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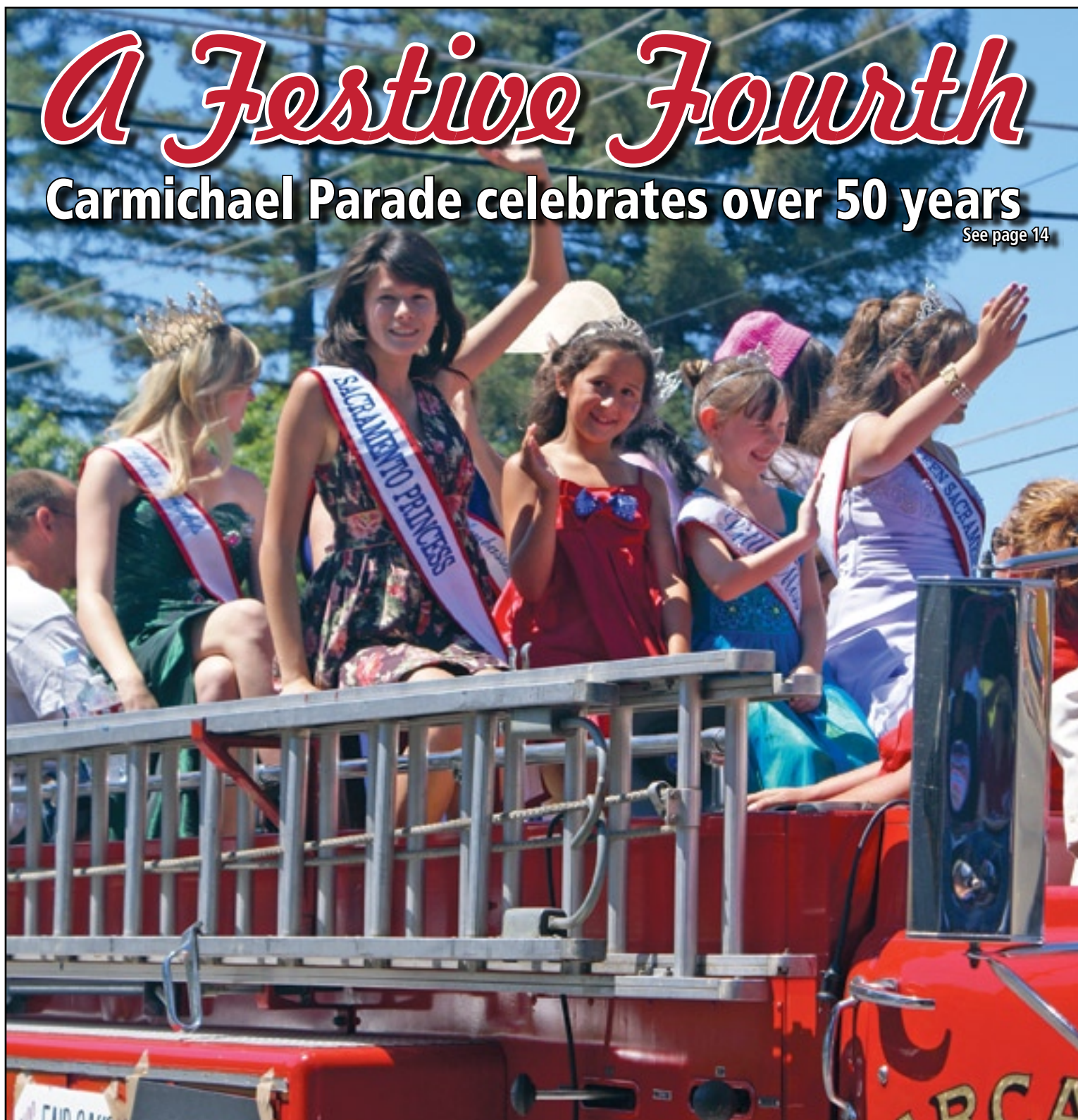


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## Carmichael Parade celebrates over 50 years

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Arden-Carmichael News photo, Lance Armstrong  
Unique fried foods like the ones advertised on this sign at a past California State Fair are among the annual event's most popular edible items.

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## It's time to eat 'fair-style' once again

By LANCE ARMSTRONG  
Arden-Carmichael News writer  
[lance@valcomnews.com](mailto:lance@valcomnews.com)

The waiting is finally over. The always anticipated California State Fair opens today, July 14, and with it comes its usual traditions, which of course include "fair food."

This is the time that guests of the event put aside their general eating habits and partake in a wide variety of edible assortments ranging from longtime favorites such as corn dogs and cotton candy to just about any fried food imaginable.

Although many reports have been made regarding the fair's food offerings, less emphasis is generally placed on the food vendors themselves.

And these vendors undoubtedly have many unique details to tell about themselves and their histories in business.

Despite their busy schedules as they prepared for this year's fair, several vendors dedicated time to share information about themselves, the fair and their food offerings.

