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## The Hughes Family

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Jan 24 | Time TBD



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- Alison H.



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THE EAST SAC LOCAL



**Publisher's Note**

I am inspired by a quote I recently read by author James Clear (any other Atomic Habits fans out there??)

*"Goals are about the results you want to achieve. Systems are about the processes that lead to those results."*

As 2026 is in full swing and there's a buzz on New Year's resolutions, I am taking time to consider my systems to help me achieve my goals - both personal and professional. I'm realizing that my habits matter just as much as dreaming big. I'm fine-tuning the process! Wishing you a focused and inspired start to 2026!

In the spirit of fresh starts, I'm excited to welcome two wonderful partners this month.

**Dr. Jonathan Hayes, DDS** is joining us as an Expert Contributor, and I truly love his thoughtful, patient-centered approach to dentistry. He's warm, real, and community-minded. Look for his articles in upcoming issues.

We're also welcoming **Viewpoint Lighting**, whose landscape lighting transformations are beautiful. It's amazing how the right lighting can make a home feel instantly warmer, safer, and more inviting. I've enjoyed working with Andy, and I know you will too!

Support local, stay connected, and celebrate fresh starts. You'll find everything you need in this issue of East Sac Local—enjoy!

Warmly,

**Sara Chacón-Cooke**  
sara.chacon-cooke@localprintmedia.com

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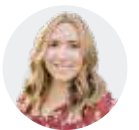
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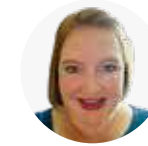
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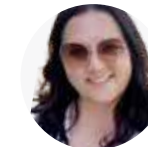
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## EXPERT CONTRIBUTORS



**Elizabeth Comstock** | Elizabeth C. Style Interiors

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



**Tim Comstock** | Coldwell Banker

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



**Ed Guanill** | CA Coast Tax Pros

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



**Elise Brown** | Coldwell Banker

Raised in the heart of East Sacramento within a successful real estate family, tenured and tenacious Elise Brown has over 20 years of real estate experience and is a proud top producer for Coldwell Banker year after year. Her lifelong knowledge of the neighborhood and early exposure to all aspects of real estate give her an unmatched edge in one of Sacramento's most-beloved home markets.



**Ted Kappel** | KMG

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



**Kate Cunningham Jeffrey, PA-C**

Pretty Please Aesthetics, Founder & CEO

Kate is a nationally certified Physician Associate with more than 16 years of medical experience, including a long career in the ER before following her passion into aesthetics over seven years ago. She's the founder and owner of Pretty Please Aesthetics and InjectED Training Academy, where she's known for her expertise in treatments that help people look refreshed and natural through facial balancing and regenerative techniques. Kate is also a sought-after trainer, partnering with some of the most well-known names in the aesthetics field. She travels across the country teaching other providers and sharing advanced techniques, and she's frequently invited to speak on national and international stages.



**Dr. David Crippen** | Capital Pediatric Dentistry

Dr. Crippen is a Board-Certified Pediatric Dentist and the owner of Capital Pediatric Dentistry in Sacramento. He is on the medical staff at both UC Davis Medical Center and Sutter Medical Center as well as serving as an expert consultant in the field of pediatric dentistry for the Dental Board of California. Beyond dentistry, Dr. Crippen enjoys weightlifting, skiing and spending time with his wife, Dr. Gina Crippen, in the mountains of Lake Tahoe.



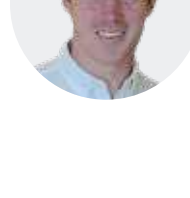
**Michael Higgins** | MT Higgins Construction

From framing and finished carpentry to installing windows and doors in Ireland and here in the United States, Michael has learned how to build a house from the foundation up. With this love for building homes and his attention to the smallest details, he has turned his passion into a business that focuses on the long-term goals and satisfaction of his clients from inception to completion. He loves spending time with his wife, Brianne, and their golden retriever, Fran, and is a member of the Del Paso Country Club.



