

*What is it about Yoga?*  
Self-pride, calmness, reduced stress,  
joyful spirit, positive outlook

**PLUS:** Employer  
Mandate a Recipe  
for Unemployment

Page 3

Page 5

# Placer Sentinel

Volume 24 • Issue 1

Serving Auburn and Placer County since 1987

First Issue of January 2013

**Sacred Tibetan  
Sand Mandala  
Returns to Auburn**



Page 2

**Representative  
Doug LaMalfa Takes  
Oath of Office**



Page 2

**Assistance League  
Rings Operation  
School Bell**



Page 4

**New Driver Laws Bring Changes**



*California Highway Patrol  
Special Report*

SACRAMENTO REGION, CA (MPG) – New rules that govern the California driving public went into effect on January 1, 2013. These rules are the product of legislation passed by the Legislature and signed into law by Governor Edmund G. Brown Jr. in 2012.

“The changes to California’s traffic safety laws are designed to protect the motoring public,” said California Highway Patrol (CHP) Commissioner Joe Farrow. “Citizens are encouraged to familiarize themselves with these new laws in advance of the new year. Adhering to the rules of the road may save your life, or the lives of your fellow motorists.”

The following are summaries of some of the new laws taking effect January 1, 2013:

• **Driving Under the Influence** (AB 2020, Pan) The law no

longer allows a person who has been arrested and is suspected of driving under the influence (DUI) of drugs, the option of a urine test. Prior to this change, a person had the option of submitting either urine or blood to determine the drug content of their blood.

• **Charter-Party Carriers of Passengers: Alcoholic Beverages: Open Containers** (AB45, Chesbro) This new law prohibits underage drinking in charter-party carriers (limos, buses, etc.) and makes the carrier and driver responsible for communicating this to their passengers. The law also requires a designee, who is at least 25 years of age, to be present whenever there are passengers who are under 21 years of age on board the vehicle and alcohol is being transported. The designee shall be responsible for ensuring the rules are followed, and the safety of the underage passengers throughout the duration of the trip.

• **Electronic Wireless Communications** (AB 1536, Miller) This law allows California drivers to use hands-free technology to talk and text while driving. This will require the use of a device that is specifically designed and configured to allow voice-operated and hands-free operation to dictate, send or listen to a text-based communication. The device is required to also be used in a voice-operated, hands-free manner to be in compliance with the law.

• **Financial Responsibility and Insurance** (AB 1708, Gatto) Drivers will now have the option of providing proof of insurance and registration on an electronic device (smartphone, tablet, etc.), when it is requested by law enforcement.

• **High Occupancy Toll Lanes** (AB 2405, Blumenfeld) This law creates the Choose Clean Cars Act, which allows cars with a Clean Air Vehicle Sticker free access to carpool lanes that are

converted to High Occupancy Toll (HOT) lanes.

• **Autonomous Vehicles** (SB 1298, Padilla) This new law allows driverless cars to be operated on public roads for testing purposes, provided that each vehicle has a fully licensed and bonded operator in the driver’s seat to take control if necessary. The bill also instructs the Department of Motor Vehicles to adopt regulations that govern the licensing, bonding, testing and operation of autonomous vehicle technology.

• **Emergency Services: Seniors** (SB 1047, Alquist) Similar to an AMBER Alert, the CHP would activate a “Silver Alert” upon request if a person, age 65 or older, is reported missing to a law enforcement agency and that agency determines that certain criteria is met.

Continued on Page 4

**Celebrity  
Chefs  
Wanted**

By Paula Mosqueda

AUBURN, CA – (MPG) On Thursday, March 7th, 2013, from 5:30 – 8 pm, the 27th Annual Celebrity Chefs Cooking for Community Service event will take place at the Placer Building of the Auburn Gold Country Fairgrounds. Area cooks gather to offer up their favorite culinary creations to the community.

The annual smorgasbord is an area favorite. Dr. Bach and his Jazz Practitioners provide the live music. The 49er Lions will open up the bar. The Sugar Plump Fairies will provide a variety of raffle prizes to lucky winners. Then – there is the food: lasagna, sliders, enchiladas, cakes, quiche, cookies, shrimp, and much more. Everyone involved looks forward to a deliciously enjoyable evening.

If you have a favorite dish you would like to share with the world and become a ‘Celebrity Chef’, or if you have questions about this event, call Paula at 530-863-7503.

This year, the event, hosted by the Auburn 49er Lions, will benefit Leadership Auburn. Their ambitious project will make improvements to the Auburn Gold Country Fairgrounds, which, like everyone else, has been hit with financial challenges.

Auburn 49er Lion Andy Gonzales, this year’s Celebrity Chef Chairman, expects that this year’s event will be, as always, a fun experience for all. The wonderful aromas, the variety of flavors, the music, and the smiling faces: everything adds up to a good time. See you there.

Tickets are available throughout the Auburn community: the Chamber of Commerce, Easley’s Nursery, Marybelle’s, Old Town Pizza, Golden Swann Jewelers, Sierra Auto Body and Roper’s Jewelers, or tickets will be available at the door.

The ticket price is \$15.00. If you have questions about the activities of the Auburn 49er Lions, call 530-863-7503.

**Employment Trends: Job Demands and Hiring Trends for Local Companies**

SACRAMENTO REGION, CA – (MPG) Sacramento’s top employers are picking up the pace of hiring as fifty-seven percent (57%) say they are looking for workers in January, February and March of the New Year. In what is traditionally the slowest hiring period of the year, Q1 2013 by contrast finds thirty-six percent (36%) of Sacramento’s regional companies surveyed say they are hiring for growth and increasing their workforce in the Quarter.

While Pacific Staffing learned that many are adding new positions, another thirty-four percent (34%) seek employees for

changes within their workforce, as they are motivated to hire by attrition. These are significant improvements in the market from regional employment and economic conditions just three 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 was then. Now human resource contacts surveyed directly by phone are upbeat about the prospects for

continuing economic improvement in 2013. When asked if they are optimistic or pessimistic about the economy in the New Year, fifty-three percent (53%) were positive, while just twenty-three percent (23%) were not. While some didn’t answer, eleven percent (11%) couldn’t decide.

Among the top regional human resource contacts fifty-six percent (56%) of employers surveyed expected their companies to grow in 2013. Another thirty percent (30%), polled between November 19th and December 11th, said their firms would not grow in the next

twelve months. Seasonal demand will trim workers at six percent (6%) of Sacramento employers who plan layoffs in the first three months of 2013.

A common challenge was noted by eighteen percent (18%) of companies who cited new Affordable Care Act (ACA) changes to healthcare benefits management as their current headache in the first months of the next year.

**Skills Demand?**

Nine percent (9%) of employers say they are having difficulty finding information technology workers, particularly

programmers for specific industry needs. Others are seeking maintenance mechanics for production lines, customer service/sales, accounting and general office help.

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).

Sacramento Regional Top Companies Polled by Industry: 38% are Service, 33% are Manufacturers, 18% are Construction and 11% are Retail.

