

THE EAST SAC LOCAL



The Hiltachk Family

Photo by Trina Marie Studios | November 2023



When you decide to **take that leap,** we'll be here.

Whether you're buying or selling a home, diving in can feel intimidating. Our experienced team is here to help you every step of the way.



Introducing the easy way to browse home prices, set alerts, and get in touch with our experienced team.



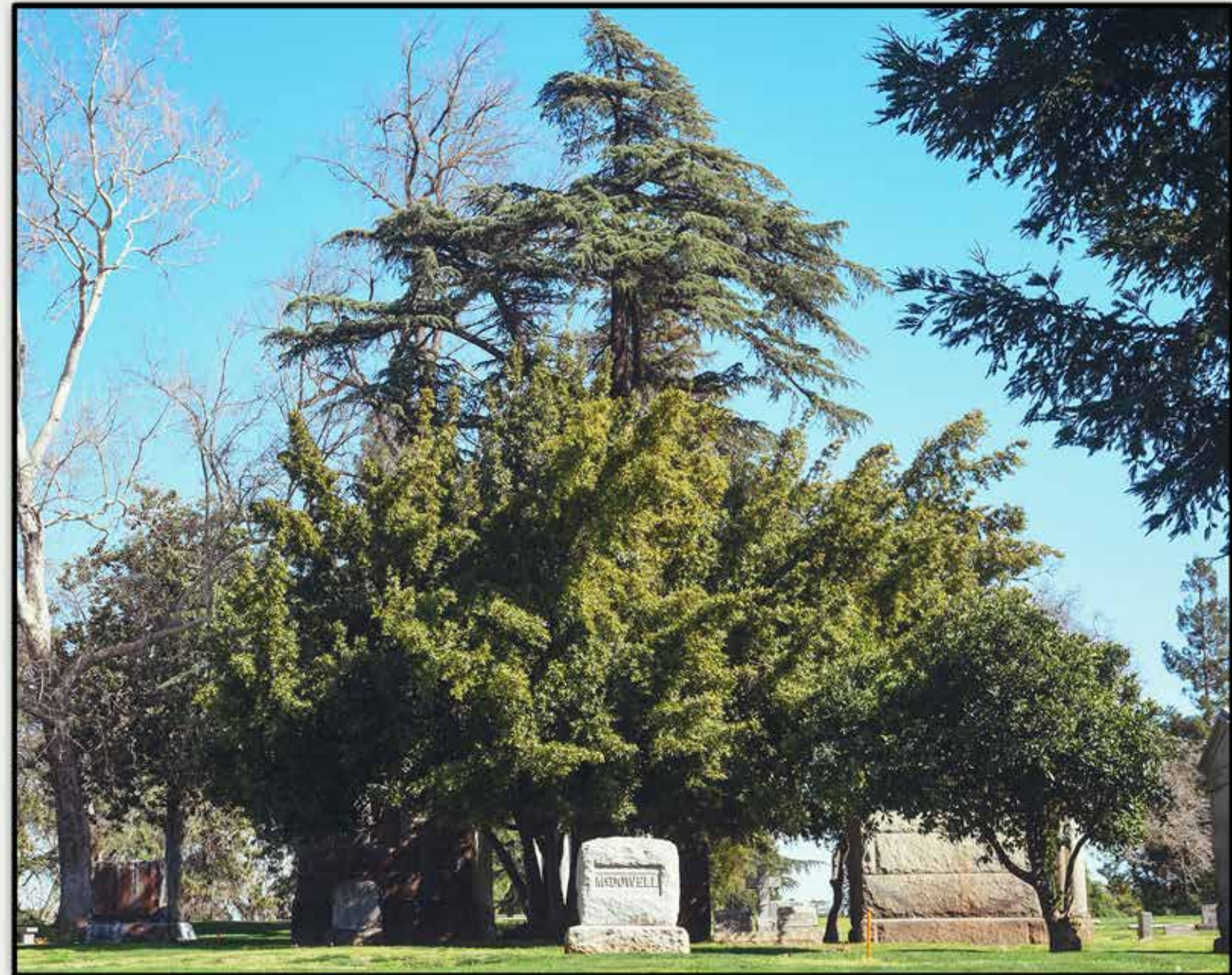
RICH CAZNEAUX
REAL ESTATE GROUP



EAST LAWN

CEMETERIES • FUNERAL HOMES
CREMATION • PREPLANNING

FD - 2340



A Story Of Respect And Service Since 1904.

Preplanning protects your family financially and emotionally.
Call one of East Lawn's compassionate Family Service Counselors today.

(916) 732-2000

WWW.EASTLAWN.COM

Events



THURSDAY, NOVEMBER 23RD | 8:00 AM
THE 30TH ANNUAL RUN TO FEED THE HUNGRY
Sac State
 6000 J Street



SUNDAY | DECEMBER 10TH
SACRAMENTO GAY MEN'S CHORUS
HOLIDAY HITS WITH A SPLASH OF SASS
Crest Theatre
 1013 K Street



FRIDAY - SUNDAY | DECEMBER 1ST TO 3RD
SACRED HEART HOLIDAY HOME
TOUR (TICKETS ON SALE)
East Sacramento



SAT & SUN | DECEMBER 16TH & 17TH
SAC GAMERS EXPO 2023
Scottish Rite Masonic Center
 611 H Street



SATURDAY | DECEMBER 2ND
SACRAMENTO KINGS VS DENVER NUGGETS
Golden 1 Center
 500 David J Stern Walk



