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The Anderson Family

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July 12 - 28 Mon - Thur: 11:00 am – 10:00 PM Fri - Sun: 10:00 am – 10:00 PM	Every Friday 5:00 - 9:00 PM	Every Saturday 8:00 AM - 1:00 PM	August 24th Saturday 8:00 PM
			
California State Fair	Concerts in the Park	Midtown Farmers Market	Brewfest & College Night presented by Sac State
Cal Expo 1600 Exposition Blvd., Sacramento	Cesar Chavez Plaza 910 I St, Sacramento	20th & K Streets 1050 20th Street, Sacramento	Heart Health Park 1600 Exposition Blvd, Sacramento

August 6 – 11 Please check website for time	August 3 Saturday 6:30 PM	August 16 - 25 Opens at Mon - Thur: 3:00 PM Fri: 1:00 PM Sat & Sun: 12:00 PM	August 17- 18 Saturday 10:00 AM
			
Waitress	Sacramento River Cats vs. Reno Aces	Savor East Sac - Eat Local and Save	Sacramento Banana Festival
UC Davis Health Pavilion 1419 H St, Sacramento	Sutter Health Park 400 Ballpark Dr, West Sacramento	Sac Yard Community Tap House 1725 33rd St., Sacramento	William Land Park 3800 W Land Park Dr, Sacramento



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~ Katelyn H.



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THE EAST SAC LOCAL



Publisher's Note

Hello East Sac!

I hope you all had a safe and sane 4th of July – which just so happens to be my favorite holiday. I still remember the anticipation building up while outfitting ourselves and of course, our bikes, with patriotic flair. I'd find myself flanked with my neighborhood pals, all of us in a victory formation as we made our way to the front of the parade. Even as I get older, that same level of excitement is always present. And now we gather again with kids of our own, watching in admiration the pure joy on their faces. It's hard not to reminisce because July Fourth is one of the few days that transports us back to a simpler time. It's where you'll see throngs of kids roaming the streets, with a hot dog in one hand and popsicle in the other - somewhat of a right-of-passage for those who were fortunate enough to experience it. The Fourth fully encapsulates the meaning of community, where parenting-by-committee and sharing in one's bounty is the law of the land. I hope it is a tradition that never ends.

Looking ahead to the dog days of August, be sure to support your local businesses by participating in Savor East Sac presented by the East Sac Chamber of Commerce!

Best,

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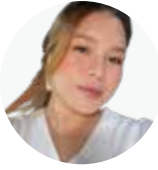
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EXPERT CONTRIBUTORS



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.



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.



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.



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.



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.



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.



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.



JESS DURRETT
Down the Road Education
After working as a therapeutic teacher and learning specialist in schools, Jess was certified as a Professional Educational Therapist and started her own business supporting families and schools to better understand and include diverse learners. She has a team of specialists who connect with the child and support families to advocate for inclusive practices for their students.



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.



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.



ELISE BROWN
Coldwell Banker
Raised in the heart of East Sacramento within a successful real estate family, tenured and tenacious Elise Brown has over 20 years of real estate experience and is a proud top producer for Coldwell Banker year after year. Her lifelong knowledge of the neighborhood and early exposure to all aspects of real estate give her an unmatched edge in one of Sacramento’s most-beloved home markets.

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The Anderson Family

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Chris is a Sales Manager at Ramos Oil Co. in West Sacramento and has been with the team for nine years.

The Andersons are deeply involved in their community, both professionally and personally. Ronica's commitment to local businesses and charitable endeavors is unwavering. She is a former East Sac Chamber of Commerce Board Member, Midtown business owner, PTA Board Member for Theodore Judah Elementary, PTSO Board member for Miwok Middle school, and a MESA Board Member. She feels fortunate to have an establishment that can give back to several local charities and host events to help support many organizations, including the annual holiday vendor fair. They sponsor and support East Sac Little League every year, and Chris coaches Upward Basketball, Nor-Cal YSA Flag Football, East Sac Little League Baseball, and is a former Sutter Middle softball coach, and a former East Sac Little League softball coach.

