



# TURTLERAMA

coming to Belle Cooleage Library

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From LSD to OMG, this  
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will make you LOL

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**Publisher**..... George Macko  
**General Manager**..... Kathleen Egan  
**Editor**..... Monica Stark  
**Art Director**..... John Ochoa  
**Graphic Designer**..... Serene Lusano  
**Advertising Executives**  
Linda Pohl, Patty Colmer, Melissa Andrews, Jen Henry  
**Distribution/Subscriptions**..... George Macko

2709 Riverside Blvd.  
Sacramento,  
CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

Cover by:  
Monica Stark

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# Over the Fence

with Greg Brown

By GREG BROWN  
greg@valcomnews.com

Let's just call it the Underground Music Club. To me, there's something exciting about an underground venue that only a few folks know about. There's a loft, which is above a closed down business in Land Park, that is being used by a collective of creative folks to make music, create photography, and paint beautiful things. They love the space and love to be able to rehearse, practice, and put together musical gatherings. You won't see any flyers stapled to your local telephone poles because they don't want the word to get out. Of course they want people to come to the small musical gatherings...just not too many. They don't want the group to get the boot. So there's going to be a really cool show, with some cool bands, in a really cool secret venue in August. There will be great live music as well as "some of the best soft pretzels in the region being served up."

Raley's has banned the Girl Scouts from soliciting shoppers to buy their Thin Mints and Tagalongs. Raley's Supermarkets has banned all signature gatherers from pes-

tering shoppers at their Raley's and Bel-Air stores. It's a new store policy. However, last night when I went in there for a gallon of milk there were two out-of-town paid signature gatherers pestering shoppers to sign their petitions. It reminds me of when a telemarketer calls during dinner, or when a door-to-door salesman rings the bell when the game is on. One of the petitions was sponsored by the STOP campaign, a political group opposed to any public funding for the new Downtown Sacramento Arena. It is financed in part by the Orange County Taxpayers For Safer Neighborhoods. Wow. That's a wide net! Haven't they heard of Compton? The store manager had an eye on the signature gatherers and asked them to leave per Raley's new policy banning signature gatherers but was ignored. When I walked through the entrance I told him there were some signature gatherers in front and he told me "the cops had al-



Photo by Greg Brown  
A signature gatherer at Raley's.

ready been called" as the useless security guard looked on.

Former Sacramento Bee sports writer and current USA Today NBA insider Sam Amick recently put a call out on his Facebook page for a "rou-

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Photo by Greg Brown

I need my cheap taco fix.

## Brown: Open! Open!

Continued from page 2

tine pick-up hoops game in Sacramento." He went on to post: "We used to have quite a game going with my Sac Bee folks, I'm sure we could strike something up at the Land Park blacktop near the golf course." Quite a few of his FB friends commented. A lot of old guy jokes like "Who's bringing the portable defibrillator?" One of his buddies got the hookup to Hornets gym instead of the blacktop in Land Park. The old white guys' pick-up game takes place Aug. 13. I wonder if KJ will show up in purple gym shorts?

Oscar's Very Mexican Restaurant on Freepoint Boulevard

has been very popular for folks who like cheap eats of a Mexican variety. The restaurant shut down last December to undergo a complete renovation. The space was tiny and cramped and usually packed to the gills — not a lot of elbow room to eat your menudo.

And I need my cheap taco fix! So do a lot of folks in the neighborhood. Most of the neighborhood has been waiting with bated fajita breath for Oscar's to reopen.

When I called the Oscar's in West Sacramento, a guy who called himself "Oscar's brother Lalo" said, "they may be open this upcoming weekend." I can just taste the two-taco combination plate! The warm tortilla

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## Hasta la primavera (until next spring)

Editor's note: This is the second part of the story about living in South America told first hand from C.K. McClatchy graduate, Matt Miller.

There are moments in life, that when they strike, feel as the realization of something unique or profound. That something can sometimes alter your course or at least incite you to sit down and write an email with a vaguely cryptic opening line. Well this promises both and if you're not into predictable directional plot lines you should definitely keep reading.

Some weeks ago near Lakes District, Chile...

After crunching, scraping, clearing paths over lava flows, grand southern beech forests, and snow covered passes the two unlikely heroes C. Peter Ferguson and myself find ourselves in need of rest and rehabilitation with nearly three straight weeks of trekking in the Chilean Andes with 30 kilos on our backs, subsisting on dehydrated soups and hockey puck breads, and sleeping in a nylon home that's faced the brunt of ripping winds, torrential rains, and freeze over mornings.

Alive but worn down we took a bus to our restful promise land Lanco, Chile to restore our sinews and muscles



Chile

worked to weariness over three weeks of adventurous battering in the dramatic beautiful landscapes of the cordillera.

Through a connection with a friend back in our home state, a family awaits in Lanco, unaware of the tall bearded burdens taking a southbound bus to their little township of 15,000 people. In a plume of exhaust the bus reels away, leaving behind two adventure sodden gringos in search of the only lead in finding their temporary new home - "Botilleria Noriega". The banners and bright fluorescent lights are estranging to us, walking in with remnant hints of the wild we had just left behind.

Sitting stoically behind the counter, Señora Dominica

looks to us with certain distinction, as if peering through the mat of hair, dirty clothes, and roughed gear that conceals the inner softness of the two wanderers. She points us to another entrance to the house where the patron Arturo Noriega greets us arriving to, among other things, help him for a few weeks on the family camp.

Inside Señora Dominica's husband Don Roberto greets us with a firm handshake and face-wrinkling grin before the patrona Judith comes downstairs to round out the family meeting. We are informed of the household rundown.

Dominica and Roberto operate the family liquor store seven days a week, to keep

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## Chile: When Spring arrives, the travelers will head south

Continued from page 4

them busy and entertained, keep the wine coming in the truckloads, and maintain a degree of regularity and liveliness to an otherwise quiet existence in the sleepy town of Lanco.

