

JANUARY 2017

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L I F E S T Y L E TM



Wedding Issue

**ETHEREAL ROMANCE
WEDDING AT THE CROCKER**

THREE REAL SACRAMENTO WEDDINGS

MEXICO'S RIVIERA MAYA

Staying Active During the Holidays

To enjoy good health this holiday season, it's important to commit to a plan to stay active, fit and healthy. After all, you don't want to miss a minute of those holiday festivities.

Effects of Inactivity on Seniors

Everyone needs exercise, but seniors particularly benefit from warding off the ill effects of inactivity such as decrease in muscle mass, higher risk of obesity and increased risk of osteoporosis. Staying active and exercising can also reduce the risk of other conditions like cardiovascular disease, stress and depression. An active lifestyle can improve your mood and overall state of mind.

Tips for Staying Active Over the Holidays

The holidays in many parts of the country are synonymous with bad weather. This doesn't have to stop you from maintaining your exercise schedule. You can dress for the weather and call some friends or family members to come walk around your block with you. If the weather isn't agreeable, it's the perfect excuse to go shopping (or window-shopping) at the mall. You can take a couple of laps around the mall.

- ☐ **Socialize.** The holidays can benefit your body and mind. Traveling to see family can help you stay active, and socializing lowers stress and boosts your sense of independence and well-being.
- ☐ **Get Creative.** The holidays are often a busy, hectic time, which can make it more challenging to keep up with your goals of healthy eating and exercising. Get creative this holiday season and choose fun ways to work your exercise routine into your busy schedule. Include the whole family – take a family walk singing holiday carols around the neighborhood or explore a group fitness class. This allows you to spend quality time with your loved ones and still prioritize your health.
- ☐ **Treadmill Walking or Stationary Bike Riding.** If going outdoors isn't an option, that doesn't mean you can't take your daily walk. Go the fitness center and hop on the treadmill. Or, peddle away on the stationary bike. Watch a holiday movie while you walk to make it more festive.

Don't let the winter months slow you down. Stay healthy and fit.

For more useful tips about health, wellness, safety and aging, follow us at facebook.com/eskaton or call 1-866-eskaton (1-866-375-2866.)

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Happy New Year!

The New Year is here, a time of new beginnings and often a time when people have just become engaged to be married. To help you get started, this month's issue features some wedding themed articles, photos and ideas.

Aimee Wendell, of 2Chic Events, planned and coordinated our ethereal romance themed wedding photo shoot, with help from Sara Kennedy, Elena Wallace and Ashley Baker of Crocker Art Museum. Aimee brought in her "A Team" of artisans to assemble, style and photograph the event and we are very excited to share the results with you.

We also have photos and vendor details from three real Sacramento weddings. It must have been the year for "Ashleys" because all three brides are named Ashley. Many thanks to Stephen and Ashley Caselli, Gordon and Ashley Kashiwagi, and Sidney and Ashley Poritz for inviting us in to enjoy a glimpse of their very special day.

In case you are among those newly engaged and starting down the path of planning your wedding day, we have two great advice articles on what to do next and how to hire the best photographer for your special day. (And yes, moms of the newly engaged, you can read these articles, too.)

Michelle Giacomini, our traveler, takes us to Riviera Maya. If you are looking for a honeymoon idea, or you just want to get out of the Sacramento cold and into some sunshine, be sure to read about this favorite Mexico destination. I know after reading the article and viewing the photos, I wanted to book my airfare for a trip south of the border.

We hope you enjoy this issue and appreciate your continued support. Whether you are breaking out your running shoes, re-examining your finances, making travel plans for the upcoming year, or still working on your New Year's resolutions, we wish you a happy, healthy, fulfilling 2017.

Wishing you the best,
Pam Baker, Editor

Pam Baker

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ON THE COVER Kelsey Pruden

PHOTOGRAPHY BY MILOU AND OLIN PHOTOGRAPHY

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TALK TO US



Sacramento

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JANUARY 2017

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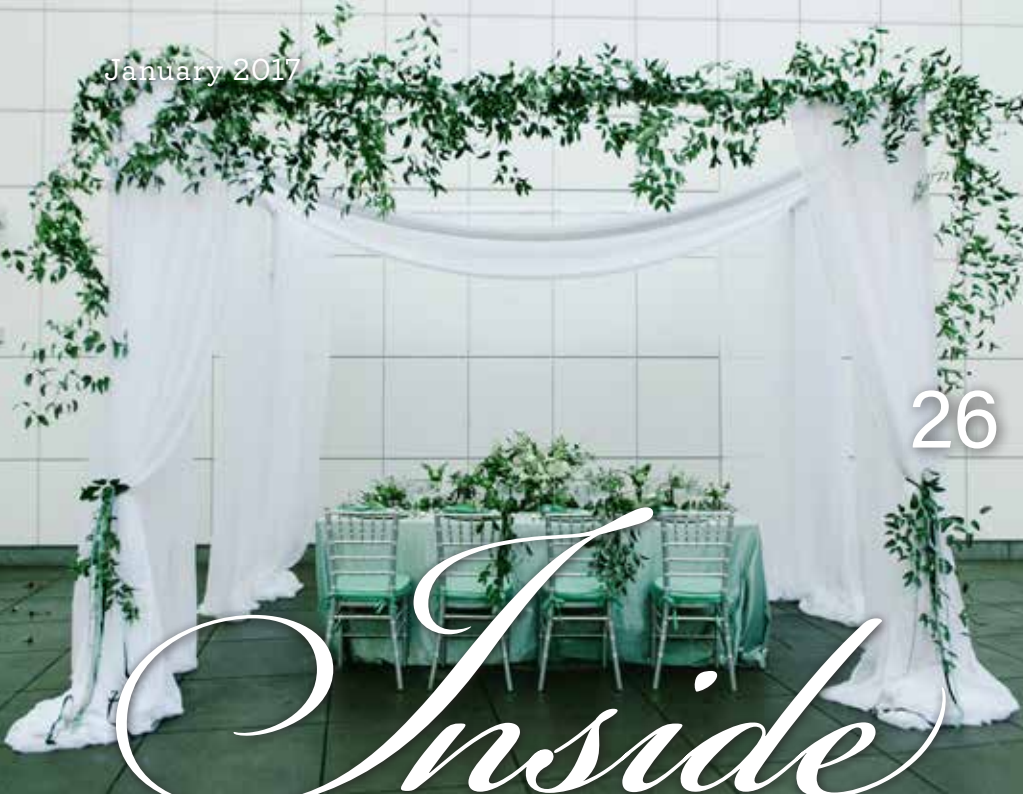
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January 2017



