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Taylor Desmangles

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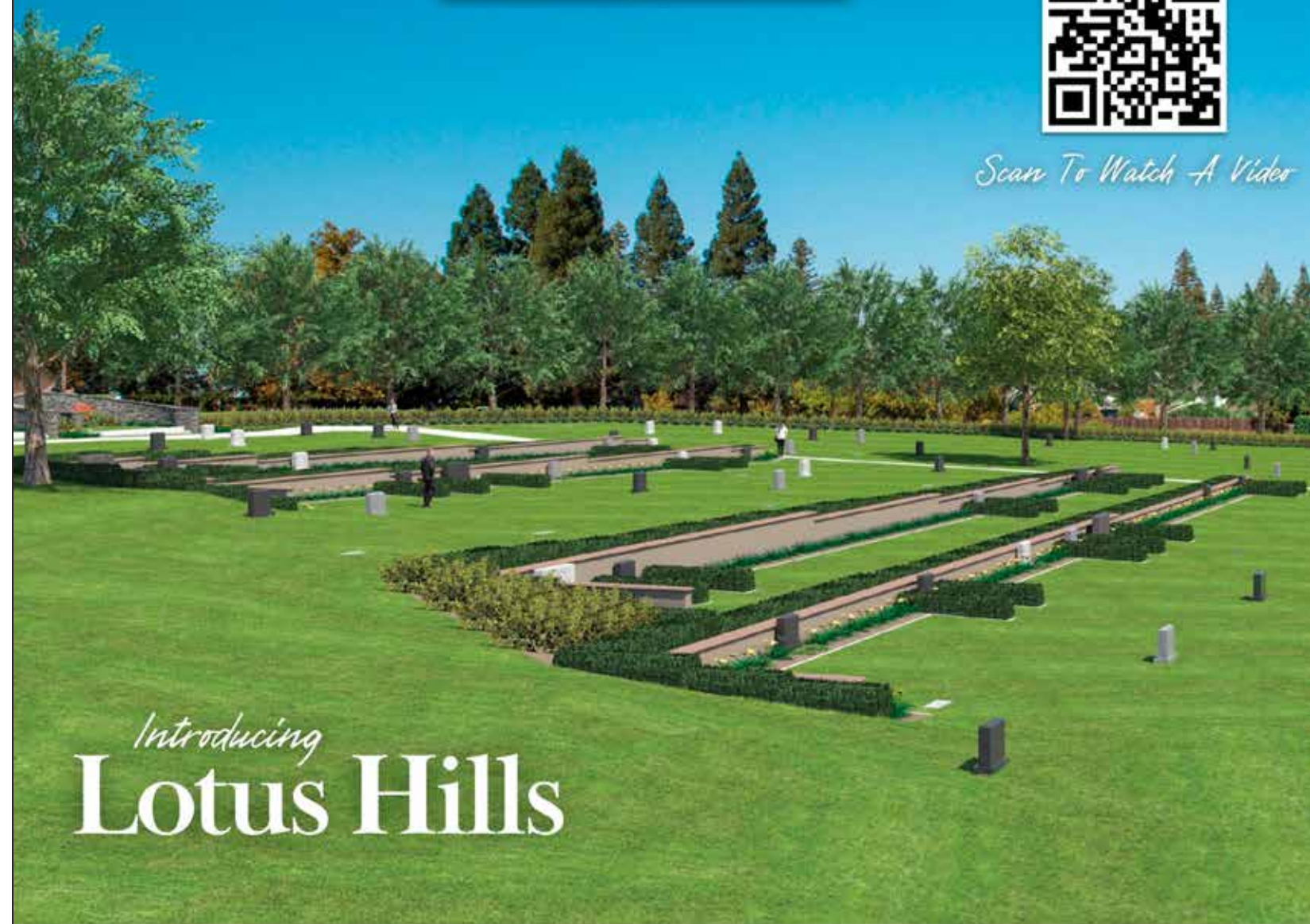
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Publisher's Note

While I am very proud of my Polish heritage, my Irish roots in Sacramento remain strong. I've made a few trips over the pond, but this time of year always takes me back. Words cannot describe the beauty that is Ireland, but I am convinced that words can describe the Irish themselves. We attended a wedding one year for one of my rugby pals. It was fun getting to catch up with old teammates and meet the groom's family. His cousin, Maeve, offered to give us a ride back to Dublin the following morning. We felt as you might expect someone to feel after an Irish wedding, so the following morning we slowly dragged our heavy American oversized luggage downstairs, and there was Maeve (fresh as a daisy) to greet us. Keep in mind, with the many rugby players in attendance the night before, Maeve outranked all of us. Nevertheless, we shoehorned ourselves into Maeve's unusually tiny car, which was so small that we couldn't fit our luggage in "the boot." So, our giant luggage remained on our laps for the two-hour journey ahead. We were about 20 minutes from Dublin when a loud pop was heard. Of course, a flat tire.