Patrona Judith takes her breakfast in bed most mornings before coming downstairs to prepare some of the best lunches ever made. The patron de pan, or bread boss, Arturo announces his arrival each morning with the swishing sound of his thermal pants, as the newly arrived working men find an essential part of working in this climate.

The Noriegas did not hesitate assimilating Peter and me into life at 163 Santiago. Graciously accepting the copious homemade marmalades, cider, and lavish (in the relative perspective of the two weary trekkers) meals we are rendered full and content of a different ilk than that which we had found on the trail.

Our figures now start to fill in the spaces that were worn into or let go as extra weight during our excursions. Bodies formed by function, extracting every available nutrient, and shedding anything superfluous. We had in many senses become the wild things that we had found fighting and surviving all around us--a southern caracara hopping around on the ground with a broken wing, monkey puzzle trees growing out of an otherwise lifeless lava flow, all fighting and persisting.

Full and rested, the work begins at the family campo cutting trees for firewood and planting seedling pines in areas grown over with rose bushes and berry brambles. When not on the campo working, we keep the wood stove in the study warm-coffee mugs, journals, books,

and Spanish grammar sheets strewn in an ordered fashion around the lazy boy recliners composing the majority of furniture in the room.

Don Roberto would oft shuffle into the study taking the opportunity to impart some of his treasured life lessons with us. Casually launching into stories of times when he'd ride his horse 30 kilometers to the campo for work, or the time he was imprisoned for two years under the dictatorship, or his champion boxing years, but most times about the importance of family. On more fleeting visits to the study he would spell out the remedy for high blood pressure and depressed circulation, a little red wine "todos los dias" to help with his ailments or keep him warm on especially brisk days. The extent of his visits usually left us in awed reflection of this 90-year-old man sharing life's secrets.

By and by the wildness that borne into us on the trail flickered under the surface, no longer showing as bright as the initial days turned into weeks in Lanco. Our creed, our mold could not be undone as the life of restful ease and bountiful food began to work away our souls. Burgeoning a restlessness deep within, our call to the land and the open road surfaces as a near crisis.

Our original solution to surviving the cold winter was to live and work at a hostel in a small ski town Pucon--with an opportunity to stay warm, explore the neighborhood volcano, and have brief chummy encounters with other adventurers and explorers from all over the world. As the exciting scenarios to work in the hostel ran their course and the idea sat stagnant during our stay,

other wheels were turning and stories waiting to be written.

The wind then changed for us, as four weeks had been more than enough time to recuperate, reflect, and ready ourselves for the great open lands to the south. Peter had taken the hours of uninterrupted downtime to write a narrative--what got us here, what motivated us, how we want to live, the importance of living a life of meaning and value. Most importantly our innate desire to be in wild places and explore rivers, valleys, and mountains of Patagonia. With countless forces of nature working for and against us on our journey, what happened next couldn't have been anticipated.

One morning in Lanco, digesting a bowl of oats and the steam of a freshly poured cup of coffee still permeating the air, Peter opened an email from a woman representing Parque Pumalin and Tompkins Conservancy. With each line he read the lines on his face began creeping up, the fullest of smiles sweeping across his face. In the ensuing moments Peter and I realized our story had reached the right person.

The desire to be out in the land, the critical importance of protecting land for land's sake, to save one of the last remaining places on Earth where you can still drink water out of the rivers. The culmination of our spirit, our calling, and our reason for starting this all in the first place had been met with an opportunity to live and work on one of the farms inside Parque Pumalin to work in the native tree nursery and live the winter in one of the largest parks in Chile as our backyard with

that message in hand and the fire under us growing stronger we took to the road, nothing more than a bus heading south to Puerto Varas to await the details of our new work. With a little type into the Google bar, you can find all you'd like to know about Parque Pumalin.

We headed into the park via boat-backpacks full, weeks worth of food provisions, and plenty of peanut butter to keep us going through the winter. Working, exploring, and possibly canoeing

around this park is where we'll be found for the next few months. When the first buds of spring arrive and the land starts to thaw out, we will continue our way south bracing the spring with spirit and sights set on Tierra del Fuego. Until then all letters, peanut butter, and correspondence can be sent to:

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# Fire destroyed Land Park area baseball stadium 65 years ago

By LANCE ARMSTRONG  
Lance@valcomnews.com

*Editor's note: This is the first article of a two-part series about the fire that destroyed the original Edmonds Field.*

Sixty-five years ago, one of the darkest days in the history of baseball in Sacramento occurred as a community treasure, the original Edmonds Field, at the southeast corner of Riverside Boulevard and Broadway was destroyed by fire.

The fire at the roughly 11,000-seat stadium, which was home to the Pacific Coast League's Sacramento Solons baseball team, was reported to have been discovered by Fire Battalion Chief Peter Mangan shortly before midnight on Sunday, July 11, 1948. Carl Murphy, the stadium's assistant manager, had been the last person to leave the ballpark when he departed at about 9:15 p.m.

The stadium, which was originally known as Moreing Field, was constructed in 1922.

In its July 13, 1948 edition, *The Sacramento Union* described the loss of the mostly wooden stadium, which was built at a cost of \$50,000, as a "gaping wound in the heart of the city's sports world."

Also lost as a result of the fire were the nearby homes of Roy Milner at 2605 Riverside Blvd., Clarence N.

Baker at 2609 Riverside Blvd. and Harold Jordan at 2613 Riverside Blvd.

*The Sacramento Bee* reported that residents within a four-block radius of the stadium fought flying sparks and bits of smoldering wood with water emitted from garden hoses.

And *The Union* noted that at one point, "spewing flames, cinders and huge chunks of burning wood" fell upon the streets on both sides of the stadium.

