

The Hills Living

AUGUST 2018

A SOCIAL PUBLICATION FOR THE RESIDENTS OF SERRANO

meet the
JENKINS
family!

INSIDE:

THL Flightz Happy Hour Event
Travel with The Rybar Family
Golf with Dave Burroughs
Meet Simba... and fall in LOVE
Catch Jessie Polson... if you can
& Much, Much More

Cover Photo: Annette Kelly

OUR STORIES. OUR PHOTOS. OUR COMMUNITY.



Pat Seide Group

Specializing in Luxury Estate Properties



GLOBAL LUXURY

CalBRE#00892540

916.712.1617 or 916.941.3006

www.pat-seide.com • patricia.seide@cbnorcal.com

5025 BENT CREEK COURT | \$1,899,000



Stunning Serrano estate features .8 landscaped acres of serenity and panoramic views. Incredible chef's kitchen, soaring ceilings, leaded windows and majestic fireplaces exemplify the architectural detail throughout. French doors off the living room lead to a covered loggia with built-in BBQ, vanishing edge pool, spa and garden. Elegant ground floor master wing offers a sitting room with fireplace, two large walk-in closets and office. Upstairs is large movie theater/bonus room plus two bedrooms and baths.

4390 CORDERO DRIVE | \$1,167,000



Elegance embraces you as one enters this exquisite residence with downstairs master. Elegantly appointed & designed for entertaining, featuring intricate detail in cabinetry, crown molding and lighting. The chef's kitchen is designed for enjoying your guests while cooking with a grand island, dining bar, granite slab counters, built-in refrigerator, dual ovens and sun flooded breakfast nook. All open to an impressive family room with boxed beamed ceilings and French doors leading to rear yard.



Nick Sadek
Sotheby's
INTERNATIONAL REALTY

#1 Top Closer in Placer County in
Luxury Homes for 2010-2017!

INSTITUTE for
LUXURY HOME
MARKETING

MEMBER



5607 VIA AVION
GRANITE BAY, CA 95746



5982 ALTA LOMA CT
GRANITE BAY, CA 95746



6005 VIA ALICANTE CIRCLE
GRANITE BAY, CA 95746



8835 BELLA TERRA PLACE
GRANITE BAY, CA 95746



6025 VIA MADRID
GRANITE BAY, CA 95746



98830 BELLA TERRA PLACE
GRANITE BAY, CA 95746



2070 W GREEN SPRINGS RD
EL DORADO HILLS, CA 95762



5149 PRIOR RIDGE
GRANITE BAY, CA 95746



6352 CALLE MONTALVO CIRCLE
GRANITE BAY, CA 95746

9217 SIERRA COLLEGE BLVD #120
ROSEVILLE, CA 95661
CALBRE LIC #00970410

916.966.4444

WEBSITE: NICKSADEKSIR.COM
EMAIL: NICK.SADEK@SOTHEBYSREALTY.COM



'THE HILLS LIVING' Jenny Thurman
PUBLISHER 530-321-2090
jenny.thurman@n2pub.com

CREATIVE TEAM N2 Publishing Design Team



IMPORTANT PHONE NUMBERS

SCHOOLS

- (916)399-1900** Bergamo Montessori School at Serrano
- (530) 677-2261** Buckeye Union School District
- (916) 933-3797** Busy Bees Pre-school
- (916) 608-6500** Folsom Lake College
- (916) 521-1835** The Gift of Kids Daycare and Preschool
- (916)933-0100** Golden Hills School
- (916) 939-0553** Guiding Hands School
- (916)933-1828** Jackson Elementary School
- (916)933-0652** Lake Forest Elementary School
- (916)941-2600** Lakeview Elementary School
- (916)933-3993** Marina Village Middle School
- (530)677-9818** Oak Meadow Elementary School
- (916) 933-6980** Oak Ridge High School
- (916) 936-2333** Rising Sun Montessori School
- (916)933-9290** Rolling Hills Middle School
- (916)933-3767** Silva Valley Elementary School
- (916)933-6618** William Brooks Elementary School

EMERGENCY

- (530) 622-1110** California Highway Patrol
- (530) 621-5655** El Dorado County Sheriff's Office
- (916) 993-6623** El Dorado Hills Fire Department
- (916) 933-2273** Marshall Medical Center
- (916) 983-7400** Mercy Hospital Folsom
- (916) 509-1087** Placer Rattle Snake Hotline

UTILITIES

- (530) 295-2800** El Dorado Disposal
- (800) 743-5000** PG&E
- (888) 742-7683** SMUD

LOCAL SERVICES

- (916) 358-3500** El Dorado County Library
- (916) 933-6624** El Dorado Community Services District
- (916) 939-0168** El Dorado Hills Post Office

DISCLAIMER: Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the *The Hills Living* magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies. **NOTE:** When community events take place, photographers may be present to take photos for that event and they may be used in this publication.



West Coast Swiss Group

Our strategies:

- Protect portfolios from bad timing of market crashes.
- Historically return 3-10 times more than CDs.
- Allow you to access your money w/o penalty.
- Create lucrative tax shelters for business owners.
- Have far more flexibility than underperforming, highly fee'd, over taxed and inaccessible 401ks & mutual funds.
- Create legacy planning estate planners can't offer.
- Are not limited like CPAs. We save you more, period.
- Are far superior than 529s & traditional legacy planning.

Maybe it's time to spend a couple minutes with a fresh look at what real peace of mind can feel like.

WestCoastSwissGroup.com
916.799.0104
Sales@WCSwissGroup.com



A TALISMAN IS A TOKEN OF GOOD LUCK. TALISMANS EVOKE POSITIVE ACTIONS AND GOOD FEELINGS.

Talisman Collection is a world-class fine jewelry destination halfway between Napa Valley and Lake Tahoe. We design, make and repair jewelry & watches on our premises.

We are an American Gem Society (AGS) credentialed Guild Jewelry Store with a Gemological Institute of America (GIA) Graduate Gemologist and Master Jeweler on the premise. We re-style and custom design fine jewelry for you in-house. We also carry couture designer jewelry by dozens of

global and local brands. We are diamond and gem brokers, selling close to wholesale pricing on loose stones. We will not be undersold.

Jewelry, whether new or old, is a treasure. No matter the monetary value, we consider each piece of your jewelry to be a priceless treasure.

Our business is based on trusting personal relationships and exceptional service with our clientele and the community.

We invite you to celebrate your day with us. Revel in this unique destination of style, design and fun. Enjoy!

TALISMANS ARE KEEPSAKES TO CELEBRATE FLEETING MEMORIES OF THE MILESTONES IN OUR LIVES.



TALISMAN COLLECTION
www.talismancollection.com



EL DORADO HILLS TOWN CENTER
4357 TOWN CENTER BOULEVARD | EL DORADO HILLS, CA 95762
916-358-LOVE (5683)





This section has been created to give you easier access when searching for a trusted neighborhood vendor. Take a minute to familiarize yourself with the businesses sponsoring 'The Hills Living' magazine.

These local businesses are proud to partner with your neighborhood to make this newsletter possible. Please support these businesses and thank them for supporting 'The Hills Living'.

ARBORIST / TREE SERVICE

Western Tree Preservation
(916) 267-3699
WesternTreePreservation.com

ASSISTED / INDEPENDENT LIVING-MEMORY CARE

Ponte Palmero
(530) 677-9100
PontePalmero.com

ATTORNEY - FAMILY LAW

Lisa Wible Wright Law
(916) 564-6262

ATTORNEY - TRUST & ESTATE

Sheri Hoffman
(916) 985-2753
HoffmanAndHoffman.com

ATTORNEYS / TAX PLANNING

Sheri Hoffman
(916) 985-2753
HoffmanAndHoffman.com

AUDIO / VIDEO

Primetime Home Theater
(916) 933-4890
PrimetimeHomeTheater.com

BBQ CLEANING / MAINTENANCE

Bar-B-Clean
(916) 622-9540

CABINETS-CUSTOM CLOSETS/ HOME / GARAGE

Closet Gallery
Darria Deatherage
(916) 933-0001
AClosetGallery.com

CARPET/ HARDWOOD/TILE / CLEANING

Zerorez
(916) 245-2992
ZeroRezSacramento.com

CHIROPRACTIC- MASSAGE- NUTRITION

Back to Health Chiropractic
(916) 597-1640
BackToHealthChiropractic.com

CONCRETE RESURFACING & RESTORATION

Richardson's Concrete Effects
Mark & Gina Richardson
(916) 944-3145
ConcreteFix.net

CUSTOM BLINDS & SHADES

Future View Window Fashions
Daniel Gomez
(916) 616-7895
FutureViewWindowFashions.com

DENTIST / GENERAL / COSMETIC / IMPLANTS

Jonah Tabrizi DDS
(916) 941-1515
DrJonahTabrizi.com

DIVORCE FINANCIAL PLANNING

Russel Phelps
(916) 351-0000
RusselPhelps.com

DOG LODGING

Folsom Dog Resort
(916) 439-7202
FolsomDogResort.com

DOG TRAINING

Folsom Dog Resort
(916) 439-7202
FolsomDogResort.com

DOORS/ CUSTOM-ENTRY / SCENIC & MORE

The Window and Door Shop
Gaby Sizemore
(916) 252-4100
WindowAndDoorShop.com

ELECTRICIAN / ELECTRICAL CONTRACTOR

Modern Edison Electric
Scott Vogeli
(916) 642-9426

FAMILY / BUSINESS WEALTH STRATEGIES

West Coast Swiss Group
(916) 799-0104
WestCoastSwissGroup.com

FINANCIAL SERVICES / RETIREMENT PLANNING

Russel Phelps
(916) 351-0000
RusselPhelps.com

FITNESS/ NUTRITION / LIFESTYLE

The Fit Executive
Rob Lopez
(530) 306-7475
TheFitExec.com

FLOORING / WOOD / LAMINATE

Prestige Flooring
(916) 790-8503
PrestigeFlooringInc.com

HANDYMAN / HOME IMPROVEMENT

Elite Handyman Solutions
Robert Hashagen
(530) 386-6393

HEATING & COOLING

Norcal Mechanical Heating and Cooling
Brad Nichols
(916) 275-7939

HOME DECOR/ FURNITURE / GIFTS

Bella Home Decor & Gifts
(916) 817-1624
facebook@www.bellahomedecor

HOME RESTORATION & REPAIR

RBI
(916) 933-0362
TrustRBI.com

HOUSE CLEANING SERVICES

The Maids
(916) 294-5934
TheMaids.com

INSURANCE - AUTO - HOME

Goosehead Insurance
Stefan Leer
(210) 259-1648
GooseHeadInsurance.com

INTERIOR DESIGN / KITCHEN & BATH

Gold Ridge Cabinets & Design
Marcia Lenci
(916) 542-2257
GoldRidgeCabinets.com

JEWELER

R Purnell Jewelers
(916) 293-8688
RPurnellJewelers.com

Talisman Jewelry
(916) 358-5683
TalismanCollection.com

LANDSCAPER

Martinez Landscaping
Bencho Martinez
(916) 308-1771

LIGHTING & HOME

FURNISHINGS
Lighting Unlimited
(530) 676-4716
LightingU.com

PAINTER-INTERIOR / EXTERIOR & CABINETS

Nick Mays Painting
Nick Mays
(916) 524-1530
NickMaysPainting.com

PEST CONTROL

Explorer Pest Management
(916) 933-7424
ExplorerPest.net

PET GROOMER / DOGS & CATS

Groomingdales
(530) 405-7463
GroomingdalesEDC.com

PHOTOGRAPHER

Jody Soria Photography
Jody Soria
(916) 947-6226

Ken Mahar

(650) 504-1393
Ken-Mahar-Photos.com

Maximum Joy Photography
Annette Kelly
(916) 505-4799

POOL MAINTENANCE/ REPAIRS / PARTS

Viking Pool Maintenance
(209) 418-8522
VikingPoolMaintenance.com

POSTAL / SHIPPING

Pak N Post
(916) 693-4479

POTTERY & OUTDOOR FURNISHINGS

Lighting Unlimited
(530) 676-4716
LightingU.com

•••

REAL ESTATE

Team Ostrode Properties
(916) 900-1880
top-sold.com

Waterman Real Estate
Mark Waterman
(916) 410-1284
sellingsacramento.com

**REAL ESTATE
OWNER / BROKER**

Nick Sadek Sotheby's
International Realty
(916) 966-4444
www.NickSadek.com

REALTOR

Kathy Brill Burk
(916) 768-4288
KathyBrillBurkHomes.com

Pat Seide Group
(916) 941-3006
PatSeide@cbtnorcal.com

Stephani & Donna
Menser
(916) 289-9866
EDHrealtor.com

**RESTAURANT AND
SPORTS BAR**

Folsom Tap House
(916) 292-5700
FolsomTapHouse.com

**SENIOR / ASSISTED
LIVING**

Eskaton
(916) 334-0810
www.Eskaton.org

SWIM SCHOOL

SwimLabs
(916) 900-6550
SwimLabs.com /
eldoradohills

**TILE & STONE-
SHOWROOM/
DESIGN / INSTALL**

Prestige Tile Imports
9816 Business Park Dr.
Suite D
Sacramento, CA 95827
(916) 476-5966

WINDOW CLEANING

All Bright Window Cleaning
Rory Nelson
(916) 217-5250

WINDOW

**COVERINGS &
INTERIORS**
Home Fashion Designs
(916) 934-2158
HomeFashionDesigns.com

**WINDOWS /
CUSTOM-FOLDING
& MORE**

The Window and Door Shop
Gaby Sizemore
(916) 252-4100
WindowAndDoorShop.com



Simply Beautiful!
Ultra™ Series fiberglass
patio doors are built to last.



