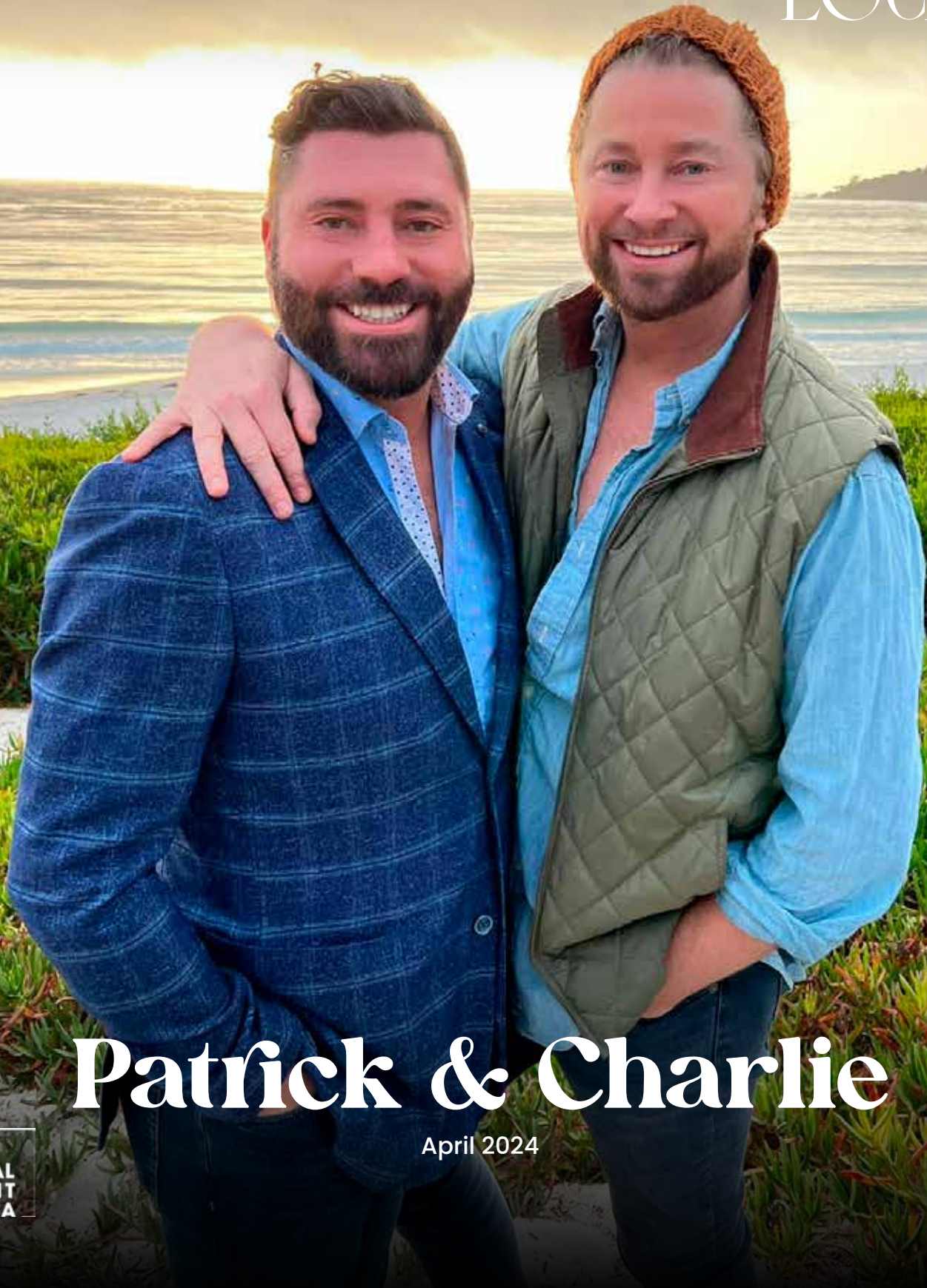


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*There is no cost to take the tour. Please RSVP to attend.*


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# Events




**14th Annual Taste of East Sac**  
SATURDAY | APRIL 20TH  
Annunciation Greek Orthodox Church  
600 Alhambra Blvd




**31st Annual Sac SPCA Doggy Dash**  
SATURDAY | APRIL 20TH  
William Land Park  
3800 Land Park Drive




**Sacramento Beer Week**  
APRIL 26TH TO MAY 5TH  
Sac Yard Community Tap House  
1725 33rd St




**Sol Blume Festival**  
MAY 3RD TO MAY 5TH  
Discovery Park  
1600 Garden Hwy




**River Cats Vs Tacoma (Fireworks Night)**  
SATURDAY | MAY 5TH  
Sutter Health Park  
400 Ballpark Dr, West Sacramento



**East Sac Garden Tour**  
MAY 11TH TO MAY 12TH  
3535 M Street  
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**Pops in the Park Featuring: Clean Slate**  
SATURDAY | JUNE 1ST | 6:00 PM  
East Portal Park  
1120 Rodeo Way