Their daughter Sydney embodies a gentle strength, and is described as shy yet full of smiles, with an unwavering love for life. Independent and determined, she cherishes moments with her family, thrives in school, and excels in softball. Painting, organizing, and cooking also spark her creativity, while music and friends fill her days with joy. Sydney's immense heart fuels her pursuit of excellence, her dream set on playing softball for the University of Oregon. With a solid athletic background playing with Upward Basketball and East Sac Soccer, her passion truly



 by Melissa Strand

In the heart of Sacramento, nestled in a quiet dead-end street, resides the Anderson family, a vibrant example of love, community engagement, and entrepreneurial spirit. Meet Chris and Ronica Anderson, along with their two children, Sydney (14) and Reece (11), and their beloved furry companions including a St. Bernard named Autzen Eugene, a husky mix named Nora, and two cats named Stella and Simba. Their home is nestled amid a mix of retired families and vibrant young families, and their neighborhood buzzes with life with a conveniently placed Starbucks at the end of the street. Their haven boasts a quarter-acre backyard, meticulously renovated with an outdoor kitchen, fire pit, and a luxurious in-ground pool/spa, perfect for Sacramento summers.

Both Chris and Ronica hail from different backgrounds, but their paths converged in Sacramento. While Chris played football for the University of Oregon before embarking on a career that led him to Sacramento in 1998, Ronica built her roots in the city in 1989 when she moved with her mom from Colorado to Northern California to be closer to family after her parents' divorce. Ronica started working as a cocktail waitress at the Pine Cove Tavern in 1994, where she worked her way through management while earning her MBA and purchased the bar in 2006. The Andersons' story begins with a chance encounter at Pine Cove in 2001, where Ronica was immediately captivated by Chris, who had come in with some colleagues. Little did they know that this encounter would blossom into a lifelong partnership. Ronica is currently the proud owner of Pine Cove Tavern and works part time at her son's school, Acton Academy, in Carmichael.



ignites on the softball field. From years in East Sac Little League to playing Varsity at Rio Americano High School, she's honed her skills, also delving into competitive softball with renowned teams like the UCLA Bruins, Pocket Select, and the Golden State Slyders for the past three years.

Their son Reece is described as very friendly, energetic, ambitious, outgoing, smart, and beautifully close with his mom. With dreams of playing in the big leagues and running his own business enterprise, Reece's aspirations are as vast as his interests. An avid collector of sports cards, he finds joy in playing various



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sports, including baseball, basketball, and golf, alongside indulging in gaming adventures. Reece's athletic journey has seen him excel in East Sac Little League Baseball for six consecutive years, along with time in competitive baseball with Walbeck and SSC. He's also honed his skills on the basketball court with Upward, YMCA, and Buzzardball, while enjoying flag football with Norcal YSA for four years, and enjoys leisurely rounds of golf.

As a family, the Andersons cherish



their traditions and moments of togetherness. Whether it's a summer night at Sac Yard Tap House or a trip to Sellands, nights in watching movies, making cookies and bonding with board games, their family dynamic is nothing short of inspiring. They love to travel when possible, and have enjoyed trips to Dillons Beach, Tahoe, Hawaii, Disneyland, and Australia. Remarkably, they road tripped through six states to national parks during the pandemic. But perhaps the most incredible chapter in the Andersons' story is their reunion with long-lost family members. Through the power of technology and



serendipity, Ronica discovered her half-brother and niece and nephew, who had been living in Sacramento. Their reunion, filled with tears of joy and laughter made their family grow. For the Andersons, home is more than just an address; it's a sanctuary of love, togetherness, and encouragement. Deeply ingrained in their community, they cherish every moment and reciprocate support by patronizing local businesses and giving back in times of need. Whether cheering on their kids at sporting events or hosting lively gatherings with friends, their lives are infused with warmth and connection.



