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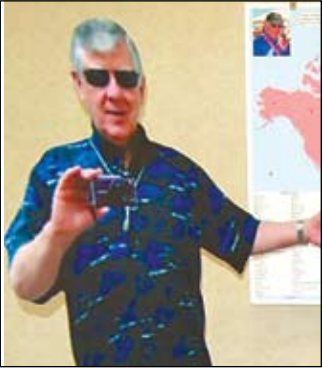
Grapevine Independent

VOLUME 46 • ISSUE 7

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

February 14, 2014

**I'll Be Seeing You,
Rancho Cordova**



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**The Dog Days
of Winter**



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**Empowering
Insights for
Spiritual Seekers**



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Rancho Cordova Is Proactive with Water Conservation



Many people have switched to plant landscaping that is native to the climate and requires less water. Check with local nurseries for non-invasive, drought-tolerant plants.

Rancho Cordova, CA (MPG) - Concerned about the prolonged drought, the City of Rancho Cordova is encouraging its citizens to conserve water.

"The City of Rancho Cordova is in close communication with our water purveyors to respond to this dry period," said Cyrus Abbar, Rancho Cordova's Public Works Director. "Residents and businesses can join our efforts to conserve

water by making small changes in water usage."

There are many simple water conservation tips for the home and workplace you can begin to use.

You can survey your property to identify and repair leaks in faucets, pipes and toilets. Maximize water efficiency by using shorter cycles and only washing full loads of laundry and dishes. Practice

turning off the tap while brushing your teeth or washing dishes in the sink.

When purchasing, consider water and energy-efficient appliances. Watch your utility companies' websites for rebates toward the purchase of "efficient" products. Insulate exposed water pipes with pre-slit foam insulation. You'll enjoy hot water faster and avoid wasting water

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Rancho Cordova Will Host International Triathlon in October

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova will be the site of a major international long-distance triathlon, the first Challenge Family half distance race in the United States, on October 5, 2014.

"Our goal was to bring a major international series half distance race to Northern California," said Ryan Coelho, USA Production's Race Director/CEO. "After an extensive venue search, we settled on Rancho Cordova where we have the infrastructure, race course, and city support to make this event a memorable athlete and family experience."

Featuring residential, business, and recreation locations throughout Rancho Cordova, "Challenge Rancho Cordova" will include a 1.2 mile swim course at Nimbus Dam, a 56 mile bike course through Rancho Cordova and surrounding areas, and a 13.1 mile run course that will end at Capital Village.

"The City of Rancho Cordova is proud to host the Challenge Rancho Cordova triathlon," said Mayor Dan Skoglund. "Rancho Cordova is a mecca of recreational opportunities and places to stay, making it the perfect location for this event. Athletes and visitors from around the world will discover what Rancho Cordova has to offer."

Registration is open for Challenge Rancho Cordova at www.Challenge-RanchoCordova.com. The event is open to individual and professional athletes and relay teams for friends, family, and colleagues. Spectators are invited to attend to support a challenger, enjoy a health and wellness expo, and meet the athletes.

The triathlon is coordinated by the Challenge Family that manages 24 full and half distance races around the world and USA Productions. Challenge Family's first triathlon, Challenge Roth in Germany, is the world's largest long distance triathlon and features over 5,500 athletes and 220,000 spectators.

"Our events aim to honor the spirit, values, and legacy of our sport and we are excited to finally have an event in California, the home-state

Continued on Page 5



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Ribbon Cutting Celebrates White Rock Road Project

RANCHO CORDOVA, CA (MPG) - Cutting the "banner/ribbon" at the White Rock Road Improvement Project ceremony on Tuesday, February 4th, were Scott Werth, Sacramento County's Project Manager (left); Rancho Cordova Council Member David Sander; County Supervisor Don Nottoli; Folsom Mayor Kerri Howell; Rancho Cordova Vice Mayor Robert McGarvey; Rancho Cordova Mayor Dan Skoglund; County Supervisor Phil Serna; Rancho Cordova Council Member Linda Budge; County Supervisor Jimmie Yee; and Mike Penrose, Director of the County's Department of Transportation. The ceremony celebrated Sacramento County's completion of the \$8.5 million project on White Rock Road, between Grant Line Road and Prairie City Road. The project will now be continued by the City of Rancho Cordova on White Rock Road that is within its city limits. White Rock Road is a busy thoroughfare used by commuters and local traffic between the communities of Rancho Cordova, Folsom, El Dorado Hill, and unincorporated areas of Sacramento County. ★

**The Perfect
Combination!**

Cordova Sports Update
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Grapevine Independent
NOVEMBER 15, 2013

Resource Center Provides Support for Family Caregivers

VSP Project Beautifies Rancho Cordova Neighborhood

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See inside for details

I'll Be Seeing You, Rancho Cordova

By: Ted Gaebler, Rancho Cordova City Manager

To All Rancho Cordovans:
I am approaching my last week as City Manager in Rancho Cordova before starting the next chapter of my life as a retiree. As I reflect on the last 10 years, the magnitude of Rancho Cordova's accomplishments stands at the forefront.

When Rancho Cordova achieved Cityhood in November 2002, residents, business leaders, and partners hoped and dreamed for a better Rancho Cordova. A Rancho Cordova that would thrive with control over our own resources. The City Council, City staff, and I have worked to realize this vision, and I am thankful for their long-term ideas and fresh take on government. I am confident this commitment will continue with them and future City leaders.



We have provided essential services to our 67,000 residents and the 50,000 employees who come to work in our city each day. Two recently completed projects include the Folsom Boulevard Beautification Project and new sidewalks in several residential neighborhoods. We have approached these projects with citizen feedback to ensure your voices continue to be heard.

Our City has acted as a broker, facilitator, catalyst, and educator to leverage resources from the private sector, non-profit sector, other government sectors, and citizens. Our "four-legged stool" approach builds upon this concept by leveraging our partnerships with four organizations – Cordova Community Council, Rancho Cordova Chamber of Commerce, and Rancho Cordova Travel and Tourism – all under City Hall's roof. These relationships foster investments that attract new visitors, provide entertainment opportunities, and build connections among the business community.

In addition to my 50+ years in the public sector, I co-authored the international best-seller, Reinventing Government: How the Entrepreneurial Spirit Is Transforming the Public Sector. The book promotes an entrepreneurial spirit in local government to foster partnerships and resource-sharing, as opposed to the common perception of government as bureaucratic and inefficient. As City Manager in Rancho Cordova, I have been in a good position to enable this change in our government.

In Rancho Cordova, we have built upon this concept by offering fresh perspectives and creative ideas. One accomplishment that I'm especially proud of is the City's financial success. Rancho Cordova has finished each of its 10 years with a balanced budget. Efficient financial management has saved dollars to be invested in future City projects.

