



Memorial Day

May 27th, 10am

Please join us at East Lawn as we honor those who made the ultimate sacrifice while serving in the United States Armed Forces.

Complimentary Refreshments | Military Speakers | Presentation of Colors by Boy Scouts Of America



East Sacramento

4300 Folsom Blvd. Sacramento, CA 95819 (916)-732-2000 FD-2340





Scan For Event Info

Call For Details: (916)-732-2000

www.eastlawn.com



Events



Midtown Farmers Market EVERY SATURDAY 20th & K Streets 1050 20th St



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



Pops in the Park Featuring: Clean Slate SATURDAY | JUNE 1ST | 6:00 PM East Portal Park 1120 Rodeo Way



Change the Work 5K Run SATURDAY | JUNE 8TH Sutters Landing Park 20 28th St



Sacramento Water Lantern Festival SATURDAY | JUNE 1ST | 5:30 PM Fremont Park 1515 Q Street



Sacramento River Cats
vs. Albuquerque Isotopes
SUNDAY | JUNE 9TH
Sutter Health Park
West Sacramento



SacPride Festival 2024 SATURDAY | JUNE 8TH Sacramento Capitol Mall 721 Capitol Mall



Italian Hot Rod Association Car Show
JUNE 29TH | 8:00 AM
Scottish Rite
6151 H Street | https://italianhotrodassociation.org



I couldn't have asked for a better realtor for my first home-buying experience.

~ Katelyn H.



ELISE BROWN REALTOR® 916.715.0213





Meet the Publisher



Hello East Sac!

ummer in Sactown is officially here! For those who are born and raised in Sacramento, the dry heat can be somewhat tolerable. But for those who are new to the area, the forthcoming triple digits will require building up some tolerance. So, I am offering up some of my very own tips and tricks for not only surviving a Sacramento summer, but also "being one" with the heat. I never leave the house without an emergency supply of water, sunscreen, and a beach towel. My go-to spot for an impromptu dip is Paradise Beach in River Park, which is accessed via Glenn Hall Park. There you will find plenty of trails to explore and shady beaches to relax on next to the scenic American River. It's also a wonderful place to plan a picnic but be sure to bring a garbage bag to clean up your mess!

If swimming isn't your thing, but you feel the need to get out of the house, East Portal Park offers some great shade, especially in the playground area. While piping hot metal slides may be a thing of the past, this playground drastically reduces third degree monkey bar burns. If you're looking to get your furry friends out for a walk, protect those paws by avoiding the pavement under the canopy of T Street.

If you would like to reduce your SMUD bill, be sure to replace those air filters and be on the lookout for the Delta Breeze coming out of the southwest in the early evenings. You'd be amazed how opening a few windows at this time of day can drastically cool down your house. And if your AC is on the fritz, I've found that Chargin's Bar & Grill has the best air conditioning in town, only made better by enjoying a frosty beverage.

And finally, please be sure to reset your sprinklers to avoid over-watering, because I'd like to keep swimming at Paradise Beach in the future!

Best,

KYLE MICKIEWICZ
East Sac - Publishing Director

kyle.mickiewicz@localprintmedia.com



Salina Godinez
Land Park - Publishing Director
salina.godinez@localprintmedia.com



Bethany MitchellArden Park - Publishing Director
bethany.mitchell@localprintmedia.com

TEAM



Michelle Campbell
Production Manager
admin@localprintmedia.com



Melissa Strand
Content Director
melissa.strand@localprintmedia.com



Krystal Creviston
Editor



Trina Ornelas
Photographer



Taylor Desmangles
Photographer



Caren Dioneo Boc Layout and Graphics Design



Rex Mulholland Creative Director



TABLE OF CONTENTS















Tax Season Never Ends!

Have you considered the impact of increasing taxes on your retirement income?

The current tax rates will sunset in 2026 and revert to the higher tax rates before the Tax Cuts & Jobs Act of 2017. Are you prepared?

We can help. Call us today and we will show you what the impact of taxes will be on your retirement income and help you create a strategic plan to offset taxes during your retirement.

- Tax Preparation
- Roth IRA Conversion Strategies
- Social Security Taxation Reduction
- Tax Efficient Income Planning
- Wealth Transfer Strategies



(916) 565-7442 | 1040@cacoast-taxpros.com www.CACoast-TaxPros.com



CA Coast Tax Pros is an affiliated company of Guanill Wealth Management and Guanill Insurance Services. Investment advisory services offered through Guanill Wealth Management, a CA Registered Investment Advisor, CRD# 281340. Insurance products offered through Guanill Insurance Services, CA LIC.# OK21056.







CREATING A WAY TO BRING
PAUSE IN THE PRECIOUS MOMENTS OF
LIFE, THOUGH CAPTURING THE STILLNESS OR
SILLINESS OF YOUR FAMILY. HERE'S MY INVITATION TO,
'PAUSE IN THE PRESENCE OF YOUR FAMILY.'
ONE IMAGE, ONE FAMILY, AND ONE STORY AT A TIME.