### Milo Franks' corn dog stands

One such individual was corn dog vendor Milo Franks, who volunteered the obvious observation that he has a surname that is quite fitting for a man in his line of business.

Franks, 61, who lives in Pilot Hill, near Auburn, said that he has seen the concessions at Cal Expo grow tremendously in his four decades of selling corn dogs at the State Fair.

"I've been working at the State Fair since the second year it was here (at Cal Expo) in the new facilities," said Franks, who also sells pizzas with dough made on the fair's premises. "I can remember there were stands here that were actually made out of those cargo vans that you can rent nowadays. And there were tents back then. Guys used to call them knock down joints. They were canvas (with 2-foot by 4-foot boards). Now it's just nothing to have \$2,000 or more invested in a stand."

In an attempt to bring entertainment to the fair, Franks is working with his secretary, Georgeanne Clasen, to present the California State Fair's first corn dog eating contest.

The qualifying round of the contest will be held on July 21 and 22 and the finals will be held on July 23.

The cost to enter the contest is \$30 and the first place prize is \$2,000, second prize is \$500 and third is \$300.

Although Franks, who enjoys racing hot rods at the Sacramento Raceway in his spare time, has spent two-thirds of his life as a corn dog salesman, he said that his ini-

See Fair, page 3

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# Fair: State Fair opens today, continues through July 31

Continued from page 2

tial plan was to be an industrial arts teacher, so he would not have to work during summers.

Franks said that ironically, he has not had a summer off in 42 years, but added if he ever retires, he will build a car and race in all of the National Hot Rod Association meets around the country.

## Jungle George's Exotic Meats and Bugs

Certainly, fair food offerings are much different today than when Franks began selling corn dogs at the fair.

A prime example of this fact is the Jungle George's Exotic Meats and Bugs trailer, which is operated by Fremont, Calif. resident George Sandefur, a 38-year fair vendor, who began his career working in his native state of Indiana.

Sandefur said that he offers about 18 different, unusual meats such as alligator, python, raccoon and beaver meats and a full line of bugs from scorpions to crickets to maggots.

"We sell a lot of strange and unusual stuff," Sandefur said. "Our new sandwich this year is our Maggot Melt, which is like a patty melt, but instead of a burger, it has maggots. We also have desserts, including deep fried butter and deep fried jelly beans."

Offering unusual edibles was not always one of his trademarks, explained Sandefur. "My trailer used to be a chicken trailer, but it just wasn't doing what I wanted it to do," recalled Sandefur, who has one child and five grandchildren. "So, last year, the California State Fair called and asked me to do something strange. I said, 'How strange?' They said, 'Oh, maybe some strange meat or alligator or something like that.'"

Sandefur, who enjoys boating, swimming and flying standard, single engine airplanes during his spare time, said that by the following April, he introduced alligator meat, Rocky Mountain oysters and other unusual offerings at the Maricopa County Fair in Phoenix and sold out his inventory in about an hour.

"I said, 'Oh, well, maybe I've got something here,'" said Sandefur, whose personal favorite exotic menu items are his alligator and yak burgers. "We just kept adding (unusual food items) and finally at the State Fair, we had probably 14 or 15 different meats and we added bugs. I just keep going on and trying to see how strange and 'wow' I can get. I believe that patrons, especially the younger crowd, are looking for more than standard fair food these days. They want something you can't go to a restaurant and get. They just want something 'wow.'"



Photo courtesy, Grace Wang  
Grace's Crepes offers about 12 different crepes, including the fruit crepe, shown above.



Photo courtesy, Grace Wang  
Among Carmichael resident Grace Wang's menu items at the State Fair are healthier food alternatives such as her chicken spinach crepe.



Photo courtesy, Grace Wang  
Fresh Mexican Grill features a variety of entrees, including the beef fajita, shown above.

## Tempura, Inc.

Tempura, Inc. owner Grace Wang has been working at fairs for more than 15 years, and has two trailers at this year's State Fair.

Wang, who is assisted in the business by her husband Richard, who designed and built one of Tempura, Inc.'s trailers, said that she is very excited about introducing crepes to guests of the State Fair through her Grace's Crepes trailer.

"They never had crepes at the State Fair before," said Wang, a native of the northeast part of China. "The reason why we wanted to bring this new crepe trailer to the State Fair is because we wanted to bring

See Fair Food, page 8

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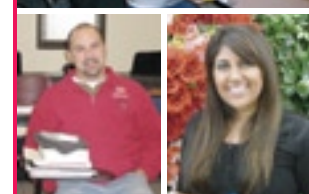
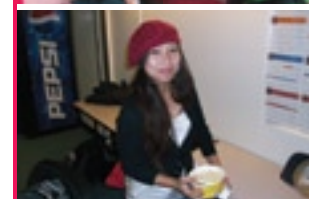
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# 'Stuffed Animal World Tour' coming to Central Library

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This unique school-age children's program at the Central Library will give children a sense of adventure, as their beloved stuffed animal takes a "trip" and travels.