I'm also proud of the many awards that the City has received. Two standouts are the All-America City award in 2010 that illustrates our outstanding civic accomplishments in addressing pressing local challenges and the two Fortune Magazine "Great Place to Work" designations. The latter pays homage to the culture of City employees as agents for organizational change that benefits the community, such as through volunteer hours and monetary donations to local organizations.

Despite my City retirement, I will continue to serve as the Chairman of the California Capital Airshow Board of Directors and on the Board of Directors for Leadership Rancho Cordova, a program designed to prepare community leaders to make a difference in Rancho Cordova. I also will continue to serve on the Board of

Directors for the Continuing Education for Public Officials (CEPO), an organization dedicated to leader development training and skills education of public service professionals, and be active as a Rotary Member.



My wife, Bonne, and I also anticipate spending more time with our four grandchildren who live near Boston and Scottsdale; plus there are 128 countries in the world that we haven't visited yet.

In conclusion, I want to express my deepest appreciation to current and past members of the City Council, City staff members, and to all of you with whom I have worked during the last 10 years. The relationships I have built in Rancho Cordova will continue long after my last day at City Hall. I look forward to seeing the great things you will continue to achieve in this great community.

With that said, I leave you with this: I'll be seeing you, Rancho Cordova. ★

Fondly and with great respect,
Ted Gaebler

Will the Real Ted Gaebler Stand Up?

The real Ted Gaebler on the right stands by his life-size cut-out in front of the world map that shows the 63 countries

that Gaebler has visited. The figurine and map were created for Gaebler's retirement party on Saturday, January 18th. More than 160 colleagues, friends, family members, and City staff members bought tickets to attend the party for the retiring Rancho Cordova

City Manager. Gaebler, who is 72 years old, has been Rancho Cordova's City Manager since its incorporation in July 2003. But he has worked in the public sector for more than 50 years. During retirement, Gaebler has plans to do more world traveling with his wife, Bonne, and to continue chairing the California Capital Airshow Board, volunteering with Rotary, and working with cities through Continuing Education for Public Officials. ★

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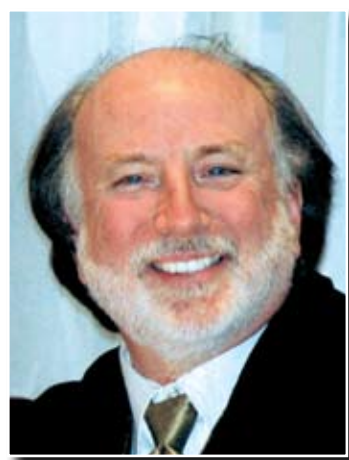
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Community Development Block Grant Funding Accepting Applications

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova is accepting applications from non-profits and local government entities for 2014-15 Community Development Block Grants (CDBG) from the U.S. Department of Housing and Urban Development.

Pending final grant allocations, the City anticipates receiving \$344,880 for Capital Projects and \$77,280 for Services that include services for senior citizens or homeless persons, education and recreation programs, and fair housing activities. Eligibility requirements are available at <http://CDBG.cityofranchocordova.org>.

Organizations can apply for grant funding for a one to two

year period at <http://CDBG.cityofranchocordova.org>. Click on the "Apply via ZoomGrants" button and create a log-in to begin the application. The City has teamed with ZoomGrants to provide an efficient online application process. The application deadline is midnight (PST) on Monday, March 3rd.

Since 2006, the City has used CDBG funding to finance infrastructure and neighborhood improvements as well as community planning and development programs.

"CDBG has contributed a total of \$4.5 million to fund City projects such as senior meals, youth after-school programs, and ADA

sidewalk improvements," said Reed Flory, Rancho Cordova's Housing Services Administrator. "The grant is the only funding of its kind to support these essential and life-enhancing services."

Organizations can learn more about the grant process at a two-hour CDBG Public Meeting and Technical Assistance Workshop on Wednesday, February 19th, at 3 p.m. at the Rancho Cordova City Hall, 2729 Prospect Park Drive.

For more information, please contact the City's Housing Services Assistant, Peter Ibrahim, at (916) 851-8785. ★

Source: City of Rancho Cordova



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Cordova Choice Awards 2014

Cordova Choice Awards 2014 will be held during the "Cork & Fork 2014" event to be held March 14th 6:30-8PM at the Sacramento Marriot Rancho Cordova

Instructions and rules for Cordova Choice Awards 2014

Business must be located in Rancho Cordova, Gold River, Mather, Anatolia, or Sacramento zip code 95827. All votes must be received no later than March 10th at 6:00 pm at the office of Messenger Publishing Group. Votes can be made either by mailing this form to MPG at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608, or by completing the online form at www.CordovaChoiceAwards.com. Only one vote per person. All voting entries must have complete information or the votes will not be counted. Cordova Choice Awards will be presented at this year's "Cork & Fork" event. This year's event will be held at the Sacramento Marriott Rancho Cordova on March 14, 2014 from 6:30pm - 9pm. "Cork & Fork" will highlight an evening of gourmet delights from some of your favorite restaurants, breweries and wineries. Please come out and support this event while giving back to the community.

Goals of "Cork & Fork"

Support the Partnership's goal to build a strong community of children, youth, and families Bring together like minded community members and socially conscious businesses Generate awareness about the programs and resources the Partnership provides Raise money to support the mission of the Folsom Cordova Community Partnership. To purchase tickets for this event please contact Chris Clark at 916.361.8684 ext 281 or via email cclark@thefccp.org. Mail your vote to The Grapevine Independent, 7144 Fair Oaks Blvd., Suite 5, Carmichael, Ca 95608. You can also vote online at www.CordovaChoiceAwards.com



- Best Place To Start Your Day _____
 - Best Lunch Spot _____
 - Best Dinner Destination _____
 - Best Burger In Town _____
 - Best Pizza In Town _____
 - Best International Cuisine _____
 - Best Night On The Town _____
 - Best Family Fun Spot _____
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 - Best Physician's Office _____
 - Best Photographer _____
 - Best Workplace (50 employees) _____
 - Best Workplace (200 employees) _____
 - Best Workplace (200+ employees) _____
- Top Vote Getter will be announced at the Awards

Rancho Cordova Soroptimists Begin 5th Annual Comfort Kit Collection Drive



RANCHO CORDOVA, CA (MPG) -Soroptimist International of Rancho Cordova (SIRC) is putting together Comfort Kits for local women fleeing domestic abuse. These kits contain basic essentials since many women leave their violent environment with very little. Comfort kit items may be dropped off in a specially marked collection bin at Rancho Cordova City Hall, 2729 Prospect Park Drive Rancho Cordova 95670 February 17th through March 7th during normal business hours.