Come and see this door
and more in our showroom
located at:

1717 Bell Street
Sacramento, CA 95825
916-915-5106
www.windowanddoorshop.com

El Dorado Hills Endowment
A FUND OF
El Dorado Community Foundation
proudly presents

**BUY A DAY
of hope**

**27
AUG**

CHARITY GOLF TOURNAMENT

SERRANO COUNTRY CLUB
EL DORADO HILLS
\$150 PER GOLFER
10AM REGISTRATION
12PM SHOTGUN START
5:30PM DINNER & PRIZES
www.EDHENDOWMENT.com/BUYADAY

SPONSORSHIPS

\$10,000 DIAMOND
INCLUDES NAME AND LOGO IN PROGRAM, "DIAMOND"
RECOGNITION AT THE EVENT AND ON THE EDCF WEBSITE,
TEE BOX SIGN, AND EIGHT PLAYER ENTRIES

\$5,000 PLATINUM
INCLUDES NAME AND LOGO IN PROGRAM, "PLATINUM"
RECOGNITION AT THE EVENT AND EDCF WEBSITE, TEE BOX
SIGN, AND FOUR PLAYER ENTRIES

\$2,500 GOLD
INCLUDES NAME AND LOGO IN PROGRAM, "GOLD"
RECOGNITION AT THE EVENT AND EDCF WEBSITE, TEE BOX
SIGN, AND TWO PLAYER ENTRIES

\$1,000 SILVER
INCLUDES NAME AND LOGO IN PROGRAM, "SILVER"
RECOGNITION AT EVENT AND EDCF WEBSITE, TEE BOX SIGN

\$500 BRONZE
INCLUDES NAME IN PROGRAM, "BRONZE" RECOGNITION AT
EVENT AND EDCF WEBSITE, TEE BOX SIGN

\$250 TEE BOX
INCLUDES TEE BOX SIGN

**BUY A DAY
of hope**

**making CONCRETE beautiful
one job at a time.**

*Turning ordinary surfaces into
EXTRAORDINARY HARDSCAPES!*

Whether your project is residential or commercial, interior or exterior, simple or intricate, Richardson's Concrete Effects can provide you with incredible results!

Concrete Resurfacing | Stamped Overlay
Chemical Staining | Textured Coatings
Epoxy Floors | Handcrafted Finishes
Cleaning and Sealing

EXTREMELY DURABLE

THE LEADING RESURFACING CONTRACTOR IN NORCAL FOR TWO DECADES

Lic#676050 4032 California Avenue
Carmichael, CA 95608

Richardson's
concrete effects
EST. 1989

916-944-3145

10% OFF
jobs over \$3500
Max \$500 Discount/Job
Expires June 30th, 2018

HOLY HOTNESS... it must be August!



"Youth is in a grand flush, like the hot days of ending summer; and pleasant dreams thrill your spirit, like the smoky atmosphere that bathes the landscape of an August day." - Donald G. Mitchell

Hello, Serrano & THL Friends,

Happy Sizzling August to you! Hopefully, you are spending a LOT of water time ... by the pool, on the lake and drinking as much of it in as you are sweating it out! By the time you receive this issue, most kids will have gone back to school (I still think it was better when I was a kid going back right after Labor Day... But what do I know?!). From talking with many of you and seeing your Facebook photos, you sure packed it in this summer.

Thanks to my Rockin' Content Director, Erica Kitson, we have many articles booked out for months. But, there is still room for a great story, a heartwarming triumph, a terrific trip or an outdoor enthusiast...just send the photos to back it up! That's the fun of THL... It's all about US! And we are a pretty fun and interesting group of neighbors ... wouldn't ya say?

We are considering a change for THL. There are approximately 4,500 homes in all of Serrano, but currently, the magazine goes to the golf course area behind the main gates. The only complaint I seem to get REGULARLY is this: "I don't receive *The Hills Living* magazine, and I really would LOVE to get it every month. How do I get added to the mailing list?" So, people, here is the deal: It will cost a LOT more MONEY to go to that many homes, and advertising is what supports the magazine. So, if you own a business, choose THL for your advertising home. Or, if you know of a business you think might be a good fit, recommend them to *The Hills Living* by giving them a magazine or my info. Together we can make it happen, but I NEED your help! Email me your thoughts and whether or not you would be willing to support the CHANGE and GROWTH.

As always, I love serving your community and being a part of your lives, hearts and homes. So, thank you for inviting me in and for all of the support so many of you already give! See you next month!

Jenny Thurman

PS A special 'Thank You' to Michael and Elisa Griffith for hosting our THL Happy Hour Party at their super cool Wine/Beer/California Cuisine FLIGHTZ restaurant. We had a BLAST ... and the food was "Over The Top" Delish! If you haven't been there yet, you've got to check it out.



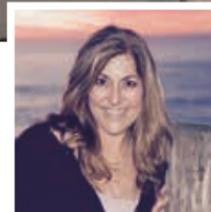
The DYNAMIC Duo...
Erica Kitson & Jenny Thurman

530.321.2090
jenny.thurman@n2pub.com

Erica Kitson
650.678.1948
ek.kitson@gmail.com



Meet The THL Team... Making It Happen for YOU!



Jenny Thurman...
Publisher



Annette Kelly...
Photographer



Ken Mahar...
Photographer



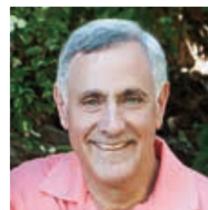
Jody Soria...
Photographer



Mariam Ahmed...
Forever Young



Erica Kitson...
Content Director



Mike Lazar...
Editor



Jeff McNaught...
Tech Guru



Madison Shepherd...
Athletic Accolades



Danielle Konya...
Ad Manager



Tamara Berg...
Culinary Queen

A great big welcome to Tamara Berg, Channel 3-KCRA Meteorologist, who has joined our THL team. Tamara will be writing our new *Culinary Queen* feature, and covering our THL events in a similar fashion as well. Also please say 'Hello' to Mariam Ahmed, who has graciously stepped in to fill our *Forever Young* page. She has some great ideas for getting kids and teens involved. Go, Mariam!

Thanks to my AWESOME team for doing it once again! You ROCK! Thanks for putting up with me and my seemingly chaotic mind! There is just too much information for one brain to keep track of sometimes! Thanks for your patience and understanding. I appreciate you ALL and could never say it enough.

Prestige FLOORING

Laminate, Wood & Waterproof Flooring
Factory Direct to Consumer Pricing
Huge Inventory
Installation Available
Price Match Guarantee
Unmatched Customer Service

Hardwood | Laminate | Vinyl
Serving Sacramento and surrounding areas
1012 E Bidwell Street Suite C-100
Folsom, CA 95630
916.790.8503

Diamond W A Tarkett Company | California Classics | BAUSEN Hardwood Flooring | COUNTRY WOOD FLOORING | Follow us! f t g+ s

Folsom.Roseville.Rancho Cordova.Sacramento.Yuba City

**— THE FIT —
EXEC**

Rob Lopez
Founder

You finally have the career you've always wanted. Isn't it time you had the body you've always wanted too?

As a CEO myself, I used to struggle with my weight. I tried all of the fad diets and the latest gimmicks, but **nothing was sustainable or fit my busy lifestyle.** That's when I knew there had to be a better way.

After years of research and development, I've finally built a unique fitness program that is designed specifically for busy working professionals like you and me.

Backed by science, and results, I've been able to debunk all of the fitness lies you have been brainwashed to believe. The result is an easy-to-follow

exercise and nutrition plan that fits your lifestyle:

- Learn how to travel for work, or on vacation, while effortlessly sticking to your goals.
- Learn how you can eat out as often as you would like, while still working towards the body of your dreams.
- Learn how to incorporate alcoholic beverages into your daily business meetings or personal lifestyle.
- Learn how you can get the body of your dreams without killing yourself in the gym for hours or paying for expensive group exercise classes.
- No more crash or fad dieting, just simple rules about when and what to eat.

If you are interested in taking back your physique, then it's time to become a Fit Exec, today.

Use the coupon code 'SERRANO' to receive 20% off the purchase of your custom program. Visit www.TheFitExec.com/Start-Here to begin your journey today.

RT
Rime AV

(916) 933-4890

SMART AUTOMATION AND INTEGRATION EXPERTS

*** GOOGLE *** APPLE *** AMAZON ***

ELAN g!

RESIDENTIAL / COMMERCIAL

The right *color*
can make all the *difference*

Cabinet Refinishing | Years of Experience
Interior and Exterior | Professional and Licensed
Small & Large-Scale Jobs | CCL 990824

Nick Mays Painting
2613 Don Juan Dr. | Rancho Cordova
(916) 524-1530 | NickMaysPainting.com | Nick.Mays@gmail.com

A standing ovation
EVERY CHILD IS A STAR

Engagements • Portrait/Lifestyle • Modeling/Acting
Outdoors/Natural Light Sessions • Local and Destination

Mahalo E Ke Akua No Keia La
MaximumJoyPhotography.com • (916) 505-4799

I respect the service of our Military and Law Enforcement and offer discounted prices

Bella
Home Décor & Gifts

Furniture • Bedding • Gifts • Boutique Clothing • Jewelry

3907 Park Dr. Suite 105
El Dorado Hills, CA 95762
916.817.1624

Mention this ad and
SAVE 10% off your entire purchase!

FOLSOM
TAP HOUSE

MADE FROM SCRATCH

OPEN AT 11:30AM DAILY

NOW OPEN FOR LUNCH

The new owner of Folsom Tap House and Kitchen, Stacey Belkin, moved here 3 years ago from Livermore. On April 1, 2015 she took over the ownership of the Folsom Tap House and Kitchen from Jeff Back, who owns the Back Bistro. In the last 2.5 years, Stacey and her dedicated team have made this once not-so-popular spot into a very busy neighborhood sports bar and grill. It is the literally the "Cheers" of Folsom. The tap house consists of scratch-made food, with fries that are cut from fresh potatoes daily, for example. The tap house only uses quality ingredients in all of our dishes. We just won "#1 Sports Bar" in Style magazine! We have 12 large TVs and 22 beers on tap (and several others in the bottle). We also have a great wine list for a tap house and a full bar. It's been quite a challenge turning this place around and convincing people it's not the previous business anymore, but with the support of the awesome Folsom community, we have done it! Thank you, Folsom!