 $Sacramento\ area\ \&\ beyond \qquad trinamariestudios@gmail.com \qquad 916.919.6623$

BUSINESS PARTNER INDEX



Attorney - Estate, Trusts, Wills Law Offices of Colin T. Smith Colin Smith (916) 563-7140

colintsmithlaw.com



Attorney - Mediation **Finding Common Ground Mediation and Law Services** (916) 835-5635

findingcommonground.com



El Dorado Savings Bank (916) 454-4800

eldoradosavingsbank.com



Custom Homebuilder & ADUs G.J. Gardner Homes

(916) 269-8000



Dentist East Sac Denta (916) 452-7874 eastsacdentalcare.com



Dentist Timothy E. Mickiewicz, D.D.S. (916) 469-9168



Dog Food **Healthy Hounds** (916) 346-4416 healthyhounds.com



Educational Consulting Down the Road Education iessdurrett com



The Closet Trading Company Sacramento

(916) 306-1407 theclosettradingco.com



Financial Planner **Northwestern Mutual** Dom Leber (916) 648-6642 dominicleber.com

Funeral Home **East Lawn** (916) 732-2020

Funeral Home

Nicoletti, Culjis & Herberger **Funeral Home**

(916) 451-7284

Insurance

dignitymemorial.com

Farmer's Insurance

Interior Designer

Elizabeth C Style

elizabethcstyle.com

Chris McKoy Landscape

chrismckoylandscape.com

Ted Kappel (916) 416-5626

Landscaper

(916) 743-7868

Mortgage Broker

KMG

Museum

(916) 674-5000

(916) 803-3070

iustsavtav.com

Photographer

(916) 919-6623

Trina Marie Studios

Kevin Guinn (916) 453-2910

agents.farmers.com/kguinn

Elizabeth Comstock (916) 873-4586



Dignity-

Gymnastics **Little Whale Tumble School** (916) 883-1150



Coldwell Banker Rich Cazneaux (916) 212-4444 eastsac.com

Real Estate - Residentia



Real Estate - Residential Coldwell Banker Tim Comstock (916) 548-7102 timcomstockrealestate.com



Self Storage **McKinley Village Self Storage** (916) 633-6508 norcalselfstorage.com



Senior Living Community **Mercy McMahon Terrace** (916) 733-6510

mercymcmahonterrace.org



Swim School **Little Whale Swim School** (916) 790-5945



Tan Room **Sac Yard Community Tap House** (916) 400-4708



Tax Professional **ACW Consulting** Aaron Welch (916) 498-8540

www.sacyard.beer



Tax Professional



CA Coast Tax Pros Ed Guanill (916) 565-7442 cacoast-taxpros.com



Yard Greetings Sign Gypsies (916) 607-7137 signgypsies.com



Real Estate - Residential **CB Norcal** Mike O'Connor (916) 801-8182

Ninth Flow Creative Photography



Real Estate - Residential **Coldwell Banker** Elise Brown (916) 715-0213 weliveeastsac.com

TIMOTHY E. MICKIEWICZ, D.D.S. DIPLOMATE, AMERICAN ACADEMY OF PAIN MANAGEMENT

TMJ Therapy • Sleep Apnea Therapy • Migraine Therapy • Orthodontics

INTEGRATING MEDICINE AND DENTISTRY

"An educator, constant student, and innovator -I'm passionate in my pursuit of the latest technology and advances to integrate medicine and dentistry and bring comfort to my patients."

- Decades of experience serving Northern California
- Specializing in complex TMJ and Facial Pain
- Pioneer in treatment of Obstructive Sleep Apnea
- Orthodontics both traditional and Invisalign
- Expert testimony for medical/legal complications
- Proud East Sacramento resident for 40 years

930 ALHAMBRA BLVD., SUITE 110 (916) 469-9168 | DRMICKDDS.COM

MCKINLEY VILLAGE **SELF STORAGE**



50% Off **1st Two Months**

LET US HELP YOU TO ORGANIZE YOUR HOME IN THE NEW YEAR.

BASED ON UNIT AVAILABILITY

McKinleyVillageSS@gmail.com www.McKinleyVillageSelfStorage.com

Call us about our 6 **FREE Month Promotion** (916) 303-2100

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

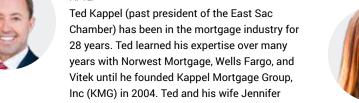
28 years. Ted learned his expertise over many Inc (KMG) in 2004. Ted and his wife Jennifer Kappel chose the broker structure because it allows them to work with multiple banks for

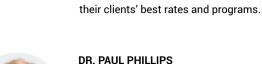


LISA RAYMAN

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.