A "Comfort Kit" is a large zippered canvas tote bag filled with a 30-day supply of toiletries and personal care items that most women do not think about packing when they are fleeing from an abusive environment. Soroptimists

are filling a need to support these women when they may be afraid, hurt, depressed or suffer from low self-esteem. The kits are designed to help these survivors feel normal and taken care of and also show them that there is a group of women out there who care and provide encouragement. For the past four years, SIRC has been delivering Comfort Kits to WEAVE (Women Escaping A Violent Environment) for distribution through their Sacramento County safe houses. SIRC delivered 50 bags the first year of the project to almost 200 kits this last year. "We would love to see a day come where women don't need shelters and assistance like this, but until that day comes, Soroptimists will work to help meet the needs

of women in our community. We can't do it alone; every person can help us help others," says SIRC Program Chair, Kelly Morris.

Items needed for Comfort Kits are: toothbrushes & toothpaste, feminine hygiene products, soap, deodorant, shampoo & conditioner, facial tissue, hairbrushes & combs, emery boards, and hand sanitizer. We will also accept things like: hair clips & accessories, body spray/fragrance, small first aid kits or adhesive bandages, journals with pen, pain relievers, skin cleansers/other toiletries, makeup removers/cleansing cloths, cosmetic bags, body & hand lotion, and makeup. All donations must be new and in unopened packaging and full-sized items are preferred. Please contact Kelly Morris at klm510@hotmail.

com with any questions.

The name Soroptimist, means "best for women," and that's what the organization strives to achieve. Soroptimists are women at their best, working to help other women to be their best. If you would like more information about Soroptimist International of Rancho Cordova, how to become a member, or just learn how you can help our club, please email siranchocordova@soroptimist.net. If you aren't ready to become a member, but would like to volunteer for future projects, please sign up at www.LiveYourDream.org. ★

Source: Sheryl Longsworth, Publicity Committee, Soroptimist International of Rancho Cordova

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Chamber of Commerce Announces New Business Members

By Jane S. Daly

RANCHO CORDOVA, CA (MPG) - Business is continuing to stay strong in Rancho Cordova. Chamber CEO Diann Rogers reports three new members joined in December.

Ron Baugham, owner of RB Fabrication, said he'd "Never joined anything before, but I thought I'd try the Chamber of Commerce." His goal is to find



RANCHO CORDOVA
CHAMBER OF COMMERCE

networking opportunities to grow his business. RB Fabrication is located at 11311 Folsom Blvd., Rancho Cordova, CA 95742 - across from Light Rail.

RB Fabrication website states: After 22 years in business, we pride ourselves on being professional, honest, friendly, and extremely competent with a combined 50-plus years of key employee experience in the fabrication industry.

Jordan's Referral Network rejoined the Chamber after a year hiatus. She said the Rancho

Cordova Chamber is her favorite. She especially appreciates the close connection between the Chamber and the city government. Janice Jordan, owner, can be reached at 916-803-7247, or email Janice@JordansReferralNetwork.com.

Jordan is author of the book *It's More Than Wine and Meatballs*. (Available in paperback or Kindle)

Several members renewed their membership in December. Thank you to Consolidated Electric Distributors, Louie's Cocktail Lounge, Surewest-Consolidated Communication, Sacramento Children's Museum, Everest Urgent Care, Pacific Advisors, Wingpros, and the Folsom Cordova Education Foundation.

A huge thank you to our renewing Diamond Investors: Rancho Cordova Travel & Tourism, Councilmember David Sander, Republic Services, and Real Estate America.

When looking for a product or service, consider looking first at the list of Chamber members in the directory: www.ranchocordova.org or call (916) 273-5688. ★

Rancho Cordova will Host International Triathlon in October

Continued from Page 1

of triathlon," said Felix Walchshöfer, Challenge Family's CEO. "We have teamed with a fantastic community and well-respected local production company to deliver an event that will be rich in athlete, family, and spectator experience."

Rancho Cordova Travel and Tourism partnered with the City to bring the triathlon to Rancho Cordova.

"We appreciate the partnership we have with the City of Rancho Cordova and are excited to demonstrate our special brand of hospitality to the national and international visitors this world-class event will bring to our community," said Lisa Jones, Chairperson of Rancho Cordova Travel and Tourism.

For more information, please visit www.Challenge-RanchoCordova.com or email info@challenge-ranchocordova.com. ★

Source: City of Rancho Cordova

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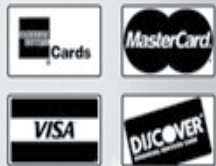
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CLUES

- ACROSS**
- Burp
 - Flapper's feathers
 - Struggle for air
 - Wombs
 - *Degree common to many Presidents
 - *Presidential Medal of _____
 - Show of contempt
 - On vacation
 - Beat the Joneses
 - *The first whom women could vote for
 - Perfect world
 - Bit of binary code
 - Bohemian, e.g.
 - Part of T.G.I.F.
 - One from the Magi
 - Feel bitter about
 - Exercise group, pl.
 - Kicker's field _____
 - Return the debt
 - Hurry up!
 - Dark organic soil substance
 - Seed cover
 - Cover
 - Agitate
 - Encore!
 - *Peanut farmer
 - Partner of "void"
 - To blemish
 - Dwarf buffalo
 - Bygone bird
 - *First Medicare cardholder
 - *Old Hickory
 - Jelly fruit
 - Rocks in drink
 - Thin mountain ridge
 - "A Doll's House" playwright
 - Military _____
 - One of several species of lemurs
 - California valley
 - Bolt's companion
 - *Presidents call on Congress to do this
- DOWN**
- *41st or 43rd president
 - Europe's highest volcano
 - Lecherous look
 - Belief
 - "Now _____" sign in window
 - Cyberspace soliloquy
 - Stumblebum
 - More than bad
 - Climb the stairs
 - Against or opposed to
 - Fountain liquid
 - A Super Bowl participant, e.g.
 - *He never promised "a chicken in every pot"
 - Secretariat's sound
 - Feather glue
 - Enduring strength
 - Biblical patriarch
 - Famous physicist Nikola
 - Part of stairs
 - *Number of Presidents named John
 - Clothes line
 - Erasable programmable read only memory
 - Nigerian money
 - *a.k.a. "His Accidency"
 - Falling-out
 - Comic strip Moppet
 - 1965 march site
 - Sinbad, e.g.
 - Genetic info carrier
 - Scene of event or action
 - "The _____" "America's Finest News Source"
 - Ohio rubber hub
 - Marching band member
 - Coarse file
 - Eye part
 - Court fool's joke
 - Plural for "serum"
 - Auditory
 - Hitler's Eagle's _____
 - Bathtub liquor
 - PC brain

CROSSWORD											
1	2	3	4	5	6	7	8	9	10	11	12
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6					1	7					
	7				3	9		4			
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		7	4								1
			3	9		5	7				
	2										

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

Come back every week for Crossword and Sudoku!

The Dog Days of Winter



By Gold River Resident Jodie Barringer Myers

They say you should write what you know. So I will. What I've lived, breathed and known the past month and a half is a rambunctious, darling, yellow Lab that we adopted on December 21, when she was almost eight weeks (weeks!) old.

