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Photo by Trina Ornelas | January 2024

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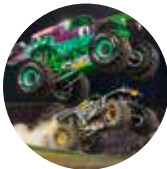
THURSDAY, JANUARY 11 | 6:00 PM
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SATURDAY, JANUARY 27 | 6:00 PM
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SATURDAY, JANUARY 20 | 9:00 AM
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SUNDAY, JANUARY 28 | 3:00 PM
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TUESDAY, JANUARY 23
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Publisher's Note

Happy New Year East Sac!

I hope everyone is off to a great start and keeping up with those resolutions. A great quote that I am often reminded of at the start of each year is: "The days are long, but the years are short." We've all had good days and bad days, and then there are just days. But, as creatures of habit, it is so common to overlook the little things that make up a day.

We find ourselves stuck in the daily routine, punching in and out, rinsing and repeating. Perhaps it means we subconsciously go through the motions, with nothing meaningful or substantial to count in the daily win column – which may feel like a waste of a day. But that doesn't mean you haven't contributed to someone else's day. That someone could be close to you, a colleague, a neighbor, or even a stranger. So maybe, just maybe, simply being present for others is always a win on the day. And by this standard, every day is a good day. Or in other words, there is no such thing as a bad day. Let's go with that...

And so, here we are. It's the time of year to set the tone and send shockwaves to our nervous system by breaking bad habits and creating new routines. Maybe for some, it's setting new goals, trying that new diet, hitting the gym more or even doing less. But when throttling up the self-care, it's easy to get off course. Don't let that ambition blind your surroundings. Afterall, slow and steady wins the race. We hope 2024 brings you much happiness and success!

Keep it Positive. Shop Local.

Kyle Mickiewicz
Kyle.Mickiewicz@LocalPrintMedia.com
Publishing Director

She is smart, personable, dependable.

Elise is a fantastic realtor! She is smart, personable, dependable. She walked me through a very challenging buying/ elling situation. I recommend 100 percent!

~ Marilyn B.

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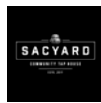
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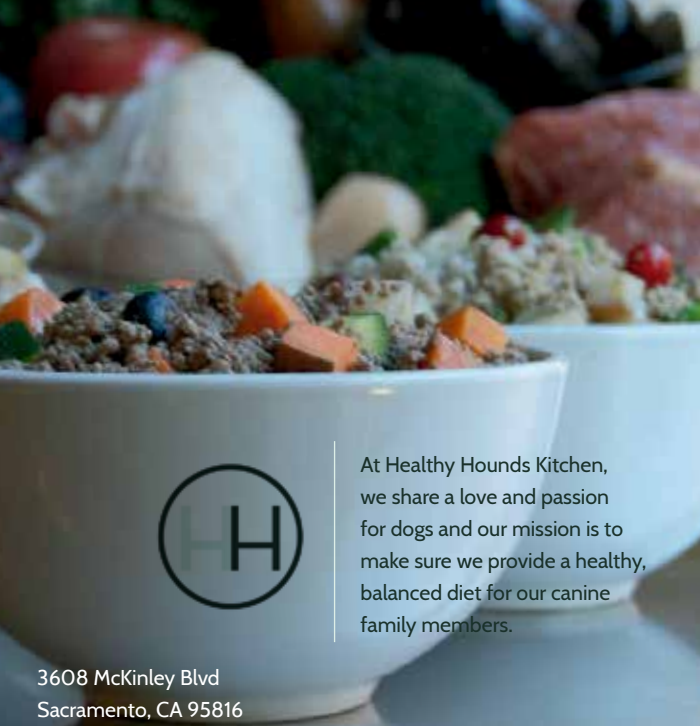
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EXPERT CONTRIBUTORS



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.



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.



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
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.



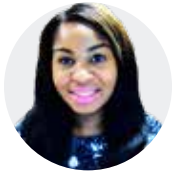
DR. PAUL PHILLIPS
East Sac Dental
Since 1991, Dr. Paul Phillips has practiced dentistry in East Sacramento. He is joined by his wife, Dr. Suzanne Saidi, and associate Dr. Barry Dunn. The entire team at East Sac Dental is dedicated to creating a small-town dentist feel with a modern touch, embracing innovative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



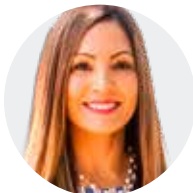
ELIZABETH COMSTOCK
Elizabeth C Style Interior Design
Sacramento native Elizabeth Comstock is the founder of Elizabeth C. Style Interior Design. Elizabeth is a wife and mom of two young children. She passionately helps people create their dream home by blending various styles and design elements.



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.



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.



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.



