

Our community has been good to us. We're returning the favor.

We're proud to support our community this holiday season. We hope you can join us in supporting these valuable causes.



East Sac Chamber encourages the community to shop local and support small businesses this holiday season.



Profits from Loyola Guild's Christmas Tree Lane event go towards Jesuit High School's scholarship endowment.



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Events



Sacramento Ballet presents Nutcracker with live orchestra SATURDAY, DEC 09 | 7:00 PM SUNDAY, DEC 10 | 2:00 PM FRIDAY, DEC15 7:00 PM SATURDAY, DEC 16 | 7:00 PM SUNDAY, DEC 17 | 2:00 PM FRIDAY, DEC 22 | 7:00 PM SATURDAY, DEC 23, | 2:00 PM SATURDAY, DEC 23 | 7:00 PM **SAFE Credit Union Performing Arts Center** 1301 L St, Sacramento, CA



East Sac Chamber of Commerce TUESDAY I JANUARY 16 I 9:30 AM **Membership Committee Meeting** 3027 I Street



Sacramento International Sportsmen's Expo WEDNESDAY | JANUARY 17 | 9:00 AM Cal Expo 1600 Exposition Blvd



Sacramento Philharmonic and Opera SATURDAY | JANUARY 20 1110 2nd Street



SacYard 6th Anniversary TUESDAY | JANUARY 23 Sac Yard Community Tap House 1725 33rd Street



Petty Theft: Tribute to Tom Petty SATURDAY | JANUARY 27 | 9:00 PM Harlow's Night Club 2708 J Street



Wishing You a Happy Holiday Season

How the Grinch Stole Christmas FRIDAY | DECEMBER 29 | 1:30 PM **SAFE Credit Union Performing Arts Center** 1301 L Street





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Note

CO

Publisher'

Happy Holidays East Sac!

n the heart of East Sacramento, the magic of the holidays comes alive in a unique tapestry of community traditions and spirited celebrations. The charming streets with twinkling lights, the scent of pine, and the echoes of cheerful greetings create an ambiance that captures the essence of the season.

Throughout the neighborhood, families gather to honor old traditions or start new ones. Christmas Eve with my family includes a surprise visit from "Santa" - which I've been honored to play on a few occasions over the years. It's been a rite of passage for many in our family that can withstand the immense physical and mental pressure of terrifying children. If you or someone you know happens to find themselves in a similar role as Santa, I've discovered that a hot toddy helps to take the edge off.

The local businesses along J Street and beyond embrace the festive spirit. And more importantly, the community comes together to support these small businesses, fostering a sense of camaraderie and gratitude during this special time of year. Whether it's sipping hot cocoa at a cozy café or finding the perfect gift at a boutique, the holiday buzz amplifies the sense of togetherness in East Sacramento.

We look forward to providing more local content in 2024, and hope that you and your family have a very pleasant holiday and a great start to the New Year.

Keep it Positive. Shop Local.

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

Meet the Team East Sac Local



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Publishing Assistant



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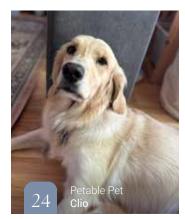
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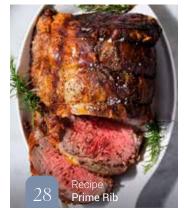
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Send in your New Year's Resolutions or things you are looking forward to for the coming year and a photo of yourself by Friday December 18th!



Please send to melissa.strand@localprintmedia.com Content Director | East Sac









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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.



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.



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.



TED KAPPEL

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.



DR. CHRISTOPHER FISCHER

Propel Therapeutics

Dr. Christopher Fischer is a psychiatrist with 10+ years of experience. He founded a wellness center in Sacramento that specializes in ketamine therapy for depression, anxiety, PTSD, and chronic pain. The team at Propel Therapeutics is friendly, caring, and enthusiastic about serving the mental health needs of the Sacramento community.