On Sunday, July 24, the stuffed animals will be ready to pick up and will bring back exciting stories to tell.

One word of caution: bring stuffed animals that have "agreed" to travel.

Some stuffed animals can experience separation anxiety if such an event is "sprung" on them as a surprise. Ask your child to consult his or her stuffed friends to select the best candidate for travel.

The Central Library is located at 828 I Street in Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).



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Furry family

# Open house at East Lawn Pet Loss Center shows expanded facility

By **SUSAN LAIRD**  
Arden-Carmichael News editor  
susan@valcomnews.com

East Lawn Pet Loss Center in Sacramento hosted an open house for community members and their pets on Wednesday, June 29.

In addition to a tour of the newly renovated St. Francis Community Hall (which is available for community groups to rent), tours were given of the cemetery.

As with human cemeteries, the monuments at the pet cemetery are touching.

One especially moving section of the cemetery is the special section for police dogs. Over 45 K9s are buried in one section of the facility. Sacramento K9s and their handlers were on hand to "meet and greet" visitors.

Overlooking the entrance to the cemetery is a statue of St. Francis of Assisi, who is the patron saint of animals.

East Lawn plans to expand the pet section of the cemetery, according to Lisa West, pet loss counselor. There are six more acres available for such an expansion...dotted with peaceful oak trees and adjacent to the East Lawn Cemetery where human companions can be buried nearby.

According to West, several owners have been chosen to be buried within view of their furry family members' final resting places. The cemetery is the final resting place of dogs, cats, turtles, birds, a pot-bellied pig and even a horse.



Arden-Carmichael News photo, Susan Laird  
*MAKE ME A CHANNEL OF YOUR PEACE...St. Francis of Assisi, patron saint of animals, watches over the East Lawn Pet Cemetery in Sacramento, just off of Interstate 80. The cemetery is adjacent to the East Lawn Cemetery where humans are interred.*

The St. Francis Community Hall and East Lawn Pet Loss Center are located at the Sierra Hills Pet Cemetery, a beautifully landscaped burial facility overlooking the Sierra Nevada foothills and mountains. It is located at 6700 Verner Avenue in Sacramento (I-80 at Greenback Lane). For more information, call (916) 732-2037.

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# Mark Koller retiring from Mission Oaks Recreation and Park District

By MARC MALONEY  
Arden-Carmichael News writer

Employees at the Mission Oaks Recreation and Park District offices in Carmichael are in for a major change: no longer seeing the face or hearing the voice of longtime Director of Recreation and Marketing Mark Koller.

Koller retires in late July after more than 30 years with the district, leaving a legacy of expanded facilities, increased enrollment in district programs, and greater recognition for the district and its recreational offerings. But even more significantly, Koller's coworkers are dealing with having to say goodbye to a valued friend and proven leader.

Koller grew up playing football in Martinez and played college ball for a while at the University of Utah,

his career shortened by a persistent case of mononucleosis. The setback, Koller said, "forced me to reestablish my life," and he enrolled at Sacramento State University, where several friends were students.

Eventually Koller took a job with the City of Martinez, then moved on to the Boys Club of Oakland. During Koller's time with the club, he and a partner started a girls' night on Thursdays, and because of their initial offering, the club eventually expanded to become the Boys and Girls Club of America and started providing programs for girls nationwide.

"I've always tried to be an advocate for people of all ages and especially for girls," said Koller, father of two daughters. "After retirement, one of the things I plan to do is to work on getting fe-

males of all ages a fairer playing field."

Koller joined the MORPD in 1974 as a part-timer while still in college at Sac State; he was hired full time in 1979 after completing college. When Koller was hired, the district still was developing its facilities and programs. Since Koller came aboard, the district, which serves about 65,000 Arden-Arcade and Carmichael residents, has developed 16 parks and two community centers and operated a successful recreation program that includes a 36-year-old summer camp program for kids.

"Even today with the bad economy, the camps are still filling up," Koller said in his office over the voices of campers playing outside. "Most of our camp

See Koller, page 7



Photo courtesy, MORPD

PARKS MAKE LIFE BETTER. Mark Koller, director of marketing for the Mission Oaks Recreation and Park District, celebrates a recent birthday. He is retiring at the end of July.

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# Koller: Rescued middle school sport programs that were dropped by SJUSD

Continued from page 6

staff is kids who were campers and junior leaders here. And each group that comes in wants to do better than the group before them did, which is a nice problem for me to have," he added with a grin.

Also helpful to Koller is the location of the MORPD offices, between American River College and Sacramento State University, two schools that offer recreation programs.

"Having those two schools nearby has really improved our recruiting possibilities," he said. "And it also helps that this is a really fun place to work."

The district, Koller said, employs about 13 fulltime staff and uses contracted services for maintenance work at district facilities.