Jack Dyer, who co-owned The White House restaurant at 2633 Riverside Blvd., where today's Riverside Clubhouse restaurant now operates, lost his parked automobile after it caught on fire on Riverside Boulevard, 100 feet south of Broadway. Another car parked in the same area also caught on fire.

Nearby telephone and power lines collapsed, three transformers blew out and fear built regarding further danger due to a possible disaster if the gas station across the street from the stadium caught on fire.

According to *The Bee*, embers from the fire were carried in the wind more than a mile away.

Charles McDonnell, who resided at 2401 13th St., told *The Union* that he discovered cinders in his car in front of his home during the morning of July 12, 1948.



Edmonds Field was destroyed by fire in 1948, but a new Edmonds Field with a concrete grandstand was built in its place in time for the 1949 season. Photo courtesy of Alan O'Connor

*The Union* also reported that "others said there were ashes as far north as Capitol Avenue."

The blaze, which would eventually include flames that reached about 500 feet tall, drew an estimated 50,000 people, who were eager to view the spectacle that would ultimately level the majority of the ballpark. Only the outfield fence, a section of the left field bleachers, the scoreboard and the stadium's lights were left standing.

The magnitude of the scene was partially described in *The Bee*, as follows: "As the flames shot upward, the entire section of the city in the vicinity of Broadway and Riverside Boulevard was as light as day for more than an hour."

Others spectators, also numbering in the thousands, arrived at the site to view the charred ruins that were left behind after the fire was extinguished.

*The Union* noted that the onlookers, who observed the scene as "morbid souls gathering around a dying giant," were "seemingly unable to believe their eyes at the twisted wreckage and waste of the grounds."

Bill Conlin, *The Union's* sports editor noted in his column that even members of the Solons, who were then managed by Joe Orengo, made their way down to the stadium site after the fire.

Conlin wrote: "The players, each of whom lost \$100 to \$200 in per-

See Fire, page 7

# Fire: Cause was deemed 'undetermined' Solons took on role of traveling club

Continued from page 6

sonal belongings, were visibly stricken over the dilapidated grandstand, which they had come to regard as home."

Also lost in the fire was a collection of baseball photographs that had been hung on walls in the stadium's press room, and Solons majority owner Oscar Salenger's ornate office furniture.

Fire Chief Terence Mulligan was reported to have fractured his right wrist at the stadium while he directed a large firefighting force, and four firemen and a policeman suffered burns of various degrees, but no human casualties were reported.

Twenty-eight prized chickens in the backyard of the aforementioned Harold Jordan, who was the scoreboard operator at Edmonds field, were burned to death.

But fortunately, the baseball club's cat, Alta, was eventually found to be a survivor of the fire.

Although it was never determined exactly how the fire began, a strong speculation was that it was caused by a possible smoldering cigarette that had been left behind following a game.

In its July 12, 1948 edition, *The Bee* reported: "It is believed a cigaret (sic) carelessly dropped in the stand during yesterday's (last) doubleheader game may have started the disastrous blaze."

A day later, *The Union* published the following words: "Day after day, patrons were warned to be sure to extinguish their cigarettes (sic) to prevent just such a fire."

Whether there is any truth to the matter in relation to the fire, the late *Bee* columnist Stan Gilliam, during his latter years, would often relate a story about how he believed it was his own cigarette that caused the stadium fire.

The idea that the ballpark was destroyed as a result of a random cigarette was not the only words that were being spoken around the city regarding the cause of the fire.

Two weeks prior to the fire, the insurance policy for the stadium had been raised from \$140,000 to \$250,000, causing some people to utter the dirty word, "arson."

Furthermore, two days earlier, the stadium was the site of another early morning fire, which was quickly extinguished by local firefighters.

Fire investigators recorded the cause of the disaster as "undetermined."

Because the then-last place Solons became homeless due to the fire, the team took on the role of a traveling club for the final 11 weeks of the season, playing at various times in San Diego, Los Angeles, Hollywood, San Francisco, Oakland and Portland.

In an effort to keep the Solons' home games in the Sacramento area, Hughes Stadium in the Land Park area and the North Sacramento ball fields at Grant Union High School and Dixianne Park were speculated upon in local newspapers as possible al-

ternative home field playing sites. However, such temporary sites never materialized.

Yubi Separovich, the club's general manager at that time, told *The Bee* that there was no grandstand in the Sacramento area that could accommodate a PCL crowd.

In order to maintain its franchise, the Sacramento Baseball Association, which had been formed four years earlier, acted quickly in its efforts to have a new stadium constructed either at the Broadway and Riverside site or somewhere else in the Sacramento area.

Shortly after the fire, Separovich spoke to *The Union* regarding the club's intentions to have a new baseball stadium built in the Sacramento area.

"I am confident that we can count on 100 per cent

(sic) support from Coast League directors," said Separovich, who opened a post-fire, temporary office at 2422 13th St., which is now the site of Iron Steaks restaurant. "I mean full and complete help that will start us on our way to building a modern, concrete grandstand that will seat 16,000 or 18,000 persons. We must keep the Sacramento franchise in the Coast League and we must have a new park by 1949."

As hoped for by the Solons ownership, fans and others associated with the team, construction of a new Edmonds Field, albeit built without financial assistance from the league, was completed at the site of the former stadium in time for the home opener of the club's 1949 season.

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# Meet the turtle lady: Felice Rood

By MONICA STARK  
editor@valcomnews.com

It was 11 a.m. on a pleasant, not too hot Monday morning on Starlit Circle. Felice Rood had visitors – two children and their grandmother came through the side gate of her home. Grandma Marilyn Flynn was holding a very badly beat up red-ear slider turtle they picked up at the SPCA on Bradshaw Road. She and Rood quickly examined the shell. “She’s nasty,” they said. “Gotta get the shell better,” Rood said.

Meanwhile, the children went on exploring, visiting the turtles that are now residing in Rood’s suburban backyard.

It was just another day at The Bunker. “I try to help one and all with their problems,” Rood says.

