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JANUARY 2019

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**CREATIVE TEAM** N2 Publishing Design Team



### Question of the month:

Is it possible to be invested in products that never lose money and can promise 4, 5, 8 or 10 percent returns in your portfolio?

### Answer:

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**Contributor**  
Mark Gabhart, VP, WCSG  
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**publisher's note**  
Jenny Thurman

*“Good Morning 2019...  
...and Goodnight 2018!”*

*“Snow falling soundlessly in the middle of the night will always fill my heart with sweet clarity.” –Novala Takemoto*

WOW, Serrano!

What a month it has been. My heart has been absolutely broken for you, Paradise...your town, your memories, your home, your family, your pets...everything! Total and complete devastation doesn't begin to describe the war zone that used to be your home. As a local girl, who grew up in Chico, it isn't like anything I've ever experienced. And, I didn't lose my own home or my own town. I lost the place of many memories. My siblings and I, my daughter and her cousins all went to school in Paradise. We know and love a lot of people who have lost everything. My heart breaks, both for loved ones and strangers, as I see you surviving this trauma and trying to cope with life. I feel like I am in a haze of horror, fear, sadness and disbelief. So, I can't fathom the heights to which you are experiencing reality. You are ALL in my continual prayers. I am SO sorry!

Hearing your amazing stories of terror, courage, teamwork and random acts of kindness has been tragic, inspiring, heartwarm-

ing, heartbreaking and encouraging with a spark of hope here and there if you look closely enough. I am honored to share this world and hopefully the next one with many of you whose light shines brightly every day. It feels good to see kindness, love and empathy in others around you. May we always share our hearts and our resources with one another!

I hope you were blessed this holiday season. Scott and I definitely made some memories with family and friends. It is always such a great time when we get together...eating, drinking, singing, playing games, watching football, going to the movies, to dinner or to an event. I am so grateful for laughter...and for all of the people in my life that make it worth living!



Thanks for your continued support and friendships. Enjoy the January issue, Serrano!

*Jenny Thurman*



thl team...

**To All My Shining Stars...**  
*Thank You!*



**Jenny Thurman...**  
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Even with moved up deadlines, you all did your jobs perfectly! Thanks so much for everything you do!

Annette, so sorry for leaving out your Cover Photo Credit in the November issue. You did a beautiful job photographing the Wilson family!



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making a house a home and welcoming people in. We are raising three boys to be men, participate actively in our church, Vintage Grace, and run a business that cares about its clients like they are family and friends.

Lyndell is known for his loyalty, being genuine and kind, always a helping hand and a work ethic that is not comparable. He truly loves his family and his work. He cares about his neighbors and community. He is usually the first call when someone is in need in the neighborhood, primarily because even if he doesn't know what to do he will be the quickest and most efficient at figuring it out. His hobbies would be fishing, boating and golfing. He loves to travel to places that are known for deep sea fishing and loves to take his family along for the adventure.



Darria is known for her loving nature. She cares for all those she meets, even if you are a stranger driving on the road one afternoon, you may just end up at her table for dinner. She adores her family and she loves God above all else. A few things she loves most: time with the family five, quiet times with her Bible, hosting a party and long talks. She also enjoys golf, boating and skiing. Like her husband, she loves to travel but she also LOVES to be home. She has been to Uganda and Israel on missions and as a tourist.



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Residents...  
**Lyndell & Darria Deatherage**

Photo Credit:  
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**featured family**

## Family Members:

Lyndell and Darria Deatherage  
Kenny, 21, Taylor, 20, Brody, 14

**Profession and Background:** Owners/operators of El Dorado Hills' own Closet Gallery and Deatherage Construction. Lyndell is a general contractor and was locally raised in Cameron Park. He attended both local high schools for two years, ORHS and Ponderosa, graduating from Ponderosa in 1985. He is a local boy who knew very early his gift set and work ethic were going to take him far in the construction field. He started Deatherage Construction right out of college, graduating from Sacramento State. He has done commercial construction as well as residential remodels and new home builds.

Darria, growing up in San Jose, moved to Sacramento in 1996 with a background in sales and human resources. Their skills combined have made both companies successful. They have lived on Hidden Acres Drive here in EDH for about 17 plus years now.

Living in EDH has been a dream come true. Lyndell always knew he wanted to be on the property. We own five acres in the heart of town and couldn't be more thankful for where we live and the community of people we get to do life with. We both truly enjoy





Lyndell and Darria are currently planning a trip to Australia with their three boys, or maybe we should say, “young men.”

Raising boys can be a challenging job but raising them to be men is a BIG job. We don’t take raising children lightly; we truly desire to be a blessing to our community, not a burden. We believe in raising them to the standard God gave us, and having the mutual goal to raise men that make a difference. “World Changers” is the word we use. We know God gave us the gift of children for a purpose. We hope we fulfill that calling well.

Kenny is now 21 at Cal Poly, SLO, graduating this coming June 2019 with his aerospace engineering degree. He is a soft spirited and kind young man. Everyone that meets him says he is such a good person. He enjoys being home with his family, having family and friends over, long talks and golfing. We are proud of the man he is becoming.

Taylor is a sophomore at Chico State in the Construction Management Program. He has already had an internship last summer and one coming up this summer. He is a hard worker, motivated and confident young man. When people meet Taylor they always comment on his confidence and motivation. He has a sweet girlfriend of almost two years, Kourtney. He enjoys snowboarding and skiing, taking the boat out to wakeboard, hiking and basically anything adventurous he will give it a try. We are very proud of this young man, as well.