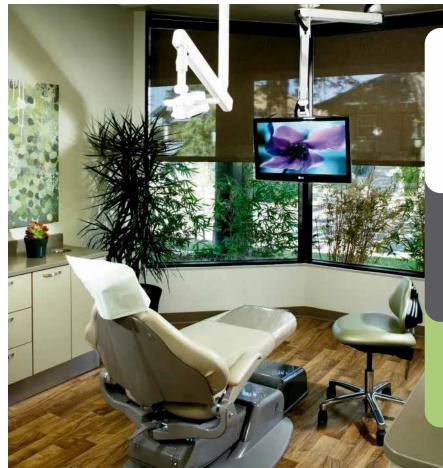


East Sac Dental

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.







www.eastsacdental.com

1273 32ND STREET SACRAMENTO, CA 95816









FRIENDLY MODERN GENERAL DENTISTRY

www.eastsacdentalcare.com (916) 452-7874











LIFE IS BETTER WHEN YOU HAVE A PLAN

- Coverage you can customize to meet your needs
- Get the most value for your coverage
- More options, providing you more discounts

Kevin Guinn

Your Local Agent CA License # 0F79092 555 UNIVERSITY AVE STE 236 SACRAMENTO, CA 95825 KGUINN@FARMERSAGENT.COM https://agents.farmers.com/kguinn



Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers.com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.









ric and Becky's 15-year journey of companionship and love began amidst the corporate halls of a large travel company in Minneapolis. Their love blossomed from a long-distance romance between Minneapolis and Paris, leading to a difficult choice of where to start their lives together and eventually raise a family. They decided to settle down in Northern California and landed in Belmont. After growing their family to include children Drew (9), and Nate (6), and their dog Woody, a rescued Weimaraner, they started a search for an affordable home with great local schools.

In November 2021, the Bausman family embarked on a journey from the bustling Bay Area to Sacramento, in search of a community that resonated with the warmth and familiarity of their Midwestern roots. Their adventure led them through Northern California, with recommendations pointing them towards Lincoln, Roseville, and Rocklin. However, it wasn't until they meandered through Sacramento's vibrant neighborhoods of East Sac, Midtown, McKinley Park, Curtis Park, and Land Park that they truly felt at home. The city's Midwestern vibe sealed their decision to settle down on J Street in a charming faux Colonial-style home, complete with a stately pepper tree in the front yard. Sacramento not only offered the Bausmans a new place to call home but also



a community where their children could thrive. They chose the Caleb Greenwood School community for its IB program, hoping to provide Drew and Nate with a rich educational environment. They soon added another family member named Coco, a rescued Great Pyrenees/Yellow Lab mix, and their home was complete. The city's embrace of events like the California International Marathon and Run to Feed

the Hungry right outside their doorstep only added to their sense of belonging.

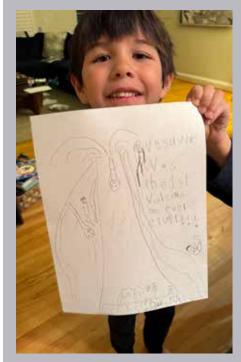
The Bausmans are a unique blend of talents and interests. Becky, an Iowa State University Journalism graduate with an MBA from the University of Minnesota, is an executive at Duarte, a renowned communication agency and training company. In her free time, Becky is a prolific reader and loves watercolor

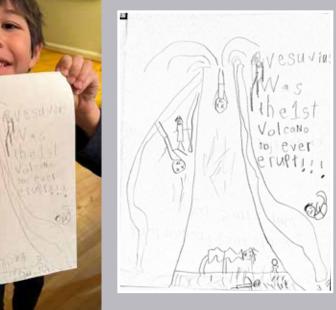


painting and sports time with the kids. Eric, with a philosophy degree from the University of Minnesota, directs product management for Visa's commercial products. In his free time, Eric plays hockey twice a week up in Roseville, one with an "over 50" league, and one that's just a pick-up skate, and enjoys good wine, lazy Sundays with the kids, and making perfectly executed risotto.

Their son Drew, a radiant child with Down syndrome, shines with athleticism, thoughtfulness, kindness, and a knack for making everyone smile. His condition, characterized by an extra copy of the 21st chromosome, presents challenges, yet Drew navigates life with unparalleled joy, Zenlike qualities, and determination. He loves reading, has a fantastic sense of humor and is an accomplished athlete, participating in the Special Olympics year-round and earning an impressive collection of medals. Drew also has an auto immune condition called alopecia, which impacts hair follicles, and his family feels he totally rocks the look which adds to his incredible character.

Their youngest son Nate is a hilarious and creative soul with a love for basketball, drawing, and storytelling. He is very shy and cautious in new social situations but





MEET YOUR NEIGHBORS The Bausman Family =

once he's comfortable, can be the life of the party. He creates intricate drawings and books which include stories featuring the Loch Ness Monster, monsters fighting dragons and Minecraft, which showcase his vivid imagination and deep curiosity. Eric and Becky feel every day their children teach them something about what's most important in life; acceptance, wellness, connection, living in the now, and loving yourself for who you are, and not just what you achieve.

The Bausmans are deeply integrated into their community, participating in

various activities, and supporting stellar nonprofits like Pathways to Recreation and GiGi's Playhouse Sacramento. They cherish family time, whether it's bowling, enjoying basketball, traveling, or indulging in an UNO tournament. Their commitment to spreading joy is most evident on March 21, World Down Syndrome Day, which they have titled Joyful Day. On this day, they engage in acts of kindness throughout their community, sharing the happiness that Drew brings into their lives daily.