**Carolyn Stallings** | Capital Kids Occupational Therapy

Carolyn Stallings originally moved to East Sacramento over 25 years ago to attend CSUS for undergraduate studies. Carolyn has been an occupational therapist since 2005 and is the owner and director of Capital Kids Occupational Therapy in East Sacramento. She leads a team dedicated to providing high-quality speech and occupational therapy services to children in the Greater Sacramento Area. With a passion for evidence-based interventions, Carolyn has built Capital Kids into a trusted partner for schools, families, and the community.



**Colin Smith** | Law Offices of Collin T. Smith

Colin has been assisting Sacramento families with their estate planning needs for nearly 20 years. Dealing with the complex to the simple, the large estate to the small, special needs children, and spendthrifts, Colin has provided tailored estate planning solutions to clients of all backgrounds and stages of life. He looks forward to providing you detailed personal attention and the highest professional integrity in planning your estate.



**Tigh Rickman** | DeCamilla Capital Management, LLC

Tigh Rickman is the Chief Investment Officer at DeCamilla Capital Management, a wholly independent, locally owned investment advisor and strict fiduciary. He manages portfolios for personal and company sponsored retirement plans, family trusts and individual investment accounts. Tigh sits on the board of directors at 916 Ink where he has served as Treasurer since 2021.



**Dr. Jonathan Hayes** | Jonathan Hayes, D.D.S

Dr. Jonathan Hayes was born and raised in Colusa, California, where he grew up in a diverse community and developed a love for the outdoors. He earned his B.S. in Biomedical Sciences with minors in Chemistry and Geology from California State University, Sacramento. His wide-ranging work experience - as a farm laborer, veterinary assistant, tutor, Costco cashier, and political organizer - shaped his work ethic and prepared him well for dental school. There, his attention to detail and dedication earned the respect of his classmates, patients, and mentors. Outside of dentistry, Jonathan enjoys hiking, backpacking, road cycling, reading, and gardening.



**Kevin Guinn** | Farmers Insurance

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

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# The Hughes Family

 by Krystal Creviston

Photos by:  
Sheila Arrington Photography

**T**he Hughes family has roots that run deep through Sacramento's history, stretching back several generations. Dustin and Alex Hughes, along with their three children—Declan (10), Finley (8), and Stevie (5)—and their spirited three-year-old goldendoodle, Rigby, proudly carry that legacy forward in a very special way. They live in the same East Sacramento home that once belonged to Alex's great-grandparents, a home filled with stories, laughter, and the kind of generational continuity that's rare to find these days.



Dustin, who grew up in Walnut Creek, first made his way to East Sacramento in 2007 when he began working for the Sacramento RiverCats. Around that same time, fate intervened at a beloved neighborhood spot—Stinger's Sports Pub—where he met Alex. The pub, founded by Alex's parents more than 33 years ago, has long been a local favorite and continues to serve as a welcoming gathering place for friends, family, and the community.

Over the years, Dustin's career has taken him across the country, including stints with the Cincinnati Reds from 2015

to 2018 and the Baltimore Orioles in 2019. Today, he proudly serves as the bullpen catcher for the Oakland A's, a role he's held since 2020. Alex, meanwhile, continues to help run Stinger's, keeping her family's legacy alive.

Despite their busy and often demanding schedules, Dustin and Alex make time for what they love most—each other and their shared passion for music. Whether it's a high-energy metal show or a laid-back country concert, the two enjoy making memories together wherever the music takes them.

The Hughes children are known for their kindness, curiosity, and energy. Declan, the eldest, is a bright and witty boy who approaches life with a sense of order and precision—"by the book," as his parents fondly say. Finley has a nurturing heart and is always ready to lend a helping hand. And then there's Stevie, the youngest, whose sparkling personality lights up every room. Described as a "firecracker," she's animated, expressive, and always eager to bring a smile to others. Music and dance fill their home, with the girls often performing impromptu shows while Declan dives



into hands-on science experiments. One passion they all share is collecting baseball cards—an extension of their family's love for the sport that runs as deep as their Sacramento roots.