As I was removing the lug nuts, it became very clear to me the tire was not coming off no matter how hard I pulled. Apparently it rains so much in Ireland that tires can literally rust onto the axle. We found ourselves on the side of the road waiting for the Irish equivalent of AAA. For what seemed like hours, we sat there, passing around a bottle of champagne we had stashed away and got to know our new friend Maeve. What originally started out as a major inconvenience turned out to be quite a memorable experience. When help finally arrived, he carefully assessed the situation and seemed quite puzzled. Then without any further hesitation, he came back from his truck with a long 2 x 4, wedged it between the tire and frame, and then proceeded to pop that tire off with one firm kick of his boot. "That's how we change tires in Ireland!"

This issue is dedicated to my brother, Connor, who is pursuing higher education at Trinity University in Dublin and to the McCallister, O'Neil, O'Connor and Reilly families. I hope you have a safe and sane St. Patrick's Day!

Slainte!

Kyle Mickiewicz
Kyle.Mickiewicz@LocalPrintMedia.com
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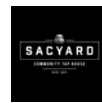
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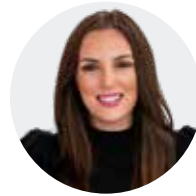
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EXPERT CONTRIBUTORS



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.



ELIZABETH COMSTOCK
Elizabeth C Style Interior Design

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



KEVIN GUINN
Farmers Insurance

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



ED GUANILL
CA Coast Tax Pros

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



MEGHAN BROCK
The Closet Trading Company

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



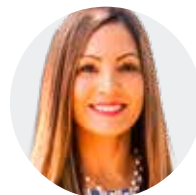
LATRICE ROSS
Mercy McMahon Terrace

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



TED KAPPEL
KMG

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



LISA RAYMAN
GJ Gardner

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



DR. PAUL PHILLIPS
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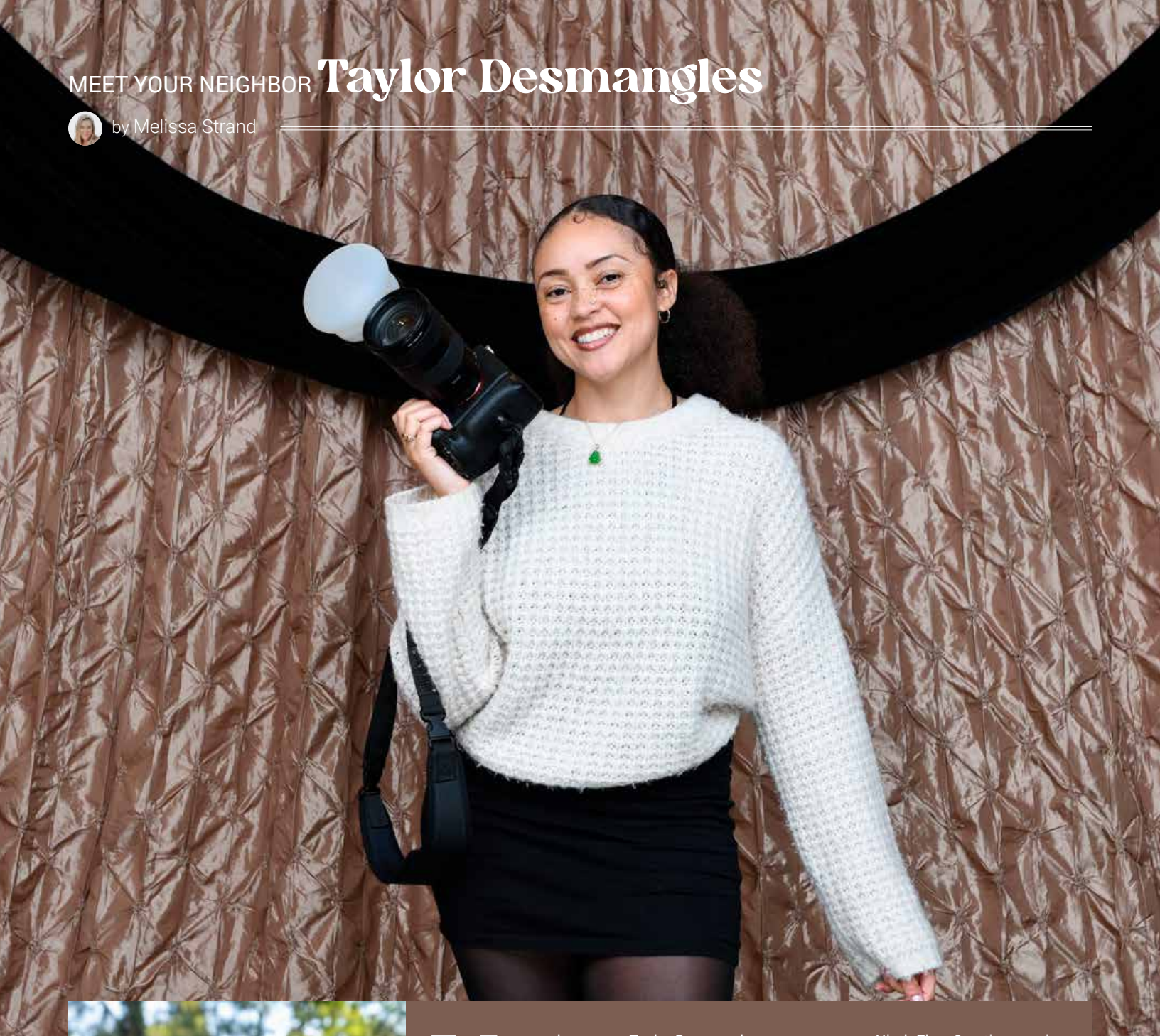