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The Bossermans spent some time volunteering abroad in the Middle East for a year in Amman, Jordan, and then moved to Sacramento nine years ago before having children. They started in a small house in West Sacramento, and then fell in love with the McKinley Park neighborhood in East Sacramento. They moved into their current home in late 2014, just after finding out they were pregnant with their first baby. Their family has grown, and they share their beloved East Sacramento home with their three children, Caleb (8), Luke (6), and Eden (3) along with twin kitties, Fireball and Snowflake, who just turned one year old.

The Bosserman family home is over 100 years old and has a lot of character, from the brick facade and front entry turret





to antique wooden fireplaces from Bali. The footprint of their property is on a triple lot, so they are blessed with a lot of space and love DIY projects to improve their home. They have been hosting on Airbnb for 12 years and recently converted their detached garage into an intentionally designed studio suite that they plan to rent out on Airbnb and use for private events.

Before settling in East Sacramento, Joel attended UC Davis where he received his Bachelor of Arts in Organizational

Studies in Sociology and Psychology, then earned his Masters of Human Behavior at National University. He then attended Florida Institute of Technology to earn his title of Board-Certified Behavior Analyst (B.C.B.A). Joel is trained and certified as a Behavior Analyst and has 15 years of experience working in in-home, clinic, and school settings, and previously worked as a Behavior Analyst with the Woodland Joint Unified School District.

Leslie graduated from UCLA, and is a



two-time Bruin, after earning her Bachelor of Arts in Mass Communications with a double minor in Education and Applied Developmental Psychology. She earned her Masters of Education with an emphasis in Social Justice. Leslie became a Certified Professional Co-Active Coach through the CPCC Coaches Training Institute. After working in higher education for a decade, Leslie launched Lead with Intention® and collaborates with creative professionals and organizational teams around the world.

The Bossermans have a passion for community engagement, service, and development. They created The Makers Place[™], Sacramento's first coworking space with onsite childcare offering flexible solutions for local families. Leslie currently serves as the Director of Mini Makers™ Preschool and Joel supports the business as a Behavior Consultant and staff trainer. Since opening The Makers Place[™] in early 2018, they have served over 500 local families with young children and mentored



over 100 student interns and young professionals in early childhood education. Both Joel and Leslie started investing in property development in their 20's and are currently developing a one-acre local citrus grove into tiny homes for families in need. Leslie also served locally on the leadership team for TEDxSacramento as the Event Coordinator.

When not busy working, Joel loves recreational and competitive running and recently has gotten into CrossFit. In her free time, Leslie is a creative by nature and loves to write and design curriculum, especially for team trainings and leadership

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12 DECEMBER 2023 EAST SAC EAST SAC DECEMBER 2023 | 13 retreats. She is in the process of writing her first book and is currently preparing to give a TEDx talk in Florida in early 2024. Together, the Bossermans love eating brunch at local cafes, especially their neighborhood spot – Orphan Breakfast House – playing pickleball, paddleboarding, and traveling the world.

They speak lovingly about their children, who are all unique and special. Their oldest, Caleb, attends Phoebe Hearst Elementary School and is in the third grade GATE Class. He loves writing, art, and designing Minecraft and LEGO creations (without a guide) and is beginning his third season of Buzzardball Basketball. He

is the most compassionate and loving older brother. Their middle child, Luke, is in the first grade at David Lubin Elementary School. He is full of life and laughter and loves to climb, jump, and build. Luke was diagnosed with autism and has some unique needs that his parents feel very well-equipped to support with their educational and professional backgrounds. Their youngest, Eden, attends Mini Makers Preschool and is the life of the party! She is loquacious and always has imaginative ideas and something to share. Eden has named every alley in Sacramento with a different "secret passageway" name and remembers them all!



The Bossermans love supporting local businesses. Their favorite place to go out to dinner as a family is Janya Greek. You'll also find Leslie at Asha Urban Baths or Joel at Iron Mile Fitness. For shopping, Leslie loves supporting other local femaleowned businesses like The Pomegranate Boutique and Lilac + Flint Skincare. They also love to travel and go on "Family Adventure Days" where they take day trips to local places, including Sutter Creek, Meek's Bay in the Tahoe West Shore, Muir Woods, Stinson Beach, and Apple Hill. Leslie and Joel recently celebrated their 10-year wedding anniversary with an incredible two-week vacation exploring Thailand.