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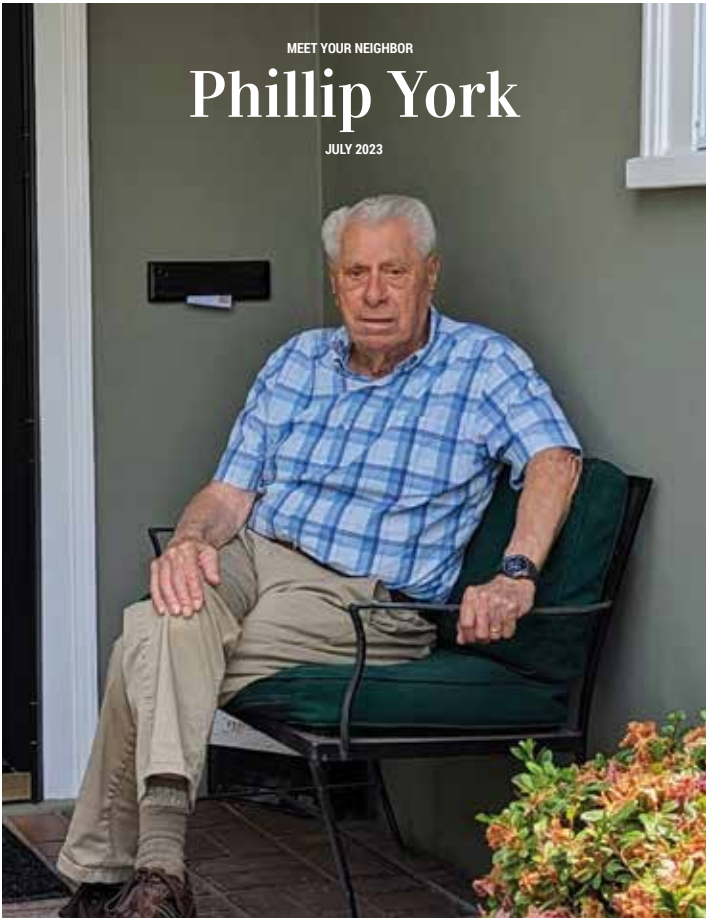
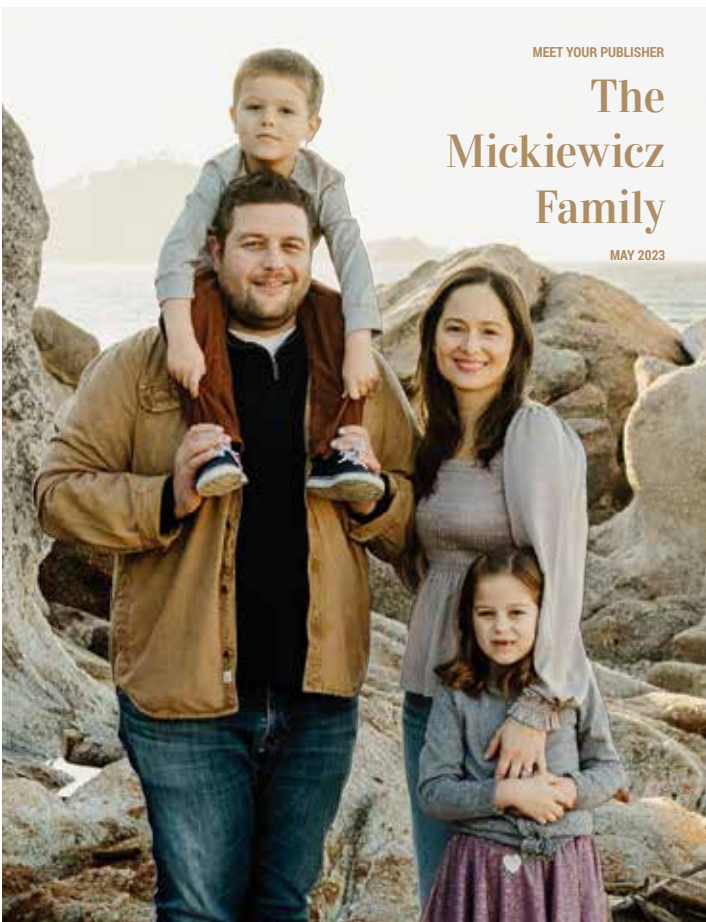
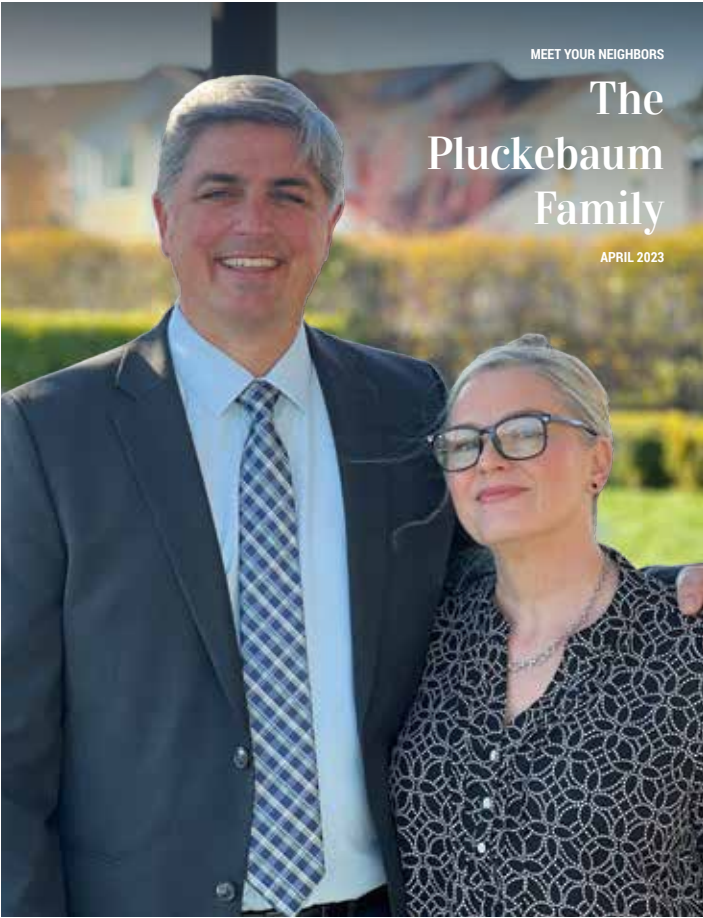
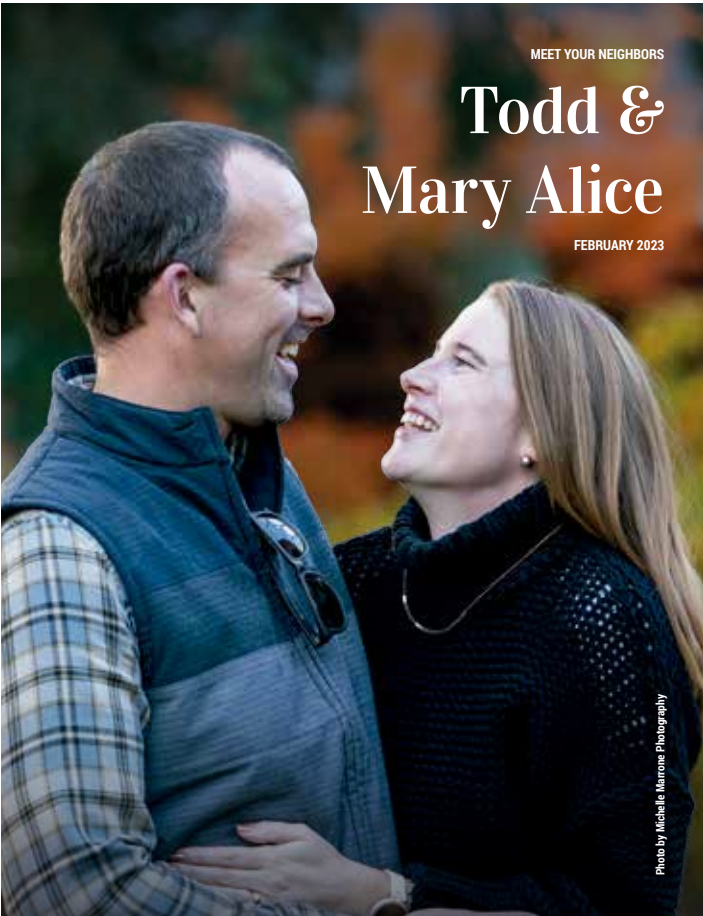