**Placer Land Trust Protects Historic Oest Ranch**

PLACER COUNTY, CA – (MPG) Placer Land Trust and the Oest family are pleased to announce the permanent protection of a portion of the historic Oest Ranch in Placer County.

Last week, as part of its new Small Farm Program, Placer Land Trust recorded an agricultural conservation easement on the 160-acre “Oest Ranch – Cold Springs Preserve” located

near the North Fork American River in Clipper Gap. This easement guarantees the permanent protection of the property for sustainable agricultural use, as well as the protection of its natural, scenic and historic attributes.

In 2009, Placer Land Trust worked with the Oest family to protect 350 acres of the Oest Ranch near Lake Clementine. The Cold Springs Preserve is

less than a mile from the Lake Clementine Preserve, upstream on Clipper Creek. The Trust and the Oests now have protected 510 acres of the Oest Ranch for continued agricultural productivity, forever.

“Protecting our agricultural heritage is extremely important, not only to Placer Land Trust, but to all of us who enjoy the benefits of local agriculture,”

said Placer Land Trust Executive Director Jeff Darlington. “With approximately 109 acres of farmland being developed or taken out of agriculture every single day in California, it’s critical that our community protects the local farms and ranches – and local food security – we need for future generations.”

The Oests are a pioneering Placer family that has been

farming and ranching in the Auburn area since the Gold Rush, with no plans to stop anytime soon. Last year at the California State Fair the Oests were recognized by the California Agricultural Heritage Club for over 150 years of agricultural operations in Placer County.

Continued on Page 5



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# Sacred Tibetan Sand Mandala Returns to Auburn



Monks will construct a sand mandala. Photo courtesy of Jesse Gilliam.

### From Jesse Gilliam

Auburn, CA – (MPG) The Tibetan Children’s Education Foundation is honored to welcome the Venerable Ngawang Chojor as he creates a Sand Mandala of Compassion at the First Congregational Church in Auburn., located at 710 Auburn Ravine Rd

The Venerable Chojor , a Tibetan Buddhist Monk, is considered a master sand mandala creator, held in high esteem throughout the world. He will be creating a mandala of compassion. We are truly excited to host him here in Auburn.

We welcome you to join us for concurrent community presentations on Tibet held in the evenings that will deepen your understanding of Tibetan culture

Thursday January 10th 10:00 AM. Opening ceremony is at with prayers and offerings as the Venerable Chojor lays the first grains of sand. He will continue to create the sand mandala all weekend and the public is welcome to attend daily from

10 am thru 5:00 pm. Come and sit for a few minutes or a few hours as the Venerable Chojor vibrates a metal funnel (charpor) and directs each grain of sand... a powerful experience to be in the presence of this sacred creation. Karma Tensum, Executive Director of TCEF will be on hand to translate.

**January 10th** – 5:30-6:30 PM “Art and Symbolism of the Tibetan Sand Mandala” First Congregational Church, Auburn. The event is free and open to all. Donations are appreciated.

**Saturday Jan 12th** from 1:00 -3:00 PM There will be an interactive Children’s Time with the Venerable Chojor followed by an art/project Children of all ages welcome.

**Sunday, January 13th** at 4:00 PM The DISSOLUTION CEREMONY will be held where the sand mandala is swept away as a symbol of impermanence. Sand from the mandala will be given to those who attend to share the merit and prayers of compassion. Please join us for this wonderful opportunity.

### Other Events

**Wednesday, January 9th** 7:00-9:00 PM film and presentation “History and Current Situation in Tibet”

Placer County Library, 350 Nevada St, Auburn

**Friday January 11th** at 7:00 PM

TCEF will host a delicious Indo-Tibetan dinner (with vegan options.) There will be a silent auction and a 17 minute film, “Children of the Clouds” documenting the work of the TCEF Service trips to service sites in India.

Dinner is \$35 a person and children under 12 are free

First Congregational Church, Auburn. Please RSVP @ 916 712-4186 or 406 443-6078

**Saturday, January 12th** 7:00–9:00 PM film and presentation “Compassion in the Midst of Oppression” Leap Yoga Studio, 1725 Iron Pt Road, Folsom

For information call 916 712-4186 Sara Tellman Buckerfield or see <http://www.tibetanchildrenseducation.org>

# Representative Doug LaMalfa Takes Oath of Office for 113th Congress



Representative LaMalfa is joined by his family as Speaker John Boehner administers the oath of office. Photo courtesy of the Office of Doug LaMalfa.

WASHINGTON, DC – Rep. Doug LaMalfa (R-CA) took the oath of office in the Chambers of the United States House of Representatives on January 3rd and joined the 113th Congress of the United States. The 84 freshman members, when joined with the freshman members from 2011, mean that a large portion of the House has spent two or fewer years in the Capitol.

Representative LaMalfa issued the following statement after the swearing-in ceremony: “Serving the North State in the House of Representatives is an honor and responsibility that I take very seriously. Our friends and neighbors placed their faith in me as the

North State’s voice in the Capitol, and I will work to uphold that trust. I want to take a moment to thank Wally Herger for his years of service to Northern California and our Country. I am honored to be his friend and to have the opportunity to continue many of his efforts, such as the Quincy Library Group forestry reform proposals.

With so many newly elected and very recently elected members of Congress I am hopeful that we can change Washington for the better. Our nation faces difficult challenges that will require thoughtful consideration to resolve. However, it is important to recognize that many of these challenges were created by an overzealous government

and that many of the solutions will come from restraining its growth. I am committed to forging agreements that represent the North State’s values and excited to officially begin this fight to protect our way of life. The constituents of California’s First District have my sincere thanks and respect, and I look forward to serving them in the House.”

Congressman 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.

Source: Office of Doug LaMalfa

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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**



# What is it about Yoga?



The feeling after yoga is a huge but gentle “ahhh”. Photo courtesy of Auburn Yoga Studio.

By Gwenn Jones,  
Auburn Yoga Studio

Auburn’s workout of choice. Contrary to what many non-yoga folks identify as “hauling the legs behind the head,” this is rare in standard yoga classes. The Body – Curious beginners as well as competitive athletes practice yoga to reduce stress, develop body balance, tone muscles, and improve flexibility. Articles report pros adding yoga to their fitness regimes are: the Miami Dolphins, Philadelphia Eagles, New York Giants, LA Lakers, Evander Holyfield, Pete Sampras, Shaquille O’Neal, LeBron James, and John McEnroe. No matter beginner or advanced student, yoga is age-friendly. A qualified yoga instructor demonstrates modifications and technique

improvements for even basic postures to facilitate ease in class and success in practice. Regular yoga practice assists us in the control of our muscles and works muscles that are ignored in daily life. Moreover, yoga benefits us within with enhanced stamina, heightened immune system, improved blood circulation, reduced blood pressure, cleansed and improved internal organ function, increased lung capacity – and most familiar – relief of common back pain. Most see these results in a very short time with adherence. In practice, we work consistently on breath concentration to improve our focus and encourage relaxation. The mind – After any yoga workout the physical aspiration is markedly clear. Yoga asana builds body balance. However,

common emotional consequences from yoga are: self-pride, calmness, reduced stress, joyful spirit, positive outlook – to name a few. To summarize the feeling after yoga as a huge but gentle “ahhh” is completely accurate. Yoga helps connect mind and body, and when we connect the two, our judgment improves. Stress these days, regardless of type or reason, often seems bottomless. But luckily the post-yoga exhilaration and emotional balance hits us head-on every time. It helps us stay “in the battle” so-to-speak as life itself is frequently unstable. The pride and joy of yoga practice quickly becomes a passion and subsequently, part of the soul. Enjoy the pleasure – since the more we move, the more we can.