**Pops in the Park Featuring: Apple Z**  
SATURDAY | JUNE 8TH | 6:00 PM  
Bertha Henschel Park  
160 45th St



## Publisher's Note

Spring is in the air, the flowers are blooming, and the birds are chirping. If you're behind schedule on that landscape beautification project, Talini's Nursery has everything you'll need to give your yard that extra pop this season. For myself, the promise of a cold beer from Sac Yard after putting in a few hours in my own yard is all the motivation I'll need. While the Sacramento natives often reminisce of the iconic City of Trees water tower, the monument has since been replaced with the proclamation that Sacramento is the Farm-to-Fork Capital. So, start planting those carrots! But if you don't have a green thumb, there are plenty of local restaurants who tastefully showcase our incredible produce in Sacramento. The perfect opportunity to do so will be at the upcoming Taste of East Sac, sponsored by the East Sac Chamber of Commerce. Be sure to mark your calendars for April 20th, and get ready to indulge in some tasty dishes courtesy of East Sac's best restaurants!

**Kyle Mickiewicz**  
Kyle.Mickiewicz@LocalPrintMedia.com  
Publishing Director



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## Meet the Team **East Sac Local**


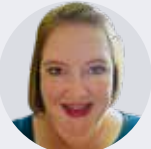



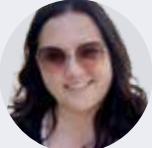


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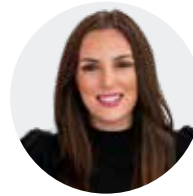


# EXPERT CONTRIBUTORS



**TIM COMSTOCK**  
Coldwell Banker

Tim is a 5th generation Sacramentan who grew up on 38th street in East Sac. A realtor since 2010, Tim specializes in residential and investment property sales. With every transaction, and with each client, Tim prides himself on communication, integrity and focus.



**ELIZABETH COMSTOCK**  
Elizabeth C Style Interior Design

Sacramento native Elizabeth Comstock is the founder of Elizabeth C. Style Interior Design. Elizabeth is a wife and mom of two young children. She passionately helps people create their dream home by blending various styles and design elements.



**KEVIN GUINN**  
Farmers Insurance

Originally from Texas, Kevin settled in Sacramento after serving in the United States Marine Corps. In 2007, he joined Farmers Insurance as an insurance and financial services agent. He loves giving his clients peace of mind and helping them with their financial future.



**ED GUANILL**  
CA Coast Tax Pros

Ed is a 25+ year veteran in the financial services industry. As an independent Financial Advisor and Fiduciary, Ed particularly enjoys educating his clients on avoiding critical mistakes in retirement and tax-efficient investment strategies. Ed and his wife, Erica, enjoy traveling, playing golf, and boating in San Diego.



**MEGHAN BROCK**  
The Closet Trading Company

In addition to being a wife and mother of three young children, Meghan Brock is an entrepreneur, accomplished fashion industry professional and graduate of the Fashion Institute of Design & Marketing in Los Angeles. This fall, she opened her own fashion luxury resale franchise of The Closet Trading Company in Sacramento – the region's first location.



**LATRICE ROSS**  
Mercy McMahon Terrace

As the Sales/Marketing Director at Mercy McMahon Terrace, Latrice Ross is deeply devoted to enhancing the lives of seniors in our community. Committed to ensuring that our seniors age in comfort, her area of expertise lies in helping seniors and their families find the ideal Residential Care Facilities for the Elderly (RCFE) that fit their unique needs. She offers valuable resources and unwavering assistance to empower seniors as they navigate this crucial phase of life.



**TED KAPPEL**  
KMG

Ted Kappel (past president of the East Sac Chamber) has been in the mortgage industry for 28 years. Ted learned his expertise over many years with Norwest Mortgage, Wells Fargo, and Vitek until he founded Kappel Mortgage Group, Inc (KMG) in 2004. Ted and his wife Jennifer Kappel chose the broker structure because it allows them to work with multiple banks for their clients' best rates and programs.



**LISA RAYMAN**  
GJ Gardner

Lisa Rayman is the Franchise Owner for G.J. Gardner Homes and REALTOR® with Coldwell Banker Realty. Lisa brings years of experience to the table in all facets of the real estate industry, from resale to investment properties, to custom-built homes or ADUs. Lisa's passion for helping others brings considerable value to her clients and helps fulfill their real estate dreams while exceeding expectations. A resident of Sacramento for over 20 years, she currently lives and works in East Sac with her family.



**DR. PAUL PHILLIPS**  
East Sac Dental

Since 1991, Dr. Paul Phillips has practiced dentistry in East Sacramento. He is joined by his wife, Dr. Suzanne Saidi, and associate Dr. Barry Dunn. The entire team at East Sac Dental is dedicated to creating a small-town dentist feel with a modern touch, embracing innovative technology and personalized wellness.



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MEET YOUR NEIGHBORS Patrick & Charlie

 by Melissa Strand



Amidst their bustling work schedules, Patrick and Charlie serendipitously crossed paths in an elevator, sparking a connection that would change their lives. They met during an event where Charlie was staffing the Assembly and Patrick was managing the media interviews with the Speaker of the House at the time. They were conducting the interviews on the rooftop of the Warehouse Artists’ Lofts building, and as the elevator doors parted, they also opened the doors to a new chapter of their lives, together.