You might have read the Dogs and Diamonds column from November...where I talked about losing our beloved dogs, and the kids moving out, moving on and getting engaged. Well, as fate would have it, we lost our 14-year-old Lab Mia on December 14. Losing her was not a surprise, as she was, after all, a 90-year-old "woman." But it was still very painful. Of course. She was our fifth family member. She made us other Myerses better, for we tried, often in vain, to be the great humans to her that I know she thought we were.

The days after our Mia died, kind friends and thoughtful neighbors sent flowers, cards and condolences. One of our friends asked Chuck, "So are you going to get another dog?"

"Hell, YES," was his lightning-quick reply.

"Hell, PROBABLY NOT," was mine.

I guess we know who wears the pants in this family...

Exactly seven days and one hour after Mia being gone, we

got another little Myers. Merry Christmas to us! We "interviewed" her parents, we met the owner, we consulted with our kids, we talked at length with our "dog mentor" friends, the Johnsons. We fell in love. We brought her home.

Her fancy name is Noel. Our first Noel. But we call her Noie (pronounced Noey) Julia looked up the meaning of Noe (they spell it wrong) in Hawaiian, and get this: it means "Mist from heaven." In our home, loosely translated, that means: "Mia is looking down from heaven, admonishing Noie to treat her forever family very, very well, for a very long time." Just like Mia did. Yes, Noie, you have HUGE paw prints to fill.

She's already acquired quite a few nicknames: Noey Bose, Noella Bella, Snowey, LuluHead, BooBoos, YouBrat, NoNoNoooo, and OuchhhThatHurts!

She poops, she pees, she even throws up. And she doesn't discriminate. She'll do all of the above inside, outside, in the car, in her crate, on Sisal or antique Persian rugs, hardwood and/or tile and/or carpet.

I had Chris our carpet cleaner on speed-dial the first couple weeks. But then I took a deep breath, quit stressing about the 10 new stains on the carpet, and imposed a moratorium on having houseguests over until she "grows up," at which time we'll re-cover all flooring surfaces in the entire house.

This girl is multi-talented. Pooping and peeing isn't all she does...

She digs, a lot, when given the chance. Which is why we have to be ever-vigilant of her every move, which means we can't let her out of our sight for more than a nano second, which means we can't get much of anything done.

And she sheds. A lot. Which is why my floors are coated in a fine, blond-colored fur. My house is in shambles. My Swiffer moves have become

quite impressive and proficient, but, sadly, futile. I can't wait for summer, when our littlest angel will be in full-shed mode.

She can go from 100 mph to zero in the blink of those big brown eyes. Ah, how I love those naps. That's when I get a bit nostalgic, remembering with clarity what it was like when my kids would snooze. Noie's nap-time is my time to rush to get my stuff done -- work on transcripts, do the laundry, return phone calls, unload the dishwasher... and write this.

So am I too old for this new puppy thing? I think so. No, I know so. But for the love of my husband, and at the behest of my two wonderful daughters (who live away from home and don't have to "live it" everyday), and for the exponential increase of the Cuteness Factor in this home, and for the sheer pleasure of smelling that puppy breath and fur, I will suck it up and... just do it. Happily. Well, for the most part happily. 98% happily. Okay...52% happily. (Just kidding.)

At this moment in time, she sleeps like a newborn, plays like a hyper toddler with ADD, eats like a ravenous adolescent boy, and too often acts like a defiant, rebellious teenager. The claws upon her pudgy paws are like razor blades. She is a set of sharp teeth (think ice picks) with a honey-colored Labrador Retriever body attached. We have the cuts and bruises on our hands, arms, ankles and nose to prove it.

But gosh is she ever cute! (Okay. Who doesn't say that about their new puppy?) But, really, she is.

You are more than welcome to stop by to meet, cuddle, play with or smell our newest family member at any time. But please knock quietly. Hopefully, she'll be napping. ★

Jodie Barringer Myers writes a blog, cottagecheeseandcrepepaper.com, and can be reached at jbthinmint@hotmail.com.

Rancho Cordova Library Events for Black History Month

February 20, 6 p.m., Thursday
Urban Poetry with poet Lawrence Dinkins (aka NSAA) and Friends (adult).

Poet Bob Stanley presents Urban Poetry in America with local poets Lawrence Dinkins, Jr. (known as NSAA) and V.S. Chochezi and Khiry Malik performing their own spoken word art and speaking about the current poetry scene. Everyone is invited to this free program. Light refreshments will be served. Funded by the Friends of the Rancho Cordova Branch Library and the Sacramento Poetry Center.

February 21, 4 p.m., Friday
From Africa to the Americas with Fenix Dance & Drum Company (family/all ages).

Fenix Drum and Dance Company present a special program to celebrate Black History Month. History with a twist - travel from Africa to the United States and to the Caribbean through interactive music, dance, and storytelling. Sponsored by the Library and the Rancho Cordova Branch Friends' Group.

February 27, 3:30 p.m., Thursday
Drumbeat! Heartbeat! with Fenix Dance & Drum Company (family/all ages).

Let's celebrate Black History Month! Interactive drum circle playing a variety of African and African inspired drums. Everyone participates by playing exciting West African and Afro-Caribbean rhythms while learning facts about the various drums. Program made possible by the Friends of the Rancho Cordova Library.

The Library address is 9845 Folsom Blvd. ★



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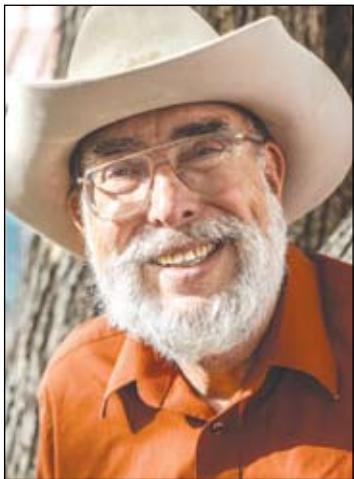
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Naturally, no one came right out and asked her, as that would be ... pushy? Rude? Nobody's business?

The "girls" down at the Curl Up 'N Dye beauty salon couldn't get the job done, so the world dilemma think tank decided to do the manly thing and confront her.

The four-man coffee'd-up deputation walked into the store en masse and Doc had been assigned the role of Grand Inquisitor, since he pried into people's private lives as part of his official duties.

"Hi guys," Sarah said, smiling. "What can I do for you?"

"Sarah," Doc said, "we'd like to know ... you know ... so we can put an end to all the speculation."

"Know what, Doc?"

"Well, why do you have that sign up there. 'Love and Other Fiction.' You know. Is it something in your past? Did you have an unhappy love affair?"

"You certainly come right out with it, don't you, Doc? Well ... it's like this. I needed a sign up there and I painted that one and put it up. That's why. As for any unhappy love affairs I may have had, how many women had you consorted with before you met Mrs. Doc? How about you,

Herb? Dud? Marvin? Let's get it all out on the board and talk about it."

Ten minutes later, the guys ordered fresh coffee back at the philosophy counter.

