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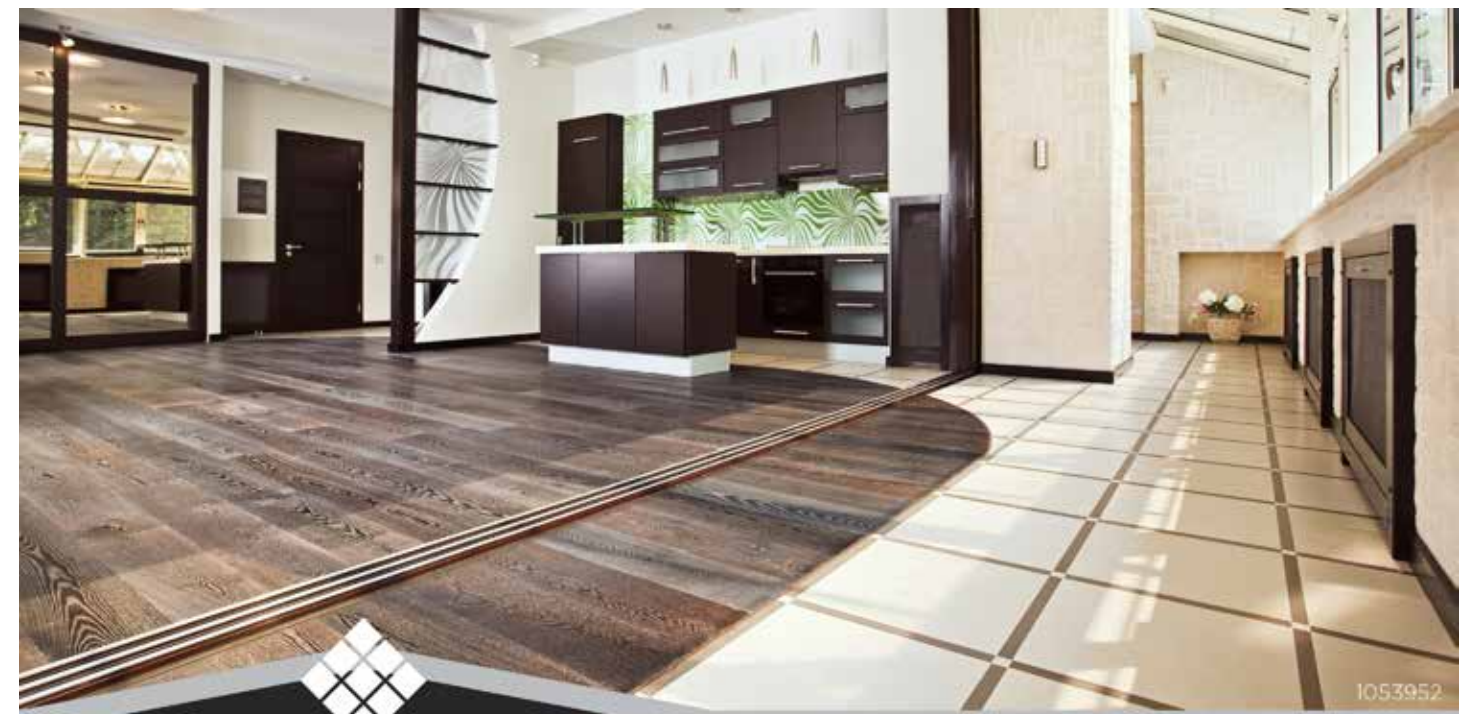
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publisher's note

HELLO SPRING



Hello Friends,

By now we are well on our way into spring. During this time many of us get an itch to organize our garages, clean our kitchens and re-organize our closets, making room for our spring and summer wardrobe. It is also a time where we see kids riding bikes and our neighbors outside planting flowers or giving their front yard a new batch of bark. You can almost feel the buzz of anticipation for warmer weather and all the cherished activities that come with it.

If you find yourselves wanting to give your homes, kitchens or baths a facelift this spring, check out our new business sponsor, Capital Wholesale. Capital Wholesale has competitive pricing for everything home, including fixtures, appliances and flooring.

If you haven't tried any of the businesses that support our magazine yet, I encourage you to do so. And if you see them around town...say hello and thank them for their support!



Jackie Noble

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Currently looking for a an Event/Welcome Liaison. We would also welcome more resident contributors or photographers. If you would like to find out more about these positions please email me.