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Jonecks

 by Melissa Strand

At Joneck's, experience an inclusive haven where exceptional wines await, and you can revel in camaraderie while exploring diverse flavors without fear of judgment. Embrace a vibrant atmosphere that welcomes everyone, from post-errand visitors to evening rendezvous seekers, ensuring a relaxed, unhurried experience. Owners Renee Jones-Joneck and husband Todd Yeck-Joneck live in Arden-Park, where they love to host friends for dinner parties, travel around the world and discover new wines. They have a mission to hold onto the spirit of a bright, inclusive community plus a love of wine that encourages guests to stay awhile and make it their regular spot to relax.



When the opportunity arose to consider her own business, she built a plan, had casual focus groups with peers, and built a financial model. Upon moving forward with building her business, Renee was faced with trials and tribulations during the construction process but stayed resilient through difficulties with contractors, engineers, and architects until ultimately finding a team that executed her dream. She is proud of not giving up during the construction and permitting process and staying true to her vision of the environment, offerings, design, and ambiance of the space. Renee feels truly grateful and hopes she can provide the same help, insights and support to others trying to open a business and survive in Sacramento.

Renee shares, “Joneck’s is very personal to me, it’s not just a bar, it’s a place where everyone can come and feel they can exhale and feel safe, like it’s a getaway and they are experiencing something special where they meet people and make new friends. I hope Joneck’s inspires to bring out the light in everyone to open up and welcome conversations with anyone they’re sitting near.” Customers have praised the thoughtfulness in wine selections, and appreciate the variety, detailed profiles, and the option to taste everything by the glass. They also enjoy the vibrant, open atmosphere that fosters energy and fun. The music playlist adds to the experience, striking the right balance for both nostalgia and lively conversations. Whether seeking a refined selection or a casual chat over a glass of their 60+ wine offerings, their doors are open to all.



Prior to opening Joneck’s, Renee worked in the software technology space in San Francisco as an events and revenue marketer, where she found a welcoming community amongst local bars and restaurants. Places that are fun and inclusive to connect have always been a draw for her, and when she and Todd had the chance to move to Sacramento in 2020, they saw that similar community feel in Midtown and East Sacramento. Reflecting on her past, it was evident Renee had been preparing for her business venture for years, from hosting dinner parties to curating extensive wine collections and exploring vineyards worldwide. While she spent 30+ years in tech marketing, the success she experienced did not outweigh the emotional drain of the industry and opening a wine bar had long been her envisioned pursuit. After years of never truly going for it with her business, COVID prompted deep reflection as she felt anxiety about staying in tech, so she decided to be her own boss, prioritizing happiness, advocacy, and owning her destiny.



Karah Schweitzer / San Francisco Resident
“Joneck's is one of those great places that feels like vacation. The mid-century modern decor and sunny vibe transports you to Palm Springs/ Palm Beach with a carefully curated selection of wines, beers and perfect bites including the most delicious cheeses and charcuterie to enjoy in any one of the fun, comfortable vignettes or at the bar. Renee and Todd are knowledgeable, friendly and the most welcoming hosts.”



Roger Cross / East Sacramento Resident
“What East Sacramento has needed for years is a wine bar where you can get a great glass of wine. But what you’re not ready for is more sparkling wine by the glass than you can imagine, hip cool ambiance, more colors than a kaleidoscope and the owner’s willingness to make you feel comfortable, wine professional or not. My wife and I have been to Joneck’s several times and we feel like family when we are there.”

Clients Testimonials



Rebecca Han / Elk Grove Resident
“From the second you walk into the bar it feels like you’re transported to another place. You can tell someone put a lot of thought and love into every detail, from the menu to the decor. It’s a wine lounge worth checking out, even if you’re only able to stop by for a glass after work.”



Patrick Carrion / Dallas, Texas Resident
“If you’re looking for a taste of Palm Springs right here in Sacramento, look no further than this wine bar. With its inviting ambiance, exceptional wine selection, great music, and friendly staff, it’s sure to become your new favorite spot in town.”