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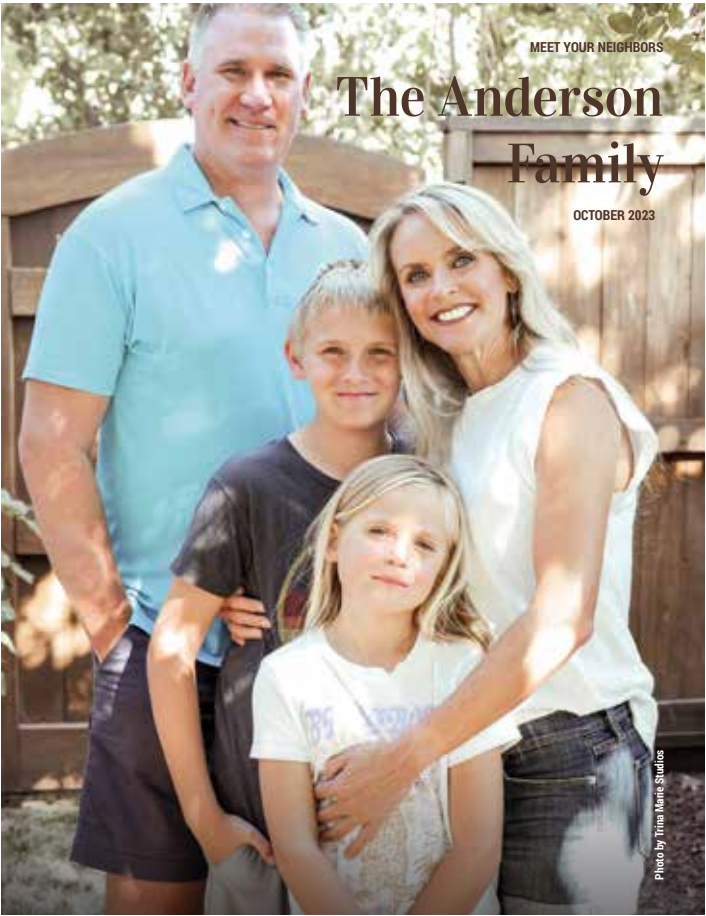
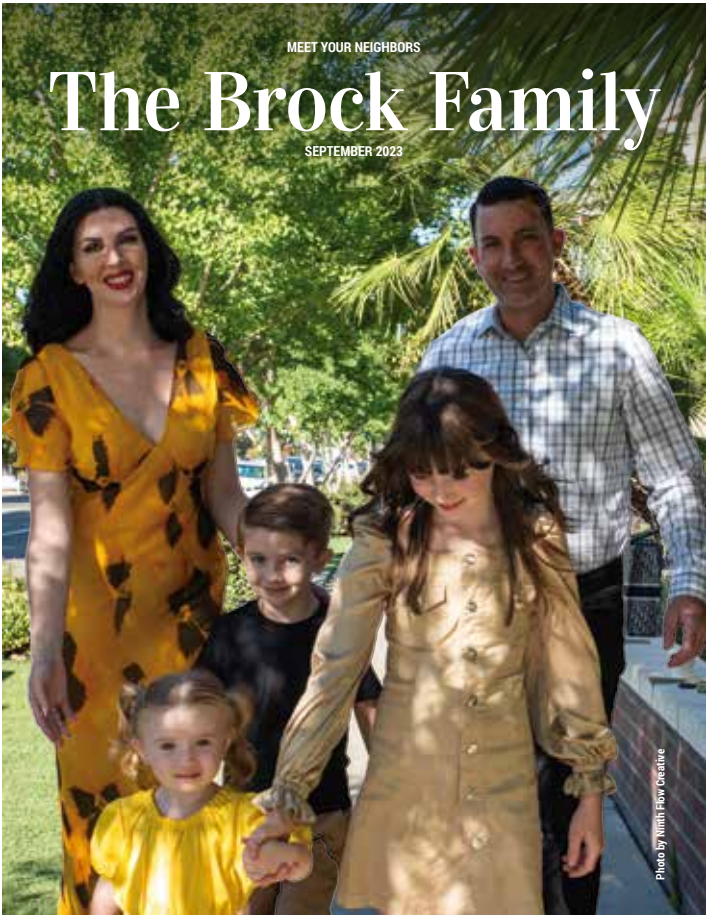
THANK YOU, EAST SACRAMENTO Featured Neighbors