Our youngest is Brody. Fourteen and FULL of life is what people would say about Brody. He is our comedy relief. He makes everything a little more fun and crazy. Brody enjoys lacrosse, wrestling and basically anything athletic. He is a great athlete and working hard on being a good student. He attends ORHS as a freshman. We adore this kid and love how his smile lights up a room.

Our church home is Vintage Grace. We love our local home church so much. We love the mission we are on with our family, church and community. We believe in the vision of Drew and Jen Sodestrom and their staff have for VG. We are thrilled to be doing life with some of God’s cool people and thankful he put us together on this journey. EDH will never be the same again.

Closet Gallery is our primary business focus. We love connecting people and being a resource in any aspect and when a need



arises for storage solutions we are your trusted business owners. Closet Gallery was founded in 2008 with an idea that we would help the developers we were already working within our construction company for more upgraded options for their customers. Our main business is generated from referrals as we have now been well known for our customer service and support of our customers even when we aren’t the solution they need. A wonderful event we co-host with friends Diana and Ralph Pena of Remax is our annual Tamale “Client Appreciation” Party for our customers, friends and family. It is held annually in November at our home to just love on “our” people.

We are beyond thankful and blessed to live in such a wonderful place for our family, faith and business. We pray for many more years here and to be a helping hand for others any way we can.







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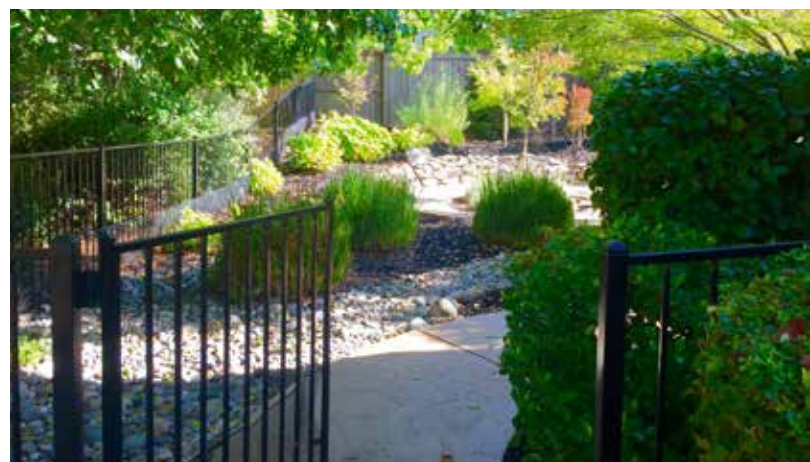
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**What Are Escape The Room Games?** Real Escape games let you live the game. We have real-life escape games where teams of three to 12 people are locked into custom-built, challenging and entertaining environments to solve the many mysteries, puzzles and challenges. You need to unlock the final clues to open the door and escape the room. Escape Rooms are fun for all ages, but persons under the age of 9 years old might find the game confusing and challenging. There is no upper age limit. No persons under the age of 16 can enter without an adult.

Some of our themes are set in light-hearted and mysterious environments. The room may involve easy scavenger hunting and finding hidden items in the room to help you on your way through the puzzles and riddles that are hidden in plain view around the space.

**A quick intro into  
escape the room  
games by Extra**

**Credits** Some of our themes run a little darker and cater to suspense and horror enthusiasts. We have many years of experience in the haunted attraction and “dark ride” industries that allow us to transform a simple room full of friends into a rollercoaster of thrills and excitement as you race to discover the means to escape the room!



We always believe that to truly enjoy a themed experience is to have it driven by a story. We work tirelessly to add a narrative to each of our game spaces. We work into the night pulling together movie-style special effects with AAA game design wrapped in an engaging story. It may be our plot, but you are the hero!

One of the things everyone notices first in our spaces is the attention to detail we put into every square inch of our game rooms. With a small army of set designers, carpenters, painters, welders and fabricators we can make any of our designer's crazy ideas into a reality.



A new trend in video game design is the addition of game modes incorporated into level design. We are bringing that level of player customization to the escape room experience. Soon, players will be able to choose between

a lighter “casual” mode, a normal mode or a competitive “Extreme” mode. The latter offering a prestigious place in our leaderboards upon completion. Get that best time!

### **The Escape Room We Played**

The Whispering Halls

**Max Players:** 10

Your group has been summoned by the caretaker of an old Victorian manor. It seems that the property has a problem of the paranormal kind. As members of a paranormal investigations unit, you jump at the chance to try out your new ghost detection gear. On arrival, you are escorted to an old two-story library adorned with books and curious artifacts from the previous owners. The caretaker quickly locks the doors and traps you in. Your group must solve the mysteries of this old house and find a way to escape before the clock strikes midnight.

### **Other Available Escape Rooms**

Containment Breach

**Max Players:** 8

Over 30 years ago a research scientist invented a matter teleportation device. After a terrible accident while demonstrating the machine, the doctor retreated to his laboratory and locked himself inside. The containment doors have been sealed shut until today. Can your group enter the secret lab and solve the many puzzles and mysteries it holds?

The Skull Witch

**Max Players:** 6

The legend of the Skull Witch has been told throughout the area in whispers and rumor. The story tells of a witch that slumbers deep in the darkness of the swamp. She awakens every year around Mardi Gras to lure bewildered partygoers into the murky darkness to never be heard from again. Your group has tracked down some of your missing friends to a small cabin deep in the swamp. As you enter, the door slams behind you and you are trapped!

The Hidden Tomb

**Max Players:** 12

You get an urgent message from your archeology professor. He has been missing for months. Your group was supposed to meet him in Budapest to help on a new dig. The message reveals that your professor has stumbled upon a discovery of a lifetime but he is not the only one that is interested in what is buried deep in the ancient catacombs. He needs your help!



