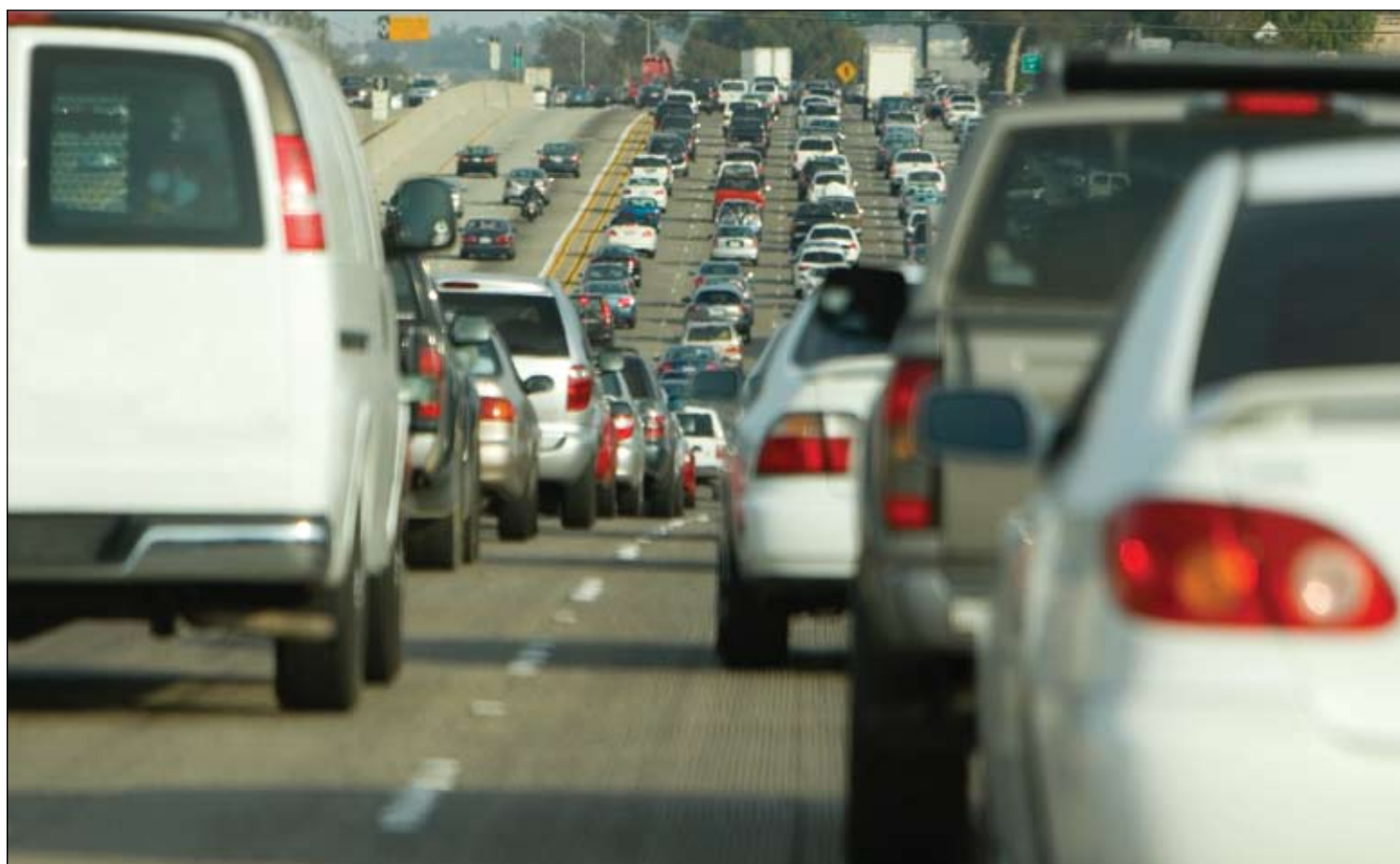
As the economy improves employers are beginning to share concerns about retention of essential skills, the need for specific technical backgrounds and some entry-level positions. Drivers who can pass DMV, drug and other background checks are in demand among distributors, bottling plants, construction supply and materials firms. Customer service, sales, manufacturing, warehouse and shipping lead hiring demand.

Of the top 100 Sacramento Regional Companies, 35% are Service, 36% are Manufacturers, 18% are Construction and 11% are Retail.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com). ★

# New Motor Laws Take Effect



For complete information on chaptered bills enacted in 2013, please refer to the Legislative Counsel website at [www.LegInfo.ca.gov](http://www.LegInfo.ca.gov).

**SACRAMENTO, CA (MPG)** - With 2014 just around the corner, the California Department of Motor Vehicles (DMV) is reminding motorists of some of the new laws that will become effective in the new year. The following laws go into effect on January 1, 2014, unless otherwise noted.

**Bicycles: Passing Distance.** AB 1371 (Bradford), known as the Three Feet for Safety Act, will require a motor vehicle driver

passing a bicycle that is proceeding in the same direction to pass with no less than 3 feet between any part of the vehicle and any part of the bicycle or driver. When three feet is not possible, the motor vehicle must slow to a reasonable and prudent speed and only pass when no danger is present to the bicyclist. Failing to do so can incur a fine, regardless of a collision or not. This law will take effect September 16, 2014.

**Clean Air Vehicle Decals / "HOV Stickers."** AB 266 (Yee) and SB 286 (Blumfield), together extend sunset dates for low emission, zero emission vehicles to operate in high occupancy vehicle lanes (HOV) without meeting occupancy requirements to January 1, 2019.

**Commercial Driver's License.** AB 1047 (Linder) will allow the DMV to conduct the commercial drive test for the holder of an

out-of-state commercial learner's permit. The department would electronically transfer the information to the motor vehicle department in the applicant's state of residence. AB 1047 also modifies the license class definitions to require a driver operating a bus weighing more than 26,000 pounds to hold a commercial Class B license and a driver operating a bus weighing 26,000 pounds or less to hold a commercial Class C license.

**DMV Vehicle Registration Pilot Program.** SB 806 (Hueso) authorizes DMV to establish a pilot program to evaluate the use of alternatives to stickers, tabs, license plates, and registration cards, subject to certain requirements. It will also enable the DMV to experiment with electronic license plates, as well as facilitate DMV's ability to explore cost-effective alternatives to California's traditional metal license plate, plastic-coated registration stickers, and paper registration cards.

**Registration and Vehicle Transfers Between Family Members.** AB 443 (Lowenthal) prohibits the transfer of ownership of a vehicle to a relative or a revocable living trust until all parking or toll-violation fines and penalties reported to the DMV are paid by the transferee.

**Teen Drivers.** SB 194 (Galgiani) will prohibit a person who is under 18 years of age from using an electronic wireless communications device to write, send, or read a text-based communication while driving, even if it is equipped with a hands-free device.

**Veterans License Plates.** AB 244 (Bonilla) Requires the California Department of Veterans Affairs (CalVet) to sponsor a veterans' special interest license plate and requires the DMV to issue the veterans' plate if CalVet meets the current statutory requirements.

*Continued on Page 2*

[www.PlacerSentinel.com](http://www.PlacerSentinel.com)

# UCP Receives Grant From Bill Graham Memorial Foundation to Fund Music Project for Adults with Developmental Disabilities



**PLACER COUNTY, CA (MPG)** - UCP of Sacramento and Northern California has received a \$1,000 grant from Bill Graham Memorial Foundation to support its adult day program music project for adults with developmental disabilities. The grant allows UCP to purchase musical instruments that can be played with one hand, as well as sheet music, CDs, a karaoke machine and more.

"We have participants with developmental disabilities who can't speak in sentences, but they can sing," said Doug Bergman, UCP president and CEO. "Music is a universal language, and we are grateful to the Bill Graham Memorial Foundation for recognizing how much music can empower the people in our adult day programs to live life without limits."

UCP's adult day programs serve hundreds of participants

with developmental disabilities, many of whom also have a physical disability that requires additional support. The programs help participants develop skills and encourage individual choice. These skills promote an independent lifestyle and contribute to making the participant an active member of the community. Instruction includes personal choices, decision making and problem solving, communication skills and assistive devices, basic reading and math skills, financial management, cooking and nutrition, mobility, computer skills, physical health and well-being, wheelchair aerobics, community integration, social development, leisure activities, self-advocacy, access to community support systems and functional living skills.

UCP's music project takes place at the North Highlands adult day program, where 150

participants have been learning to play instruments and sing. This grant will help purchase additional equipment so the project can expand and eventually give participants the chance to perform for other people.