Each month we have the honor of featuring East Sacramento neighbors and sharing a bit of their world with you, our beloved readers. It's a wonderful way to share the lives of the community members that make East Sacramento so special. You are the heartbeat of our village, and it is a privilege to learn more about our readers through your participation! We would love to meet you, our amazing readers, and feature you as well! As a community driven magazine, we feature local neighbors, pets, businesses, kids, athletes, achievements, non-profits, community cheer topics, events and so much more! The articles all feature local community members bringing the East Sacramento neighborhoods together. If you are interested in being featured or you would like to nominate a neighbor, please reach out, we'd love to meet you!



Nomination forms can be found at www.eastsacfamily.com or please reach out to Content Director **Melissa Strand** | melissa.strand@localprintmedia.com





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Dawn Byers | Mono Mia

Warm, generous, funny, personable, a friend to everyone she encountered, and the ultimate gift picker—these descriptions of the late Dawn Byers, owner of Mono Mia, help shape her long-lasting legacy in the East Sacramento area and surrounding communities.

Born in South Bend, Indiana in 1962, Dawn and her family moved to San Francisco, to Malaysia, and then back to the Bay Area for her father, Bob Mahony’s, career. Dawn attended San Francisco State University, where she earned a marketing degree and worked retail at the Union Square Macy’s. A marketing job with the Outlaws, a semi-pro football team briefly located in Sacramento, resulted in Dawn’s meet-cute with her husband-to-be, Eric. The pair wed on October 9, 1993 in Sacramento and eventually moved to Los Angeles for Eric’s broadcast advertising sales career. While in LA, Dawn worked in advertising and had two children, Benjamin and Jillian.



The Byers family landed back in Sacramento in 2000. While working as a homemaker, Dawn began pursuing her passion. “In 2003, the retail bug bit again as she decided to start a home gift/monogramming business with her friend Ashley Gunn,” Eric explains. After Ashley returned to her career in politics, Dawn operated her Mono Mia business from

her home and began expanding the gifting side of the company. She soon outgrew her home office and moved the business into a space on Eastern Avenue. When Laura Lyon recruited Dawn to expand again into Lyon Village Shopping Center, Dawn and Mono Mia hit their stride.

At Mono Mia, Dawn and her team discovered exceptional gift lines, including



Nora Fleming and Mud Pie platters, bowls, and housewares; they also excelled at finding the perfect item or gift for every customer who walked through the door. Dawn’s unique ability to connect with people was evident in the day-to-day interactions at her store. “She loved people, she loved identifying gifts or items that fit their personality and lifestyle,” Eric says. One of Dawn’s close friends, Gail Halverson, adds, “The thing about Dawn in her gift for choosing gifts was that she cared deeply about every single person who came into her store. She got to know them, and they felt like they were Dawn’s best friend because she made them feel that way. She truly loved all of her customers, family, and friends.”

Dawn was warm, personable, and she always remembered everyone’s name. Gale shares that she also had a devilish sense of humor. “There was no one that would make me cry laughing more than Dawn,” she says. Eric adds that Dawn loved the holiday



THIS ARTICLE IS DEDICATED IN MEMORY OF DAWN BYERS. 1962-2023.



season, Hallmark movies, and the song “What a Wonderful World.” Dawn was enamored with New England—she vacationed in her favorite place, Kennebunkport, Maine, every year. Dawn was extremely generous and gave to friends in need and to charities. She was a member of the Junior League of Sacramento, board member of the National Charity League and the Debutante Ball, and a founding member of Impact 100.