## Around Town with Loyce Smallwood

The New Year brings much to celebrate as we bid shop owner Kat Stewart farewell as Stewart prepares to close Kat’s Country Korner DT Auburn with plans to return to Santa Rosa to care for her ailing father.

Check out the close-out bargains at this great Western themed store filled with leather fashion, boots, hats and a splendid array of Southwest jewelry including lapis and turquoise and sterling silver. 925 Lincoln Way next door to Ro-Sham-Bo vintage fashion boutique where hard-working retailer/owner Jessica displays a variety of retro fashion and accessories along with local art.

Cut the chill factor by imbibing the tasty and zesty Thai soup at Gaia’s Basket, an organic grocery store featuring local produce, 937 Lincoln Way near Winston Smith Books. Congrats to Avantgarden gift shop/nursery owner Kim Wright whom staffer Caroline Navarro informs me is on a buying trip to replenish sold inventory from a successful holiday season.

Down the way on Lincoln, check out the creative displays at Marilyn’s Fashion-A-Tions where veteran shop owner Marilyn Welz always impresses with that dazzling storefront window.

Wander down the street to new shop Happi Hoops, former location of Gimme Cake, next door to Poncho’s restaurant where enthusiastic owner Jac Kennedy displays creatively with her array of artistic designer jewelry and fashion accessories. Jac plans on



Sophia (left) and Elan Vitkoff.

launching spa and perfume parties and invites shoppers to come in and enjoy the shopping experience in serenity in this luminous environment.

Catch the great sales down the street at Georgetown Clothing where a smart corduroy zip-up vest is now part of The Loyce Collection. Congrats to another veteran shop owner for staying the course through thick/thin.

Thumbs up to stalwart entrepreneur Colfax Greek Bistro and Athena Art Gallery owner Elan Vitkoff seen recently with daughter Sophia at the Unity Church holiday gathering. And a gigantic welcome home from Costa Rica to Senior Care Specialist/ Reiki Master Therese Johnson who broke bread at STRINGS Italian Cafe in the Rock Creek Plaza on Bell Road where Cap’n Jack raved about the Caesar salad/ minnestroni soup and bread and I happily savored the divine curry/ shrimp pasta accompanied by that crunchy/tasty salad.

With a return to the routine, check in with Friends bookstore

at the Raley’s Center to volunteer to sort/sell books for needed funds for the shelter felines awaiting their forever homes.

Short on time? Donate gently used books and media along with pet supplies. Make the sweep to the trio of thrift shops on Highway 49 including the Assistance League Thrift in Fiddler Green; across the street at Piece by Peace Thrift and soon opening down the strip, the newly relocated Hospice Thrift, Donations and volunteers always appreciated at these non-profits. Check out the Unity Church Thrift on High Street and donate your gently used clothing, home accessories and jewelry; volunteers also needed.

Sentinel stars and congrats to PC guru Matt Cummins on the expansion of his computer business and on his engagement to fiance Sarah.

Shop/volunteer/dine/celebrate, indeed. Comments to [loyce@suddenlink.net](mailto:loyce@suddenlink.net)

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## AL Rings Operation School Bell

PLACER COUNTY, CA—(MPG) This fall, over 1300 Placer County children were provided with new clothes under Assistance League of Greater Placer's Operation School Bell® Program. The students in grades kindergarten through high school were referred by their local schools.

Assistance League, a national organization, with 120 chapters, designated Operation School Bell® a signature program in 1997. Since that time over three million children have benefited from the different programs under its umbrella.

Funding for all Assistance League of Greater Placer programs is generated from sales in the all-volunteer Thrift Shop, fundraisers, donations, and grants. The Thrift Shop is located in the Fiddler Green Shopping Center, 1263 Grass Valley Hi-way in Auburn.



Student shopping with help of Assistance League member. Photo courtesy of AL.

Assistance League of Greater Placer served more than 13,000 Placer County children and adults who needed support last year.

They serve the areas of Auburn, Colfax, Cool,

Foresthill, Georgetown, Granite Bay, Grass Valley, Lincoln, Loomis, Newcastle, Ophir, Penryn, Rocklin, Roseville, Sheridan and Truckee.

Source: Assistance League

## Fishing Club Breakfast Welcomes the New Year

AUBURN, CA – (MPG) The Rooster Tails Fishing Club breakfast meeting will be held on Friday, January 18 at the Auburn Elks Lodge, 195 Pine St., Auburn, CA 95603. The doors at the lodge open at 7:00 AM with a fantastic \$12 buffet breakfast served from 8:00 to 9:00. A presentation begins at 9:00 sharp with a panel of notable fishing guides. The public is welcome to attend the Rooster Tails monthly, third-Friday, breakfast meetings.

Brett Brady, Bare Bones Guide Service, Dale Daneman, Dale's Foothill Fishing Guide Service, Jerry Lampkin, TNG

Motorsports and Michael Peckham, MJP Guide Service will answer questions from the audience during an 'open forum' on winter/early spring-fishing. Come and meet fishermen who like to fish local lakes and streams. The camaraderie is incredible and the fishing tips you will pick up make the morning absolutely worthwhile.

The 30 year old, 155+-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 [pres@roostertailsfishingclub.org](mailto:pres@roostertailsfishingclub.org).



## Placer County Sheriff Special Report Burglars Caught in the Act

LOOMIS, CA – (MPG) Placer County Sheriff's deputies caught two Sacramento burglars in the act as they stripped pipes inside a foreclosed home in Loomis last night.

An area resident called the Sheriff's 911 dispatch center at 7:15 p.m. Wednesday to report a suspicious vehicle parked in front of the Old Moss Road residence, where there had been previous incidents of vandalism. Deputies arrived to find the vehicle parked in front of the home, and light emitting from flashlights inside the home. Daniel Loredo, 37, and Rose T. Herzog, 53, were taken into custody as they exited the back door. Loredo had plumbing fittings in his pocket, along with a glass meth pipe. Herzog had meth secreted in her clothing.

A real estate agent met with



Rose T. Herzog  
Photo courtesy of  
Placer County Sheriff's Office



Daniel P. Loredo  
Photo courtesy of  
Placer County Sheriff's Office

deputies and confirmed that the items found on Loredo had been removed from fixtures throughout the house, and damage was estimated to be at least \$5,000.

Loredo and Herzog are being held at the Placer County Jail. Herzog was booked on charges of burglary; conspiracy; possession,

transportation and being under the influence of a controlled substance; and driving under the influence. Loredo was booked on charges of burglary, conspiracy and possession of drug paraphernalia. Loredo's bail is set at \$80,000 and Herzog's is set at \$70,000.