Family adventures often revolve around baseball, too. The Hughes love traveling to stadiums across the country, exploring the unique charm of each city along the way. Disneyland and San Diego rank high on their list of favorite destinations, offering a mix of magic, sunshine, and cherished memories. Closer to home, their go-to local spots include Stinger's Sports Pub—unsurprisingly their favorite—along with Sushi Café and Mamma Susanna's, where familiar faces and comforting meals always await.

When Dustin and Alex manage to sneak away for a date night, Sushi Café or Hilltop are their top choices for a quiet dinner and drinks. During baseball season, Saturdays often find them at Sutter Health Park, cheering on the A's and soaking up the electric atmosphere of the game that brought them together. Once the off-season arrives, they happily slow down, enjoying cozy nights at home, movie marathons, and plenty of family time.

Sports allegiance runs strong in the Hughes household. The A's naturally top the list, but they're also die-hard 49ers fans. The great basketball divide in the family adds a touch of humor—while Dustin cheers for the Golden State Warriors, Alex and the kids remain steadfast Sacramento Kings fans. Laughing, Alex says, "I told Dustin long ago our kids need to understand what true heartbreak is, so I made them Kings fans."

Alex's deep Sacramento lineage is something she treasures and actively preserves. A proud seventh-generation Sacramentan, she stays involved in her community by chairing the Sacred

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MEET YOUR NEIGHBORS | **THE HUGHES FAMILY** .....

Heart Fall Festival, a role that connects her both to local families and her family's long-standing history of civic involvement. Her maternal grandfather and great-grandfather—the Franzoia family patriarchs—donated the land where St. Mary's Church now stands and even helped build it. Another of Alex's great-grandfathers, Earl Desmond, served as a California state senator and was one of the founders of Sacramento State University. On her father's side, her great-grandparents, the White family, contributed the land from their pear orchard for the very same institution—cementing her family's legacy of giving back and shaping the community.

For the Hughes family, life in Sacramento isn't just about living in a city—it's about honoring the stories that came before them and creating new ones to pass down. Their home, their careers, and their traditions are all rooted in love, family, and community. Whether they're cheering from the stands, running Stinger's, or spending time together in their historic home, the Hughes embody what it means to stay connected—to their past, to each other, and to the city that has shaped generations of their family.



Are you interested in featuring a friend or a family to be on *Meet Your Neighbors* article? Email [kathryn.oconnell@localprintmedia.com](mailto:kathryn.oconnell@localprintmedia.com) today!

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
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# Pepper

 by Kathryn O'Connell

**P**art German Shepherd, part Mastiff, and 100% accidental legend, Pepper crash-landed into her family's life by literally hopping into their car on H Street late one night. After weeks of searching for her original humans (and zero takers), she officially claimed her forever home—and their hearts.

Now seven years old, Pepper answers to many names: *Pep*, *Pepperoni*, and occasionally *HEY-STOP-THAT!* She's an all-you-can-eat enthusiast who gladly accepts any treat—broccoli, fruit, meat, air—though she'll tell you she's basically a carnivore. Her favorite hobbies include fetch (which she takes very, very seriously), annihilating any toy with fur or squeakers, and pretending she didn't just swipe something off the counter.

Pepper is an emotionally sensitive goofball—playful, jealous when her sister Cali is getting pets she believes belong to her, and occasionally a chaos gremlin. Case in point: the time she chased a skunk and brought the “aroma” proudly into every room of the house.

She's learned sit, lay, shake, and is this close to mastering roll over—though she believes dramatic flopping should count. Living in a small East Sac home with a large, enthusiastic dog has its challenges, but she more than makes up for it with unconditional love, nonstop entertainment, and a daily reminder that life is better when you wag more and worry less.