"Jobs like mowing, fertilizing, landscaping, those are all contracted out, which saves us money by not having to buy that equipment and not having to pay benefits to that many more employees," he explained.

Koller is especially proud of the relationship he and the MORPD have built over the years with the San Juan Unified School District. Five high schools and five middle schools are located within MORPD boundaries, Koller noted, and four of the district's 16 parks are located on San Juan Unified School District properties. In addition, the school district several years ago selected MORPD to run the district's middle school sports programs under an arrangement known as the Middle School Sports Alliance.

"It's all about a good-neighbor policy," Koller explained. "You build trust and respect within the community and you focus on not allowing the things that upset the neighbors to happen."

MORPD Administrator Debby Walker, who hired Koller back in 1974, considers his work to save the school district's middle school sports programs his finest accomplishment.

"Mission Oaks has a great work environment and Mark played a huge role in making that happen over the years by building strong internal and external relationships," Walker said. "His contributions are many, but one that rises to the top was the rescue and redevelopment of the middle school sports program for San Juan Unified School District after it was dropped from the school district's budget in the early 90s."

Koller's co-workers realize his retirement will mean a change around the office. MORPD Supervisor of Parks Ken Matsumoto, another longtime district employee, will miss Koller's positive attitude and team-building skills.

"I've worked alongside Mark for more than 30 years, and during that time I have seen Mark grow into his current position of director of recreation and marketing," Matsumoto wrote in an email. "Under his guidance, the district has consistently offered top-notch programs and opportunities for youth and adults through employ-



Photo courtesy, MORPD  
Koller leaves a legacy of expanded facilities, increased enrollment in programs and greater recognition for the district.

ment. But most significantly, he has worked tirelessly to promote staff well-being and has been the heart of employee recognition and accomplishment."

Matsumoto also praised Koller as a friend and an advisor.

"His influence has made Mission Oaks a family, not merely a place of employment," he continued. "Mark and I have shared many of our life's experiences with work and family, and if I needed advice I would turn to Mark. His imminent retirement leaves a bigger void as a friend than as a coworker."

As for Koller's plans for after retirement, he plans to focus on helping others.

"I'm a big believer in giving back, and whatever I'm able to do to make a significant difference in this next phase of my life, whether it's with family, friends, community, that's my goal," he said. "I am blessed to be at a place in my life where I can give back and give more than I receive."



Photo courtesy, MORPD  
LOOKING FORWARD TO RETIREMENT. Mark Koller, director of marketing for the Mission Oaks Recreation and Park District, is looking forward to retiring, but plans to remain active in the community. "I'm blessed to be able to give back," he said.

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# 'Family Fun Fest' to be held at Carmichael Park

Special to Arden-Carmichael News

A free and fun-filled day with entertainment, family games, art projects and much more will be held at Carmichael Park on Sunday, Aug. 13 from 10 a.m. to 3 p.m.

The "Omni Youth Programs Family Fun Fest" will feature free music, a DJ, youth performances and local entertainers. Community members will enjoy booths with art, crafts and food. Local businesses and non-profits will be on hand with information, also.

Omni Youth Programs is a community based, non-profit organization that provides free drug and violence prevention programs to youth and families in the Sacramento area.

Carmichael Park is located at 5750 Grant Avenue in Carmichael. For more information, contact Shari Egeland at (916) 362-2000 extension 14.



Photo courtesy, Georgeanne Clasen  
Milo Franks, who has been selling corn dogs at the State Fair for four decades, passes out a cash reward for a corn dog eating contest. The contest will make its California State Fair debut on July 21.

## Fair Food: Snacks on a stick return

Continued from page 3

healthy food to the fair. We want to do less fried stuff. Our crepes, we do everything from scratch and this is our own recipe. We have about 12 different kinds of crepes."

Tempura, Inc.'s other trailer will feature the Fresh Mexican Grill with quesadillas, chicken and beef fajitas, enchiladas, burritos, a nine-item plate, called the "Super 9," fresh tortillas and homemade salsa and guacamole.

Wang said that some of her passions in life are read-

ing books, attending seminars and living in Carmichael.

Regarding Carmichael, she said, "It is a relatively old community, so it's very quiet with a lot of trees, big yards and very nice neighborhoods. I really like it. My (two) kids play with the neighbor kids, and it's very safe."

### California Ice Cream Co.

Relatively newcomers to the State Fair, but 20-year veterans of the fair circuit, Galt residents Philip and Crystal Miller are adding

sweetness to this year's fair through their California Ice Cream Co. offerings.

The business features different flavors of ice cream, banana splits, sundaes, a McDonald's McFlurry-like ice cream cup and their new item, a bacon maple sundae.

Crystal said that eating the bacon maple sundae is like having "breakfast in a cup."

As a helpful tip in finding her business trailer, Crystal noted that the trailer is purple and pink and is decorated with an image of a snowball-throwing polar bear, named Cal.

When they are not working at fairs, the Millers devote time to Galt High School. Crystal is the assistant director of the color guard and Richard is a volunteer visual arts coordinator.