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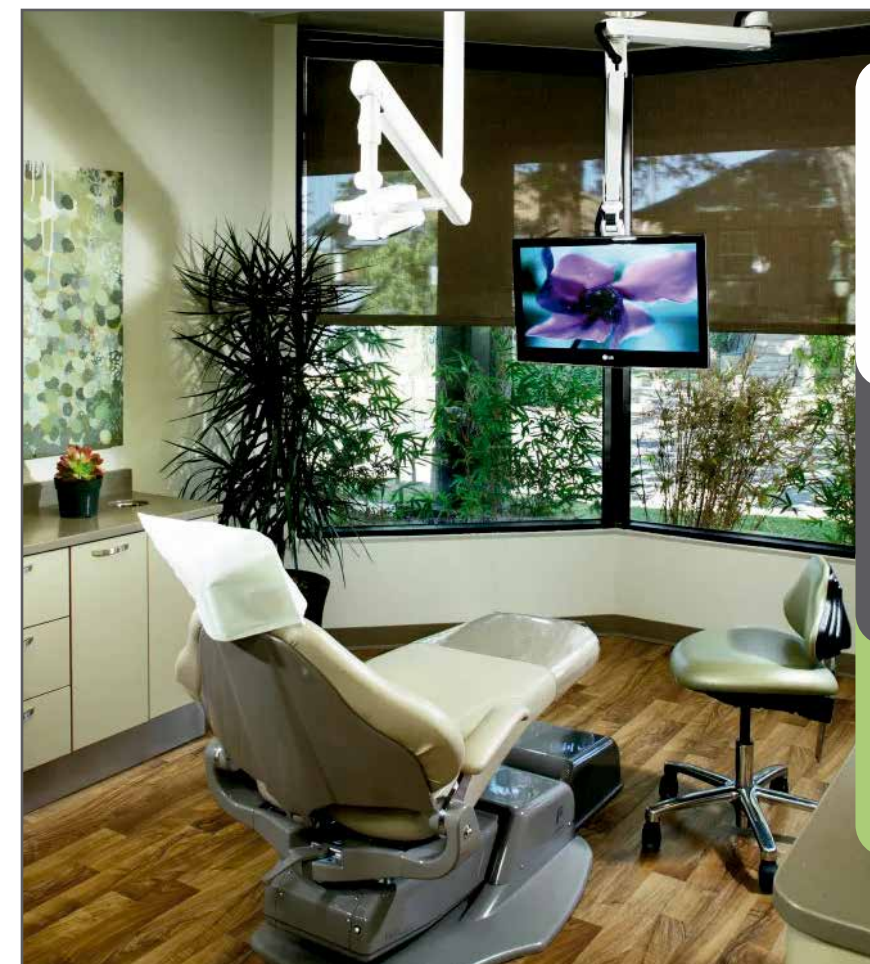


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Caylix Kalhoff

 by Melissa Strand

Caylix Kalhoff may only be 11 years old, but his life is already filled with remarkable achievements and passions that set him apart. A fifth-grader at Theodore Judah, Caylix's love for geography is evident, perhaps influenced by his experience of living in six different states. His diverse experiences have led to a unique talent for Caylix, where he is fascinated with memorizing hundreds of different country flags. But Caylix's interests don't end with maps and countries. He's also an avid drummer, a talent he's honed since he was barely able to walk. His rhythmic skills have taken him far, performing with both the Penn State Pep Band and the Sacramento State Band, and even earning him spots on the news. With dreams of becoming a professional drummer, Caylix is determined to pursue his passion into adulthood.

What sets Caylix apart is not just his talents, but also his unique perspective. He navigates the world with autism, a characteristic that shapes his experiences and adds depth to his story. Caylix approaches life with determination and resilience, embodying the spirit of never giving up. One of Caylix's happiest memories is receiving a trophy for demonstrating good character and perseverance in a running league. It's moments like these that remind him of his strength and spirit, shaping his outlook on life.