The Bausmans exemplify the beauty of a family's journey to create a life filled



with love, acceptance, and joy, rooted in a community that celebrates diversity and inclusiveness. Sacramento is not just their chosen home but a reflection of their values, a place where they can grow together as a family and make lasting contributions to their community.









The Bausman Family celebrated Joyful Day on March 21st, where they spread joy to their community by acknowledging the happiness they receive every day by having Drew and the Down syndrome community in their lives.



Looking for a local Builder?

ADUs, Custom Homes, Knockdown Rebuilds



G.J. Gardner. HOMES





Mercy McMahon Terrace

Independent, Assisted and Memory Care

- ✓ Socials
- √ Yoga
- ✓ Resort Style Dining
- √ Shuttle Service
- √ Housekeeping
- √ Free Cable/Wi-Fi



SCHEDULE A TOUR ONLINE!

www.mercymcmahonterrace.org 39th & J, East Sac, 95816

(916)733-6510 RCFE#340312763





14 | MAY 2024 EAST SAC EAST SAC MAY 2024 | 15





- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
 ✓ No Closing Costs on Qualifying Transactions

- ✓ No Closing Costs on Qualifying Transactions
 ✓ Flexibility and Convenience
 ✓ Have Funds Available for Current and Future Needs
 ✓ Home Improvement, Debt Consolidation, College Tuition
 ✓ Interest May be Tax Deductible (Please consult your tax advisor)





800-874-9779

Se Habla Espanol



SACRAMENTO • 4768 J Street • 916-454-4800 **SACRAMENTO •** 5500 Folsom Blvd. • 916-452-2613

The initial Annual Percentage Rate (APR) is currently 6.75% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yeld on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 350%. The current APR for the repsyment period is 275%. The maximum APR hat can apply any time during your HELOC is 15% augusting transaction consists of the following conditions; (1) the initial APR assures a maximum HELOC of \$200,000, and a total maximum Loan-to-Value (LIV) of 70% including the new HELOC and any existing 1st Deed of first Ison as with a lender other than ELO consiste Sank, that Ison amy our exceed \$300,000, have a total maximum loan-to-value (LIV) of 65% and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply, A \$525 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$85 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

ARE YOU READY TO PURCHASE A HOME?





©2023 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LIC. The Coldwell Banker* System is comprised of company owned offices which are owned by a subsidiary of Anywher Advisors LIC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

BOOK NOW! SignGyspiesSacramento.com

Now booking 2024 Graduation orders! We have several packages at different price points available to suit your greeting needs. Please scan the Q-code to see options and too book! *Prices are based on package selection and location.

















Ready. Set. Celebrate!

Text: 916.607.7137 sacramento@signgypsies.com



It's easy to celebrate with

SACRAMENTO

We're a local, custom yard greeting rental company. When you have a reason to celebrate, simply book online! We take care of the rest so you can relax and enjoy! Whatever you're ready to say next, do it with Sign Gypsies!

East Sac Chamber

by Melissa Strand

he East Sacramento Chamber of Commerce, a nonprofit organization, unites business leaders to enhance the community's economic and civic interests. Open to all, it fosters business promotion through monthly luncheons, mixers, and events. Their mission is to support members, cultivate business growth, and elevate the area's quality of life. They champion collaboration among neighbors, residents, professionals, and students to strengthen friendships and business ties. The Chamber advocates for business opportunities and engages with government and community stakeholders.







MEET THE DEDICATED LEADERSHIP TEAM DRIVING THE CHAMBER'S SUCCESS AND HEAR WHAT MAKES THE CHAMBER SO SPECIAL!

Meet **Serena Marzion**, Executive Director

Meet Jason Gray, President

"I have had the privilege of serving as the Executive Director of the East Sacramento Chamber of Commerce since 2016. In this capacity, I shoulder a diverse array of responsibilities. Collaborating closely with our Board of Directors, my primary aim is to cultivate a vibrant, sustainable, and inclusive atmosphere for both our Chamber members and the wider business community. We are steadfast in our commitment to encouraging community support for our local businesses. Through initiatives such as Shop East Sac, Savor East Sac, and Taste of East Sac, among others, we endeavor to promote our members' businesses, nurturing a thriving community where residents can truly enjoy living, shopping, and playing in East Sac!"



"I am a self-employed agent for a national payment processing company. In January 2022, I became President of the Chamber, and I will be the President through 2024, after which I'll become the Past President/ Board Member. I like the Chamber because it is a business-centric group, but also community driven, and people tend to do business with locals and people they like. I tell everybody you get out of the Chamber what you put into it. Attending events is a key opportunity to share their profession, and business opportunities will come with these interactions eventually, as they have for me. I love East Sacramento because it reminds me of when I lived in New York City. I enjoy the trees, the neighborhood feel, and the closeness of stores and restaurants within walking and biking distance. And the Fourth of July parade? It's a cherished tradition, marking one of the highlights of my year."