"I never thought Sarah would be like that," Herb said.

"Yeah," said Doc. "Kinda nosy, isn't she?"

"Some things are just ... personal, Doc," said Dud.

Marvin just quietly smiled and put sugar in his coffee. ★



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Grapevine Independent Community Calendar

On-going meetings; in Rancho Cordova unless otherwise noted.

- CODEPENDENTS ANONYMOUS**
Time: Tuesdays, 7:30-9 pm
Place: Sunriver Church
11223 Trinity River Dr.
www.sunriverchurch.com
- and relaxed way with library staff, community.**
- BRECA MEETING**
Time: 4th Tuesdays, 6:30-8 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 361-8087
www.breca.us
- WESTERN SWING SOCIETY**
Time: 1st Sundays, 1-5:30 pm
Place: Machinists Hall
2749 Citrus Rd.
www.westernswingssociety.org
Info: Live music, dancing. Food & beverages available for purchase. Members \$4, Non-members \$7.
- MILITARY RETIREE/SPOUSE MEETING**
Time: 2nd Tuesdays, 10:30 am
Place: N. Highlands Park & Rec Office
6040 Watt Ave., N. Highlands
Contact: 561-7476
Info: Meets monthly.
- RANCHO CORDOVA HISTORICAL SOCIETY**
Time: 4th Thursdays, 5 pm
Place: Rancho Cordova City Hall
2729 Prospect Park Dr.
www.ranhocordovahistory.com
Info: Meets in the American River Room
- SPELLBINDERS TOASTMASTERS**
Time: 2nd & 4th Mondays, 6:30 to 8 pm
Place: China Buffet
5623 Sunrise, Citrus Heights
Contact: 631-1703
Info: Hone communication skills. Beginners welcome.
- SPANISH LANGUAGE CONVERSATION CIRCLE**
Time: 4th Saturdays, 3-4:30 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Practice Spanish in a fun
- and relaxed way with library staff, community.**
- BRECA MEETING**
Time: 4th Tuesdays, 6:30-8 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 361-8087
www.breca.us
- WESTERN SWING SOCIETY**
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Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Practice Spanish in a fun
- Info: Brown bag lunch, bridge party. Free.**
- FORK TAIL DEVILS**
Date: 2nd Thursdays
Place: Rancho Cordova IHOP
2216 Sunrise Blvd.
Contact: 488-2645
Info: Lockheed Lightning P-38 enthusiasts, pilots, mechanics no-host brunch.
- WOMEN'S GOLF CLUB OF CORDOVA**
Date: Wednesdays
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 363-0363
Info: All players welcome.
- CORDOVA COUPLES GOLF CLUB**
Date: Alternate Sunday mornings
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 682-2285
All players welcome. Call for more information.
- COFFEE, TEA AND CONVERSATION FOR SENIORS**
Date: First Saturdays, 10-11 am
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
Info: For those 55+. Free. Share thoughts, memories! let the conversation flow! Light refreshments served. First Saturday each month.
- SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA**
Time: 2nd Monday each month, 6-7 pm
Place: Cattleman's Restaurant
12409 Folsom Blvd.
Contact: siranchocordova@soroptimist.net
Info: Organization serving needs of women & girls in our community and around the world.

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Cordova Hoops Inch Closer Toward CAL Title

By Mike Bush

RANCHO CORDOVA, CA (MPG) - Three is the magic number for the Cordova High School boys basketball team to capture the Capital Athletic League title.

That's how many games the Lancers have left to claim an outright CAL title. Two of those three games are played this week; the Lancers (7-0 in CAL, 16-7) played at El Camino on Wednesday. Today - Friday - Cordova will play at second place Antelope (5-2 in CAL).

On Tuesday, Feb. 18, Cordova will close out the regular season at home against Whitney of Rocklin. Tip-off is scheduled for 7 p.m. "We're just looking at one game at a time," Cordova head coach Fletcher Johnson said. "We fully understand teams in our league are capable of getting wins against us. We don't take anything for granted. But if we take care of business, that league title will be a by-product of us taking care of business."

Changes of playing defense have led to the Lancers' success. When the season started, the Lancers ran a full-court press defense. But teams broke the Lancers' full-court press that led to multiple turnovers.

That's when Johnson returned to a conventional style of defense, playing man-to-man and half-court sets. On offense, Cordova finds the open player for the shot behind or past the arc.

On Feb. 7 at home, Cordova notched its lucky seven win in CAL action by breaking open a close game in the fourth quarter to post a 64-48 win over Rio Americano.

Leading 48-40 entering the fourth quarter of its game against Rio Americano, Cordova stepped up its offense and defense. The Lancers' offense erupted for 16 points. On defense, Cordova's man-to-man defense held Rio to only eight points.

"We pulled it out," Johnson said. "They (Rio Americano) missed shots and that's how the game went."

Cordova had four players score in double figures;

Jordan Roberson had 18 points, JaQuan Lewis 13, Lamar Brewer 12 and C.J. Coles 10. Nathaniel Hendrix finished with nine points.

CORDOVA 67, MIRA LOMA 43

In the Feb. 5 game at Mira Loma, the Lancers jumped out to a 25-12 first quarter lead that increased to 40-23 at halftime. Cordova led 55-32 after three quarters. Leading the way for the Lancers were Roberson with 17 points. Chris Johnson was next in scoring with 14 points, and Marquis Bolden followed with 11. Brewer had nine points, Coles eight, Lewis six and Alex Yakimchuk two.

The CIF Sac-Joaquin Section playoff brackets are expected to be released on Wednesday, Feb. 19. The playoffs are scheduled to start Friday, Feb. 21.

For more information on whom Cordova will play in the first round of the playoffs, visit www.cifsjs.org. Click on the Sports tab, then select Winter and Boys Basketball. ★

By Mike Bush

RANCHO CORDOVA, CA (MPG)

- In two Capital Athletic League games last week, the-Cordova

High School girls basketball team had a split.

At Rio Americano on Feb. 6, the Lady Lancers played a tight game with the Lady Raiders, who rallied in the fourth quarter for a 46-26 win. On Feb. 4 at home against Mira Loma, Cordova (3-4 in CAL, 9-15) recorded a 60-28 victory.

In the fourth quarter in its game against Rio Americano, Cordova missed six free throws in the final two minutes of the game. The Raiders scored the go-ahead

"Against Rio Americano, we were nervous," Cordova head coach Raymond Bradley said. "We missed shots and were making errors. We tried to press then a lot more to speed up the game and get the ball back to score."

Scoring for the Lady Lancers were Monique Newton with 10 points. Nikki Jones followed with four points, Midori Mekata three, and Andalena Ware, Monae Newton, Caje Curney and Alyssa Wilson had two points each.

CORDOVA 60, MIRA LOMA 28

In the Feb. 4 home game, Monique Newton was one of three Cordova players scoring in double digits with 18 points. Curney followed with 12 and Leila Cooper had 10.