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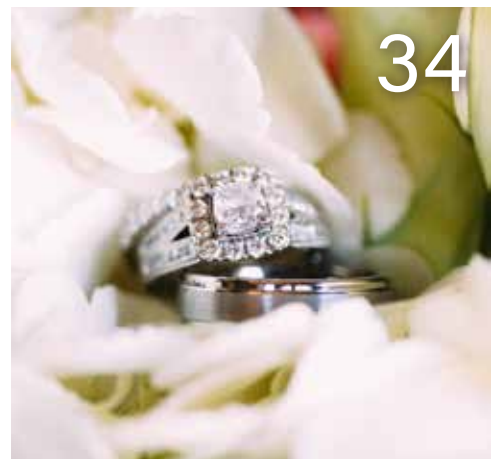
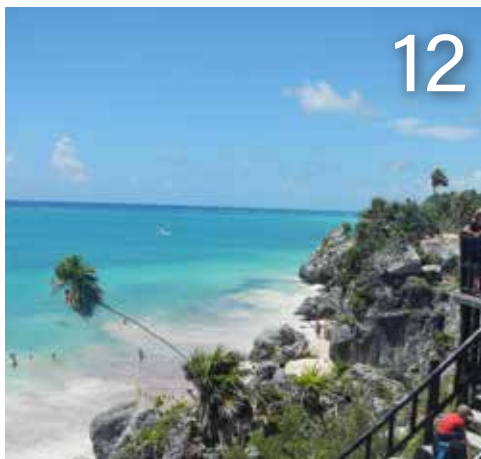
Check out this warm, tropical destination

18 Three Real Sacramento Weddings

Three different stories, three different weddings

26 Ethereal Romance Wedding Theme

Our photo shoot at a premier wedding venue



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Ports on Parade at Deaver Winery

Every year, Deaver Winery, in Amador County, invites customers to enjoy a port and food pairing at their beautiful winery. Offering six different ports with a choice of both savory and sweet foods for each, there was plenty to enjoy that afternoon.



Art of the Car at California Auto Museum

California Automobile Museum celebrated their recent fundraiser and dinner extravaganza featuring world-renowned artist and car enthusiast David Garibaldi, farm-to-fork cuisine by Diane Wilkinson Catering, artisan cocktails, live entertainment by Ken Koenig and Spare Parts Band, and a silent and LOUD auction (including the art that David produces during his performance.)



Dave Felderstein, Todd Darling, David Schnitzer, Daniel Hoody, Scott Mikkelsen



Nancy & John Tennyson, Tom & Cindy Hennessy



Barb VanGelder, David Garibaldi, Karen Holmes



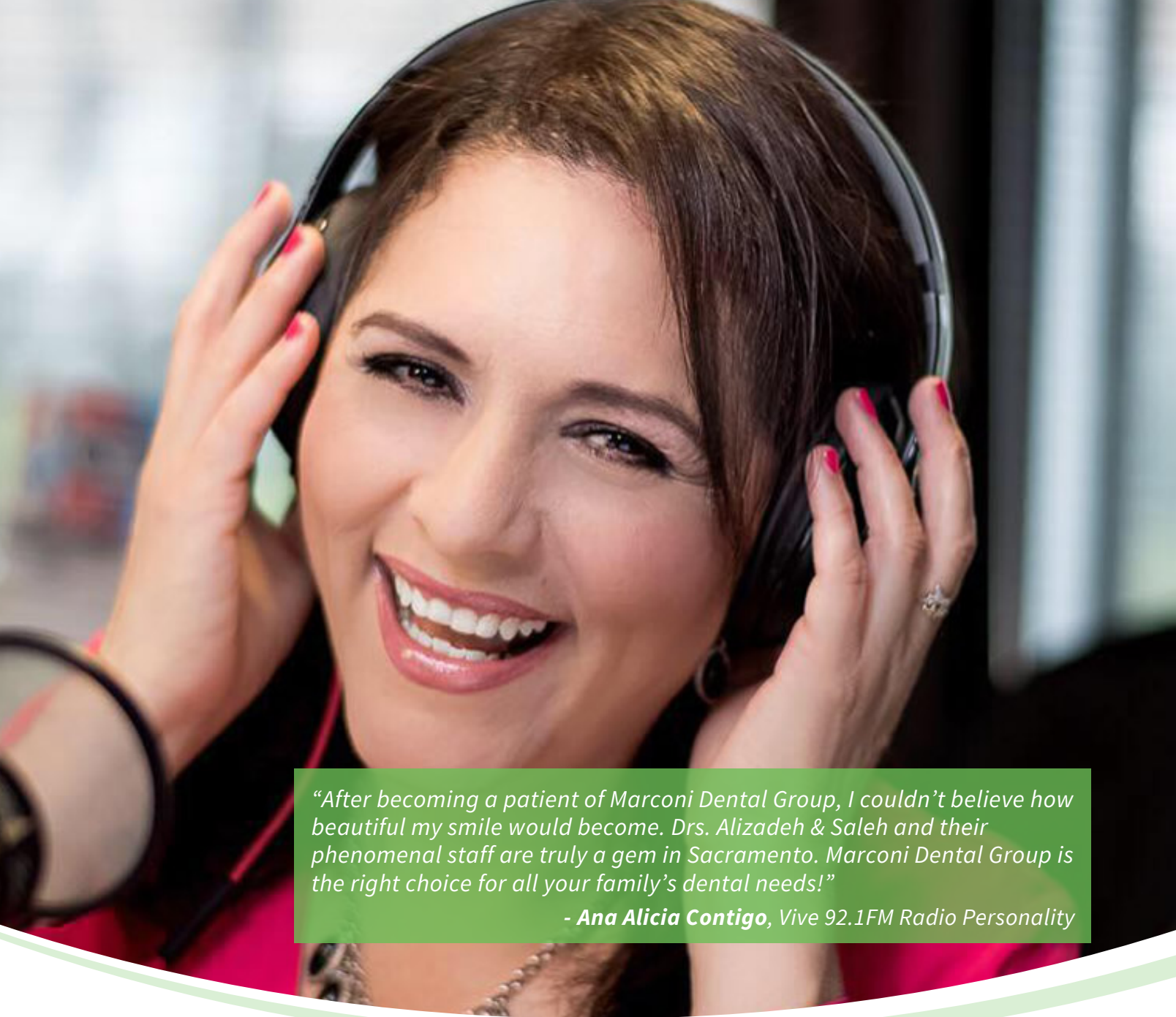
Mindy Roe, Gary Johnson, Bonnie Johnson, Jill Jurevich