Send us your NOMINATIONS

In order to keep SOL magazine going...we need resident features. Please email me to nominate yourself or your neighbors for an upcoming feature.

Send us your PHOTOS

FOR OUR "AROUND TOWN and CELEBRATIONS" features, Send us your photos of Parties, Birthday Celebrations, Anniversaries, Weddings, New Baby, New Neighbors, Neighborhood Events or just out and about town. Jackie. Noble@N2pub.com

Follow us on INSTAGRAM

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meet the team

Say Hello to the SOL Team...

And welcome our newest members, Trish Kotal and Lana Andruh!



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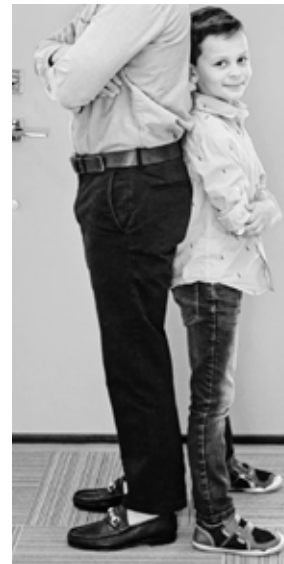


If you would like to join the SOL team email...jackie.noble@n2pub.com.

Say Hello to JEFF AND MAI TOWNSEND... and their son Blaze!

meet your neighbors

Written by Beth McCabe | Photography by...Lana Andruh



Meet Jeff, Mai and Blaze! They reside on Mering Court with their 7-year-old yellow lab, Parker.

Mai says, “We purchased our house in September of 2017 and began a 9-month gut-renovation that completely transformed the house. We ended up finally moving into the house in June of 2018.” It’s been home sweet home ever since.

Jeff and Mai’s Background

Jeff hails from Pasadena, California. He attended Cal Poly, Pomona for undergrad and Santa Clara University for law school. Now he is an attorney and has practiced law for 20 years.

Jeff says, “My practice is solely focused on serving as a mediator and arbitrator. I am a Hearing Officer for both the City of Sacramento and City of San Jose’s rent control programs.”

Originally from Venezuela, Mai moved to California in 1997. She studied accounting at Universidad de Carabobo in Venezuela and interior design at West Valley College and San Jose State University.

Mai is now a co-owner of Nelly’s Childcare and Preschool, a wonderful Spanish immersion childcare center in Campbell, California. Recently, she started her own interior design firm, MaiSpaces.

When they aren’t working, Jeff and Mai are passionate about style and design. Mai explains, “We love mid-century modern architecture and we are currently on the lookout for our next design project.”

Other hobbies include wine tasting, playing pool and exploring new places. Mai loves photography and doing projects around the house. Jeff adds, “We are really into healthy living and try to throw a workout or run into the mix as much as possible.”

Meet Blaze

When Blaze isn’t attending school,



he enjoys a number of pastimes. He played on the Sierra Oaks Strikers (U8) this year which he loved since all his classmates from Country Day were on this same team. He recently finished Buzzardball.

In his free time, Blaze takes guitar lessons and just got an amp for the guitar. He also enjoys watching *American Ninja Warrior* and BeyBlade videos.

Family Fun

As a family, the Townsends love traveling. Mai says, “There is nothing better than seeing different parts of the world that you never knew existed. Our favorites include Tuscany, Tokyo and Nice. On our bucket list is Capri, Santorini and Palm Springs during Modernism Week.”

They also love participating in neighborhood events. Jeff comments, “Our neighbors, Pete and Cheryl, throw an annual holiday block party which is always a good time.” Jeff and Mai also started a Cinco de Mayo party last year and will be continuing the tradition this year.

The neighborhood has so much to offer. Mai explains, “Having easy access to the American River Parkway is just phenomenal and allows for so many options – walking, jogging or riding bikes.”

“It feels like we are living in a bubble,” smiles Mai. “Everyone is very friendly and welcoming which makes me feel like it is the 1950s all over again.”

They can’t imagine living anywhere else!



If you would like to nominate a family for the “Meet Your Neighbors” feature email me...Jackie.Noble@N2pub.com.





