

## Good things grow with county's organic gardening club

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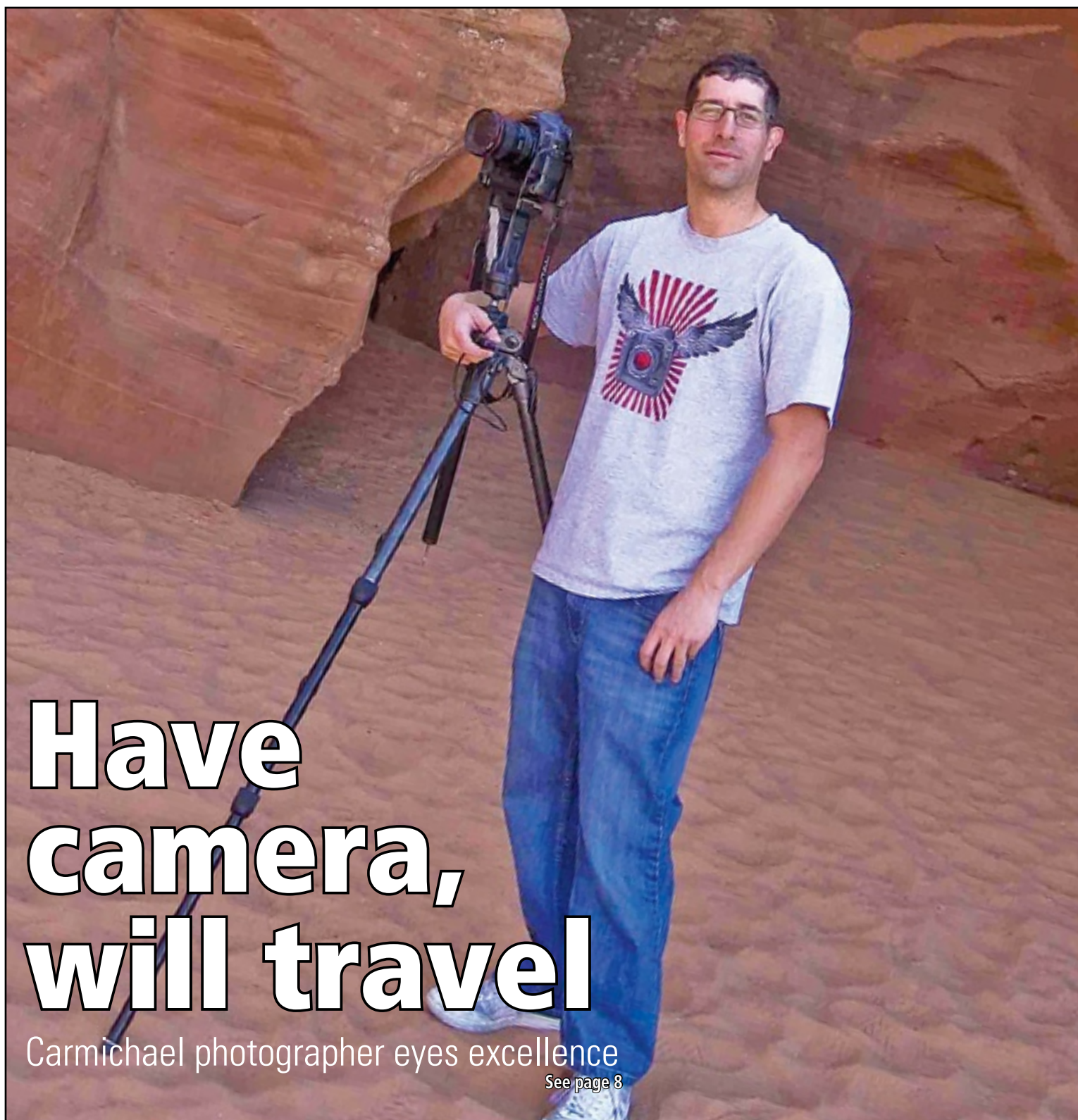
Historic roots of El Camino High

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# Have camera, will travel

Carmichael photographer eyes excellence

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# Sacramento County preschool 'Call to Action' announced

Special to the Arden-Carmichael News

Sacramento County has made strides in expanding access to high quality preschool, but even more children could benefit from the opportunity. However, a new five-year action plan for improving preschool programs in the region offers proposals aimed at not only promoting school readiness, but also closing the achievement gap.

"Our action plan calls for countywide collaboration among preschool providers, as well as business and community leaders, to serve our youngest learners," said Sacramento County Superintendent of Schools David W. Gordon. "We need to make major changes in our approach to early childhood education in order to narrow the achievement gap."

The Sacramento County Preschool Plan was developed following a two-year study by leaders representing local school districts, private early child care and education providers, First 5 Sacramento, Sacramento County Local Child Care and Development Planning Council (LPC), Child Action Inc., SETA Head Start, Preschool California, public agencies, higher education, and the general community. The study was led by Superintendent Gordon with support from the David and Lucile Packard Foundation.

The action plan was released on February 3, during a special town hall meeting where representatives of the California Early Learning Quality Improvement System Advisory Committee met to discuss the current work to create a statewide Quality Rating Improvement System.

Some of the strategies highlighted by the Sacramento County Preschool Plan are already being piloted, implemented, and adapted, and some benchmarks have already been reached. The report addresses goals and makes the following recommendations:

- Expand partnerships among preschool providers and develop strategies for transition between preschool and kindergarten

- Promote and support family and community engagement and communication about preschool programs in Sacramento County
- Improve training and professional development for preschool providers and increase their compensation as they improve their qualifications
- Survey all existing preschool facilities to determine if they meet the needs of children and, if not, make improvements or find suitable facilities
- Expand access to preschool by maximizing use of existing funds or launching exhaustive searches for new funding

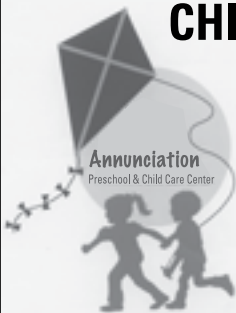
## Preschool impact

Recent research in California shows that preschool experience has an important impact on school readiness for young children. However, on a statewide basis, children who are the most likely to benefit from high-quality preschool are the least likely to be enrolled. The Sacramento County Preschool Plan addresses those issues as well as the following preschool related challenges:

- 56-percent of all preschool age children in Sacramento County have both parents, or a single parent, in the workforce and may not be able to participate in preschool unless it is connected with daycare
- More than 25-percent of children in Sacramento County enter kindergarten as dual language learners
- Only about 50-percent of the preschool teachers in Sacramento County have either a BA or AA degree
- Even the highest paid preschool teachers with BA degrees earn less than 60-percent of what elementary school teachers earn

Through a collaborative process, key stakeholders will work together to shape the quality of what young children experience today in the many preschool settings around the county. Children must have the best educational start possible and the Sacramento County Preschool Committee welcomes the participation of expanded partners in the execution of the Sacramento County Preschool Plan.