Each month, UCP of Sacramento and Northern California serves 3,800 children and adults with developmental disabilities and their families in Butte, El Dorado, Nevada, Placer, Sacramento, Shasta, Sutter and Yolo counties. Programs include Saddle Pals, UCP's Autism Center for Excellence at Sacramento State, adult day programs, independent living services, transportation and in-home respite care for families. For more information or to make a donation, visit [www.ucp-sacto.org](http://www.ucp-sacto.org).

Source: *Thébaud Communications* ★

# Pat Young Offers Insight Into Fishing During Low Water Conditions

**AUBURN, CA (MPG)** - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, January 17 at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn, CA 95603. The doors to the Lodge open at 7:00 AM with a fantastic \$12 wide-selection buffet breakfast served at 8:00 AM. At 9:00 AM sharp, Pat Young, who writes about fishing in Northern California, will talk about fishing in drought conditions. The breakfast meeting is open to the Public. Interested men and women anglers are encouraged to arrive early to secure a good seat.

Pat Young is responsible for researching and writing about fishing conditions in the Northern California Foothills and the high Sierra Regions and will present the best locations for fishing during low water conditions due to the current drought. Also included in Pat's presentation will be boat ramp launching conditions, DWR reports, and DF&W fish planting schedule for 2014 in the area he covers. Pat is a fisherman's fisherman, as a lifelong hunter and angler residing on a ranch in town of Manton, CA, near Redding. He has an extensive and diverse



**WON Associate Editor Pat Young with a big brown trout caught jigging at Lake Almanor with guide Dick Mason**

background from being a tugboat captain on the San Francisco Bay and Delta to twenty-years as a Director for WON BASS fishing tournaments. He has been a pro fishing guide on the Delta and an expert angler for a variety of fish species

The 30 year old, 190+-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience. Unlike many bass and fly

fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at [www.roostertailsfishingclub.org](http://www.roostertailsfishingclub.org). For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at 530-887-0479 or [info@roostertailsfishingclub.org](mailto:info@roostertailsfishingclub.org). ★

# Senator Gaines Introduces Legislation to Cancel Fire Tax for Victims of Natural Disasters

**SACRAMENTO REGION, CA (MPG)** - In his continued efforts to fight against the illegal fire tax, Senator Ted Gaines (R-Roseville) introduced on January 6th legislation that would exempt anyone who has lost a home to a wildfire or other natural disaster from paying the tax.

"I don't want insult added to injury," said Senator Gaines. "The state should be helping families who have lost everything in these catastrophes, not billing them for homes that no longer exist."

Senate Bill 832 would cancel the "fire tax" for anyone who owns a property within a State Responsibility Area (SRA) that has been destroyed, or significantly damaged, as a result of a natural disaster.

The fire tax is an annual levy imposed on the owners of more than

800,000 properties in the state that are within the boundaries of SRA. According to census and Cal Fire data, Senator Gaines' largely rural district includes roughly 20-percent or approximately 160,000 of the properties whose owners are subject to the fee.

SB 832 was inspired by the Clover Fire that burned more than 8,000 acres southwest of Redding last fall. According to Cal Fire, 68 residences and 128 outbuildings were destroyed; 5 residences and 10 outbuildings were damaged as well. The effects of this fire will be felt by the residents for years to come and Gaines does not want them billed.

"I have fought this illegal tax at every turn. I have been saying that it will do nothing to keep people and property safe and the recent Clover Fire was further proof," said

Senator Gaines. "This bill will make it clear going forward that if you lose your home to a wildfire, you won't owe the tax. It's that simple."

Senator Gaines has been a leading critic of the tax and introduced numerous pieces of legislation last year that attempted to provide relief for rural Californians. Unfortunately, none were successful, but this is a clear-cut case, according to the Senator, "This is not politics, it's common sense. The tax is levied on habitable structures. These homeowners wish that's what they still had."

*Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.* ★

# New Motor Laws Take Effect

*Continued from Page 1*

This law creates, in addition to the current Honoring Veterans design of the Veteran's Organization Plate, a new program to reissue the Veteran design that was issued prior to January 1, 2010. These plates are available to all vehicle owners. The Department of Veterans Affairs must secure 7,500 pre-paid applications in order for the department to implement this plate program.

Additionally, the Department of Motor Vehicles will begin the process of implementing AB 60

(Alejo)—the new law requiring DMV to issue a driver license to an applicant who is unable to submit satisfactory proof that he/she is legally present in the United States —by drafting new regulations and preparing field offices to process new applications. The new law becomes operative by January 1, 2015. The applicant will be required to meet all other driver license qualifications.

For complete information on chaptered bills enacted in 2013, please refer to the Legislative Counsel website at [www.LegInfo.ca.gov](http://www.LegInfo.ca.gov).

Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online advance appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California State Transportation Agency (CalSTA). ★



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**Publisher Paul V. Scholl**

# PCWA Looks at Dry Year Conditions

**AUBURN, CA (MPG)** - Leaders of the Placer County Water Agency are hoping for a return of wet winter weather but at the same time dusting off contingency plans for 2014 to deal with persistent, unseasonal, dry conditions.

PCWA General Manager David Breninger and members of his staff on Thursday (Jan. 2) briefed the PCWA Board of Directors on current water supply conditions and weather projections for 2014 in the region. Also discussed were actions being taken by other water suppliers in the region to conserve water supplies.

"We're very hopeful that wet stormy conditions return very soon but we have to be prepared if they don't," said Breninger, who used a large map to illustrate the agency's water sources and delivery systems.

"Persistent dry weather patterns extending over the northern California watersheds have resulted in very low precipitation and insignificant snowpack in the Sierra. Our County and region annually depend upon winter rains and melting snowpack in the spring to refill reservoirs for our summer and fall water supply," said Breninger.

Deputy Director of Technical Services Tony Firenzi provided a detailed overview of the current dry weather conditions. He noted, "Neither strong wet storms nor snowpack have materialized which is reflected at Lake Spaulding on the Yuba River where precipitation has measured just 4.21 inches, or 18 percent of average. So far, this year's precipitation is about the

same as that of the driest year on record, 1977."

Firenzi added, "While Yuba River and American River reservoirs that PCWA depends upon to serve its customers are currently holding near average levels of water for this time of year, other areas, notably Folsom Lake itself, are very low." This week, Folsom dropped to just 40 percent of average for this time of year and now stands at record low levels.

PCWA Director of Strategic Affairs Einar Maisch said, "The agency and other members of the Sacramento Water Forum are carefully monitoring the situation at Folsom Lake. Further, we are reviewing regional water conservation plans and seeking reductions in water releases to the Lower American River so that more water can be preserved within the Lake to sustain fisheries and communities supplied by water from the reservoir, including cities of Roseville and Folsom and the San Juan Water District."

Agency staff also reviewed water shortage actions being taken in nearby areas, including the City of Folsom, where a 20 percent use reduction has been imposed. Voluntary water use reductions are occurring in Sacramento city and county, Roseville and the San Juan Water District.

Breninger said, "At this time under current conditions, I ask PCWA customers to reduce their water usage and to use it efficiently. If dry conditions persist, however, the agency will have to implement stronger water reduction measures." The agency,

with Board action, could activate its four-stage water shortage plan, ranging from a "water alert" with up to 10 percent use reductions to a full "water emergency" with 50 percent or more reductions as conditions warrant during 2014.

Breninger said staff will continue dry year planning preparedness with updates offered at each board meeting. Numerous water conservation practices are listed at PCWA's website (www.pcwa.net) or available by contacting the PCWA Customer Services staff at (530) 823-4850. In other business, the PCWA board:

- recognized retired Director of Technical Services Brian Martin who is the recipient of a 2013 Distinguished Service Award from the Regional Water Authority. Martin retired from PCWA in October.

- heard an annual report on the PCWA Administrative Services Department from Director of Administrative Services Michael Willihnganz. Each year department managers report on accomplishments of the past year and opportunities seen for the year ahead.

The next meeting of the PCWA Board of Directors will be an adjourned session at 2 p.m. on Thursday, Jan. 9, at the PCWA Business Center, 144 Ferguson Road, in Auburn. PCWA board meetings are open to the public.

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. PCWA information is also posted at www.pcwa.net. ★

# 10 Tips to Get Healthy & Stay Healthy in the New Year

Vicky Bourdanotis, registered dietitian with Sutter Options for Success, a 12-week course to create a healthy lifestyle through diet and exercise, shares tips about how to get healthy and stay healthy in the New Year.

**1. Add More Fruits and Vegetables to Your Day.** Keep whole fruit on the table, counter or in the refrigerator – eat it as a snack. Include fruit at breakfast. Add a side salad to lunch and dinner meals. Add chopped fruit and vegetables to pasta, grain and meat dishes.

**2. Make Half of Your Grains Whole Grains.** Grains include any food made from wheat, rice, oat, barley, rye, cornmeal and many others. Whole grains contain the entire grain kernel. Try whole wheat versions of pasta or brown rice. Use whole grains in mixed dishes such as barley in soup or make a quinoa salad.