For nearly a decade, happy couple Patrick and Charlie have called East Sacramento home, having lived in various residences before settling into a place they adore. Their current house reflects their personal touch, with a revamped kitchen, front yard, and fresh coats of interior and exterior paint, all infused with their unique style. They thrive on hosting lively gatherings, notably an annual Halloween bash where they mix up drinks and revel with friends, and a cherished Friendsgiving tradition featuring abundant delectable dishes and live music. Both rooted in Northern California, Patrick hails from Sacramento while Charlie originally

comes from the Bay Area but relocated to Sacramento as a child. Although they attended the same alma maters - Christian Brothers High School and Sacramento State - their paths didn't cross until they started dating, finding common ground in their educational backgrounds. Patrick is the owner of PHPR, a boutique public relations firm in Sacramento, and a Partner at Lighthouse Public Affairs, a statewide public affairs firm. Charles is the Press Secretary for State Senator Josh Becker and works at the State Capitol, where he has previously worked for three Assembly Speakers.

Food is a passion for both Patrick and



Charlie, and they love to spend their free time bonding over their mutual love of cooking. Charlie's family has a wonderful collection of recipes that they frequently make, and Patrick is often exploring new uses for the crock pot, air fryer and InstaPot. But when outside of their own kitchen, they love to frequent the abundant restaurant choices in Sacramento. They love the farm to fork culture in Sacramento, and frequently dine at their favorite local spots, including Centro, Polanco, THAI, Franquette, Beast and Bounty, Piatti and Wildwood. They love treating themselves to Spaghetti Factory at least once a month, and always request dinner in the caboose! They also enjoy savoring drinks at some of their favorite watering holes, including Midtown Spirits, Four Palms, The Star Lounge, Club 2Me and Urban Roots. Above all, Mulvaney's holds a special place in their hearts as their favorite local business, as they believe the remarkable team and their positive impact that they make on our community warrants profound recognition.



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MEET YOUR NEIGHBORS PATRICK & CHARLIE

When not busy working, Patrick is an avid tennis player (and is a stellar competitor as he was nationally ranked in the sport), and Charlie loves to stay sharp and test his knowledge by doing the Sunday crossword puzzles in the New York Times. They love to travel together and enjoy weekend getaways and love the proximity of nearby destinations, often taking short trips to Napa, San Francisco, Los Angeles, and Palm Springs. For more adventurous trips, they shared the most incredible time in Greece, visiting several of the islands, and had a very memorable time while in Provincetown with friends, where they had the opportunity to have martinis with actor Murray Bartlett and crash a Netflix party! They enjoy watching sports and love to cheer on local favorites, the Sacramento Kings, as well as the San Francisco 49ers and the Philadelphia Eagles, as Patrick's mother and father are from Philadelphia. They have a deep appreciation for local art and showcase a beautiful collection. Some of their favorite artists are Raphael



Delgado, Maren Conrad, and Micah Crandall Bear. They stay connected to their community in many ways, and Patrick sits on various boards and regularly gives his time to local nonprofits. Currently he is on the board at WEAVE, the B Street Theater, 916 Ink and in the past has served on the Sacramento LGBT Community Center, Sacramento Theater Company, and Sacramento Historical Society boards. This year, he is co-chairing the Party for Change

Event, benefiting Saint John's Program for Real Change. On a typical Saturday night, Patrick and Charlie can be found either savoring martinis at Four Palms or cozying up in bed while immersed in a true crime documentary. However, what truly defines their evenings is their shared presence, enjoying life's pleasures, indulging in delicious food, and raising their glasses to a lifetime of happiness together.

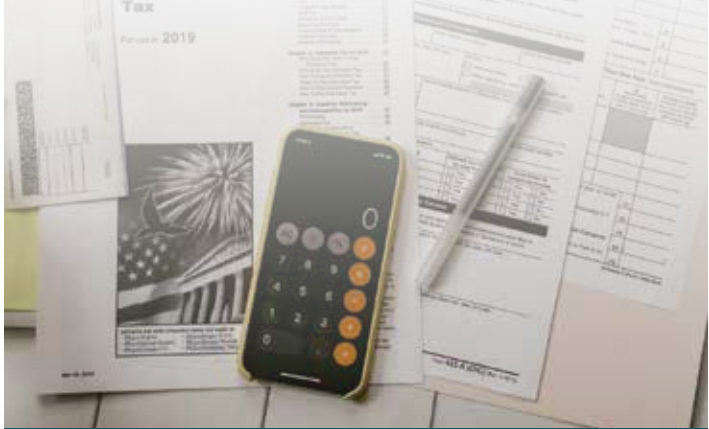


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Photo credits: Shriners Children's Northern California

**P**atients come to Sacramento from around the world to access specialty pediatric care at Shriners Children's Northern California, but very few have traveled as far as Mohammed.