"As a Home Matchmaker, also known as a realtor, for the past eight years, working with All City Homes, I find immense fulfillment in guiding others towards their home and investment aspirations. Joining the East Sac Chamber was a natural step to engage with the local small business community, aligning with my passion for community involvement. Serving on the board was an easy decision, offering me another avenue to contribute to a community I hold dear. Chamber involvement has enriched my business by expanding my network and providing additional resources for my clients. They benefit from accessing my extended network and community connections, enhancing their overall experience. What I adore most about East Sac is its vibrant people and diverse dining scene, where truly, there's something for everyone to love!"



Meet Heather Pearce,
Board of Directors Member

"With 20 years as a realtor at Grounded Real Estate and five years as a mobile notary with Finishing Touch Notary Services, community engagement is inherent in my profession. I am involved in the Chamber because I work in the East Sac area and in my profession giving back to the community goes hand in hand. My business runs better when every business runs better. The Chamber's communitycentric approach aligns with my belief in collaborative achievement. Active participation in the Chamber has yielded client referrals and facilitated smoother collaboration with fellow agents, enhancing my reputation as a trusted resource within the community. When you work closely with the community you become a trusted resource, not only to your clients but your neighbors and your peers. What I cherish most about East Sac is its culture of neighborly support, where lending a hand is ingrained in daily life."







We encourage you to stay up-to-date on Chamber events and invite you to come and connect!

To join the East Sacramento Chamber, visit www.business.eastsacchamber.org/join

Marceline Baker Wilcox

Photos by Michael Perkins

t just nine years old, Marceline Baker Wilcox, known by her roller derby nickname "Missile Toe", is already making waves in the roller derby scene. Marceline is a versatile player, learning the ropes of both jamming and blocking positions. With her dedication and passion, she's been honing her skills for close to a year now. Despite her young age, Marceline boasts five years of skating experience under her belt, making her a formidable force on the track.

by Melissa Strand







Marceline attends David Lubin Elementary when she's not busy tearing up the roller rink as a member of the Sacramento Roller Derby Beastie Bears. Guiding her through the sport is her mentor, Jack'd Ripher, providing invaluable support and expertise as Marceline navigates the competitive world of roller derby. While roller derby competitor "Trash Panda" remains her idol in the sport, Marceline has yet to meet any roller derby celebrities. However, with her determination and talent, it's only a matter



of time before she leaves her mark on the derby community. This year, Marceline is set to embark on a journey across Northern California, representing her team in various cities. It's a testament to her commitment and skill that she's earned a spot on the roster, despite her young age. Marceline's focus remains on improving her game and contributing to her team's success.

For Marceline, roller derby isn't just about competition, it's about camaraderie and friendship. She fondly recalls her favorite memory of being welcomed onto



the team, a moment that solidified her love for the sport. What she loves most about roller derby is the supportive community of fellow skaters, always eager to share tips and tricks to help each other improve. Marceline knows that roller derby isn't for the faint of heart. It requires resilience, determination, and a willingness to push through challenges. Marceline shares that "Being a jammer can be tough, but you must push your way through." Balancing on skates while fending off opponents is not an easy accomplishment,













but Marceline faces each obstacle with grit and determination.

As the sport requires immense training, Marceline offers advice

to aspiring roller derby enthusiasts. "You have to be really tough

to play roller derby," she says, "but you'll also meet really cool

20 | MAY 2024 EAST SAC EAST SAC MAY 2024 | 21

Down the Road Education



by Melissa Strand

own the Road Education was founded to support and empower diverse learners and their families. Their approach considers all areas of development as they teach students the skills they need now and down the road. By listening and creating activities around the student's interests, they can work on the skills that feel the most challenging for them.

As skilled educators, they understand that children are more likely to take academic risks when they feel safe, understood, and respected. Down the Road Education's expertise includes therapeutic teaching for children with emotional interferences, organization and executive functioning, study skills, literacy development, math development, social development, parent support, teacher mentorship, and understanding development to help students reach their highest potential as learners and members of a group.



Down the Road Education Founder, Jess Durrett, is an Educational Therapist and Child Development Specialist. She explains the best part of leading the team at Down the Road Education is seeing her students connect with an educator to excel and succeed. "I love the moment when they realize how powerful their own words are in their advocacy," she says. Meet the dedicated educators at Down the Road Education. With decades of experience in education, they understand the science of learning and specialize in tailoring teaching methods to meet each student's needs.



Jennifer Reid, Certified Psychoanalytic Educator

Jennifer is an intuitive and talented educator with high expectations for students, rooted in her belief that all children have an intrinsic desire to do well. She obtained her Master's Degree from New York University in Education. She has been teaching and working with children since 2000, beginning as a Montessori teacher and joined a therapeutic day treatment school in 2005 where she began working with a more vulnerable population: students whose social, emotional, and behavioral struggles have led to failures or silent struggles in mainstream classrooms. Jennifer is skilled at helping children when emotional experiences interfere with the course of development.