**3. Vary Your Protein Foods.** Protein foods include eggs, meat, poultry, seafood, nuts & seeds and beans. Eat seafood twice weekly. Make poultry and meat lean or low-fat. Add an egg to salads one to two times per week. Add peanut butter to toast. Include unsalted nuts & seeds with salads or eat as a snack.

**4. Add in Low or Non-fat Dairy.** Top off your meals with a dairy item. Add low-fat milk to cereal or oatmeal. Top salads, fruit and baked potatoes with low-fat plain yogurt or cottage cheese. Have an 8-oz glass of 1% or 0% milk more often with meals. Enjoy almond or soy milk as a milk alternative.

**5. Enjoy Your Food, but Eat Less.** Monitor portion sizes of all foods, especially grains, fats, protein and dessert items. Take your time when eating to really enjoy your food – this will help you recognize your hunger and fullness cues and prevent you from overeating. Use a smaller plate to help with portion control.

**6. Be a Healthy Role Model for Children.** Everyone in the family should eat the same foods. Avoid giving children separate foods from the rest of the family – this is their time to learn healthy habits. Try new foods together and gets kids involved in the kitchen.

**7. Make Celebrations Fun, Active and Healthy.** Make foods look festive – decorate with fruits, vegetables, nuts & seeds. Try out healthier recipes to serve. Plan to do something active at the event such as dancing or playing an active game.

**8. Make Better Beverage Choices.** Remember, calories can come from beverages too. Choose plain water more often. Add cucumber, lemon, orange or other fruit to add some flavor. Low or non-fat milk is a great alternative for a different taste. If you choose juice, be sure it is 100% fruit or vegetable juice. Be aware of sports drinks, alcohol, coffee drinks and sodas.

**9. Choose Sensibly When Dining Out.** Use nutrition information at restaurants to help guide you for a low-calorie option. Ask how large portions are and take half of the meal home. Choose items that are baked, broiled, boiled or grilled more often than fried, deep-fried, battered, or creamed. Ask for dressing and sauces on the side. Choose fruit or salad side dishes more often.

**10. Keep Active all Day!** Plan to walk, swim, run, bicycle or another type of aerobic activity for at least 30 minutes per day, 5 days a week. Adding steps to your day can also have a big impact on health. Take the stairs, park farther from the store, take a stretch-break every 2 hours, walk to tell your coworker something vs email, and march in place while watching TV. ★

## AARP Announces Redhawk Casino Trip

From Diane Brunelle

**AUBURN, CA (MPG)** - AARP #1474 is going to "Redhawk Casino" on

January 9. The cost is \$25 and you receive \$20 back on your players card. We have several pickup places if you are interested in

joining us for a fun day away. Call 530-889-1680 for more information or to reserve your seat. ★

## 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.

Come and enjoy the 2014 40th Annual Crab Feed. Thank you for your support to our annual fundraiser. ★

## Mitch Hanna to Speak at NAVY LEAGUE Meeting

**AUBURN, CA (MPG)** - The Placer County Council of the Navy League will hold its monthly meeting beginning at 5:30 PM, on Monday, January 20th at the Veterans Memorial Hall, 100 East Street, Auburn. This month's speaker is Mitch Hanna,

executive administrator of the Sutter Auburn Faith Hospital who will speak on the Affordable Care Act (Obamacare). Cost of the dinner is \$12 payable at the door. Advance reservations are required.

The Navy League membership

is open to all those who support the sea services: Navy, Marine Corps, Coast Guard and Merchant Marine. No prior military service is required. Please contact Bonnie Potter at 530.823.2820 for further information. ★

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# Small Business Wish List for 2014



**Commentary by John Kabateck, NFIB/CA Executive Director**

To say that 2013 was challenging for small business is really an understatement. Coming off of 2012 saddled with additional taxes with the passage of Prop. 30 and more regulations with the implementation of the Affordable Care Act, many small business owners certainly thought that some restraint might be shown this year.

That turned out to be too good to be true – our elected representatives were able to get a 25% increase in the minimum wage passed, which means that small business owners will be paying \$10 an hour in 2016. And there are some who are proposing \$15 an hour in the future!

While legislators opted to heed the call of Big Labor instead of their constituents to get the minimum wage bill passed, NFIB was able to stop a slew of other bills that would have lowered the threshold for increasing parcel taxes and raised upwards of \$6 billion in taxes on a host of other things including property, plastic bags, sweetened beverages and oil. But make no mistake – these bills will be back in 2014 as legislators try once again to tax and fee small businesses out of existence.

So as we look forward to 2014, what is it that small business wants – no, needs – in order to survive and thrive in California?

First, small business owners call on the Governor and

Legislature to rein in the out-of-control California Air Resources Board. CARB has never taken the time to talk to and hear from small business about the devastating impacts that AB 32, cap and trade, and diesel regulations are having on Main Street. If those regulations continue to be rammed through without small business – our number one job creators – in mind, there will be unintended consequences for small employers, including job loss and business closures. And while we are on the topic of state agencies, our state leaders need to match actions with rhetoric to stop state agencies from shaking down mom and pops. There are too many agency representatives out there acting like bounty hunters, instead of finding ways to help – there is no incentive to help businesses when the fines go into agency budgets. We don't think this is what the Governor had in mind as a way to keep and attract business here.

Regulatory reform also needs to continue to be a priority for the Governor and those in the Capitol. We were able to achieve some Prop. 65 reform this year, with Assembly Bill 227 (Gatto), which will allow certain businesses, including restaurants, fourteen days to fix any Prop. 65 warning problems before they can be sued. This is important and welcome because Prop. 65 lawsuits generate twice the revenue for attorneys that ADA lawsuits do. We need to bring honest science to "green chemistry" and need to stop paying the way for plaintiff's attorneys to sue small businesses. Much more needs to be done to hold greedy lawyers accountable and give small business owners more certainty in the midst of all the permits and rules they have to comply with.

Finally, on the legal front, we are hopeful that next year the California Supreme Court will review and overturn precedent in the lower courts that says that business owners must compensate employees at a minimum hourly rate for non-productive time, even if those employees

make an annual salary far in excess of what they could possibly make working at minimum wage. It is time for some level-headed decisions to be made in favor of small business owners, who treat their employees like family and want what is best for them.

If all else fails and we don't get what we need from those already in office, small business owners want to see more of their own serving in the Legislature. NFIB/CA and our members certainly appreciate those currently in office who support small business, but there aren't nearly enough in the Capitol building. We need leaders who have had direct experience in signing the front of a check – and who will put Main Street's interests above unions, trial lawyers, or big corporations. This is a huge priority for NFIB and is the only way that small business owners will truly be heard and given opportunities for success in this state.

We don't think hard working, uncertain mom and pops are asking too much of our leaders in Sacramento these days – simple common sense will go a long way in fixing a lot of the challenges that small businesses face. Perhaps if our politicians make it a practice to stop and ask themselves, "What would a small business owner do?" we all might find a greater spirit of hope on Main Street - not just during the holiday season but every day of the year.

For more than 70 years, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures. NFIB annually surveys its members on state and federal issues vital to their survival as America's economic engine and biggest creator of jobs. NFIB's educational mission is to remind policymakers that small businesses are not smaller versions of bigger businesses; they have very different challenges and priorities. Learn more at [www.NFIB.com/ca](http://www.NFIB.com/ca). ★



## Placer County Sheriff Special Report

### Suspects Caught in Chase in Foresthill

**PLACER COUNTY, CA (MPG)** - At about 2:30 this morning, a Placer County Sheriff's Deputy attempted to stop a red Volkswagen Cabrio on Lincoln Way, near Russell Road, in Auburn. The vehicle fled toward Foresthill. As the pursuit headed up Foresthill Road, one of the occupants of the VW fired at least two shots at the deputy's patrol car. Fortunately, nothing was struck by the bullets. Approximately ½-mile past downtown Foresthill, the suspect vehicle crashed into a

telephone pole and both occupants ran from the car and into the wooded area. One of the occupants was located after about 20 minutes of searching with the use of a K-9. The suspect, Eric Eaton, 31, was uncooperative and the K-9 was deployed. Eaton was taken into custody. He sustained injuries to his arm and was treated at the hospital. The red VW was then determined to have been stolen several days ago.

The Placer County Sheriff's Special Enforcement Team (SET) responded to search the area. It was determined the outstanding suspect was Phillip Murphy, 20, of Foresthill. At approximately 9:30 a.m., deputies and detectives developed information of Murphy's possible whereabouts. The Special Enforcement Team surrounded a residence on Lowe Street in Foresthill, and the residents of the home were voluntarily and safely removed. SET members



Phillip Murphy

learned the second suspect was in a bedroom. The suspect refused to talk to deputies. At around 10:00 a.m., SET members were able to enter the bedroom and take the suspect into custody without further incident.