Their family motto is "Be a Blessing" and they strive to serve their community through their talents and resources. As Sabbath-keeping Christians, they are devout in their faith and aim to practice character-centered leadership in the community. Leslie and Joel are committed to making Sacramento a better place to live, work, and raise a family!







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environment where participants can discover their spark and take it far beyond the finish line. Girls on the Run (GOTR), a national 501(c) (3) nonprofit organization, is a physical activitybased positive youth development (PA-PYD) program designed to enhance girls' social, emotional, and physical skills and behaviors to successfully navigate life experiences. The program's intentional curriculum places an emphasis on developing competence, confidence, connection, character, caring and

contribution in young girls through lessons

that incorporate running and other physical

by caring and competent coaches who are

trained to teach lessons.

activities. The life skills curriculum is delivered

2023 marks the 20th year for this nonprofit in the Sacramento community. The program started in North Carolina in 1996 and programming is currently available in over 12,000 locations across North America. The local program serves Sacramento, Yolo, and the Western slopes of Placer and El Dorado counties during the school year and operates yearround. It includes more than 1,000 girls, 250 volunteers, and 40 teams spanning two seasons per year. They offer a fun, evidence-based program that inspires all girls to build their confidence, kindness, and decision-making skills.

GOTR knows that within every girl is a brave and worthy soul capable of achieving her dreams. Children are exposed

societal obstacles and cultural challenges that can be detrimental to their emotional and physical health. Their program helps girls recognize their potential and rise above limiting gender expectations. Kara Greene, Board Chair with Girls on the Run of Greater Sacramento shares, "Our programs are about so much more than running. They make an impact at a critical age when confidence and physical activity decline. Independent studies show that 97% of girls learned critical life skills including resolving conflict, helping others, and making intentional decisions."

Girls on the Run of Greater Sacramento is implementing a new strategic plan focused on bringing the

to long standing gender stereotypes,



program to even more girls across the Sacramento region. Their goal is to reach more schools, train more coaches, distribute more shoes and sports bras, and empower more girls. Ultimately, they look to more than double their presence in the region, bringing the Girls on the Run program to more than 1,000 girls per year. As part of their strategic plan, they prioritize Inclusion, Diversity, Equity and Access (IDEA) with a goal that participants and coaches represent the geographic, ethnic, and socioeconomic diversity of our region. Since the inception of Girls on the Run in 1996, their goal has been to create a welcoming space where everyone can have a meaningful and engaging experience for people of all races, ethnicities, income levels, sexual orientations, gender identities, religions, and abilities, to feel like they all belong.







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The impact Girls on the Run makes is dependent on dedicated volunteers who are committed and passionate about their mission and vision. There are many ways to be involved, including coaching and volunteer opportunities.

Learn more about all the options to participate at www.gotrsac.org/volunteer

"At the end of the day, I just want to be someone who feels good about herself and who makes others feel good about themselves."

- Lizzie, local GOTR participant



"Girls on the Run gave me selfconfidence to accomplish things that might be hard in my life, and really just taught me to be brave and be strong."

- Addyson, local GOTR participant





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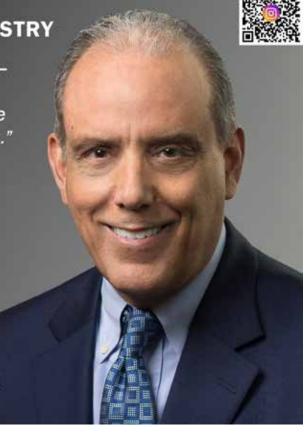
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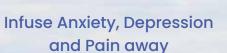
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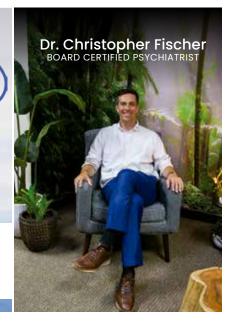


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Girls Scouts Troop 1690



s a Girl Scout there are many milestones that girls strive for that impact their lives and the lives of those around them. One such project, The Silver Award, has a goal to make the world a better place and is the highest award available that Girl Scout cadettes can earn. It gives them a chance to show they are leaders who are organized, determined, and dedicated to improving their community. East Sacramento Girl Scouts Savannah Story, Zara Tovmasyan, and Katie McWilliams of Troop 1690 are motivated and dedicated cadettes who recently completed and delivered their Silver Award Project to St. John's Shelter through the St. John's for Real Change program. They created a Careers Book for the kids at the shelter to have some examples of careers that they could learn more about and consider for their future. They presented the books along with interactive tools to help guide them towards careers or jobs that they may be interested in.