## HE SHOOTS, HE SCORES!

Shriners Children's Northern California  
Recognizes Sacramento Teen's Resilience

Mohammed was born in Syria while his parents were living as refugees, having fled war and family tragedy in Iraq. He was born with spina bifida, a birth defect in which an area of the spinal column doesn't form properly, leaving a section of the spinal cord and spinal nerves exposed.

Mohammed had surgery immediately after he was born to close his spine. He underwent additional surgeries during the first few years of his life in Syria to install a shunt to drain fluid and pressure from his brain, and to fix a hernia.

After they fled Iraq, Mohammed's family found temporary residence in Syria, but more war forced them to flee to yet another country to find safety. "It was absolute panic," said Mohammed's father, Bassam. "I was scared for my family. Many people were trying to get to Jordan, so we did too. At first it seemed impossible, but when the Jordanian authorities saw Mohammed in his wheelchair and saw his condition, they gave us temporary entry. That's when a window opened for us to come to the United States."

Mohammed and his family were granted humanitarian entry to the U.S. from Jordan when he was 4 years old. Habitat for Humanity helped them get settled with housing in Sacramento. At the time, the family had no idea that Sacramento was home to one of the best hospitals in the country for pediatric spina bifida care – Shriners Children's Northern California. "It was meant to be that we came to Sacramento," said Bassam. "It was fate."

Shriners Children's Northern California's spina bifida program is led by



Maya Evans, M.D., and is internationally-recognized for advanced care.

Mohammed has been followed since he was 5 by an outstanding team of specialists at Shriners Children's. He is now a 12-year-old kid who loves basketball, the Sacramento Kings and hanging out with his friends.

"Mohammed is charismatic and active," said Dr. Evans. "He has participated in several Shriners Children's activities like our BikeFit program. It is fantastic to see him play on his school basketball team and take any chance he can to play."

Mohammed has come a very long way since first becoming a Shriners Children's patient. Over the years, he has undergone surgeries to correct a deformity in his lower leg and foot, in addition to his scoliosis.

He had leg surgery when he was 7, performed by orthopedic surgeon Vedant Kulkarni, MD. At age 11, he underwent a spinal procedure with orthopedic spine surgeon Rolando Roberto, MD, and received a halo traction device that uses gravity and a patient's own body weight to straighten the spine.

Although Mohammed spent many long and difficult days in the hospital for his surgeries, he is someone who sees the bright side of every situation. "I always looked forward to seeing the child life specialists on the second floor and seeing other kids," said Mohammed. "We played lots of video games like NBA2K and air hockey. Not to brag, but I'm pretty good at air hockey."

Mohammed currently attends middle school and uses a wheelchair to navigate his everyday life. Bassam credits Dr. Evans and the Shriners Children's team for connecting the family with every resource possible to give him the ability to live a more independent life. "From his wheelchair, to his shoes, to physical therapy at school, Shriners Children's has given us everything we could have possibly imagined to make Mohammed independent," said Bassam. "Shriners Children's helped us connect with support services and physical therapy at school, which is very helpful. They helped us identify assistance we didn't even know we needed."

Mohammed appreciates Dr. Evans' humor and special ability to connect with him and other teens. "Dr. Evans knows how to make jokes, for real," said Mohammed, laughing.

There was a time when Mohammed was the only kid in the school district who played basketball from a wheelchair. He doesn't let anything hold him back. He and his teammates created a special play for him called the Mohammed Shield. The play calls for his four teammates to form a square around him while he drives to the basket, shoots and scores. "It's the best," said Mohammed. "I love basketball, that's all I want to do. I want to go pro one day."

Dr. Evans and Mohammed's medical team will continue to follow him until he becomes an adult. Soon he will undergo colorectal and gastrointestinal treatment to remedy issues caused by his spina bifida. Bassam hopes the treatment will make Mohammed even more independent than he is today. "We are thankful for all that Shriners Children's has done for Mohammed," said Bassam. "Shriners Children's has given our family so much. They've fixed his spine and leg and helped him live as independently as possible. We are very grateful."

Mohammed is taking this semester off from his basketball team to focus on school, but still loves to play! He looks forward to playing more basketball with his middle-school team and hopes to see the Sacramento Kings win a championship someday. "One day I'll be there to see the team win their title," said Mohammed. "And I'll be sure to send Dr. Evans a photo from the arena, because she's the reason I can do so many things."

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PETABLE PETS **Tito**

 by Melissa Strand

Pet parents, Victoria and Rick, feel their furry family member, Tito, brings boundless joy and unwavering loyalty into their lives. Cleverly named after Tito’s Vodka, this seven-month-old Australian cattle dog and pit bull terrier mix is more than just a pet; he’s a spirited and cherished member of the family. Victoria and Rick adopted Tito through the Front Street Shelter in Sacramento, and his family treasures him knowing that they saved a life and gave him a second chance with a loving family by adopting him from the shelter. Adopting Tito provided him with a loving home and gave him a chance to truly thrive in a caring environment.