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MEET YOUR NEIGHBOR Taylor Desmangles



by Melissa Strand



You may have seen Taylor Desmangles company name, Ninth Flow Creative, gracing many covers of The East Sacramento Local publications which feature her gorgeous photos of neighbors in our amazing city. Now it's Taylor's turn to be on the other side of the camera and shine! Taylor is an incredibly talented, versatile, and motivated 31-year-old entrepreneur with a deep love for her East Sacramento community. She owns a local business called Ninth Flow Creative, where she shines as a creative producer specializing in content creation and social media strategy. She's also a talented and imaginative photographer and hosts a lifestyle podcast with her bestie called How to Be Real. Over the span of her eight-year long career in her respective industries, she has produced content and strategies for recognizable and impressive brands spanning from HBOMax and TBS to Gucci. In 2022, she was a part of the team that won a Shorty Award in the Integrated Campaign for Social Good category for the Immigrants Are Essential campaign. An awesome fun fact about Taylor is she gained a love of storytelling and performance art early on, after being featured in a Wu-Tang music video when she was just three-years-old!



Taylor was born and raised in Sacramento, where she attended St. Francis for two years and then transferred to Sac High for her last two years of high school. She has lived in many different neighborhoods throughout our incredible city, giving her the feeling that she's at home no matter what neighborhood she passes through. She moved out of the city for a few years and when she came back, the feeling never changed, truly making Sacramento right at home for her. Taylor shares, "I'm proud to be a black woman from Sacramento!" She loves that East Sac is the perfect mix of neighborhood and bustle. Taylor shares, "I enjoy walking and can go from a cozy neighborhood to a busy street with local shops in no time." When asked what her favorite sports teams were, although she's not much into watching sports she answered like a true Sacramentan and said she supports the Kings, and back in the day cheered on the 2005 WNBA Finals Champs, the Sacramento Monarchs!

In her free time, Taylor loves to spend time with her partner Rod, being outside in nature together with picnics, hikes, and laying in the sun. She loves practicing



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MEET YOUR NEIGHBOR TAYLOR DESMANGLES

watching and discussing movies over brunch with friends, grabbing a bite at Hawks Provisions, reading suspenseful romantic fiction books, and dramatically telling stories. Her favorite “me time” activities include grabbing a chai from her favorite coffee shop, trying new wellness products and shopping at any and every natural food store or farmer’s market. When she has time to relax, she loves curling up with her favorite book, *Seven Days in June* by Tia Williams or watching her favorite movie, *The Five Heartbeats*. She loves to support local businesses and can often be found shopping at Sacramento Natural Foods Co-op, Classy Hippie Tea Co., and Underground Books or taking a class at DOMA Yoga Studio. She loves to travel and some of her favorite spots are warm and sunny, including Cabo, Mexico and Oahu, Hawaii.