 Want to share your sweet pet with your neighborhood? Email [kathryn.oconnell@localprintmedia.com](mailto:kathryn.oconnell@localprintmedia.com) today!



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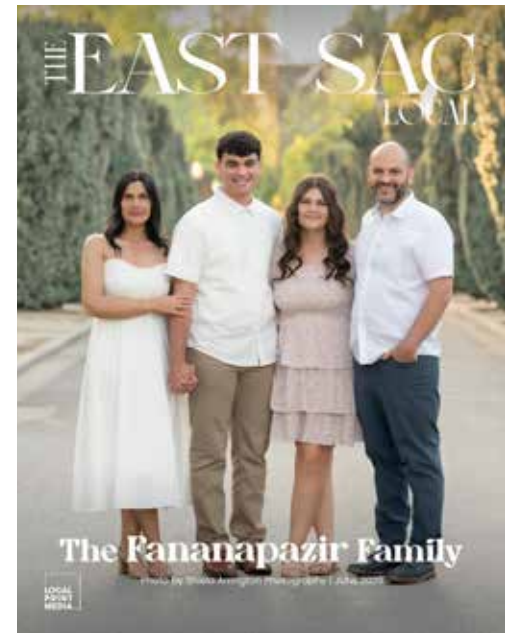
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# A Year Unfolded

As we look back on 2025, we're grateful for every family and individual who opened their doors, shared their stories, and brought heart to the pages of our magazine. Each month unfolded with moments of connection, inspiration, and community—made possible by you. As we step into a new year, we're excited to continue spotlighting the people who make East Sac so special.

Join the heart of our community storytelling—your story belongs here. Reach out at [kathryn.oconnell@localprintmedia.com](mailto:kathryn.oconnell@localprintmedia.com) and let's begin. Our magazine is about people—their journeys, their joys, and the moments that make our neighborhood shine. Together, we'll create something memorable in 2026 that celebrates the spirit of our community.



# Pretty Please Aesthetics

 by Melissa Strand

**P**retty Please Aesthetics specializes in personalized, results-driven treatments, from injectables and skincare to regenerative techniques that support natural, refreshed outcomes. With locations in East Sacramento and Roseville, the medical aesthetics practice is rooted in gratitude, honesty, and the belief that confidence should feel like coming home to oneself.

Owner and founder Kate Cunningham Jeffrey drew her inspiration from years spent working in the emergency room. She loved the fast pace and the opportunity to help people in their most vulnerable moments, but she also saw how little time there was to truly connect on a personal level. When she began exploring aesthetics, she realized it offered the perfect blend of her medical training and her passion for people. Through Pretty Please Aesthetics, Kate could continue using her clinical expertise and love of anatomy while building lasting relationships with clients, helping them feel confident and cared for. Her goal was to create a space that combined medical skill with genuine human connection, where every client felt both seen and celebrated.

Pretty Please Aesthetics joined the East Sacramento community in 2020, opening its first location on 57th Street just a month before the COVID-19 pandemic. What could have been a challenging time became a story of resilience and gratitude, sustained by the unwavering support of loyal clients and neighbors who continued to show up and share Pretty Please Aesthetics with others. By 2024, Pretty Please Aesthetics had outgrown its original space and opened



a new, brighter location on H Street. The expansion marked growth and continued dedication to personal connection, while the heart of the business remains joyful, grateful, and authentic.