Winnie Comstock, Nicole Rogers, and friend



Victoria Leas, Maggie Ferrari and Liz Stafford



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- Ana Alicia Contigo, Vive 92.1FM Radio Personality

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AROUND TOWN

ART RX

January 14, 11:00 am

Art Rx is now open to those with chronic pain and caregivers for people facing the end of life. If you are in one of these communities, you and your guest(s) are invited to enjoy facilitated group conversations about select pieces of art with an accomplished docent. The goal of Art Rx is to encourage positive experiences that reduce the burden of chronic pain and caregiver burnout. No prior art knowledge is necessary.

First-time participants: Please arrive 15 to 30 minutes early for check-in. Art Rx is presented in collaboration with the Center for Pain Medicine's Integrative Pain Management Program, part of the UC Davis Health System.

Admission is free for everyone. Advanced registration is required and is available at CrockerArtMuseum.org. Call 916.808.1962 or email education@crockerartmuseum.org with questions.

NEW FOOD OPTIONS COME TO THE CORNER OF FREEPORT BLVD. AND SUTTERVILLE ROAD IN LAND PARK.

After remaining empty since 2012, Dali's Kitchen moved in to the building once occupied by Ford's Real Hamburgers. Located at 1948 Sutterville Road, across the street from William Land Park, Dali's is a family-run Mexican restaurant. The restaurant is owned by Dali Magallon, a native of Bellavista, Mexico and will feature staples such as enchiladas, burritos and carne asada. The menu will expand over time with Magallon's specialties. 916.573.3863

Dali's is behind Shabu Pub, a restaurant that opened last Fall in the building that previously housed the Blockbuster video store at 4400 Freeport Blvd. Ste 160. This is a "hot pot" restaurant, where meals are cooked at your table. The restaurant has a modern, spacious layout. Standard entrée plates range from \$14 – 20 with veggie, pork, American wagyu and Japanese wagyu for \$39. Reservations accepted. 916.736.1268.

AEROSPACE MUSEUM TO DEBUT LEONARDO DA VINCI "MACHINES IN MOTION"

Debuts February 6

On display for the very first time in California, guests of all ages will be fascinated by the dramatic and interactive *Leonardo da Vinci*

"Machines in Motion" international traveling exhibit coming soon to the Aerospace Museum of California. Forty impressive machine replicas will be on special display, occupying nearly 9,000-square feet of space inside the Museum. All of the hands-on machines are based on Leonardo da Vinci's visionary designs and innovative notebook drawings that have been meticulously constructed by a modern team of scientists and craftsmen in collaboration with the Leonardo da Vinci Museum in Florence, Italy. Museum guests will have the unique opportunity to set the machines in motion while learning and exploring the wide range of mechanical principles da Vinci employed to create each one. Grouped together in four sections, according to the element which the machine operates or from which it draws power -- Earth, Water, Air and Fire -- the exhibit features visionary early inventions such as the helicopter, glider, armored tank, drive transmission, printing press, bicycle, robot and more. In addition, a da Vinci themed PlayZone will also be available for very young children to inspire creative learning.

About the Aerospace Museum of California

Located in a spacious facility at McClellan Business Park in Sacramento, the Aerospace Museum of California is one of aviation's greatest showcases that captures the allure of flight. With a wide range of impressive military and civilian aircraft on display -- from biplanes to Russian MIGs -- and an extensive engine collection, the Museum also offers a state-of-the-art STEM learning laboratory or "Flight Zone" with 10 interactive digital flight stations. The Museum is committed to providing a world-class experience along with the opportunity to learn about and celebrate aviation's past, present and future. AeroSpaceCA.org



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HONEYMOON IN THE RIVIERA MAYA

*Snorkeling one of the cenotes at
Dos Ojos*

*Honeymooners can enjoy the
beautiful beaches of Playa del
Carmen along the Riviera Maya*

*Beaches of the cliffs at
the ruins of Tulum*

ARTICLE MICHELE GIACOMINI | PHOTOGRAPHY DAVE GIACOMINI

When it comes to honeymoon destinations, the Riviera Maya has it all: fun, adventure and romance.

Stretching along Mexico's Gulf Coast, the Riviera Maya runs from Playa del Carmen to Tulum. It's fun in the sun year round, and is packed with things to do for all kinds of honeymooners.

WHERE TO STAY:

When looking for the perfect place to honeymoon in Riviera Maya, Puerto Aventuras, Mexico boasts upscale condominium rentals and upscale resorts, much of which surround this town's romantic marina

area. Some of the vacation rentals are nestled in the marina, yet still have beach access (with great snorkeling), as well as swimming pools.

WHERE TO EAT:

THE PUB

The marina at Puerto Aventuras hosts multiple restaurants that have fantastic food of all sorts, but I highly recommend The Pub. While the name may scream "British," this restaurant serves some of the best Mexican food in the marina. Quite frankly, their ceviche is out of this world. It's one of those meals that has people coming back for more.

Plus, honeymooners who go on fishing excursions are able to have the chefs at this restaurant prepare their personal catch. Here patrons are able to enjoy El Dorado (or whatever their catch was) served three ways, and each are just as fantastic as the other.

DOS CHILES

For some spectacular fresh fish, prepared amazingly well, be sure to enjoy the Mahi Mahi at Dos Chiles. Their authentic Mexican food is excellent too, like their incredible Shrimp Fajitas. What pairs well with their food is their beautiful al fresco dining overlooking the marina.

JESSIE'S GELATO

After dinner, honeymooners may enjoy an evening stroll with some velvety gelato from Jessie's Gelato, through the marina, and may even get a glimpse or two of late night swimming dolphins and sea lions. (When visiting Jessie's, be sure to meet Martin, the owner, and ask for the secret flavor, "Whoops." He only makes that by special request!)