Both suspects were booked at the Placer County Jail on charges of attempted murder, shooting at an occupied vehicle and felony evading a peace officer. ★



Eric Eaton

## Book of Dreams: Sacramento Bee Readers Fulfill \$5,000 Dream for Soldiers Project/Sacramento Office Furniture

**SACRAMENTO REGION, CA (MPG)** - For the second consecutive year, readers of the Sacramento Bee have made dreams come true for the staff at The Soldiers Project/Sacramento.

The local non-profit organization, which provides free, confidential mental health services to active-duty military and veterans of the conflicts in Iraq and Afghanistan and their loved ones, recently received a check for \$5,000 to fund the purchase of new office furniture.

The grant was made possible by the Sacramento Bee's annual "Book of Dreams" series which gives front-page publicity to yuletide wishes expressed by local non-profit agencies and individuals in need. This year, 13 dreams appeared in print, all of which were realized.

The Soldiers Project's wish for new office furniture to replace a room full of mismatched, worn-out hand-me-down desks, chairs and bookcases was one of 26

additional dreams that were also funded through donations made by generous Sacramento Bee readers.

"We feel so fortunate to have the support of the Sacramento Bee for the second year in a row," said Becca Bettis, program director for The Soldiers Project/Sacramento. "This grant will allow us to make our office more functional and provide a private space for therapists to see clients when the need arises."

The grant was awarded through the Sacramento Region Community Foundation which administers the Sacramento Bee Book of Dreams Fund.

According to the Bee's website, The Book of Dreams raised \$192,000 in 2012, an amount the organization hopes to meet or exceed this year. The Soldiers Project/Sacramento was one of 16 organizations or individuals profiled on the newspaper's front page during the 2012 campaign. TSP's dream for \$5,000

to purchase a commercial grade copy machine was one of the 16 fulfilled last year.

The Soldiers Project/Sacramento, named in 2012 by the White House as one of the nation's top 20 non-profit military service organizations, is comprised of about 45 volunteer therapists who last year gave nearly 1,000 hours of free treatment to soldiers and their families. Its unlimited services go beyond those provided by the Department of Veterans Affairs medical system. ★

For more information about The Soldiers Project/Sacramento and its programs, visit [www.tspsacramento.org](http://www.tspsacramento.org) or visit the Facebook page at [www.facebook.com/tspsacramento](http://www.facebook.com/tspsacramento). To be connected with a therapist, call locally 916-792-3728 or toll-free 877-557-5888 or e-mail [Sacramento@TheSoldiersProject.org](mailto:Sacramento@TheSoldiersProject.org).

## The Flu is on the Rise in California CDPH Reminds You to Get a Flu Shot

**SACRAMENTO, CA (MPG)** - Following the normal seasonal pattern, influenza activity is on the rise in California and nationwide. Many California counties, and other states, are reporting patients who are critically ill with influenza, including healthy young adults.

The H1N1 strain appears to be the predominant strain circulating so far in California and in the rest of the United States this flu season. The H1N1 virus, which emerged during the 2009 pandemic, causes more illness in children and young adults, compared to older adults. It causes severe illness in all age groups, including those younger than 65 years of age. This year's influenza vaccine protects against the strains circulating in the state, including H1N1.

"It is not too late to get the flu vaccine," urged Dr. Ron

Chapman, director of the California Department of Public Health (CDPH) and state health officer. "A yearly flu vaccine is the most important step in preventing influenza. It's important to remember that unlike other vaccine preventable diseases, it is necessary to get a flu shot every year."

The vaccine is available now. Once vaccinated, it takes approximately two weeks before you are fully protected against the flu. An influenza vaccine is especially important for pregnant women and other people at higher risk for severe influenza.

"It's impossible to predict the severity of a flu season, but the best way to prevent spread of the flu is to get vaccinated," said Dr. Chapman.

In addition to getting vaccinated, it's crucial to

practice good health habits. If you become ill, you should take actions to stop the spread of germs, including:

- Stay home when you are sick
- Cover your coughs and sneezes
- Wash your hands with soap/water
- Avoid touching your eyes, nose and mouth

You can also protect your health by eating a nutritious diet and getting enough sleep. If you think you have influenza, contact your physician.

Visit a flu vaccine location near you to get immunized. Some local health departments may also offer free or low-cost immunizations. ★



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# How To Improve the Road Ahead



Commentary By  
Lee H. Hamilton

Congress is winding down its historically unproductive session with a small flurry of activity. It's a welcome change, but so long overdue that it can't possibly make up for what should have been accomplished on Capitol Hill this year.

The problem is that for too long, members of Congress have been working hard at everything except the one thing they should have been working hard at: legislating. They've been so unproductive that they've actually threatened our world standing and our domestic well-being.

To be sure, they are moving incrementally. Gridlock is breached, but not broken. The likelihood is that Congress will pass a defense bill. It reached a small-scale budget agreement that undoes a bit of the damage caused by the sequester. It is finally starting to work through a list as long as your arm of judicial and executive-branch confirmations, but only because Senate Democrats decided they had to change the rules if they wanted to fill long-unfilled government appointments.

Yet the list of what Congress hasn't done is sobering. There's no food-stamp reauthorization or waterways construction bill. It passed a one-month extension to the farm bill, but that

falls far short of the certainty this crucial economic sector needs. There's no lasting solution to the debt ceiling problem. Almost nothing has been done about the fundamental gap between taxes and spending. It has left unemployment benefits unresolved, immigration reform unresolved, tax reform unresolved, and action on climate change unresolved. This lack of productivity makes me wonder if Congress can address truly hard challenges without a crisis before it.

Mind you, some legislators take pride in how unproductive Congress has been. They argue that the less the government does, the better. But given Congress's pathetically low standing in the polls, it's clear that most Americans don't agree. They don't like incompetence, as their response to the botched rollout of the Affordable Care Act suggests, and they really don't like people who dodge their responsibilities, which is what Congress's ineffectiveness amounts to.

Unlike many members of Congress, Americans seem to understand that things that ought to be done are not getting done, and that there are real costs to inaction. We're in a competitive race with China for world leadership, and whether we like it or not, others around the globe are comparing our two governments. The attractiveness of the American model is under challenge, and our political dysfunction is a serious handicap. As the Wall Street Journal put it recently, a superpower that isn't sure it can fund its government or pay its bills is not in a position to lead.

And because problems aren't getting addressed, others are stepping into the breach at home, too — but with less transparency, less accountability, and less flexibility. The

Fed is doing the heavy lifting on the economy. The Supreme Court is essentially legislating. Executive branch agencies are trying to handle massively difficult challenges through executive orders. State and local governments have decided that even on issues they can't truly address effectively, like immigration, they're on their own.

When asked about all this, congressional leaders tend to blame the other house, arguing that they've done their best but the other side has bottled up their efforts. All I can say is, finger-pointing is not an excuse, it's an admission of failure. A leader's responsibility is to enact legislation, not just get a bill through the house of Congress he or she controls.

Legislating is tough, demanding work. It requires many hours of conversation about differences, commonalities, and possible solutions. It demands patience, mutual respect, persistence, collegiality, compromise, artful negotiation, and creative leadership. Especially when Congress is so divided.

Yet when Congress meets only episodically throughout the year, when it often works just three days a week and plans an even more relaxed schedule in 2014, when the House and Senate give themselves just one overlapping week this month to resolve huge questions of public policy, you can only come to one conclusion: They're not really willing to work hard at legislating. A last-minute flurry of bills offers hope, but it's going to take a lot more work to convince the country that Congress knows how to live up to its responsibilities. ★

*Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.*

# New Tax Guide Helps People With Their 2013 Taxes

**WASHINGTON, DC (MPG)** - Taxpayers can get the most out of various tax benefits and get a jump on preparing their 2013 federal income tax returns by consulting a newly revised comprehensive tax guide now available on IRS.gov.

Publication 17, Your Federal Income Tax, features details on taking advantage of a wide range of tax-saving opportunities, such as the American Opportunity Tax Credit for parents and college students, and the Child Tax Credit and Earned Income Tax Credit for low- and moderate-income workers. It also features

a rundown on tax changes for 2013 including information on revised tax rates and new limits on various tax benefits for some taxpayers. This useful 292-page guide also provides thousands of interactive links to help taxpayers quickly get answers to their questions.

Publication 17 has been published annually by the IRS since the 1940s and has been available on the IRS web site since 1996. As in prior years, this publication is packed with basic tax-filing information and tips on what income to report and how to report it, figuring capital gains

and losses, claiming dependents, choosing the standard deduction versus itemizing deductions, and using IRAs to save for retirement.