What sets Pretty Please Aesthetics apart is its culture of genuine care. The team treats each other and their clients like dear friends, approaching every interaction with honesty, integrity, and thoughtful recommendations. They believe in creating a positive, uplifting environment that fosters happiness and fulfillment for both clients and staff. Their “No Filter Mentality” encourages everyone

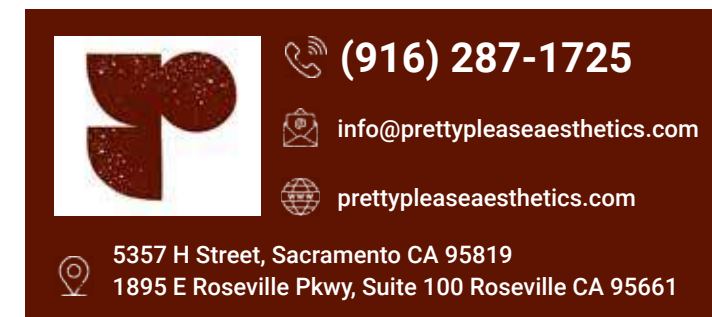
to embrace their natural beauty, and to feel confident in their own skin. Their purpose is not to transform, but to enhance what is already beautiful.


Kate often reflects that her proudest accomplishment is the community they have built. From the very beginning, Pretty Please Aesthetics aimed to be a place where people feel seen, cared for, and empowered. Seeing clients leave feeling more confident, not because something was “fixed,” but because their natural beauty was honored, is what she finds most rewarding. She is equally proud of the trust clients place in her and her team.

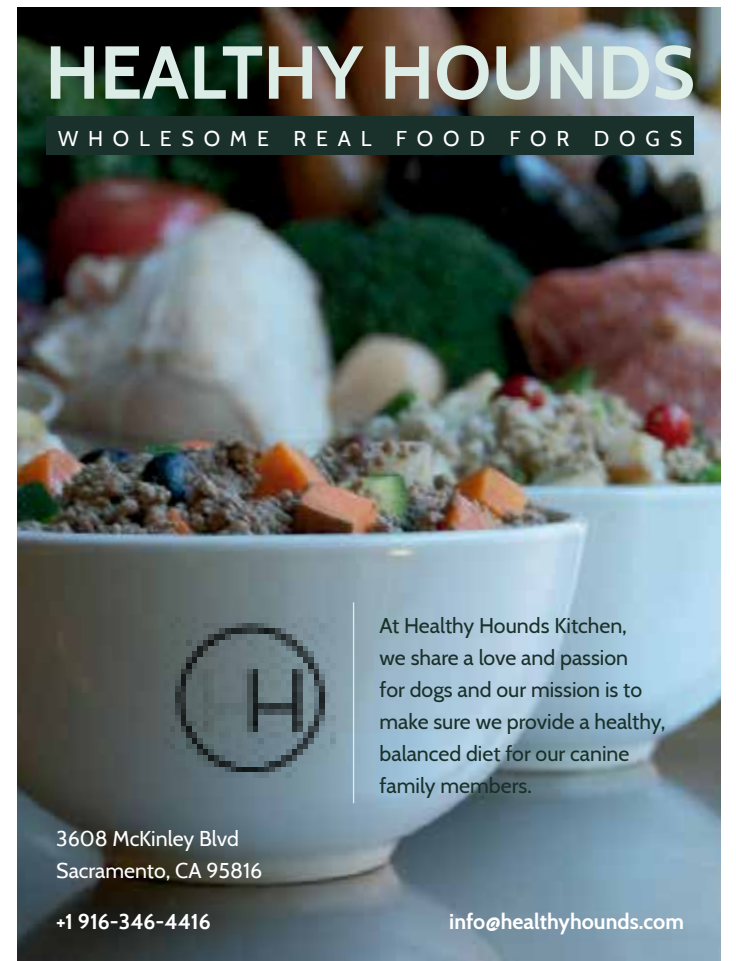
They have built their reputation on honesty, gratitude, and results that are natural, subtle, and empowering.

Looking ahead, Kate envisions the potential for thoughtful growth and continuous education, bringing in new treatments, advanced training, and innovative services to ensure clients always receive the highest level of care. Above all, her goal is to continue creating a space where people feel supported, empowered, and celebrated at every stage of their journey.