22 On-tap Beers | 20 Bottle Varieties

25005 Blue Ravine Rd. # 140 • Folsom, CA 95630 • 916-292-5711 • folsomtaphouse.com
Happy Hour 3-6 PM (\$1 off all pints, \$5 well cocktails, \$4 Happy Hour wine, \$2 off "Shareables")

GoldRidge
CABINETS
DESIGN

WE CARRY EVERYTHING
YOU NEED FOR YOUR KITCHEN
AND BATH REMODEL.

www.goldridgecabinets.com | 916-542-2257
881 Embarcadero Dr #2, El Dorado Hills

El Dorado Hills Cosmetic & Implant Dentistry
Jonah Tabrizi D.C., DDS

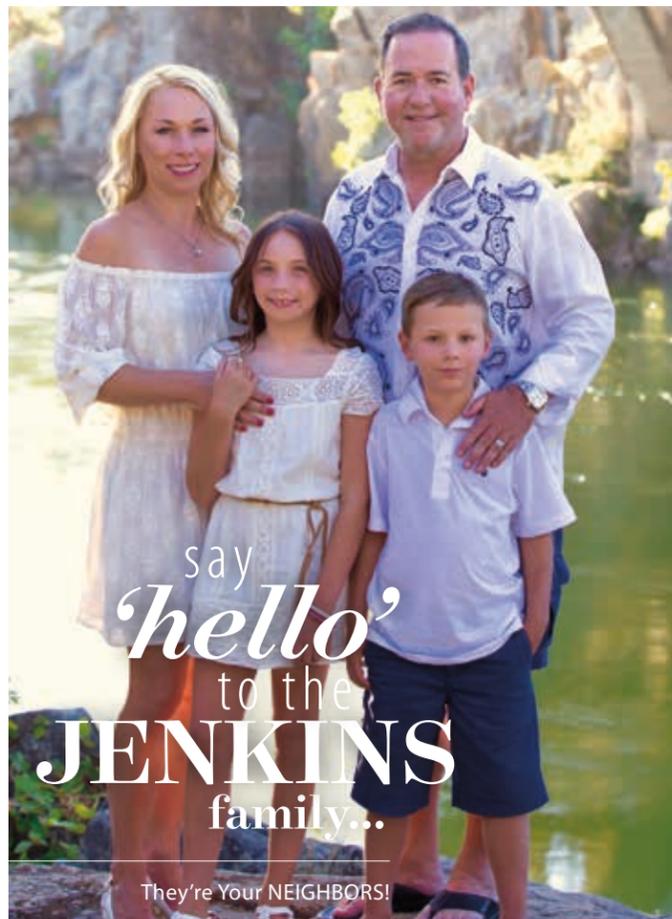
SAME DAY CROWNS
3D IMAGING
MICROSCOPE DENTISTRY
ROOT CANAL THERAPY
INVISALIGN
IMPLANT & LASER DENTISTRY
HANDS FREE STERILIZATION CENTER
CEILING MOUNTED ENTERTAINMENT SYSTEM
A RELAXING SPA

Mention this ad and receive a
10% Discount
on any treatment over \$2000.
(Not valid for HMO plans)

Complimentary Sedation
(ask us for details)

993 GOVERNOR DR. SUITE 104
EL DORADO HILLS, CA 95762
916-941-1315

DRJONAH.TABRIZI.COM
IT IS ALL ABOUT THE SMILE!



Family Member Names: Brad (Husband/Dad), Eva (Wife/Mom), Sophia (11-year-old daughter), Braxton (8-year-old son)
Street: Gresham Drive
Pets: Smokey (Recently adopted kitty)
Professions: Brad – President of Intervista Networking, TeleCommunications Firm
 Eva & Brad (Family Business) – Owners of Amazing Lash Studios in Palladio, Folsom and Quail Point, Fair Oaks

Vacations Destinations: Our family loves to travel and feels very fortunate to see new places and revisit our favorites. We spend as much time as possible in Dana Point where we have made great friends. Sophia and Braxton love the ocean and began surfing this summer! A treasured destination is also Cabo San Lucas. We love the people, culture and phenomenal FOOD! We do splurge occasionally and visit our friends and family in Croatia, England, as well as my hometown in the Czech Republic. We love to explore new places as well!

Sports Teams: Anyone who knows us will tell you we are Kings Fans to the most obnoxious level! We also follow the Raiders and are excited about the upcoming Vegas move!

TV shows/Movies: With the children, we like to watch *Shark Tank*, *Travel*, *Talent* and *Voice* shows. Once the kids are tucked away we love *NCIS*, *Billions*, *Below Deck* and shamelessly the *Real Housewives* franchises. We also enjoy going to the movies with *Avengers* and *Star Wars* being among our favorites.

Music: Brad and I love going to concerts and Sophia is definitely a fan. Braxton has sensitive ears and prefers a Kings game over just about any concert. Brad and I still sneak in concert date nights. We have eclectic taste and our favorites range from '80s rock to current pop. Most recently we attended a Depeche Mode concert and it was a blast!

Family Dinners: I love to cook, but with our chaotic schedules we frequent many of the amazing restaurants EDH has to offer. Our local favorites are Milestone, Aji and Sienna. When we are at home, the kids clamor for BBQ and seafood, specifically clams.

Do you have any family traditions? We spend Thanksgiving on the beach in Dana Point. We have a fantastic tradition with long-time family friends of deep-frying our Thanksgiving turkey on the beach! We dig a spot, place a large deep fryer in the sand and dunk in the bird! We have been lucky it hasn't rained yet!

What College/University did you go to? Brad received his Realtor License shortly after graduating high school and began selling



family feature

Resident...Eva Jenkins
 Photo Credit: Annette Kelly (Maximum Joy Photography)

residential real estate. A few years later he began writing accounting code. This transitioned into integrating phone systems and his first business, JPS, which he sold in the 1990s. Eva attended Chico and Sac State, graduating with a BS in Business and Marketing.

Where are you originally from? Brad was born at a local hospital in Redding where his father had a lumber business. A short time later they moved to Loomis, where his parents still live in his childhood home. I was born in the Czech Republic and my family and I immigrated during the early 1980s thru Vienna. We moved to Roseville and my parents continue to live in the house I grew up in.

How long have you lived in the neighborhood? Brad and I moved to our original home 11 years ago while I was pregnant with Sophia. We were so thrilled about our new adventure! Since then we had Braxton and moved a whole two doors down to our current home. We LOVE Gresham Road!

What do you like to do to relax? We truly love the beach! The water calms and relaxes us all. We also get so excited for movie nights!

What activities are your kids involved in? Sophia enjoys piano and voice lessons most. I hear her singing every moment and the glint in her eye and smile on her face tell me she is a born performer. She also enjoys tennis and, most recently, surfing. Braxton was born with a ball in his hand and loves all sports! He is involved in soccer, basketball, tennis and is now trying to convince me to play football.

What is your favorite part of living in your neighborhood? What isn't to love?! We feel so blessed to consider our neighbors friends. When we moved here 11 years ago we were apprehensive and nervous. However, we have met the most amazing people who have not only been supportive but are like family to us! We feel so blessed to have a strong community to learn from. We can't wait to make a lifetime of more memories and traditions!

When disaster strikes—RBI makes a difference

RBI provides custom home and business owners with a complete path to restoration whenever disaster strikes.

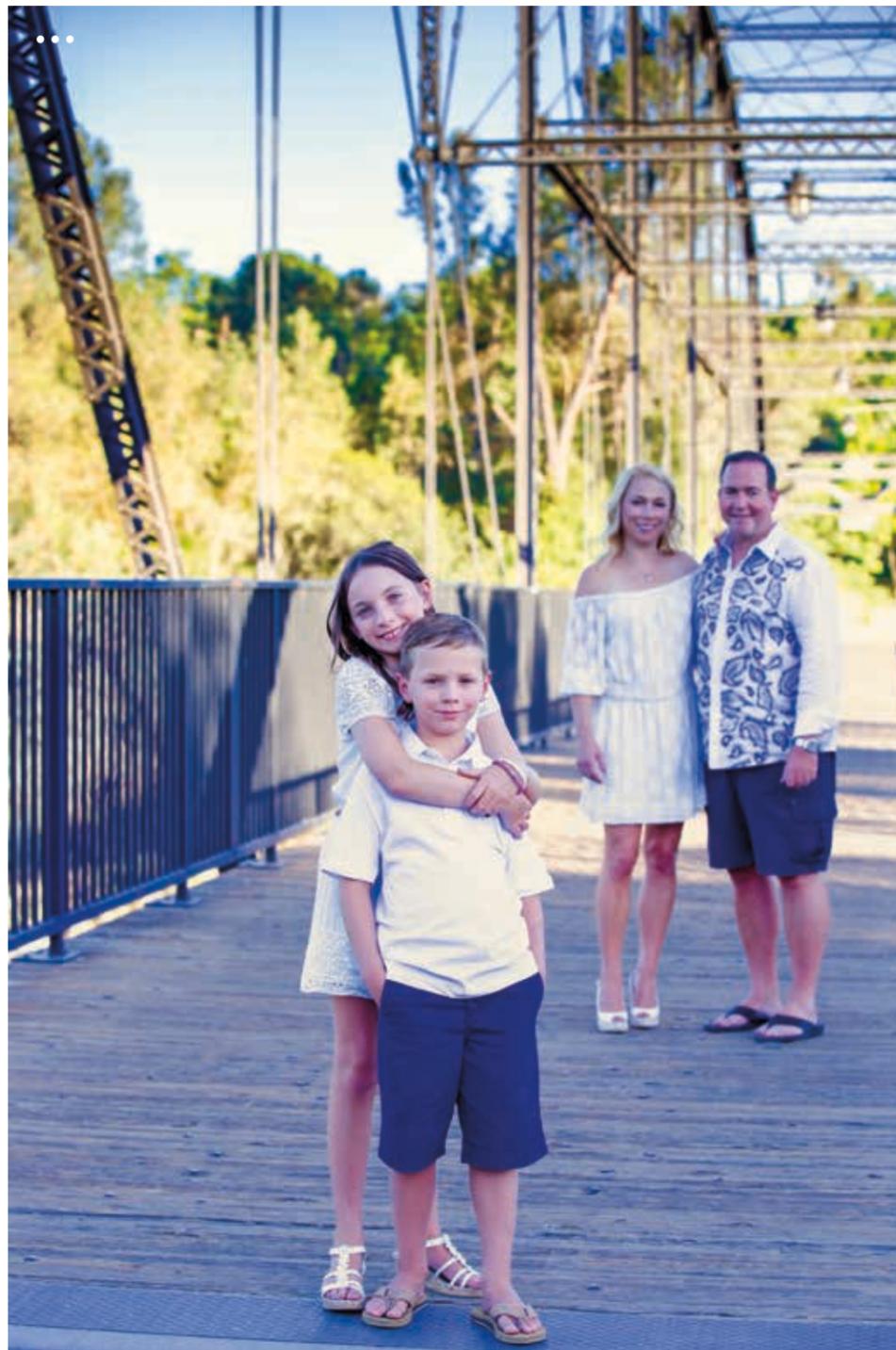
- Experience • Quality
- Craftsmanship



Taking Restoration to the Next Level

Fire • Water • Disaster

TrustRBI.com • 916.933.0362



Residents & Realtors...Jon & Shannon Yoffie



PALATIAL

Echo Springs Home...



This One Has It ALL!

living spaces

Residents...**Jon & Shannon Yoffie**
Photo Credit: **Ken Mahar Photography**

While many neighbors are looking to downsize as their kids head off to college, long-time Serrano residents Cindy and Mike Gann chose instead to move into their "forever home." Cindy and Mike know that the lifestyle and friends they enjoy in Serrano will keep them happy and busy for a long time! Their new home is just the ticket for the future they see here.

Before moving in, Cindy and Mike extensively updated both the home and yard. Their home features a main floor master suite and guest suite, elegant living and dining rooms, a spacious family room, remodeled kitchen, a subterranean wine cellar, three bedrooms upstairs plus a very large loft/playroom/movie room.