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# Arden Arcade cityhood push moves forward Incorporation committee meets the last fundraising deadline

Special to the Arden-Carmichael News

Early this month, the Arden Arcade Incorporation Committee confirmed it raised enough money to make the final payment to the Sacramento County Local Agency Formation Commission, the governor of cityhood petitions. LAFCo provides the environmental and economic reports as to whether a proposed city would be fiscally and governmentally sound. After paying hundreds of thousands of dollars, this latest payment – \$25,000 – is the last required.

“Good for you Arden Arcade, you understood the need even though continually raising money to pay a bureaucracy to study our request wasn’t very much fun,” said a statement on the incorporation committee’s Web site, [www.ardenarcadecity.org](http://www.ardenarcadecity.org). “As we’ve said before, our next step is to review the environmental impact report that LAFCo promises to release any minute now.”

“The comprehensive fiscal analysis should be available at the end of the month. We are on track to complete negotiations over revenue neutrality with the county of Sacramento and hammer out details with LAFCo to get on the ballot November 2010.”

## Sheriffs’ association supports cityhood

The Sacramento County Deputy Sheriffs’ Association Board of Directors announced last month that they voted

unanimously to support the efforts of the residents of Arden Arcade to become an incorporated city. The members of the board of directors met with representatives of the Arden Arcade incorporation group and, subsequently, had extensive discussions to examine the pros and cons of supporting the incorporation effort.

The members of the board unanimously concluded that the primary goal of the Deputy Sheriffs’ Association was to ensure that, after incorporation, the new city would contract with the Sheriff’s Department to continue to provide law enforcement services to that community. It is believed that the level of law enforcement services under such a contract would be higher than currently provided.

The Sacramento County Deputy Sheriffs’ Association believes it is very important to have the ability to maintain ongoing relationships with the leadership of the new city in order to best protect the jobs of those deputies and the level of services provided under the proposed contract.

Sacramento County Deputy Sheriffs’ Association President Kevin Mickelson noted, “We have had very strong relationships with the residents of Arden Arcade for many years. We know the community and we look forward to many more years of working with and serving the residents in Arden Arcade.”

## GO AHEAD... Eat what you want!

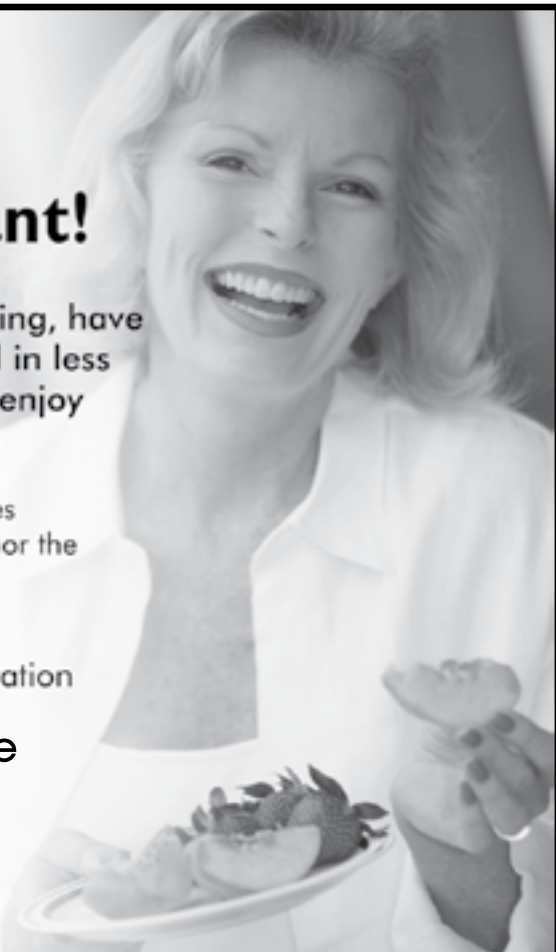
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Arden-Carmichael News Photo/Lance Armstrong

El Camino High School at 4300 El Camino Ave., at Eastern Avenue, opened in September 1950.

Pieces of the past

# El Camino High School: Six decades of education, memories, tradition

By LANCE ARMSTRONG  
Arden-Carmichael News Writer  
lance@valcomnews.com

*Editor's Note: This is the first in a two-part story series. Read part two in the Feb. 25 edition of the Arden-Carmichael News.*

With the recent change in the calendar year, El Camino High School is nearing a special milestone in its history, as this September will mark the 60th year since the school's opening. And in recognition of this fact, the following history of the school is presented.

El Camino High School was a pioneer school of the

San Juan Union School District, which became the San Juan Unified School District on July 1, 1960.

As the district's second high school, El Camino High began with a class of 225 students, a staff of seven full-time teachers and three part-time teachers, who met in a new unit that included eight classrooms and a shop building.

The school, which is located on 40 acres at 4300 El Camino Ave., at Eastern Avenue, continued to be in an under construction status for the following nine years, as more classrooms and facilities were added each year.

### The early years

During the first year of its existence, El Camino High was complimented by its first principal, W.F. Hunter, who expressed his satisfaction with the school's growth.

"Less than a year ago, El Camino High School existed only as a partially completed building," Hunter wrote in 1951 for the first edition of the school's yearbook, *The Aerie*.

Continuing, Hunter wrote: "(The school) had no student body, no constitution,

no organizations, no teams, no colors; it didn't even have a name. Today (in 1951), it is a living institution, full of dynamic, intelligent boys and girls. With the cooperation of the board of trustees and the administration, the faculty, the parents and the entire community, it has demonstrated its abilities in athletics, in public speaking, in the dramatic field, in preparing a constitution and organizing the student body. Best of all, it is developing students who can think, who can and will become leaders in community, national and world affairs."