## Community to Vote on Joining Public Water System

Placer County, CA – (MPG) Residents of Hidden Valley, a residential community in Granite Bay, will vote on whether their aging private treated water distribution system should be replaced and operated by the Placer County Water Agency.

The PCWA Board of Directors on Thursday (Dec. 20) voted in support of a request by the Hidden Valley Community Association to ask the community's property owners of their interest to form and fund an improvement district to finance a new treated water distribution system. Two-thirds support is needed for passage.

The vote is expected early next year. If successful, district formation and project planning, design, and costs would follow. Thereafter, a final determination will be made on whether the project proceeds or not in collaboration with the water agency.

Hidden Valley is a residential development of 162 residential parcels that surround a 200-acre common open space. It is located along Auburn Folsom Road in Granite Bay. The community operates its own separate raw and treated water distribution systems. The association purchases both wholesale raw and treated water from PCWA.

PCWA Senior Engineer Tony Firenzi said the association's treated water distribution system is more

than 50 years old and that Hidden Valley community leaders have been planning an upgrade for several years.

He estimated that construction of a modern treated water distribution system to meet today's drinking water and fire protection needs would cost about \$4.4 million. A not-exceed amount of \$30,000 per parcel is proposed to ensure adequate funding for the project. Formation of the improvement district would allow property owners to finance their shares of the new system over a 20-year period.

PCWA has worked with homeowner groups to improve water systems in several areas. Director of Technical Services Brian Martin said that over the years the agency has helped home owner groups successfully form 15 improvement districts.

**In other business, PCWA directors:**

- acknowledged a 1.47 percent increase in the agency's Water Connection Charge (WCC), effective Jan. 1. The charge for a standard 5/8-inch meter connection in Zone 1 will increase from \$16,206 to \$16,444. The WCC is tied to the Bay Area construction cost index and is reviewed and adjusted as needed each year.

- authorized the construction of an additional 1680-foot section of 45-inch raw water transmission line along Ophir Road as part of the current

Ophir Road Pipelines Project. The work will be added to the agency's existing contract with Ranger Pipelines, Inc.

- approved a \$500 sponsorship for Leadership Auburn, a program that educates and trains community leaders of the future. The successful program has graduated more than 250 participants over the past 14 years, said Bruce Cosgrove of the Auburn Chamber of Commerce.

- approved a \$250 sponsorship for the PlacerGROWN Farm Conference on Jan. 26 at Lincoln High School. Roger Ingram, UC Cooperative Extension director for Nevada and Placer counties, thanked the board for its continued support.

- approved a \$250 sponsorship for the California Irrigation Institute conference on February 4 and 5 in Sacramento.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Jan. 3, 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](http://www.pcwa.net).

Source: PCWA

## Motorists Prepare for Change: New Laws

Continued from Page 1

The criteria includes: the person is missing under unexplained or suspicious circumstances or the law enforcement agency believes the person is in danger due to age, health, mental or physical disability, environment or weather conditions; the person is in the company of a potentially dangerous person; or there are other factors indicating that the person may be in peril. Finally, there is information available, if given to the public, may assist in the safe recovery of the missing person.

- **Driver License** (AB 2189, Cedillo) This law allows a driver's license applicant who provides satisfactory proof that his or her presence in the United States is authorized under federal law, but who is not eligible for a social security account number, is eligible to receive an original driver's license if he or she meets all other qualifications for licensure.

- **Automated Traffic Enforcement Systems** (SB 1303, Simitian) This new law establishes consistency in the operations of red-light enforcement cameras throughout the state by requiring governmental agencies to follow specified guidelines regarding intersections, signage, and the notice to appear.

- **License Plates: Obstruction or Alteration** (AB 2489, Hall) This new

law prevents the altering and positioning of license plates from its original markings and clarifies the penalty imposed for obscuring the readability of license plates.

- **Child Passenger Restraints** (AB 1452, Hill) Hospitals, clinics, and birthing centers will now be required to provide and discuss contact information regarding child safety seat requirements, installation, and inspection to parents and caregivers upon discharge of a child, if the child is less than eight years of age.

- There are also two new laws related to **recreational off-highway vehicles**. One (AB 1595, Cook) defines an off-highway motor vehicle to include a recreational off-highway vehicle (ROV) and establishes additional requirements governing its safe operation. The other law (AB 1266, Cook), which goes into effect July 1, 2013, prohibits a passenger in an ROV from riding in a seat location not designed and provided by the manufacturer. It also prohibits operation of the ROV if the passenger is not seated with both feet on the floorboard and able to grab the occupant handhold with the seat belt and shoulder belt or safety harness fastened.

- **Additional Registration Fees** (AB 1404, Feuer) This law authorizes three counties (Los Angeles, San Diego and San

Bernardino) to increase vehicle registration fees to help fund vehicle theft programs. Increases would be from \$1 to \$2 for passenger vehicles, and \$2 to \$4 for commercial vehicles.

- **Inflatable Restraint Systems** (AB 1854, Brownley) This law makes it illegal for a person to knowingly distribute or sell a previously deployed air bag or component that will no longer meet the original equipment form, function or proper operation.

- **Driving Under the Influence: Alcoholic Beverage or Drug** (AB 2552, Torres)

Although this change in the law does not take effect until January 1, 2014, it distinguishes

whether an individual was arrested for driving under the influence of alcohol or drugs.

Ultimately this change, singling out drugs with its own subsection in the Vehicle Code, will make it easier to track the prevalence of drugged driving in California. This new law, coupled with the efforts requiring the use of Ignition Interlock Devices, will help reduce impaired driving throughout California.

These points are only a synopsis of some of the new laws adopted. For complete information on chaptered bills enacted in 2012, please refer to the Legislative Counsel website at [www.LegInfo.ca.gov](http://www.LegInfo.ca.gov).

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# Placer Land Trust Protects Historic Oest Ranch

Continued from Page 1

“My family has had livestock grazing on our ranch for several generations now,” said landowner Daryl Oest. “Times being tough, we were looking for options to help us preserve the land, and the people, because we want to see the land stay in our family. We’re pleased to continue our work with Placer Land Trust to make sure our land is protected for agricultural use for generations to come.”

The preserve is named after the fresh, clear, and very cold springs on the property. Clipper Creek flows through the middle of the property, and is a tributary to the American River, which in turn provides a lot of the domestic water for Placer County. Placer Land Trust has an interest in keeping local water clean and free from runoff, erosion, and sedimentation, and the Trust does that by working with willing landowners to prevent development and other harmful land uses from polluting local waterways.

Primary project funding was provided by the Emigrant Trails Greenway Trust. A portion of the funding came from Placer Land Trust’s wetlands mitigation account, funded by Placer County Water Agency. Ongoing stewardship funding support came from the California Wildlife Foundation, as well

as a generous donation to Trust from the Oests themselves. Placer Land Trust’s Small Farm Program paid for the assessment and administrative fees necessary to make the project happen.