*Sizzling Shrimp Fajitas
from Dos Chiles*

WHAT TO DO:

For honeymooners who are into adventure, there are countless places to explore:

TULUM

A quick 20 minute drive south to Tulum will have honeymooners exploring the ancient Mayan ruins and discovering that the Mayans were geniuses in establishing “beachfront property.” The views are astounding, and visitors should bring their bathing suits if they dare to descend the cliffs and go for a dip in the turquoise waters below.

(For those who enjoy the ruins, make it a longer day and drive out to Coba. These inland ruins are a drastic contrast to the Tulum ruins, and just as impressive).

DOS OJOS CENOTES

Not far from the marina area of Puerto Aventuras is Dos Ojos Cenotes (Two Eyes Sinkholes-roughly translated). Here, adventurous honeymooners can explore the cenotes from underwater. Both snorkeling and diving options are available. This is a spectacular place to visit for first-time and repeat cenote explorers, alike.

(For those who love this excursion and want more, they can enjoy a mostly underwater/cave guided experience in Playa del Carmen at: Cenote Chaak Tun)

PLAYA DEL CARMEN

A short drive north from Puerto Aventuras brings honeymooners to Playa del Carmen. For those looking for fun, but not so inclined for dark

spooky places, hiking, climbing or water sports, here couples can enjoy a stroll along the beach, as well as along the “outdoor shopping mall” that is 5th Avenue. 5th Avenue has shops galore, restaurants and some rather good gelato shops. Visitors wanting a culinary thrill should go eat where the locals eat, Antojitos Sandra. (Located at the corner of 4 Calle Nte and 20 Avenida Nte-walking distance from 5th Avenue). We’re talking dive restaurant with amazing authentic Mexican food, and it won’t break the budget!

The Riviera Maya is a gorgeous honeymooners paradise with much to do for those couples who like to be on the go, and beautiful blue water-ebbed beaches for those who just want to relax and take in the scenery. It’s a place that has it all, for all who visit.





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CHOOSING A WEDDING PHOTOGRAPHER 101

ARTICLE ALLISON HOPKINS

Your wedding day is approaching and there's just one thing you can't decide on...the photographer. You've met with a few, but it's overwhelming and expensive and how do you choose the right one? Three recently married brides and a wedding planner (we will call them "Team Wedding") tell you how to find a good photographer and why you won't regret the investment after your wedding day.

Team Wedding came up with four main factors to consider when selecting a photographer.

Personality / Experience / Style / Cost

Meet the Advice Team

AIMEE WENDELL

Sacramento Wedding Planner Expert

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Aimee Wendell

EMILY COLTON

Age: 25

Wedding Date: June 7, 2013

Venue: Family's Residential Backyard/
Sacramento



Emily Colton

LUCY LEWIS

Age: 37

Wedding Date: April 9, 2016

Venue: Oxford Hotel/Denver, CO



Lucy Lewis

LIZ WISE

Age: 27

Wedding Date: October 25, 2015

Venue: The Lawley Ranch/Woodland, CA



Liz Wise

PERSONALITY IS HUGE.

Aimee: A good wedding photographer should be someone who you want to hang out with all day. They make you feel comfortable, they get things done on the wedding day without making you feel rushed, and they feel like they are just one of your friends who is there taking photos on the wedding day.

Emily: You want to feel comfortable around them so that you won't look "posed" and forced in the photos. If it's a natural and smooth conversation when you are interviewing them, then that will translate over to when you're photographed.

Lucy: We didn't want a lot of formality and our photographer blended well with us. She was so laid back though (as is common in Denver) that she almost didn't give us enough direction.

EXPERIENCE IS A MUST.

Emily: My husband and I knew of the photographer that we wanted right off the bat. I requested the double shooter to be a specific photographer who was her client/friend and our friend too. Both artists were people that my husband knew and grew up with. I had seen both their portfolios on Facebook and liked what I saw even before I was engaged. The photos were exactly what I wanted. They were romantic, creative, and captured the essence of my husband and I.

Lucy: Get a good enough photographer and then find ways to make that price work—like shortening their hours—but don't cut down on quality.

Liz: Other people's opinions of the photographers were very important. We had three photographers recommended to us. We had a big advantage of getting married in April, which is not popular at all in Denver, and we were able to negotiate a great rate with a great photographer.

STYLE SHOULD BE TIMELESS.

Aimee: Be careful when it comes to booking someone who is following a current trend with their style of photography. Make sure that the look and feel of their photos is timeless so that when you look at them in 20 years they are still reflective of your style.

Emily: I wanted creative photos that had unique perspectives while having tasteful editing. Most photographers may have one signature style of editing that is already preset in their Lightroom or Photoshop settings. So find the one you prefer. But a good photographer can edit it to however you want the photos to look.

COST...IT'S WORTH THE INVESTMENT.

Aimee: This is one of the most important investments you will make in regards to your wedding. Don't skimp! At the end of the day, all of the flowers, decorations, etc. will be gone but your photos will last forever.

Liz: I would recommend saving up more for this vendor and skimping on money elsewhere. Providing your guests with a good time is important, but not at the cost of your memories. The day flies by in a blur and you will have trouble remembering it all.

LOOKING BACK—WHAT WOULD BRIDES DO DIFFERENTLY?

Aimee: I've never heard a bride say they spent too much on photography. If anything, I think that a lot of clients wish they had invested more in this area. I highly recommend to couples, "think about the photos you want to hang on your walls more than what will please your families." (Do you absolutely have to include every single cousin?) I see many couples investing more time in family photos than their own portraits, and later wishing that they had more photos of just the two of them together.

Emily: I wished that I had requested more pictures of my husband and I both looking at the camera at the same time instead of us looking at each other, or one of us looking at the camera.

Liz: I was pretty happy with them...If I had to do it again, I would save up more for it.



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Real Sacramento Weddings

ARTICLE PAMELA BAKER



Stephen & Ashley

Stephen and Ashley were born and raised in the Sacramento area - Ashley from Carmichael and Stephen from Land Park. Although they both moved away for college and work, Stephen and Ashley eventually made their way back home to plant their roots. The couple now owns a home in Tahoe Park where they live with their six-month-old Australian Shepherd puppy named Vinny.