Caylix is the middle child in his family, with an older sister named Camden (16) and younger sister named



Capri (8). He loves dogs and is fortunate to have a wonderful pup named Nipsey (4) who has two different colored eyes. After school, Caylix's routine includes homework, a hearty meal, and some well-deserved PlayStation time before bed. His favorite foods reflect his eclectic tastes, from creamy Alfredo pasta to simple yet satisfying cheeseburgers (pickles, mayo, and cheese only, please!). But nothing beats dining out with his family at Olive Garden or Cheesecake Factory, where he savors moments of togetherness.

Sports play a significant role in Caylix's life, whether it's playing soccer, cheering for his favorite teams including the Sacramento Kings, Golden State Warriors, Sacramento State Women's college basketball, Purdue Men's college basketball or participating in truly anything related to soccer, he's in his element. He loves traveling to support his older sister's volleyball games or dad's teams he coaches, trips that have become wonderful memories for him. His love for soccer is undeniable, with dreams of visiting Parc des Princes stadium in France to watch a game, and he has a keen interest in professional soccer players and memorizing their celebratory moves and stats.

As Caylix continues to grow and pursue his passions, his journey serves as an inspiration to those around him. His unwavering determination, coupled with his diverse interests and unique perspective, make him a shining example of what it means to embrace life fully. In the years to come, Caylix is poised to make his mark on the world, not just as a talented drummer or a geography and sports enthusiast, but as a beacon of hope and resilience. With each beat of his drum and each step he takes on his journey, Caylix is extraordinary in so many ways.





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Avoiding Capital Gains Tax on the Sale of Highly Appreciated Assets

Ed Guanill RFP®, FRC, CA Coast Tax Pros | CA DOI # 0F33217

Can you legally avoid paying capital gains tax when you sell a business or real estate, or any other highly appreciated assets?

Yes, you can. By using a Deferred Sales Trust (DST), a type of IRC Section 453 installment sale, aka a “seller carry-back” sale. Under this code section, the seller can achieve significant tax-deferral benefits by not receiving actual or constructive receipt of the proceeds at the time of the sale, instead receiving payments made to them over time. Moreover, the Deferred Sales Trust™ has greater flexibility than a conventional installment sale with respect to investment selection, risk management and the repayment time frame.

Let’s say you are selling rental properties or a business (assets) that will trigger a large capital gain when you consummate the transaction. The first step is to set up a dedicated trust solely for the transaction and transfer the asset(s) to your trust. The trust then sells the “asset” to the buyer at the higher cost basis that was established in the prior transfer from the seller to the trust.

As a result, there is likely no capital gains tax immediately owing from the initial transfer to the trust because of IRC Section 453 because there is no “capital gain”.



By utilizing the DST structure, the seller of the property becomes a noteholder (creditor) and the trust makes agreed upon payments to the noteholder, pursuant to a payment agreement called an “installment sales contract”.

Under this contract, the trust is obligated to make installment payments to the noteholder (seller), representing interest on the pre-tax proceeds or principal from the sale, or both. If

the noteholder (seller) doesn’t need the payments, they can defer them in perpetuity. With additional planning by the DST tax team, the proceeds from the sale can be entirely removed from the seller’s taxable estate at death.

Needless to say, this is not a DIY project. Our team at CA Coast Tax Pros works with a specialized team of attorneys and tax professionals to ensure a successful transaction.



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Daisy Throckmorton

 by Melissa Strand

At just 16 years old, Daisy Throckmorton is already making waves in the world of basketball. A student at McClatchy High School with a stellar 4.0 GPA, Daisy has a versatile skill set that allows her to excel in any position on the court, and her passion for basketball knows no bounds. Her journey with basketball began in kindergarten, a testament to her lifelong love of the game. From the courts of McClatchy High School to the elite stages of AAU competitions, Daisy's growth and dedication to the sport is unwavering. Daisy has been doing formal training consistently since the high school season ended and has joined the AAU team JBS.



Daisy's basketball journey has taken her across the United States, including trips to Indiana, Illinois, Georgia, Ohio, and Oregon, with each trip adding to her wealth of experiences. For Daisy, one trip stands out as a highlight of her basketball journey. Traveling to Chicago with her team, sans parents, was an experience she will never forget. One of Daisy's fondest basketball memories was during fifth-grade when she had the opportunity to play at the Golden One Center for a championship game. Little did she know that experience would become a cherished memory as this was just before the onset of the COVID-19 pandemic.