Darlington expressed thanks to the project funders, and for the Oest family for making a commitment to the future. By working with landowners like the Oests through its Small Farm Program, Placer Land Trust continues to permanently protect the family farms and ranches that make Placer County such a wonderful and healthy place to live.

“This project protects a real personal and physical connection to the land,” added Darlington. “The Oests have been excellent caretakers of this land for generations, and this easement will help them continue that legacy for generations to come.”

In addition to its agricultural values, the preserve contains Maidu milling sites, prime oak woodland and riparian habitat for a number of important wildlife species, and sweeping views of the Sierra Nevada crest and the American River Canyon.

The easement restricts development to one homesite (currently occupied by a caretaker) and prohibits harmful land uses now and in the future. The land will remain open space suitable for sustainable agricultural use. Cold Springs Preserve is a part of Oest Ranch’s beef

production, and also provides a home for bees producing PlacerGROWN honey.

The property continues to be privately owned and managed by the Oest family. Although the property is not open to the public, Placer Land Trust does plan to lead docent-led tours on the preserve in the future. The Trust hopes to work with the Oest family to protect the remaining 440 acres of Oest Ranch over the next several years, including lands along Highway 49 north of Auburn that could eventually connect to other protected lands such as the 1,773-acre Harvego Bear River Preserve.

Placer Land Trust is a private 501(c)(3) nonprofit public benefit organization incorporated in 1991 and dedicated to working with willing landowners and conservation partners to permanently preserve natural and agricultural lands in Placer County. To date the Trust has preserved over 7,451 acres across Placer County for current and future generations.

To learn more about Placer Land Trust’s work to protect local farms and ranches, call (530) 887-9222 or see <http://www.placerlandtrust.org/video-library.aspx> for a link to the video, “Saving Farms and Ranches” featuring Daryl Oest and the Oest Ranch.

Source: Placer Land Trust



By Linda Louise Haines

By the time you read this, thankfully, it will be over—the holiday shopping season and all the hype!

You know from reading this column that I am very pro-small business, especially locally-owned businesses. However, like a lot of people, I do find our overly-commercial approach to December holidays rather offensive, not to mention that approach misses the point of all those holidays.

Also, for many, these holidays stir up a mish-mash of emotions: Joy and GRATITUDE to be with loved ones; Sadness to not be with loved ones due to distance; sad thoughts and grief over loved ones who are missing from our special holiday meals due to their deaths.

For example, I have several Christmas-time deaths that pain my heart and bring up the tears:

# Shopping Colfax & Beyond

December 28, 1989 my younger son’s suicide and December 26, 1997 my mother died following a massive stroke. And, there are others that may pain whole communities.

But, what does any of this have to do with “Shopping Colfax...” or anywhere else? It has to do with our needing to remember who we are as human beings and what our priorities are. What is really important in YOUR life? Of course, many things.

I would guess we’d say our families might come first. We’d add our Faith communities and opportunities for service. Then, vibrant health, financial security, including employment or retirement income.

We’d mention a safe, weather-proof place to live, enough to eat, clean water, clean air. Maybe friendly neighbors and supportive friends. Good schools for our kids and maybe life-long learning opportunities for ourselves. The ability to read and enjoy books, and the ability to express ourselves.

We might put a vote in for cures for chronic and tragic diseases. The list can go on

with many similarities but also variations among us.

Oh, where was shopping in our lists? How about a strong national and local economy? Not in the top 10 on my list. How about yours?

Yes, we need all of the above, including convenient places to buy the goods we need. However, is that what encourages us to get out of bed in the middle of winter when it is still dark?

What gets me out of bed in the morning is GRATITUDE for another day of opportunity to use my talents to be of service. I may need to go shopping today, but that is NOT what gets me moving in the morning.

So, this is to remind all of us to bless all those in our lives with our unconditional love, our compassion and our GRATITUDE.

And, when we need to go shopping, SHOP LOCALLY! That is a way of supporting our business-owning neighbors and of blessing our whole communities.

See you next month with news about our local businesses. And, email me with your positive local business news, [lindalouise@exwire.com](mailto:lindalouise@exwire.com).

## Governor Brown Appoints Michael W. Jones to Placer County Superior Court

SACRAMENTO, CA (MPG) – Governor Edmund G. Brown Jr. today announced the appointment of Michael W. Jones to a judgeship in the Placer County Superior Court.

Jones, 56, of Folsom, has served as senior partner at Hansen Kohls Jones Sommer and Jacob LLP since 2003 and was an associate attorney at Hansen Boyd Culhane and Watson LLP from 1998 to 2003. He was an attorney at Michael W. Jones

Attorney at Law from 1997 to 1998 and assistant district attorney at the Shasta County District Attorney’s Office from 1990 to 1997. Jones served as deputy district attorney at the Los Angeles County District Attorney’s Office from 1989 to 1990, associate attorney at Bonne Jones Bridges Mueller O’Keefe and Hunt in 1989 and senior criminal investigator at the California Department of Insurance Fraud Bureau from 1986 to 1989. He

was senior special investigator at the California Department of Alcoholic Beverage Control from 1982 to 1986. He earned a Juris Doctorate degree from Western State University College of Law and a Bachelor of Arts degree from California State University, Sacramento. Jones fills the vacancy created by the retirement of Judge Larry D. Gaddis. Jones is a Democrat.

The compensation for this position is \$178,789.

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# Employer Mandate a Recipe for Unemployment

Commentary by Sally C. Pipes

Wal-Mart just announced that it will not offer health insurance to new employees who work less than 30 hours a week. It’s reserved the right to do the same for existing workers.

For these new policies, Wal-Mart’s employees can thank Obamacare.

The federal health reform law’s “employer mandate” requires companies with over 50 employees to provide insurance for anyone working 30 or more hours a week or face fines. That creates a strong incentive for companies to push their workers into a work-week fewer than 30 hours — and thereby avoid the additional costs Obamacare intends to saddle them with.

Wal-Mart isn’t alone. The

employer mandate will make it harder to for many businesses to operate efficiently, to hire new employees — or to ensure that existing employees can stay on full time.

Papa John’s CEO John Schnatter recently came under fire for stating that the employer mandate will take a bite out of his company’s pie. He said that his pizza chain’s franchisees would likely cut back employee hours — and that Obamacare would add up to 14 cents to the cost of each pizza.

The owner of several Denny’s franchises in Florida has contemplated slapping a 5-percent Obamacare surcharge on every meal, and a New York Applebee’s franchisee has said he may stop hiring because of the additional costs borne by the law.

Obamacare’s defenders suggest that these businessmen are

just greedy. But it’s been widely known that the employer mandate would deliver a hefty blow to businesses since the president’s healthcare reform law was merely a bill.

In early 2010, the Congressional Budget Office (CBO) estimated that the employer mandate would force businesses to pay \$52 billion in tax penalties from 2014 to 2019.

That money will have to come from somewhere — whether higher prices for consumers or reduced wages for workers.