Stephen and Ashley first met over three years ago, introduced by a childhood friend of Stephen's and a college friend of Ashley's, who thought they'd be a great match. One night, the four of them went out for drinks, and the rest is history!

For the wedding ceremony, Stephen and Ashley exchanged vows at Holy Spirit Church, Stephen's hometown parish. The reception was held at Tsakapoulos Library Galleria in downtown Sacramento.

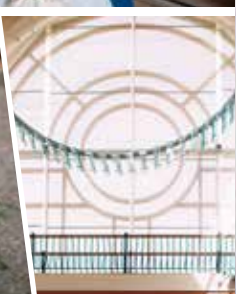
Ashley works for an IT solutions company called Randstad and Stephen works for the Sacramento Kings. Because

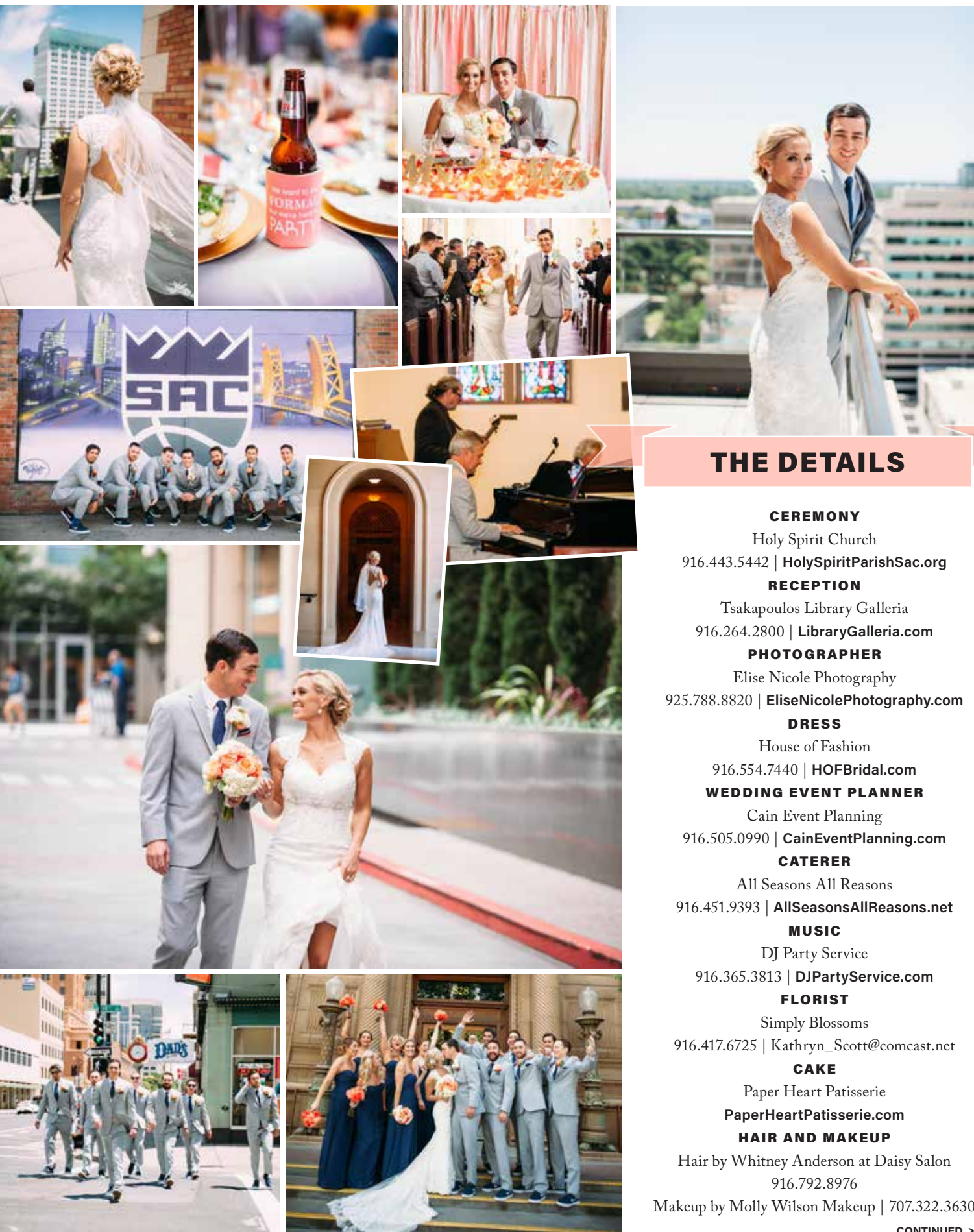
Stephen is a lifelong Kings fan, the couple had a little fun by providing their guests with Kings props such as foam fingers, crowns and hats at the "selfie station."

When asked what the best thing was about their wedding day, Ashley says, "Hearing our song during our ceremony! Stephen's dad, Mike, wrote and performed a song entitled 'We Found Love' during the ceremony. It was such a special gift and meant so much that he could share his love of music that day."

Stephen and Ashley's advice for couples planning a wedding:

- Start planning early and don't be afraid to voice exactly what you want.
- Make note of the things that matter the most to you and communicate those to your coordinator and vendors.
- If you couldn't imagine your day without a photo at sunset, cutting the cake or tossing the bouquet, stress that in your timeline and in your final meetings with vendors.





THE DETAILS

CEREMONY

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MUSIC

DJ Party Service
916.365.3813 | DJPartyService.com

FLORIST

Simply Blossoms
916.417.6725 | Kathryn_Scott@comcast.net

CAKE

Paper Heart Patisserie
PaperHeartPatisserie.com

HAIR AND MAKEUP

Hair by Whitney Anderson at Daisy Salon
916.792.8976
Makeup by Molly Wilson Makeup | 707.322.3630

CONTINUED >

THE DETAILS

CEREMONY AND RECEPTION

Vizcaya

916.594.9285 | VizcayaSacramento.com

PHOTOGRAPHER

Alicia Gines Photography

916.996.6325 | AliciaGinesPhotography.com

DRESS

Madeline's Bridal Boutique

MadelinesBridalBoutique.com

FLORIST

Mom's Wholesale

MomsWholesaleFlowers.com

MUSIC

Essex

916.806.8814 | EssexBand.com

CAKE

Ettore's European Bakery

916.482.0708 | Ettore.com

HAIR AND MAKEUP

The Traveling Stylist

TheTravelingStylist.com

Sidney & Ashley

Sidney, a broker with ReMax and an avid golfer, was born and raised in Santa Clara. After graduating from Chico State, he made his way to Sacramento. Ashley, originally from Fresno, recently graduated from Sac State with an education in childhood development. Today, she is a campaign executive for United Way, which allows her to use her education and give back to the local community.