The decision to help an aging parent, family member or friend move from home can be complex. Above all, you want him or her to be safe and well. Although every situation is different, Eskaton can give you information to help decide whether it might be time to consider a move.

**1. The big picture.** Look for:

- ☐ Recent accidents or close calls.
- ☐ A slow recovery or worsening chronic condition.
- ☐ Increasing difficulty with activities of daily living (bathing, dressing, grooming).

**2. Up close.** Give your loved one a big hug. Clues aren't always visible from a distance. Look for:

- ☐ Noticeable weight loss, gain or changes in appearance.
- ☐ Increased frailty.
- ☐ Strange body odor.

**3. Social.** Social circles tend to shrink with age, which can have health and safety implications. Look for:

- ☐ Signs of active friendships.
- ☐ Signs of reduced activities and interests or days spent without leaving the house.
- ☐ Someone who checks in on a regular basis.

**4. Money.** Mail can offer clues to managing money, an early warning sign of cognitive difficulty. Look for:

- ☐ Unopened mail in various places.
- ☐ Thank-you messages from charities.

**5. Driving.** Take a drive with your loved one behind the wheel, if he or she is still driving. Look for:

- ☐ Nicks or dents on the car.
- ☐ A properly fastened seat belt.
- ☐ Tension, preoccupation, or being easily distracted.
- ☐ Signs of dangerous driving.

**Caregiver burnout.** Some information is intangible — it has to do with feelings and emotional stress levels. Ask yourself, how am I doing? For example, are you experiencing difficulty sleeping, diminished social engagement, loss of enjoyment in life or increasing irritability?

**What is my loved one's emotional state?**

If your loved one has a full life, community connections, and seems to be thriving, it's worth exploring in-home care options before pressing a move from a beloved home. If you see signs that living alone is a strain, it may be time for a talk. Broach the subject of where to live in a neutral way. You may find that your loved one harbors the same fears that you do. Find out what your loved one fears most about moving before launching into your own worries and what you think ought to be done.

Let us help you navigate this next step. At Eskaton, we're transforming the aging experience.

**6. Kitchen.** Go through the kitchen, from fridge to cupboards to oven. Look for:

- ☐ Stale or expired food.
- ☐ Broken appliances.
- ☐ Signs of fire.

**7. Around the house.** Look for:

- ☐ Lots of clutter.
- ☐ Signs of lax housekeeping.
- ☐ Bathroom grime and clutter.

**8. Pet care / plant care.** An ability to take care of pets and plants goes along with self-care. Look for:

- ☐ Plants that are dying.
- ☐ Animals that don't seem well tended.

**9. Home maintenance.** Yard maintenance or lack of it can yield clues. Look for:

- ☐ Signs of neglect.
- ☐ Multiple newspapers left outdoors.
- ☐ Mail piled up in the mailbox.

**10. Get help.** Gently probing about what others think isn't being nosy. You're being loving, concerned, and proactive. Look for:

- ☐ Input from those in your loved one's circle.
- ☐ Medical insight / a second opinion.



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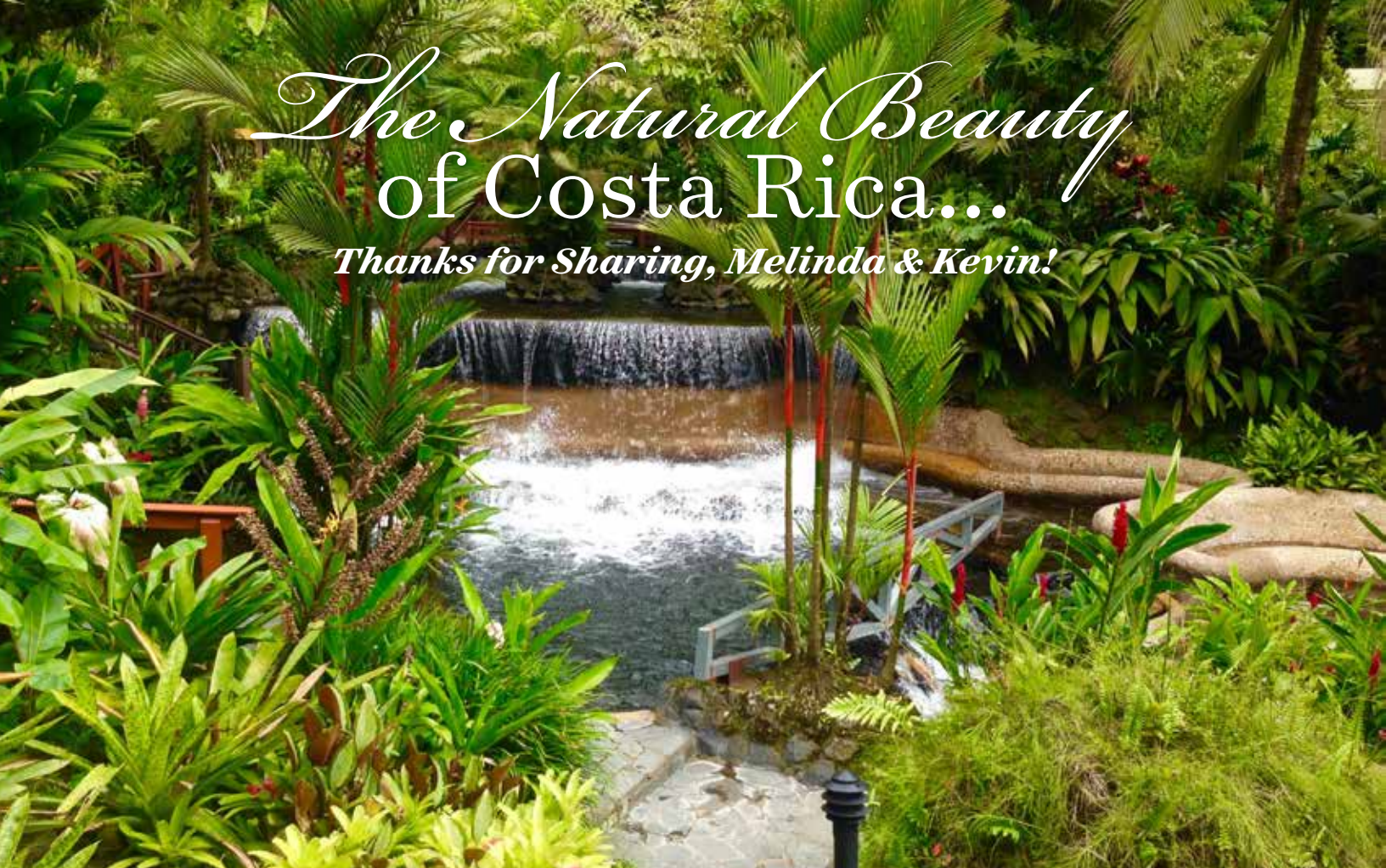