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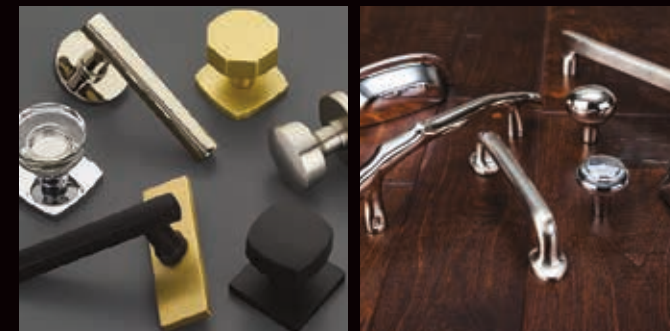
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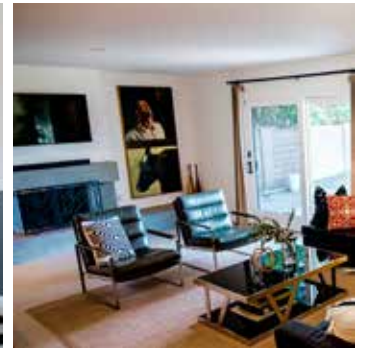
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Take a look at the Mid-century remodel OF THE TOWNSEND HOME... DESIGNED BY MAI TOWNSEND HERSELF!

Photography By...Lana Andruh and Mai Townsend

Mai and Jeff Townsend purchased their Sierra Oaks Home a couple of years ago and went through an entire renovation/remodel inside and out before moving into this beauty. Using Mai's incredible design skills as well as Jeff and Mai's eye for mid-century modern style and unusual art, they have created a unique masterpiece!



If you have a home or yard you would like to feature please email me.

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Casey Young was born and raised in the Sacramento area and attended Jesuit High School. He has more than a decade of experience as a licensed California attorney, sensitively and privately helping families through the legal issues that arise upon marriage and at divorce.



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Meet Carly Townend!



kids 2 kids

Written by **Sam Saslow**

Hello everyone and welcome back to Kids to Kids. I am your writer, Sam Saslow, and today you meet Carly Townend. Carly is a 10-year-old 4th grader who attends Sacramento Country Day School.

Carly has many hobbies. She loves soccer. She says soccer is her life. Her team is the Spirits and she usually plays defense: right and center back to be precise. Sometimes she gets to play in the midfield helping defense and offense. Carly also does cross country. She is part of an organization called the Healthy Kids Running Series. This takes place in the spring and the fall for five weeks. The races take place every Sunday within those five weeks of the seasons. She likes to swim as well. She also likes art. Right now she is making a gift for her mom, Mrs. Townsend, for her birthday soon.

When Carly grows up she wants to be a professional soccer player as well as a veterinarian. She loves animals and feels bad for them when they have to go to the vet. This is what triggers Carly's instinct to want to help out the animals in need. Something unique about Carly is her unwavering happiness. As her mom says, she thinks it's her daughter's reflection of love on everything.

Carly loves sushi and says that it's super good. Her favorite place to eat sushi is the local sushi restaurant called *Miyagi*. Her favorite soccer team is the US Women's Soccer Team. As for sports, she is definitely a San Francisco girl who loves the 49ers and the Giants! Carly likes any subject in school but her two favorites are Math and History because she succeeds in them the most. Carly's go-to movies are usually a Harry Potter movie or a Star Wars movie.

Since Carly used to live in Arizona where it is really hot, she says it is nice to go to Hawaii to cool off. She thinks it is really peaceful to lie by the ocean and hear the sound of the surf.

That's all for this go-around of Kids to Kids. See you next time!



philanthropy

MEET DONALD KENDRICK...

He's making a difference for underprivileged kids!

Written by Erica Castillo

"Calling all music lovers! Meet our difference maker of the month, Donald Kendrick. Canadian born and current resident of Fair Oaks, Kendrick has devoted his life to bringing world-class music to Sacramento residents! Kendrick is the founding Conductor of the Sacramento Choral Society and Orchestra (SCSO) and Director of Music at Sacred Heart Church.

For over 30 years, Kendrick has conducted world-class concert performances in the Greater Sacramento Area and all around the world, venues including Carnegie Hall, The Vatican, Notre Dame, and the Great Wall of China – just to name a few!

After retiring as Director of Music at Sacramento State in 2018, Kendrick decided it was time to take a more active role in the community – specifically focusing on underserved communities where music programs are typically underfunded or cut entirely. In 2019, Kendrick and SCSO President, Jim McCormick, chased after small and large donations to fund SCSO's annual "Children's Holiday Matinee Concert" Outreach Program at Sacramento Memorial Auditorium on December 6. This program is unlike any other in Sacramento – as SCSO completely funds the transportation and ticket cost to over 2000 students in the Greater Sacramento Area. As transportation is typically a barrier for students who live in underserved areas – Don knew it was essential to make this accommodation.