The future continues to look bright for Taylor, as this year she is planning on enrolling in yoga teacher training to become a certified instructor,

strengthening her love of practicing yoga. She is also working with her grandpa, who is a photographer and videographer, to map out a documentary. And finally, she is working on growing her team at Ninth Flow Creative to expand her stellar services and offerings. It’s clear Taylor is a multi-talented artist and creator with a deep love and affection for the place she loves to call home, Sacramento.

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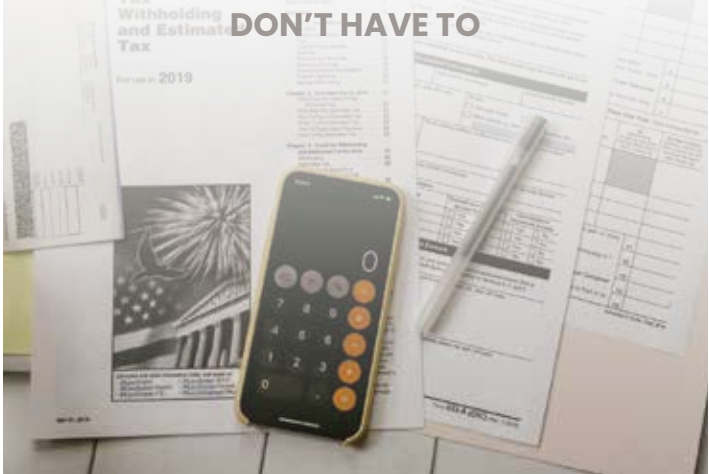
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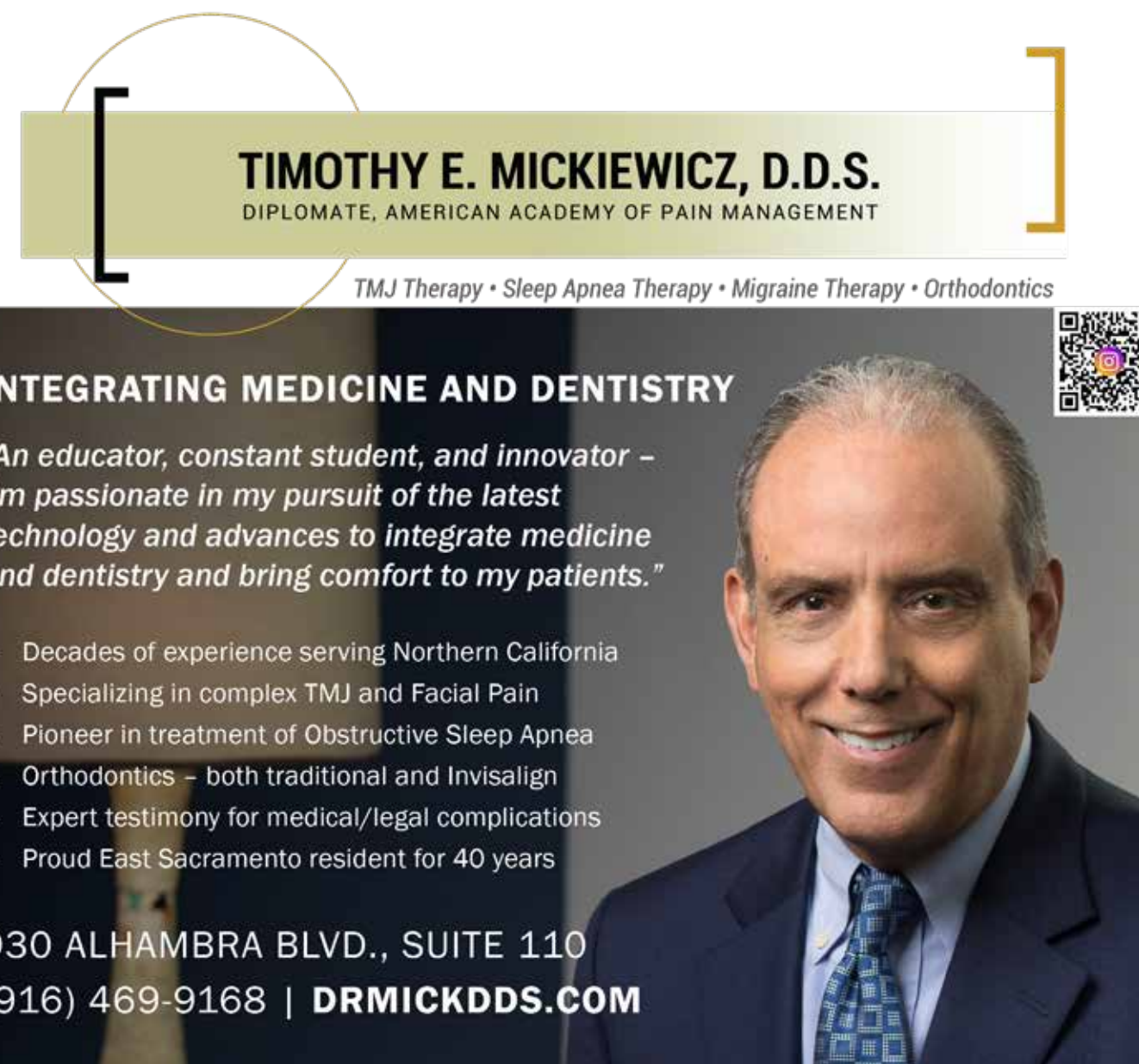
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BUSINESS SPOTLIGHT **The Closet Trading Co.**