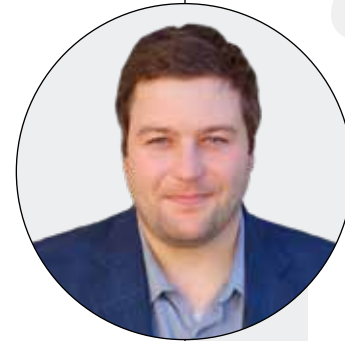
SUNDAY | DECEMBER 17TH
SACRAMENTO BALLET PRESENTS
THE NUTCRACKER
SAFE Credit Union Performing Arts Center
 1301 L Street



THURSDAY | DECEMBER 7TH
HERALD SESSION BLUES
SacYard Community Tap House
 1725 33rd Street



WEDNESDAY | DECEMBER 20TH
STONE COLD AND THE JACKAL HOLIDAY SHOW
Punch Line Sacramento
 2100 Arden Way



Publisher's Note

Greetings East Sac!

As a magazine that prides itself on providing local content, I think Local has a nice ring to it! We've rebranded and are eager to be sourcing additional local content. Local teachers, coaches, health care workers, volunteers, entrepreneurs – send them my way! We'd love to hear your stories and ideas!

Thanksgiving is right around the corner, and I can already feel the bloat setting in as I ponder whether I'm going to go for seconds or thirds. Norman Rockwell got it all wrong - where is the painting of barely conscious families huddled around the TV in their sweatpants? While reaping the harvest that is our dining room tables and watching football is truly something to be thankful for, there are people in our lives and things we cherish that matter more. Thanksgiving can dish up lots of emotions, but ultimately it serves as a reminder to reflect on all the good in our lives. This magazine has much to be thankful for because we have a platform to share all the good in your lives. This November marks 30 months since launching our neighborhood publication – that's 30 different households on the cover all with very unique stories to share. As your Publishing Director, "keep it positive" has been my mantra to carry this magazine forward. Which will end up being one of many little mantras I whisper to myself as I attempt to survive this year's Run to Feed the Hungry. My strategy to cross the finish line is to start in the very front of the pack so that I can gain some sort of runner's contact high as I am passed by actual runners. As one of the most, if not the most, "keep it positive" days in East Sac, "The Run" has become a Thanksgiving tradition for so many. But whether you are traveling that day or staying put, starting new traditions, or honoring old ones, be sure to carry all that you appreciate well beyond the finish line. Until then, have a very pleasant Thanksgiving.

Keep it Positive. Shop Local.

Kyle Mickiewicz

Kyle.Mickiewicz@LocalPrintMedia.com
 Publishing Director

She's super responsive, creative, and patient.

Working with Elise made buying my house a great experience. Her knowledge of Sacramento is incredible and she knows all about the various neighborhoods. She worked to know me and my interests, which made looking at homes so much more efficient. Elise sees way beyond the first glance at a house and can dig into the workings of the infrastructure, which is very impressive. She's super responsive, creative and patient. After working with her, I'm happy to call her my friend.

~ Ellen M.



ELISE BROWN
 REALTOR®

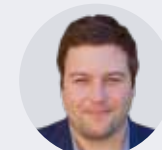
916.715.0213

WeLiveEastSac.com



CALBRE#01781942

Meet the Team East Sac Local



Kyle Mickiewicz
 Publishing Director
 kyle.mickiewicz@localprintmedia.com



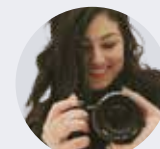
Michelle Campbell
 Publishing Assistant
 admin@localprintmedia.com



Bethany Mitchell
 Arden Park Publishing Director
 bethany.mitchell@localprintmedia.com



Melissa Strand
 Content Director



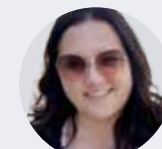
Trina Ornelas
 Photographer



Taylor Desmangles
 Photographer



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



Krystal Creviston
 Editor



Rex Mulholland
 Creative Director



Caren Dioneo Boc
 Layout & Graphics Design

TABLE OF CONTENTS



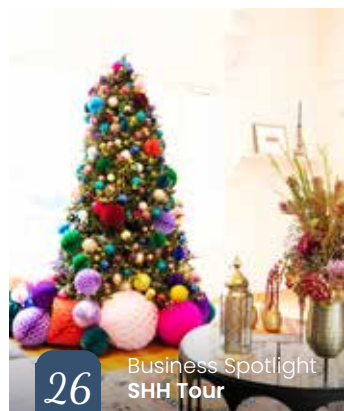
12 Meet Your Neighbors
The Hiltachk Family



18 Kool Kid
Georgia Ramsey



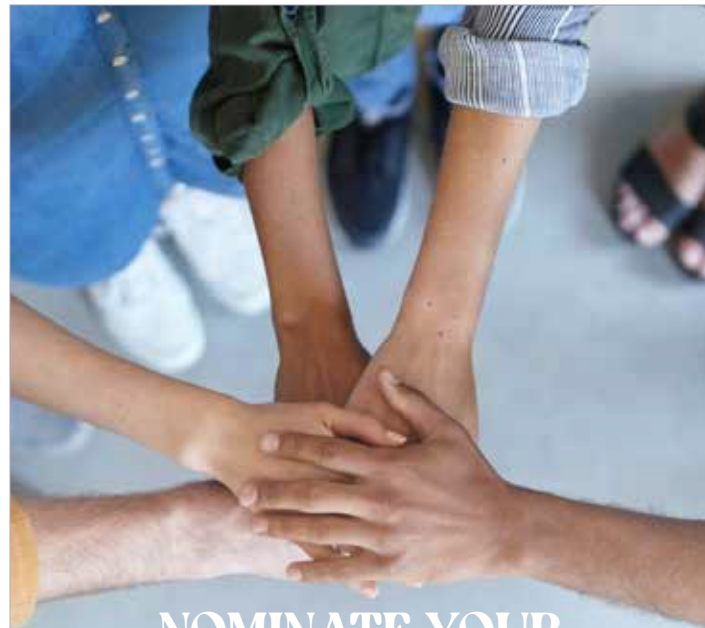
22 Petable Pet
Okapi-Sac Zoo



26 Business Spotlight
SHH Tour



28 Recipe
Baked Apples



NOMINATE YOUR NEIGHBORS

We are looking for more families, kids, athletes, pets, community events, favorite recipes, and other East Sac story ideas for our upcoming issues.