WHITNEY 44, CORDOVA 43

Behind 26-22 at halftime of the Jan. 29 game at the Lady Wildcats' game in Rocklin, the

Lady Lancers outscored their hosts, 13-6, for a 35-32 lead. But Whitney returned the favor in the fourth quarter, also doubling their scoring output against the Lancers, 14-8, and held off a late Cordova rally for the win.

The Wildcats jumped out to a 16-14 first quarter lead. But the Lady Lancers and Lady Wildcats were even in scoring in the second quarter by scoring eight points Cordova still has a shot of clinching one of CAL's three playoff berths.

But the Lady Lancers must win their remaining three games. Cordova continues CAL action this week. On Tuesday it hosted El Camino, and on Thursday hosted Antelope in its final regular season home game of the season. The Lady Lancers close out the season at Whitney of Rocklin on Tuesday, Feb. 18. Game time is scheduled for 7 p.m. ★



Capital Athletic League Boys Basketball Standings As of Feb. 11

Cordova	7-0	16-7
Antelope	5-2	14-9
El Camino	3-4	9-13
Rio Americano	3-4	13-11
Whitney	2-4	14-10
Mira Loma	0-6	6-15

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Prime Time Players

MARCUS FOSTER, KANSAS STATE
A lightly recruited guard from Wichita Falls, Texas, Foster scored a career-high 34 points — the most by a Kansas State freshman since Michael Beasley had 39 in March 2008 — to lead the Wildcats to a 74–57 win over Texas on Saturday then came back with 20 points in an overtime win over Kansas Monday night. Foster has scored 20-plus points in four of his last five games.

T.J. WARREN, NC STATE
Warren scored 27 points (nearly half of his team's total) and grabbed seven rebounds in NC State's 56–55 win at Miami — the Pack's first road win in ACC play this season. Warren, a sophomore forward, has averaged 23.8 points in his last six games.

JORDAIR JETT, SAINT LOUIS
Jett scored 19 of his 25 points in the second half — highlighted by a bucket with four seconds remaining to break a 63–63 tie — to lead Saint Louis to a two-point win at La Salle. The Billikens, who have won 16 straight games overall, are 9–0 in the Atlantic 10.

MARSHALL HENDERSON, OLE MISS
Here's a word you don't often associate with Henderson — efficient. But that is the type of performance Ole Miss received from its shot-happy senior guard. Henderson scored 29 points on 10-of-18 shooting (8-of-15 from 3-point range) to lift the Rebels to a 91–88 win over visiting Missouri. Ole Miss has sole possession of third place in the SEC with a 7–3 record in league play.

JAYE CROCKETT, TEXAS TECH
Crockett was the forgotten star of a game that will unfortunately be remembered for Marcus Smart's confrontation with a Texas Tech fan. Crockett, a senior forward, tied season highs in points (21) and rebounds (12) to lead the Red Raiders to a 65–61 win over Oklahoma State. Tech, under first-year coach Tubby Smith, improved to 4–6 in the Big 12. Last season, the Red Raiders went 3–15 in the league.

JABARI PARKER, DUKE
Parker bounced back from a subpar performance in Duke's overtime loss at Syracuse to average 25 points and 12 rebounds as the Blue Devils coasted past Wake Forest and Boston College last week. The freshman from Chicago was brilliant Saturday at Boston College, setting a career high in both points (29) and rebounds (16) in the Blue Devils' 21-point win.

JORDAN BACHYNSKI, ARIZONA STATE
Bachynski scored a career-high 26 points, but it was his work on the defensive end that secured the Sun Devils' 74–72 win over Oregon. The 7'2" center blocked nine shots, including Joseph Young's layup at the buzzer, to help Arizona State to its fifth win in the last six games. On Thursday, Bachynski had 17 points, 15 rebounds and seven blocks in an overtime win over Oregon State.

KADEEM JACK, RUTGERS
Jack and the Scarlet Knights bounced back from a miserable performance at Memphis on Tuesday to beat South Florida 79–69 on the road Saturday night. Jack, a junior forward, led the way with a career-high 31 points on 9-of-14 shooting from the field and a perfect 13-of-13 from the free throw line.

XAVIER JOHNSON, COLORADO
Johnson averaged 23.5 points and 9.5 rebounds as Colorado swept a pair of games from Washington State and Washington last week. In a 91–65 win over Washington, Johnson had a career-high 27 points and was one of three CU players to score at least 20 points (Josh Scott had 21 and Asia Booker had 20).

MELVIN EJIM, IOWA STATE
Ejim delivered perhaps the finest single-game performance in the history of the Big 12 conference. Iowa State's senior forward scored a league-record 48 points (on 20-of-24 shooting) and added a career-high 18 rebounds to key Iowa State's 84–69 win over TCU on Saturday. He bested the previous mark of 44 points, set by two Kansas State players — Michael Beasley in 2008 and Denis Clemente in 2009. Ejim wasn't as productive on Monday night, however, scoring only six points in a shockingly one-sided 102–77 loss at West Virginia.



Melvin Ejim, Iowa State

Steve Strickland-USA Today Sports



Jordair Jett, Saint Louis

Chris Janssen-USA Today Sports

Athlon Sports Power Rankings

- Syracuse (23-0)** Orange still have to play at Pitt, Duke and Virginia.
- Arizona (23-1)** Wildcats must adjust to playing without Brandon Ashley.
- Florida (21-2)** Gators hit the road for five of their next six games.
- San Diego St. (21-1)** Veteran Aztecs are 10-0 in the Mountain West.
- Villanova (21-2)** Cats head to Omaha Sunday for rematch with Creighton.
- Wichita State (25-0)** Shockers will be heavily favored in last six Valley games.
- Kansas (18-6)** Jayhawks' Big 12 lead down to one in the loss column.
- Duke (19-5)** Devils have won seven of eight; lone loss at Syracuse.
- Michigan St. (20-4)** Injury-riddled Spartans still in Big Ten title mix
- Virginia (20-5)** Cavs already have 11 wins in ACC action.
- Saint Louis (22-2)** Billikens have not lost since early December.
- Iowa State (18-5)** Cyclones had no answer for inspired West Virginia.
- Michigan (17-6)** Tough stretch (Ohio State, Wisconsin, MSU) awaits.
- Creighton (19-4)** Bluejays host Villanova in huge Big East clash.
- Cincinnati (22-3)** Bearcats ambushed by rejuvenated SMU.
- Iowa (18-6)** Hawkeyes have not won two straight since mid-January.
- Kentucky (18-5)** Cats are progressing, but Florida will be a huge test.
- Wisconsin (19-5)** Badgers nip Sparty on Traevon Jackson's jumper.
- Louisville (19-4)** Cards beating up underbelly of the new American.
- UConn (18-5)** Napier leads UConn in scoring, rebounding and assists.
- Texas (18-5)** Horns' win streak snapped at seven games.
- SMU (19-5)** Thanks to Larry Brown, basketball matters again at SMU.
- Oklahoma (18-6)** Sooners complete season sweep of Baylor.
- Ohio State (19-5)** Buckeyes have found their footing after four-game skid.
- Memphis (18-5)** Tigers surge past Gonzaga to claim key non-con win.