The legacy Dawn left behind as a wife, mother, sister, daughter, and friend to all will always remain and will continue on at her store. “Mono Mia is open and staying in business in Dawn’s memory through the hard work and dedication of the team of women who worked with Dawn to make the business the success it is,” Eric explains. “Eventually, someone with the passion to carry on the legacy Dawn built should take the business over. Sacramento needs Mono Mia!”



Sacred Heart Home Tour

MARILENA KALFOUNTZOS
PHOTOGRAPHER
Photo Credit: Marilena Kalfountzos

East Sacramento's treasured Fabulous Forties neighborhoods opened their homes for the Sacred Heart Holiday Home Tour on December 1st-3rd, 2023. This year's Sacred Heart Holiday Home Tour was extra special, as it commemorated the 50th Anniversary of this popular and historic event. Almost 5,000 participants journeyed through the beautiful tree-lined Fabulous Forties streets to tour six stunning homes decorated for the holidays by local professional designers and enjoyed the cafe and holiday boutique.



"The 2023 Sacred Heart tour was a tremendous success thanks to the dedication and hard work of so many people. It was an amazing display of beauty and creativity and a wonderful witness of the joy of friends and family gathering to appreciate the talent and generosity of this beautiful community."
-Mercedes Hollcraft, Sacred Heart Principal

"We cannot thank the Sacred Heart community enough for their support, hard work, and dedication on the Home Tour. Our success would not be possible without the amazing parents and students, gracious homeowners and of course, talented designers."
-Elizabeth Lewis, Sacred Heart Home Tour Co-Chair



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South of Folsom Neighborhood

 by Melissa Strand

East Sacramento has long been an established community comprising many smaller micro-neighborhoods with unique characteristics that separate them into distinct personality types. One of the micro-neighborhoods is the self-proclaimed “SOFO”, which stands for South of Folsom Boulevard. This thriving group includes Folsom Boulevard to the north, “R” street to the south, 40th street to the west and 42nd street to the east and is comprised of 200 total households in the area along with another 40 households in the condos at 4100 Folsom Boulevard. About eight years ago, this area started a small monthly gathering for neighbors after an unfortunate event of vandalism in the neighborhood drew everyone even closer together with neighbors feeling safety for each other as a concern. Neighbors were looking for a way to band together as a group, which brought them a sense of togetherness and strength in their community. Residents Ritu Singh and Ellen Byron organized the first SoFo “Thirsty Thursday”, where neighbors were invited to gather outside on their shared driveway to enjoy beverages, appetizers, and have conversation. This grew into a once-a-month tradition where the location varied each month and would be advertised by a flamingo in front of the designated house.



As their group grew in participation, everyone loved the cozy feel of having connections in the small enclave, and an idea was born during a Thirsty Thursday from resident, Libby Woolford, when she casually brought up the idea of a Farm to Fork style dinner to a few neighbors. Luckily, a few bought into the idea, a committee was formed, and the group got busy planning a nice dinner that all could attend to spend more time with each other in a relaxed setting. Visions of a long

table down the middle of the street, bistro lights, fresh flowers, a menu featuring local ingredients, the perfect playlist, dancing under the stars, and enjoying the company of neighbors turned friends became a reality with the first Farm to 42nd Street event in 2018, which was well received and attended by approximately 140 people. The second dinner was in 2019 and the event increased in size significantly to over 200. Unfortunately, Covid put dinner plans on hold in both 2020 and 2021. 2022 saw a



brief and scaled down version of the dinner with a potluck style appetizer event. By 2023 the community was eager and ready to interact with each other, and the dinner returned.

This year’s dinner was a reboot of the original event with several community members planning and working to be sure of success. The committee for the dinner is composed of 17 members who reside in the area along with a group of four fabulous teenagers who volunteer to help with setup and cleanup of the event. Committee members prepared a charcuterie appetizer, donated wine for the dinner (all attendees are encouraged to bring beverages to share as well), and prepared the dessert to give everything a homemade touch. A caterer and serving staff were hired to prepare the main meal, so that everyone felt special and could relax and enjoy the event. The menu for this year’s event included a mixed baby



lettuce salad with shaved carrot & radishes & champagne vinaigrette, ratatouille made with end of the summer harvest including summer squash, eggplant, bell peppers, tomatoes and fresh herbs, chicken confit served with a pomegranate & cranberry salsa verde, and Moonbelly Bakery dragon tail baguettes with butter. The event was invitation only to those within the area per city block party guidelines, which direct the intent is for community engagement and creation of friends, community interaction and to increase support for each member with social, emotional and safety resources they provide to each other.

Libby Woolford and her husband, John Rodrigues, both long-time East Sacramento residents, were integral in the inception of not only the Farm to 42nd Street event, but also the SOFO neighborhood



Christmas light tradition. Libby and John had purchased their home with their family on 42nd street just south of Folsom Blvd. in 2013. While touring the neighborhood Christmas lights, son, Charles, noticed that unlike other neighborhood blocks, their micro-neighborhood did not have a theme. One of the color combinations not used by other blocks was green and red. With his parents’ help, he developed a flier requesting neighbors decorate their front tree, lamppost or porch with red and green lights beginning the weekend after Thanksgiving. Decorating was a team effort amongst neighbors as folks helped one another out, and walking or driving through the blocks to count how many neighbors participated became a nightly ritual. They are still included within the larger East Sacramento area that shares the coordinated Christmas lights for select streets, but through creative planning, SOFO’s micro-neighborhood has its own holiday flair and community identity.