Kate lives in the Arden Arcade area with her four-year-old son, Leo, along with two dogs and two cats. When she is not at Pretty Please Aesthetics, she loves spending time with family and friends, exploring the many incredible restaurants around Sacramento, and traveling the world.



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# Faith Farrens

by Melissa Strand

**S**eventeen-year-old Faith Farrens, a senior at Christian Brothers High School, is a creative, compassionate, and driven student whose passions span art, athletics, animals, and adventure. Her love for creativity shines through in her artistic projects, and she enjoys making posters, signs, and personalized decorations for her room, creating a space that fully reflects her personality. One of her favorite creations is a large 3D whale shark she built and painted herself, which now hangs proudly from her ceiling. Music also plays an important role in her life, serving as both an emotional outlet and a way to revisit special memories.

Faith has been playing competitive soccer since she was five years old. For her, the sport represents a perfect balance between individual perseverance and teamwork. She values how it challenges her both mentally and physically, while giving her the chance to connect with teammates and have fun. Each winter, she plays on her high school soccer team from November through February, enjoying the sense of community and camaraderie that comes from playing alongside close friends.

Leadership and connection are themes that extend beyond the field for Faith. Recently, she had the opportunity to lead her school's senior retreat, Kairos, an experience that taught her valuable lessons about love, faith, and empathy, which she felt was deeply meaningful.



Outside of school, Faith's heart belongs to animals. She adores her four pets, including a ten-year-old Labrador retriever named Raine and three cats, Koko, Banks, and Emmie, each with distinct personalities that bring joy to her home. Her love of animals has also inspired her to take on pet sitting and dog walking, combining her compassion for animals with a practical way to earn money. This connection to animals has shaped her dream of becoming a veterinarian for both small and large animals. Faith hopes to one day own her own practice, building a team that shares her passion for kindness and good-hearted care. She also dreams of owning a ranch or farm someday, ideally on five or more acres between the mountains and the beach, surrounded by goats, cows, horses, and other animals.

Faith looks up to her older sister Ruby, a recent University of Oregon graduate with a degree in psychology. If she could switch lives with anyone for a day, it would be her sister, just to glimpse what her own life might look like a few years from now.

In her free time, Faith loves reading and she devoured six books over the summer and is currently immersed in *The Poppy War* trilogy. Some of her favorite moments are spent with friends watching sunsets at Sacramento State or simply laughing together after school. She also dreams of traveling to the Grand Teton Mountains or Yellowstone National Park to experience their beauty and wildlife.



Faith envisions a future filled with purpose, learning, and joy. In five years, she sees herself graduating from college and preparing for veterinary school, perhaps at UC Davis or Colorado State. Grounded, imaginative, and full of heart, Faith Farrens continues to approach life with curiosity, optimism, and a genuine love for the world around her.

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# Why Integrated Tax & Financial Planning Matters

**M**ost people seeking financial advice focus on investments—yet true retirement success requires pairing your financial plan with a coordinated tax strategy. Your investment plan and your tax strategy should work together to ensure you aren't just growing your money but keeping more of it.



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Financial planning guides how you invest, save, and prepare for retirement. Tax planning determines how much of your retirement income you actually keep. When these aren't aligned, retirees often face higher-than-necessary taxes, surprise Medicare IRMAA surcharges, and avoidable RMD pressures. But when both disciplines work together, clients gain greater control of lifetime tax liability, more predictable income, and a more efficient plan for leaving wealth to beneficiaries.

### How They Complement Each Other

Your investment strategy directly influences future taxes, especially how much sits in tax deferred versus Roth versus taxable accounts. Meanwhile, your tax strategy determines the real, after-tax value of that portfolio. Together, they form a complete retirement roadmap.

### Two Simple but Powerful Tax Strategies

#### 1. Roth Conversions

Converting IRA dollars to Roth during lower-income years can reduce future required minimum distributions, protect surviving spouses from higher single-tax brackets, and create tax-free retirement income.