Send in your recommendations to:

melissa.strand@localprintmedia.com

WE ARE LOOKING FOR YOUR PARTICIPATION:

- Resident Contributors
- Resident Writers
- Junior Writers
- Photographers

Email us to learn more about how you can get involved in the newly improved East Sac magazine
admin@localprintmedia.com

FOLLOW US ON

Instagram

[@eastsaclocal_magazine](https://www.instagram.com/eastsaclocal_magazine)



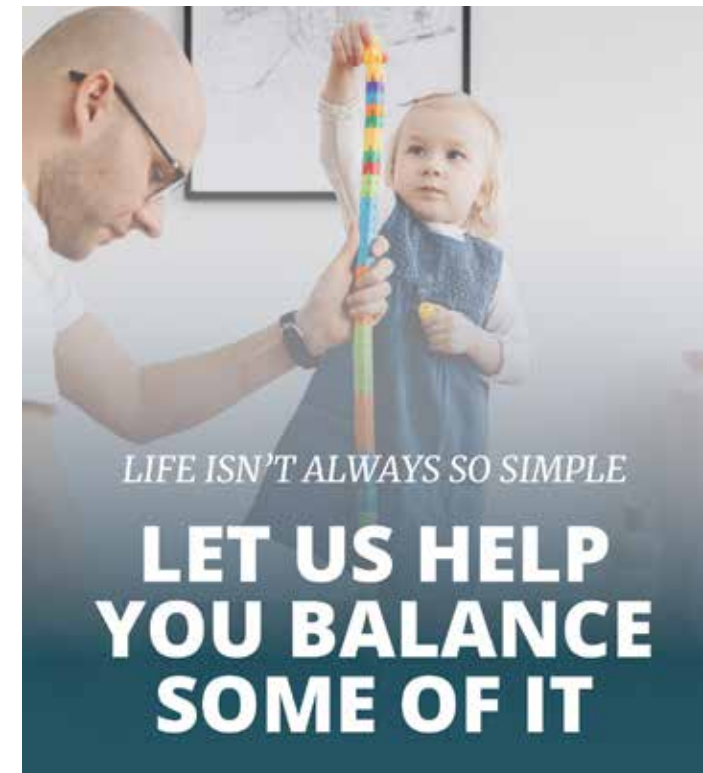
east | sac | dental
www.eastsacdental.com

DR. PAUL PHILLIPS
DR. SUZANNE SAIDI
DR. BARRY DUNN

Modern
GENERAL DENTISTRY

1273 32nd Street
Sacramento, CA 95816

www.eastsacdental.com
(916) 452-7874



LIFE ISN'T ALWAYS SO SIMPLE

LET US HELP
YOU BALANCE
SOME OF IT

ACW CONSULTING

FOCUSING ON SMALL BUSINESS TAXES

2001 H Street
Sacramento, CA 95811

(916) 498-8540
www.acw.tax



Looking for a local Builder?

ADUs, Custom Homes, Knockdown Rebuilds



scan here for an ADU consultation



G.J. Gardner. HOME
700 Alhambra Blvd, First Floor
sacramento@bjginterior.com

BUSINESS PARTNER INDEX



Amusement Park
Tree Top Sac
(415) 305-9482
treetopsac.com



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



Bank
El Dorado Savings Bank
(916) 454-4800
eldoradosavingsbank.com



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



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



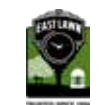
Dog Food
Healthy Hounds
(916) 346-4416
healthyhounds.com



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



Fitness Center
Fitness Rangers
(916) 739-1100
fitnessrangers.net



Funeral Home
East Lawn
(916) 732-2000
eastlawn.com



Funeral Home
Nicoletti, Culjis & Herberger Funeral Home
(916) 451-7284
dignitymemorial.com



Health and Wellness
Propel Therapeutics
(916) 915-9215
propeltherapeutics.com



Insurance
Farmer's Insurance
Kevin Guinn (916) 453-2910
agents.farmers.com/kguinn



Interior Designer
Elizabeth C Style
Elizabeth Comstock (916) 873-4586
elizabethcstyle.com



Landscaper
Chris McKoy Landscape
(916) 743-7868
chrismckoylandscape.com



Mortgage Broker
KMG
Ted Kappel (916) 416-5626
kmgloan.com



Photographer
Ninth Flow Creative Photography
(916) 803-3070
justsaytay.com



Photographer
Trina Marie Studios
(916) 919-6623



Real Estate - Commercial
Moreno Commercial
Kyle Mickiewicz (916) 712-5893
morenocommercial.com



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



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



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



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
littlewhaleswim.com



Tap Room
Sac Yard Community Tap House
(916) 400-4708
www.sacyard.beer



Tax Professional
ACW Consulting
Aaron Welch (916) 498-8540
acw.tax



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



Tutoring
Down the Road Education
jessdurrett.com



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



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

FIND US ON *Instagram*
@eastsaclocal_magazine

Nicoletti, Culjis & Herberger Funeral Home

5401 Folsom Blvd Sacramento, CA 95819 • Lic FD355

Since 1932, Nicoletti, Culjis & Herberger Funeral Home has provided care for families in Sacramento, California, with elegance, dignity and class. We have a reputation for providing support and trust during your time of need.