Daisy's accolades speak volumes about her talent and dedication. From earning Student Athlete of the Year at Miwok in eighth grade to earning the title of Sac-Joaquin Section Freshman of the Year, Daisy's accomplishments on the court are nothing short of impressive. Through her sport, she has learned the value of hard work, both individually and as part of a team. She has discovered how to lead and motivate her teammates, instilling in them the same passion and determination that drives her.

What Daisy loves most about basketball is the opportunity to meet new people. Whether it is teammates, opponents, or fans, the sport has a unique way of bringing people together. Behind every successful athlete is a mentor, and for Daisy, that mentor is Dante Henley. Under his guidance, Daisy has honed her skills and developed into the player she is today. But her inspiration extends




beyond her local court, and as an avid fan of watching basketball, she drew inspiration from Kobe Bryant, who endures as her idol. Meeting a Kings player years ago left an impression, and although he was later traded, the thrill of meeting a professional basketball player remains a wonderful and inspirational memory.

Daisy feels anyone interested should consider picking up a basketball. Not only is basketball a great form of exercise, but the value of life lessons learned while being a part of a team is significant. As Daisy continues to pursue her passion for basketball, her story serves as a reminder that age is just a number when it comes to chasing your dreams. With determination, hard work, and a love for the game, anything is possible.




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SHRINERS CHILDREN'S NORTHERN CALIFORNIA HEALS IN MANY WAYS

by Cassandra Ng

Dan's life has always been relatively peaceful-living in a quiet wooded area with his family. He lives an active lifestyle and enjoys tinkering around with different types of machines.

“Using my hands is highly important for me because my hobbies include working on tools or trucks, you need to be able to have fine motor skills to grab everything from a wrench or a chain saw down to a fine screw.” said Dan. One day, changed everything for him. “I was putting gas on a bonfire that wasn’t starting,” said Dan. “I figured I could light it later, but it was lit enough to light the gas on fire. When I tossed the gas tin away from me, it splashed all over my torso and caught my sweatshirt on fire.” Immediately, Dan stopped, dropped, and rolled. He went to an outdoor spigot to extinguish the fire.

Due to the extent of Dan’s injury, he was in shock, not feeling feeling any pain. He decided to go inside for dinner like nothing was wrong. Upon seeing his hands bleeding, he decided to casually mention to his parents that he might need medical attention. Dan’s mom Sheryl looked at her son’s arms and acted immediately. “I thought, ‘This is not good’,” she said. Dan was quickly rushed into an ambulance, helicoptered to UC Davis Medical Center for emergency treatment, and transferred an hour later to the Neil Reitman Pediatric Burn Institute at Shriners Children’s Northern California.



The Neil Reitman Pediatric Burn Institute is widely recognized as one of the world’s leading pediatric burn research and treatment centers in the United States and provides all aspects of burn care - from initial management, critical care, and wound coverage - to rehabilitation, inpatient care, and reconstruction. Shriners Children’s Northern California has the largest pediatric burn treatment center west of the Mississippi, and many hospitals and health systems refer their most complex and

complicated patients because of the training and expertise the burn doctors have to treat the most complicated and life-threatening burn injuries.

“When I started telling everyone that my son was being treated at Shriners Children’s for burns, the response was always, ‘That is the best place for burn care’. I started doing my own research,” said Sheryl. “I realized that my son was at the best possible place he could be for burn care.”



EXCEPTIONAL CARE FOR BURNS

Because Dan had burns in several places, he required skin graft surgery. A skin graft is the removal and placement of a patient’s healthy, unburned skin onto the area of the burn, which helps it heal. Dan’s care team made sure everyone was well-informed about each procedure. This included pros and cons of each procedure, down time and how much longer it would add to his stay, opinions on medication dosage, and even food preferences. “At one point Dr. Greenhalgh asked me about how I felt about re-grafting my back since it wasn’t taking,” said Dan. “Him taking the time to seek me out, to come to me and ask me, made a lasting impression on me that he didn’t want to do whatever he thought was best, but something I wanted to do.” His parents couldn’t agree more. His mom remembers observing the intensive care unit (ICU) staff in the early morning during a daily huddle talking about Dan’s care. A doctor saw her and asked what she thought of the plan. “I soon learned that was part of the process,” she said. “They wanted to take the information from everyone- therapists, parents, the patient- to make the best care plan they could, every day.”