From the moment Tito entered their lives he seamlessly integrated into their household, joining the ranks alongside their dog Tanq and cats Stacy, Stout, and Audi. Tito's favorite toys and treats are always readily available for him to enjoy. From Costco dog chicken strips to any stuffed toy with a squeaker, this pup knows how to indulge in life's simple pleasures, and his family makes sure they never run out! His favorite pastimes include playful games of fetch, which perfectly complements his love for



long walks on the levee with his adoring humans. Victoria readily admits that Tito is spoiled heavily and is constantly showered with affection and attention, and Tito returns the affection and attention happily.

Tito is a unique and clever dog and what truly sets him apart are his endearing quirks and his lovable personality. With his striking blue eyes and his heart-shaped nose, he effortlessly captures the hearts of all who meet him. Despite the occasional mischief, such as chewing up the backseat cover in the car, Tito's gentle nature and unwavering loyalty shine through. While he

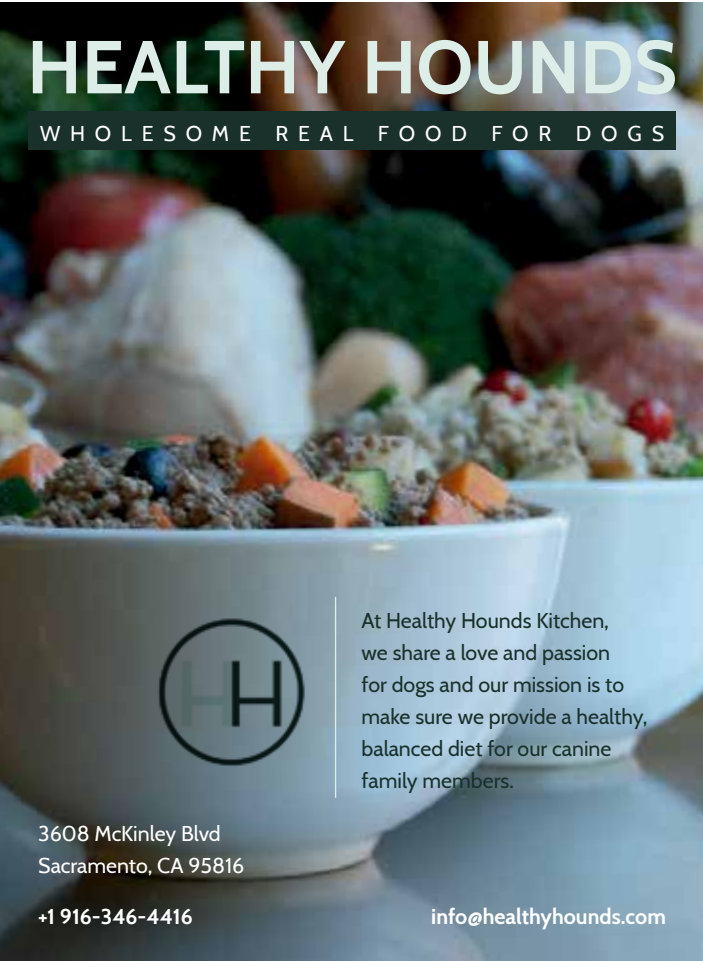
may not boast an extensive repertoire of tricks, Tito's innate herding tendencies come in handy when he's playing with Tanq, showcasing his natural leadership abilities. And although he's not overly protective with his family members, Tito's presence provides comfort and companionship.


Victoria and Rick have countless moments with Tito that are filled with laughter and joy. From Tito's playful antics to his unwavering affection, each day is an adventure with their spirited companion by their side. And while vet bills may pose an occasional challenge, the love and companionship Tito provides far outweigh any financial concerns. As Victoria and Rick navigate the highs and lows of pet ownership, one thing remains abundantly clear: Tito is more than just a pet, he's a cherished member of the family. With his sweet disposition and boundless love, he exemplifies the true essence of a loyal companion. Tito's presence serves as a poignant reminder of the immeasurable joy that comes from opening one's heart to a furry friend. And for Victoria and Rick, their lives are infinitely richer because of the love Tito brings into their home every day.



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BUSINESS SPOTLIGHT **Tim Comstock**

 by Melissa Strand

**A**s a full-time realtor since 2015, Tim Comstock specializes in residential and investment property sales. Tim has expanded his client base over the years to include not only investors, but family and friends comprised of sellers or buyers who seek professional guidance in their real estate transactions. He prides himself on communication, integrity, and focus. To Tim, every client is unique, as is every sale, and his goal is to achieve and exceed client expectations. His business is “referral only” and he feels his success is thanks to his clients and their successful transactions.