#### 2. Withdrawal Sequencing

Strategically drawn from taxable, tax-deferred, and Roth accounts in the right order can reduce lifetime taxes, avoid IRMAA penalties, and stretch portfolio longevity.

### The Bottom Line

Investment advice without a tax strategy is incomplete. By integrating financial planning with proactive tax guidance, you create a stronger, more efficient retirement plan.



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# Marsha Godoy Schindler

by Melissa Strand

**A**rtist Marsha Godoy Schindler draws her inspiration from the natural world, the intricate ecosystems, the relationships of plant and animal communities, and the unseen networks connecting all living things. These narratives of nature compel her to create works that express the beauty, balance, and life on Earth.

Before becoming a full-time artist, Schindler worked as a marine biologist at the Cabrillo Marine Aquarium in San Pedro, where she was captivated by the exhibit art and design that told the stories of marine ecosystems through dioramas, murals, and labels. That experience inspired her to return to school, earning a master's degree in art in Long Beach, with the goal of becoming a scientific illustrator. Under the guidance of remarkable professors, she fell deeply in love with the world of art.

Schindler spent 13 years as a muralist before discovering her true calling in clay. She was drawn to work with clay due to its tactile, earthy quality and the versatility it offers, whether creating functional pieces, free-standing sculptures, or wall art. For Schindler, working with clay is an ongoing dialogue. The material, she says, has its own boundaries and personality, and the artist must learn to listen and respect its nature. It is a relationship that teaches her patience and attentiveness.



Schindler defines success not by recognition or sales, but by the act of creation itself. She feels most fulfilled when immersed in the “flow state,” open and receptive to inspiration from books, art, or even a single phrase. She lets her work evolve naturally, embracing accidents as part of the process. Lately, her art has taken on a deeper urgency, reflecting her response to the changing climate and the fragility of the natural world.

Her dream project would be a large-scale installation that allows her to transform an entire space into an immersive narrative. This interest traces back to her early fascination with exhibit and display design. She enjoys the collaborative aspect of installation work through using floors, walls, and ceilings to build an environment that tells a story.

Like many artists, Schindler acknowledges the challenges of balancing creativity with the business side of art. Beyond creating,



she manages sales, exhibitions, community connections, and teaching. Teaching art at her studio has become one of her great joys, allowing her to build community and connect with others who share her love of working with clay.

Schindler has lived in Sacramento for 32 years, 22 of those in East Sacramento. Originally from Southern California, she grew up in Whittier and now works out of her studio, clayARTstudio814, near McKinley Park. There, she creates her pieces alongside other working artists and teaches ceramics classes. The studio opens its

doors to the public during events such as Sac Open Studios. Her work has been featured locally at the Art House on R, Blue Line Arts in Roseville, Pence Gallery in Davis, and Epperson Gallery in Contra Costa County, among others.

Currently, Schindler is preparing a small installation for a group exhibition titled *Sustainability* at the Palo Alto Museum, opening in January, and will give a presentation at the Crocker Art Museum in March through the Crocker Kingsley Art Club. Those interested in visiting her studio or taking a class can join the mailing list at [clayARTstudio814.com](http://clayARTstudio814.com) or follow her work on Instagram at [@clayartstudio814](https://www.instagram.com/clayartstudio814).

Do you have a fun article to share? We'd love to hear about it! Email [kathryn.oconnell@localprintmedia.com](mailto:kathryn.oconnell@localprintmedia.com) today!

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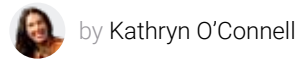
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# Forkfuls of Fortune

EAST SAC'S GUIDE TO A LUCKY JANUARY



by Kathryn O'Connell

With foggy mornings, crisp afternoons, and the welcome calm after the holiday rush, January in Sacramento feels like a chance to hit refresh. It's the perfect month for lively kitchens, comforting dishes, and small, feel-good practices that set the rhythm for the year ahead. Across cultures—and right here in East Sac—certain ingredients are said to invite prosperity, good health, and steady footing as the months unfold.