CARE BEYOND THE PHYSICAL

Both of Dan’s parents recall running into their son’s doctors in the elevator, the hallways, and the café during their stay. Each time, they would be surprised at the personable and kind interactions they had. The doctors would take the time to ask about how they were doing, how they felt treatment was going, and if they needed anything. This was an unexpected element of the care that not only Dan was receiving, but his parents were receiving, too. “I would often run into the surgeons in an elevator or in the cafeteria and would purposely not make eye contact,” said Sheryl. “I would think, ‘This is their break, they don’t need to

be talking to me right now.’ They would call out and ask me how I was doing. I realized that they wanted to talk to me and hear from me. They were always available and wanting to be available.” “We were equally as important, and as long as I was in front of them, I was their priority,” said Jeff, Dan’s dad. “It was remarkable. It didn’t matter if it was the surgeons or the nurses, the OTs, or the PTs. They were all phenomenal. Really, phenomenal.”

After surgery, it was a long road to recovery for Dan. The burns on his arms and hands made it difficult to do everyday tasks and hobbies, including chopping wood, one of Dan’s favorite pastimes. He loves cutting down and cleaning up trees with axes and chainsaws, as well as woodcarving. It helps him be productive and stay active, and he’s able to get rid of potential fire hazards on the family property along the way. “As soon as the occupational therapy staff learned that I was interested in tree work with axes, they bought an axe handle and rigged weights to it,” said Dan. “I was able to practice swinging with increasingly heavier weights and build up muscle for that activity and get that range of motion back, so when I got home, I was able to get right back into it.”

BEING BURN AWARE

Jeff visited the fire station while Dan was still in the ICU. He was able to talk with the firefighter who took the call to rush to Dan’s aid. It was then he learned that many calls for the same type of accident had come to the fire station during that time- and Dan was the only one who had survived. Around the same time, Dan’s parents also found out he was within a half hour of losing his fingers and hands. Had he not been rushed to Shriners Children’s, it would have been a very different outcome. Thanks to the help and care of Shriners Children’s, Dan has his life back having full dexterity of his hands. “I couldn’t even walk when I entered the building, and now I can do anything that I wish,” said Dan.

PETABLE PET

Lulabelle

 by Melissa Strand

Meet Lulabelle, the charming seven-year-old Boston Terrier whose playful antics and gentle demeanor have earned her a special place in the hearts of many. Named on a whim by her devoted owner Marie, the name Lulabelle seemed to fit her perfectly from the moment they met. With no preconceived notions, her name emerged effortlessly, a reflection of the instant connection between pet and person. Yet, she's often simply known as Lulu, to those that love her most. Lulabelle's journey began with a visit to a breeder, where she found her forever home with her doting owner and her energetic four-year-old son, Henry. Together, they form a tight-knit family unit, bound by love.



Venturing outdoors, Lulabelle's favorite destination is Bertha Henschel Park, where she can frolic and explore to her heart's content. But it's not just the park that holds a special allure; it's the company she keeps and the memories they create together that truly make each outing memorable. What sets Lulabelle apart is not just her easygoing nature but also her exuberance for life. Whether spinning in circles with unbridled excitement or joining in a chorus of barks and howls with her family, she embodies pure joy. When it comes to treats, Lulabelle isn't picky, anything soft will do. But it's her favorite toys, stuffed animals with squeakers waiting to be liberated, that truly bring out her playful side. Whether engaging in a spirited game of chase with fellow canines or enjoying a leisurely nap, Lulabelle finds joy in every moment spent with her cherished family.