*Records and rankings are as of Feb. 10

Weekend on Tap

SATURDAY, FEB. 15

MEMPHIS AT CONNECTICUT
Both teams are headed to the NCAA Tournament, but Memphis and Connecticut are searching for quality wins to improve their seeding. Memphis has already proven it can win away from home, with neutral site victories over LSU and Oklahoma and a true road win at Louisville. Connecticut has already proven it can beat Memphis; the Huskies topped the Tigers at the FedExForum in mid-January.

PITTSBURGH AT NORTH CAROLINA
It's a big week for Pittsburgh, which hosts undefeated and top-ranked Syracuse before making its first trip to Chapel Hill as a member of the ACC. The Panthers boast a gaudy 20–4 record, but they are 2–2 in their last four games, with both wins coming in overtime against less-than-stellar competition (Miami and Virginia Tech). We will know a lot more about Jamie Dixon's team after this week's action.

OKLAHOMA AT OKLAHOMA STATE
The Bedlam rematch will not include Marcus Smart, who has been suspended for three games for pushing a fan at Texas Tech. Even with Smart in the lineup, Oklahoma State has had trouble winning games. Heading into Tuesday night's date with Texas in Austin, the Pokes had lost four straight. Once a certainty, the NCAA Tournament is now a longshot for Travis Ford's team.

VCU AT SAINT LOUIS
This is the first of two games between these two A-10 heavyweights over the next three weeks. Saint Louis, unbeaten in league play, is two games up on VCU and George Washington. VCU had its six-game winning streak snapped on Saturday with a 69–62 loss at Saint Joseph's. The Rams are still causing all kinds of trouble on defense but have not been as efficient on offense as previous Shaka Smart teams.

TENNESSEE AT MISSOURI
Missouri's NCAA chances have taken a hit thanks to a three-game losing streak that has left the Tigers with an overall record of 16–7 and a 4–6 mark in the SEC. It's fair to say this is a must win for Mizzou, which does not play a sure-fire NCAA Tournament team the rest of the way. Tennessee might be on the good side of the bubble at this point, but the Vols sure could use a win or two away from Thompson Boling Arena.

MARYLAND AT DUKE
This will have little impact on the ACC standings, but it's a significant game because it's the last meeting between these two rivals before Maryland heads to the Big Ten next season. Duke has had the upper hand of late, but over the years Maryland has played the Blue Devils as well as any ACC team not named North Carolina. The Cameron Craziest will be ready.

KANSAS STATE AT BAYLOR
Baylor continues to be one the most disappointing teams in the nation. The Bears, loaded with talent, dropped to 14–9 overall and 2–8 in the Big 12 with a loss at Oklahoma on Saturday. Kansas State, on the other hand, has overachieved. The Wildcats, who beat Kansas in overtime on Monday night, are in position to earn an NCAA Tournament invite for the fifth straight season.

WEST VIRGINIA AT TEXAS
West Virginia is making a late push to reach the NCAA Tournament, and Juwan Staten, a transfer from Dayton, has emerged as one of the top players in the league. Texas is still hanging around in the Big 12 race. The Longhorns are one game behind Kansas in the loss column, but they already have a win over the Jayhawks and still have one game remaining with KU.

FLORIDA AT KENTUCKY
It appears as though John Calipari's talented young team is making progress, but we won't know for sure until we see the Wildcats take on a team like Florida. The Gators have established themselves as the best team in the SEC and a legitimate national championship contender. With the exception of shooting free throws (297th in the nation), Billy Donovan's team is without a weakness.

SUNDAY, FEB. 16

WISCONSIN AT MICHIGAN
Wisconsin played its way out of the Big Ten title race by losing five of six games over a three-week period. But the Badgers have found their footing after picking up wins at Illinois and vs. Michigan State at home last week. And with a high RPI (No. 7), Bo Ryan's team is still looking at a quality seed in the NCAAs. Michigan remains tied with Michigan State atop the Big Ten, but the Wolverines have not played their best of late.

VILLANOVA AT CREIGHTON
Remember what happened the last time these teams met? Led by Ethan Wragge's school-record nine 3-pointers, Creighton drilled Villanova, ranked No. 4 at the time, 96–68 in one of the most stunning results of the season. The Wildcats, who have not lost since, will be eager to exact some revenge, but that won't be easy. Creighton has not lost at home since last February.

Ask the Editors

Smart decision by the Big 12

Do you agree with the severity (three games) of Marcus Smart's suspension?

Mitch Light: Three games seems about right. Smart's actions were unacceptable but not overly egregious. He shoved — not punched — a fan and then walked away. We likely will never know exactly what Jeff Orr, the Red Raider fan, said to prompt Smart's reaction, but it really doesn't matter. At no time and for no reason should a player ever touch a spectator. This does not absolve Orr from blame. Under no circumstances should a middle-aged man be yelling at a college student — whether he called him "a piece of crap" as he claims or used a racial slur, as Smart says. College students can taunt other college students. That's all in good fun. But once you graduate and your seat moves to a different part of the arena, it's time to focus your energy elsewhere.

Braden Gall: Yes. Marcus Smart is a decent young man who is incredibly frustrated, and he crossed the line. Regardless of what was said to him — no, I am not buying the "piece of crap" line — no player should ever come in physical contact with any fan. Is it reprehensible what some entitled fans believe is okay to say to teenagers? Of course, but players simply cannot react. They have to block out the noise.

David Fox: Three games seems appropriate, though the return date for Smart — Feb. 22 against Texas Tech at home — is a compelling case for four games. If there's any precedent for this, it's the Cincinnati-Xavier brawl that netted six-game suspensions for the biggest offenders after that 2011 incident. Clearly, the details are different, with Smart entering the stands for one shove of a spectator whereas punches were thrown among players in the Cincinnati incident. Until recently, Smart had been a model player for Oklahoma State, but the three games without him (at Texas, Oklahoma, at Baylor) could end up derailing the entire season for a team that's already lost five of its last six games.



Mark D. Smith-USA Today Sports

Marcus Smart, a preseason first-team All-American, is in the midst of a three-game suspension for shoving a fan in the final minute of Oklahoma State's loss at Texas Tech.

Name a team that you have changed your opinion of (either good or bad) in the past few weeks.

Light: St. John's, left for dead after an 0–5 start in the Big East, is now looking like a team capable of winning a few games in the NCAA Tournament. Led by guard De'Angelo Harrison, the Red Storm have won five of their last six league games, with the only loss coming by three points at Creighton on Jan. 28. On Sunday, Harrison scored 19 points and hit some key free throws late to secure a 70–65 win in the rematch with Creighton. With an RPI of 63 and only one win against a top-50 opponent, St. John's still has some work to do, but this team clearly has the talent to play its way into the NCAAs.