916-451-7284

Visit our Website for more info: www.nicoletticuljisherbergerfunerals.com

EXPERT CONTRIBUTORS



TIM COMSTOCK
Coldwell Banker

Tim is a 5th generation Sacramentan who grew up on 38th street in East Sac. A realtor since 2010, Tim specializes in residential and investment property sales. With every transaction, and with each client, Tim prides himself on communication, integrity and focus.



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



KEVIN GUINN
Farmers Insurance

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



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



DR. PAUL PHILLIPS
East Sac Dental

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



TED KAPPEL
KMG

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



DR. CHRISTOPHER FISCHER
Propel Therapeutics

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

SACYARD
COMMUNITY TAP HOUSE
ESTD. 2017

WE BELIEVE IN ALL THINGS COMMUNITY. SACYARD SUPPORTS INDEPENDENT CRAFT BREWERS, WINE MAKERS, LIVE MUSIC AND CHARITABLE CAUSES IN A LARGE OPEN SPACE WHERE TWO LEGGED AND FOUR LEGGED FRIENDS GATHER.

(916) 400-4708 | info@sacyard.beer | www.sacyard.beer

1725 33rd St, Sacramento, CA 95816

FOLLOW US ON INSTAGRAM

ARE YOU READY FOR POTENTIALLY HIGHER TAXES?



The current tax rates we all enjoy are sunseting in 2026. On average, we'll all be paying 13% to 22% more in taxes.

If you'd like to see the total amount of taxes you could potentially pay in retirement, based on your current strategy, our team can provide a complimentary Total Tax Burden Analysis.

Call today to schedule a complimentary analysis. **916-565-7442**
or Email us at **1040@cacoast-taxpros.com**
CALL TODAY FOR A FREE TAX ANALYSIS

Potential Tax Impact*
Current Pre-Tax Qualified Account \$100,000

The values below show two scenarios:
(1) The retiree takes paid if you live to age 90, assuming you continue to keep your qualified account, take RMDs when required, and reinvest those RMDs in a taxable account.
(2) The retiree takes paid if you live to age 90, assuming you will keep your qualified account in a Roth account today.

	Keep Qualified Account	Convert to Roth
Total taxes paid on RMDs or on withdrawal	\$204,272	Taxes paid on conversion \$125,000
Taxes paid on reinvested RMDs	\$98,444	Taxes paid on Roth account growth \$0
Taxes paid on remaining account value at death	\$156,152	Taxes paid on remaining Roth account value at death \$0
TOTAL TAXES PAID	\$458,868	\$125,000

SAMPLE

* These numbers are for illustrative purposes only, and are not intended to provide tax, accounting or investment advice. We cannot warrant the accuracy of the information provided. The qualified account value is assumed to be \$100,000 at the time of conversion. Actual results may vary based on market performance. Your tax situation may be more or less complex. Consult your tax advisor. © 2021 CA Coast Tax Pros. All rights reserved. *This is a sample only. Your actual results may vary based on your situation.

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.

Ninth Flow Creative
TAYLOR DESMANGLES
Photography and Social Media Management
Justsaytay.com | 916.803.3070

Northwestern Mutual

DOMINIC LEBER
Wealth Management Advisor
Leber Wealth Management
and Insurance Services
916.648.6442
dominicleber.com

PLAN FOR TOMORROW, LIVE FOR TODAY.

07-1012 © 2021 Dominic David Leber uses Leber Wealth Management and Insurance Services as a marketing name for doing business as representatives of Northwestern Mutual. Leber Wealth Management and Insurance Services is not a registered investment adviser, broker-dealer, insurance agency or federal savings bank. The Northwestern Mutual Life Insurance Company, Milwaukee, WI (Northwestern Mutual).

The Hiltachk Family

 by Melissa Strand

Kim and Tom have a beautiful love story that started out at a local neighborhood dive bar, Club Raven (aka, "The Raven"), where Kim's college roommate played match maker by introducing her to Tom. Within three years they were married and living with their son Matt (Tom's son and Kim's step-son) in the Pocket area prior to settling in East Sacramento. They bought their current home on a quintessential East Sacramento tree-lined street in December 2014 and spent some time renovating before they officially moved into their picturesque home in October 2015. They share their home with their adorable six-year-old pocket beagle, Ruby, who has a sweet disposition and loving personality. They love that their block is a tight knit group of friendly and warm neighbors that immediately welcomed them into their traditions and homes. Their block even has an annual holiday party that has been ongoing since the 90's, which rotates to a different house each year. As Tom and Kim love to entertain, they dove right into this unique and fun tradition.

Kim and Tom's East Sacramento home was designed by Harry Devine in 1939, and was built for entertaining guests, which is perfect for their community. They had a grand vision for enhancing their first floor to increase the open space and overall flow, so they could take their group functions to the next level. When they first purchased the home, the kitchen was closed off and quite basic, while the rest of the house was very formal in its design and decor. It had just a living and dining room and a sunroom for gathering areas, and was a five bedroom, three bath home. As part of their renovations, they opened the first floor and turned one bedroom into a family room, creating an indoor/outdoor living area that encompasses the kitchen, family room, and



patio space. They are currently working on a comprehensive backyard remodel with landscape architecture firm Roach-Campbell, which is slated to be completed by next Spring.