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# The Natural Beauty of Costa Rica...

*Thanks for Sharing, Melinda & Kevin!*



Residents...  
Melinda  
Hollis &  
Kevin  
Tremelling

travel mania...

Destination Costa Rica – spring 2018! We found that Costa Rican people are so HAPPY, friendly and appreciative of their #1 industry – tourism! The weather was humid, however, tolerable. We never needed a sweater or jacket.

We stayed at Westin Playa Conchal – not your typical five-star Westin, probably because it is an “all inclusive” resort. From the linens to the service, we would give this resort about a B. We did enjoy the luxury of “all-inclusive” as it is a great way to travel, having food and drinks unlimited! The food was average (from room service to the high-end restaurants), drinks were free-flowing, service was friendly, and the grounds were nice with a huge pool area. This resort is on the Playa Conchal (Shell Beach) coast with beautiful, calm, aquamarine water and pink, white and tan shells that make up the sand. Each day we enjoyed long walks on the beach. To the North of the Westin is Brazilito Beach which was breathtakingly beautiful. As we walked the grounds of the hotel, we not only saw but heard howler monkeys, along with coatis (a member of the raccoon family), hundreds of happily singing birds and, of course, iguanas.

There seemed to be lots of inconsistencies with the hotel – every morning we ordered room service (two continental breakfasts). They were good – just

never the same twice; each morning was a surprise what we would get. We just chuckled and enjoyed because, what the heck, we’re on vacation and someone else is cooking our breakfast! Dinner reservations were a tad frustrating – one day we were told either 6, 6:30, 8 or 8:30 were the only options to dine, then the next day we made 7 pm reservations – go figure! Tip: make reservations early in the day as most restaurants fill up fast leaving the only option for dinner Mitra Buffet.

We chose two different excursions during our time in Costa Rica. We were transported from our hotel into the city of Liberia to meet up with the remaining group for our tours. It was a 40-minute ride which was an enjoyable scenic drive. We noticed things changed as we traveled from the hotel to the inland city. The foliage and scenery changed from dry with skinny cows to lush and green with fields of papaya, sugar cane, melon and fat cows. We also enjoyed seeing the modest lifestyle of Costa Ricans as we passed through small villages.

Arenal Volcano Hike tour at the National Park: It was a three-hour bus ride on some very windy roads to the volcano. On our way, we made a stop at Café & Macadamia for some yummy coffee and sweet macadamia treats while we enjoyed an amazing view. At the volcano, the tour consisted of a light yet exciting hike through the rainforest, located along the base of the Arenal Volcano where we walked along the old lava beds in the park. Along the beautiful hike, we learned about the volcano, the tropical forest surrounding it and the abundant wildlife from our guide. After the hike, the tour

included a stop at Tabacon Hot Springs – this was tops on our list. We enjoyed a delicious buffet lunch followed by time to enjoy the dozens of cascading waterfalls and warm pools along the riverbed of varying temperatures, water flows and degrees of privacy. All of Tabacon’s water is thermal water, naturally heated by the volcano and slowly mineralized – it was an amazing experience!

The Palo Verde tour consisted of touring in a covered, motorized riverboat and cruise the Palo Verde Natural Park. We observed sunbathing crocodiles, diverse species of birds, huge iguanas and howler, white-faced monkeys. After the riverboat tour, we enjoyed a traditional family-style Costa Rican lunch. Following this was a quick stop at Llanos de Cortez waterfall and while it was beautiful, it was a tad too crowded for us.

Another favorite was taking the hotel shuttle to the small, quaint village of Tamarindo. We got off the bus, looked at each other and said, “We would forgo the Westin for a bungalow here!” The main street consisted of boutiques, art galleries, hotels, restaurants, locals, surfing and a beautiful beach! I think we left our hearts in Tamarindo!

A tip regarding the bugs: we way overthought the whole bug spray stuff – never used what we took. I had one small bug bite and Kevin had none! Clearly, I am sweeter!

Pura Vida – thanks for the memories, Costa Rica!

Melinda Hollis and Kevin Tremelling







# Ashley Laing, *Lacrosse Goalie...* Protecting That Net With Her LIFE!

Resident...  
Madison  
Shepherd

athletic accolades...

**How long have you been playing lacrosse and how did you get your start in it?** I started lacrosse in fourth grade, which makes it around nine years! I originally played softball and my dad actually wanted me to try something different so he pretty much forced me to play and I fell in love with it.