The Gann's new home is a unique combination of luxury, comfort, grandeur, privacy and intimacy. They can easily host a large formal gathering while still being at its heart a warm family home; or a more casual indoor/outdoor party in their vacation-like backyard with its pool, spa, kitchen, multiple conversation areas, and tree-screened view of Serrano's 5th fairway and the hills beyond.

It's easy to love Cindy and Mike's beautiful home and equally easy to understand why they will be here forever!

Selling Serrano Since 2004



Kathy Brill Burk
916.768.4288

www.kathybrillburkhomes.com
kbrill2003@yahoo.com
CalBRE# 01415628

**Service That Exceeds
Your Expectations**



4370 Town Center Blvd. Ste 270, El Dorado Hills, CA 95762



THE LENCI Yard...

THE PERFECT OUTDOOR SPACE FOR RELAXING & ENTERTAINING!

outdoor splendor

Advertiser & Owner of Goldridge Cabinets & Design...**Marcia Lenci**
Photo Credit: **Ken Mahar Photography**



In 2010 we removed all of the lawn and added in decomposed granite pathways and un-thirsty plants and natives. I wanted to keep the backyard very natural and inviting while cutting back on the water needed to keep it looking green. I was going for a Foothill Winery with a casual and laid-back entertaining vibe. We entertain a lot and wanted there to be several areas for guests to gather and linger. The slate outdoor kitchen counter is perfect for serving a buffet. The 10-foot reclaimed wood table was made by me out of hundred-year-old reclaimed lumber salvaged from the Camino Mill. The bar is made out of rusted steel with a reclaimed wood top.

The building in the very back of the property is a 10 by 20 storage shed that has reclaimed wood windows and doors. I'm not sure if this is shown in the pictures, but there is a four-poster wooden bed down the path for guests. Some interesting plants shown are the black birch trees that have peeling salmon-colored bark. The yucca plants have tall red spires and the Jerusalem sage is the tall spiky plant behind the fire pit.

you're invited

EXCLUSIVE THL MIXER EVENT AT TALISMAN JEWELERS

Come and ENJOY Friends, Food, Wine, Chocolate, Tunes & More!

All of this for FREE? You got it, Serrano!

WHEN & WHERE

Thursday, August 16, 4:00-7:00 p.m.

Talisman Jewelers

4357 Town Center Blvd #118, El Dorado Hills, CA 95762

Please RSVP to: jenny.thurman@n2pub.com



Exclusive Flightz HAPPY HOUR MIXER

Food, Fun, Friends...a FABULOUS time!

For a sparkling pool your neighbors will notice!
Clean. Safe. Reliable.

For superior service, call Viking Pool Maintenance today!

- Weekly Maintenance
- Service
- Repairs
- Parts

(209) 418-8522
Vikingpoolmaintenance.com
Conveniently Serving Serrano & Eldorado Hills



thl event

KCRA - Channel 3
Meteorologist...**Tamara Berg...**
Culinary Queen
Professional Photos:

Ken Mahar Photography

FLIGHTZ

ARTISAN FOOD • WINE • BEER

It's fresh, local and unique. A new restaurant in El Dorado Hills is taking flight and serving up smiles one customer at a time. Every dish is prepared with passion, local seasonal flare and creative appeal. If you're a wine connoisseur, Flightz will tantalize your taste buds. Pouring local wines from El Dorado, Amador and Napa counties, Flightz is the only place in Northern California serving up four exclusive Italian Imports from Franciacorta.

Every dish is carefully handcrafted by Chef and CEO Michael Griffith. "My philosophy is eat what you like, drink what you like and get home safe," says Griffith. At Flightz you'll find American modern food. There are a few staple items on the menu, like the hamburger, but Griffith also loves to create fresh unusual combos like the salmon shooters.

Dozens of Hills readers came into Flightz for an Exclusive Happy Hour Party. Quite the display of artisan foods was sampled, and everyone had a glass of wine or beer in hand. Servers were pleasant and knowledgeable, offering advice on what food paired with what drink. The vibe was laid back and casual. Co-owner Elisa Griffith says, "Come dressed as you are. We want you to feel at home."

Flightz cares about the community and gives back. If you are interested in raising money for a specific cause, contact the owners. They are happy to help you and your team set up a fundraiser. You can also join Flightz every Saturday until the end of September for live music.

Food Descriptions

Flightz Frips & Onion Dip: A guilty pleasure ready to please. Fresh cut potatoes deep fried to perfection served with a creamy homemade onion dip. Beware this plate is highly addictive.

Meat & Cheese Board: Delightful display. This dish looks too good to eat. Seasonal fresh fruit is paired with savory cheeses and hearty meats.

Arancini Flight: If you love risotto or macaroni and cheese, this dish will hit the spot. Mushroom, bacon and tomato are cooked in this risotto. The risotto is then rolled up, fried and baked. Enjoy the arancini alone or dare to dip it into the special sauce.

Salmon Shooters: Chef Michael says he just came up with this beautifully displayed small bite. It's filled with cubes of salmon swimming in a light and refreshing tomato salad and topped with pineapple and mango chutney.

Flightz Hamburger: A staple menu item that you can't go wrong ordering. This is an Angus beef patty cooked to your liking and topped with tomato, arugula and pickle. Jaws typically drop at the first look of this sandwich. A big delight, that will take several big bites to devour.

Grilled Chicken Pasta: A perfect summer dish to enjoy on the patio in the heat. The pasta and sauce is light and aromatic. The chicken is seasoned to perfection, moist and full of flavor. Try a glass of chardonnay or rosé to compliment the flavor experience.

Flightz serves lunch and dinner Tuesdays-Thursdays from 11am-9pm and Saturdays & Sundays 11am-10pm.

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



Michael & Elisa Griffith being interviewed by Tamara Berg






NOR CAL MECHANICAL
HEATING AND COOLING

Heating and Cooling Units, Evap Coolers & Indoor Air Quality Products



Nor Cal Mechanical has been in the business for over 15 years and we've been lucky enough to learn a thing or two over those years. We've even worked hard to make sure that our staff knows the most up-to-date information about all of your heating and cooling needs. Keeping you cool and warm is our goal!

brad@norcalheatingandcooling.com (530)677-5559
4663 Golden Foothills Parkway Suite 101 El Dorado Hills, CA 95762



Martinez Landscaping

Total care for your outdoor space.



Call us today for an estimate!
916-308-1771

Deck work • Fencing • Landscape • Hardscape
Trimming • Concrete • Tree Removal
Mowing • Total Lawn Maintenance

*Proudly serving the Serrano, El Dorado Hills and surrounding communities.
Just ask your Neighbor.*

LAW OFFICES OF

HOFFMAN & HOFFMAN

Serving Sacramento, El Dorado County & Surrounding Areas

Family Law and Estate Planning Specialists

We offer more than 40 years of combined expertise in the areas of Family Law, Estate Planning, Business Law and Probate, Trust Administrations, and Trust Litigation

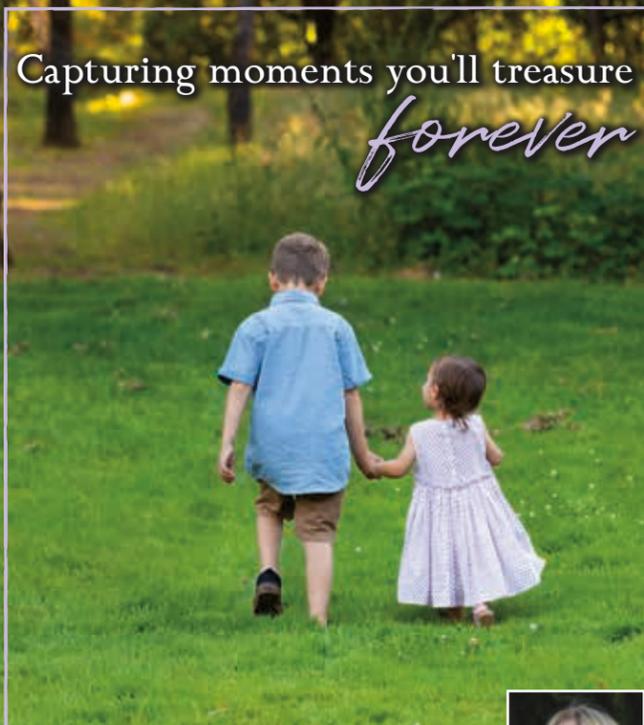
MENTION THIS AD FOR YOUR FREE ESTATE PLANNING CONSULTATION!

916.985.2753 or 916.933.5552

Email us at info@hoffmanandhoffman.com
www.hoffmanandhoffman.com




Capturing moments you'll treasure forever



Birthdays | Outdoor Sessions | Families



www.jodySORIAPHOTOGRAPHY.COM
jsoriaphotography@comcast.net
916-947-6226



Independent Living the Ponte Palmero way



- Beautiful Independent Living Duet Cottages
- Full size kitchens with granite countertops and stainless steel appliances
- Garages and washer and dryers in each home
- Sizes Range from 1,274 to 1,478 square feet
- Restaurant Style Dining
- Utilities and Basic Cable
- Weekly Housekeeping
- Transportation within a 15 Mile Radius
- Pet Friendly-No Pet Deposit

Discover our Independent Living! A life among friends who have diverse interests in an environment free from worry, free from housework, yard work, cooking, and maintenance. Enjoy the pool and spa, heated year round. Discover a full recreation program which includes daily activities, water aerobics, Tai Chi, and more.

Join us for daily lunch tours and brunch or dinner tours on Sundays!

3081 Ponte Morino Dr.
Cameron Park, CA 95682
530-677-9100
Facility License #09700477

Kenneth E Mahar Photography

Fine art to enhance your residential or commercial décor

Images include wildlife, abstract, landscape, macro & seascape

www.Ken-Mahar-Photos.com
KenEMahar@gmail.com | 650-504-1393

Mention this ad and receive 15% off your first order!

Prestige Tile Imports



Be inspired by browsing our showroom or bring your own ideas. We can assist you with do-it-yourself projects or provide complete installation by licensed contractors. Talk to Fifi, our in-house designer with more than 20 years of experience. She can help you with your design and your budget. Call or stop by for FREE estimate today. Quality tile & stone countertops, along with a great cabinet selection for modern or traditional homes.

916.476.5966
9816 Business Park Dr., Suite B Sacramento, CA prestigitileimports.com

- 🐾 TRAINING
- 🐾 LODGING
- 🐾 GROOMING
- 🐾 DAY CARE



NOT YOUR TYPICAL KENNEL!

(916) 439-7202 | FolsomDogResort.com | 120 Blue Ravine Road | Folsom, CA 95630



I want Mom to:

- laugh
- make friends
- eat well
- feel secure
- have fun
- feel loved

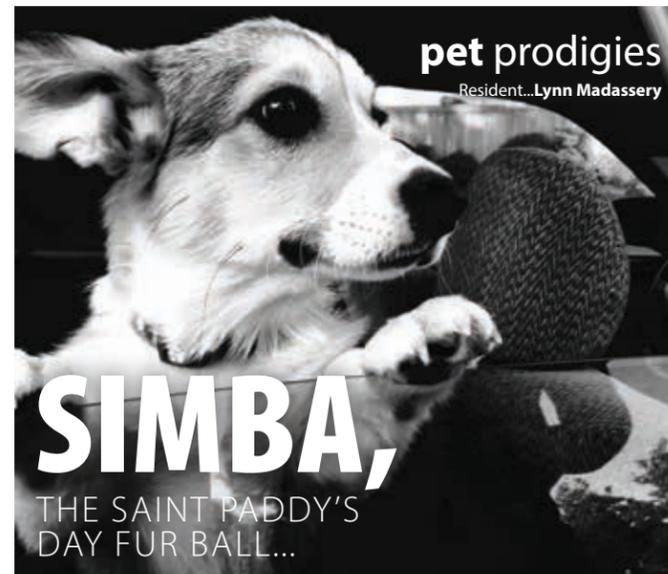
ESKATON
Transforming the Aging Experience

eskaton.org/elgb

Eskaton Lodge Granite Bay
Independent Living with Services
and Assisted Living
916-660-5572
License # 317005628



A leading nonprofit provider of aging services in Northern California since 1968



Keeping His 'Pride Land' Peaceful!