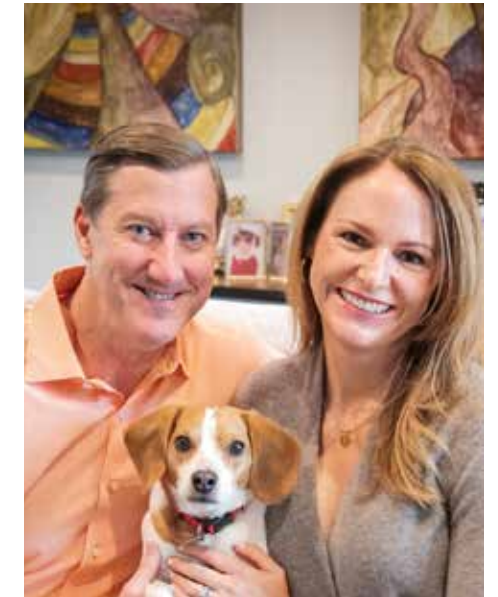
Prior to settling in East Sacramento, Kim was born in Southern California. She was raised in Stockton and moved to Sacramento to attend college at Sacramento State University. Kim currently owns a thriving advertising agency, Hiltachk Marketing Group, and serves on the board of Saint John's Program for Real Change and is a member of the Sutter Club. Tom is a fourth generation Sacramentan and attended Sacramento State University, and continued his education at McGeorge School of Law where he earned his law degree. He is currently an attorney in Sacramento specializing in politics. Together, they are a charitable and philanthropic-minded couple,



to page 14

who like to support organizations that strive to make Sacramento a better and safer place to live.

When she is not busy working or focusing on philanthropy, Kim most enjoys unwinding with exercise, and dedicates time to working out at East Sac Fitness or attends a high energy indoor cycle workout with Team Ride. Tom is trained at Fitness Rangers and enjoys watching sports in his free time. The Hiltachks are avid Sacramento Kings fans and like to cheer on the San Francisco Giants and Tampa Bay Buccaneers as well. Together, they enjoy dining and wine tasting in Napa, and love to spend time traveling to one of their favorite destinations, Hawaii for some beach time, or visiting New York City where they have an apartment, and can immerse themselves in the city and culture. They also love to travel internationally and spend time in Europe.



Kim and Tom love to support local businesses and appreciate their proximity to some of the most delicious restaurants in Sacramento. They enjoy dinners at Cerveceria at The Shack or jumping on their bikes for a ride to Mattone Ristorante or Canon. You'll often find them grabbing a relaxing lunch on weekends at Cafe Capricho, or popping into Cookies Drive In. Their favorite spot for a date night is spending an evening on the beautiful garden patio at Allora, enjoying some gorgeous Italian cuisine. It's clear that Kim and Tom are an amazing family who have a deep affection for their neighborhood with strong ties to their East Sacramento community.

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

333 University Ave., Ste 200
Sacramento, CA 95825
www.colin smithlaw.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.



SCAN ME

BOOK NOW! | SIGNGYPSIES.COM

Mini Birthday Package *Starting @ \$69



Mega # Package *Starting @ \$79



Happy Retirement Board (1 option) *Starting @ \$89



Mega Board HBD Package (7 options) *Starting @ \$89



Standard Happy Birthday Package (20+ options) *Starting @ \$99



Photo Frames (4 options) Stand Alone \$50
or Add to package \$25



Anniversary Board *Starting @ \$89



Baby or Custom Greetings *Starting @ \$99



It's easy to celebrate with **SiGN GYPsies.**
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!

*prices vary based on sign selection and delivery address



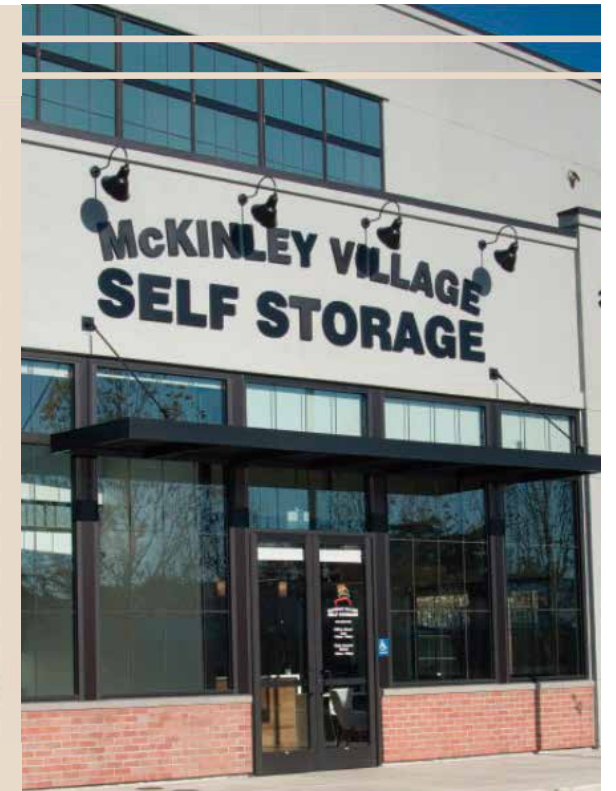
Ready. Set. Celebrate!