**What position do you play?** Goalie.

**What do you like best about your sport?** Lacrosse is SUCH an amazing sport and has led me to create friendships that will last for so long and meet so many amazing people. The lacrosse community is still small but is so diverse and supportive. The sport itself is so fast and engaging and a ton of fun. It is definitely where I found my passion!

**What's the most important quality to have as an athlete?** As an athlete, I would say confidence is

a huge part to being successful, but it also goes hand in hand with humility. You have to be confident enough in yourself to take risks and make game-changing plays but at the end of the day, you have to be humble enough to know that even the greatest athletes can get better.

**Who is your role model? Who do you look up to?** I look up to Serena Williams who is an amazing representation of female athletes. She is extremely determined, confident and powerful. She is passionate about her sport and works extremely hard to be great at it, which makes her an amazing model of a top athlete.

**Now that you're a senior, looking back, what was the best memory of high school?** My favorite memory at Oak Ridge High School was any/every time we beat Granite Bay in league finals for lacrosse, and also spending time with my friends!

**What are your plans for college?** After high school, I plan on attending UC Davis to play Division 1 lacrosse for the next four years.

**What's your intended major of study?** During my time in college, I am planning to study kinesiology.

**Do you have any advice for someone thinking about trying lacrosse or basketball?** My advice for someone thinking about playing lacrosse or basketball is PLEASE do it! Being a dual-sport athlete is tough but the skills necessary in each



sport transfer well between each other (meaning that skills needed for basketball are probably skills needed in lacrosse). Lacrosse, for one, holds amazing opportunities for learning life skills, meeting amazing people and so many college opportunities. Playing basketball has also introduced me to many of my current best friends and amazing coaches, and has really made me a better athlete.





# Scratch Those NEW YEAR'S RESOLUTIONS...

*Instead, INCORPORATE a few  
EASY (Life-Changing) Steps!*

Resident...  
Payel Farasat

resident blog

Imagine if you could walk your resolution talk all year round...AND finally, see results! Results that stay and grow. Even when temptations are unavoidable and challenging, you don't fall off track. Why? Because you didn't make up and break up with crazy resolutions—you just made a simple game plan for 2019. Every day in the month of January, you tried with an open heart and mind to do as little as one, or as many or all of these 10 effective (and easy!) action steps.

## 1. H2O IS KEY

Buy a functional jug or a bottle that suits your sense of style and lifestyle, and plan on finishing it up by the end of the day. A jug or a bottle is your friendly reminder and your tracking system in one! Just as your feet hit the floor in the morning, down a glass of water on your bedside. Yes, that's a glass of water before you make your morning coffee, tea or meal. Hydration after a long nightly fast is key to avoiding the need for way too much coffee to wake up and to dramatically reduce cravings (unhealthy junk food and sugar) throughout the day. Plus, drinking more water daily for a month means you'll be keeping your tummy fuller for a whole month—so there's literally less room for old bad habits. If you can drink around half of your body weight in ounces each day, you are a rockstar! (So if you weigh 150 pounds, you'll want to drink about 75 oz. or nine regular glasses of water per day.) Before festive or restaurant meals, try to consume another 16 oz. or two glasses, so your stomach is nice and full before you dig in! If you can't drink this much water right away, don't fret. Just try to drink more water than you do now. Even being mindful about it daily, helps!

## 2. PLAN AHEAD

Before you attend a party or work event, determine your plan of attack. For me, it's eating a quick meal at home with power foods like veggies and lean protein before the party. Even a high-quality protein bar in the car will help! If you're already full when you arrive, you'll be less likely to load up on any unnecessary eating. Emotional or nervous eating, anyone? Remember, we eat for energy, for nutrition. We don't need to eat for comfort or boredom or merely out of habit.



## 3. PORTION CONTROL

Enjoy all your favorite things in life with gratitude that you get to have it or do it — without any guilt — but portion control is the name of the game. Do your best to hold yourself accountable and stick to just one regular-sized portion of whatever. Whenever you eat, plan to fill your plate first with the rainbow...colorful foods and salads, then add any treats and indulgences in smaller portions after you have devoured the rainbow.

## 4. SKIP THE EXTRA EXTRA

If you can skip (or even cut back!) on the extra stuff like dressings, cheese, gravy, sauces, butter and whipped cream, you'll save hundreds of calories without even thinking about it. The food will still taste great, but now you'll feel much better eating it. Guilt and stress shut down the digestive system and our body stores fat instead of creating muscle. So, skip the extras...no guilt, no stress, and keep your digestion going strong!

## 5. EAT SLOWLY AND CHEW YOUR FOOD WELL

Okay, I know this one sounds a little funny, but it really works—and there's science behind it! When you eat too quickly or when you don't chew enough, your brain doesn't have enough time to realize you're full and your body actually works harder than it needs to digest the food and assimilate the nutrients. Heartburn or IBS, anyone? Basically, you don't give your brain or your body a chance to communicate with you, “You are quite full. You can stop eating now.” By taking the time to eat slowly and to chew, savoring your food in small bites, you'll naturally eat until you are naturally 70–80% full and energized, and not till you are stuffed, crashed and lethargic.

## 6. MOVE

If you tend to notoriously relax your exercise routines, then instead of giving up or making excuses, try to move your body daily



Payel Farasat...



with any movement or exercise that you love. What did you love as a kid: Dancing, tennis, golf, walking, hiking, running, boxing, karate, yoga? Any movement you loved or love counts now as well!! Movement, aka exercise, is a great way to burn off extra calories, tighten, tone and reduce stress throughout the year, no matter what's going on in your life. Try to get moving for at least 30 minutes every day and make sure you're doing activities you enjoy! Take the immense pressure off. The body loves to move. It craves movement because it was made to move. Exercising is truly simpler than it seems!