But, Sidney and Ashley didn't meet through mutual friends or work together or go to school together. Ashley found Sidney while perusing the list of contestants in the 2013 Sacramento's Most Eligible Bachelor Contest with girlfriends. Intrigued, she sent him a "friend" request through Facebook. Sidney, in turn, responded with "how do I know you?" and "would you like to meet for a drink?" which turned into a dinner invitation. After dating for almost three years, the couple married and now reside in East Sacramento with their adorable dog, Chase.

Sidney and Ashley chose Vizcaya for their nuptials, who also provided the catering, linens, dinnerware, and a guiding hand to make the day go smoothly. When asked what their favorite memory of the day was, Sid

responded, "the band and the party." Ashley loved a moment that she and Sid had when they exchanged presents during the "first look" encounter. Ashley says that Sid always encourages her to carry an "emergency C-note in her wallet", a running joke between the two of them, in case she needs an "emergency pedicure or drinks with friends or some unexpected purchase." For his gift to her, Sid gave her an "emergency C-note" with his picture plastered over Benjamin Franklin, and changed the name to an "emergency Sid-note." Ashley said that tensions are high during your wedding day and that got her laughing and relaxed and ready for the rest of the day. Sid says, "There are so many things that can go wrong and having a little bit of humor goes a long way."

Sidney and Ashley's advice for couples planning a wedding:

- Whatever your budget is, plan for more, because it always goes over.
- Focus on what you want at your wedding, but remember, no one cares about your linens or your centerpieces.
- Have fun with it. You're (hopefully) not going to get the chance to do it again.

CONTINUED >





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FolsomLakeHyundai.com
12530 Auto Mall Circle
Folsom, CA 95630
916.293.4760

Sacramento Hyundai
SacramentoHyundai.com
6250 Florin Rd.
Sacramento, CA 95823
916.427.1234

Sacramento CDJR
SacSuperStore.com
3610 Fulton Ave.
Sacramento, CA 95821
916.229.8900



Gordon & Ashley

Gordon and Ashley, native Sacramentans, were both raised in the Greenhaven area. Introduced by mutual friends, they met when she was just 16 and Gordon was 17. Graduates of Sac State, Ashley is an architectural designer and Gordon is an analyst at the Energy Commission.

Obviously not in a big hurry, the couple dated for more than 13 years before tying the knot. So, when Gordon proposed to Ashley in December 2014, the couple also allowed themselves plenty of time to plan the wedding.

Ashley says she has been in eight weddings and had already seen a lot of different venues. When it came time to plan their wedding, Gordon and Ashley both knew they wanted something different. For their wedding and reception, the couple chose the Crocker Art Museum. The Crocker took care of the catering and the rentals, they simply needed to pick out the colors they wanted. For their wedding, Ashley and Gordon wanted to keep things simple and timeless and went with colors like white and gold.

They were married in the historic ballroom and followed with a reception in the Friedman Court.

Ashley and Gordon wanted a whole new perspective, someone who had not photographed the Crocker before, so they hired a photographer out of San Francisco. And, they both agree, the DJ was “a main staple in our wedding and really helped make our wedding fun!”

Ashley says, “The best thing was that everything ran smoothly. It went by really fast and was a perfect day in August.” Ashley says the Crocker made it easy and “they’re amazing, absolutely amazing.”

Gordon and Ashley’s advice for couples planning a wedding:

- Give yourself lots of time to plan. For Gordon and Ashley, it made all the difference.
- Pick the top three things that are most important to you and focus on that. For Gordon and Ashley, it was the venue, photographer and food.





THE DETAILS

CEREMONY AND RECEPTION

Crocker Art Museum

916.808.0177 | CrockerArtMuseum.org

PHOTOGRAPHER

Gary Sexton Photography

650.430.1743 | GarySextonPhotography.com

DRESS

Bride to Be Couture

916.972.8223 | BridetobeCouture.com

MUSIC

Fretty's Disc Jockey Services

916.213.8116 | Frettys.com

CAKE

Freeport Bakery

916.442.4256 | FreeportBakery.com

HAIR AND MAKEUP

Hair by Laura Cox from Images Salon

ImagesSalonSpa.com

Makeup by Elyse Reneau

ElyseReneau.com

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Mary Douglas Drysdale, Drysdale Inc.

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*Colleen Williams
and
Reese Olander*



Colleen Williams



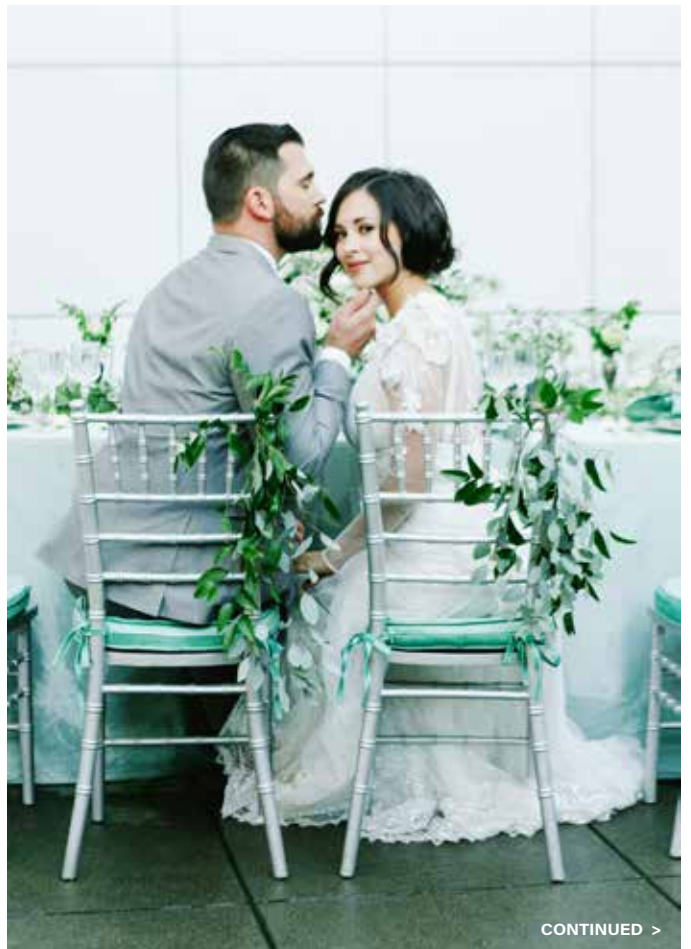
Kelsey Pruden



*Ashley Baker, Kelsey Pruden
and Colleen Williams*



Ashley Baker



CONTINUED >

The Details

VENUE

Crocker Art Museum | 916.808.0177 | CrockerArtMuseum.org
Sara Kennedy | skennedy@crockerartmuseum.org