Further, the CBO recently cautioned that the employer mandate would cause a 0.5-percent reduction of the American labor force. That may not sound like much — but it’s equivalent to eliminating about 700,000 American jobs.

These job cuts will hurt the working poor most. According to a paper by Harvard economist

Katherine Baicker and University of Michigan economist Helen Levy, those who earn within three dollars of the minimum wage are at the greatest risk of losing their jobs thanks to an employer mandate. Baicker and Levy concluded that “1.4 percent of uninsured full-time workers would lose their jobs” under the mandate.”

In some cases, the employer mandate may backfire — and actually encourage businesses not to provide health insurance.

Businesses that do not furnish coverage must pay \$2,000 per employee, excepting the first 30, if at least one of their workers receives subsidized coverage through the new insurance exchanges. Folks with incomes of up to four times the poverty level, or nearly \$90,000, could qualify for subsidies.

So a firm with 50 employees

could be looking at a fine of \$40,000.

But health insurance is expensive — far costlier than the fine. Average premiums for single coverage were north of \$5,600 in 2012 — and above \$15,700 for family policies, according to the Kaiser Family Foundation.

Many employers may find it more economical to pay the fine and turn their workers loose in the exchanges.

Indeed, former CBO Director Douglas Holtz-Eakin estimates that as many as 35 million Americans out of about 160 million could lose their existing employer-provided insurance thanks to — ironically enough — the employer mandate.

Taxpayers will pay the price. Richard Burkhauser and Sean Lyons of Cornell and Kosali Simon of Indiana University estimate that the feds could have to

spend an additional \$48 billion a year if employers dump their workers into the exchanges.

For now, though, the employer mandate’s impact will largely be felt in the business community, at firms as big as Wal-Mart and as small as the local diner. “I don’t know what secret [the politicians] know, where they just assume we can write them a check,” Sam Facchini, owner of Metro Pizza in Las Vegas, recently told a Nevada newspaper. “We can’t pay for this. Most of us operate on a thin margin and trying to stay in compliance [with the law] will make things much tighter.”

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is *The Pipes Plan: The Top Ten Ways to Dismantle and Replace Obamacare* (Regnery 2012).

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By Ronnie McBrayer

Imagine that tomorrow morning I deposit into your bank account \$86,400. This money is all yours to do with as you please, no strings attached. Now, not only am I going to deposit this amount into your account tomorrow, I'm going to do the same thing every day next week. That is a combined \$604,800 that will be waiting for you. But I'm not finished. I'm going to make this daily deposit into your account every day for the next year (you are *really* using your imagination now). At the conclusion of twelve months you will have received more than \$31.5 million. What if I told you that you have in your possession, today, something even more valuable than \$31 million. I wonder if you would believe me. You see, every day that you awake to draw air into your lungs, you receive that deposit of sorts, though it's not measured in dollars. It's measured in seconds. Every day contains 86,400 seconds; every week more than 600,000; and every year more than 31 million. They are yours to spend as you please. The only catch is this: When each day is

# It's Time

over, and after each week passes, and when the calendar turns, your "funds" expire. They have to be spent with urgency, for tomorrow your account will reset. And because it will reset, and because we can only spend those precious seconds we have today, what we do with those seconds matters a great deal. We know this. No preacher behind a pulpit or columnist at a keyboard has to tell us this. Yet, maybe we do need to be reminded. Because there is always the temptation, as Frederick Buechner said, "To believe that we have all the time in the world, whereas the truth of it is we do not...For each of us there comes a point of no return, a point from which we no longer have life enough left to go back and start over." We seemed to have celebrated New Year's Day 2012 just last week. Now that year, with all its promise, joy, heartache, dread, and transition is gone. And before we can catch our breath from the race that was, we lurch forward into another January and another year. The real danger for us all is to come around twelve months from now and be exactly where we were twelve months ago. Still stuck in a job we loathe. Still planning to take that big chance, or make that big move. Still at odds with the longestranged loved one with whom we hope to one day reconcile. Still tripping over the same addiction, still trapped in that same poisonous relationship, still struck

in the same soul-sucking routine. Time is far too short to live like this, and deep in our hearts, we know it. We know that there is an unmerciful ruthlessness to time that demands we spend what we have - all we have - while today is still called today. Because today we still have opportunity. We still have time. We cannot, then, put off until tomorrow, next week, or next year what must and can only be done while there are still seconds in our banks. The majestic Erma Bombeck, who cannot be improved upon, provides a summary on this point. She wrote, "I have learned that silver tarnishes when it isn't used, perfume turns to alcohol, candles melt in the attic over the summer, and ideas that are saved for a dry week often become dated. When I am asked to give an accounting of my life to a higher court, it will be like this: 'So, empty your pockets. What have you got left of your life? Any dreams that were unfulfilled? Any unused talent that we gave you when you were born that you still have left? Any unsaid compliments or bits of love that you haven't spread around?' And, I will answer, 'I have nothing left to return. I spent everything you gave me. I'm as naked as the day I was born.'" Amen.

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

# Let's Do It All Over Again

By Dr. James L. Snyder

The fact we actually survived another year is a tribute to somebody's tenacity; I am not sure whose. I know the only thing that got me through the year was the Gracious Mistress of the Parsonage and boy is she graciously tenacious. I was sure everything would collapse and of course, several times I collapsed in my easy chair. It is a New Year, or so they tell us but I have my suspicions. After this latest episode with the Mayan's calendar, I am not too sure what date it is or what year it is, for that matter. They certainly got everything wrong and I have my suspicions about the rest of it. How do we really know that January 1 is actually January 1? Moreover, how do we know what year it is exactly? I think somewhere along the line somebody has pulled a scam on civilization and has messed up our calendars. If the Mayans got it wrong, maybe we have it wrong also. Whatever day and whatever year it is I am going to celebrate the New Year. If I am wrong, I have a lot of company. When we celebrate the New Year, there is nothing new about it. Everything we did last year we are going to be doing this year only we will be one year older. Perhaps as we get older we forget about what we have done and think we are doing something new. Hooray for senility! I really do not care about that; my philosophy is, let's do it all over again. If it is worth doing the first time, it is worth doing again. This brings me to a great point, which is, some things are worth repeating while other things are not. It is trying to find out the difference between these two that makes life challenging. I do not mind repeating things if I am

in charge of what I am repeating. I think we all should choose what we are going to repeat. For example, I wish I could choose a year to repeat. If I could repeat any year, it would be 1971. That year represents the greatest con in the history of mankind. I am not sure anything like it has ever happened before or since. That was the year I married a young lady who turned out to be the Gracious Mistress of the Parsonage. What bothers me about this is why did she really marry me? Was it my charm and good looks or did she think I was rich? There have been times I have wanted to query her on this very subject but then, I am always afraid she will tell me the truth. I do not mind the truth of it does not involve anything personally. I just will settle with the fact that that was the year I conned her into marrying me. We have been a great team ever since. She has kept me straight and I have given her opportunities to exercise that career, which she has become quite proficient. One of the great things resulting from this marriage is the fact that she has been faithful to point out my mistakes. Through her help, I discovered I have quite a few mistakes. I begin every year with a clean slate. I am able to celebrate January 1 with no mistakes whatsoever but then the next day my wife begins the ominous task of pointing out my mistakes. This is a joint effort, which leaves me out of joint often. I have a little theory along this line. I think that if it is a mistake you have made before it should not count anymore. I think the only thing that should be legitimate to point out are new mistakes. I find myself so busy practicing my old mistakes that I rarely get around