## 7. VICES IN MODERATION

Sweet alcoholic drinks can have a lot of hidden calories, as can heavier drinks like beer. Stick to lower calorie drinks like vodka and sparkling water, with some lemon or lime for flavor. You can also follow the one-to-one rule—for every alcoholic drink you have, chase it down with a glass of water. Your body thanks you already!

## 8. BE SMART WITH UNHEALTHY FOODS & LEFTOVERS

Declutter your space (bedroom, office, car, kitchen and pantry) of anything you know is not good for you! If you keep the unhealthy food around or take it home from eating out, you're more likely to eat it! If you're hosting a party, combat this by sending everyone home with a “doggy bag” of food, so you can keep clearing it out throughout the year.

## 9. DON'T BEAT YOURSELF UP...PLEASE!

If you do overindulge or forget to move, forgive yourself and step right back into your healthy habits the next day. This is your new healthy belief system. You are worthy of not beating yourself up with guilt, shame or blame. You can slip right back into your healthy routine without skipping a beat. You are kind and loving to yourself. You are doing the best you can to take care of your-

self. You are enough. Continuing to feel guilty won't help your mental or physical health, and could actually make you more likely to fall off the healthy and happy wagon completely.

## 10. DO NOT DEPRIVE YOURSELF

I don't believe in completely depriving myself or yourself to achieve any goal in life. When we deprive ourselves to get something, we might get it. But only for a short while. Human beings are wired to pick pleasure or pleasurable choices. Eventually, the sacrifice of constant deprivation may become too much and you may lose the results you have worked so hard to get because deprivation is not pleasurable. So go ahead and enjoy your life. Live a little. Trick and train your brain to link the things you want to or need to do to get the results you want in 2019 with pleasure through specific guided meditations and mental rehearsals or guided visualizations like Tiger Woods and Jack Nicklaus. So that picking the right choices for you becomes natural. Success becomes inevitable. And, these results last! This is a great way to identify with the person you aim to become. Once you identify with the positive, that will become your reality by this time this year.

Here we come 2019! Bring it with one, a few, or all of the 10 simple action steps above. Instead of making and breaking our New Year's Resolutions and testing our resolve every year, just DO IT this year — one action step at a time. One month in front of the other...one foot in front of the other.

## Payel Farasat, MScFA

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Photography

Lighting Unlimited is under New Ownership as of 2014! The showroom has undergone some extensive and exciting changes. We are now offering a wider variety of home décor items and photos, furniture, rugs, ceiling fans, lamps, chandeliers, indoor and outdoor lighting, sconces and bathroom lighting, controls and beautiful pottery in many shapes, sizes and colors to complement any exterior landscaping project.

Our team has been growing, too! Our knowledgeable and talented team members are excited about the opportunity to help customize a lighting package to meet your individual style and needs. What sets us apart from the rest? It is our fresh take on lighting and our belief that it is an essential element in achieving your design goals. Stop by and see us any time and be blown away by EVERYTHING we have to offer for that polished and unique touch of style that will add the feeling of AWE to your home!



local event & sponsor feature



## CHARGERS, CHARGERS, & MORE CHARGERS!

*Which are the best and fastest?*

Some time ago, I wrote about how to ensure your new holiday smartphones, tablets and other rechargeable devices charge safely, quickly and completely. I thought I'd write more about this, since there are big differences in power and charging capability needed by the latest devices like phones, tablets, ebook readers, Bluetooth headsets, etc.

The key message: not all chargers, even though they look identical, deliver the same amount of power, and some may not safely and quickly charge your devices. See the photo, and you see several chargers that I had in my desk drawer – many look the same and have the same electrical plug and USB socket on them, but they're quite different in how fast they will charge your device.

Ever wonder why your device seems to charge so slowly? It's because charging speed is dependent (for simplicity) on two key factors:

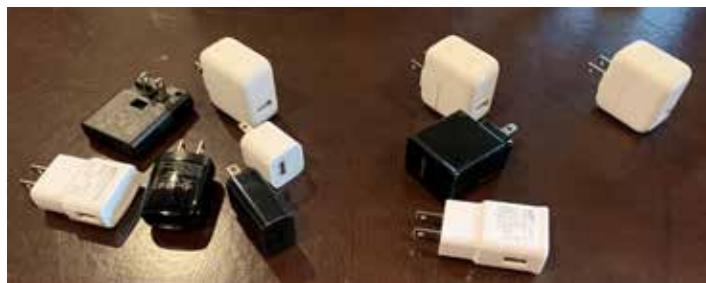
- The wattage (power output in Amperes) of your charger.
- The quality and current-carrying capability (wire thickness) of your USB cable.

If you get both of these factors right, the device will charge up to three times faster. Some advice:

In the photo, you see three sets of chargers:

- On the left, are six chargers from a variety of companies, and they all deliver 5 volts at 5 watts total. These are good for lower power devices like older smartphones, and will slowly charge anything else.
- In the middle, are three chargers that deliver 5 volts at 10 watts total – twice the power output of the ones on the left. They will charge newer smartphones and most newer tablets.
- On the right, is a charger that delivers 5 volts at 12 watts total, 20% more than the chargers in the middle, and almost *three times* the power of the ones on the left. It's good for charging the latest tablets, and just about anything else.

So why does this matter? Because if you're like Romeo and me, you have these all over the place and expect them all to charge any device quickly. But they won't. The one on the right has the most available power, so will charge devices fastest. The ones on the left likely will only slowly charge your device, and may not allow you to use the device while charging. Also, notice the larger



white Apple chargers in all three groups? They are different, and only if you get a magnifying glass can you read that they offer different power levels even though they are identical in size, shape, and weight. Also, for these USB chargers, you're not limited to using the one that came in the box with your device. You can usually use ones that provide more power with any device that needs that amount of power or less. A higher power charger won't overcharge a quality device.