Gall: SMU. This is a team that was picked in the middle of the pack in

the American Athletic Conference. The Mustangs showed some progress early in the season but didn't exactly warrant much national attention. That, however, has changed. After beating both Memphis and Cincinnati at home in convincing fashion over the last two weeks, Larry Brown's team is now in the national rankings and appears headed to the NCAA Tournament for the first time since 1993. The only five losses for SMU? At Louisville, at Cincinnati, at Arkansas, Virginia on a neutral court and at, gulp, South Florida. The loss to the Bulls is the only real head-scratcher, and the Mustangs are perfect at home at renovated Moody Coliseum. Rematches with UConn, Louisville and Memphis in the final two weeks could be for more than just seeding in the conference tourney.

Athlon Board of Experts

This Week's Games & Experts' Records	Mitchell Light	Braden Gall	Nathan Rush	David Fox	Steven Lissan	Consensus
Memphis at Connecticut	Memphis by 3	Connecticut by 4	Memphis by 1	Memphis by 4	Connecticut by 2	Memphis by 1
Pittsburgh at North Carolina	North Carolina by 3	North Carolina by 1	North Carolina by 3	North Carolina by 7	North Carolina by 4	North Carolina by 3
Oklahoma at Oklahoma State	Oklahoma by 5	Oklahoma by 4	Oklahoma St. by 8	Oklahoma by 10	Oklahoma by 7	Oklahoma by 4
VCU at Saint Louis	Saint Louis by 4	Saint Louis by 5	VCU by 4	Saint Louis by 5	Saint Louis by 5	Saint Louis by 3
Tennessee at Missouri	Missouri by 6	Missouri by 4	Missouri by 2	Tennessee by 3	Missouri by 3	Missouri by 2
Kansas State at Baylor	Kansas State by 1	Baylor by 1	Baylor by 6	Kansas State by 7	Kansas State by 4	Kansas State by 1
West Virginia at Texas	Texas by 8	Texas by 10	Texas by 5	Texas by 3	Texas by 5	Texas by 6
Florida at Kentucky	Kentucky by 3	Florida by 1	Kentucky by 1	Florida by 8	Florida by 6	Florida by 2
Wisconsin at Michigan	Michigan by 4	Michigan by 3	Michigan by 3	Michigan by 9	Michigan by 3	Michigan by 4
Villanova at Creighton	Creighton by 4	Villanova by 3	Creighton by 4	Creighton by 2	Creighton by 5	Creighton by 2



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Rancho Cordova Is Proactive with Water Conservation

Continued from Page 1 while it heats up.

Thirst happens. Keep a bottle or pitcher of water in your refrigerator, instead of running the tap for a cold glass of water.

Outside the Home and Workplace there are other tips to try.

Start with checking irrigation systems for leaks and repairs. Install a smart irrigation controller that automatically manages watering based on weather conditions. You can also attach automatic shut-off nozzles to your hoses to keep water from flowing freely.

Many people have switched to plant landscaping that is native to the climate and requires less water. Check with local nurseries for non-invasive, drought-tolerant plants.

Common sense says to use a bucket of water to wash your car, rather than running the hose. Use a broom instead of a hose to clean driveways, sidewalks, patios, and parking areas.

Water your lawn only when it needs it. An easy way to tell if your lawn needs water is to simply walk across the grass. If you leave footprints, it's time to water. Make the most of your watering by watering in the early morning. As much as 30 percent of water can be lost to evaporation by watering during midday.

Plan for fewer, deep-soaking waterings to encourage deep root growth and stronger turf. Set your lawn mower one notch higher to make your lawn more drought-tolerant. Use drip irrigation hoses to water plants, and water in the early morning or evening. Consider using porous pavement (gravel is a good example) instead of asphalt for driveways and walkways. The rain will soak into the soil instead of running off and contributing to erosion.

Swimming pools, fountains and ponds should be equipped with recirculating pumps. These "water features" should also be checked annually for

hidden leaks or other problems. Cover your pool to minimize evaporation.

Two private water companies, Golden State Water Company and American Water, and two public agencies, Sacramento County Water Agency and City of Folsom Water District, service Rancho Cordova. Citizens can locate their water purveyor by visiting www.CityOfRanchoCordova.org and clicking on "Water Conservation Tips" under City Highlights.

At this time, only the City of Folsom has issued a mandatory 20 percent reduction in water consumption. The City's other three water providers have not issued mandatory water restrictions, but they strongly urge water conservation by residents and businesses.

Visit www.CityOfRanchoCordova.org for more tips and contact information for your water purveyor. ★

Source: City of Rancho Cordova



By Reverend Kevin Kitrell Ross

Q: How do I find my purpose in life and start living it?

A: I'm so glad that you have raised this question because it's a question many people struggle with finding the answer. There are some very important clues that will support you as you come into the realization of your purpose.

Being in the space of inquiry is the first step. So it's very important you remain in the question. To remain in the question simply means to allow yourself to be in a space of exploration and experimentation. To explore your purpose is to look carefully at those activities in which you feel naturally drawn to and you are energized

Empowering Insights for Spiritual Seekers

by.

When you are functioning in your purpose, you will find you are connected to a cause for which you are willing to devote your passion, your resources, and your time towards accomplishing. When you are passionate about a cause, it means you are willing to "pass on" the energy of your entire being for the fulfillment of that cause. Your purpose is not always presented to you in a neatly gift wrapped package. Sometimes your purpose shows up in ways that are disappointing. Or your purpose may be presented to you in ways that are very disturbing. For example, you may be very disturbed and uneasy about the presence of racism in our nation and you may be compelled to take a stand to put an end to this form of injustice within our country.

The aspect of yourself that is irrepensible and cannot be stopped in the pursuit of taking some progressive action toward this cause squarely places you in the operation of your purpose. Don't think it too great a task or too daunting. Embrace it! Accept It! Enjoy it!

Your purpose is always there and when you embrace it and not resist it, you will become

clearer and more confident as you take steps to fulfill it. You will also discover its simplicity, however difficult it may be to achieve.

Idle contemplation and "futz-ing" about your purpose are not the best ways to discover it. However, moving with the impulse and the restlessness of the soul guides you to take the journey up the path of purpose.

Every person is meant and sent to this earth. And the two greatest days in a person's life are "the day you are born and the day you find out why."

Dive in deep within yourself and contact the presence of God within you and you will undoubtedly uncover in some significant way you are here to express God as peace, love, harmony, joy, healing, and abundance.

Here's to the journey of a lifetime! ★

Kevin Kitrell Ross is an author, inspirational speaker, life coach, senior minister of Unity of Sacramento, and host of Design Your Life on Unity Online Radio. His hit DVD, Liberate Your Spirit, and other inspirational products are available online at kevinrossspeaks.com. unityofsacramento.com



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 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

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