The girls chose St. John's because they are appreciative of what the organization offers for women and children. They discussed ways to help the children there to envision and dream of building a positive future and decided that making a booklet about careers and jobs would be the best option. The booklet contains 15 laminated pages of career ideas, descriptions, possible incomes, and a picture of a person in the job. The booklet also includes areas of interest for each job, and it was created to be easy to read and to understand for children from the ages of 5-12 years old. They also hosted a career table at St. Johns

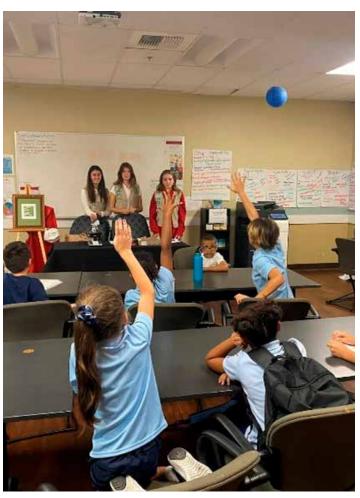
where they brought the books and tools relating to the careers featured, such as a doctor's stethoscope, dress up clothes for acting, an artist's easel, and Legos to demonstrate engineering, and talked to the kids about the possibilities for them in these careers.

Savannah Story and Zara Tovmasyan were Brownies starting at seven years old, and Katie McWilliams was ten years old when she started Brownies. All three girls have a goal to be involved with and contribute to the community and work towards their next step, the Gold Project. The three girls are just starting



their freshman year in high school. Typically, the Silver Award is something worked towards while in 6th, 7th or 8th grade, but due to the pandemic their project had been delayed. This is something they have looked forward to for a long time, which makes it extra special. The girls shared, "Our favorite memory from this project was working on it as friends, then seeing the result and sharing it. This experience made us feel grateful for all the opportunities we have, and that we can share our experiences with others. We were humbled to be able to teach the children about possibilities for their future. We hope this project will provide a resource for these children that they may not have otherwise had available to them."







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PETABLE PET Clio



as a good resource for adoption services.

hopes of a Golden arriving that needed a

loving family. The stars aligned and she

Retrievers who were four-years-old and

over to meet them. The rescue brought

Carter to hide, and they instantly knew

they wanted to take her home and give

her a safe space to love her. She was not

spayed yet, so it was considered a foster-

to-adopt, and after a short time with Clio,

they were officially able to adopt her and

give her a forever home full of love.

out Clio, who was terrified and leaned into

found out the rescue had saved six Golden

Caroline diligently called the rescue in

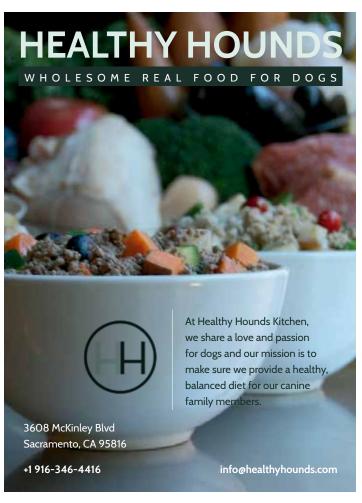
mom, Caroline, Clio lives with human siblings Phoebe (8) and Georgia (5), along with cat friends Moose and Frida (both 3). She is a warm, calm, affectionate and sweet dog who loves to cuddle and is very loved by her family members. She is a smart girl and has learned the "sit" command and will do anything for any type of treat. She takes her favorite toy, an orange monster stuffy sweetly nicknamed her "baby" everywhere she goes, and she patiently allows her human siblings to dress her up for fun. She likes to stay active by running for tennis balls, trips to Bertha Henschel Park, and going for walks around the neighborhood. She takes at least one walk a day, and on special days, gets treated with another

walk for some special outdoor time. She's a good girl but had a mischievous adventure once chasing a duck into the McKinley Park Pond, she just couldn't resist! She shows her protective side by barking whenever the family gets deliveries, which surprised them as she's typically a shy and reserved pup.