Tim was born and raised in East Sacramento. He spent his first 18 years in Sacramento and his second 18 years out of Sacramento. For college, he attended the University of California, Berkeley and graduated with a BA in History. After spending the better part of two years traveling in Europe, he moved to Los Angeles and worked in independent film production for 12 years. The biggest inspiration to get into real estate for Tim was when he and his wife Courtney had their first child. Their family was living in Los Angeles and his career in film, which is a difficult industry, was a constant grind with long periods of time between work. For several reasons it made sense for their young family to move to Sacramento in 2010, primarily so they could raise their child and grow their household near family. It was there and then that Tim acquired his



real estate license. He started in property management where he learned that it takes a strong foundation to build a beautiful home. His foundation in the industry was fortified by working with investor clients, managing their properties at first, then selling and acquiring new ones along the way. He hangs his license at Coldwell Banker because the brokerage offers the

latest in innovative marketing. Tim’s goal for his clients is to enhance their experience and offer them the best opportunity to maximize their property’s potential in the marketplace. Over the years, Tim has been fortunate to cultivate great relationships with contractors, vendors and handymen who have enabled his clients to save time and money in the process of getting their home ready to sell. Tim is most proud

of the relationships and, in many cases, friendships he has made with his buyers and sellers over the years and feels it is true that good relationships and friendships are built on trust. Tim shares, “Any success I’ve been privileged to enjoy is directly related to my clients’ trust in me. It’s something I’m extraordinarily grateful for and do not take for granted.” Tim prides himself on being immediately responsive to the needs of his clients. His clients appreciate that he is readily available to them and works at their pace, and know that they can contact him anytime, day or night when they have urgent needs. He has not, nor will ever, pressure a client to sell or buy their home before they are ready. And if plans change and they decide to not buy or sell, then that’s fine, too. He works at their pace and respects, honors, and supports whatever is

in their best interest. Tim’s mission is to be a community resource. He strives to live in the present, to appreciate what he has and to help whenever he can. Tim is a 5th generation Sacramentan, and he and his loving wife, Courtney, have two daughters, Josie (15), and Ellie (12). They also have two dogs, a Boxer named Buster and a pug mix named Chug. In his free time, Tim enjoys reading, good cinema, fine dining, and golf. He has produced two independent feature films, *This Old Cub* (2004) and *Jake’s Corner* (2008) and co-executive produced *All Things Must Pass – The Rise and Fall of Tower Records* (2015). His future goals are to continue to be a resource for people and to serve in the best interests of his clients. Please feel free to contact Tim if he can provide any assistance or information to facilitate your real estate questions or needs.

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“Tim was fabulous to work with. He was understanding of our situation, always available, patient and had very good advice with both selling our home and our purchase of the condominium. He also has very good local knowledge. His resources were instrumental in obtaining work done to prepare and show our home in the best possible manner. We highly recommend Tim Comstock.”

“Tim was referred to us by a close friend when we decided to relocate across town. My husband and I are busy professionals. We needed someone who was experienced and accommodating to our varied schedules. Tim was perfect in that sense and a pleasant guy to work with. He helped us find our new home (which we love!) by successfully negotiating an accepted offer in a competitive market. We found him to be hard working, honest, and professional. He also listed and sold our previous home. We enjoyed working with him every step of the way. We would use Tim again in a heartbeat and highly recommend him to anyone thinking about selling or buying a house.”



 by Melissa Strand

The thriving athletic booster club, Restore the Roar (RTR), has a mission to provide ongoing financial support to the athletic programs of C.K. McClatchy High School (CKM) and to promote the accomplishments of the CKM athletic programs and its athletes. Restore the Roar is dedicated to the support and recognition of CKM students and alumni and supports coaches and specific CKM teams with financial services and administrative assistance. It was started by Bob Sertich, past RTR President, current business manager, and CKM class of 1967 along with a handful of other CKM alumni and supporters. The name was thought up by clever alums who wanted to promote the C.K. McClatchy mascot, Leo the Lion. RTR was born out of the initial need to raise funds for a few megaphones for CKM's Cheer Squad, but almost 17 years later has grown into a full athletic booster club.



RTR supports CKM athletic programs by providing financial services while engaging in advocacy that supports teams and recognizes CKM athletes (both current and alumni) through social media and the press and engages the community to support CKM athletics. Some successful efforts of RTR include a community effort to convince the Sacramento City Unified School Board to install an all-weather track and field at the school. The new amenities have been a boost to the track and field program and are enjoyed by the community at large. RTR has also sponsored bi-annual dinners celebrating new McClatchy athletic Hall of Fame members. Several hundred former athletes have been recognized, including athletes who competed in the Olympics, Ladies Professional Golf Association, National Football League, and

Major League Baseball, as well as scores of athletes who have competed at the college level. Every spring, RTR recognizes graduating student athletes who have competed multiple years in sports and maintained high GPAs in the classroom. McClatchy supports 20 athletic teams, including cheer and dance, the most of any of the Sacramento City Unified District high schools.



As one of the oldest high schools in Sacramento, there is a lot of history and pride associated with CKM. RTR's alumni engagement and public outreach energizes the CKM spirit and pride throughout the community, and the current student athletes are good ambassadors for the school and community. The future looks bright for RTR, and they are very excited to keep building on the efforts they have led in the past 12 years and focus on advancing new initiatives to support athletes. Leadership plans on substantial growth through increased parent participation, increased alumni engagement, and more fundraising efforts. If you would like to consider supporting their efforts, you can volunteer in several ways, from volunteering at events to seeking sponsors and donors to even serving on their board,



which currently is comprised of alums and parents of current and past students. You can also attend their business meetings, which are open to all and are held on the first Wednesday of every month in the library at McClatchy High School. As a non-profit organization, RTR supporters can make tax-deductible donations