Text: 916.607.7137
sacramento@signgypsies.com

[f@signgypsiesacramento](https://www.facebook.com/signgypsiesacramento) [@sigsacramento](https://www.instagram.com/sigsacramento)

SIX MONTHS FREE!
CLIMATE CONTROL
24 HOURS

ONE YEAR RATE GUARANTEE | McKinleyVillageSelfStorage.com



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>



Call 916.453.2910 today!
For Home, Auto, Life and Business.

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.



M eet Georgia Ramsey, a ten-year-old fifth grader who is a creative, fun-loving, and athletic kid full of big dreams. She loves drawing, singing, musical theater, playing the piano and currently attends Acton Academy, where her favorite subject is reading, which she loves to do after school as well. She is an entrepreneur and at the young age of ten, has already started two businesses and has a part-time job. She started a flower company and a dog walking business and is the part time personal assistant for the CEO of My Out Desk.

Georgia is a happy and adventurous kid who loves to draw and grow as an artist. She has been drawing her entire life and her favorite piece she has created is a drawing of a fairy she calls "Lillian". She is also an athlete and loves playing soccer and swimming for Rio del Oro and has learned a lot of life lessons through sports. She has played soccer for eight years and her



favorite thing about this sport is the feeling of helping lead her team to success. The biggest challenge for her has been learning fast reflexes, but with her perseverance and determination, she'll soar! Georgia also enjoys the arts and is involved in musical theater and loves to sing and especially loves playing the piano, which she has played for five years. She has performed the piano in front of an audience and would love to learn how to play the guitar someday, which will help in her long terms goals of becoming a music artist when she grows up. When asked if she could go anywhere in the world, Georgia responded Las Vegas, and maybe someday we'll see her name in lights there as a performer. With her big dreams and focus, anything is possible for Georgia!

Georgia has two younger sisters June,

who is seven years old, and Rosemary (also known as Rosie), who is two years old. Her favorite thing to do with them is go to the park. Georgia's favorite animal is a dog, which is wonderful because she has two dogs she loves unconditionally, Honey (11) and Luna (9 months). She treats her dogs with love and affection, and shares, "I love my dogs as much as much as I love my family, because they are my family." Georgia likes to relax and unwind by listening to Taylor Swift, watching an episode of *Bake Squad*, or catching a Sacramento Kings game. She looks forward to having movie nights with her family, especially when they watch her favorite movie, *Hamilton*. Her favorite treat is going out to eat a yummy spaghetti dinner at Spaghetti Factory with her family or trying out any restaurant with them because it's a fun experience. Her

favorite place to travel is to Hawaii for chasing waves and hanging out at the beach or taking a fun trip to go skiing with her family. Her happiest memory was taking a trip with her family to the most magical place on earth, Disneyland.


When Georgia looks to the future, five years from now she would like to see her grades at all A's and B's and working a full-time job as a musician. When asked what powers she would want to have if she could be a superhero, Georgia thoughtfully answered "knowledge", showcasing her mature outlook on life. It's clear Georgia is a driven, smart, and awesome kid who is dedicated to chasing her big dreams.



Building Essential Skills for Future Success

Academic services for students, support for families, and professional development for teachers and schools.

Down The Road Education



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

TMJ Therapy • Sleep Apnea Therapy • Migraine Therapy • Orthodontics

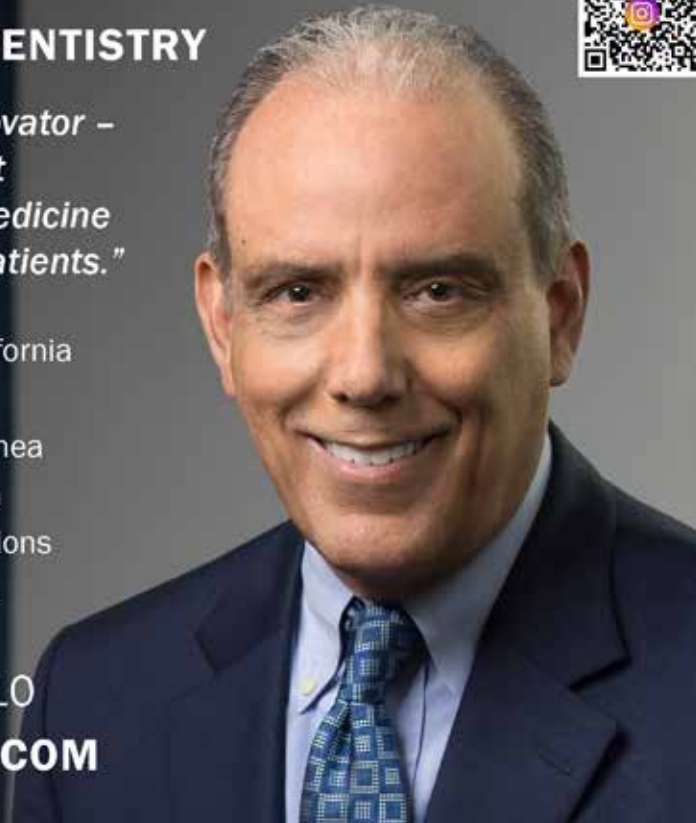


INTEGRATING MEDICINE AND DENTISTRY

"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



ARE YOU READY TO PURCHASE A HOME?



CALL TODAY to get STARTED!

- (916) 801-8182
- mike.oconnor@cbtnorcal.com
- www.cbtnorcal.com
- 730 Alhambra Blvd
Sacramento, CA 95816



MIKE O'CONNOR
Real Estate Agent CALDRE #01972804

©2023 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC 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.