Simba Patrick Madassery
Breed: Pembroke Welsh Corgi
Birthdate: March 17, 2017

Simba was born in Texas on St Patrick's day. We saw his pictures online and instantly fell in love with him. He reminded us of our other corgi, Sammy, who passed away in 2016. And so, he flew in all the way from Texas to be a part of our family. We love the movie Lion King and so we named him "Simba," and since he was born on St Patrick's Day, we decided to make his middle name "Patrick." The humans in Simba's pride are his parents... Lijo, Lynn and sister Olivia.

True to his name, Simba makes sure his "pride land" (aka backyard) remains safe from birds and squirrels. He once tried to take on a Blue Jay and almost succeeded. So far, he has been wise enough to stay away from the hawks. He loves digging for treasures like water sprinklers and has successfully caused leaks in the backyard leading to several pools of muddy water to play in. Simba also tries to do his share of chores around the house by shredding unwanted (and sometimes important) documents.

When he is not busy guarding the backyard from pesky birds, he enjoys playtime with his human sister. He is not much of a TV addict but enjoys watching The Crown with his mom. His favorite toys are balls of all shapes and sizes and he would do anything in the world to fetch them! He also values every toy seen in the hands of his human sister and enjoys stealing them from her. Simba enjoys long walks and is quite the socialite in the neighborhood. He gets along well with the other dogs and humans. He loves being pampered and enjoys a good belly rub!

"Simba" our Pembroke Welsh Corgi is definitely a small dog with a big heart and a big attitude. He is a fur ball of energy and enthusiasm. He is a loyal little pup who loves his family ... his pride. We love our little Simba; he brings us a lot of joy and happiness. Our lives wouldn't have been complete without him.



Feel the difference.

Our environmentally friendly and patented Empowered Water™ thoroughly cleans, eliminates bacteria and mold, and keeps your carpet fibers amazingly soft. You have to feel the Zerorez difference to believe it.

Zr³ zerorez

8173 Belvedere Ave. Suite B.
Sacramento, CA. 95826
916-454-2103
www.zerorezsacramento.com



athletic accolades...

Resident...**Madison Shepherd**

Check Out **Jessie Polson's** LIGHTNING Speed on the Soccer Field... You GO Girl!!!

How long have you been playing soccer and how did you get your start in it?

I have been playing soccer since I was four years old. I started playing softball and soccer when I was young, and although I did enjoy softball, I always gravitated towards soccer not only because of the physical contact involved, but because of the pace of the game. Soccer is always a quick pace and you have to be prepared for the change of possession. You have to act quick on your feet and always be ready to quickly react when the ball changes direction in the game.

What position do you play? What team do you play for?

The position I play is Center Forward, also known as Striker. I am captain of my team, U16 Folsom Lake Earthquakes. My team



is in the Premier League (top of the division) for State Cup and made it into the quarterfinals for State Cup. My team is ranked 16th in Northern California, and 70th nationally. We are hoping as we play together longer we will keep climbing higher in the rankings. My club, Folsom Lake Earthquakes, is fairly new. My club combined with Ethos Soccer Club and Folsom Soccer Club to create Folsom Lake Earthquakes and has many great teams.

Do you have any siblings? Do they play sports?

Yes, I do have one sibling, Leah Polson. She is 17 and a senior at Oak Ridge High School. My sister plays travel softball and verbally committed to UC Davis to play softball there.

What do you like best about playing soccer?

The thing I like best about my sport is the aggression that is needed to play the game. I am known mostly on the field for my aggression. I enjoy the physical contact that is needed to play the game, and I put my body on the line every single play, doing my best to steal the ball. I come out of every game with various "war wounds" and, as a forward, I love scoring. The rush that you get after watching the ball hit the net is unexplainable. It is the reason I play the game...to score and to win.

What do you consider to be the most important quality an athlete should have?

As an athlete, I believe that the most important quality to have is to be dedicated. In order to go anywhere in life, you must be able to have the determination and dedication to reach that certain goal. I train up to 6-7 days a week, whether it's with my personal trainer, my team or on my own going out to a local field and running my own drills and shooting on goal. I believe that dedication is a huge part of why people are so successful and this is especially true in the sport of futbol. You must have the dedication to continue to work, even on the tiniest pieces of the game.

Who is your role model? Who do you look up to?

My role model and the person I have always adored and looked up to most is Brandi Chastain. Many know her because of her famous goal-winning penalty kick in the 1999 World Cup Finals, in which she rips off her shirt and slides onto her knees in celebration of scoring. I look up to Brandi Chastain not only because of her skills and how she brings other players into the game, but because she was able to bounce back from her numerous injuries



during the sport. All in all, as a forward, I strive to be like Brandi because of her skills, speed and her dedication to the sport.

What is your fondest memory of high school so far?

My best memory of high school has been the high school soccer season. This was my favorite memory not only because I made varsity as a freshman, but because I got to meet many people around school that I did not know before. It was definitely an experience to remember because it helped me feel more comfortable at school, being able to say hello to girls on the team in the hallway and being able to know more upperclassmen than before the season started. The high school team had great chemistry and we all got along very well, whether it was joking around at practice or going over to each other's houses for team dinners.

What is your favorite subject in school?

My favorite subject in school other than PE is English. This is my favorite subject because I enjoy the writing portion that is involved with it. I love reading, and so of course along with advanced English came reading a multitude of books with different genres.

What are your plans for college?

My plans for college most definitely include playing soccer. I am starting the recruiting process and have been going to various camps to get in contact with colleges. I want to go to a college that has a Division 1 soccer program and preferably near the beach. Since I love English, I would like to be an English major and pursue a teaching career, preferably at middle school level.

Do you have any advice for someone who is considering soccer as a competitive sport?

If you are considering playing soccer, at no matter what age, I strongly encourage it. It really helps with your fitness, your speed and it increases your work rate. Advice I would give to anyone wanting to start a sport is to always continue on and truly be dedicated to the sport. Soccer is one of the toughest sports you can play, not only because of the aggression that is needed, but because of the fitness needed also. You must always be dedicated to the sport and keep pushing through and keep persevering through the hardest parts of the game. I leave you with a quote from my idol Brandi Chastain, "The more you practice and the more you rehearse, the more comfortable you become and the more confident you are."



SwimLabs
Swim School | KIDS | COMPETITIVE | TRIATHLETE

**THIS SUMMER
I'M GOING TO...
learn to swim**

- Small class sizes
- Warm water indoor pools
- Certified instructors
- Large viewing windows for mom, plus live stream!
- Locally family owned and operated

REGISTER TODAY FOR A FREE TRIAL!

SwimLabs El Dorado Hills
5009 Windplay Dr., Ste. 3, El Dorado Hills, CA 95762
916-900-6550 | swimlabs.com



Local Family Owned Window Coverings

Call Today For Your Free In-Home Design!

(916) 616-7895

www.futureviewwindowfashions.com

Fully Bonded & Licensed

CA License #1036670



BLINDS - SHADES - SHUTTERS - CURTAINS - REPAIRS - MOTORIZATION



travel mania
Resident...Ashley Rybar

THE Rybars...

THEY NOT ONLY TRAVEL FOR PLEASURE... BUT ALSO TO HELP KIDS AROUND THE WORLD!

From Greece to Thailand, Italy to Peru, deep into Bali and stretched to Rwanda; some of my favorite travels have been about experiences and people. Getting out of our comfort zone has arisen some of the most amazing things we would have never discovered otherwise. I first discovered getting out of my comfort zone when I was a senior in college, and traveled to the Philippines to build a basketball court for a small village that had nothing to offer for children. Once I got a taste of that I knew I not only wanted to travel and see more of what different cultures had to offer, but connect with different people across the globe. After Sean and I got married, 11 years ago, we vowed to take an international trip at least once a year.

One of our first international trips was in 2008, with our passports in hand and ready to change the world. We were heading to Uganda to build a basketball court with Courts for Kids, and help some of the thousands of children that had lost their parents in the refugee war. The horrific stories we heard from the children holding our hands, looking up at us with those sweet innocent eyes, were heart-wrenching. We were there for only 10 days, but yet those 10 days had changed my life forever! These children had so little, but yet seemed more joyful than most people I knew back home. Working side-by-side with local workers and

children, so excited to have a simple basketball court that they could have at the center of their village, meant more to them than anything. It gave them an opportunity to take their mind off of the responsibilities that seemed beyond their years, and enjoy being exactly what they were, kids. This experience changed Sean and my life forever. We have since had the pleasure of helping build courts in Peru, Costa Rica, Philippines, Rwanda and Uganda.

Not only did we get to meet some amazing people, eat foods we would never have dared to eat (like goat heart and blood given to us by the chief of the village; which we obviously couldn't refuse), but we always sought adventure along the way. When we were in Rwanda, we hiked up the mountain range in the middle of the jungle between Rwanda and Congo. We hiked for about an hour and half before we reached the family of Silver Back Gorillas we were searching for. Our guide spent an entire year getting to know this particular tribe of gorillas, even learning the gorilla talk. They would beat their chest and jump up and down in his face, and he would submit by putting his face down. After a year of gaining his trust, he was able to bring groups with him for up to three hours max. Our first glimpse of this magnificent beast was seeing the head Silver Back with his baby gorilla. His head was as big as my top half of my body! We watched them play together, until mo-

ments later there was a gap between our group leaving space between the silverback and his baby. That moment where I thought "Oh, wow, this isn't as bad or scary as I thought" quickly faded when the Silver Back charged our guide while he was beating his chest, then swung his giant stocky arms snapping a giant bamboo in half, just barely missing our guide. He was warning him to not come to close to his baby. To say our hearts were beating a mile a minute is an understatement! We gathered up enough courage to continue on, and I'm so glad we did! We observed the tribe that was 12 in all and even came so close to one that was crossing where we stood that we could hear its breathe and feel its hair.

Life is about experiences, giving more than you receive, leaving a place better than you found it, building relationships, appreciating a different culture and discovering a new perspective. This is what travel has done for us, and I hope you can discover that as well! Get out there and see the world, it's waiting for you!

Courts for Kids offers service/immersion trips for all ages. To find out more, check out their website at www.courtsforkids.org or chat with me. I would love to share more!



dungeness Crab Aioli Olio

AIOLI, OLIO...Voilà!

Dungeness Crab Aioli Olio

The story is...I've always loved the simple taste of Aioli Olio; it is like that most basic of pastas only flavored by oil and garlic at a minimum. That being said, I really love Dungeness crab. There was a place near where I grew up in Philly that served garlic crabs. On the East Coast, they serve blue crabs so when I got to the West Coast, having a garlic crab the size of a Dungeness is like food heaven. Finally, Italians in Philadelphia are mostly Catholic and celebrate the Feast of the Seven Fishes. So around Christmas, especially, I really enjoy making this meal but in my opinion, it is good anytime.



Ingredients:

- 1 Dungeness crab cooked and cleaned
- 8 Garlic cloves minimum
- Kosher salt
- 1 pound dried spaghetti or bucatini
- 1/3 cup good olive oil
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup minced fresh parsley
- 1 cup freshly grated Parmesan cheese, plus extra for serving

Preparation:

1. Cook crab in an inch or so of boiling water for 5-10 minutes and then clean.
2. Bring a large pot of water to boil for the pasta. Reserve 1-½ cups of the water before draining the pasta.
3. Heat oil in a large pot large enough to hold the pasta. Add garlic and cook for 2 minutes stirring frequently; don't overcook it. Add the pepper for a minute and then carefully add the water. Once boiling, lower the heat and add the salt. Simmer until reduced by about a third.
4. Add the pasta to the garlic sauce and toss. Add the crab.
5. Add the cheese and parsley after removing from the heat and letting sit for a moment.
6. Serve with extra Parmesan and red pepper flakes.