Despite her mischievous streak, evidenced by the occasional food theft, Lulabelle's gentle disposition endears her to everyone she meets, making her a popular and well-loved pup. From repair people to neighbors, her welcoming demeanor knows no bounds, earning her a legion of enthusiastic fans throughout East Sacramento. As her owner reflects on their shared adventures, they're reminded of the simple joys and profound rewards of pet ownership. From the laughter-filled moments to the

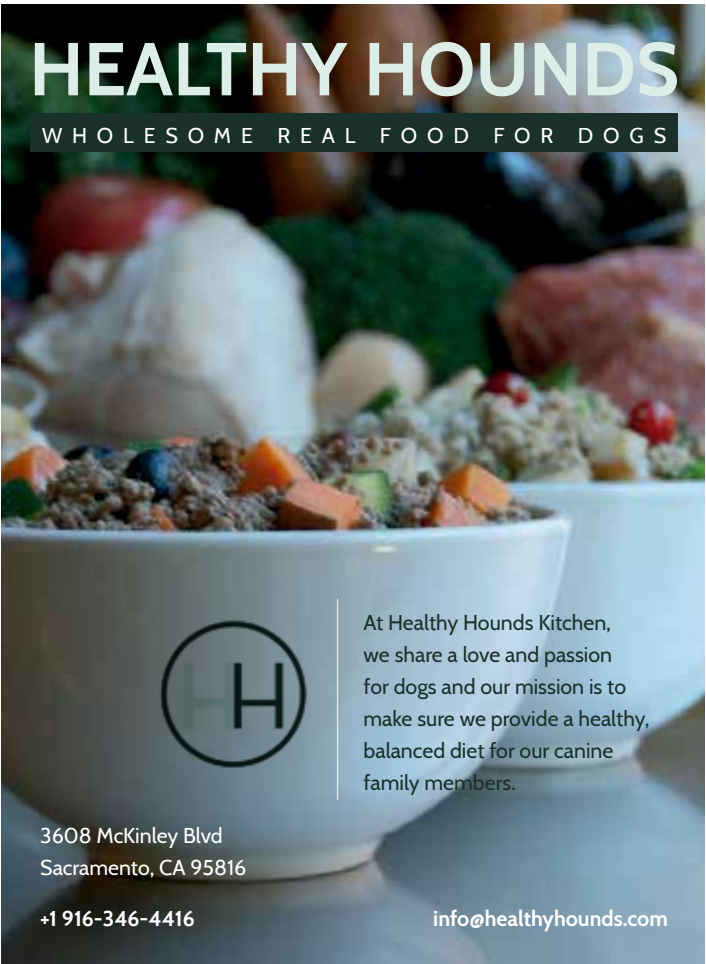



inevitable challenges, Lulabelle's presence brings a sense of warmth, affection, and companionship that enriches their lives in countless ways.

In Lulabelle, they've found not just a pet but a beloved family member, and a source of endless affection, unwavering loyalty, and boundless joy. And as they navigate life's twists and turns together, they're grateful for every precious moment spent in her delightful company.

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Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1037 42nd St	\$2,550,000		5	4	3283	Active
1221 44th St	\$1,975,000		4	4	3079	Active
700 42ND St	\$1,595,000		4	3	3036	Active
1372 43rd St	\$1,460,000		4	3	2536	Active
525 40th St	\$1,400,000		3	3	2820	Active
1515 41st St	\$1,385,000		3	3	2156	Active
800 41st St	\$849,000		2	2	1454	Active
401 San Antonio	\$685,000		3-4	1	1170	Pending
4124 F St	\$550,000		3	2	993	Pending
1100 46th St	\$3,750,000	\$3,750,000	5	5	4900	SOLD
1201 41st St	\$1,950,000	\$1,856,000	3	3	2441	SOLD
1224 40th St	\$1,900,000	\$1,800,000	5	4	3105	SOLD
1400 45th St	\$1,750,000	\$1,700,000	4	4	3302	SOLD
1038 46th St	\$1,795,000	\$1,600,000	5	3	3473	SOLD

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