 by Melissa Strand

The Closet Trading Co. is a women’s luxury and designer apparel and accessories consignment store. They have beautiful and sought-after brands from Free People to Chanel, all in incredibly good condition and up to 90% off retail. Owner of The Closet Trading Co., Meghan Brock, started her business when she became disenchanted with her tech industry work and began to evaluate her passions. Her passion is deeply in fashion, particularly in the craftsmanship and beauty that is produced by high-end design. One aspect of her business that really was the tipping point in her decision to pursue this venture is the accessibility of resale prices, which allows customers who may otherwise not have access to designer labels to purchase items at prices that they can afford and not be priced out of participating in higher-end fashion. She also greatly respects the resale business model and the sustainability of resale fashion. The fashion industry is ranked third as the largest contributor to global pollution, so being able to reuse and eliminate some of this egregious wastefulness in the industry is something she is very passionate about. In March of 2023, Meghan made the very scary decision to leave the tech industry to sign a franchise agreement and open the first The Closet Trading Co. in Northern California. She worked incredibly hard to find the perfect store location, remodel and build it out to the gorgeous interior you see today, as well as build the perfect team of talented sales stylists. Blood, sweat and tears were shed and in October 2023, they finally had their Grand Opening with a supportive and heartwarming reception from the East Sac community.



Meghan feels the aspect that sets her store apart from others is that it doesn’t feel like a consignment store. It feels like a high-end boutique, so from shopping around the store, to purchasing a high-end designer piece, the customer gets to have the experience and excellent service that you might find when shopping at a retail designer boutique. They not only have the highest commission rates for consignors but will match any competitor’s quote on consignor items. Even though the products are deeply discounted, there’s no compromise on those special shopping experiences. Her customers have said that they love the ambience of the store and of course, are so excited when they find that special piece that is perfect for them. To consign, there is no appointment needed and customers can drop off their items any time. Meghan and her team carefully pick what they think will sell best in the store, which are items from their favorite brands and styles from the last two to









three years, in very good condition. They take in any brands that you’d find at Nordstrom and very high-end stores like Chanel or Gucci. Some of their current favorite brands include Jenni Kayne, Frame, Mother, Johnny Was, and Lululemon. Meghan Brock and her family moved to the Fab 40s from Midtown about a year ago. She lives with her husband, nine-year-old daughter, Minuet, six-year-old son, Kal, and two-year-old daughter Sunday, as well as their Goldendoodle, Kirby. Meghan is an active tennis player at Sutter Lawn Tennis Club, and when she is not working or playing tennis, her time is devoted to her family and participating in community events and fundraisers. She would like to bring more The Closet Trading Co. locations to Northern California. She feels there is a huge appetite locally for high-end and designer fashion, but currently there are limited options. She is so proud of the business model where she can offer fantastic prices to her customers with competitive commission rates to their consignors, so everyone wins. Her mission is to assist women in finding apparel and accessories that help them feel confident and beautiful, and her glowing customer testimonials speak volumes about the experience and feeling you will get when you walk through her doors.