Tips:

Half of the meat is in the body and the other half in the claws. Do not have the store clean it; they usually smash the shell and it gets in the meat.

Ready in 30 minutes. Prep: 15 Minutes. Cook Time: 15 Minutes. Serves six people.

groomingdales
PET SALON

21+ Years of Experience
Open Sunday-Wednesday

Voted Best Grooming 2011-2016!

Has your pet had a bad grooming experience? Groomingdales specializes in catering to even the most timid and skeptical pet clients.

We always use products that are:
Paraben-Free • Sulfate-Free
(Specialty Shampoos Available)

140 Arroyo Vista Way Placerville,
California, CA 95667
(530) 405-7463
GroomingdalesEDC.com
Visit us on Facebook

Create the closet of your *dreams*

Family owned and operated
Call today for your free in-home consultation.

CLOSET
Gallery

916-826-7016
www.aclosetgallery.com

got scott?

Scott Ostrode
Realtor
916-900-1880
www.TeamOstrode.com
BRE #01241383

TOP Sold
TEAM OSTRODE PROPERTIES
kw

got team?

From L-R: Valerie Lujan, Mike Herzog, Laura Brown, Leisha Freitas, Scott Ostrode, Jen Ostrode

Elite Handyman Solutions
"One Call Does It All"
Robert Hashagen
(530) 386-6393

- Plumbing
- Electrical
- Carpentry
- Painting
- Faucets
- Light Fixtures
- Interior & Exterior Trim
- Fence & Gate Repairs
- Decks and Staircases
- Tankless Water Heaters

Has your tankless water heater been serviced in the last year? For efficiency and longevity, call today to schedule your annual servicing or any other home improvement needs!

(In partnership with Totally Tankless, a full-service plumbing company)

Serving Serrano, El Dorado Hills, and surrounding areas

M.E.
Modern Edison Electric
FOR AN ELECTRICIAN, CALL M.E.

Indoor/outdoor Lighting • Remodels/upgrades
Maintenance/repair • TVs/Internet

When you need a reliable professional who truly cares for you and your home, call M.E.

ModernEdisonElectric@gmail.com
916.642.9426

License # 1014512

Resident...Wes Washburn
(With Photo Captions by Jenny Thurman, Jack's Daughter)



Jack...age 14

A Heartwarming STORY... OF WAR, CATASTROPHIC LOSS, AND A MAN OF HONOR!

Jack Smith carries himself as a man of character...a man of quiet composure who listens with a compassionate ear. Jack is a recently retired family practice doctor & surgeon, who enjoys time with his family, traveling, reading, fishing, and playing chess almost daily. I've spoken to several people who have either met, or know Jack, and I found it striking that anyone who spoke about Jack, couldn't help but smile. Recently, I was compelled to share some of Jack's lesser-known experiences and shine a light on some of the unsung heroes that are all around us.

Dean Paul Smith was born in Walla Walla, Washington in 1937. He never went by 'Dean.' Growing up, his mother called him 'Jackie Dean,' after a famous radio character. As he got older, 'Jack' became the name his friends and family knew him as. He graduated from medical school and was prepared to embark on a fulfilling surgical career, when in 1965, he received notice from the Selective Service, informing him that he had been drafted to support the growing conflict in Vietnam. Roughly 25% of those who served in Vietnam were drafted, but it was uncommon for someone nearly 30 years old to receive notice. Jack was already married with a young son and newborn twin daughters. He had little interest in the war but felt compelled to serve, if called.

The letter he received, informed him that he would be notified of induction

Long Binh, Vietnam



Some of Jack's medals & a piece of shrapnel he pulled out of the bunker just above his head when he awoke one morning



Challenge Medal Wes earned while serving, and gave to my dad after they met...so special! Thanks Wes!



30" Rainbow with guide in Alaska



Dad with Wes Washburn

at a later date, so he waited ... but the notice never came. He went on with life and one month turned to six, six to twelve and so on. He took a position of surgical residency at the White Memorial, and moved his family to Los Angeles in 1965. Through a looking glass, life was good. A full 18 months passed, and then it happened...He received his induction notice and would be sent to Vietnam in the late spring of 1967. He spent his first year in the Army training at Fort Gordon in Augusta, Georgia. His wife and children accompanied him but planned to stay

with family in Garden Grove, California when the time came.

It's a surreal feeling to face the unknown. Facing the fact that you'll be gone for a year is difficult for any relationship but knowing that you'll be going to a country in the midst of war is a constantly overwhelming struggle. With a departure date pending, there were moments and phases of denial for Jack. Each day grew in tension and fear...until it actually arrived. Jack held his children, held his wife, and with all of the strength that he could muster, he kissed them goodbye.

The flight left in the late afternoon, heading west. As the plane climbed higher, the sun seemed to hang in the sky for hours as he chased the sunset. The men and women aboard smoked cigarettes, drank beer and shared stories of the towns and people that they were leaving behind. It was a jovial and friendly environment, but it was superficial. It wasn't until a refueling stop in the Philippines that the sun finally went down. It was at that point that the pilot informed the passengers they would need to close the window shutters and turn off all lights, as they would shortly be in Vietnam and any lights from the plane may allow the enemy to target them.

Jack, with nearly 370 other soldiers, landed in Bien Hoa about 2:00 a.m. The airfield included several corrugated aluminum buildings. He was surprised to see the large scale of the facility as he walked from the airstrip into a square warehouse-style building. The 300+ soldiers stood in formation awaiting instructions and assignments, as this would be the first of many stops for most of them prior to arriving at their final duty station. Jack had been in Vietnam less than 10 minutes when the airfield came under attack. Mortar and artillery shells hit the base in a coordinated attack that caught all by surprise. The lieutenant in charge yelled for everyone to hit the deck and stay as flat as possible. Explosions ripped through building-after-building, as Jack and his fellow soldiers stayed low to the ground to avoid any shrapnel. For most, there is a specific moment when you can no longer deny your reality and are forced to reconcile the gravity of the situation...for Jack, this was that moment.

The attack lasted almost 15 minutes, and the damage was catastrophic. Jack was still lying flat on the ground in the warehouse when he heard a green beret major repeatedly calling for a "Mr. Smith." It wasn't until he heard the words "Dr. Smith" that he realized the major was calling for him. Jack ran through the darkness, jumping over men to find the major, who then directed Jack to immediately tend to the wounded. Jack surveyed the area and realized that the building he had been sheltered in was the only one left unscathed. As a doctor and surgeon, he had seen his share of trauma back home, but he was thrown into the role of combat medic on his first night, and things would never be the same.

Jack was stationed in the 7th Surgical Hospital in the city/province of "Long Binh," a short distance north of Saigon. The motto of the 7th Surgical Unit was "Refugium Et Virtus," which translates to "Refuge and Strength." The base was large by most



Jack with his twin (me & my sister, Jackie) daughters in Augusta, GA

standards and growing every day. By 1973, Long Binh would become one of the largest U.S. installations outside the continental U.S. because of its strategic location. The base included numerous ammunition depots and other logistics installations. It served as headquarters for the Army's 1st Logistical Command and was critical to the war effort. The base was heavily populated and for the medical staff, there were moments of down-time when the local fighting would subside or shift to other areas. In these moments, personnel embraced the camaraderie by playing card games or basketball and sharing stories. Things would change very quickly when the helicopters carrying wounded would appear on the horizon, and staff of the 7th barely had time to breathe.

Working in the most stressful of circumstances, often having to prioritize care and providing a peaceful passing for those beyond help, the men and women of the 7th surgical unit were nothing short of miracle-workers. They helped soldiers from both sides of the conflict. They helped innocent men, women and children who had been caught in the crossfire and upheld the ideals of the Hippocratic Oath... simply helping those in need and abstaining from causing any harm.

Jack was granted a brief leave of absence in January of 1968. He met his wife in Hawaii but found it impossible to put the war behind him. Every sunset was symbol that he was another day closer to going back. Every conversation was filled with things that



Mom & Dad's Engagement Photo



Jeff...age 2



Portrait of my mom about the time she met my dad



he couldn't say. Two weeks passed and he was again kissing his wife goodbye and getting back on a plane. It was January 30th, 1968.

After a long day of travel, and a miracle helicopter that landed at dusk in Tan Son Nhut, Jack made it back to Long Binh. It was his first night back and at 3:00 a.m., January 31st, Jack was awakened by the sound of artillery. The Tet Offensive had begun, the base was under attack, and Jack was needed in surgery. Wounded arrived day and night while Jack and his colleagues worked tirelessly with virtually no food or sleep for days on end. It's impossible to measure the extent of their contribution, but they attended to a record number of wounded, at the center of the most violent conflict of the war. There were constant reports that the Viet Kong were overrunning their base camp, and the sounds of ammunition exploding around them was literally shaking the ground. The initial attack would last for more than three days, and the first phase of the offensive would last over a month.

Several weeks passed, and in March of 1968, Jack returned to the U.S. where his wife and son met him at the airport. The drive home was quiet as he tried to let go of the anxiety and environment that he left behind short hours ago. His son, who was 5 at the time, was quiet too, as he did not know how to react to the dad he hadn't seen in a year. As he entered his in-laws



Jack & Army Buddies at 7th Surgical Unit

home in Garden Grove, he was greeted by his twin daughters, now three years old. They ran to him with smiles and laughter, screaming "Daddyyyyy!!!" Jack was FINALLY home. After a long embrace, he excused himself and found himself sobbing behind the locked door of a bathroom. He was home, but the moment of realization that he was now "OK" proved elusive. The scars and feelings he carried were not easy to ignore. The nightmares were haunting and they didn't allow a single night of decent sleep for over 15 years. As with many men from his generation, these were private struggles, and he did his best to quietly cope, but even 50 years later, the memories are still there and they are still overwhelming. Loud explosions and high fevers have sent Jack back to Vietnam several times to relive the pain and fear, and they probably will again.

Jack opened his own medical practice in Chico, California in 1969 and worked there until 2012, when he retired. His patients and co-workers still miss him, so he makes a couple of trips back to Chico to visit each year. Jack has traveled extensively. He took several summers to be a missionary doctor in Bangkok, Thailand, and Kaohsiung, Taiwan. He has visited most of Europe, China, Asia, Australia, New Zealand and many other tropical vacation spots around the world. He traveled to Alaska to fly fish among the grizzly bears, and went on a safari to Africa, where there was a very close call with an angry lion.

In his younger days, he played softball in a city league, and would take regular golf trips with friends in search of the perfect round and course. His wife was famous for ensuring that he was dressed impeccably, and those same friends often referred to him as the "Tidy Bowl Man" because he was always dressed to a 'T.'

Jack lost his wife of 50 years in 2009 to Parkinson's. His health has faded since then. He has suffered a heart attack, had a heart-valve replacement, had 7 bypass stents placed, survived several strokes and has been in AFib for many years. He has lost most of his vision in his right eye, and about a year ago, he decided that he should probably quit driving!

Jack is a humble man, quick to admit his shortcomings and even quicker to say something nice about someone else. As I sat with him in my kitchen I was moved to tears more than once, and inspired to share a story that he finds very difficult to tell. My own grandfather spent three years in Vietnam with the Army and it dawned on me that there are likely many people in a situation similar to my own... someone with a family member who served in Vietnam; perhaps a father, brother, son or daughter? Some of those people gave the ultimate sacrifice, and some were saved by men and women like Jack Smith. Unsung heroes, and amazing people.

Thank you, Jack!

RELAX, WHILE WE DO YOUR
DIRTY WORK.

ENJOY A HEALTHY, CLEAN HOME ALL YEAR ROUND.

You deserve some good, clean fun this summer. Let us handle the clean part. With our 22-step cleaning process, your team of professionally trained specialists will provide a thorough, deep clean you'll love coming home to.

Visit MAIDS.COM for details about our **22-STEP CLEANING PROCESS.**

Call now for a free, no-obligation estimate
916-294-5700
Maid.com Locally owned and operated

The Maids
Referred for a reason.