Although Crystal hopes that many people take advantage of the many food offerings at this year's State Fair, she stressed that she is desirous that people come to the fair, in general.

"I hope everyone comes out and enjoys the fair," Crystal said. "I know times are tough, but there's a lot to do, so it's well worth the entrance ticket."

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# Book sale will support community library programs

Special to Arden-Carmichael News

Book lovers, rejoice. The Friends of Arden-Dimick Library is planning an all day book sale to raise funds for local library programs on Saturday, July 16. The sale will be held from 10 a.m. to 3 p.m. in the Community Room at the Arden-Dimick Library.

Library volunteers have gathered book donations for months and will offer more than 2,000 books at super-low prices; from 25 cents up to a dollar. This will be an excellent, affordable opportunity for adults and children to stock up on summer reading materials.

Event information is listed on the Sacramento Public Library's website at [www.saclibrary.org](http://www.saclibrary.org).

The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books and materials.

The Arden-Dimick Library is located at 891 Watt Avenue in Sacramento. For information, contact Margaret Clausen at (916) 488-1878 or email [Margaret\\_Clausen@comcast.net](mailto:Margaret_Clausen@comcast.net).



Arden-Carmichael News photo by Susan Laird

The Friends of the Arden-Dimick Library will host a book sale fundraiser on Saturday, July 16.

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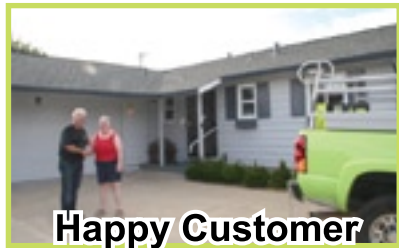
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Faces and places

# 'Gathering of Patriots' at Carmichael Parade

Photos by BILL CONDRAY  
Arden-Carmichael News photographer

Patriots young and old gathered to mark an annual Carmichael tradition – the annual Carmichael Gala Parade – on Monday, July 4.

The morning began with a community pancake breakfast by the Carmichael Kiwanis Club.

The parade, which has been hosted by the Carmichael Elks for more than half a century, began at 10:30 a.m., at the corner of Marconi and Fair Oaks Boulevard in Carmichael.

Classic cars, community floats, marching bands, military units and dignitaries made their way down Fair Oaks Boulevard to Cypress and Manzanita where the parade ended.

Everyone enjoyed the parade. Later, there were afternoon events at the La Sierra Community Center, and fireworks lit up the sky after dark.

It was a true, community event worthy of a Norman Rockwell painting.



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# 'Road to Rover' at Carmichael Library

Special to Arden-Carmichael News

Looking for a fun way to boost your child's reading skills while making new friends?

Kids are invited to read aloud to a trained therapy dog and an adult volunteer. Participants may bring their own books or borrow one from the fabulous collection at the Carmichael Library, then read aloud to a furry friend.

Specially trained therapy dogs are waiting for children to come read to them. This

school-age program is for kids ages five to 10 who are reading. They can earn stickers for the time spent reading and earn a book, too!

The "Road to Rover" event will be held Tuesday, July 19 from 3:30 p.m. to 4:30 p.m. at the Carmichael Library. The library is located at 5605 Marconi Avenue in Carmichael. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).



## Supervisor Peters to hold office hours

Special to Arden-Carmichael News

County Supervisor Susan Peters will be holding summer "Office Hours" in August at two locations prior to free evening concerts starting at Carmichael Park on Sunday, Aug. 7, and later at Arden Park on Saturday, Aug. 20. Peters will set up a table at both events an hour before each concert is scheduled to begin for residents who wish to drop by and discuss with her items of interest. No appointment is necessary with visits to be handled on a "first come basis."

"Establishing 'Office Hours' provides the opportunity to mix business with pleasure," Peters said. "I'll be available to talk about county matters as people arrive with their blankets, lawn chairs and picnic baskets to get ready to enjoy the free concerts being sponsored by the recreation and park districts serving Carmichael and Arden Park."

The Carmichael Park "Office Hours" will start at 5:30 p.m. and will conclude prior to the performance of the John Skinner Band that begins at 6:30 p.m., Sunday, Aug. 7. This free concert is sponsored by the Carmichael Recreation and Park District. For more information about this summer concert series, call the Carmichael Recreation and Park District at (916) 485-5322 or visit [www.carmichaelpark.com](http://www.carmichaelpark.com).

The Arden Park "Office Hours" will start at 6 p.m. and will conclude prior to the performance of the band Inspector "71" that begins at 7 p.m., Saturday, Aug. 20. This free concert is sponsored by the Arden Park Recreation and Park District. For more information about this summer concert series, call the Arden Park Recreation and Park District at (916) 483-6069 or visit [www.aprpd.org](http://www.aprpd.org).

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Send your event announcement for consideration to: [susan@valcomnews.com](mailto:susan@valcomnews.com) at least two weeks prior to publication.