Client testimonials:

- “Just what Sacramento needed! I scored two amazing cashmere sweaters from Jenni Kayne for less than half the retail price on each. The sales stylists were so sweet and helpful! I’m definitely going to bring some things in to sell- I have my eye on a gorgeous Chanel bag I want to swoop up.” –Taylor
- “New venue in the UV with high end, clean products. You can buy AND sell high-end handbags, clothing and more here. The owner Meghan is amazing and super helpful! Worth stopping in and adding a few items to your wardrobe!” –Rachelle
- “I was so excited to hear about The Closet Trading Co opening in Sacramento! They are an upscale designer consignment boutique- you can sell your gently used designer/name brand items to them and get up to 85% in commission. I found some great pieces while browsing Free People, Reformation, Jenni Kayne, and they even had some gorgeous Chanel handbags!” –Stella

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PETABLE PETS **The Sacramento SPCA**

 by Sarah Varanini, Communications Manager for Sacramento SPCA



When you think of the SPCA, you think of animals, but you may not realize how we help them - or how long we have been doing the work! The Sacramento SPCA has been providing homeless animals with individual comfort, shelter, and love for 132 years. We provide compassionate medical care to tens of thousands of animals annually and offer a variety of programs and services designed to keep people and pets together for life.

We are a local, independent, non-profit organization that is not affiliated with any other SPCA or humane society, including the ASPCA. All donations to the Sacramento SPCA go to help the animals right here in our community. Financial support for our programs and services is provided solely by donations from individuals, businesses, and foundations. Through our nationally-ranked low-cost high-volume spay and neuter clinic (we are ranked as one of the top 10 clinics in the country!), adoption program, vaccine clinics and more, the Sacramento SPCA - with our community's support - is giving more than shelter and saving animals one life at a time.

Two of the lives recently saved were “The Princesses.” Yes, two Pomeranians both named Princess were surrendered to the Sacramento SPCA when their original owner abandoned them. After a name addition to tell them apart, Peach and Daisy received “senior specials” (dentals and blood work) at our Zoe K. McCrea Animal Health Center, in addition to the standard vaccinations and microchips. During their medical evaluations, we also found that Daisy had masses on and around her kidneys - meaning her time may be short. But since she was happy and otherwise enjoying life, she qualified for our Pawspice program where the Sacramento



SPCA supports the animal and adopter by providing palliative care to an animal with a terminal illness. After we discovered that despite living together for 11 years, Peach and Daisy actually did not enjoy each other's company, they each found wonderful families to love them through their golden years.


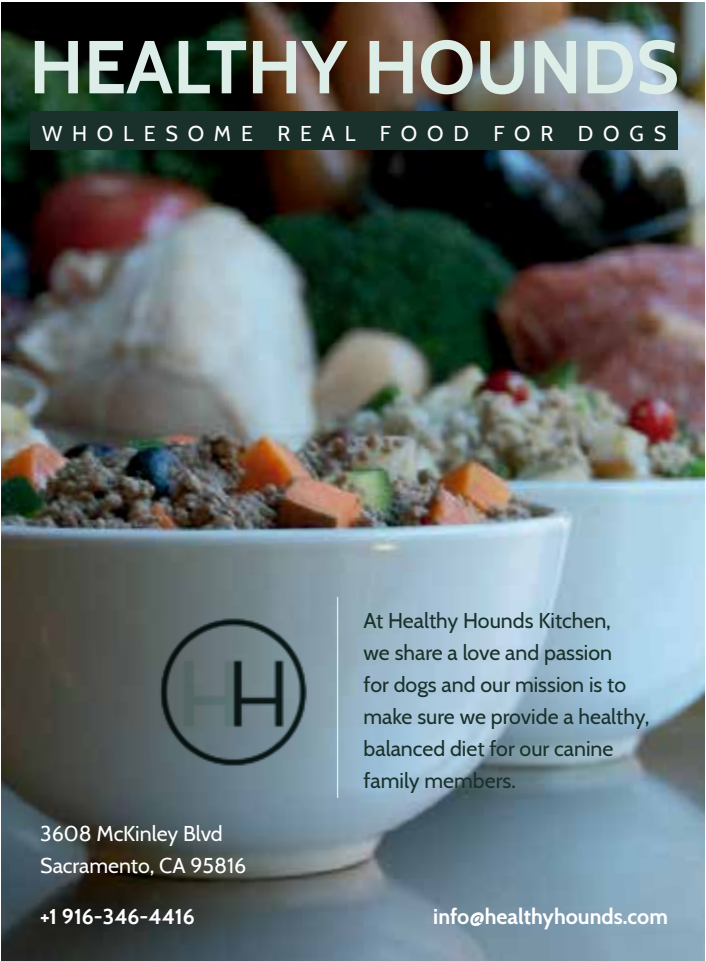
We depend on the community's support to house, feed, heal and place the thousands of animals like Peach and Daisy. In addition, we have designated funds which provide support for

specific animal needs, like our Paws for Health fund to care for animals requiring specialized veterinary care; the Feline Spay and Neuter Fund, which provides additional spay/neuter surgeries for free-roaming cats Monday - Saturday; and The Joe Willie Initiatives which provides senior cats and those requiring extra medical attention second chances. We also host several events throughout the year that support our work, including the Doggy Dash.