@eastsaclocal_magazine

Home Equity Line of Credit Loan

5 YEAR FIXED RATE

6.25%

Initial APR*

CHECK THE EL DORADO ADVANTAGE:

- ✓ **FIXED RATE for 5 Years**
- ✓ **Local Processing & Servicing**
- ✓ **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)**



EL DORADO SAVINGS BANK
Serving our local communities for 65 years

www.eldoradosavingsbank.com
800.874.9779



Sacramento • 4768 J Street • 916-454-4800
Sacramento • 5500 Folsom Blvd. • 916-452-2613
Elk Grove • 9003 Elk Grove Blvd. • 916-685-3936
Citrus Heights • 7895 Lichen Dr. • 916-729-1100
Carmichael • 4701 Manzanita Ave. • 916-481-0664

*The initial Annual Percentage Rate (APR) is currently 6.25% 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 yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 7.75%. The maximum APR that can apply any time during your HELOC is 15%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$200,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$300,000, have a total maximum loan-to-value (LTV) 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 \$25 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.



littleWHALESwim.com

COZY UP Indoor Swim

Dr. Sofia Peeva
BOARD CERTIFIED ANESTHESIOLOGIST



Propel Therapeutics
ketamine therapy



Infuse Anxiety, Depression
and Pain away

www.propeltherapeutics.com
(916) 915-9215

1010 Hurley Way Suite 140, Sacramento, CA 95825

Dr. Christopher Fischer
BOARD CERTIFIED PSYCHIATRIST



KETAMINE THERAPY • FUNCTIONAL MUSHROOMS • HORMONE THERAPY

PETABLE PET **Okapi-Sac Zoo**

The Sacramento Zoo cares for nearly 400 native, endangered, and threatened species from around the globe. Some of these species, like the Masai giraffe and the African lion are well-known to zoo visitors. Others are not as widely known but are equally important to protect.

In 2019 the Zoo welcomed, for the first time, an endangered species that was not discovered until the 1900's. Explorers in the 1880s heard rumors of a striped donkey. But it wasn't until the 1900's that scientists discovered this amazing species and gave it a name. It was named as a species (*Okapia jonstoni*) in 1901. It was named 'Okapia' after the local word 'o'api' and 'jonstoni' in recognition of the British governor of Uganda, Sir Harry Johnston, who acquired an okapi specimen for the first time.



Scientists didn't know about the elusive okapi until the 1900's because they live in the deep, dense Ituri Rainforest of the Democratic Republic of the Congo – the only place okapi can be found in the wild.

Okapi are the only relative of the giraffe. The okapi has a body shape similar to the giraffe, however, with a much shorter neck relative to its body size. Okapi share other features with giraffe including fur-covered ossicones (horn-like structure) and specialized teeth and tongue (12-14 inches!).

Since 2019, male okapis Mo and Forest, have lived at the Sacramento Zoo, making our local zoo the only zoo in Northern California to house this remarkable species.

The okapi holds a special place in the hearts and minds of Sacramento Zoo staff, volunteers, and visitors alike. The future of these magnificent creatures hangs in the balance. Habitat loss, illegal poaching, and the encroachment of human activities threaten their very existence with fewer than an estimated 25,000 okapi left in the wild.



HEALTHY HOUNDS

WHOLESOME REAL FOOD FOR DOGS



At Healthy Hounds Kitchen, we share a love and passion for dogs and our mission is to make sure we provide a healthy, balanced diet for our canine family members.

3608 McKinley Blvd
Sacramento, CA 95816

+1 916-346-4416

info@healthyhounds.com



SACRED HEART
Holiday Home Tour

Every year since 1973, select residents of East Sacramento's treasured Fabulous Forties neighborhoods have opened their homes to the public for the Sacred Heart Parish School Holiday Home Tour. This year's Sacred Heart Parish School Holiday Home Tour is extra special, as it commemorates the 50th Anniversary of this popular and historic event and will include some special surprises and unexpected treats, making this a not to be missed experience. Participants will journey through the beautiful tree-lined Fabulous Forties

streets to tour six stunning homes decorated for the holidays by local professional designers. In addition to touring the homes, Sacred Heart Parish School also hosts a Cafe and Holiday Boutique featuring over 25 local makers and vendors, perfect for checking items off your holiday gift list. And be sure to fuel up for the tour with sandwiches, soup, freshly made treats, festive drinks, and a champagne bar. All proceeds from this year's event help to offset Sacred Heart Parish School tuition and aid those who might not otherwise be able to afford a Catholic education.

50th Anniversary
SACRED HEART
Holiday Home Tour

A BENEFIT FOR SACRED HEART PARISH SCHOOL

The Sacred Heart Holiday Home Tour is returning to celebrate its 50th anniversary this year!

Our 2023 tour will showcase six gorgeous homes, skillfully curated for the holidays by some of Sacramento's most talented designers!

Join us Friday, Saturday and Sunday, December 1st, 2nd and 3rd for what will be our most memorable tour yet.

Visit sacredheartometour.com for more details and to purchase tickets!

WWW.SACREDHEARTHOMETOUR.COM



One of the six houses on the tour on 44th Street will be decorated by Miche Victoria of Miche Victoria Interior Design, which is a full-service interior design firm based in Roseville, serving clients throughout Northern California and beyond. Their design aesthetic is centered in natural materials and balanced textures with an elegant, yet livable ease. This is their first experience on the Home Tour, but Miche is very familiar with the homeowners as she helped them with their home remodel in 2021, so they are very excited to showcase their work and decorate the home for Christmas as well. This home was extra special to Miche because it is the residence the homeowner grew up in and the setting for all her childhood memories. Miche shares, "Making sure that some of the original details were kept in the home was a major part of the design, that way fond memories from the past still linger there. I guess that's what we want the experience to be - to feel like coming home for Christmas." Miche hopes that tour participants will experience a welcoming, livable, and charming feel that creates the perception of a homey and warm Christmas atmosphere.