My advice: Collect up all of the chargers you have and read their power "Output" value – it's on all of them and will say something like: "5.0V 1.0A" which means 5 Volts at 1 Amp (for Ampere, a measure of current).

- If it says "Output 5V (or 5.2V) at 2.4A" or more, it's in the right-most column and should work on everything including the latest tablets and charge the most quickly, if you use a quality USB cable.
- If it says "Output 5V (or 5.1V) at 2.0A (or 2A), it's in the middle group and good for most of your devices, new and old.
- If it says "Output 5V at 1.0A, (or 1A)," it's in the left group and you can consider replacing those chargers with the more powerful ones above for the fastest charge.

For any of these, select a USB cable that is built well and is offered by a reputable company such as Anker, Amazon or Apple. A rule of thumb: thicker cables are better. The cable that comes with a smartphone will charge that phone well, but might slowly charge your tablet since it requires more power. Using the tablet cable with the phone will work great. Always replace any cable that is frayed, or shows the wire, as they are dangerous and can start a fire.

I'd love to hear from you! If you have a tech question you'd like me to cover in an upcoming issue, send your email to JeffSMcNaught@GMail.com. I read them all and will answer as many as I can in an upcoming issue.



pet of the month

## Merlin

*the Miniature Schnauzer...*

### Adding Spice to the Lopez Residence!

Residents...**Rob & Fallon Lopez**

Meet Merlin!

Merlin is a Miniature Schnauzer who was born on August 12, 2011, in Stockton, CA. Fallon and Rob started looking for a dog a few months after moving into their house in El Dorado Hills. They had a friend from college who owned a Mini Schnauzer and they fell in love with the temperament, the soft fur and the fact that the breed doesn't shed hair. They found a wonderful couple in Stockton (CroJas Minis) who had a litter on the way. Merlin is AKC certified and from a line of show dogs. Fallon and Rob checked out the litter after they were born and were impressed with the quality of the puppies and the reputation of the breeders. They picked Merlin up at 9 weeks old and instantly fell in love.

Merlin's name comes from the fact that he looks like a great wizarding dog with his long beard and wise eyes. He went through puppy training classes and had so much energy as a little puppy. He is now 7 years old and much more mellow. He has two little brothers (Garren, age 4 and Desmond, age 2). He loves to play with the boys and is incredibly gentle. He is very food motivated and often sneaks food from the kids' plates (even off of the table). We joke that with his beard and his excitement to eat any and all food off of the ground, he's our little Swiffer Sweeper.

Merlin's favorite place to be is at Rob's work where he is very social and roams the office visiting co-workers for head scratches and cuddles. He also loves to go to Tahoe to run on the beach and play with the other dogs around. Merlin is Fallon and Rob's first fur-baby together and is an integral part of the family.



resident recipe

# Hearty Yellow Split Pea Stew...

Sounds Perfect for a Cold Winter Night!



Resident...  
Armaghan  
Mirhaj

## Khoresh Gheymeh (Yellow Split Peas Stew)

Serves approx. 4

- 1 pound of meat (veal preferred), washed and cut into small pieces
- 1 cup yellow split peas (slow cooking is good kind for this recipe)
- 1 onion diced into small pieces
- 1 teaspoon turmeric
- 1 teaspoon curry powder (optional)
- 2 Tablespoons of Tomato Paste
- 1 teaspoon saffron (prepared in water)
- 3 dried limes washed and pierced in a few places with a fork
- 1 teaspoon lemon juice
- 1 teaspoon salt or more as needed
- 2 potatoes peeled, sliced into thin strips and fried



1. Soak yellow split peas for 30 minutes in water.
2. In a medium pot, heat 2 tablespoons of oil and then add onions just until they are soft, but not browned.
3. Add meat to the onions and fry until it is brown on all sides.
4. Add turmeric, curry powder (optional), salt and tomato paste to the meat.
5. Add dried limes to the meat mixture followed by 5 cups of water.
6. Cover and allow the mixture to cook on medium heat for an hour or until meat is well cooked.
7. Drain the yellow split peas and add to the meat mixture. Mix in and ensure there is still water in the mixture and bring to a gentle boil.
8. Allow the mixture to continue to cook for about 30 minutes or until the split peas are not hard and not too soft (they should have a little bite to them), also checking to make sure the mixture does not run out of water. Add more water if necessary.
9. Add lemon juice and saffron to the mixture and cook for another 5 minutes. (optional)
10. Serve the mixture in a bowl and garnish with the fried potatoes on top.

Enjoy with some Persian rice!

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# A Night at the Library...

## VINTAGE HOLLYWOOD GALA & FUNDRAISER!

Resident...  
**Karen Brown**  
(Publicity  
Chair)

local event...

On November 11, the El Dorado Hills Library filled with hundreds of supporters, many dressed in vintage Hollywood-inspired attire, for an evening of entertainment, food and wine all while supporting the library's goals of literacy and community.

The Friends of the El Dorado Hills Library, an all-volunteer nonprofit organization, presents this event annually as its primary fundraiser. The group has raised and given more than \$500,000 to the library since it was built in 2006. These funds enable the library to make purchases of books, periodicals and materials to enhance its collections and provide high-quality programming to children and adults.

This year, the Night at the Library featured the live music of Daniel Roest on classical guitar and "Just Us," a local guitar and vocal duo featuring Mark Scheuerman and Lisa. Magical AI worked the room, delighting guests with his fascinating magical feats. Guests also were able to sample wine from six wineries and food from 11 local restaurants and caterers.