to making new mistakes. All these years I have revealed in my old mistakes. Trying to find something new is a great strain on my little grey cells. At this point in my life, they are exhausted and are encouraging me to rely upon those old mistakes and give them a well-deserved rest. At my stage in life I think new is overrated and, if experience is anything, something new is always taxing and in more ways than one. Do not let the government find out that you have something new or Uncle Sam will come knocking at your door with a gentle request for tax money. There is an old saying that says insanity is doing the same things over and over expecting different results. Well, that does not describe me. I do not want different results. I like the results I have. I like doing the same thing over again because I know what to expect. And if ignorance in this area is bliss, I am the most blissful person on the planet. My challenge this year is to surprise my wife with some unexpected new mistakes. Just one! To get on the right track for the New Year, I start with the Bible. "Therefore if any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new" (2 Corinthians 5:17 KJV). Instead of just celebrating the New Year, I plan also to celebrate that "new creature" in Christ. No mistake about it.

Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). His web site is [www.jamesnyderministries.com](http://www.jamesnyderministries.com).

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By Karen Anderson

There is something in your home and work that is all-revealing. It is relentless in its continual observations of you. It will show you every kindness, happiness, joy, awe, and wonder but it can also show sadness, cruelty, anger, depression, and whatever else you can think of. It can be heartless in its reality. The only thing it doesn't show is love and true emotions. You guessed it...your mirror and any reflective surfaces in your home. This item can be a rude awakening of your humanness and flaws. How many times have you looked in the mirror to walk away in disgust, because your hair's not right, you're heavier than you want to be, or you now have a blemish

## Accepted Just As You Are

on your face? You may feel like something is always wrong with you and wonder who could ever care about you. If you think about it, you know there is someone who cares for you, imperfections and all. Remember that your Maker took delight in the mere idea of you before you even existed. His Word says, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth." It really bothers me when I hear others putting themselves down, saying that they can't do anything right, or they must be the dumbest person in the world. Don't you realize, dear ones, you are forgetting about the God who made you? He is perfect, and He don't make no

junk. I personally feel that when you put yourself down like that, it's like slapping God across the face with the judgment of yourself. Instead, you should be thanking Him for making you unique. There is no one like you! You are special! In His eyes you are precious! Now is the time to accept yourself for how God made you. Get on your knees and thank Him for every imperfection you have. This is a really liberating act. Don't worry about what other may think. The only opinion that counts is God and yourself. ACCEPT YOURSELF TODAY! Live in the freedom that God loves you unconditionally, "warts and all."  
 PASSAGE: Psalm 139:13-15 (NIV)  
 Karen Anderson is an accomplished speaker, author, and chaplain. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact).

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3	2	8	9	1	6	4	7	5
1	9	7	8	5	4	3	6	2
6	5	2	7	9	3	1	8	4
8	3	4	2	6	1	7	5	9
9	6	1	5	4	8	2	3	7
4	7	5	1	3	2	8	9	6
2	8	3	6	7	9	5	4	1

Sudoku Puzzle on Page 8

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C	F	C	S	H	O	E	N	E	B	U	L
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U	T	E	R	I	R	E	G	I	S	L	E
S	T	E	A	K	E	E	L	N	E	I	G
H	O	R	N	S	K	Y	E	R	O	S	E

Crossword Puzzle on Page 8








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Big bucks find security in small woodlots and a noise then to hold estrous does to keep them away from other bucks.

Larry Kinley is Host of the internationally syndicated *Outdoor Radio*.

For more tips, go to [hasspro.com](http://hasspro.com) and click on the Outdoor Site's Library.

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1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
	19			20		21	22						
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64						65	66			67			68
69						70				71			
72						73				74			

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7								
		9		8				3
3		8		1	6	4		
	9		8			3		
6	5						8	4
		4			1		5	
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4				3		8		
								1

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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.  
Come back every week for Sudoku! For Solution See Page 7.

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**CLUES**

**ACROSS**

- Mt. Everest, McKinley and such
- Cleopatra's cause of death
- Crack in a lip
- \*Hot toddy, e.g.
- Former Chinese communist leader
- Glowed or beamed
- Pronouncements
- "\_\_\_ to Joy"
- Bird of prey weapon
- Hungarian composer Bela \_\_\_
- \*Popular winter sculpture
- Thus far
- Greenish blue
- Former refrigerator
- \*A snow \_\_\_ is one for trekking on snow
- Astronomer's sighting
- Miners' bounty, pl.
- One who "\_\_\_ on the safe side"
- Start eating!
- Heaven's Gate, e.g.
- 1:3, e.g.
- Captured in fun
- "Well-\_\_\_ machine"
- Falls behind
- Like tiny print
- Like number 1 to hydrogen
- Cuzco valley empire
- Jack Kerouac's Paradise

**DOWN**

- Sum it up
- Where a baby goes
- Maryland Institute College of Art
- Diary note
- \*Used for gliding
- In a frenzy
- "\_\_\_ but true"
- Literature in metrical form
- Tobacco mouthful
- River islet
- Dwarf buffalo
- In the Ivy League
- Pitted peach, e.g.
- Not the same one
- Indian restaurant staple

**24. Feeling no doubt**  
25. \*Hot treat  
26. \*Ingredient in infamous cake  
27. Played by Yo-Yo Ma  
29. Kind of surgeon  
31. Marty McFly's antagonist  
32. Tangerine-grapefruit hybrid, pl.  
33. Tarzan's swing rope  
34. \*Snow impression  
36. Kind of cell  
38. \*Capricorn or Aquarius, e.g.  
42. Extinct Italic language  
45. Tiny antelope  
49. Result of Truman's National Security Act of 1947  
51. \*Kind of skiing  
54. Ancient Greeks' harps  
56. Lightsaber beam  
57. Be quiet!  
58. "The Simpsons" palindrome  
59. Malicious look  
60. Ayatollah's home  
61. Pre-swan state?  
62. Greek muse of history  
63. Party casks  
66. Expresses mild alarm or surprise  
68. "\_\_\_ End" by The Doors

For Solution See Page 7

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# POPOFF!

with Mary Jane Popp

surprised at what they told me. Were they looking for more money and fame? No way!!!

Do you remember **Martin Kove**? He was the villain in "Karate Kid" and his credits run deep from "Wyatt Earp" with Kevin Costner to "Rambo II" with Sylvester Stallone. Over 100 films under his belt, and what do you think he shared with me. Yes, he wanted to be more disciplined with his exercises on a regular basis, but he also wanted to meditate more, like a couple of times a day. He wanted to develop more positive thinking...as much as he can. And I loved this one, he wants to better his skills. You'd think it would be his acting, but no, his computer skills. Seems like he wants to better himself in as many ways as he can.