Providing Divorce Financial Advice Services

Let me help you...
Gain Control - Save Time
Avoid Pitfalls - Reduce Stress
Call for a complimentary initial consultation.
(916) 351-0000

Russel Phelps, CFP®, CDFA®
Financial Advisor
CERTIFIED FINANCIAL PLANNER™
professional
Phelps, Dudley & Associates
A financial advisory practice of
Ameriprise Financial Services, Inc.
1130 Iron Point Road, Suite 150,
Folsom, CA 95630
ameripriseadvisors.com/russel.l.phelps
CA Insurance 0B18900

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with flame design) in the U.S. The initial consultation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations.
© 2018 Ameriprise Financial, Inc. All rights reserved.

LISA WIBLE WRIGHT
Certified Family Law Specialist

601 University Ave, Suite 274
Sacramento, CA 95825
(916) 564-6262

Certified Specialist, Family Law, The State Bar of California Board of Legal Specialization

20 Years Experience • Extremely Competitive Rates
Commercial And Residential Window Cleaning And Gutter Cleaning

WHO NEEDS WALLPAPER WHEN YOU HAVE
Bright windows?

Allbrightwindows.net
8176 Villa Oak Drive • Citrus Heights, Ca 95610
Call Us For A Free Quote! (916)217-5250

hfd Home Fashion Designs
California licensed window covering contractor CAL # 931073

Shop local! We are your local, full service window treatment showroom.
25% off retail on all window treatments! Plus receive our exclusive Hunter Douglas promotion through November. Call for details today.

HunterDouglas + Tableau
881 Embarcadero Drive, Suite 2, El Dorado Hills | (916) 934-2158

Residential and Commercial
EXPLORER PEST MANAGEMENT
We Hunt What's Bugging You!

Why Explorer Pest Management?

- Always available to provide effective pest management solutions
- Pest control products are registered by the State of California
- Family-owned & operated
- Members of the Sacramento Better Business Bureau
- NO contracts
- We answer our phones personally... No call centers
- Committed to reducing, even eliminating pesticide when possible
 - Bonded & insured
 - Senior citizen discounts
 - All our technicians are licensed in the pest control industry
 - We stand behind our work unconditionally to exceed your expectations

Serving El Dorado Hills and the Greater Sacramento area for over 20 years.
916-933-7424
Learn more about our business online at ExplorerPest.net

Lighting Unlimited INC.

LET US BE YOUR LIGHTING ASSISTANTS
Visit our Award Winning Showroom
Open Monday - Friday 9am-5pm
Saturday 10am-3pm

www.lightingu.com
2522 merrychase drive cameron park

ARTS AWARDS WINNER

Full Service Tree Care

916-267-3699
Josh Day/ Owner
JoshDay@WesternTreePreservation.com
I.S.A Certified Arborist # WE-9855A

Free Estimates
www.westerntreepreservation.com
Serving the Greater Sacramento and Sierra Foothill Areas

CERTIFIED ARBORIST
ISA



Peter Hay Golf Course My first golf lesson! Tiger & Me...1995 College Tourney Serrano US Am Pebble Beach...1999



1st Tee...Very Old Course! Coyote Moon US Am Quali 1994...Pasatiempo Jennifer & Dave

sports enthusiast
Resident...**Dave Burroughs**

Golf Through the Eyes of DAVE BURROUGHS...
WHERE LOVE FOR THE GAME CAN TAKE YOU!

To say I love golf is an understatement, but it wasn't always that way. I started playing golf about 30 years ago. It was the summer after my sixth grade year and I was so excited to attend aviation camp, but my mom had her own agenda and bribed me to enroll in golf camp at Haggin Oaks, instead. She was convinced that learning the game of golf would provide better opportunities for me long-term. She loved the game and grew up playing at Pasatiempo where she was a single digit handicap, and she wanted me to love it also. That camp got me hooked, and I wanted to play all the time. Junior golf was not just a great babysitter for my parents, but it taught me many valuable life lessons during that time of my life. Golf teaches you patience, integrity, the value of hard work and dealing with failure. And I had a lot of failure in my early years in golf! I still have some of my early scorecards where I shot 91 for 9 holes at the age of 13, and one year later I only improved to 155 for 18 holes. And those rounds were at Bing Maloney, which might be one of the easiest courses in Sacramento. Regardless, I enjoyed the game so I kept practicing and trying to improve. I was very fortunate, as my mom was able to plan her summer sales appointments around junior golf tournaments in NorCal. This allowed to me to play many different courses, meet other golfers and make friends from other areas. Many of these junior golfers are still friends of mine today.

Through my high school years, I continued to work hard and slowly started to see improvement and made my high school team. At this point, golf was truly teaching me perseverance. My parents were my biggest supporters, especially my mom. She was convinced that I could play in college and started making phone calls late in my senior year. I got into Cal, which was my dad's alma mater, but was able to obtain golf scholarships from Fresno State and the University of Hawaii. I chose Fresno State because it was a top 20 golf program. I played all four years there, and was reunited on the team with one of my junior golf friends. My

game really started to improve my first couple of years at Fresno. Being part of a team was very different than individual golf. We did everything together--practiced, traveled, lived, etc., and everyone put in that extra effort because we wanted to win for each other. Playing college golf is a true highlight in my life; the memories and friendships made during that time are priceless. My teammates and I are still close friends today, and we still golf anytime we're together.

Golf has provided me with many other great opportunities as well. I've been able to play in amateur tournaments all over the country and a British Amateur in Wales. Some of my most exciting accomplishments were competing in the NCAA finals, qualifying for two USGA Publinx tourneys and two USGA Amateurs played at TPC Sawgrass and Pebble Beach. While I was in college my parents bought a house in Pebble Beach. During the summers I would caddy at Spyglass, which allowed me to play the courses there quite often. I came to love Pebble Beach, and it has subsequently provided me some of my most memorable experiences. In addition to the US Am there in 1999, I made it to the semi-finals of the California State Am at Pebble in 1996. I also played in the State Am there in 1994. That one didn't last quite so long, but the memory would last a lifetime. I lost in the first round of match play 7 and 6 to an 18-year-old Tiger Woods. The memory of playing in a twosome with Tiger at 7 a.m. on Pebble Beach, with both of our dads caddying for us, will never be forgotten.

I thank my late mother for introducing me to a game that has brought me countless memories, many good friends and some incredible experiences on and off the course. I truly believe it is one of the best sports to play growing up because of the friendships and later business relationships that can be made over a lifetime. I encourage kids and adults alike who don't play to tee it up and get out there. No matter what skill level you are, you won't regret it.



"Smart speakers" are a fast growing electronic product for our homes. Google Home and Amazon Echo lead the pack, and I suspect many of you have one of these in your home already. If you don't, they are helpful electronic speakers that you tell what to do by speaking (or yelling) commands at them, and they perform a wide array of services, like play music, answer questions, read a book to you, remind you of the time in your location, or anywhere in the world (useful if you want to call that friend traveling overseas, but don't want to call in the dead of light their time). Romeo and I have several Echo devices in our home, and we speak to the voice assistant, called "Alexa," a lot. Since we both love technology, we use them to their full extent, including turning on and off lights in our home, setting one of the six thermostats that heat or cool us, and even video call with our friends and family around the world. We dipped our toes in the water, getting our first Echo device the day they were announced (several years ago now) by Amazon, and have added more as we've found places where we want those capabilities. I think at last count, we have 14 (OK, I know that sounds extreme, but they are really handy) controlling nearly every aspect of our automated home, and dramatically simplifying communicating between Romeo and me when I'm traveling in other countries. They make complex electronic tasks quite simple.

Now I also have some electronics that I hate - yes, hate - and those are the electronics, specifically the navigation system and audio system in my two vehicles, a 2009 BMW, and a 2014 Mercedes. Both of these cars offer what their manufacturers claim are easy to use, powerful solutions for entertainment and navigation (which for me is critical, since I honestly cannot remember how to drive practically anywhere). While both navigation systems support voice input, so you can say the address you want them to go to, they're really finicky, forcing me to try several times, and usually failing to get the correct address to be recognized. So I have to pull over and enter it on the display, letter by letter. Yuk! The audio systems are just as bad, with OK support for radio (turn the dial to your favorite station), but very limited

support for these new streaming music services like Pandora, or Internet radio stations that require an Internet connection. Our favorite music is a mix of the old and the recent, and our favorite Pandora stations which we include what we love, and carefully curate, were not available...until recently.

Enter, "Alexa" for your car. No, we didn't take an Echo Dot and glue it to the dashboard, but rather found a product called the "ROAV Viva" accidentally on Amazon. The Viva looks just like a USB power plug that inserts into the 12V power socket in your car (the one that used to be called a cigarette lighter), has two USB connectors on it so you can charge your phone or whatever, but more excitingly, it also has a microphone and similar lights as you'll find on an Amazon Echo. Using the Internet connection on your phone, it works with Amazon to provide all the functions that an Echo in your home does, with added features especially for the car, like navigation and music.

I've been using it for about a month now and love that I can now say things like: "Alexa, drive me to the nearest Costco," where "she" will not only bring up the navigation directions and map on my Android phone (works with iPhone too), but she will also let me know if the one nearest me is closing soon (wow). I can also say, "Alexa take me to the nearest gas station," and never feel like I'm going out of my way to get a fill-up. It also has changed how I listen to entertainment in the car, since I can say "Alexa, play my last Pandora station," or "play KGO radio," or even my music library that we have stored in "the cloud." It also supports any command that works on the Echo devices in the house, like "add items to my shopping list," "set an alarm," "call mom," "turn off the lights," etc. As much as I love it, it's a new product and occasionally misunderstands what I'm saying if the car is noisy or the windows are down, but I've been impressed with it so far. So, if you like the Amazon Echo, and wish you had Alexa in your car, now you can! There is a neat video and more info on "goroav.com." I have no relationship with the company, and get nothing for talking about it. I just love it.

LET US

SHOW YOU WHY...

Who You Work With Matters.



WHY CHOOSE US

WE GO A STEP BEYOND THAT OF OUR COMPETITORS WITH OUR INNOVATIVE MARKETING, PROPERTY PREPARATION AND STRONG NEGOTIATION TECHNIQUES. WE CARE ABOUT OUR CLIENTS AND WANT TO ACHIEVE THE BEST POSSIBLE RESULTS FOR THEM.



WHO WE ARE

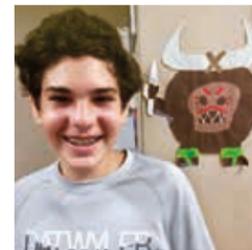
DONNA MENSER, STEPHANI MENSER-POLLEY AND MELISSA CVITANOVIC ARE TOP PRODUCING AGENTS. ALL THREE WOMEN CHOOSE TO WORK, LIVE AND RAISE THEIR FAMILIES IN EL DORADO HILLS. WE BELIEVE IT'S MORE THAN JUST A HOME, IT'S A LIFESTYLE.



WHAT WE DO

WE ASSIST OUR CLIENTS EVERY STEP OF THE WAY. WE STAGE THE HOME, PERSONALLY HOLD OPEN HOUSES, MEET WITH APPRAISERS, NEGOTIATE REPAIRS, HELP SCHEDULE MOVERS, ETC. WE ARE ON YOUR TEAM WHEN IT COMES TO REAL ESTATE.

**FREE TIMING IT...
Summer Break Style!**



Paolo... Age 13



Brian... Age 11



Samantha... Age 13



Hayley... Age 13

Mariam Ahmed grew up in Folsom, CA and studied English Literature, Sociology and Anthropology at UC Davis and UC Berkeley. She has earned a bachelor's degree from UC Davis and is now pursuing her MFA in creative writing. In addition to teaching creative writing to students in El Dorado Hills, Folsom and Davis, she has edited and published a chapbook of short stories written by children. She has also been a featured performer at poetry events in Davis and Sacramento. Currently, Mariam collaborates with writers, artists and poets in the Bay Area and Sacramento. Mariam presently lives in El Dorado Hills.



forever young
Resident... Mariam Ahmed

Samantha, Age 13:

Samantha is a student at Marina Middle School. She will be in the eighth grade. Sam is a talented and dedicated artist. She can visualize any image someone describes to her, and then she can create an amazing work of art with the tools at her disposal. Here are some insights into the mind of this brilliant individual:

What inspires you?