“My home is a hotel, hospital, hospice, orphanage and maternity ward all for turtles and tortoises and there is no charge although if people want

to donate, the money goes into the Sick Turtle Fund,” she says.

Rood said she thinks she may be the only legitimate turtle and tortoise rescue in Sacramento, with a rubber stamp of approval from the California Department Fish and Game while others who have turned into “hoarders” who don’t end up adopting out any of the turtles that live there.

Rood says she doesn’t know how many turtles she has since the population changes daily. Monday was a case in point and in fact, two more were added the previous Friday -- a box turtle and a Russian tortoise because the children had grown and the parents did not want to care for the creatures any longer.

Rood says she adopts the homeless turtles to people with outdoor ponds where they live happily ever after. “Oh, you can’t release non-native turtles into the river because they interfere with the wild population of natives,” she says.



Her backyard is really serene loaded with lots of water, plants, grass and snacks for the turtles.

Rood doesn’t keep any turtles in the house except for babies in the winter. “Turtles and tortoises are wild animals and should never be in fish tanks indoors. Outdoors they remain healthy and active and not depressed surrounded by glass from which they cannot escape,” she says. Her mantra – “Aquariums are for

fish and fluorescent lights are for potted plants.”

Rood says she’s lucky enough to have built a greenhouse a long time ago to house her African leopard tortoises over the winter since they do not hibernate. The box turtles, Russian tortoises, Greek tortoises are allowed to hibernate outside along with all of the water turtles in their ponds,

See Turtlerama, page 9

# Turtlerama: Pets to be on display

Continued from page 8

she says. Only critters from warmer climates must be kept warm all winter.

That turtle Flynn brought in did look really bad off, I agreed, after the rescuers left. “It looked like it had been in a drainage ditch,” Rood said, adding that it could take about a year to heal completely. Just a little TLC, clean water and a peaceful atmosphere with plenty of sunshine is all it will need to heal the wounded shell and beat-up belly.

Rood said she has always loved turtles from the time she was very little and the only pet she was allowed to have was a tiny turtle in a plastic bowl. “They never lived too long. There was no information available,” she says.

When Rood moved to California from Dayton Ohio in 1971, she had several box turtles with her, including a tortoise named Brutus.

“I did find Brutus a mate and everything was fine until one day Nero became ill and no matter how hard I tried, I could not get any information or help with his care and he did die. This was in 1977.”

At this time T.E.A.M. was formed, Turtle and Tortoise Education Adoption Media in Los Angeles and Rood became a Sacramento representative, approved by the Fish and Game.

“I was able to take in homeless turtles and tortoises and find them good homes and I am still doing this today,” she says.

Rood later learned what happened to Nero; it was kidney failure. “He drank too much. He was always drinking,” she says.

In 1981 Rood was urged to start a club. “Never having belonged to a club, I made this one up,” she says.

The Sacramento Turtle and Tortoise Club dues have always been \$2 a year and there are no officers. “It’s a friend-

ly club and nobody is ever elected to do anything which is what makes it so popular,” she says. There are more than 800 members and a huge Facebook page, which is “great fun and very informative.” The club has four seasonal meetings a year and discusses problems pertaining to that particular season. They also have the annual Turtlerama, which is coming up on Aug. 17 at Belle Cooledge Library. It’s a club event that educates the public and where members display their pets.

Rood hopes to continue her efforts for as long as she’s able and she appreciates the greens some of the supermarkets save for her and also the friends who collect snails for the box turtles and deliver them to her doorstep regularly. “They make my life so much easier!” she says.

Asked if there’s anything to add, Rood warns: “Raccoons are a terrible threat to our turtles, please be on guard, everyone.” She said they bite a turtle in the middle of the night, turn it over so it can’t go anywhere and let it bleed to death. Then the owners will come to see it in the morning completely shocked when they ask Rood about what could cause such a tragedy and she tells them. The Tuesday when I was over visiting her, she said she ran outside in the early morning when her motion sensor and alarm went off. But it was just a cat.

If you go:

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Photo by MONICA STARK  
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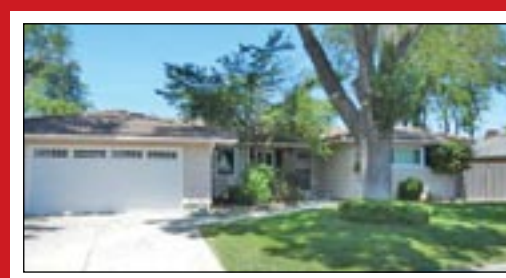
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## Interview: From LSD to OMG, this will make you LOL

By GREG BROWN  
 greg@valcomnews.com



Will Durst

Nationally known political comedian Will Durst will be performing an all-new show called "BoomerRaging, from LSD to OMG" at the Sierra II Center in Curtis Park. It's a tribute to the history, growth, achievements, joys, and the looming doom of the Baby Boom Generation in today's youth obsessed society. One of the segments is, "Hey you punks, get off my wireless router!"

The show is Friday Aug. 23, 7 p.m. at the 24th Street Theater. There will be complimentary drinks from 6 to 6:30 p.m. before the show. Tickets are \$20 in advance. Tickets may be purchased securely online at [humortimes.brownpapertickets.com](http://humortimes.brownpapertickets.com). And \$25/30 at the door. Or order over the phone at 455-1217.

I spoke with Will Durst over the Internet. I was go-

ing to do the Q and A via text message but my thumbs gave out. Here's it is:

*The title of your one-man show is From LSD To OMG, which made me LOL. What is the drug of choice of the Baby Boomers these days?*

That's the great thing. We Baby Boomers are still doing

See Comedy, page 15

## Comedy: Will Durst coming to Sierra 2 on Friday, August 23

Continued from page 14

lots of drugs- only now there's a co-pay.