## REUNIONS

### JFK High '69, '70, '71

**July 16:** The John F. Kennedy High School combined reunion for the classes of 1969, 1970 and 1971 is rapidly approaching! We are in need of contact information so we can spread the word to as many of our old friends and classmates as possible. For more information please send your email address and/or phone number to: [jfkreunion69-70-71@hotmail.com](mailto:jfkreunion69-70-71@hotmail.com) or call (916) 475-3816

### JFK High Class of 1981

**Aug. 6:** The John F. Kennedy High School Class of 1981 will celebrate its 30th Reunion. \$75/person. 6 p.m. to 11:30 p.m. Valley High Country Club, 9595 Franklin Blvd., Elk Grove. Visit [www.johnfkennedyclassof81.com](http://www.johnfkennedyclassof81.com) for more information.

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### 'Bytes of Reality'

**Through July 17:** Southern California artist Daniel Douke responds to everyday experience by rendering the transient packaging of consumer products - particularly the box. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.org](http://www.crockerartmuseum.org)

### The Photosynthetic Restaurant

**Through July 17:** Gourmet Sunlight for Plants as Catered by Jonathon Keats, a conceptual artist, fabulist, and critic, has developed a gourmet cuisine for the world's first photosynthetic restaurant, set in the floral plantings in front of the historic Art Gallery building of the Crocker Art Museum. 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.org](http://www.crockerartmuseum.org)

### 'The Producers'

**Through July 17:** Down-on-his-luck Broadway producer Max Bialystock and accountant Leo Bloom sing and dance their way through the biggest show-biz scam in history. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

### 'Quilters Pride'

**Through Aug. 6:** "Quilters Pride" is an exhibition of works by the Monday Morning Quilters of the Northminster Presbyterian Church. Gallery hours: 11 a.m.-7 p.m. Tuesday, 11 a.m.-3 p.m. Wednesday through Saturday. Sacramento Fine Arts Center, 5330B Gibbons Dr., Carmichael. (916) 971-3713

### Defending the Caveman'

**Through Sept. 11:** Broadway's smash comedy about the sexes, written by Rob Becker. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac.. (916) 557-1999 [www.CosmopolitanCabaret.com](http://www.CosmopolitanCabaret.com)

### Landscapes from the Age of Impressionism

**Through Sept. 18:** This exhibition of approximately 40 paintings includes many of the finest examples of mid-19th through early 20th-century French and American landscapes from the collection of the Brooklyn Museum. These works form a broad survey of landscape painting as practiced by leading French artists such as Gustave Courbet and Claude Monet, as well as their most significant American followers, including Childé Hassam and John Singer Sargent. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.org](http://www.crockerartmuseum.org)

### Transcending Vision: American Impressionism, 1870-1940

**Through Sept. 25:** "Transcending Vision" traces the development of Impressionism in the United States and the growth of a truly American style of painting. The exhibition includes works by more than 75 prominent American artists including George Bellows, George Inness, Childé Hassam, Ernest Lawson, Lilla Cabot Perry and Julian Alden Weir. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.org](http://www.crockerartmuseum.org)

### Gardens and Grandeur: Porcelains and Paintings by Franz A. Bischoff

**Through Oct. 23:** After beginning his career as a china painter in Bavaria, Franz A. Bischoff immigrated to the United States in 1885 to become one of the foremost porcelain painters of his day. He won numerous awards and earned the title "King

of the Rose Painters." "Gardens and Grandeur" features approximately 40 examples of Bischoff's work, including porcelains, still lifes, and landscapes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.org](http://www.crockerartmuseum.org)

## JULY

### Bilingual Toastmasters

**July 14, 21, 28:** Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 [teri.bullington@gmail.com](mailto:teri.bullington@gmail.com), [www.sacramentotoastmasters.com](http://www.sacramentotoastmasters.com)

### Food Addicts Anonymous

**July 14, 21, 28:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic

#### Disease group

**July 14, 21, 28:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of Pocket/Greenhaven

**July 14, 21, 28:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

### Sutterville Heights Optimist Club

**July 14, 21, 28:** Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

### Volkssport walking

**July 14:** Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65r St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or [nussb@surewest.net](mailto:nussb@surewest.net). Also [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

### Kiwanis Club of East Sacramento-Midtown

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### Rotary Club of Point West

**July 15, 22, 29:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. [www.pointwestrotary.com](http://www.pointwestrotary.com)

See more Calendar, page 21

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# Amazing, educational and off-beat, Annual Turtlerama is July 16

By **MARC MALONEY**  
Arden-Carmichael News writer

Turtles and tortoises and terrapins, oh my! The shelled, slow-footed Chelonians will serve as the stars of the annual Turtlerama event put on by the membership of the Sacramento Turtle and Tortoise Club. This year's event will take place from 11 a.m. until 4 p.m. Saturday, July 16, at Belle Cooleedge Library, located at South Land Park Drive and Fruitridge Road. The free event will include live turtles and tortoises, educational displays, and turtle adoption opportunities.