Besides Publication 17, IRS.gov offers many other helpful resources for those doing year-end tax planning. Many 2013 forms are already posted, and updated versions of other forms, instructions and publications are being posted almost every day. Forms already available include Form 1040 and short Forms 1040A and 1040EZ. ★

# New Law to "Zap" Tax Evasion Among State Tax Laws to Take Effect January 1, 2014

**SACRAMENTO, CA (MPG)** - New laws that take effect Jan. 1, 2014 give the California State Board of Equalization (BOE) new resources to fight the underground economy and protect taxpayers.

BOE-sponsored Assembly Bill 781 makes it a crime to buy, sell, install, or use "zappers." This technology is used to hide or remove sales transactions and evade paying tax. Additionally, it defrauds the state and provides users an unfair advantage over taxpayers who comply with the law.

Another weapon against tax evasion is BOE-supported Assembly Bill 576, which creates the Revenue Recovery and Collaborative Enforcement (RRACE) Team, composed

of the BOE, Franchise Tax Board (FTB), Employment Development Department (EDD), and the Department of Justice (DOJ). The bill authorizes the team and other agencies to exchange information and investigate underground operations.

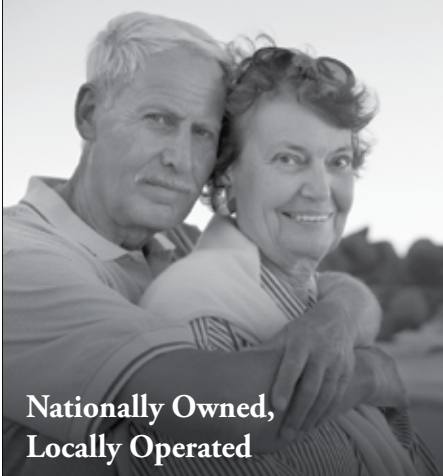
The BOE also sponsored Senate Bill 442 which helps protect taxpayers' rights by assuring taxpayers are notified timely of bank charges they may incur due to a BOE processing error. Taxpayers may file a reimbursement claim 90 days from the date a bank or third-party incurred the charge, and the BOE must respond within 30 days of the claim.

Other notable bills that affect taxpayers include: Senate Bill 90 grants a sales

and use tax exemption for manufacturing and research and development equipment from July 1, 2014 – July, 1 2022. Manufacturers, researchers and developers of biotechnology, engineering, and life science will receive a 4.1875% sales and use tax exemption for qualifying purchases.

Assembly Bill 551 allows cities and counties to create Urban Agriculture Incentive Zones and offers landowners preferential property tax assessments if they use this land within a zone for "small-scale" agriculture.

For a complete list of BOE-sponsored legislation enacted in 2013, visit <http://www.boe.ca.gov/legdiv/leg2013cont.htm> ★  
Source: BOE Newsroom



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# HOW TO THROW THE ULTIMATE TAILGATE



Photo courtesy of Getty Images

**FAMILY FEATURES**

Football season is here with high school, college and NFL games underway. That means fans nationwide are preparing to throw the most epic tailgates of the season. According to a recent Bank of America survey, which asked consumers about their tailgating plans for this football season, more than three-fourths of respondents (77 percent) plan to host at least one tailgate party. Throwing a big, tasty and impressive tailgate can be one way for fans to support their favorite teams. However, the costs of hosting a tailgate can add up. To make sure your fandom doesn't break the bank, TV host and author Adam Richman says to remember that an expensive tailgate doesn't necessarily mean a better one.

"The bottom line is that tailgating costs money, whether it's the gas to get to the stadium, the food, the souvenirs and even the tickets you buy," said Richman. "As somebody who loves tailgating and loves fans, one of the biggest assets that I feel that fans have at their disposal is cash rewards cards. There's no reason that an expensive tailgate should diminish your team spirit."

In addition to shopping smart when hosting a tailgate or football party, there are other ways to support your favorite teams this season while not breaking the bank. Some of these tips include:

**Buy in bulk**

More than four out of 10 survey respondents (44 percent) said they typically spend \$90 or more when hosting a tailgate. Next to asking guests to bring items, buying in bulk was the second most cited method used to offset the cost of a tailgate — and for good reason. Shopping at discount stores can help you pay less for essential tailgate items like hamburgers and hotdogs. And don't worry about buying a large quantity to get a good deal. Freeze what you don't need and use it for the next pre-game party.

**Don't be afraid to repurpose**

When looking to purchase tailgate supplies, consider investing in supplies that can do double duty so you can get more out of what you buy or bring with you to the game. For instance, most everyone knows that tin foil keeps food warm. But you should also consider lining your grill with it. This can help expedite the disposal of used charcoal. Similarly, trash bags are basic necessities to keep the tailgating site clean. If you use a plastic bag to line a case of drinks, fill the case with ice for an impromptu cooler to make sure your beverages are the most refreshing temperature.

**Get cash back**

For all the purchases that go into the ultimate tailgate, you want to make sure to consider how you will pay for what you need. Ninety-three percent of survey respondents said food or beverages are the biggest expenses when hosting a tailgate or in-home football party. With such important items, don't forget to take advantage of credit cards that offer rewards for those purchases. For example, some cards, such as the BankAmericard Cash Rewards credit card, let you earn more cash back where you spend the most money, for example getting 2 percent cash back at grocery stores on up to \$1,500 in combined grocery store and gas purchases quarterly.

**Know the rules**

When you're planning on tailgating at the stadium before seeing your team play, do the research to learn the tailgating rules of the venue. Rules can vary depending on where the game is hosted, and you don't want to put a damper on game-day fun because you didn't take the time to read through the stadium's website. According to the survey, over two-thirds of respondents (68 percent) plan to tailgate at their team's stadium for at least one game this football season. Respecting the rules of the game venue will help keep the day's activities moving smoothly and ensure everyone has a great time.

**Stretch the dollar at the pump**

Nearly half of those surveyed (48 percent) anticipate driving more than 50 miles to support their teams this season. With all that driving, the amount you spend on gas during football season can sneak up on you. There are a couple ways to help lower your spending on gas. First, consider carpooling to and from games, tailgates or football parties. If you're the driver, your passengers can pitch in to help cover gas and other costs. And if you're the passenger, you will save through lower fuel, parking and other vehicle expenses, just don't forget to offer to help out the driver. Secondly, if you have a credit card that provides cash back rewards, consider using it to make gas purchases even if you are part of a carpool. With the BankAmericard Cash Rewards credit card you will automatically earn 3 percent cash back on gas on up to \$1,500 in combined grocery store and gas purchases quarterly. Just ask your carpool mates to pay you their share in cash.

For more information, visit [www.bankofamerica.com/creditcard](http://www.bankofamerica.com/creditcard).

## The Cost of Being a Fan

How fans are supporting their favorite teams this fall



**90%**  
of respondents plan to attend at least one tailgate at a stadium or at home this season



**77%**  
of respondents plan to host at least one tailgate at a stadium or at home this season

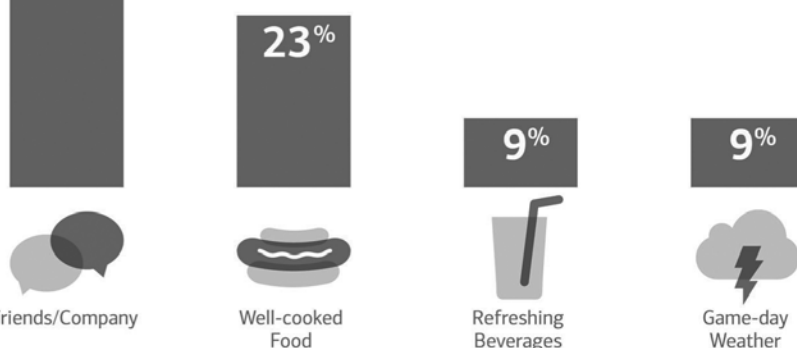


**68%**  
of respondents plan to tailgate at the team's stadium for at least one game

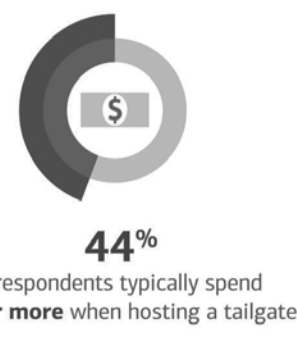
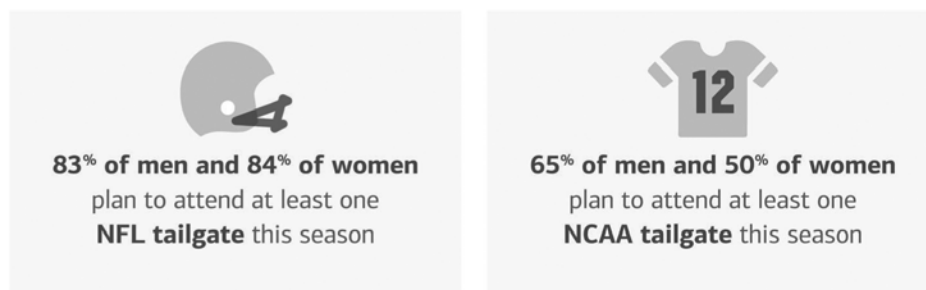
Nearly half of all respondents anticipate driving more than 50 miles to support their team(s) this season