The highlight of the event is always the silent auction and raffles, and this year was no exception! One exciting moment happened when a lucky supporter won \$500 cash in the raffle. A costume contest resulted in a win for a supporter dressed as the character of Maria from *The Sound of Music*.

Library supporters are encouraged to join the El Dorado Hills Friends of the Library by purchasing an annual membership at a cost of only \$10 at [www.edh-libraryfriends.org](http://www.edh-libraryfriends.org). And, if you need a gift for a teacher, friend, hostess or anyone else, check the gift basket sales that are ongoing in the lobby of the Library.

### El Dorado Hills Library

7455 Silva Valley Parkway  
El Dorado Hills, CA 95762  
[www.EDHLibraryFriends.org](http://www.EDHLibraryFriends.org)  
916.358.3500





# Real Estate RESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking	\$/Sq Ft
4349 Cordero Dr	El Dorado Hills	\$1,159,000	\$1,110,000	08/10/18	60	4	3	3,520	3	\$315.34
3886 Errante Dr	El Dorado Hills	\$1,148,000	\$1,115,000	10/19/18	128	5	4	3,457	3	\$322.53
4390 Cordero Dr	El Dorado Hills	\$1,167,000	\$1,140,000	09/05/18	59	4	4	3,892	3	\$292.91
5142 Breese Cir	El Dorado Hills	\$1,270,000	\$1,165,000	08/29/18	140	4	4	4,388	3	\$265.50
3435 Greenview Dr	El Dorado Hills	\$1,215,785	\$1,178,710	10/05/18	42	4	5	4,400	3	\$267.89
507 Renaissance Pl	El Dorado Hills	\$1,250,000	\$1,200,000	08/15/18	63	5	5	4,889	4+	\$245.45
4964 Breese Cir	El Dorado Hills	\$1,325,000	\$1,275,000	09/14/18	430	4	5	4,580	3	\$278.38
4909 Breese Cir	El Dorado Hills	\$1,374,000	\$1,350,000	11/02/18	68	4	5	5,028	4+	\$268.50
4670 Gresham Dr	El Dorado Hills	\$1,390,000	\$1,357,500	09/05/18	98	5	5	4,525	4+	\$300.00
6009 Aldea Dr	El Dorado Hills	\$1,399,000	\$1,399,000	08/07/18	11	4	4	3,835	3	\$364.80
6006 Monet Way	El Dorado Hills	\$1,299,000	\$1,400,000	11/01/18	73	5	5	4,102	3	\$341.30
6147 Aldea Dr	El Dorado Hills	\$1,489,000	\$1,400,000	11/21/18	42	5	5	5,448	3	\$256.98
5208 Breese Cir	El Dorado Hills	\$1,399,900	\$1,442,331	09/28/18	328	4	6	4,534	3	\$318.11
7546 Sangiovese Dr	El Dorado Hills	\$1,500,000	\$1,470,000	09/18/18	92	5	5	4,331	5	\$339.41
5263 Da Vinci Dr	El Dorado Hills	\$1,578,000	\$1,578,000	10/26/18	161	6	5	4,561	4+	\$345.98
206 Plio Ct	El Dorado Hills	\$1,600,000	\$1,600,000	11/30/18	2	5	6	4,908	4+	\$326.00
5116 Da Vinci Dr	El Dorado Hills	\$1,675,000	\$1,675,000	08/17/18	69	5	6	4,541	3	\$368.86
722 Da Vinci Ct	El Dorado Hills	\$1,749,000	\$1,725,000	08/28/18	2	5	5	4,748	3	\$363.31
5345 Da Vinci Dr	El Dorado Hills	\$1,699,000	\$1,750,000	08/20/18	76	4	5	4,387	4+	\$398.91
289 Bronzino Ct	El Dorado Hills	\$1,795,000	\$1,795,000	08/17/18	4	4	5	4,400	4+	\$407.95



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218 Roscommon Court - \$1,700,000



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6232 Pannini Way - \$1,440,000



SOLD

6009 Aldea Drive - \$1,399,000



ACTIVE

4234 Greenview Drive - \$1,399,000



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5175 Breese Circle - \$1,350,000



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5216 Breese Circle - \$1,199,000



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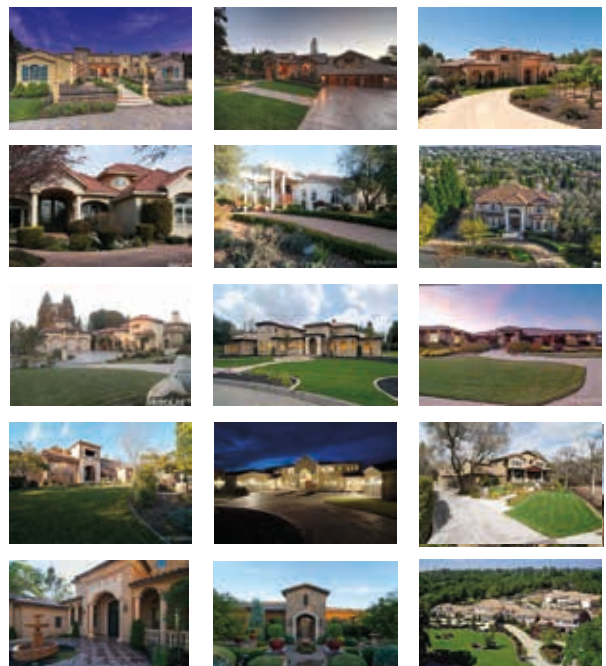


*R*enowned locally for selling Eddie Murphy's mansion in Los Lagos, Nick Sadek is actively listing and selling multi-million dollar luxury homes. He was the Top Luxury Home Closer in 2010-2017.

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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.

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