Miche shares her inspiration for the design included efforts to showcase vintage pieces to create a sense of collected and personalized ambience. When asked what the overall concept for the design is, Miche shared, "We will be decorating their whole first floor, including the living room, dining room, kitchen, family room, and powder room. We are creating a California Traditional concept that will feel harmonious with the overall design of the home, creating a timeless yet casual space with traditional elements. We will be using vintage and antique pieces that relate to the classic style of the home, while also incorporating texture, brass elements, and playing with patterns that will solidify

the charm of this home originally built in 1924." They also made sure to listen to the homeowners wishes of a classic, yet simple decor, where color selections and textures will bring a classic Christmas warmth to the home.

Miche and her team go above and beyond to understand how their clients want their home to feel and function, so they can design every detail personalized to their preferences while ensuring the result is both elevated and timeless. They do most of their shopping from trade vendors they partner with, but also love to go antiquing at the Sacramento Antique Faire and Antique Trove in Roseville to source the perfect treasures for their clients.

to page 26



For more information on the Sacred Heart Parish School Holiday Home Tour, visit www.sacredhearttourtour.com

Tickets for the event can be purchased online prior to the event as well as the weekend of the event at the Sacred Heart Parish School. For general questions, please email shhometour@gmail.com

Giving Love & Outstanding Care

Mercy McMahon Terrace is a place where your family becomes our family. We physically and spiritually care for our residents.

Our community has an on-site chapel with weekly mass.



We are here to answer your questions about assisted living and memory care.



Call For a Tour Today: (916) 733-6510

3885 J Street, East Sacramento | MercyMcMahonTerrace.org | RCFE #340312763





DIRECTIONS

1. Preheat the oven to 375°. Combine the butter, oats, sugar, cranberries, cinnamon, and salt with your fingertips in a medium bowl until well combined. Set aside.
2. Using a paring knife, cut out the core and stem of each apple, leaving the bottom about 1/2-inch of the apple intact. Using a small spoon or grapefruit spoon, scoop out any remaining core and seeds to form about a 3 tablespoons cavity in each apple. Stuff each apple with an equal amount of the oat mixture.
3. Pour the apple cider and honey into the bottom of a pie plate; whisk to combine. Arrange the apples, crumb side up in the pie plate. Bake until the apples are tender when pierced with a fork, 30 to 40 minutes, basting the sides of the apples (avoiding oat filling) every 15 minutes with apple cider mixture from the bottom of the pie plate. Serve warm with big scoops of ice cream.
4. Double this recipe and bake in a 13-by-9-inch casserole dish, if you're preparing for a bigger crowd!

INGREDIENTS

- 6 tbsp. unsalted butter, diced and softened
- 1/2 c. old fashioned oats
- 6 tbsp. light brown sugar
- 1/4 c. dried cranberries
- 1 tsp. cinnamon
- 1/4 tsp. kosher salt
- 4 medium honeycrisp or cortland apples
- 1/4 c. apple cider
- 2 tbsp. honey
- Ice cream, for serving



trina
TRINA MARIE STUDIOS

EVERY MOMENT MATTERS.
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 trinamariestudios@gmail.com 916.919.6623

www.thepioneerwoman.com

REAL ESTATE Round Up

Based on information from **MetroList Services, Inc.** for the period 9/1/23 through 9/30/23.

Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1022 44th St	\$2,575,000		4	4	3700	Active
1038 46th St	\$1,895,000		5	3	3473	Active
1000 47th St	\$1,889,000		4	3	3129	Active
937 45th St	\$1,595,000		4	3	3047	Active
812 41st St	\$745,000		2	1	1161	Active
1341 39th St	\$2,150,000		4	3	3046	Active
1363 44th St	\$1,800,000		4	3	2498	Pending
749 41st St	\$1,525,000		5	3	1192	Pending
4425 H St	\$1,175,000		4	3	1079	Pending
1507 47th St	\$599,000		2	1	2778	Pending
842 41st St	\$579,000		2	1	1765	Pending
1553 39th St	\$1,765,000		4	3	1568	Pending
1423 41st St	\$2,195,000	\$2,195,000	4	3	1605	SOLD
1064 41st St	\$1,595,000	\$1,650,000	3-4	3	1388	SOLD

This real estate information has been obtained by sources deemed reliable by Local Print Media. Agent did not participate in all of these sales. Please contact a local real estate agent for more information.



TIM'S TIP
 "There is a calmness to a life lived in gratitude, a quiet joy." -Ralph Blum
Happy Thanksgiving!



TIM COMSTOCK (916) 548-7102



CALRE# 01879462

TimComstockRealEstate.com

Follow us on Instagram



@ElizabethCStyle



ElizabethCStyle@gmail.com



www.ElizabethCStyle.com



(916) 873-4586



ELIZABETH C. STYLE
 INTERIORS



Designs That Tell Your Story

Remodels • Full Furnishing • Project Management • Styling Services • Consulting






RICH CAZNEAUX
REAL ESTATE GROUP

(916) 454-0323
eastSac.com
CaIDRE#01447558






We are thankful for Family, Friends, and our Community!

Apply NOW!

www.TedKappel.com **916-416-LOAN (5626)** 

2425 Fair Oaks Boulevard Suite 5, Sacramento, CA 95825 CA DRE Lic. #01201430 NMLS #292656  