Top 2 components that determine the success of a tailgate are the type of friends or company at a party and well-cooked food



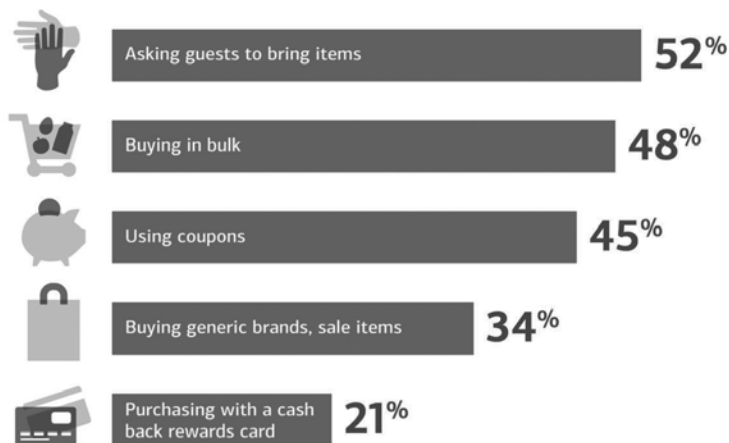
The likelihood of men and women to attend tailgates varies between NFL and NCAA games:



On average, men anticipate spending:



The top methods hosts use to offset the cost of a tailgate or football party are:



©2013 Bank of America Corporation 2,000 respondents surveyed between August and September 2013

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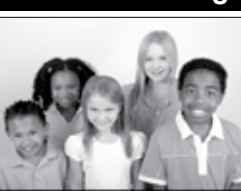
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Sudoku Puzzle on Page 8. A 10x10 grid of numbers from 0 to 9.

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Crossword Puzzle on Page 8. A crossword puzzle grid with some letters filled in.

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By Ronnie McBrayer

## Clear Communication is Compassionate Communication

our communication a little more than most. In these harrowing days when fewer and fewer people seem to stop and listen to what we have to say, we sometimes think the answer is to scream a little louder. Picket signs. Demonstrations. Boycotts. Petitions. Displays of righteous indignation accompanied by red faces and bulging carotids. The result is indeed clearer communication. It's clear that we are mad as hell about something.

Without a doubt most Christians want to see serious change in the world. I do too. I would love to see less violence, greater compassion, a moratorium on our limitless consumerism, and fewer public displays of vulgarity, just to name a few. But the solution is not to meet what we regard as societal inadequacies with the equal inadequacies of being judgmental, taking revenge, waging cultural warfare, and condemning every person who doesn't agree with us.

If, in our passion to communicate something we feel very strongly about, said communication becomes hateful, as Christians we have betrayed our message. The path of Christ is to love those whom we consider our opponents. The way of Jesus is to engage and pray for our enemies, not to kill them. And don't be fooled; our words can be as murderous (or more so) than flying bullets and hand grenades.

Mahatma Gandhi was a man that the world — including the Christian universe of which I am a part — could learn a great deal from. He revolutionized India with his leadership of the Indian Independence Movement, and

he perfected the philosophy of non-violent resistance. He met the injustice and oppression of his day with peace, integrity, and resolve.

Gandhi famously said, "We must become the change we wish to see in the world." That is, if I want a less violent society, I must become less violent. If I want to experience more compassion, I must become compassionate. If I want less consumerism, I should pull my own leg out of the commercialistic trap. If I want to protect my children from overt sensuality, then I should teach them respect for others, the value of a person and the human body, and I should probably turn the TV off earlier in the evening.

So, if you are one who loves a good boycott, why not take a different tactic: A little grace, a truce, a lowering of the weapons might be a necessary change of pace. And if you have been on the receiving end of a few displays of virtuous disapproval, cut some slack for your accusers as well. We're all just trying to get the car rolling again, but without clear communication, it is nothing but a wreck waiting to happen.

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](http://www.ronniemcbrayer.me). ★

*Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).*

## Cold is as Cold Feels and I Don't Like Feeling Cold

Dr. James L. Snyder

I was sitting on the back porch sipping an ice-cold tea with a splash of lemon when I received a text from a relative up north. I was enjoying a pleasant afternoon basking in the winter sun of Florida.

I am not sure what God was thinking of when He created the north with all that bad weather and snow and such, but I know what He was thinking of when He created the South especially Florida. He was thinking in particular of me and my insatiable love of the sun. Basking in the Florida sun is the great reward of being smart and moving to Florida.

I have some friends who were born in Florida and think they are a little bit better than me. I remind them that they had no choice of being born in Florida but I, on the other hand, moved to Florida on my own volition. I think I have the upper hand on that one.

I may be old but I certainly do delight in the modern technology. It used to be that when you got a call from a relative you had to answer the telephone and talk to the person on the other end for as long as they hung on. Today, thanks to modern gadgetry; when a relative wants to contact me, they usually do it by text. I love it.

Getting a text is a strange thing, or it can be. If I do not respond right away, I can always claim that there is "something wrong with my cell phone and my texting isn't working right today." Then I can get back to that relative whenever it suits me. Or, as the case with some relatives, and you know who I mean, I can ignore it.

If you are a relative of mine and have not heard from me or had any of your text answered the simple answer is, I am not really ignoring you (ha ha ha) my cell phone is not working correctly. This relative that text me was

complaining about how cold it was up north and even had the courtesy to send me a picture of their backyard just chock-full of some white substance known as snow.

The text read, "I bet you wish you were here to enjoy this?"

I think that relative would have lost that bet for sure. I love those snow scenes on postcards or in text messages like this one, but as to be personally involved with all of the frigid snow, do not bet on me!

Years ago, Cold and I experienced a deep disagreement and we have been separated ever since. As far as I am concerned, the separation is final! I really do not want anything more to do with Cold. We are not even on speaking terms.

Cold, after all, is a relative thing especially when the relatives are up north in the winter.

Up north, they complain when the temperature falls below 30. Here in Florida I complain when the temperature falls below 70.

Whenever the temperature dips below that magical 70, I have to break out one of my sweaters. What an inconvenience for me to have to put on a sweater because it is just a little bit cool on the outside.

Then my relative sent me a picture of her standing in the snow looking like the abominable snowman. She had more clothes on than I actually own and have in my closet. I wonder how she walks around wearing all those clothes? How in the world does she ever sit down wearing all those clothes?

And what about that thing wrapped around her head? We have hats here in Florida but not quite like the one she was wearing. It looked like she was wearing some igloo.

At this point in my life, I could not afford, for a variety of reasons, to move back north.

I do not think my relatives up north could put up with me at this point. They offer me a friendly invitation to come and spend some time with them during the winter season. I really could not handle it. As soon as the temperature dropped below 70, I would be complaining, grouching and working on everybody's nerves.

I would be such a nuisance that they would have to get together and buy me a plane ticket back to sunny Florida. My relatives should thank me for not moving up north to "enjoy the snow" with them. See how much I am saving my relatives? Do they appreciate it?

No relationship is quite like that relationship that spans several hundred miles. You know the old saying, "Absence makes the heart grow fonder." So, if you add distance to that absence you have the epitome of a wonderfully fond heart.

Many things separate us from one another. Sometimes that separation is voluntary and sometimes it isn't.

The apostle Paul understood that nothing could separate him from God. "For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord" (Romans 8:38-39).