*Who's attending your show? Is it all baby boomers or are the Gen X or Generation Z's also attending?*

It's just a funny, funny show. I'd say we're getting about 80 percent Baby Boomers and 20 percent others. Including Millennials and Gen Xers, and the Greatest Generation.

*What do you think next Generation should be called?*

Lucky. The Survivors. Enforced Mutators. Gill People.

*What topics are you riffing on in the show?*

A. The big 3. Sex, drugs and politics. Bunch of other stuff. Pretty inspirational. Some nostalgia. But not a soupcon of regret.

*In your one-man show you use an overhead projector. It's like an old-fashioned power point presentation with jokes!*

Yes. That's the point. There's something warm and fuzzy and comforting about an overhead projector. And in perhaps too apt an analogy, 3M stopped making them last year. Cue the Jaws music.

*How are the Baby Boomers coping with all this modern technology?*

Baby Boomers are technologically limber. We are organic spores of the Space Race. Transistors, television, Tupperware, we were there for all of it. The fork with the built in calorie

alarm. That was us. The only problem now, is the pace of change. Change keeps changing so changingly. You got to run twice as fast just to stay in the same place. And our knees ain't what they used to be.

*What first caught my eye about your one-man show at the Sierra 2 Center was complimentary drinks.*

Huh? What? Oh yeah, that's right — as much Ensure and Metamucil as you can put down.

*Like the song says, What a drag it is getting old....what's so funny about losing bone density?*

Hey, those creaks in my bones keep me alert while driving. And my knees are better at predicting the weather than the guy on TV.

*Tweeting or Facebooking?*

Yes. Indeed. You bet. Both. But it's frustrating. Finally figure out MySpace and it's over. "Sooooo 2007." That's why I know Facebook is doomed. Because I'm on it. And my aunt is on it. No, no. My Aunt.

*What are your thoughts on former NBA star turned politician Mayor Kevin Johnson?*

Go KJ. Keep those Kings in the 916.

*Rand Paul.*

He's no Ron Paul.

*Jerry Brown.*

Was governor at the age of 36. And again at 72. So we're

going to have to go through this every 36 years. He'll be 108, just a head in a jar, but running again on the platform of "experience."

*The Royal baby.*

Feel bad for Harry who dropped to 4th in line of succession. 3 accidents are just so much harder to arrange than 2. Of course, everybody living in the same house helps.

*Do you have a favorite comedian?*

Yes, Leonard Alfred Schneider.

*What publications/websites do you read to get all your topical information?*

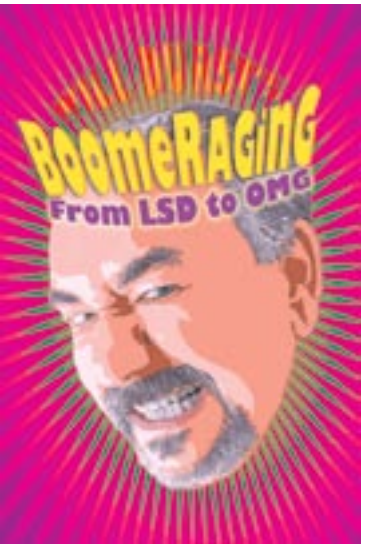
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Local volunteers help bring solar cooking worldwide

## Solar Cookers International to hold annual gathering at Sierra 2 Aug. 14

By MONICA STARK  
editor@valcomnews.com

Angelina Seda is 87 years old and lives in Kenya. Eight of her nine children have died, one is bedridden and she is raising an orphan grandchild with no money and no income. But thanks to local relief efforts from Solar Cookers International, Seda says she can eat hot food now and her life has improved for the better.

Headquartered in Sacramento, SCI facilitates humanitarian and environmentally focused partnerships around the world through a database of connections. As an umbrella organization to numerous groups that try to spread solar cooking worldwide, SCI helps facilitate partnerships.

As in Seda's case and that of other women around the world, solar cooking is about women's issues. If a woman doesn't have to spend hours a day walking to collect firewood, she could use that time growing crops for her family, or spending time with her kids, visiting her relatives or starting a business. Solar Cookers International Executive Director Julie Greene, said during an interview in the backyard of her Pocket area home.

Greene's advocacy with solar cookers began after she read a *Parade* article about SCI's involvement with a Jewish World Watch refugee camp. The inspiring article led her to buy one of the low-end SCI solar cookers, a Cook-It. With it, she did demos for her kids' classes, which among things like learning more about the organization made SCI to become her favorite nonprofit for many years.

Greene loves her job because she feels like what she does matters. "I am lucky because I get to talk to people directly. John said to me (he's our partner in Kenya), he said for you, in the States, it's for emergencies only but for us, it's a matter of life and death. I think of that almost every day," Greene said.

Greene said a lot of the work SCI does not only educates people on how to solar cook but also how to find materials, which are natural to the people's environments. "What happens if something breaks? There needs to be enough knowledge, enough materials," she said. "And in places where there are no stores, people are always looking for cookers that could be made of local materials such as cardboard and foil," Greene said.

The array of issues solar cooking impacts spans the gamut of women's, health, poverty and the environment.

### Women's issues

Besides the mere time savings a woman has for other things when cooking with the sun, their own personal safety is guarded, explained Greene.

"Women who are in refugee camps and are in a hostile environment, in some places where they leave the camps and walk 20 or 30 kilometers to collect firewood, they are raped, attacked or beaten as a warning to anyone else that they cannot take the scarce trees. 'We don't have enough for us.' It's understandable. People want to protect what little they have," she said.

Similarly, for those who live in the desert and rely on finding twigs for firewood, having thousands of refugees from the camp collecting the



Dr. Robert Metcalf, SCI Dr. Bob Metcalf of SCI brings solar cooking and water pasteurization to Tanzania

twigs that the local people cannot even find, this causes a lot of tension.

"So to be able to provide a woman at a refugee camp with a solar cooker means she's safe," Greene said.