During El Camino's initial year, the school established its green and white colors, its eagle mascot, a constitution, the aforementioned yearbook, various clubs and *The El Caminian* newspaper, the predecessor to today's *The Eagle Eye*, which was first published in 2001.

By the beginning of its second school year, El Camino expanded to include 585 students and 19 full-time and two-part time faculty members.

And by following school year, El Camino had grown to an even greater degree, as the

See 60 years, page 7

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# 60 years: 'El Camino has taken its rightful place among the leading schools'

Continued from page 6

number of students reached 1,014 and the number of teachers reached 41.

## Growing the campus

Much of the school's expansion during its early years was due to the rapid growth in the area's housing market and the increase in military and civilian personnel at the nearby McClellan Air Force Base.

The school's first graduating class was the Class of 1954, which consisted of 269 students who participated in commencement exercises at the Memorial Auditorium on Saturday night, June 19, 1954.

Other events of the 1953-54 school year, which began with 1,535 students and 60 full-time teachers, included the first football game at the school's football field, Eagle Field, which later included 5,200 seats, and the first Senior Ball.

In 1956, the school was under the direction of its second principal and the former superintendent of Yuma (Arizona) Union High School, Dr. Alva D. Abbott, who headed El Camino High for the following 16 years.

Abbott is remembered for his overall love and dedication to El Camino High.

In speaking about the alumni and then-current students at El Camino in 1967, Abbott said, "My heart fills with pride to have

had a share in the making of the great Eagle image and tradition. El Camino has taken its rightful place among the leading schools of California and the nation in scholarship, athletics, music, drama, journalism, student government, cadets, school activities and clubs."

In appreciation of Abbott's longtime commitment to the school, El Camino's football field became known as Abbott Field and the 1973 yearbook was dedicated to Abbott.

Replacing Abbott as principal at the beginning of the 1972-73 school year was Bill "Doc" Dresser.

Dresser arrived at the school to encounter a much improved campus, which by this time had grown to include 45 classrooms and administration offices in the main building, eight annex classrooms, a shop with eight classrooms and a little theater, a pair of gymnasiums, a swimming pool, a library, a music building, guidance offices and a cafeteria.

## Memories of yesteryear

According to the school's records, El Camino, which added midterm graduations in 1963, had 7,093 graduates by the end of its 1968-69 school year.

And of course, many more students have graduated from the school since



Pictured left to right, Lynnette (Rhoades) Purvis, Kathy (Scott) Clay and Mary (Ahlquist) Harger of the Class of 1959 are among the many El Camino High alumni who have continued to keep in touch throughout the years.

this time and like students before them, they carry with them many memories of their years spent at El Camino High.

One of the school's early graduates, Mary (Ahlquist) Harger of the Class of 1959, which was the last El Camino class to graduate at Memorial Auditorium, recently shared her memories of the school.

"To those of us attending El Camino in the 1950s, it was a great place to be," Harger said. "We received a great ed-

ucation, but found lots of time to work together on activities that included the pep club, The Aerie yearbook, the El Caminian newspaper, dance committees, student government and attending many sports events, including football and basketball games followed by fun at the "Oaks," our local drive-in. Recently, we celebrated our 50th class reunion and we were able to bring back the original school fight song, which was performed by the current El Camino pep band

at the reunion. We continue to treasure these traditions and our memories of El Camino High School."

El Camino is also recognized for its most notable alumni, who include: Larry Linville, who played Maj. Frank Burns on the famous television series, MASH, former state assemblyman and Sacramento mayor, Phil Isenberg, Chicago Cubs first baseman Derrek Lee, Olympic gold medal swimmer Mike Burton and Ken and Tom Fat of the Fats restaurant fame.

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# Have camera, will travel: Carmichael shutterbug eyes excellence

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

*“I consider myself a real world  
photographer...”*

Like many children, Jay Canter was given something to do with his curious and potentially destructive hands. Unlike most of them, however, Canter developed an infatuation that continues to grow to this day. At age six or seven, Canter was given a camera to keep his hands busy during the annual family trip to the Smithsonian in Washington, D.C. Idle hands could be a very expensive proposition in such a place, after all.

At first, it was just point and shoot, of course. He knew nothing of lighting and shadows and any number of other tricks known by professionals. But what started as a project to curb youthful exuberance for the Carmichael-raised Canter, eventually turned into a life-long artistic journey.

“I had my first stuff published when I was 16,” Canter said. “I was really into race cars and that was what I photographed first.”

It wasn't long before car magazines became aware of his skills. Executives came from all over to see this kid with the camera. He went on to graduate from El Camino High School in 1996, but photography was still just a hobby for the most part.

The first national magazine to feature his work was a high-performance car magazine called “Turbo.” The honor came at a pivotal time for him, as he was unsure about whether or not to pursue photography as a job.

“Photography is absolutely my full-time job now,” he said. “I left corporate America 10 years ago.”

But how did he come to be so outstanding that he was able to make a career off his skills? He took photography class in high school, but he never really absorbed the nuts and bolts aspects

taught in structured classes. Instead, he learned by doing.

“I am totally self-taught,” he said. “I have always had an artistic eye.”

That might be just a bit of an understatement for someone who was named “The Best Photographer in Sacramento” by the Sacramento News & Review in 2008. Canter knew he was good, but even he was shocked to be given that honor.

“I had no idea about the award,” he said. “I wasn't even in town when the issue came out.”

Canter recalled getting a text from a friend congratulating him.

“Congratulations for what?” he laughed. After hearing the news, he sent his parents on a search for copies of the end of the year “Best Of” issue of the