Felice Rood, founder and president of the Sacramento Turtle and Tortoise Club, is the driving force for the annual event, which marks its thirtieth anniversary this year.

"I created it back in 1981 after rescuing turtles in the area before that," she said recently by phone. "The people who'd bring rescue turtles to me encouraged me to start a club, and now here it is, 30 years later."

As the organizer of a successful event that has lasted for three decades, Rood said she knows what works and has no problem with trying to keep the event's vibe the same year after year.

"We'll have all kinds of educational information provided by our club members, we'll have tons of displays, and all the animals will be outside," she said. "It's always taken place right there at the Belle Cooleedge Library. We never change things; everything stays the same because it's so popular the way it is."

A sense of permanence is also one of the things that Rood most appreciates about turtles and tortoises.

"I like that prehistoric look they have to them," she said with a chuck-

le. "I used to live in Dayton, Ohio, and my kids started bringing home box turtles all the time. Then one day, they walked in with this gigantic tortoise and my heart just started to sing and it hasn't stopped singing since then."

One such gigantic Greek Tortoise, known as "Jim the Jerk" (it's an affectionate nickname, Rood swears), will be one of the show's featured attractions. The cranky old male just last year helped to father quintuplets after a lifetime of less than amorous behavior around plenty of females.

Rood dedicates herself to educating people about turtles and proper turtle ownership, emphasizing that owing a tortoise or turtle is a long-term commitment.

"Not all people know or realize that, and so they get something little for a pet and then they're caught off-guard when it grows into something huge," she said. "That's when they have to call me."

Another point Rood stresses is that pet turtles need natural habitats.

"I always say aquariums are for fish and artificial light is for plants," she said, the tension in her voice evident as she recalled cases she has seen where a turtle's growth was limited to the point of deformity by being kept in an undersized glass tank.

Rood expects the show to draw a good crowd to Belle Cooleedge Library; she said mails about 850 newsletters four times a year to the membership of the Sacramento Turtle and Tortoise Club, with mailers going as far away as New York, Florida, and even the United Kingdom.

For more information about the Sacramento Turtle and Tortoise Club and Turtlerama, visit [www.turtlebunker.com](http://www.turtlebunker.com).



Valley Community Newspapers file photo  
Turtles swimming outside of the newly renovated Belle Cooleedge Library. Did you get fooled? The turtle in the foreground is made of stone.



Valley Community Newspapers file photo  
Leland Lee, age 6 at the time, examined the tortoise exhibit inside the Belle Cooleedge Library's meeting room at last year's Turtlerama.

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Continued from page 17

## Soroptimists of Sacramento

July 15, 22, 29: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

## Food Addicts Anonymous

July 16, 23, 30: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

## Reunion JFK High '69, '70, '71

July 16: The John F. Kennedy High School combined reunion for the classes of 1969, 1970, and 1971 is rapidly approaching! We are in

need of contact information so we can spread the word to as many of our old friends and classmates as possible. Please send your email address and/or contact information so you can be added to the invitation list. Please send contact information and or questions to: jfkreunion69-70-71@hotmail.com. Hyatt Regency, Grand Ball Room, 1209 L St., Sac. (916) 421-4316

## Turtlerama

July 16: Learn about turtles and tortoises at this event sponsored by the Sacramento Turtle and Tortoise Club. 11 a.m.-4 p.m. Free admission. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 421-1134

## Co-Dependents Anonymous

July 17, 24, 31: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

## Community Sunday breakfast

July 17, 24, 31: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

## Sunday Support for the Widowed

July 17, 24, 31: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

## Co-Dependents Anonymous

July 18, 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

## Hatha yoga

July 18, 25: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

## Knitting and Nattering

July 18: Do you have knitting projects you need to finish? Do you enjoy a little conversation with your knitting? Join the knitting group at the Arden-Dimick Library. Meets the first Monday of the month from 6:30 p.m. to 8 p.m. and the third Monday of the month from 4 p.m. to 5:30 p.m. (except for Monday holidays). Learn some new tricks and share your knowledge with others. All ages and skill levels welcome. 891 Watt Ave., Sac. www.saclibrary.org

## Rotary Club of South Sacramento

July 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

## Tai Chi & Chi Keung

July 18, 25: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

## Toastmasters

July 18, 25: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

## Christian Women's Connection

July 19: Monthly luncheon. \$16. Feature: "Putting it All Together" - building a lasting wardrobe without breaking the budget. Guest speaker: Karan Gleddie. Reservations required by July 13. Carmichael Elks Lodge, 5631 Cypress, Carmichael. Fran (916) 332-1461, Sharon (916) 361-1642 or SacCWC@aol.com

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# College Greens Gators a founding team in the Sacramento Suburban Swim League

By **BENN HODAPP**  
Arden-Carmichael News writer  
benn@valcomnews.com

It's not whether you win or lose; it's how you play the game. There is no "I" in team. It's not the size of the dog in the fight, it's the size of the fight in the dog. These are some of the mottos that could apply to the College Greens Gators recreational swim team in East Sacramento.