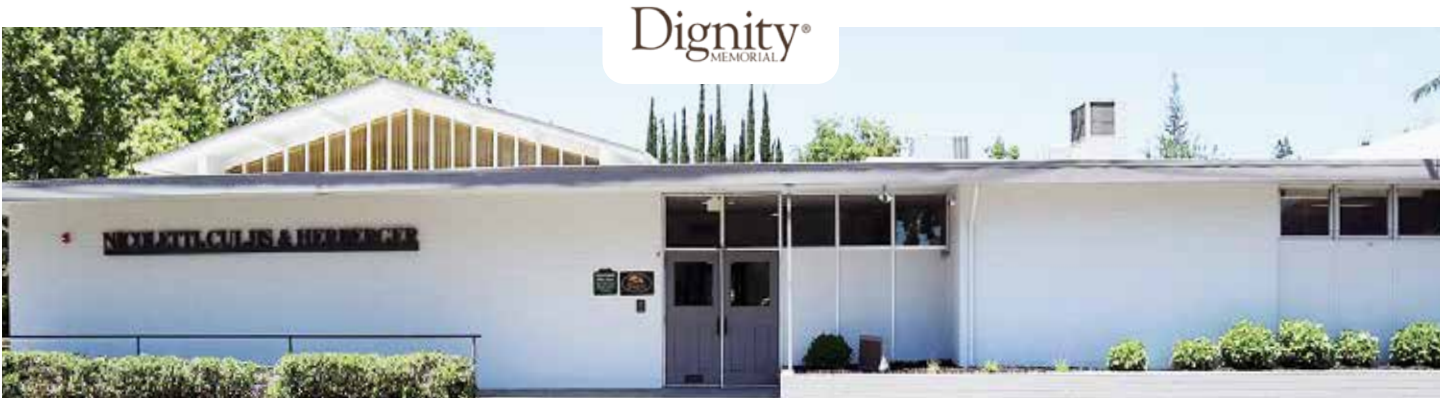
to RTR in general or to a specific CKM team. RTR has a website ([www.restoretheroar.org](http://www.restoretheroar.org)) where donations can be made, and a Facebook page (@McClatchysports) to view the latest on teams and student athletes, or you can contact them via email at [golions@restoretheroar.org](mailto:golions@restoretheroar.org) with any interest.

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AMAZING ATHLETE **Claire Souverville**

 by Melissa Strand

Photography credits  
Still shots: Ella Hanson  
Action shots: Max Preps photographers

Claire Souverville is an incredible water polo goalie who plays for both CK McClatchy High School and the American River Water Polo Club. At just sixteen years old, Claire has already made her mark in the world of water polo, competing at the USA Water Polo Junior Olympics in Los Angeles where she averaged 11 saves per game. In addition to being the JV Captain during her sophomore season and leading the JV team to a championship season, she also earned the accolade of the Lion's Award in both freshman and sophomore years for her leadership and dedication to the team, and a varsity starting role for season playoffs. Her save average in the high school season is well above the national average at 63% and her 5-meter penalty shot save average is an impressive 50% for someone who just started the sport.



Claire was introduced to water polo during the COVID-19 pandemic as a middle-schooler. Since isolation was difficult for her extroverted personality, she looked into outdoor water polo at the American River Water Polo club where she was enamored with the leadership role of goalkeeper, and the inclusive nature of the team sport that celebrates strong women working together. She plays for CK McClatchy High School during high school season, and for American River Water Polo Club during Winter, Spring and Summer seasons, and represents them at the Junior Olympics. She also travels quite a bit throughout California for tournaments and training, and participated in the USA Olympic Development Program sessions which took place in the Central Coast and Central Valley. She has two mentors to support her growth in water polo, Xanthe Plescia, who coaches her high school team and Heather Moody, who coaches her club team.

Claire has learned numerous things from her sport, but to her, the main takeaway is teamwork. Claire shares, "To play well and successfully win a game, you must do everything as a team, whether it's moving on offense and defense or communicating, this is a team sport." She loves the community water polo brings and the close friends she has made throughout the years. Her favorite memory was from this last year when she finally achieved her two-year goal of shooting and making a goal from half-court as a goalie. Claire shares, "I had been waiting years to do this as a goalie and I've had opportunities multiple times, but I would always miss. So, when I shot it and made it, I was so excited and when I looked around, I saw all my friends screaming as well because they knew how much I wanted to make that shot." Claire jokes that she was born to play a water sport after literally being born in water at a local hospital; however, her



athletic career was nearly thwarted when it was discovered as an infant that she was born with three holes in her heart. Because of early detection, pharmaceutical treatment and later a successful open-heart surgery at age three, she was able to live a normal life and pursue sports. Claire shares water polo will teach you how to map out situations, understand what is happening at every point of your surroundings, and it has given her a chance to have a voice and command her team, which are all important life skills. She hopes to have an opportunity to continue playing the sport in college. In addition to her busy water polo schedule, Claire is enrolled in competitive honors programs with both the Visual and Performing Arts (VAPA) Honors Program, and the Humanities and International Scholars Program (HISP). She also has served with the Girl Scouts of America since kindergarten. In what limited spare time she has, she also enjoys bike riding, puzzles and writing poems.