After months of preparation and chasing donors, SCSO was able to provide a fully-funded holiday concert to 2300 students at Sacramento Memorial Auditorium. With the incredible support of volunteers, staff and partners – Kendrick conducted a holiday concert and puppet show with the Sacramento Choral Society & Orchestra and Green Valley Theater Company. During the performance, students, teachers, and parents were invited to sing along to holiday carols including "Jingle Bells," "The Grinch" and many more! The energy in the room on that day was unforgettable – and we owe it all to Don Kendrick for having the vision, artistry and persistence to make it a reality.

Kendrick looks forward to providing even more students this experience in 2020! Want to see Kendrick in action? Catch him on May 9 at Sacramento Memorial Auditorium for SCSO's concert performance of "Rodgers and Hammerstein," featuring songs from popular Broadway hits and classic musicals. If you would like to donate to this incredible cause or learn more about his work in our community – visit sacramentochoral.com. Thank you, Don Kendrick, for making a difference!

If someone you know is making a difference in our community please email...Jackie.Noble@n2pub.com.



Donald Kendrick

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athletic achievement

Meet the new athlete of the month, Gabe Neumann, who will be taking on a managerial role at The University of Arizona. Gabe is a senior at Jesuit who has grown up playing baseball ever since he was five years old. Entering high school, Gabe thought it would be best if he was the team manager and he has done so ever since sophomore year. Gabe has been the manager while being mentored by several great coaches. I asked Gabe, “Who is your favorite mentor?” to which he responded by saying, “definitely Coach John Susac because he helped get me the position at Arizona.”

Gabe has also met a lot of current and retired MLB players including Ryhs Hoskins (Phillies), Andrew Susac (Pirates), J.P. Howell (Dodgers), as well as Max Stassi (Angels). Throughout his career as a manager, Gabe has learned about baseball by stating “I have learned to communicate with coaches, and how to work hard. It’s hard not being able to play, because it is a sport I grew up playing, but I am glad to have the opportunity to continue to do what I love.” Gabe’s favorite moment as a manager was when they played Turlock in a play-off game last year because “it was very personal for some of our players, and there was a lot of emotion in the game.”

After Gabe graduates from Jesuit, he will be in a managerial role at The University of Arizona and he will go on to continue his pursuit from there. He will also be attending Arizona with one of his best friends and he is really excited. I asked Gabe why he was going to Arizona and he said, “I have been able to go down, visit the facilities, and meet the coaches and it just seemed like the perfect fit. I have always wanted to do something with sports in college, and I’m glad I am able to see that dream play out.” To conclude our interview, I asked Gabe, “What is one tip you would give someone who is looking to get into the sport?” to which he responded, “I would definitely say that you have to be assertive and be willing to work really hard.”



If you know a kid or teenager with a talent or achievement please email me...**Jackie**.
Noble@N2pub.com.



Gabe on the left.



Gabe and the Jesuit baseball team.



Gabe on right.

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How She Came to Co-own a Spa
 “Owning a day spa was actually a complete accident!” says Kelly Garrett Pantis, President of Organic Skin Studio.

Kelly explains, “My business partner, Betsy, and I were in the real estate technology business.” Although Kelly quit 10 years ago to raise her children, she and Betsy loved to get facials and massages. “That was our only background in the beauty and wellness industry,” says Kelly.

How did she decide to start her own spa? Kelly explains, “While I was a client at MDRx skin care (the prior business at our location), the owner, Benita, asked me to help with her business as a consultant. A few months into the consulting project I found out she had stage 4 breast cancer – terminal. So I had to decide whether to lock the door and leave the wonderful staff and clients I had grown to love or find a way to keep the business going.”

The answer was obvious. After reaching out to possible buyers, Kelly realized the only option was to start a new spa in the same location. With Betsy and another investor, Kelly opened Organic Skin Studio on April 27, 2017. She says, “It has been a fun adventure!”