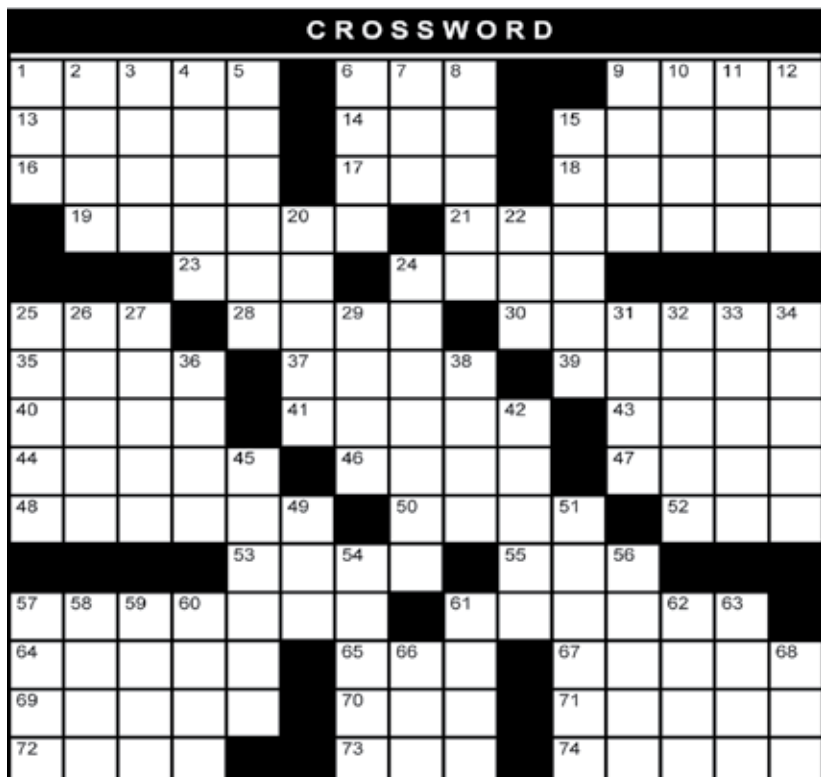
It does not matter how cold it is outside as long as inside there is a warm relationship with God bordering on fiery expectation. ★

*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 [jamesnyder2@att.net](mailto:jamesnyder2@att.net). His website is [www.jamesnyderministries.com](http://www.jamesnyderministries.com).*

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### CLUES

- ACROSS**
1. Kenyan warrior
  6. That male
  9. \* \_\_\_\_ down snow pile to build fort
  13. Graven images
  14. E in B.C.E.
  15. Coveted publicity spot
  16. Flooring choice, pl.
  17. Bag in Paris
  18. Get up
  19. \*Ice fisherman's gear, pl.
  21. \*Christmas, e.g.
  23. Of a female
  24. Farmer's joy
  25. Nile viper
  28. Famous bus rider
  30. Comes clean
  35. Denials
  37. "National Velvet" author Bagnold
  39. Like 1950s style, today
  40. Put one over
  41. Paisley in paisley fabric, e.g.
  43. Large aquatic tetrapod
  44. Impede
  46. Lush
  47. \*I flew like a flash, tore open the shutters, and threw up the \_\_\_\_
  48. Sci-fi weaponry
  50. Snaky swimmers
  52. Yellow river tributary
  53. "Twelve \_\_\_\_" of "Gone with the Wind"
  55. Feverish
  57. \*Cozy fabric
  61. Dough
  64. Sanctioned by law
  65. Boiling blood
  67. Pontifical
  69. Convex molding
  70. Convent dweller
  71. Manicurist's file
  72. Pay for work
  73. Down Under bird
  74. Ranee's wrap
- DOWN**
1. Technology school
  2. Mine entrance
  3. Solo activities
  4. First in Hebrew alphabet
  5. Federal Reserve in relation to U.S. currency
  6. Hitler's deputy
  7. George Gershwin's brother
  8. " \_\_\_\_ Man" (Village People)
  9. Reality TV actress Spelling
  10. Full of enthusiasms
  11. \_\_\_\_ Verde National Park
  12. Mouse to a snake
  15. Less agitated
  20. Intro
  22. Stupid person
  24. Groups of lay people
  25. \*Winged impression
  26. Composer of U.S. military marches
  27. \*Hides or skins used for hats and gloves
  29. \*From above in winter
  31. Shorter than seconds
  32. Scarecrow stuffing
  33. Jagged, as a leaf's edge
  34. \*2014 Olympic site
  36. \_\_\_\_ gin fizz
  38. Can be done in our out
  42. Manuscript sheet
  45. Quick, to Dora
  49. Ed.'s request
  51. \*To be hit in winter?
  54. "A Fish Called Wanda" star
  56. Andean animal
  57. Move like lava
  58. Bulgarian money
  59. All excited
  60. Cairo's waterway
  61. Maître d's list
  62. Copycat
  63. Fabled racer
  66. \*Hot buttered \_\_\_\_
  68. Caustic chemical



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				7	5			
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2		5				4	8	3
	3					2	5	4

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 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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# POPPOFF!

with Mary Jane Popp

## NEW YEAR- NEW MESSAGE

It was a hectic holiday. It was fun, but there are always a few strained times with family and friends and especially on a marriage. So I thought it appropriate to begin the New Year with some tips on how to resolve some of those problems and turn them into marriage solutions. So I turned to well-known marriage counselor **Elliott Connie** on my POPPOFF Radio Show for some ideas. He has a fresh approach to resolving love relationship conflict. Most of us hate to hear the words "We need to talk." It's like getting punched in the stomach. Why? Because we're conditioned to expect conversations to be about problems rather than solutions. Enter **Elliott**. He says it only takes a few simple behavioral shifts to flip problem-focused talk into its positive counterpart solution-focused communication. In his book "**The Solutions Focused Marriage**," Elliott gives us five simple habits that will bring out the best in your relationship. Looking for change? Here you go:

**1) Replace "where we're at" with "where we want to be."** For any prickly issue that's causing conflict in your relationship—whether it's sex, money, kids, or division of labor—you have a choice when

discussing challenges. One is to view it as a problem and discuss who is to blame, how it happened, and how it makes you feel. A better choice is to discuss the issue in terms of a goal. When you begin the conversation with goals, it gets both partners thinking about solutions, possibilities, and opportunities for change.

**2) Look beyond flaws and discuss your honeymoon phase instead.** Couples get into a negative state of mind when they start to fixate on pet peeves" their partner's annoying habits, shortcomings, and flaws. Talking about what you don't like about each other only does damage—there's no opportunity for positive feelings to emerge. Instead, try this activity. Retell the story of how you first met. Try to remember everything you loved about each other. What did your partner do to move the relationship forward and how did you keep the passion going? This conversation will stimulate lots of good ideas and feelings.

**3) Notice what's pleasing about your partner and the relationship. It's all too common to notice problems and overlook progress.** Think about what your partner did right in the past few days—like a small endearment, pleasant mood, asking about your day etc. Share that information. It makes you aware of the kinds of things that make your partner feel good, and it helps each partner feel noticed, valued, and appreciated. Again, progress, not problems.

**4) Redefine your marriage by continuing to date.** When he asked

married couples to define their marriage, he often hears comments like "it's a lot of work" or it's pretty humdrum." They don't have to define your marriage. When you first dated, you said and did things to please your partner. He brought you gifts. She wore the dress he loved. You can get out of a marriage rut by doing the same kind of things. The key is to do things regularly—daily--that make your partner happy.

**5) Function as a true partnership, and establish new roles.** Couples divide up the responsibilities in different ways. One partner may do more domestic work while the other may take on finances and larger household chores. Couples who recognize and hone their respective skills as partners tend to have fewer problems. Talk about what you are good at and what you are not. It's just like a business. The partnership is most effective when people's roles are matched with their strengths.

That's a good start to a New Year. Remember focusing on problems only

creates negative feelings and creates impasses and conflict. Flip that problem-focused talk into solution-focused talk. Get out of a relationship rut and reignite the passion with your partner. Check out **Elliott Connie's** tips in detail in "**The Solution Focused Marriage**." You can also learn more at [www.elliottspeaks.com](http://www.elliottspeaks.com).

What a way to start out the New Year with a happy marriage! Your marriage can be serene in 2014. **HAPPY NEW YEAR!!!** ★

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- 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

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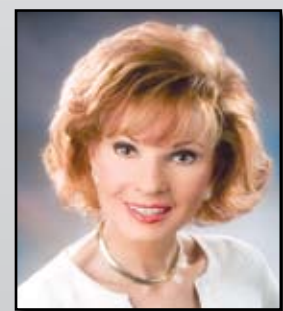
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Michael Savage



Dave Ramsey



Mary Jane Popp

# Committing To Quality Thoughts in the New Year



By Eric Nelson

In a play on Dr. Seuss' popular children's book, *Oh, the Places You'll Go!*, the theme of health care giant Kaiser Permanente's entry in last year's Rose Parade was "Oh, the Healthy Things You Can Do."

Featuring well-known characters such as The Cat in the Hat, Sally and Conrad, Thing One and Thing Two, and Karlos K. Krinklebein, the purpose of this colorful and fragrant display was to show the world that there's no single prescription for staying healthy.

"We're sending a message with this float that you can find your thing in anything, whether it be dance, swinging on a swing, or whether it be relaxing and reading a book, or taking a moment to meditate," said Linda Mirdamadi, Chief Wellness Officer at Kaiser Permanente's West Los Angeles Medical Center in an

interview with the Daily News (Los Angeles). "It's all about finding inner peace in mind, body and spirit."

Also appearing on the float were a number of real-life individuals who have made staying healthy their top priority. These included three senior citizen tap dancers, a marathon-running nurse and a remarkable 14-year-old girl whose positive outlook has helped her to confront and overcome lymphoma – an impressive array of role models indeed.