### Health issues

Besides helping to prepare food, the solar cookers have been used to pasteurize water.

In 72 water samplings in Kenya, 52 of them had E. coli, so SCI representatives taught people how to pasteurize water in a Cook-it. "It kills Giardia. It kills cholera, Hep A and rotavirus and all these things we are really familiar with," Greene said. "We've been told the children stop complaining that their tummies hurt," she said. Many people in Kenya believe that water is a gift from God and therefore drink from swamps and streams.

### Environmental issues

With depleted forests in Kenya due to increased population, many of the indigent would focus on the environment if their needs weren't so great. "So if (SCI) can provide people with these (solar cookers), there are so many benefits," Greene said.

### Come see for yourself

SCI is currently getting ready for its annual Shine On! gathering at Sierra 2 on Aug. 14 and the general public is welcome to come celebrate the global importance of solar cooking. There will be plenty of food, wine, music, cooking displays, and more. If you are a supporter or simply want to know more about the importance of solar cooking, join SCI at the Sacramento Sierra 2 Community Center on Aug. 14.



J. Amayo SCI's community-based partner organization distributes integrated cooking method tools to families near Kisumu, Kenya 2013.

Solar Cookers International is headquartered in Midtown at 1919 21st St. Suite 101

Sacramento, 95811. For more information, visit [www.solarcookers.org](http://www.solarcookers.org).

### IF YOU GO:

**WHAT:** Shine On annual SCI gathering (open to the public)

**FEATURING:** Dinner, wine, sun-baked desserts, Girl Scouts solar cooking display, silent auction, solar cooker sale. Monica Woods, News10 Meteorologist will MC. The event will also feature Julie Greene and Allart Ligtenberg, inventors of Trekkers' Cooker backpack used at the summit of Mt. Everest

**WHERE:** Sierra 2, 2791 24th St., Sacramento, 95818

**CONTACT:** 452-3005

**WHEN:** Wednesday, Aug. 14, 5:30 – 8 p.m.

## Solar advice from Sacramento novice and experts from SCI

### Local novice

Sacramento resident Ilsa Hess has been solar cooking on and off for 20 years. Using a variety of cookers, including the dashboard of her VW Beetle, she's tried making everything from cornbread to muffins, steamed vegetables, and chili.

She remembered watching a wacky morning show years ago where they would cook turkeys in cars. "They actually did it in an old Cadillac. That sucker cooked! It's so hot out there ... I don't know why it's taken so long to get this together," she says. But on a hot July day, she put out two mason jars filled with half a russet potato each on her car's dashboard between a reflective car sunshade and the window. She put the thermometer in the jar. Before she closed the door, the thermometer read between 70-75 degrees Fahrenheit. Within a few minutes after shutting the door, it read 100. A few hours later, she went out to check on the progress. The heat was holding steady at 175 degrees no matter how hot it got outside. "The potato was still cooking!" she said.

Talk about free energy!

Hess said out of all the cookers she has tried, her favorite remains the fold-up Cook-it, which you can get through Solar Cookers International. A friend of hers let her borrow a big box cooker. "I tried to cook muffins, but they released a lot of moisture. I thought it would be the god of all cooking gods. But it's so heavy and I was blowing my back out. For what it's doing, it's not that awesome."

With the Cook-it, she has found that if it's hot enough outside, by noon her food can be all done.

While SCI recommends black enamel pans, Hess said the glass jars work well for her because she can actually see when something is done.

Solar cooking definitely has a learning curve. Different factors like the time of day and the wind can be an issue, she said.

Sometimes when cooking vegetables in a solar cooker, she has noticed the flavor change. "It will dry out and taste weird," she said. But when cooking chili, that's something that needs to cook for a long time. "It could sit there and simmer all day ... It's hard to boil a large pot of water. You can combat that by separating the beans into multiple jars to help get things moving and presoaking the beans helps."

For the interested, Hess recommends beginners purchase a solar cooking cookbook.

"Someone has done all the trial and error!"

As a vegan, she has gotten a vegan solar cooking cookbook, but she said the recipes were fancier than she wanted. "It was hippie wheat germ! I don't make that. Wheat germ almond crust pie – that just sounds nasty."

So Hess went rogue and started making her own personal cookbook. Here are some of her recipes:

### Solar Chili

1 14oz can diced tomatoes  
2 cans water  
1 medium bell pepper cut into 1/2 inch cubes  
1/2 cup corn (optional)  
2 tsp salt  
1/4 cup chili powder  
1 Tbs cumin  
2 tsp coriander  
1 tsp red pepper flakes  
1 tsp oregano  
1/2 tsp cayenne pepper  
1 tsp onion powder



Photo by Monica Stark

Julie Greene displayed a variety of solar cookers in her back yard.

1/2 tsp garlic powder  
1/4 cup ketchup  
1 cup of your favorite beans, drained (either dried beans pre-soaked overnight or canned)

Open can of diced tomatoes and put into a very large canning jar. Refill the empty can of tomatoes with water and put in a total of two cans of water. Add all other ingredients. Shake vigorously.

Place in a solar oven and cook for at least 4 hours in high sun (between 10am and 2pm). You can leave the chili in the cooker all day since it will not burn. Be aware that the longer the chili cooks, the softer the beans will become.

The key to steaming veggies is to not let them overcook. It will make them taste weird. I just wanted to steam the yellow squash and it came out perfect! Just put the food on the dash and the thermometer already says 100 degrees! I've been checking the temp and it's staying at a solid 175 even with the reflectors behind the jars. Two of the jars have chunks from one big russet potato and the third is dried mano coba beans and water. Looks like they are cooking well!

### Rosemary potatoes

5 small potatoes (any kind)  
1 tsp olive oil  
1 TBS dried rosemary

Wash potatoes being sure to scrub away any dirt. It's okay if the potatoes are still damp. Put all potatoes into a very large canning jar. Add olive oil then rosemary. Put on the lid of the jar and shake to combine.