DESIGN, STYLING AND COORDINATION

2Chic Events and Design | 888.542.Chic (2442) | 2ChicEvents.com
Aimee Wendell | info@2chicevents.com

PHOTOGRAPHER

Milou and Olin Photography | 888.518.6575 | MilouandOlin.com
Caroline Winata | caroline@milouandolin.com

STYLING AND FLORAL DESIGN

Scarlett and Grace | 916.337.3360 | ScarlettandGrace.com
Erin Rochelle DeYoung | erin@scarlettandgrace.com

CAKE

Paper Heart Patisserie | PaperHeartPatisserie.com

GOWNS

Miosa Bride | 916.443.1301 | MiosaBride.com
1125 J Street, Sacramento | customerservice@miosabride.com

HAIR AND MAKEUP

IMakeBeautiful | 916.532.9800 | IMakeBeautiful.com
Jenifer Haupt | imakebeautiful@gmail.com

RENTALS

Celebrations Party Rentals | 916.773.2133 | CelebrationsPartyRentals.com
8845 Washington Blvd. #140, Roseville | brad@celebrationspartyrentals.com

LINENS

La Tavola | 916.321.9333 | LaTavolaLinen.com
1707 18th Street, Sacramento | info@ltlinen.com

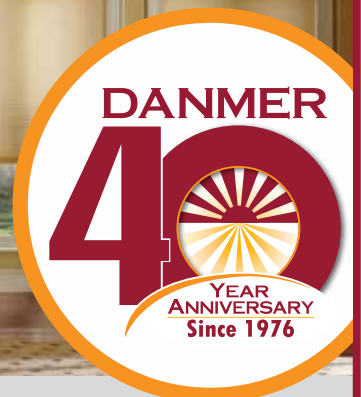




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January

JANUARY 6 - 8

CALIFORNIA STATE HOME AND GARDEN SHOW
SACRAMENTO CONVENTION CENTER

The California State Home and Garden show is featured at the Convention Center every January and gives attendees the opportunity to visit exhibits and workshops that will help them improve their homes and gardens. Amazing productions, informative workshops, landscaping ideas and more. **CalStateShows.com**

JANUARY 10 & 11

SHEN YUN
COMMUNITY CENTER THEATER

Enter the land of the divine! Let Shen Yun take you on an extraordinary journey to ancient China's divine civilization. Classical Chinese dance, ethnic and folk dances, authentic costumes, and breathtaking back-drops will do the storytelling, all accompanied by an enchanting orchestral sound. It's a stunning experience you won't find anywhere else. **ShenYun.com**

JANUARY 12

ART MIX - LIGHT
CROCKER ART MUSEUM

It's a full moon, a new year and the perfect time to light up your night at the Crocker's monthly music-plus-art mixer. Let soul artist Zyah Belle and DJ Shaun Slaughter draw you out of the dark and onto the dance floor. Food and drink discounts during happy hour and \$5 drink specials all night. For guests 21+. **CrockerArtMuseum.org**

JANUARY 14 & 15

TOTAL HEALTH AND FITNESS EXPO
CAL EXPO

This two-day event is Sacramento's largest health and fitness expo and will feature a variety of fitness and nutrition experts, cutting-edge products, the latest fitness apparel and equipment, health and wellness service providers, supplements, healthy snack options, and much more. Come watch one of the many fitness based competitions, all included in admission. General \$7, Seniors \$4. **TotalHealthFitnessExpo.com**

JANUARY 14

SACRAMENTO PHILHARMONIC AND OPERA PRESENTS THE MUSIC OF DAVID BOWIE, A ROCK SYMPHONY
COMMUNITY CENTER THEATER

Few artists have redefined rock. David Bowie was the one — and only! To mark the first anniversary of his passing, the Sacramento

Philharmonic presents a symphonic salute. "Changes," "Space Oddity," "Fame," "Heroes," "Rebel Rebel," and nearly 20 other classics. **SacPhilOpera.org**

JANUARY 16

HARLEM GLOBE TROTTERS
GOLDEN 1 CENTER

The Original Harlem Globetrotters are preparing for their action packed 2016-2017 tour! A star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages. Join Globetrotter stars after the game where they will stay for an autograph, photograph and high five session. **Golden1Center.com**

JANUARY 22

5TH ANNUAL WEDDING SHOWCASE
THE FIREHOUSE RESTAURANT - OLD SACRAMENTO

The Firehouse Wedding Showcase is perfect for brides and grooms, the wedding party, family, and friends. Meet one-on-one with wedding experts, tour private event rooms, giveaways, magazines, door prizes, appetizers, wedding ideas, and special offers. The Firehouse Wedding Showcase attracts brides and grooms from all over the Northern California and the Greater Sacramento area. Advance \$5, Doors \$10. **FirehouseOldSac.com**

JANUARY 28

4TH ANNUAL SACRAMENTO CHOCOLATE SALON
EMBASSY SUITES HOTEL - RIVERFRONT PROMENADE

TasteTV and the International Chocolate Salon are pleased to announce the premier chocolate show for the Sacramento region. The Sacramento Chocolate Salon returns to chocolate aficionados, fanatics, lovers, and addicts delight. Attendees can taste and experience the finest in artisan, gourmet, and premium chocolate in one of California's most central regions. Advance \$20, Doors \$25. **SacChocolateSalon.com**