S: Art animations and other artworks inspire me because they make me believe that if they can draw then so can I. Plus, they help me with my own work because they give me pointers on lighting, facial features and more.

What is your creative process?

S: I think of it as I draw.

What medium do you work in?

S: I mostly work in the drawing medium. I do painting and other crafts, as well, but you'll usually find me with a pencil in hand.

Hayley, Age 13:

Hayley will be in the eighth grade at Rolling Hills Middle School. She has many unique talents and tastes. Here are some of Hayley's favorite things:

What are some of your all-time favorite memories?

H: One of my favorite memories is when I went to New York

- Meeting a new group of friends
- Discovering more bands that I like

What are your favorite bands right now?

- H: My Chemical Romance
- Panic! At the Disco
- Black Veil Brides

What are some things you are looking forward to in the future?

- H: More summers at the CSD
- Going to High School
- Making more lifelong friends

Paolo, Age 13:

Paolo is a future freshman at Jesuit High School. He loves to work with his hands and build things in his spare time. Here are some of the projects that Paolo is working on this summer:

What is something cool that you are doing this summer?

P: I'm building a go-kart. I also renovated my garage and started blacksmithing.

Are you doing it alone or with other people?

P: I am building my go-kart mostly by myself. However, I did make a few plans with my uncle and grandfather.

What will you do when you are finished?

P: When I'm finished, I want to have fun riding around in my self-build go-kart...I may also enter a race.

Brian, Age 11:

Brian is a middle school student here in El Dorado Hills. When he's not thinking up clever jokes to make his friends laugh, he can be found shreddin' on his scooter at the local skate park. This summer, Brian and his family had some awesome adventures. Here are some of the summer highlights from his trip:

Where did you go?

B: I went to Peru.

What did you do?

B: I visited Peru for the World Cup and my great grandpa's 100th birthday.

What were your favorite memories on vacation?

B: My great grandpa's 100th birthday
The skate park
Spending time with my cousin

CONTACT US

THE MENSER REAL ESTATE GROUP
4370 TOWN CENTER BLVD. #270
EL DORADO HILLS, CA 95762
BRE#01358394 | 01898563 | 01924412

916.586.7766
www.edhrealtor.com

Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.



Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking	\$/Sq Ft
3350 Greenview Dr	El Dorado Hills	\$1,195,900	\$1,112,500	04/13/18	102	5	5	4,889	4	\$227.55
3391 Greenview Dr #Lot55	El Dorado Hills	\$1,135,000	\$1,117,000	05/23/18	156	5	5	4,127	3	\$270.66
5449 Sur Mer Dr	El Dorado Hills	\$1,229,000	\$1,221,500	04/27/18	2	5	5	4,300	3	\$284.07
3384 GREENVIEW DRIVE	El Dorado Hills	\$1,295,000	\$1,250,000	06/13/18	36	5	5	4,606	3	\$271.39
4251 Cordero Dr	El Dorado Hills	\$1,399,000	\$1,267,500	06/20/18	562	6	7	6,850	4	\$185.04
4367 Cordero Dr	El Dorado Hills	\$1,348,000	\$1,315,000	05/03/18	58	5	3	4,092	3	\$321.36
4101 Greenview Dr	El Dorado Hills	\$1,399,000	\$1,340,000	06/01/18	59	4	5	4,291	3	\$312.28
6202 Pannini Way	El Dorado Hills	\$1,395,000	\$1,385,000	06/11/18	64	4	3	3,519	3	\$393.58
4004 Raphael Dr	El Dorado Hills	\$1,479,000	\$1,469,000	06/29/18	15	4	4	4,026	4	\$364.88
6147 Aldea Dr	El Dorado Hills	\$1,498,000	\$1,485,000	05/16/18	6	5	5	5,448	3	\$272.58
6171 Aldea Dr	El Dorado Hills	\$1,499,000	\$1,499,000	05/11/18	7	4	5	3,897	4	\$384.65
5506 Sur Mer Dr	El Dorado Hills	\$1,549,000	\$1,500,000	05/31/18	45	4	6	5,219	4	\$287.41
6076 Monet Way	El Dorado Hills	\$1,499,000	\$1,525,000	05/29/18	14	4	5	4,420	3	\$345.02
5284 Da Vinci Dr	El Dorado Hills	\$1,599,000	\$1,600,000	05/25/18	9	5	5	4,773	4	\$335.22
4553 Gresham Dr	El Dorado Hills	\$1,568,000	\$1,610,000	05/25/18	6	4	5	6,189	4	\$260.14
7604 Sangiovese Dr	El Dorado Hills	\$1,599,000	\$1,614,375	06/25/18	88	5	6	7,580	4	\$341.96
199 Cosimo Ct	El Dorado Hills	\$1,699,000	\$1,625,000	06/01/18	35	5	6	4,752	4	\$341.96
400 Crivelli Ct	El Dorado Hills	\$1,699,500	\$1,664,500	04/09/18	84	5	6	5,658	4	\$294.19
218 Roscommon Ct	El Dorado Hills	\$1,700,000	\$1,700,000	06/05/18	3	5	7	5,220	4	\$325.67
376 Crivelli Ct	El Dorado Hills	\$1,799,000	\$1,810,500	05/29/18	2	6	5	4,976	4	\$363.85



BACK to HEALTH CHIROPRACTIC
Simms Family Care P.C.

Bottom Line:

You know that feeling--the one where you start to feel a headache coming on. For many people, it is a daily occurrence and often begins in the neck and shoulders. That's right -- tight muscles around your neck can result in tension headaches. What's more, if you sit at a computer all day, your posture may also be contributing to a decreased range of motion, premature degenerative changes in your spine and headaches. But there's good news! There are a few simple steps you can take to help you feel less pain, increase your energy and fend off those degenerative changes. New evidence-based guidelines strongly recommend a combination of exercise, stretching and Chiropractic adjustments to help reduce neck pain, headaches and muscle tension.

Why it Matters:

Chronic neck pain can rob you of the things you love. Enjoying your hobbies, taking a few moments to relax and time with your family can all be affected. However, neck pain and headaches don't have to be a part of your daily life. By understanding the latest research, you can take massive action to improve your health. Check out the next steps below to find a few tips to help you take your life back from pain:

Research recommends a combination of Chiropractic, exercise and stretching to reduce neck pain.

Chiropractic has an extremely high patient satisfaction score of over 90%.

An amazing 85% of people receiving Chiropractic adjustments for acute neck pain experienced significant improvement.

Next Steps:

It's exciting that research has continued to showcase that you're

in charge of your health. Your habits and lifestyle can make a massive impact. Start reducing neck pain today by taking breaks every 45-60 minutes and stretching out your neck and shoulders. Take a brisk walk during lunch or hit the gym a few times a week to increase your activity levels. Finally, don't forget about getting adjusted. Research proves that Chiropractic adjustments are a smart decision!

Science Source:

Spinal Manipulation, Medication, or Home Exercise with Advice for Acute and Subacute Neck Pain- A Randomized Trial. Annals of Internal Medicine, Volume 156, 2012

Perceived Value of Spinal Manipulative Therapy and Exercise Among Seniors with Chronic Neck Pain: A Mixed Methods Study. Journal of Rehabilitation Medicine. 2014

Evidence-Based Guidelines for the Chiropractic Treatment of Adults with Neck Pain. Journal of Manipulative and Physiological Therapeutics. Volume 37. 2014

Outcomes from Magnetic Resonance Imaging-Confirmed Symptomatic Cervical Disk Herniation Patients Treated with High-Velocity, Low-Amplitude Spinal Manipulative Therapy. Journal of Manipulative and Physiological Therapeutics. 2013

NECK PAIN?

VISIT CHIRO916.COM FOR
LASTING NECK PAIN RELIEF

ARTICLES | VIDEO TIPS | CARE INFO

Simms Family Care P.C.

EL DORADO HILLS
916-933-7022

GRANITE BAY
916-597-1640

Chiro916.com

CaBRE#00892540

Pat Seide Group

Specializing in Luxury Estate Properties

916-712-1617

916-941-3006

www.Pat-Seide.com
Patricia.Seide@cbnorcal.com

Your Premier Barbecue Cleaning Company!



Bar-B-Clean
BARBECUE CLEANING COMPANY

\$25 OFF

Your BBQ Cleaning Service

OFFER VALID THROUGH AUGUST 31ST, 2018



Our promise to our customers is that their barbecue will be clean to the touch inside and out!

STEVE AZEVEDO
LOCAL OWNER & OPERATOR

Phone: (916) 622-9540 • www.Bar-B-Clean.com/Folsom

R. Purnell Jewelers



Custom Designs
By Rick Purnell

Superb Location

Exquisite Design

Exceptional Service

**R. PURNELL
JEWELERS**

3907 Park Drive 100
El Dorado Hills, CA 95762
(916) 293-8688

Find us on social media and online
www.RPurnellJewelers.com



WATERMAN REAL ESTATE



**Bears Run Fast
Mark does not...
...but he sells homes.**

NAMED ONE OF SACRAMENTO MAGAZINE'S TOP AGENTS



Call Mark to get started today: 916-410-1284

Visit us online at SellingSerrano.com

WatermanRE@gmail.com

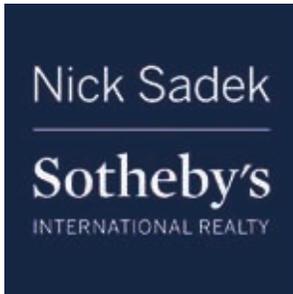


MARK WATERMAN
BRE#01363608

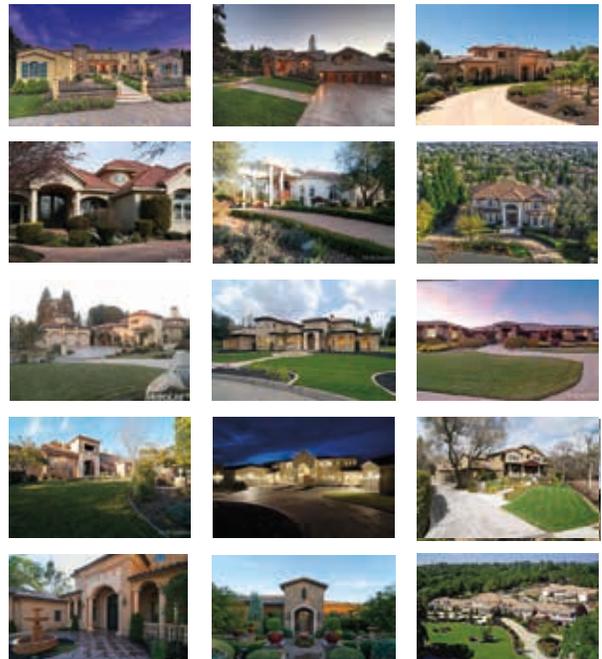
Living

PRSR STD
US POSTAGE PAID
WILMINGTON NC
PERMIT NO. 40

CA_Sacramento Hills



RECENTLY SOLD BY NRS LUXURY REAL ESTATE



*R*enowned locally for selling Eddie Murphy's mansion in Los Lagos, Nick Sadek is actively listing and selling multi-million dollar luxury homes. He was the Top Luxury Home Closer in 2010-2017.

NRS Luxury Estates is a premier boutique and specialty real estate firm catering to the demands of the luxury estates marketplace. Much of their business stems from their ability to creatively market luxury estates outside of the Sacramento area.

Nick's business success is mirrored in his personal life with a marriage of 20 years to his wife, Dina, who is also a licensed real estate agent. They have two children, Danya and Adam.

COMMERCIAL, RESIDENTIAL, INVESTMENT

9217 SIERRA COLLEGE BLVD, #120, ROSEVILLE, CA 95661

916.966.4444

NICK.SADEK@SOTHEBYSREALTY.COM | NICKSADEKSIR.COM

DRE LIC #00970410