From global traditions to recipes lovingly passed down through local families, here are 12 foods Sacramentans might want to bring to the table as we step into a brand-new year.



## 1. GRAPES // ORIGIN: SPAIN

A nod to our neighbors in wine country, the Spanish tradition of eating 12 grapes at midnight fits perfectly here. One grape for each chime of the clock, each one promising a month of luck.



## 2. SAUERKRAUT // ORIGIN: GERMANY

Long a staple of homesteaders and modern-day probiotic fans, sauerkraut symbolizes financial luck. Green cabbage, green cash—enough said. Plus, many Sacramento home cooks swear by local cabbage from Delta farms.



## 3. PORK // ORIGIN: GERMANY AND EASTERN EUROPE

In many German and Eastern European communities—traditions brought west by immigrants who helped build California's farming towns—pork is a symbol of progress. Pigs root forward, never backward, and that steady momentum is exactly what many hope for in the year ahead.



## 4. LONG NOODLES // ORIGIN: CHINA (ALSO JAPAN AND OTHER EAST ASIAN CULTURES)

Local ramen shops and family kitchens alike embrace the Asian tradition of long noodles for longevity. The rule: slurp gently, break nothing, live long.



## 5. FISH // ORIGIN: VARIOUS—ESPECIALLY SCANDINAVIAN, GERMAN, AND JAPANESE TRADITIONS

With Sacramento's rivers running through the heart of the city, fish has always been symbolic here. In global folklore, shiny scales represent coins and steady swimming signals progress—perfect inspiration for a new year.



## 6. GREENS // ORIGIN: AMERICAN SOUTH (WITH TIES TO WEST AFRICAN FOOD TRADITIONS)

Collards, chard, kale—if it grows in the valley (and it does, abundantly), it represents prosperity. Many local families with Southern roots swear by a big pot of greens on January 1 for wealth and protection.



## 7. POMEGRANATES // ORIGIN: GREECE & TURKEY

Found in backyard trees across East Sac, pomegranates symbolize new beginnings in Turkish and Greek traditions. Their ruby seeds represent life and renewal.



## 8. BLACK-EYED PEAS // ORIGIN: WEST AFRICA → AMERICAN SOUTH

A New Year's staple brought to California by African-American migrants during the Great Migration, these humble peas expand as they cook—representing growing abundance.



## 9. ROOT VEGETABLES // ORIGIN: INDIA (AYURVEDIC TRADITION)

Potatoes, beets, carrots—all staples of Sacramento winter farmers markets. In Ayurvedic tradition, roots keep you grounded and balanced, perfect for heading into a new year with calm confidence.



## 10. CORNBREAD // ORIGIN: AMERICAN SOUTH

Golden like the foothills in summer, cornbread symbolizes wealth and comfort. Many local families pair it with greens and black-eyed peas for a complete New Year's trio of luck.



## 11. RING-SHAPED CAKES // ORIGIN: VARIOUS—ESPECIALLY GREECE (VASILOPITA), PORTUGAL, AND NORTHERN EUROPE

Whether it's a donut run to Stanley's Donuts or a homemade bundt cake, ring-shaped sweets symbolize coming full circle. In many cultures, coins or charms are hidden inside for an extra boost of luck.



## 12. NUTS // ORIGIN: VARIOUS MEDITERRANEAN AND MIDDLE EASTERN CULTURES

A nod to our almond orchards stretching across The Valley, nuts represent new beginnings and the promise tucked inside each shell.

Whether you lean into tradition, superstition, or simply the joy of a good meal, January is the perfect time to add a little intention to your plate. And here in Sacramento—especially in East Sac, where neighborhood kitchens glow warm on winter evenings and citrus trees practically lean over the sidewalks—you don't have to look far for ingredients that feel a little magical. So cook something lucky, share it with someone you love, and let the year unfold with the same abundance our community is known for. Cheers to a delicious start!

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