Caroline and Carter feel the hardest thing about being a pet owner is making sure she's taken out enough for energy and potty breaks, keeping the lawn clean after her bathroom visits and cleaning up all her beautiful fluffy shedding fur. But they share the most rewarding thing about being a pet owner is, "We aren't sure if she was ever allowed inside a home before she came to us. She was also very skinny. We loved rescuing her and giving her the life she always deserved." It's a beautiful thing to positively impact a dog's life through rescue and giving them a loving and safe home. Caroline and Carter highly recommend rescuing from Homeward Bound, where they discovered their sweet girl that has brought them all so much joy.







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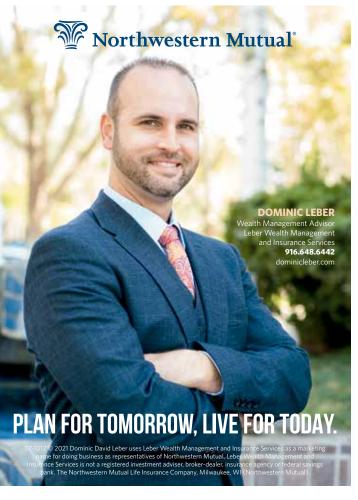












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Prime Rib



here's no debate: Prime rib is what you serve when you're looking for the most impressive centerpiece to your holiday dinner table. This large-and-in-charge cut of beef not only boasts a showstopping display, but is unmatched in flavor. Tender, rich, and buttery, this recipe was made to be served alongside all of the essential holiday sides. While the size and price point of this cut may seem intimidating, it's surprisingly easy to make: with a bit of forethought and science, it's simple to make perfect prime rib, every time.



INGREDIENTS

1 standing rib roast (about 1/2 lb. per person)

1 tbsp. kosher salt

2 tsp. black pepper

1 bunch fresh rosemary, divided

DIRECTIONS

- Remove rib roast from packaging and place in a large roasting pan. Let it come to room temperature, about 30 minutes.
- Preheat oven to 450°. Generously season all sides of rib roast with salt and pepper. Arrange roast in roasting pan fat side up. Arrange half of the rosemary in bottom of pan around roast
- Roast 30 minutes. Reduce oven temperature to 350° and continue to roast until an instant-read thermometer inserted into thickest part registers 110° for mediumrare, about 1 hour 30 minutes more. (Plan on about 15 minutes per pound.)
- Remove roast from oven, cover with foil, and let rest 30 minutes
- To serve, slice along ribs to remove from roast, then separate each rib. Slice roast against the grain. Arrange roast, ribs, and remaining rosemary on a platter.



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REAL ESTATE Round Up

Based on information from MetroList Services, Inc. for the period 10/1/23 through 10/31/23.

Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1038 46th St	\$1,895,000		5	3	3473	Active
1000 47th St	\$1,889,000		4	3	3129	Active
1636 47th St	\$1,592,500		4	5	2815	Active
1524 40th St	\$1,100,000		3	2	1727	Active
1341 39th St	\$2,150,000		4	3	3046	Active
937 45th St	\$1,595,000		4	3	3047	Pending
749 41 st St	\$1,525,000		5	3	3000	Pending
1022 44th St	\$2,575,000		4	4	3700	Pending
809 46th St	\$1,125,000		3	2	2175	Pending
842 41st St	\$579,000		2	1	1286	Pending
1553 39th St	\$1,765,000		4	3	2550	Pending
1363 44th St	\$1,800,000	\$1,700,000	4	3	3757	SOLD
4425 H St	\$1,175,000	\$1,210,000	4	3	2770	SOLD
1720 Berkeley Way	\$1,175,000	\$1,123,677	3	2	2028	SOLD







"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

TIM'S TIP

Happy Holidays!

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