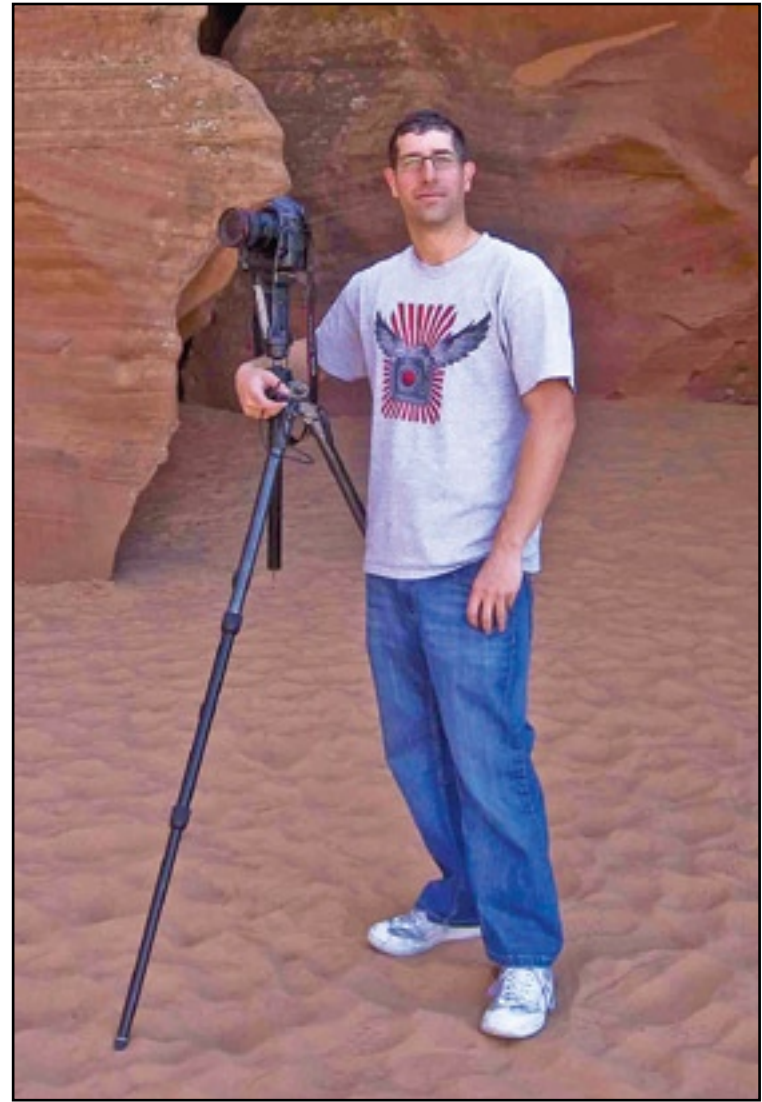


Photo courtesy Jay Canter

Now a world-class photographer, Jay Canter graduated from El Camino High School in 1996. See his photos online at [www.valcomnews.com](http://www.valcomnews.com).

See Photographer, page 9

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# Photographer: 'I stay here because I love the community'

Continued from page 8

publication. The voting is all anonymous and to this day, he doesn't know who voted for him or which works of his inspired said votes.

## Shots from around the world

In his career, Canter has traveled all over the United States as well as internationally. He has shot fashion, commercial, weddings, parties and the aforementioned sports cars, but now most of his work deals with scenery and architecture photography.

"I consider myself a real world photographer," he said. "I'm not going to cut your head off and put it on Brad Pitt's body. That's not what I do."

Canter takes pride in tinkering as little as possible with his pictures. Either he got the shot he wanted, or he didn't. It would appear that he generally gets the shot he wanted. His scenery pictures have been so well received, in fact, that Mercy San Juan Hospital features 32 works in its new six-story critical care facility.

Twenty pictures are in the lobby of the facility, while the others are in the actual patients' rooms. The pictures are what Canter describes as "iconic stuff from the western U.S." The pictures are from all over California includ-

ing Pollock Pines and Placerville. They are meant to be colorful and cheery pictures in the hopes that they might make a stay in a critical care facility a little more comfortable for the patients.

## An eye on the future

As for future projects, Canter has something in the works for Second Saturday on March 13 at the L Street Lofts at 1818 L St. He will have an entire floor dedicated to his work alone and proceeds from the event will go to a local charity. As of right now, some of his pieces can be seen at the Appel Gallery at 931 T St., which Canter said is the only photography-exclusive gallery in Sacramento.

Eventually he would like to open a gallery and studio where people can come and see his work permanently on display. In the meantime, Canter continues to spread his message about his craft. He teaches seminars, gives private lessons and helps with the photography department at El Camino.

"Just because you have a camera doesn't make you a photographer," he said. "I want to get that awareness out there that photography is an art and that we need to support local artists."

He also encourages people to ask him questions.

He says that he has people come up to him all the time with photographic queries and he always answers each one to the best of his ability.

Canter has made it as a big-time photographer published all over the world, but he still calls just one place home.

"I love Sacramento," he said. "I have had opportunities to move to Los Angeles and New York, but I stay here because I love the community."

In the end, it looks like his parents had the right idea sticking that camera in his hands. He found what he loves and has become a

success without destroying even a single priceless artifact.

People interested in buying some of Canter's artistic works can do so at his Web site [www.jaycanter.com](http://www.jaycanter.com). There you can find contact info and pretty much anything you need to obtain one of his unique prints.

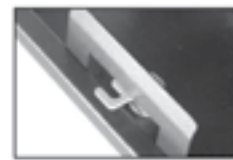
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# Love is the 'heartbeat of the universe' in Sac Opera's 'La Traviata'

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

True love and tragic misunderstanding, aristocrats and commoners, noble sacrifice, betrayal and dying young... Sacramento Opera's production of Giuseppe Verdi's "La Traviata" has it all.

Verdi based his opera in three acts on a novel by Alexandre Dumas, fils, called "La dame aux Camélias." The novel, which was based on Dumas' own affair with the beautiful courtesan Marie Duplessis, who died at the age of 23 from consumption, a common term for tuberculosis. Duplessis was known for her petite figure, charming smile and her smart conversation in French salons of the day. It is reputed that no fewer than two French noblemen (and former lovers) were at her bedside when she passed away. In death, as in life, she was a legend.

In English, Dumas' work was translated as "Camille," and the title character was successfully portrayed to great success by Greta Garbo on the silver screen in 1936.

In contrast, the first performance of Verdi's opera, at Venice's La Fenice in 1853, was an utter failure. However, Verdi had faith that his work would endure ("La Traviata" last night a failure," he wrote. "My fault or the singers'? Time will tell"). After some revisions, an 1854 production at the Teatro di San Benedetto in

Venice proved to be successful. "La Traviata" has been in production ever since.

The title for Verdi's work, "La Traviata," means "The Woman Who Strayed," or "The Fallen Woman." It focuses on the lives of a famous courtesan, Violetta Valéry, and a young nobleman, Alfredo Germont. The two meet at a party she is hosting to celebrate her "recovery" from a "brief illness."

Alfredo woos Violetta, who has her doubts about the young man who "has loved her long from afar." However, she also wonders if he could "be the one." In the Act I finale, Violetta sings "Ah, fors'è lui" – "Perhaps, he is the one."