Dan Meadow,
Learning and Literacy Specialist

Dan uses a holistic, child-centered approach to support academic, behavioral, and social-emotional growth. He is warm and quickly connects with students and families. Dan holds a Master's in Education from the University of the Pacific and completed his education specialist residency working with ELL students with learning differences in Oakland Public Schools. Dan's current work with children and families is supported by his varied experiences in therapeutic and educational settings including Reggio Emilia inspired preschools, public and private education specialist programs, online forums, and summer camp art studios.



Courtney Forti,

Executive Functioning and Literacy Specialist

Courtney is a creative and enthusiastic educator who loves supporting others in building their confidence, self-advocacy, and resilience. Courtney has a rich background with experience working in traditional education, experiential education, and therapeutic programs. Most recently, Courtney worked as team director and case manager supporting young adults with learning disabilities navigate college and independent living. She has received extensive training in neurodiversity and specializes in supporting teens and young adults to develop reading, writing, and executive functioning skills.

Jess Durrett, *MA*, *Educational Therapist and Founder*,

Down the Road Education | www.jessdurrett.com | jess@downtheroadeducation.com



JOIN THE SUMMER PROGRAM!

Down the Road Education's summer program offers a six-week intensive course focused on students' unique academic needs in reading, writing, math, and executive functioning skills.

Specializing in holistic education, they prioritize understanding the emotional aspect of learning. Each student receives personalized attention in a 1:1 setting, ensuring tailored support for their individual case. There is a free initial consultation, and families can reach Jess through their website or via email jess@downtheroadeducation.com for more information.

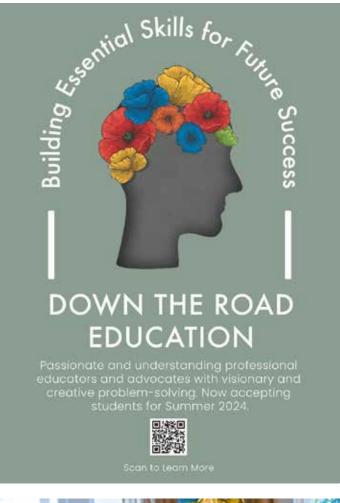
Testimonials:

"Jess has made such a positive impact on our daughter's ability to express herself with more clarity, organization, description, and emotion. Jess' support helped boost our child's confidence in her writing skills and provided that extra guidance throughout the high school application process. We are very grateful to partner with Jess!" - Parent of an 8th

"Prior to Down the Road Education my child struggled with traditional learning methods. His tutor Jennifer has connected with him and created a safe environment for him to learn and he now enjoys books for the first time ever. I know this is only the beginning and I'm very excited for his continuing growth with Down the Road Education." - Parent of a 2nd Grader

"Since he started working with Dan, our son has reconnected with his love of reading, has a much more positive attitude about school, and our homework battles are vastly reduced. Dan has helped us navigate the middle school admission process and find the path that is right for our child. Simply put, Dan is fantastic at his job, and we are so grateful to him and to Down the Road for helping our son feel happier and more confident at school." - Parent of a 5th Grader

"As a high schooler, we know our son was apprehensive about starting educational therapy. Courtney was able to quickly connect with our son, meeting his energy and engaging his quirky personality. I can honestly say, he enjoys his sessions with her." - Parent of a 9th Grader





Pro Youth and Families

RO Youth and Families is a nonprofit organization that was created to combat drug abuse and violence by cleaning up local parks. For the past 43 years they have been engaging youth in opportunities that inspire hope, with the motto: hope rises here. They now offer a proactive solution of education-based programs that focus on mental wellness, relationship skills, and civic engagement.

by Krystal Creviston

PRO (formerly People Reaching Out as many Sacramentans knew them in the 80s and 90s) offers a wide range of direct service programs, both in school and community-based settings, that include advocacy and civic engagement, mentoring, relationship skills, mental wellness, and underage drinking, marijuana, and tobacco



prevention. They deliver these programs through a culturally competent, social justice lens, and provide safe spaces for youth to discover their identity, explore relevant topics, cultivate skills, and develop into community leaders.

The Youth & Family Collective (YFC) is the result of their commitment to responsive services and community collaboration. The YFC partners with over 70 organizations across the region to uplift assets, increase capacity, and foster connections. By aligning their services, they are able to offer a more cohesive and impactful response, resulting in greater opportunities for young people to learn, earn, and thrive.

THEIR SERVICES FALL WITHIN THEIR THREE AREAS OF WORK:

WELLNESS:

Mental wellness and relationship skills programs provide safe spaces to educate and equip youth with tools to build a healthy future for themselves, their peers, and their communities.



YOUTH VOICE:

Young people have a platform to share their voices and develop solutions for important issues that affect them in their civic engagement and leadership programs. These programs also encourage collaboration among peers and key leaders, fostering a culture of positive change and self-determination.



COLLECTIVE IMPACT:

The collective impact initiative, the Youth & Family Collective (YFC), aligns diverse organizations and yields increased opportunities for youth, families, and nonprofits.