It’s clear that the SOFO group is a thriving and supportive community, and the traditions they have created will continue to foster friendships for years to come. For other communities wishing to create gatherings, you can visit a website set up by the members at Farm to 42nd or reach out to the neighborhood email at SOFOneighborhood@gmail.com.



We appreciate the help from the following 2023 Committee Members! Michele Chouinard, Mechele and Bill Palmer, Ann Morgan Fox, Barbara Fackenthall, Claire Chase, Katy Kidwell, Marilyn Cross, Emily and Neal Desai, Mickie Enkoji, Rashida and Matt Lang, Cecile Nunley, Libby Woolford

The Closet Trading Co.

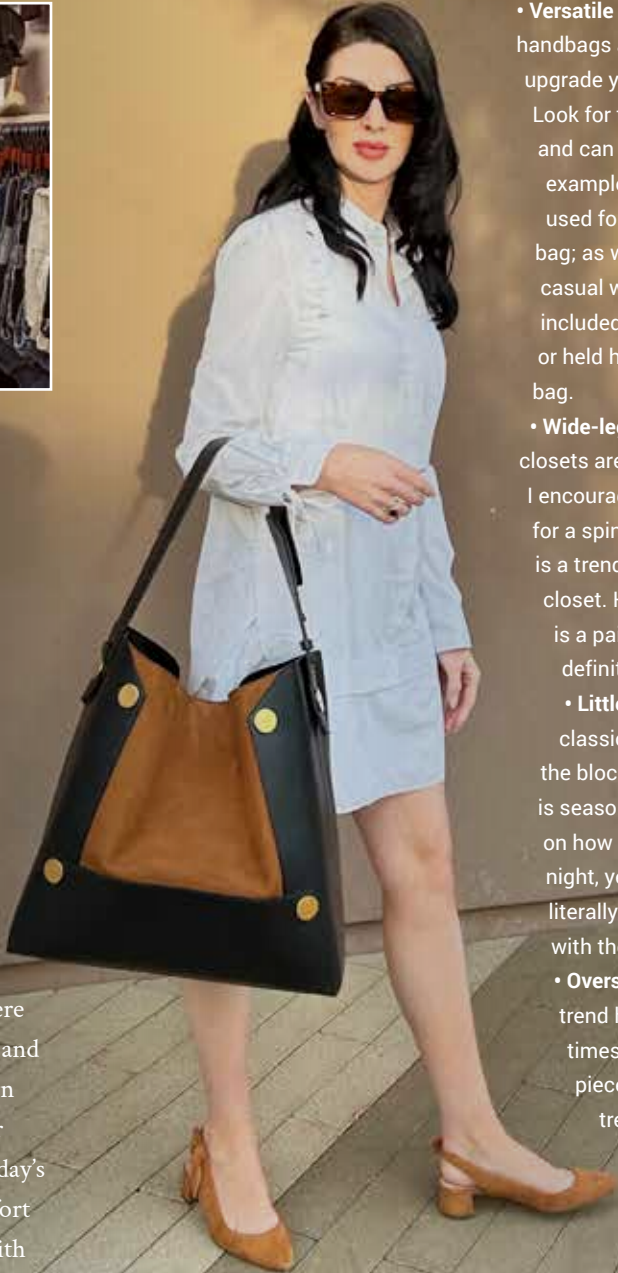
by Meghan Brock

New Year, New Closet: Updating Your Wardrobe for a Fresh Start



As we step into a new year, it's the perfect time to refresh and revitalize your wardrobe, and what better way to do so than by making conscious choices that are not only stylish, but also environmentally responsible. At The Closet Trading Co., I believe in the power of second-hand luxury fashion to transform your look while contributing to a more sustainable world.

Fashion is always evolving, but that evolution seems to have accelerated over the past few years. There have been huge shifts from fast fashion and short trend cycles, where items are worn only once or twice and not designed for comfort or long term investment, to today's trends of items designed for style, comfort and that are meant to last a lifetime. With less items in our closets, but more invested in well crafted, classic pieces, it becomes all the more important to pick just the right items to refresh your wardrobe. You simply cannot go wrong with these timeless and versatile wardrobe staples that are currently on every fashionista's wishlist, including mine:



- **Boyfriend Blazer:** This take on the traditional blazer is roomier, slouchier, and comfier. It is far more versatile than the boxy, structured blazers of seasons past and can be worn to the office, or worn to elevate a more casual look, like jeans and a tee.
- **Versatile & Luxurious Handbags:** Designer handbags are investment pieces that can instantly upgrade your ensemble and are constructed to last. Look for timeless styles that transcend trends and can be used in multiple ways. Some great examples are oversized hobo bags that can be used for work, the gym, shopping or even a diaper bag; as well as a classic crossbody, which is more casual when worn the traditional way, but can be included in a dressier look if worn on the shoulder or held has a clutch with the strap tucked into the bag.
- **Wide-leg Pants:** Let's be honest – all of our closets are pretty well stocked with skinny jeans. So, I encourage you to take the new wide-leg silhouette for a spin. With unlimited colors and material, this is a trend that anyone can incorporate into their closet. High-waisted, denim, silk, jersey – there is a pair to suit everyone's style, so this trend is definitely worth a try.
- **Little White Dress:** We're all familiar with the classic LBD, but we've got a new little dress on the block – the little white dress, or LWD. The LWD is seasonless and extremely versatile. Depending on how it's styled, this dress can be worn day or night, year-round, and dressed up or down. It's literally a blank canvas for you to make your own with the right jacket, shoes and accessories.
- **Oversized Trench Coat:** You may have noticed a trend here – I've mentioned versatility numerous times, because it is the key to adding the right pieces to your wardrobe, and an oversized trench coat epitomizes versatility. It's got it all – comfort, sophistication and is perfect for layering for colder weather. Plus, they pack well for travel and are so timeless.
- **Not-so-high-heels:** The days of sky-high heels may be a thing of the past, at least for most occasions. Instead, those in the know in fashion are opting for chic flats like espadrilles, low-profile sneakers and kitten heels. These are all big on comfort, without sacrificing style and can be mixed into casual looks, as well as dressier looks with surprisingly fashionable results.



1. Consigning Wisely:

As you update your wardrobe, consider consigning items that no longer serve you. Here's why consignment is a win-win:

- **Economic and Environmental Impact:** Consigning your gently-used clothing and accessories not only puts extra cash in your pocket, it also reduces fashion waste. Extend the lifecycle of your pre-loved pieces by giving them a new home.
- **Timeless Designer Pieces:** High-end designer items hold their value exceptionally well. Consigning allows you to pass on these treasures to someone who will cherish them while making room for new discoveries.
- **Closet Decluttering:** Streamlining your wardrobe helps you focus on pieces that truly resonate with your style. It's a therapeutic process that benefits both your space and mindset.



2. Donate with Purpose:

For items that may not be suitable for consignment, consider donating to charitable organizations. At The Closet Trading Co., my team and I carefully review all of your consignment items for the brands and styles we know will sell well in the store, and for any items we don't end up accepting for consignment, we will happily return to you or donate to Weave. This includes:

- **Office wear or Suiting:** Our style at The Closet Trading Co. is fresh and casual, so we don't consign suits, but there are great organizations who accept suits as donations to help those in need to have the proper wardrobe to apply for jobs. Local career centers and colleges with wardrobe closets are great places to start if you have suits to donate.
- **Fast fashion and discount brands:** I pride myself on consigning the cream of the crop of styles and brands so that our customers can have access to the most luxurious shopping experience and beautiful, quality apparel and accessories. That doesn't mean, however, that these fast fashion items need to end up in a landfill. By extending the lifecycle of these items through donation, we are a step closer toward a more sustainable future in fashion.
- **Formal dresses or gowns:** Again, I love to provide my customers with beautiful apparel and accessories that they can wear and enjoy every day, but just because you can't wear a formal dress every day is no reason for them to end up in a landfill. There are charitable organizations that accept donated formal-wear for underprivileged teens attending prom or homecoming dances. The Princess Project is a California based organization that is currently accepting donations.



3. Resale Shopping for a Sustainable Future:

The fashion industry is one of the most polluting in the world. By choosing second-hand luxury fashion, you actively contribute to sustainability:

- **Reducing Carbon Footprint:** Resale shopping significantly decreases the demand for new production, cutting down on carbon emissions associated with manufacturing and transportation.
- **Curating a Unique Style:** Embrace individuality and uniqueness by selecting one-of-a-kind pieces from our consignment store. Resale shopping allows you to stand out from the crowd with rare finds.
- **Supporting Circular Fashion:** By participating in the resale market, you become part of a circular fashion economy, promoting a system where fashion items are used and reused rather than discarded.

At The Closet Trading Co., I am committed to offering a curated selection of high-end women's designer consignment items and contribute to a sustainable future. Join me in embracing responsible fashion choices and make a positive impact on both your style and the environment.



EXPERT CONTRIBUTOR


Elizabeth C. Style Interiors

by: **Elizabeth Gonsalves Comstock**
Owner and Principal Designer
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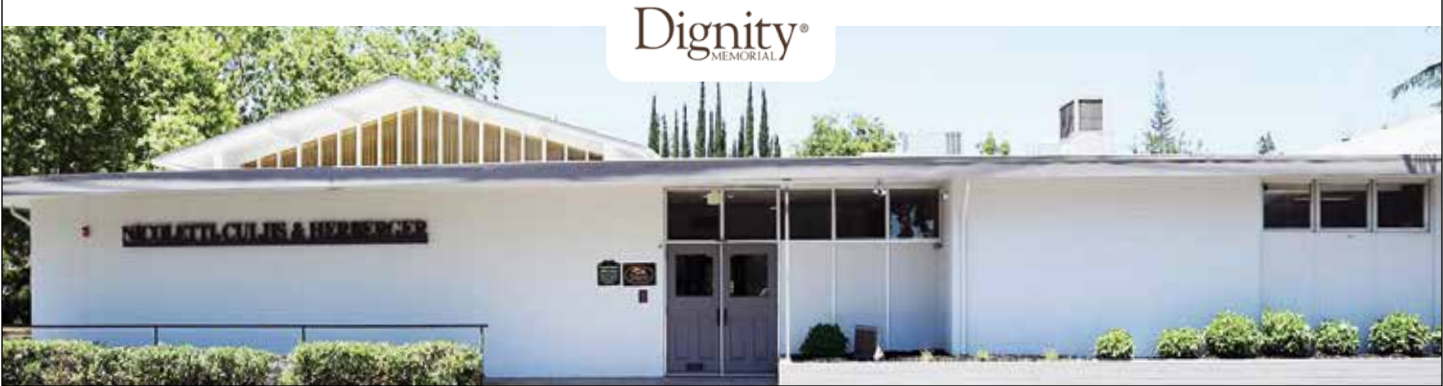
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RECIPE