The second act finds the two as lovers, happily ensconced in the French countryside. But trouble is on the way, in the form of Alfredo's father, Giorgio Germont. Giorgio informs Violetta that his daughter's upcoming marriage is threatened because of Alfredo's affair with her. Because of her love for Alfredo, Violetta agrees to sacrifice her love for the sake of his family and leaves for her former life in Paris.

Alfredo, at first determined to bring her back, eventually is led to believe that Violetta has betrayed him. He confronts her publicly, throwing money in her face at a party. She faints and the members of the party reprimand him: "You have offended a noble lady."

Too late, Alfredo realizes that Violetta's love for him was true all along. In the third

act, the lovely courtesan is told by her physician that she has not long to live, as her consumption has worsened dramatically. Violetta sings "Addio del passato" – "So closes my sad story." Alfredo rushes to her side, and the two lovers are reunited. Alfredo tells Violetta that he will take her away from Paris, back to the countryside. But she senses that her life is slipping away.

Together, Alfredo and Violetta sing "Gran Dio! morir si giovane" – "O, God! to die so young." Giorgio enters with a doctor to save Violetta, but it is too late – Violetta dies in her lover's arms.

"La Traviata" is listed in the Top Three most popular operas in the United States by "Opera America," just behind "Madama Butterfly" and "La bohème." Sacramento Opera's production will be sung in Italian with English super-titles. James Marvel directs and Timm Rolek returns to conduct the Sacramento Philharmonic Orchestra.

Soprano Karen Slack will perform as Violetta. She has performed internationally to much acclaim. Her voice is described as "warmly expressive." Slack's career has been fostered by both the Santa Fe and San Francisco operas, which recognized her native talent and invited her to participate in their programs for young artists. She is noted as a talented performer whose star is on the rise.

Tenor Alexander Boyer is cast as Alfredo. Boyer has performed with the San



Photo courtesy

Sacramento Opera presents Giuseppe Verdi's "La Traviata" at the Sacramento Community Center Theater, 1301 L Street, Sacramento, Friday, February 26, 2010 at 8 pm; Sunday, February 28, 2010 at 2 pm; and Tuesday, March 2, 2010 at 7:30 pm. (Pictured is an earlier production.)

Jose Opera, as well as the Merola and Santa Fe Opera programs. He is a winner of the Mario Lanza Scholarship Award.

"La Traviata" will run for three performances: Friday, Feb. 26 at 8 p.m., Sunday, Feb. 28 at 2 p.m. and Tuesday, March 2 at 7:30 p.m. The Sacramento Community Center Theater is located at 1301 L Street in Sacramento. Admission is \$18 to \$130. For tickets, call (916) 808-5181, visit the box office at the theater or visit [www.tickets.com](http://www.tickets.com). For more information, visit [www.sacopera.org](http://www.sacopera.org) or join the Sacramento Opera on Facebook and Twitter.

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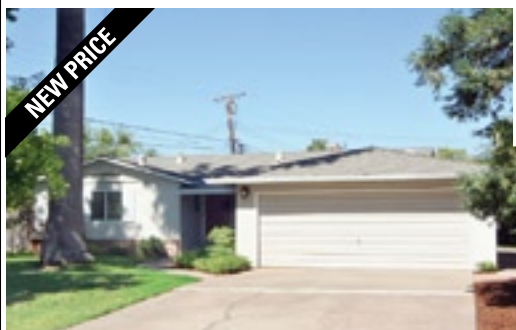


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# Church opened at East Sacramento site in 1951 Greek Orthodox Church has long history in the capital city

By LANCE ARMSTRONG  
Arden-Carmichael News Writer  
lance@valcomnews.com

The Greek Orthodox Church of the Annunciation has a rich history in the capital city, including nearly 60 years in East Sacramento.

Many East Sacramentans are familiar with the large, Byzantine-style church and its accompanying Hellenic Center at the northeast corner of Alhambra Boulevard and F Street, across from McKinley Park. But the church's history in Sacramento predates this historic site.

But taking a step back prior to the church's establishment in Sacramento, county records indicate that Greeks had a presence in the city as early as 1890.

From 1910 to 1920, no more than 50 Greek families resided in the Sacramento area. And of these families, the majority of the men were employed by the Southern Pacific and Western Pacific railroads.

Although there was no Greek church in the city during this time, the Holy Trinity Greek Orthodox Church – the mother church of Greek orthodoxy in the West at the time –

served as a relatively nearby active presence for the church.

Also during this era, liturgy was occasionally celebrated in Sacramento through clergy of San Francisco and later Los Angeles, with the first of these liturgies being held at Red Men's Hall at 716 I St.

## Constructing a church

The first official step toward establishing a Greek orthodox church in Sacramento occurred with a Jan. 18, 1920 meeting, which was held at the Pythian Castle at 831 I St.

Tom Mantis, president of Elpis, a then-6-year-old, independent Greek fraternal organization in Sacramento, initiated the meeting, which was designed to organize the Greek Orthodox Community of Sacramento.

By Dec. 20, 1920, the community had been formed and members of its first board of trustees were elected.

The following year, the first Greek Orthodox Church of the Annunciation was constructed at 620 N St.

The first liturgy in the new church was held on Dec. 25, 1921, under the direction of Father Sardounis.

A Greek school was established at the N Street site in

a two-story Victorian in the mid-1920s.

The school, which was held following classes at local elementary and middle schools, was located on the ground floor of the building.

East Sacramento resident Penny (Anton) Kastanis recalled attending the school during the late 1940s.

"The school had desks that we sat at like in a regular school room and the classes were quite often taught by the priest or the priest's wife," Penny said. "Father Econome was one of my teachers. We all had books that we would purchase and they were all in Greek. They were like a first grade book with things like the alphabet, stories and poetry."

The priests of the church resided on the second floor of the school building.

Additionally, the second floor of the school building was home to Nicholas Terzakis, the church's caretaker during the 1920s.

Penny said that she continues to remain friends with former students of the school and added that the site of the original church and the school was very much "the center of both

See Greek, page 13

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# Greek: 'We've been here for a long time and have grown a lot'

Continued from page 12

religious and social activities for the Greeks of Sacramento."

Helen (Sady) Psihopaidas said that she remembers a unique aspect of the old N Street church.

"They had singing birds on both sides of (the nave of) the church," Psihopaidas said. "They were hanging in regular-sized bird cages and there were about five on each side of the room. It was quite a unique sight."