Place the canning jar into a solar cooker and cook for at least 3 hours in high sun (from 10am to 2pm). It is okay to cook for longer, but be aware the potatoes will start to become very soft and may fall apart a little bit.

### The experts

If you are interested in trying solar cooking for the first time yourself, you may be wondering whether

it is best to build your own solar cooker, or to buy a finished solar cooker commercially. Take a look at how solar cookers work to help understand the principles of solar cooking. Building your own solar cooker can be fairly easy and inexpensive way to go. Various types of solar cookers that are available to build are listed at build a solar cooker off the website, <[www.solarcookers.org](http://www.solarcookers.org)>. You will find information there comparing the advantages and disadvantages of each style of cooker. There are also many solar cookers available commercially. Commercial cookers are typically well made, and waterproof. The location of the retailer will be important to consider to avoid high shipping costs.

Once you have decided on a cooker, you will need to find appropriate cookware. Thin-walled dark enameled metal cook pots work well. They are good at heating up quickly. Cast iron pots also work, and are typically preheated in the solar cooker before cooking. The advantage of the heavier pots is that they will help maintain an even cooking temperature if the sun is occasionally blocked by clouds, but most solar cooks seem to use the enamel pots. Because dark cooking pots work the best in solar cookers, it is important to remember to use a non-toxic paint for the exterior cook pot surface if you choose to darken your own pots.

Consider the type of foods you will be preparing in your cooker. Solar panel cookers and solar box cookers are simple to use, and are best at baking and slow cooking, similar to crockpot cooking. Parabolic solar cookers will require frequent reorientation to the sun, but have the ability to fry foods and cook food on a griddle. Cooking guidelines will explain the best way to prepare specific food types. There are also many recipes of proven approaches to great dishes, but basically, most any recipe will work with the right solar cooker, by simply allowing for more cooking time. Most solar cooks will advise to not add much extra liquid when cooking, as you might do with traditional stovetop cooking. The natural juices of the food are retained when solar cooking.

Courtesy of [www.solarcookers.org](http://www.solarcookers.org)

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# Banana Festival coming Aug. 10 - 11

It will be a weekend full of music, food, art, dance, films, and family fun. Oh, and most important of all, BANANAS! <http://bananafestival.sjoarts.net/>

The Banana Festival is produced by the Sojourner Truth Museum, which provides year-round arts, educational, and health and wellness programming serving more than 15,000 at-risk youth from all communities in the Greater Sacramento area. With the assistance of volunteer artists, the organization offers a summer art camp; workshops on mural arts and a mobile mural program; an after-school needlecrafts and mentoring program for adolescent girls; volunteer opportunities for senior citizens to encourage community involvement; a monthly Family Art Day; dance and movement classes; and HIV/AIDS awareness, drug and alcohol awareness, and gang prevention programs for youth.

Sacramento's 4th Annual Banana Festival "BANANA-MANIA" will be held Saturday, August 10, and Sunday, August 11, at William Land Park, 3800 W. Land Park Drive. The festival, a multicultural event celebrating cultures in Asia, Africa and the Americas that use

the banana as a source of food, art and culture, will open at 10 a.m. and close at 7 p.m. on Saturday; 10 a.m. to 5 p.m. on Sunday. General admission tickets are \$5 and may be purchased online at <http://www.eventbrite.com/event/6587963777> or at the gate. Exhibitor spaces and event sponsorships are available—visit <http://bananafestival.sjoarts.net/> for more information.

Proceeds from the Banana Festival support the National Academic Youth Corps, a non-profit organization that does business as the Sojourner Truth Museum. In addition, 11 other non-profit, community-based organizations are invited to exhibit and fundraise at the festival for a nominal cost to the organizations.

The 2013 Banana Festival will offer programs and events for the entire family, including three stages featuring age-appropriate entertainment, including a Children's Stage and, for the first time, a Teen Stage. The Banana Kids Jungle Zone will have the world's largest rocking horse, 6 ft recycled banana sculpture, Banana scented soap making, Ula Lole (candy lei) making, and Candy Luas Carnival Rides!

2nd Saturday + Banana Festival = Great weekend full of music, entertainment, art, fun and food!

There will be more than 30 food items, including banana burgers, lumpia, ice cream, banana pudding... and more...

Also, General Produce will be celebrating their 80th anniversary at the Banana festival with a huge exhibit on the history of General Produce and the banana as well as a display of all the different bananas. They will even provide information on health and wellness. They even plan on having a "make and take" kids activity called the fruit and veggie car making and racing.

Banana Festival The Banana Split Ice Cream Eating Contest will take place at the following dates and times. Winners will receive a Banana Festival t-shirt.

Saturday, August 10: 11:35 a.m. to noon on the main stage and noon to 12:50 p.m. and 6 to 7 p.m. on the Jungle Kid's Stage and 11:30 a.m. to noon on the Teen Zone Stage.

Sunday, August 11: Noon to 1 p.m. on the Jungle Kid's Stage and 11:30-11:50 a.m. on the Teen Zone Stage

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The most talked about event of the year for Crocker/Riverside has returned and is right around the corner on Sunday, Aug. 11 from 3 to 6 p.m. at Beatnik Studios, 2421 17th St (at Broadway), 95818.

There will be a new feature this year--four Electra Cruiser bikes, donated by Azul Mexican Food and City Bicycle Works available for a raffle price \$1 per ticket or 25 tickets for \$20. Also, get your foot tappin' with live bluegrass music by Natural Drift. Enjoy a southern barbecue feast by Mo-Mo's Restaurant and local craft beers by Track 7, New Helvetia, Hoppy and Pyramid.