The most notable aspect about this float, however, was its nod to the mental aspect of health, something that is only recently becoming part of mainstream medicine. While most of us may never run a marathon or take up tap dancing, one thing that continues to have a major impact on the well-being of at least half of us is the decidedly mental exercise of prayer.

And the number is growing. Of course, there will always be those who question the effectiveness of prayer as a healing agent. Even if the majority of scientific studies indicate a positive relationship between prayer and health (and they do), without an agreed upon definition and a broader understanding of its application, it's difficult if not impossible to determine if prayer is actually responsible for the body getting better.

What is certain, however, is

that the quality of our thoughts – even the expectation of healing – can and does have an effect on our physical well-being.

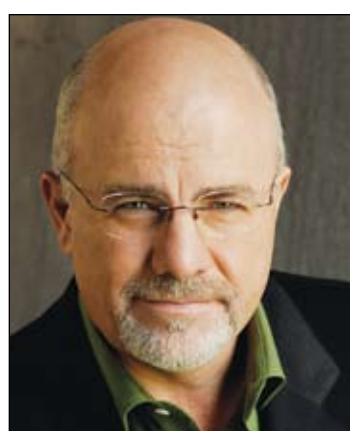
With this in mind, Kaiser's Rose Parade float serves as a reminder to keep our thoughts on the health-inducing up and up – one of the many, if not most essential, "healthy things [we] can do" in the coming year.

The question is, what exactly constitutes a quality thought? For many, the divinely inspired words of St. Paul provide a clear blueprint:

"Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things."

Integrity. Honor. Justice. Purity. Loveliness. Grace. Quality thoughts, one and all, and a pretty good start to 2014.

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. ★



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## Model Behavior

Dear Dave,

I live in Los Angeles, and my daughter makes \$3,000 to \$5,000 a month modeling. I don't want her to become spoiled by this job and the income, and I need advice on what to do with the money. Should it be put aside for a car, and do you think she should have to pay for something like that herself?

- Lisa

Dear Lisa,

So how do we keep a high-income, high-profile job from ruining this little girl? I think a lot of it has to do with her interaction with you, and how you gently mold her work ethic and attitude. Don't let her become a diva. She's not there to be fawned over or placed on a pedestal. She's there to serve. That means working hard and doing the best she can. That's her job

# Dave Says

whether she's flipping burgers or making \$5,000 a month modeling. The money's nice, but what we're really doing is making sure she learns some important life lessons. And you're still being a parent, not a friend or peer, through every moment.

When it comes to the money, you guys should sit down and discuss some goals for the future. I think it's important that any car purchase be reasonable, because the best thing a kid this age could do with that kind of money is save up for college. Even if she goes to school on a full scholarship, she should be driving something low-key. Just because she gets a free ride in college doesn't mean she gets to cruise the streets in a Lamborghini. Set the rest of it aside for when life really begins - after college.

As her mom, it's very important that you teach her these lessons now. It's essential, too, that you don't surrender the position of parent, teacher and leader. Chances are when this young lady is 34, no one will give a flip that she modeled for a while as a teenager. The most important things here are the lessons taught and learned, not the money.

- Dave

## Garnishing while paying

Dear Dave,

My husband and I have about \$60,000 in federally insured student loans. Can our wages be garnished if we're paying less than the actual payment amount? If so, how far behind do we have to be for that to happen?

- Jennifer

Dear Jennifer,

To the best of my knowledge there's no set formula for making this determination. In counseling people, we find some folks who are two years behind making payments before anything is done, while others are flagged at just a couple of months. In reality, they can garnish you immediately if you're paying less than the agreed-upon amount. But in most cases they won't mess with you as long as there's reasonable activity on the account.

The thing most people don't realize about student loans is that a lawyer doesn't have to be involved for them to garnish your wages. It's a lot like the IRS in that they don't have to sue you in order to take your wages. Congress gave them that power because it's a federally insured loan. And in my mind, that's way too much power.

If you're having trouble making your payments, don't just throw up your hands and default. Talk to them about a deferral, and keep sending them whatever you can. It's always better to be proactive than reactive in situations like these. Let them know you want to make good on your obligation, and ask what you can do to make this happen under terms you can afford.

Good luck, Jennifer!

- Dave

*\*For more financial help, please visit daveramsey.com. ★*

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## Riley Reviews

### ECENTRIC COMEDY FOR THE "WALTER MITTY" EVERYMAN FABLE

#### THE SECRET LIFE OF WALTER MITTY (Rated PG) A Film Review by Tim Riley

To say that Ben Stiller's "The Secret Life of Walter Mitty" is based on the famous short story by James Thurber has a kernel of truth only insofar as the film's titular character is, indeed, a socially awkward man who daydreams of performing heroic acts.

Pulling double duty as director and star, Stiller has been on both sides of the camera with films like "Tropic Thunder" and "Zoolander," both of which were flat-out comedies. His work here is a more nuanced bitter-sweet comedy, slightly eccentric and reminiscent somewhat of "Greenberg."

The daring exploits of Walter Mitty (Ben Stiller) bear little resemblance to the odd detours of Thurber's version. The on-screen Walter's lapses into fantasy are mostly geared to romancing a pretty co-worker or triumphing over danger with the passion and confidence of an action hero.

Whatever the reason for flights of fancy, Walter is a nebbish consigned to the increasingly unimportant task of managing the photo department of LIFE magazine, recently taken over by snotty corporate downsizing experts who are determined to shut down the print operation for good.

Sporting beards and sharply-tailored suits, the arrogant corporate types, led by the unctuous, detestable Ted Hendricks (Adam Scott), are hell-bent on eliminating many of the publishing empire's jobs during its swift transition to the digital age.

Scrambling to revamp the media operations, management plans one final print issue of LIFE where the magazine's cover image will carry great cultural significance. The assignment falls on Walter's shoulders, a parting shot for the photo editor's talent.

Out in the field and only intermittently reachable by phone or letter is noted war photojournalist Sean O'Connell (Sean Penn), who has shipped to Walter a set of negatives, one of which is deemed to be his best work ever.

The problem is that Walter is unable to find this mysterious negative in the roll of film that has arrived from an undisclosed location. Now he has to dodge the odious Ted Hendricks, trying to buy time in a frantic search for one lousy frame.

Meanwhile, Walter has developed a fruitless crush on lovely, clueless colleague Cheryl (Kristen Wiig), a single mother with a young son, who hardly takes notice of his clumsy, pointless efforts to initiate a conversation.

Walter also has to contend with moving his aging, meddling mother (Shirley MacLaine) into an assisted living facility, while enduring the taunts of his oddball sister (Kathryn Hahn).

Thurber's Walter Mitty was a henpecked husband whose fantasies carried him away from the constraints of his marriage. Stiller's version is a modern bachelor dreaming of romance and trying to make a connection on an internet dating service.

There's amusement in Walter's attempts to create a profile for eHarmony, since he's never done anything or been anywhere of interest. Walter fields the occasional phone call from his excited eHarmony advisor (Patton Oswalt) who tries to spur him into action.

What finally dislodges Walter from his reveries is not just looming unemployment, but the absolute devotion to his craft of running the photo department in all of its analog world glory. To that end, he must find the missing negative, in a hurry.

At this point, "The Secret Life of Walter Mitty" undergoes an almost complete tonal shift, as Walter must suddenly act in an unaccustomed role of being a doer rather than an inattentive observer on the sidelines.

Life for Walter must quickly take the shape of LIFE magazine's famous motto, emblazoned on its building, which in part encourages people to "see things thousands of miles away." It may be uncharacteristic for him, but Walter plunges into a reckless search for the elusive Sean O'Connell.

Following up on a few leads, Walter flies off to Greenland, only to find himself a few steps behind the famous photojournalist. From Greenland he ends up on a fishing trawler but not before having to swim with sharks in the ocean.

After the boat docks in Iceland, Walter's next adventure takes him skateboarding in the direction of an erupting volcano, only to be rescued at the last moment by a passing motorist in a hurry to evacuate from the path of billowing smoke and lava.

The search must continue onto even more treacherous terrain as Walter makes his way to the remotest mountain region of the Himalayas, where finally he locates Sean O'Connell on the verge of capturing an image of a nearly extinct wild animal.

By this point, Walter is no longer a "Walter Mitty"-type character, having blossomed into an intrepid adventurer willing to go to great lengths in pursuit of a goal, becoming more like his idol Sean O'Connell.

"The Secret Life of Walter Mitty," though clever and amusing, is not easily pegged as the standard comedic vehicle for Ben Stiller. Instead, it's a humorous fantasy adventure layered with conflicting emotions, resulting in an enjoyable confection. ★

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