The business is definitely a family affair! Kelly explains, “My mom cleans and organizes the studio, my son delivers our water

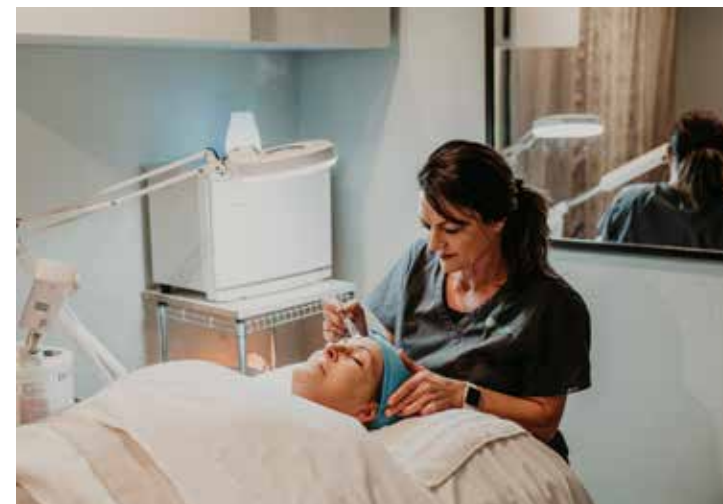
bottles and helps with the heavy lifting jobs and my daughter works front desk when she is not away at college in San Diego.”

Setting Themselves Apart
 “We focus on healing, beneficial treatments without wounding skin or downtime,” says Kelly. She adds, “It has been exciting to research and discover the best new technology and treatments for anti-aging, acne, pigmentation, scarring and more.” Services include LED light therapy, Microcurrent treatments, patented serums and a natural and organic skincare and body care line.

Skin Care Advice
 “Look into the ingredients of the products you put on your skin. I recommend the ThinkDirty app. Check out the ingredients that may be harmful to our skin and body and try out products without the fragrances, sulfates and mineral oil to find those that work for your skin type,” says Kelly.

This business owner also recommends researching some of negative effects of injecting Botox and fillers into the skin. Kelly encourages residents, “Try more ‘healing’ treatments to relax wrinkles and firm up loose facial muscles by booking the ‘Ultimate Facial’ at our studio.”

Kelly’s Background
 Kelly grew up in Davis. After college in Southern California, she moved back north to Sacramento in 1990. Now she resides in Sierra Oaks. When Kelly isn’t working, she enjoys walking



along the river and in the neighborhood and connecting with her community. Living in Sierra Oaks allows her to walk to the studio when the weather is nice – sometimes she will even walk in a light rain!

For more information on Organic Skin Studio, check out their website, www.OrganicSkinStudio.com. Love the skin you’re in!

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www.OrganicSkinStudio.com (book online!)

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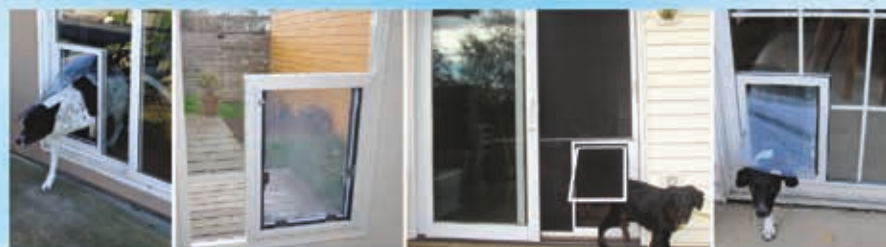
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precious pets



Say Hello to
Bocce!

Family members' names: Diana, Abbey, Ellie and Olivia Scheid

Pet's name: Bocce

Type of animal/breed: Persian Cat

Pet's age: Age 11

Male or female: Male

Where/why did you get your pet? Bocce came from a breeder in the Foothills as an 8-week-old ball of fluff.

Is there a story behind your pet? We've had Persian cats for as long as I can remember. They're sort of the "dogs" of the cat world...very friendly, curious, loyal and great company. "Boc" was the perfect addition to our family of three little girls many years ago.

Is there a special meaning or significance in your pet's name? Bocce, like the ball, rolls through the house with reckless abandon and great energy.

Anything special or unusual about Bocce? He's distinguished by his "unique" appearance, frequently referred to as "frying pan face"—is perhaps a face only his family could love!

Is your pet spoiled, well-disciplined or know special tricks? As the "little brother" of the household, he's the center of attention...ALWAYS. Spoiled and never lacking love, he spends his days sleeping by the fire or curled up in the sun on the bathroom counter waiting for one of his girls to come keep him company.