Buy event tickets while available! [https://crockerriverside.schoolauction.net/sj2013/online\\_auction/show/59](https://crockerriverside.schoolauction.net/sj2013/online_auction/show/59)

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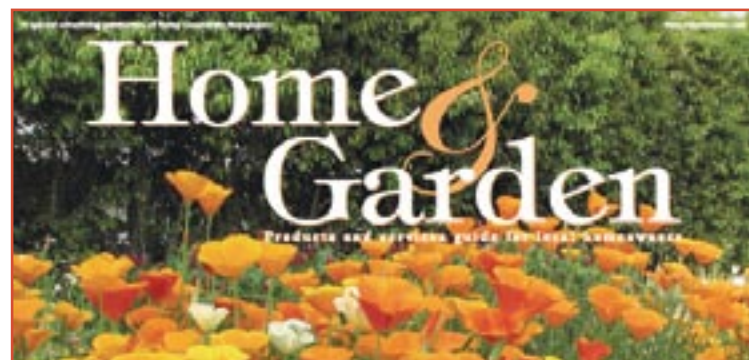
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### Sacramento's First Coworking Space Celebrates 5 Years

Friday, August 9, 2013 at 6:00 pm, Capsity will be hosting an Open House to celebrate the 5-year milestone of being a Sacramento-born business. Capsity's Art Gallery will feature new works by local women artists and a Photo Journey will document the transformation of the new location.

In March 2012, Capsity partnered with a Los Angeles based web development firm to purchase the 4,500 sq. ft. property at 2572 21st Street. Capsity pursued ownership in its current location rather than the usual route of signing a lease. Jeff Louie, founder and co-owner says, "The ownership model encourages a much more stable entrepreneurial environment for long term growth of small businesses and the local economy."

Janet Smith of Lucky Buddy Petcare says, "February we moved into Capsity and have never looked back. We enjoy having our home and privacy back, the increased networking opportunities, and the chance to work around positive entrepreneurs in our community."

This past July, Capsity hosted workshops that brought two industry giants to Sacramento: Facebook Small Business Workshop and Google+ SAC30 event. The Facebook Workshop coordinated with Assemblymember Roger Dickinson's office gathered more than 70 people while the Google+ SAC30 event brought together 30 creative thinkers for a problem-solving intensive.

Additional expansion discussions have begun in Roseville and Elk Grove, and a new joint venture with Capital Indie Collective, known as Capsity Indie, will explore live/work options in the region for local artists and creatives.

**WHAT:** Capsity 5-Year Anniversary and Open House  
**WHEN:** Friday, August 9, 2013 from 6:00-8:00 pm  
**WHERE:** 2572 21st Street, Sacramento, CA 95818  
**COST:** Free. Light refreshments served.

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**EXCEPTIONAL PROPERTY**

The "Didion House" in Poverty Ridge! 4 bedrooms 2 full baths and 2 half baths with 3rd floor media room that features state-of-the-art equipment. Turn of the century woodwork and detailing; new kitchen and full basement. Beautifully updated while reserving the home's original quality and style! \$1,650,000

**SHEILA VAN NOY 505-5395**



**PENDING**

**SLP CROWD PLEASER**

Something here for everyone! 3 or 4 bedrooms 2 baths, on nearly a quarter acre of park like grounds. An overabundance of storage space and a family room that could do double duty as a master suite plus an office and dark room. Also a detached Summer House. \$464,500

**CHRIS BRIGGS 834-6483**



**SPACIOUS LAND PARK**

Unique 3 or 4 bedroom 3 bath home with a lovely garden and pool; that also includes an additional lot in rear. Downstairs master with sitting area, fireplace, walk-in closets. Large separate family room marvelous sunroom and remodeled kitchen with great storage. \$1,200,000

**PAMELA RICHARDS 716-3615**



**FANTASTIC CURTIS PARK**

Hard to find 4 bedroom 2 bath home in Curtis Park!! Master bedroom has a balcony overlooking the sparkling pool. Formal dining room and breakfast nook. Backyard is perfect for entertaining. Tree lined street - steps to Curtis Park. This truly is the perfect place to call home! \$589,000

**SHEILA VAN NOY 505-5395**



**ROOMY LAND PARK**

Great Land Park home; a blank canvas awaits your personal touches. You will love the open floorplan with large living room, vaulted ceilings, inlaid wood floors, spacious bedrooms, lots of closet space, updated kitchen and bathroom, formal dining room, laundry room and half bath. \$415,000

**ERIN STUMPF 342-1372**



**PENDING**

**LOVELY COLLEGE TRACT**

Spacious Land Park single story boasts 3 large bedrooms, including master suite with two closets! Big living room with fireplace and built-in bookshelves. Built-in desk in front bedroom, Formal dining, plantation shutters, hardwood floors, and 2-car garage. \$575,000

**CHARLENE SINGLEY 452-2228**



**PENDING**

**CUTE LAND PARK**

What a cutie! All spiffed up and waiting for you! 2 Bedrooms, refreshing black and white kitchen loaded with personality, nicely updated bath with black and white octagonal tile, pretty hardwood in bedrooms! Nice sized bonus room in rear of home. Pretty backyard! \$279,000

**PAULA SWAYNE 425-9715**



**PENDING**

**S LAND PARK COTTAGE**

3 bedroom cottage featuring living room fireplace, large covered patio perfect for outdoor entertaining! Freshly painted interior, newer HVAC plus 2-car attached garage. Good neighborhood, centrally located, close to schools, public transportation and shopping. \$198,000

**CAROLE GOODIN 718-0875  
PAMELA ANDERSON 502-2729**



**PENDING**

**CLASSIC SOUTH LAND PARK**

Wonderfully spacious 4 bedroom home with two master suites and 3 baths! Lovingly maintained, open floor plan (great for entertaining), tasteful landscaping front and back, dual pane windows, central heat and air, breakfast nook. Close to shopping and downtown! \$324,900

**PAULA LOPEZ 719-9210**

*for current home listings, please visit:*

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