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The Doggy Dash is Northern California's largest 2K/5K dog walk and pet festival. Now in its 31st year, this event brings together animal lovers to raise funds for the Sacramento SPCA's lifesaving programs. Participants can enjoy food, drinks, games, demos, prizes, and the opportunity to meet adoptable dogs. Registration and participation in the Doggy Dash help provide direct care to over 40,000 animals in the community each year.

"The Doggy Dash offers a unique opportunity to have fun with your dog and it also connects people and animals to the resources needed to support healthy relationships," said Dawn Foster, Sacramento SPCA Marketing & Communications Director. "Enjoying time with your canine companion while also helping our community's pets in need is a win-win!"



The 2024 Doggy Dash will take place at William Land Park (near Village Green) on April 20th. Event day registration starts at 8:30 AM, the 2K/5K walk at 10:00 AM, and the Bark at the Park Festival immediately following the walk. To register for the 2K/5K dog walk prior to event day, visit www.sspca.org/dash.



TO LEARN MORE ABOUT OUR PROGRAMS AND SERVICES, HOW YOU CAN HELP OR GET INVOLVED, OR TO SIGN UP FOR SHELTER NEWS AND UPDATES, VISIT SSPCA.ORG AND FOLLOW US ON FACEBOOK AND INSTAGRAM!

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AMAZING KID **Payten Murphy**

 by Melissa Strand

Payten Murphy is a bright, happy, and energetic 13-year-old girl who loves painting, cheerleading, and spending time with her friends and family. On top of being an awesome student, stellar athlete and amazing daughter, Payten is an inspiration to many. Payten was born with half of a heart and has had three open heart surgeries, making her a true warrior and fighter. Her first open heart surgery (OHS) was at just six days old, the second at six months old and the third at three and a half years old. She is East Sacramento's very own heart hero, and has inspired many with her strength, perseverance, and incredible ability to share awareness of congenital heart defects (CHD). CHD is a rare condition that is present at birth and can affect the structure of a baby's heart and the way it works. Congenital heart defects affect one in one hundred babies born every day. The month of February was just celebrated as American Heart Month, which is a time when all people, especially women, are encouraged to focus on their cardiovascular health. Through Payten's bravery of shining a light on this important cause, there is hope that many others will find motivation to take action to protect themselves against heart disease and seek education on congenital heart defects and how they affect families daily.



Payten lives a happy and full life as a 7th grader at Courtyard Private School. Her favorite subjects are science and writing, which have piqued her interest to potentially pursue a career as a marine biologist someday. She is incredibly artistic and has been painting since she was little, and her favorite piece is a painting on canvas she created of two otters holding hands. She has many talents, and a deep

love for cheerleading which she just started this season. Her favorite aspect is learning and doing the cheers on the side and supporting the basketball team while inspiring them to keep going. She feels her biggest challenge is learning stunts, which certainly can be an intimidating element of the sport, but with Payten's dedication she'll be soaring soon. In her downtime after school and after cheer practice, Payten



loves to relax by watching her favorite shows, including *Outer Banks*, *Friends*, and *The Summer I Turned Pretty*. But she's happiest and most in her element listening to music. She is a passionate Taylor Swift fan, and loves listening to all her music as well as watching *Miss Americana* to immerse herself in more of Taylor's life. And even though she is not into watching sports, she will catch a Chief's game for a chance to see Taylor Swift cheering on Travis Kelce.

Payten loves animals, especially sloths and dogs. She loves to play, snuggle, and go for walks with her two dogs, Riley, a labradoodle (6) and Fetcher (4). She enjoys going out to dinner, especially at Cafe Capriccio and East Sac Patio Mexicano, or having a fun pizza night with a side of fresh fruit. She loves to travel with her family, and her favorite spot is Hawaii for some fun in the sun and beach time. In fact, when asked what her goals are after high school, she hopes to be going to college in Hawaii to experience her favorite place while furthering her education. But if she could go anywhere in the world, she dreams of a trip to see the Eiffel Tower in Paris. When asked what her happiest memory is, she shared "I have too many to share just one," which is a beautiful sentiment from this happy, intelligent, motivated, and amazing kid.