The MindOneSix initiative is a youth-focused, facilitated mental wellness curriculum that provides opportunities for young people ages 12 to 24 to discover, explore, discuss, and obtain tools for better managing their mental health and wellness. The training program was created to increase the capacity of state and national partner organizations to deliver the MindOneSix curriculum to youth in their communities. In 2023, they served over 3,000 youth, making a tangible and positive impact on the lives of young people in the Sacramento community. They remain steadfast in their commitment to building a healthier, more empowered future for their

PRO's mission is to inspire, educate, and mobilize young people to build a healthier future for themselves, their families, and their communities. They are guided by their core values of putting youth first, fostering a sense of belonging, promoting collaboration, and instilling hope. They envision a future where all young people recognize their value, have







LUXURY GIFTS
for bright new beginnings

Honor your Grad for their hard work and celebrate their future with their favorite designer brands and labels at a fraction of the cost!

AGOLDE
Alice + Olivia
ALO
Amanda Uprich
Aviator Natio

Clare V. Doen For Love & Lemor Free People Golden Goos Good Americ Louis Vuitto Lululemon MAJORELLI

umerican Refor Vuitton Saint Iemon Show Me IRELLE Ulla J

T C T C
HE CLOSET TRADING CO.

478 HOWE AVE

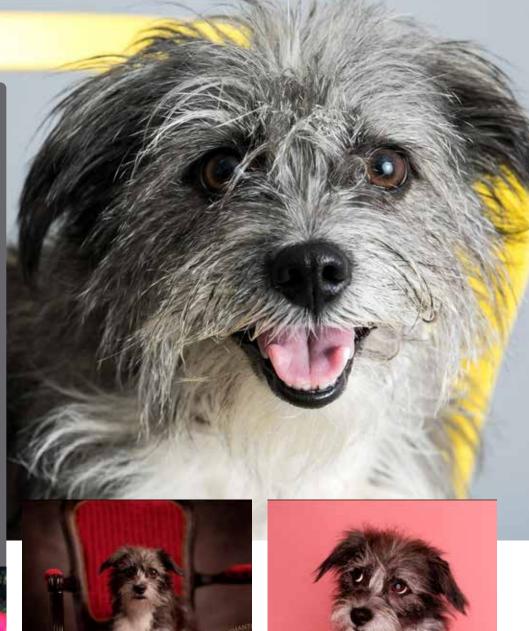
WWW.THECLOSETTRADINGCO.COM | 916-306-1407 FIND US ON INSTAGRAM | @THECLOSET.SAC

Hobo =

by Melissa Strand

n the heart of Staci Saladino's home, a terrier mix named Hobo has captured her family's hearts with her unconditional love. Affectionately nicknamed "Ho Bo Dobe" and "Hobo the Junkyard Princess", her name carries significance as when Staci chose to adopt from a rescue, her ex-husband's joke about finding a "junkyard dog" named Hobo on the road unexpectedly became a reality. Hobo was found abandoned with her siblings on commercial property, and she was taken home by Staci's family to protect and love. Staci's ex-husband's initial excitement over adopting a "big junkyard dog" came with the revelation that Hobo was, in fact, a petite female, brought a mixture of amusement and love, sealing her place in their hearts. At the ripe age of 10, Hobo is a part of the family, which includes Staci's five-year-old daughter and another rescue dog, Maya.





Hobo's life is pampered, with multiple beds scattered throughout the house, an abundance of treats, plenty of dog brain games to keep her sharp, and non-stop cuddling, as she is a total cuddle-bug! Her quirky personality brings laughter and warmth to Staci's home. Known as the "fun police," Hobo has a humorous tendency to chase and bark at Maya with playful authority. As she is a talkative dog, it's often hard to differentiate between playful

excitement and genuine guardianship, though. She can show her mischievous and anxious side through her digging habit, as she doesn't dig with purpose, but randomly throughout the yard if she is left outside by herself for too long. Despite Staci's best efforts with training, she loves to bark so they don't bring her out beyond their yard too often. As her life had a traumatic start, she has anxiety spending time alone, and in Staci's absence Hobo enjoys the company of



a dedicated caretaker, ensuring she never feels abandoned again.

Hobo's relationship with her dog sister, Maya, is a heartwarming tale of companionship. Despite initial worries about aggression, the two dogs became inseparable, sharing everything from crates to high valued treats. It is evident that Hobo's capacity for love and friendship knows no bounds, and Maya's role as Hobo's "emotional support dog" keeps her calm and happy when she's around, and anxious when they are apart. They are rarely separated, and once when Staci dropped Maya off for a dental cleaning, Hobo was so depressed that Staci decided to pick up Maya early. Hobo's joyous reunions with Maya after brief separations illustrate the intensity of their bond as best friends forever. Her loving bonds extend to Staci's daughter, with whom Hobo formed a close connection, solidified when the solid food-sharing phase began, and table food was readily available!

Staci's experience with Hobo underscores the rewarding nature of pet ownership, full of unconditional love and unexpected joys. Hobo's journey from an abandoned puppy to a cherished family member highlights the beauty of giving animals a second chance.