Kale & Quinoa Salad with Lemon Dressing

Recipe by Karen Rankin
Reviewed by Dietitian Jessica Ball, M.S., RD
Photo by Antonis Achilleos
Styling by Christine Keely, Ali Ramee

This kale-quinoa salad pops with different flavors and textures. Massaging the kale helps break down its fibrous nature, while add-ins like toasted almonds, feta and cucumber add crunch and saltiness.

Active Time: **25 mins**
Total Time: **25 mins**
Servings: **6**



INGREDIENTS

- 1 bunch lacinato kale, stemmed and chopped
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 tablespoons chopped shallot
- 1 teaspoon honey
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups grape or cherry tomatoes, halved
- 2 cups cooked quinoa
- 1 English cucumber, thinly sliced
- 1 medium red bell pepper, sliced
- 1 medium yellow bell pepper, sliced
- 1 (15 ounce) can unsalted chickpeas, rinsed
- ¾ cup feta cheese, crumbled
- ½ cup sliced almonds, toasted



DIRECTIONS

- Place kale in a large serving bowl.
- Whisk together oil, lemon juice, shallot, honey, salt and pepper in a small bowl.
- Pour 2 to 3 tablespoons of the dressing over the kale; lightly massage until slightly wilted, 1 to 2 minutes.
- Top the kale with tomatoes, quinoa, cucumber, peppers, chickpeas, feta and almonds.
- Drizzle with the remaining dressing and toss before serving.



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PLAN FOR TOMORROW, LIVE FOR TODAY.

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REAL ESTATE **Round Up**

Based on information from **MetroList Services, Inc.** for the period 11/1/23 through 11/30/23.

Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1038 46th St	\$1,895,000		5	3	3473	Active
1000 47th St	\$1,789,000		4	3	3129	Active
1636 47th St	\$1,592,500		4	5	2815	Active
1000 43rd St	\$1,189,000		3-4	2	1727	Active
1341 39th St	\$2,150,000		4	3	3046	Active
1022 44th St	\$2,575,000		4	4	3700	Pending
749 41st St	\$1,525,000		5	3	3000	Pending
1524 40th St	\$1,100,000		3	2	1727	Pending
708 San Miguel Way	\$995,000		3	2	1691	Pending
4236 G St	\$819,900		2-3	1	1984	Pending
842 41st St	\$579,000		2	1	1286	Pending
639 39th St	\$760,000		3	2	1164	Pending
1553 39th St	\$1,795,000	\$1,725,000	4	3	2550	SOLD
937 45th St	\$1,595,000	\$1,550,000	4	3	3047	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.


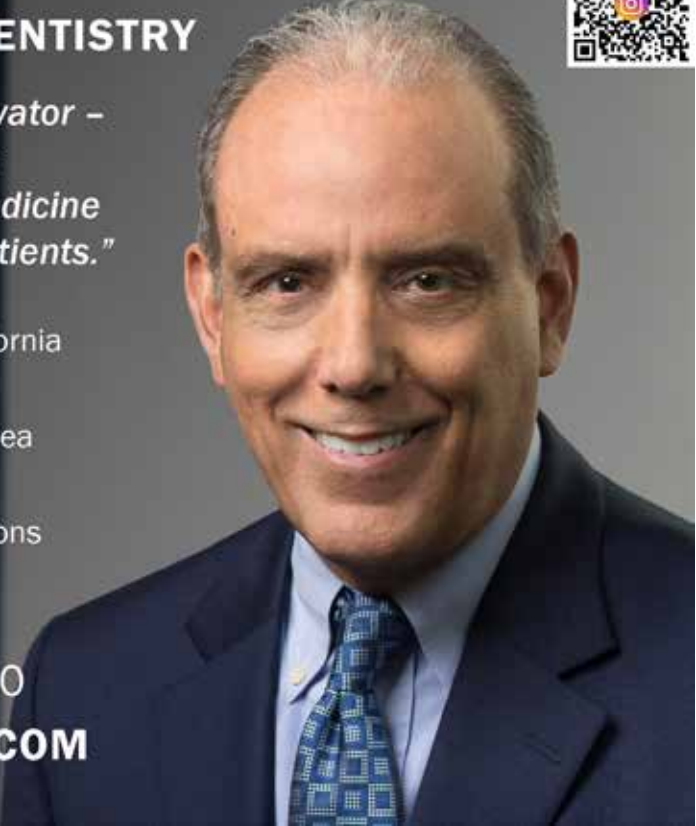
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TIM'S TIP
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