JANUARY 29

PERFECT WEDDING GUIDE BRIDAL SHOW
SACRAMENTO CONVENTION CENTER

It's the most fun you'll have planning your wedding! With 130 top wedding vendors and over \$17,000 in prizes, including a \$4000 diamond ring! Plus, every bride will receive \$1000 in Perfect Wedding Guide (PWG) Bridal Bucks to spend with show vendors and a \$200 gift card to SymbolizeIt.com! Online pre-registration \$10. No tickets at the door. **PerfectWeddingGuide.com**

Recently **SOLD** Sacramento Properties

Neighborhood	List Price	Sold Price	%Sold/List	DOM*	Beds	Baths
5630 Monte Claire Lane, Loomis - S	\$1,355,000	\$1,260,000	93%	84	4	3/2
9645 Wexford Cir, Granite Bay - B	\$995,000	\$1,080,000	109%	9	5	6
10123 Lupine Ln , Auburn - B	\$849,000	\$849,000	100%	295	5	4
5290 Moss Ln, Granite Bay - B	\$949,000	\$975,000	103%	11	4	3
6255 Oakridge Way, Sacramento - B	\$895,000	\$850,000	95%	3	4	4
3741 Bridlewood Way, Roseville - B	\$799,000	\$780,000	98%	184	5	3/1
1209 El Toro Way, Sacramento - B	\$499,000	\$479,000	96%	356	5	3
111 Woodsmoke Way, Folsom - B	\$644,900	\$610,000	95%	331	4	2/1
3843 Berrendo Dr, Sacramento - S	\$575,000	\$550,000	96%	10	3	2
2210 26th St, Sacramento - B	\$595,000	\$570,000	96%	16	*Fourplex	N/A
4512 Saxony, Rocklin - B	\$680,000	\$665,000	98%	33	4	3
2747 Pennefeather Ln, Lincoln - B	\$520,000	\$515,000	99%	28	5	3
1740 Montana Ave, Sacramento - S	\$525,000	\$525,000	100%	7	5	4
4005 Albert Cir, El Dorado Hills - S	\$559,950	\$555,000	99%	81	4	2/1
2019 Beckett Dr, El Dorado Hills - S	\$529,000	\$529,000	100%	11	4	2/1
108 Foxridge Dr, Folsom - B	\$629,000	\$610,000	97%	21	6	3/1
2516 Kennedy Pl, El Dorado Hills - B	\$535,000	\$535,000	100%	52	5	3/1
8054 Shadowwood Ct , Granite Bay - B	\$539,000	\$525,000	97%	46	4	3
1080 La Sierra Dr, Sacramento - S	\$550,000	\$575,000	105%	75	4	2
940 El Oro Dr, Auburn - B	\$609,000	\$550,000	90%	13	4	3/1
702 Anna Pl , El Dorado Hills - B	\$529,000	\$509,000	96%	45	4	3
106 Fallon Ln, Sacramento - S	\$599,000	\$580,000	97%	165	4	3
720 Rolling Green Dr, W. Sacramento - S	\$585,000	\$585,000	100%	277	6	5
5517 Northborough Dr, Sacramento - S	\$515,000	\$505,000	98%	1	5	3

Information obtained from Comparative Market Analysis for 08-26-16 through 09-26-16. *DOM=Days on Market.



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Congratulations! You Just Got Engaged!

FIVE THINGS YOU NEED TO DO RIGHT AWAY



ARTICLE ELENA M. MACALUSO

Congratulations! You got engaged! Now the real fun—and work—begins: planning the wedding. Following are five things to do right after he (or she) puts a ring on it.

SET A BUDGET

Crunch the numbers. Before you pick the venue, determine the guest list or decide if you can afford to serve caviar during cocktail hour, consider your budget. “Setting a budget is like setting a business plan for your wedding,” says Kate Whelan, owner of Kate Whelan Events in Sacramento. “It allows you to make realistic decisions about what you can afford in the wedding.” Good to keep in mind: The average cost of a wedding in the Sacramento area is between \$30,000 and \$35,000.

COME UP WITH A TIMEFRAME

You’ve got the who, you know the what, start thinking about the when. While you do not need to pick a specific date right out of the gate, having a general timeframe in mind of when you want to get married will help with the planning process. A January wedding in Lake Tahoe will look—and feel . . . burr—a lot

different from a June wedding in Lake Tahoe. Also, if you want to get married in six months as opposed to sixteen months, that will impact your choice of venues and vendors.

START YOUR GUEST LIST

Decide on the guest list. “Think about not only how many people you want to invite but who you think will actually come,” says Stephanie Teague, owner of Stephanie Teague Events in Sacramento. Teague suggests taking a look at your guest list and considering who is likely to attend, keeping in mind that about 25 percent of invitees do not make it to the wedding (with the number going higher if the wedding is out of town).

Whelan suggests making sure you have correct mailing addresses for intended guests. (What? You were not thinking of sending your guests invitations via Evite or Facebook Events, were you?)

DETERMINE YOUR STYLE PREFERENCE

Start thinking about style. Are you more “rustic barn” or “New York cosmopolitan”? While you do not have to have every detail narrowed down, having an idea of what your

style preference is will help when it comes to things such as choosing a venue, picking out colors or even deciding what time of day to get married. “Look around your house,” suggests Teague. “Your house is often a reflection of what you want your wedding to be.”

Whelan suggests making a Pinterest page or the like. “I want newly engaged couples to make inspiration boards of things they like but also things they do not like,” she says. After all, knowing what you *don’t* want is almost as important as knowing what you do want.

THEN, TAKE IT EASY...

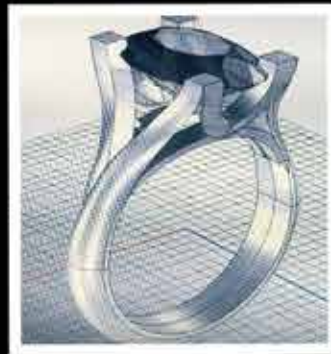
Relax . . . and incorporate relaxation into the wedding planning process. Whether it’s meditation, massages or designating one day a week to *not* talk about the wedding—Whelan suggests her clients have “no wedding Wednesdays” (or the equivalent)—finding time to relax and take a break from wedding planning is important, say experts such as Whelan.

Finally, an excuse to schedule that weekly spa excursion.

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For more information about special events at the Crocker Art Museum, email Sara Kennedy at skennedy@crockerartmuseum.org.

Photo by Weddings by Scott & Dana

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