The Gators, founded in 1965, are the smallest team in the eight-team Sacramento Suburban Swim League. And while the relatively small size of the team may keep the Gators from scoring as many points as the larger squads, the 162 members at College Greens (roughly half of which reside in East Sacramento, the others come from Arden and the surrounding area) continue to thrive in the water while setting different goals beyond just winning and losing.

"This year the team is much better," said Coach Pat Daniels. "There are more things in place to improve the team."

Daniels, who is in his second year as coach of the Gators, said that the team has been able to retain more swimmers than in past years. The team has had problems in the past with members quitting the team.

The Gators may not pose a significant threat to the teams with 300-400 members, but Daniels has implemented ways for his swimmers to be successful.

"What we take away (from competition) is individual improvement," he said. "We may also shoot to score a certain amount of points in a certain age group."

He also said that he and swimmers will set goal times rather than worry about the competition.



Photo courtesy, College Greens Swim Team  
There is no "I" in TEAM. The College Greens Gators focus on individual achievement and personal best times. But that doesn't mean that they don't have a strong bond as a team. Friendships made on the team can last a lifetime. Left to right, Alice Urkov, Anne-Marie Barbour, Poppy Ruyak, Taylor Monette, Annabella Roller.

"If we reach our goal times, it will result in scoring points."

He also posts the "Top 10" times in the previous year's championship meet in dif-

ferent events so that the kids have something to shoot for that they can see.

Daniels swam in the very same league when he was a child (for the El Dorado Hills Tazmanian Devils, nicknamed the "Taz") before moving on to swim for the Sierra Marlins Swim Team (SMST) year round when he was 14. He went on to swim at Oak Ridge High School and for two years at UC Davis.

After each team faces off head to head with the other seven team in the league, the season ends with a league

championship meet at Sierra College that includes all eight teams competing together. With less than half of the members of some of the other teams, the Gators simply cannot score enough points to come out on top as a team, but that doesn't mean that the team is without gifted swimmers.

One such swimmer, whom Daniels said consistently wins her races, is 15-year-old Morgan McClure. McClure, who recently finished

See Gators, page 15

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Photo courtesy, College Greens Swim Team  
 Jared Hook, a member of the College Greens Swim Team, strives for a personal "best" in the 25 yard breaststroke event.



Photo courtesy, College Greens Swim Team  
 College Greens swimmer Taylor Monette.



Photo courtesy, College Greens Swim Team  
 College Greens Gators Jane Gregory and Megan Schirmer wait for their events to be posted at a recent swim meet.

# Gators: Swimming runs in the family – moms, dads former Gators

Continued from page 14

her freshman year at Rio Americano High School, has been in the water since she was only four years old. She learned how to swim with the Gators up until the age of eight. She competed with the Arden Hills Swim Team, a USA Swimming team, from ages eight to 14 and is now in her second year back with the Gators.

McClure still holds four all-time team records in her age group from when she was eight years old and younger and holds six records in the 13-14 age group.

While she may very well be one of the best swimmers on the team (if not the best), Mc-

*'I just go to practice and work hard. I guess I have some natural ability, but (success) comes from training.'*

**-Morgan McClure, 15**  
 Swimmer for College Greens

Clure is quick to push away any praise heaped in her direction.

"I just go to practice and work hard," she said. "I guess I have some natural ability, but (success) comes from training."

She also enjoys the social aspect and family atmosphere of the College Greens Swim

and Racquet Club where the team practices.

"It's a really nice community. Everyone is friendly and no one is ever left out," she said. "I've made a lot of friends in my time here as well."

McClure's mother Linda was a member of the Gators from ages of 10 to 18. Linda said she moved to Sacramen-

to when she was nine or ten and swam all the way up until the age cutoff at 18. She also remarked on the family vibe at the club and that it has a nice community atmosphere.

The team does a few fundraisers throughout the year in order to pay for some team expenses, according to team president Tom Monette.

"We have an adult social for the parents as well as a Swim-a-thon where kids swim as many laps as they can in a certain amount of time and there are pledges made per lap," he said.

This year's Swim-a-thon took place on July 6.

Many of the current team members have parents and siblings who swam for the team years ago. The Gators are made up of seven different age levels (6 and under, 7-8, 9-10, 11-12, 13-14, 15-16 and 17-18).

For information on the College Greens Swim Team, visit [www.leaguelineup.com/collegegreens](http://www.leaguelineup.com/collegegreens). The club is located at 2707 Notre Dame Dr. in Sacramento. The other teams in the league are the Broadstone Barracudas, El Dorado Hills Taz, Folsom Sea Otters, Granite Bay Gators, Loomis Dolphins, Park Terrace Penguins and Sierra Sharks.

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