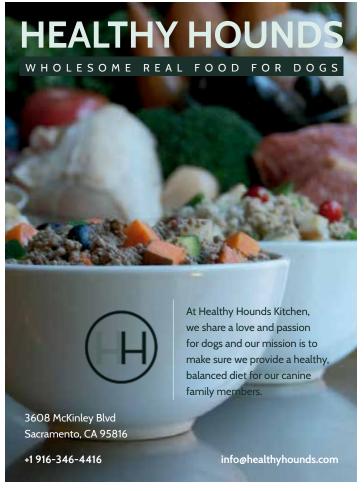




mail@acw.tax (916) 498-8540

2001 H St. Sacramento, CA 95811

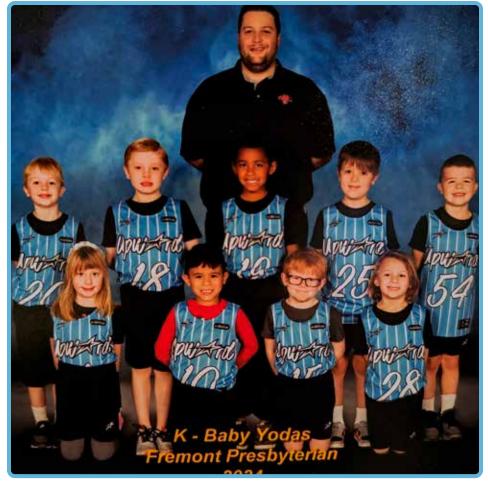
FOCUSING ON SMALL BUSINESS TAXES



AWESOME TEAM =====

Baby Yodas

recognize and congratulate the Baby Yodas for a successful season of hoops hosted by Upward Sports The Baby Yodas competed in the highly entertaining Kinder Division, and while no





Nicoletti, Culjis & Herberger Funeral Home

Dignity® 5401 Folsom Blvd Sacramento, CA 95819 • Lic FD355



Effective and personal planning for your family, loved ones and neighbors for over 10 years



333 University Ave., Ste 200 Sacramento, CA 95825 www.colintsmithlaw.com (916) 563-7140

- Wills & Living Trusts
- Estate Administration
- Probate
- Revisions/Updates to **Existing Estate Plans**

Schedule your complimentary appointment now to create your estate plan or update your existing estate plan.





Have you wanted to change your outdoor space but haven't done anything about it yet?

Don't waste another day. Start planning your future yard today!

LANDSCAPING • HARDSCAPING • LIGHTING **CLEAN-UPS • SYNTHETIC GRASS**

916-743-7868

chrismckoylandscape@yahoo.com chrismckoylandscape.com CA Lic: #917559

Based on information from **MetroList Services, Inc.** for the period 3/1/2024 through 3/31/2024.

Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1224 40th St	\$1,900,000		5	4	3105	Active
409 La Purissima Way	\$1,350,000		3	3	2132	Active
172 45th St	\$869,000		3	2	1466	Active
4432 F St	\$669,420		2	1	835	Active
922 42nd St	\$1,300,000		4	4	1273	Pending
317 41st St	\$658,000		2	1	3129	Pending
1400 45th St	\$1,895,000		4	4	2306	Pending
1038 46th St	\$1,795,000		5	3	1560	Pending
1500 39th St	\$2,750,000		5	4	3129	Pending
1640 37th St	\$715,000		2-3	2	2366	Pending
817 38th St	\$629,000		2	1	1560	Pending
1060 42nd St	\$2,150,000	\$2,250,000	4	3	2602	SOLD
1636 47th St	\$1,499,900	\$1,450,000	4	5	2815	SOLD
1225 43rd St	\$1,295,000	\$1,250,000	2-3	2	2306	SOLD









TIM'S TIP

As we're moving through Spring, I'd get your HVAC checked before it gets hot. If you need vendor recommendations, please don't hesitate to reach out to me.

(916) 548 - 7102 COMSTOCK





CALRE# 01879462

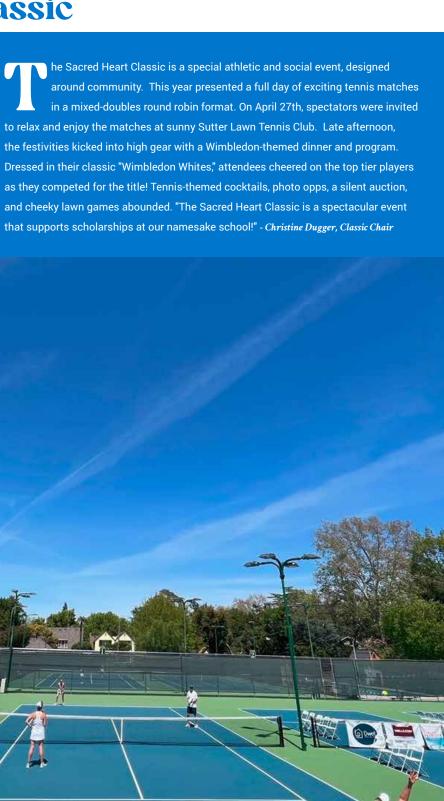
TimComstockRealEstate.com

Sacred Heart Classic









PHOTOS FROM 2023 EVENT

30 | MAY 2024 EAST SAC EAST SAC MAY 2024 | 31