Penny, who also remembers the birds, said that the birds, which she suspects were canaries, were covered during liturgies, so that they would not interrupt the chanting, singing and other parts of the liturgies.

## Parish and parishioners

With the founding of the church in Sacramento, a popular annual Greek picnic was established in 1922.

By the early 1930s, the event, which was held at Helvetia Park in West Sacramento and included food, games and a beauty queen contest, was drawing about 2,000 Greek-Americans from Sacramento and beyond.

Another Greek event was the Greek Independence Day ceremonies, which honored the Greeks' freedom, as a result of the 1820s war that eliminated the Turkish control of their land.

In Sacramento, the event was celebrated every March 25 with special liturgies, banquets and dancing.

During World War II, members of the church supported the Greek War Relief and the Red Cross.

An article in the Dec. 9, 1940 issue of The Sacramento Bee, for instance, showed that by this time, Greeks in the Sacramento area had raised as much as \$10,000 to assist war victims in their native land.

Eventually, the old N Street church became inadequate to meet the needs of the growing parish and efforts were made to establish a new church building and recreation hall, known as the Hellenic Center, on property that the church purchased across from McKinley Park.

In 1949, George E. Johnson, who many longtime Sacramento residents remember for his Del Prado Restaurant, organized a fundraising drive, which resulted in the collection of about \$48,000.

The Hellenic Center, which is located to the south of the

Alhambra Boulevard church, was the church's first building constructed at the site.

Shortly after its construction, this building, which has hosted many events throughout its history, was temporarily used for church liturgies and the offices of the priests.

## Charting growth

The new church was completed in the fall of 1951 and held its first liturgy in the building with its pastor, Father Nicholas Karas.

New church offices were also constructed along N Street in the 1950s.

Many of the icons and other important pieces from the original church were placed in the new church.

These pieces included various paintings that are still located in the church today.

Overall, the cost of the land and its buildings was \$318,211.

A plan to build a church in South Natomas fell short in 1993 and the property was subsequently sold.

Through this sale, the property's former owner, Angelo Tsakopoulos gifted the church \$1.1 million, which was used to purchase the remainder of the block at the Alhambra Boulevard site.

Prior to this purchase, the church owned half the block.

## Expanding and exploring

Currently, members are split between the options of demolishing the present church building and constructing a new church in its place or building a new church on an 8-acre site in

the 48-acre McKinley Village development, just east of the current church.

Terry Kastanis, the parish's librarian who met Penny at the Alhambra Boulevard church and married her a year later in 1961, said that no matter what its members decide, the current economy has the new church project on hold. However, the church did move forward with a plan to construct a preschool and childcare center at the church site. The center is now open and operating 7 a.m. to 6 p.m., Monday through Friday. For more information on the preschool, call Annette Chavez (916) 231-9173.

Undoubtedly, the Greek community is not only known for its historic East Sacramento church complex, but also for its Greek Festival, which is held each year at the Sacramento Convention Center.

This year's edition of the festival, which is the city's third largest drawing event, will be held September 3 through 5.

Eugene Fotos, 77, who was raised in East Sacramento and attended both locations of the church, said that he is proud of the church's long history in the capital city.

"We've been here for a long time and have grown a lot since we were on N Street," said Fotos, whose nephew, Father James Retelas, is the current pastor at the church. "We used to have about 40 people come to the church on N Street and now we get about 200 on average and sometimes about 300. I look at it as a big family and you don't have to be of Greek descent. We welcome everybody."

# R.S.V.P.

## Join Mercy for Heart Matters a health event made just for you and your heart

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# Good things grow at county organic gardening club

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

A lot of things seem to be taking the “green” approach these days. But this movement seems to have only started in the last few years as far as cars and other machinery are concerned. One Sacramento club, however, has been advocating the green motto for 25 years in the form of gardening.

The Organic Gardening Club of Sacramento County is a non-profit organization founded in 1985, in the absolute infancy of the movement.

“Nobody really knew much about it at the time,” club president Barbara Schulte said. “But now I think a lot more people are going organic.”

The club meets on the first Friday of each month at Carmichael Park, 5750 Grant Ave. in Sacramento. The meetings are open

to the public and one of the goals of the club is to educate people about the benefits of organic gardening rather than just how to do it.

“It is absolutely the healthiest way to grow food both for the environment and for people,” Schulte said. “It is very important to grow without pesticides and trying to make the healthiest soil possible.”

Healthy soil doesn’t just aid in the growing of different fruits and vegetables, it also acts as a nature-made insect repellent, according to Schulte.

“If the soil is healthy it keeps away the harmful insects,” she said.

There is a misconception that going organic is a difficult thing to do that leads to much more work being done by the gardener; Schulte described why that’s simply not the case.

“It’s absolutely easy to do,” she said. “You can make it

difficult if you want to, but you certainly don’t have to. Most nurseries have organic products and staff that can answer any questions you have about it.”

As with anything else, there are levels of difficulty depending on how far you want to get into it. Schulte spoke of the organic growing of flowers and plants that can actually attract beneficial insects to an organic garden, which could greatly aid growing.

She also believes that the word is getting out about the benefits of organic gardening, partly thanks to groups like hers.

“I think it has become more common recently,” she said. “There are many articles out about the different ways to become an organic grower. People are beginning to realize that it isn’t complicated and our programs teach them what to do. People are really starting to learn that it’s a healthy way to grow.”

The group welcomes new members, but Schulte asks that people attend a couple of the monthly meetings before deciding whether to join. The meetings are open to the public and are a good way to introduce yourself to the concept of going organic.

She also said that the Fair Oaks Horticulture Center has an organic exhibit that



Photo by kafka4prez via Flickr.com  
Healthy soil doesn’t just aid in the growing of different fruits and vegetables, it also acts as a nature-made insect repellent, according to Organic Gardening Club of Sacramento County president Barbara Schulte.

could be helpful for interested parties.

The February meeting featured Candace Schuncke from the Fair Oaks Horticultural Center. Her presentation was titled “It’s all about the dirt” where she talked about the best kinds of soil for growing.

The March meeting (which will take place on March 5) will welcome master gardener Mary Ose, who will talk about spring gardening preparation.

Those interested in becoming a member can contact the club at (916) 635-6724.



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# Is there a doctor in the house?