How has Bocce enriched your family? With many moving parts in a busy life, having a cat like Bocce to come home to brings great joy to our family.



If you have a pet you would like to feature, please let us know!

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**Burial includes basic services of the Funeral Director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.



resident recipe

ZUPPA TOSCANA

Shared by Sierra Oaks resident, **Katie Hill**

Zuppa Toscana

Ingredients:

- 1 pound hot Italian sausage (removed from casing)
- Half of a medium yellow onion, diced
- 3 medium Yukon gold potatoes, diced
- 1 - 12 ounce can of fire-roasted tomatoes
- 32 ounces chicken broth or bone broth
- Garlic powder
- Salt + pepper
- 1 bunch of kale - rinsed & chopped

Optional:

- Lemon juice
- Parmesan cheese

In a large pot or skillet on medium heat, brown the sausage, breaking it apart with a wooden spoon. Remove sausage from pan & sauté onions about 2 minutes, until soft.

In large pot, add browned sausage, onions, diced potatoes, fire-roasted tomatoes, broth and bring to a boil. Season with salt, pepper and garlic powder to taste. When the soup has come to a boil, turn off the heat & add the kale. The heat from the soup cooks the kale perfectly. Once served, I like to finish it off with a little bit of fresh lemon juice & Parmesan cheese.

This can easily be made in the **instant pot** as well. I brown the meat, sauté the onions and add all the ingredients, up to the kale, set the instant pot to the 'soup' function and it's done in 15 minutes. After pressure is released, add the kale & serve.

Enjoy!

Katie Hill



If you have a favorite recipe you would like to share with your neighbors please email it to me.



Beautiful Mediterranean custom home located in Sierra Oaks Vista. This home has been meticulously cared for, offering a dramatic entry into a grand room with fireplace, arched french doors, and 10 ft ceilings. The floor plan is perfect for entertaining with the kitchen, family room, living room and master suite all opening to the back patio and views of the lush backyard. The master suite is on the first floor and is quiet and private. The home has stone floors, beautiful crown molding and 8 ft solid core doors. Enjoy your evenings playing bocce ball, barbecuing, or gathering around the outdoor fireplace. Come experience the lifestyle that this home and Sierra Oaks Vista has to offer. Price available upon request

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Real Estate RESOURCE

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Address	Neighborhood	List Price	Sale Price	DOM	Beds	Baths	SqFt	Status
3140 Adams Rd	Sierra Oaks Vista	\$1,849,000			5	4	4,150	active
3341 Adams Rd	Sierra Oaks Vista	\$1,499,000			3	3	3,010	active
120 Clunie Dr	Sierra Oaks	\$900,000			4	4	2,796	pending
810 Crocker Rd	Sierra Oaks Vista	\$1,975,000		62	4	4	4,681	active
601 Crocker Rd.	Sierra Oaks Vista	\$4,950,000		67	5	8	10,000	active
796 Crocker Rd	Sierra Oaks Vista	\$1,435,000			4	4	2,874	active
440 Crocker Rd	Sierra Oaks	\$2,995,000			5	6	7,000	active
2705 Fair Oaks Blvd	Sierra Oaks Vista	\$1,392,000			3	3	3,419	active
3391 Holly Dr.	Sierra Oaks Vista	\$2,150,000			5	5	5,503	active
450 Hopkins	Sierra Oaks	\$2,500,000			5	4	4,478	active
3108 Kaedma Dr	Sierra Oaks	\$1,050,000			3	3	3,100	pending
541 Mills Rd.	Sierra Oaks Vista	\$1,350,000			3	3	2,467	active
2750 Northrop Ave.	Sierra Oaks Vista	\$1,189,000	\$1,070,000		4	3	2,672	sold
2630 Sierra Blvd.	Sierra Oaks Vista	\$849,000	\$750,000		3	3	1,561	sold
1991 Santa Maria Way		\$995,000	\$995,000		5	5	3,650	pending



Maven West cupro button down, distressed denim by Pistola, leopard print clutch & booties and jewelry by Kendra Scott.



Blazer by Level 99, Deborah Viereck print top, denim by JOE's, Me & D crossbody, suede wedges and necklace by Isabel Iny.



Oates Cashmere cardigan, top by Michael Stars, Deborah Viereck maxi skirt, hand made wallet by ABLE, stiletto heeled booties and medallion necklace by French Kande.

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