Then I got the inside track from **Dr. Elmo**, the man behind "Grandma Got Run Over by a Reindeer" fame. Did you know the Gray Panthers actually picketed him at a club for singing that song? He thought they were fans outside the club with signs honoring him. Instead, they wanted to attack him. But that's history. Now Dr. Elmo vows to run a double marathon, and he ain't no spring chicken. He also vows to tell his dear wife how much he loves her everyday and what she means to him. Ain't that sweet?

**Stanley Livingston** wants to do something his mom always wanted him to do. Of course, we will always love Stanley as "Chip" on the "My Three Sons" TV classic. He has done so much since then from director to writer to producer. But his mom always wanted him to follow his natural talent as an artist. He's done stained glass work too along with his landscapes, florals, and street scenes. He wants to devote his time to getting back to that talent his mom always loved. You can see some of what Stanley is doing at [www.stanleylivingstonart.com](http://www.stanleylivingstonart.com). I'm sure we can look forward to some real beauty from the heart!

Then I had the opportunity to speak with former Olympic Gymnast **Cathy Rigby**. She was in Sacramento playing Peter Pan on stage, a part she has perfected

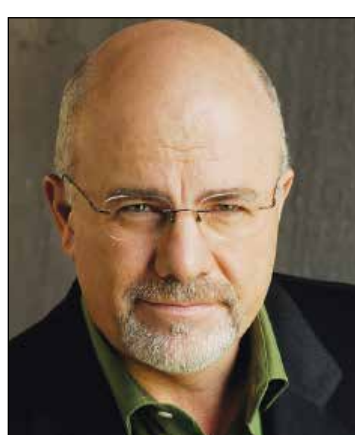
to the max. At 60 years old, she is still flying high as Peter, but this will be her last time playing the fanciful boy! Her resolution is to pray for patience, so she can move on and reach out to new goals in her life. I don't think there will be a problem there. She and her husband Tom McCoy are executive producers in the McCoy/Rigby Entertainment series at LaMirada and they have a conservatory for the arts too. I'll have more on Cathy's story in another article.

And then there was **The Amazing Kreskin**. Remember him all the way back to being on with Johnny Carson to today's Jimmy Fallon. From bending spoons to predicting our president, he has done it all and not a regret in life. No, he is not a psychic, but he is a mentalist. Yeah, just like the TV show. He doesn't make New Year's Resolutions generally because he gets his energy from everybody anyway. But he said his favorite Christmas song is "I'll be home for Christmas." Why? Because he has done 447 performances in 2012, and that's being on the road for a very long time. Ten days before Christmas, he was in Saudi Arabia. I'm sure home looked pretty darn good to him!

I know, you are wondering what my New Year's resolution is. How about to keep bringing you the best and brightest interviews on POPPOFF. I will vow to inquire, challenge, and dig in to get the truth because the truth is out there! Oooops! Do I hear the theme from "The X-Files"?

And so our hopes and dreams go on. I love to hear the resolutions from all walks of life. I will finish 2012 with the saying I always use at the end of my show, because it is so appropriate for this time. Always live simply, laugh often, love deeply, and most of all dare to dream! Why? Because without a dream, how can you make your dreams come true? **A HAPPY AND BLESSED NEW YEAR TO YOU AND YOURS!!!**

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.**



# Dave Says

*Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.*

## Better Safe Than Sorry

Dear Dave,  
My wife and I are 70, and we have \$950,000 in annuities in the market, plus \$68,000 in our emergency fund. The only debt we have is our mortgage. I'm considering converting our stocks to a money market account to lower the risk. What do you think?

- Howard

Dear Howard,

There are two sides to this. One is the asset allocation method, where as you grow older you move away from equities like mutual funds toward safer, more conservative investments like money markets, bonds and certificates of deposit. This is standard financial planning theory.

I disagree with that theory, and here's why. Statistics show that if you make it to 72 years of age and are in good health, you have a high probability of living into your nineties. If you're making around one percent on your money market and inflation is four to five percent, then your money isn't going to be worth a lot. You need to outpace inflation, at least with your investments, in order to break even.

You might move some cash over to money markets and CDs for your own peace of mind, but I'd also recommend growth and income mutual funds along with some balanced funds. You want the entire group to be hitting the four to five percent range over the next several years, so you can at least keep up with the rising costs of gas and bread.

In my mind, you're avoiding one type of risk by moving everything to money markets, but you're taking on a different kind of risk—the chance you'll get tackled from behind by inflation. My advice is to balance things out so you can sleep better at night, but at a pace where you and your money stay ahead of the curve!

- Dave

## Is This An Emergency?

Dear Dave,  
My wife just had our first child. As a result, we now have \$2,500 in medical bills not covered by insurance. We've got \$7,000 in our emergency fund,

and I make about \$25,000 a year. Should we dip into our savings for this or set up a payment plan with the hospital?

- Matthew

Dear Matthew,  
Congratulations on your new baby! I know this is going to make the new year extra-special for you.

If I were in your situation, I'd write a check today and knock out that hospital bill. This definitely falls under the heading of "emergency" in my mind, so pay the bill and jump back into rebuilding your emergency fund.

You've done a good job of saving on \$25,000 a year, but let's look around and see what you can do about making more money, too. Additional classroom education or extra training in your field could increase your income pretty quickly. Your emergency fund probably needs to be a little bit bigger as well, and it'll be a lot easier to make this happen if you're bringing in more cash.

I'm sure you're a hard-working guy, but the truth is it's going to be pretty tough for even a small family to make it on what you're bringing home now. Life happens, and the unexpected can become a common occurrence when there's a little one loose in the house!

- Dave

\*For more financial help, please visit [daveramsey.com](http://daveramsey.com).

## HAPPY NEW YEAR

We make these fabulous New Year's resolutions, vowing to keep them on the pain of...well you know! Do they last? Most of the time no, but we make them anyway...usually a few minutes before midnight! But do you know how it all began? I checked in on an article on Ezine articles online by a Gary Ryan Blair and found it to be a fascinating history. It goes all the way back to 153 B.C. It seems that Janus, a mythical king of early Rome was placed at the head of the calendar. Supposedly, he had two faces, so Janus could look back on past events and forward to the future. He became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of the new year. Oh, and the New Year has not always begun on January 1. It doesn't begin on that date everywhere even today. It begins on that date only for cultures using a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had. The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. Because Janus was always depicted as having on face on the front of his head and one on the back, at midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new.

So now that we have reached into a New Year, I thought I'd share some of the New Year's resolutions some celebrities I had on my POPPOFF Radio Show shared with me. You might be

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4 - 6pm:	The Kahi Afternoon News with Dave Rosenthal and the Kahi News Team
6 - 7pm:	The Drive Home Show with Dave Rosenthal
Wednesday:	Wealth Strategies with Hunter William Bailey
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 Kahi Corral
9 - 10am:	The Garden Guru
10 - 11am:	The Dew Sweepers Golf Show
11am - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
7:30 - 9am:	Cruisin' Garage & Swap Meet
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