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COMMUNITY WELLNESS EPY Pilates and Albie Aware Breast Cancer Foundation Special Event

In a heartwarming celebration of strength and solidarity, EPY Pilates and Albie Aware Breast Cancer Foundation collaborated on a special event at EPY Pilates Studio on Folsom Blvd on January 7th, 2024!

The focus of the event was to honor and uplift special women who have undergone breast mastectomy surgery. These resilient individuals were treated to a Pilates class, focusing on specific exercises to improve lymphatic drainage as well as increase range of motion on their affected side.

Guiding these participants through this empowering session were instructors Wahida Sharman, Jenny DeLaVega and Jenna Dennis. With their total of 25 years of experience, these seasoned experts



taught a hands-on Pilates class, including diaphragm and posterior breathing techniques, to allow for increased space of the ribcage and to open pathways for improved lymphatic flow. These breathing techniques also help in stress reduction, while teaching participants to stay present.



The ladies worked hard but enjoyed every minute!

Post workout, a delightful and delicious brunch with mimosas was served, providing a warm and welcoming environment for these special women to connect and support each other.

For those seeking more information or support, please reach out to the **Albie Aware Breast Cancer Foundation** at (916) 927-1592.



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COMMUNITY EVENTS **Easter Egg Hunt**

East Sacramento families and friends are invited to join a free and fun community event. Join the East Sac Moms for games, entertainment, and a fun DIY egg hunt! To participate, please bring 25 pre-filled eggs per child, along with a basket for each participating child to collect eggs during the hunt. It's a fun community organized event, with opportunities to meet friends and enjoy a beautiful day.



Join the East Sac Moms Easter Egg Hunt!



This event relies on community volunteers! If you are somebunny who could help set up tables, or hide eggs, or wear the Easter Bunny costume (do you have a teen who might love this role?), we'd love your help. If any small businesses or local parents have any other donations or talents to offer to create this magical day, please contact missmoriah@gmail.com.

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Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1038 46th St	\$1,895,000		5	3	3473	Active
1636 47th St	\$1,525,000		4	5	2815	Active
1565 49th St	\$589,000		3	2	1012	Active
1341 39th St	\$2,125,000		4	3	3046	Active
4125 F St	\$688,888		3	2	1273	Contingent
1000 47th St	\$1,789,000		4	3	3129	Pending
1225 43rd St	\$1,295,000		2-3	2	2306	Pending
1000 43rd St	\$1,164,000		3-4	2	1560	Pending
1200 40th St	\$1,100,000		3	2	2366	Pending
1373 40th St	\$999,900		4	3	2549	Pending
1022 44th St	\$2,575,000	\$2,575,000	4	4	3700	SOLD
1524 40th St	\$1,100,000	\$1,075,000	3	2	1727	SOLD
708 San Miguel Way	\$995,000	\$900,000	3	2	1691	SOLD
1408 48th St	\$888,000	\$875,000	4-5	2	1896	SOLD

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TIM'S TIP

Have your dryer vent professionally cleaned because it can save you **\$20 - \$25/month** in energy costs, prevent potential fires & will prolong the life of your dryer. We used **Dryer Vent Wizard 866-498-SAFE(7233)** & were satisfied w/their work.



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This Crock-Pot corned beef and cabbage recipe is easy to prep in the morning and you'll have a perfect Irish meal by dinnertime for your St. Patrick's Day feast!

INGREDIENTS


- 10 baby red potatoes, quartered
- 4 large carrots, peeled and cut into matchstick pieces
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) corned beef brisket with spice packet
- 6 ounces beer
- ½ head cabbage, coarsely chopped

DIRECTIONS


1. Place the potatoes, carrots, and onion in the slow cooker and add water.
2. Place the brisket on top of the vegetables, then pour the beer over the brisket.
3. Sprinkle the spice packet over the brisket and cook on High for 7 hours.
4. Stir in the cabbage and cook for another hour.



Prep Time: 15 mins
Cook Time: 8 hrs
Total Time: 8 hrs 15 mins
Servings: 8



Recipe by LUSYRSGIRL | Tested By Allrecipes Test Kitchen | Featured on All Recipes www.allrecipes.com





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