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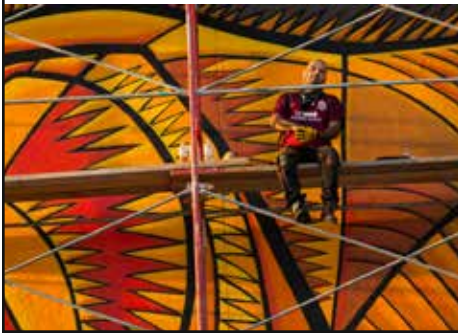


MEET THE ARTIST **Raphael Delgado**

 by Melissa Strand



Award winning artist Raphael “Raph” Delgado is a visionary creator who has beautified many landscapes of Sacramento in stunning and thoughtful ways. His large-scale murals have captivated community members, and his ability to take something we are all familiar with and reinterpret it through his lens is thought provoking and visually powerful. His local studio is a wonderland of imaginative and beautiful work, and we encourage you to step inside and immerse yourself in his unique and mesmerizing creations or take a walking tour of his murals throughout Sacramento where you can marvel at the immense beauty of his large-scale masterpieces.



Raphael has been an artist his entire life and has used art as a vehicle to communicate, process feelings, make other people smile or think, and to beautify his surroundings. While in art school in San Francisco, he learned to paint

realism, figure sculpt, and make prints. Leveraging the thriving Sacramento art scene in 2006 and the advent of the Second Saturday Art Walk, the studio door titled “Raphael” emerged as a beloved fixture for art enthusiasts, creators, and collectors.



This platform enabled him to cultivate his identity, refine his style, and establish a steadfast following of patrons, to whom he remains deeply grateful. Since then, he has changed studios and styles, and soon found great joy and pride in painting murals as well as hosting and assisting mural artists from all over the world with his involvement with the Wide-Open Walls Mural Festival.

Raphael describes his style as generally geometric and angular and is influenced by cubism, futurism, and surrealism. He shares, “I love to make an image that is hard to memorize due to the number of nuanced details, but also simple enough to describe what it is. It’s a fish. It’s a face. It’s a bear. But it’s done in my unique style.” Travel serves as his greatest wellspring of inspiration, evoking varied reactions depending on the location. He feels Manhattan opens his eyes to the bigger picture and the success within his reach, Miami inspires his use of brighter colors,



the Midwest reconnects and grounds him with nature, and Mexico inspires him with deep artistic traditions. Raphael has an incredibly introspective view of his craft. He shares, “The art world is filled with all different types of artists, so I feel authenticity, originality and uniqueness can sometimes be hard and vulnerable to share with your clients but always respected and sometimes rewarded. You must be yourself because everyone else is taken.” Raphael is the second oldest of five siblings and proudly carries the cherished

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- The Quail** - J and 18th
- The Mother and Child** - 555 Capitol Mall
- The Garden** - Sacramento Natural Foods Co-op
- The California Bear** - P and 21st
- Lady Justice on Disability Rights California** - K and 19th



title of favorite “funclé” to his 10 nieces and nephews. His favorite hobbies include fishing, crabbing, thrift shopping and getting creative at his studio on S and 12th in Southside Park. His future is bright, and he eagerly anticipates his participation in Art Expo NY in April, followed by Red Dot Miami in December. His exceptional reception at the 2023 Red Dot Miami event, where his work garnered immense praise and earned him the “Best New Exhibitor” award, serves as a testament to his remarkable talent.








REAL ESTATE **Round Up**

Based on information from **MetroList Services, Inc.** for the period 2/1/2024 through 2/29/2024.


Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
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1400 45th St	\$1,995,000		4	4	3302	Active
1038 46th St	\$1,795,000		5	3	3473	Active
1636 47th St	\$1,499,900		4	5	3046	Pending
1225 43rd St	\$1,295,000		2-3	2	1273	Pending
1060 42nd St	\$2,150,000		4	3	3129	Pending
842 41st St	\$579,000		2	1	2306	Pending
1341 39th St	\$2,125,000		4	3	1560	Pending
1000 47th St	\$1,789,000	\$1,700,000	4	3	3129	SOLD
1200 40th St	\$1,100,000	\$1,175,000	3	2	2366	SOLD
1000 43rd St	\$1,164,000	\$1,160,000	3-4	2	1560	SOLD
1373 40th St	\$999,900	\$980,000	4	3	2549	SOLD
1608 42nd St	\$650,000	\$700,000	3	1	1625	SOLD
4125 F St	\$688,888	\$655,000	3	2	1273	SOLD

This real estate information has been obtained by sources deemed reliable by Local Print Media. Agent did not participate in all of these sales. Please contact a local real estate agent for more information.




**TIM'S TIP**

If you've got old electronic gizmos (monitors, tvs, desktop & notebook pcs, vcrrs, cd players, printers, cell phones, etc.) in your garage like I do... then come by Arden Park - 1000 La Sierra Dr - on Saturday April 27th, from 9am - 1pm for a FREE E-WASTE DROP. I'll be there to greet you w/coffee, water and a boombox blaring Blondie.




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