By **MARTY RELLES**  
Arden-Carmichael News Columnist  
marty@valcomnews.com

The Costamagna family lived across the street from our house on Janey Way: Dom Costamagna, his wife Leda and their boys Gary and Jim. Dom worked as a field supervisor for Pacific Gas and Electric. He was the kind of guy who could fix anything. If your hot water heater broke, Dom came over and fixed it. If your toilet clogged, Dom helped you un-clog it.

Dom fixed people, too. When one of the kids on the block fell and scraped a shin or cut a hand, Dom came with his big first aid box and repaired the damage. He always seemed to be there for us. I remember one incident in particular. One summer evening, we played tag on the lawn in front of St. Mary's Church in East Sacramento. The cement pathway around the lawn formed the border for the game. One boy chased another until he made the tag. When a boy chased my brother Terry diagonally across the lawn, Terry, who was a little clumsy, fell. He landed on the sharp edge of an exposed sprinkler head. Blood gushed out of his knee and Terry began to cry. He got up to walk home which only opened the wound further. The boys pushed Terry back down to the ground and one boy yelled, "Someone get Dom Costamagna!" A few minutes later, Dom came around the front of the church carrying his first aid box. He walked over to the melee and knelt down by Terry who still cried loudly. "Don't worry Terry," Dom said, "I'll fix you up."

Dom took out a bottle of hydrogen peroxide and poured it over the wound. He wiped it dry with a clean white cloth. He then tightly taped a piece of gauze over the wound to stop the bleeding. Then, he slid one arm under Terry's legs and one arm around his shoulder, picked him up and carried him back to Janey Way. We followed behind him carrying the first aid box. When he got home, he put Terry in the front of his car, sat down in the driver's seat beside him, started the engine and drove off.

As he headed off, he said, "Someone tell Martin (our dad) I'm taking Terry to the hospital emergency room."

I ran home immediately to tell mom. She called dad, who was on duty at the Sacramento Police Department. When dad got the message, he met Dom and Terry at the hospital.

Terry came home late that night with over 20 stitches in his damaged knee. Thanks to Dom, he healed quickly. Sadly, Dom passed away a few years ago. I stood up at the funeral and related the story of how Dom cared for my little brother. As people wiped a tear from their eye, they smiled. Like all the fathers on Janey Way, Dom looked after all the children on the block. With their loving care, we survived and prospered. All of our fathers, save one, have passed on now, but we have not forgotten what they did for us.



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Breed: DSH Color: Black & White  
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**Bubb** #105333

Breed: Labrador Retriever Color: Yellow  
Gender: Male Hair: Medium  
Age: 9 months  
Bubb loves to have his ears rubbed. He is outgoing, energetic, knows how to sit on command and walks well on a leash. He can be a little excited when he first gets out of his cage, but he calms down quickly.

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**Aska** #107194

Breed: DSH Color: Cream & White  
Gender: Male Hair: Short  
Age: 2 years  
It's hard to miss Aska. When you walk past his cage he starts rubbing against the window to request your attention. Once you pick him up he is perfectly content. While walking around with him he doesn't struggle to get down, he just relaxes into you.

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**Riss** #106688

Breed: DLH Color: Orange & White  
Gender: Male Hair: Long  
Age: 6 years  
Riss is a beauty with his long fur. Since he likes to look his best, he enjoys being brushed. He is also very fond of petting and neck scratches. He also likes climbing to high vantage points so he can survey his domain.

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**Nozgol** #106907

Breed: DLH Color: Tortoiseshell  
Gender: Female Hair: Long  
Age: 5 years  
Nozgol is a sweet cat. Outgoing and friendly, she likes to be held and petted. Once we became acquainted, she followed me around Tiger's Habitat, the multi-cat room she is sharing. She is a pretty cat with lovely long fur.

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**Lucy** #106608

Breed: Chihuahua Color: Black & Tan  
Gender: Female Hair: Medium  
Age: 3 years  
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**Buddy** #106501

Breed: Labrador Retriever Color: Black/White  
Gender: Male Hair: Short  
Age: 3 years  
Buddy can be a little shy at first, but he warms up quickly. He is calm, easy going, and walks well on a leash. He is friendly with people and other dogs. He is a smart boy who knows how to sit on command and will do well in training classes.

\* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.



# CALENDAR

## GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail [ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com). Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

## FEBRUARY

### Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the USS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit [www.uuss.org](http://www.uuss.org).

### Pocket girls softball

Register now through March 1 for the 2010 season or visit [www.pocketgirlssoftball.com](http://www.pocketgirlssoftball.com). For girls ages 4 1/2 to 16.

## FEBRUARY 11

### Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, February 11, 2010 from 1:00 p.m. to 3:00 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Using Online Bill Paying Systems." A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).

### California Citizens for Health Freedom

Sponsored by California Citizens for Health Freedom, a free lecture on "Body Signs, Swine Flu and You" will be presented by Jim McAfee, Th.M., C.C.N., 7 - 9 p.m. at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento. Call 916-635-6724 for information.

### Parks and Rec meeting

The Carmichael Recreation and Park District is developing a Recreation Master Plan to guide our programs. We would like the communities input to determine the types of activities and programs that are needed to meet the recreation interests of our district. There are two community workshops scheduled for your convenience. Recreation Master Plan Community Workshop, Thursday, February 11 at 6 p.m. La Sierra Community Center, 5325 Engle Rd, Carmichael, CA 95608.

## FEBRUARY 12

**Carmichael Geranium Society meeting**  
Carmichael Geranium Society February meeting - 2/12/10, Carmichael Community Clubhouse at 5759 Grant Avenue, Carmichael. Robin Par-

er will show us how to grow angel and pansy face pelargoniums visitors welcome - no fee.

## FEBRUARY 13

### Coca-Cola Memorabilia Sale

Coca-Cola Memorabilia Sale from 11 a.m. to 2 p.m. at Red Lion Hotel at Arden, 1401 Arden Way, Sacramento CA The Great Get Together Chapter of the Coca Cola Collectors Club will be holding a Memorabilia Sale as a part of its 32nd Annual Convention. Entrance is free. For more information, contact: Mel Munson, Convention Chairperson, Telephone: 530 662 8840, E Mail: [mmunson@pacbell.net](mailto:mmunson@pacbell.net)

## FEBRUARY 14

### Concert at All Saints

Matthew Walsh, Organist and Maria Caswell, Violinist, in Concert at All Saints Episcopal Church, 2076 Sutterville Rd., Sacramento, on Sunday, February 14, 2010 at 4:00 PM. Music by Rheinberger, Bach and others, with \$10 donation. For more information, visit [www.allsaintssacramento.org](http://www.allsaintssacramento.org) or call 455-0643.

### All Saints concert

Feb. 14, Sunday, 4:00 PM All Saints Episcopal Church, 2076 Sutterville Rd., Sacramento. \$10 suggested. Matthew Walsh, Organist, assisted by Maria Caswell, Violinist. In addition to organ literature by Bach Alain and others, the duo will perform four seldom heard pieces for organ and violin by Josef Rheinberger, 19c. German composer. Walsh, a faculty member at Holy Names University in the Bay Area, has a long history as a cathedral organist, most recently in Chicago. Ms. Caswell performs on both baroque and modern violins and is a member of the American Bach Soloists. You can get more information from our church's website: [www.allsaintssacramento.org](http://www.allsaintssacramento.org) or from Matthew Walsh at [stelarsky@sbcglobal.net](mailto:stelarsky@sbcglobal.net) or the builder of our organ, Scott Nelson at 916-399-9752.

### Mardi Gras Sunday

Northminster Presbyterian Church will present a special worship service on Sunday, February 14, at 9:55 a.m., featuring the acclaimed Dixieland Minsters performing traditional Dixieland jazz. Following the service, a free Mardi Gras luncheon of Jambalaya beans and rice, and "red velvet" cake will be served. Northminster is located at 3235 Pope Avenue, between Watt and Fulton Avenues. For more information call (916) 487-5192 or visit [northminsteronline.org](http://northminsteronline.org).

## FEBRUARY 15

### American Heritage Day

American Heritage Day event at 10 a.m. to 2 p.m., 8201 Greenback Lane, Fair Oaks. The 8th Annual American Heritage Day will be held at Mt. Vernon Memorial Park. This event brings history to life for children with hands on/re-enactment performances. Families can enjoy over 17 different performances and continuous free entertainment. For more information, call (916) 969-1251.

### Genealogy Workshop

Root Cellar - Sacramento Genealogical Society - February 17, 2010. Informal workshop to exchange ideas and problem solve. Presentation: "DNA - How Much Do You

Understand?" with John Jay. Merrill Gardens (Garden Square Room), 7418 Stock Ranch Road, Citrus Heights, 1pm-3pm. Sign-in at front desk, wear guest badge, sign out when leaving. Free, everyone welcome. Contact John Jay (916) 331-0963, [jksljay@sbcglobal.net](mailto:jksljay@sbcglobal.net), or [www.rootcellar.org](http://www.rootcellar.org).

## FEBRUARY 18

### What Do I Do with All This Stuff?

Event is Thursday, February 18, 2010 from 10 a.m. to 11:30 a.m. Carmichael Park Clubhouse, 5750 Grant Ave, Carmichael. FREE class, but must pre-register by calling 485-5322. Start 2010 with a clean-sweep! Surrounded by clutter? Need to organize years of belongings, mementos and paper? This class will help you begin the task of sorting and disposing of clutter to help keep things manageable.

### Brown Bag Poetry Readings

Held 12:00 to 1:00 p.m. at 828 I Street, the Sacramento Poetry Center will hold a poetry reading from 12 noon to 1 pm, the third Thursday of every month, at the Central Library. Brown Bag Poetry will be held Thursday, February 18th and continues through the year. Sacramento poet Mary Zeppa will host the readings with assistance from poet Lawrence Dinkins and Poet Laureate Bob Stanley. Bring a brown-bag lunch and a favorite poem - or you may select from material available in the library. Information: 264-2920.

## FEBRUARY 20

### Crab feed for Children's home

Sacramento Children's Home Guild to hold "Down By the Sea" Crab Feed, Saturday, February 20, 2010, at the Folsom Community Center, 52 Natoma Street, Folsom, CA 95630. Tickets are \$45. For reservations, call 916-698-1150.

### Boy Scouts Recycle E-Waste

When: Saturday, Feb 20, 2010, 9 a.m. to 1 p.m. Where: Arcade Wesleyan Church, 3532 Whitney Ave., Sacramento (near corner of Whitney & Sunset Ave.) They can take: TVs (including flat screens), laptops, monitors, VCRs, stereos, disk drives, PDAs, Zip drives, computer mice, printers & copiers, scanners & faxes, telephones, video game consoles, small appliances (such as blenders, mixers, toasters, vacuum and carpet cleaners). CEAR shreds all computer disk and hard drives to protect your privacy. We can't take: Large appliances. Questions? Want to arrange a pickup (if you've got big items or you're a business)? Contact: [ponyexpress@surewest.net](mailto:ponyexpress@surewest.net).

## FEBRUARY 24

### Los Ninos Service League

The Los Ninos Service League is holding its next recruitment drive for volunteers to work within our organization. We would greatly appreciate it if you would post the following notice in your next upcoming publication. Thank you in advance for your continued support of the Casa Garden Restaurant and Sacramento Children's Home. Want to give back to our community and have fun too? Become a volunteer in the dining room, kitchen, or garden at the Casa Garden Restaurant. The restaurant, located in the Curtis Park neighborhood, has been raising funds for the Sacramento Children's Home since 1974. For more information about being a volunteer, please join us at our restaurant on February 24, 2010, 9:30 a.m., at 2760 Sutterville Road, Sacramento, CA 95820. Please RSVP by calling (916) 452-2809, as we look forward to meeting you.



## Crab & Pasta Feed

### Friday, February 26, 2010

Open to the Public

## No Host Cocktails 6:30 P.M.

## Dinner 7:30 P.M.

\$40.00 per ticket

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Tony Sanchez (916) 870-0741  
Tickets may be available at the door

## MARK YOUR CALENDAR...

Please join us for our Lent/Easter Worship & Bible Study

### Ash Wednesday

February 17, 2010, 11am & 7pm.

### Lenten Bible study with Paster Todd

5 weeks beginning Wednesday, February 24th

11:15am to 12 noon, 12-12:30 lunch, 12:30-12:45 Lent service  
Fireside Room

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Palm Sunday, March 28th - 7:45am, 8:30am, 11:00am  
Holy Thursday Services - April 1st - 11:00am, 7:00pm  
Good Friday Services - April 2nd - 11:00am, 7:00pm  
Easter Breakfast - April 4th - 7:30am - 11:00am (Youth Fundraiser)  
Easter Sunday Services - April 4th - 8:30am, 9:45am, 11:00am

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# Windermere

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