

# VALLEY SHOPPER

Published by Valley Community Newspapers

To advertise call, 916-429-9901 • January 2009



## TAKI'S SALON & SPA

**\$10 OFF**

**Haircut and Style**

*Call Salon for appointment*

*New Clients Only  
Discounts cannot be combined.*

**15% OFF**

**Body and Facial  
Treatments**

*Call Salon for appointment*

*New Clients Only  
Discounts cannot be combined.*

**\$25**

**Perfect Sense Softening  
Treatment w/ Lava Shell  
Massage**

*Call Salon for appointment*

*New Clients Only  
Discounts cannot be combined.*

**50% OFF**

**Japanese Hair  
Straightening  
(Reg. \$400 & Up)**

*Call Joyce 392-4895*

*Celeste 601-2624*

*New Clients Only  
Discounts cannot be combined.*

**\$15 OFF**

**Color or Highlights**

(Reg. Color \$55 & Up  
Reg. Highlight \$65 & Up)

*Call Joyce 392-4895*

*Celeste 601-2624*

*Diana 220-1720*

*New Clients Only  
Discounts cannot be combined.*

**\$49**

**Renewal Massage  
(60 Minutes)**

*Call Salon for appointment*

*New Clients Only  
Discounts cannot be combined.*

**Taki's  
Salon & Spa**

Tues-Fri 9am - 7pm  
Sat 9am - 5pm

5866 S. Land Park Dr.  
916-427-4247

# WASHING CARS FOR 60 YEARS!

ECONOMY PROOF OFFERS FROM YOUR HOMETOWN CARWASH

Advertised offers not valid with other savings programs, discounts, offers, or seasonal-price-adjustment sales. Coupons may not be combined. Offers may be used with Diamond Card Payments. See store for complete details. Coupon must be present at time of payment.

**FREE WASH!**

WITH PRE-PAID DIAMOND CASH CARD

\$ 60 Card Purchase = Full Service Wash  
-OR-  
\$100 Card Purchase = Free Ruby Wash  
PLUS GET A CARD VALUE BONUS!!  
Limited Time Offer! See Store for Details!

**SAVE ON DETAIL**

**SAVE 10% ON \$100 OR MORE!**

Offer applies when your detail service or services purchased total \$100.00 or more on the same ticket on the same car, on the same visit. Expires 03/31/2009  
D402

**FREE RAIN-X**

**TOTAL VEHICLE PROTECTION**

Valid with purchase of a Full Service Express, Emerald Wash, or Ruby Wash only. With Coupon. Expires 03/31/2009  
W303

**SAVE ON PRE-PAID WASHING**

**Save 15% on Annual and 10% on 6 Month Clubs**

Discount valid on Full Service Express, Emerald, Ruby, & Sapphire Clubs only. See store for complete details on pre-paid washing programs. Valid on one (1) vehicle only. License plate or VIN number required to purchase. Offer Expires 03/31/2009

**WASH 30-DAYS FREE!**

**WITH SELECT DETAIL SERVICES**

Free 30-Day Full Service Express Wash Club when you purchase a Seatec Package, Buff, Clean & Seal Package, or Full Detail Service 199.99 or more. Wash Club Valid on 1 vehicle only and is non-transferrable. License plate or VIN number required. Expires 03/31/2009

W304

**\$5.00 OFF  
WASH PACKAGES**

The Sapphire or Blue Coral Supreme Wash  
Valid through 3/2009 only with coupon  
W203

**\$5.00 OFF  
WASH PACKAGES**

The Sapphire or Blue Coral Supreme Wash  
Valid through 3/2009 only with coupon  
W203

**\$5.00 OFF  
WASH PACKAGES**

The Sapphire or Blue Coral Supreme Wash  
Valid through 3/2009 only with coupon  
W203



5150 Freeport Blvd Sacramento (Freeport & Fruitridge)  
916.451.6524 • [www.gemautowash.com](http://www.gemautowash.com)  
Open Daily! Mon-Sat 8-5 • Sun 8-4



Certified "Beyond Green" by Blue Coral  
We use only environmentally safe products  
to care for your vehicle.

# GOLF FOR WOMEN

BEGINNING AND RETURNING

## New classes

are always starting! Email for current schedule Saturdays and Thursday evenings



- Class size limited to 4 gals
- Clubs available for borrow, purchase or rent to own
- Learn to practice in fun - non intimidating environment

6 week class  
**Only \$89 Each**

Ongoing revolving clinics on etiquette, short game, rules, putting, and swing and classes for women.



www. **GalGolfG2.com**

Check schedule online or call Jenni Martin MS, Golf Teaching Professional

**(916) 837-8952**  
galgolfg2@me.com

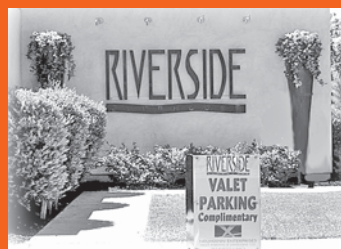
Located at Natomas Golf Center. Interstate 80 and West El Camino



Come Try Our  
**NEW MENU**

— RIVERSIDE REVISITED —

"SACRAMENTO'S **BEST** NEIGHBORHOOD RESTAURANT"  
2 YEARS IN A ROW



**Complimentary Valet**  
Friday & Saturday Nights Only

**Monday & Tuesday Nights**  
**KIDS EAT FREE**

"Cow Menu"  
up to & incl. 7 yrs old

**Breakfast Served**  
**Saturdays & Sundays**

**HAPPY HOUR:**  
**MON-FRI**  
**4 to 6pm**

**2633 RIVERSIDE BOULEVARD • 916-448-9988**

**ESKATON**  
Senior Residences and Services



## Eskaton Monroe Lodge

*A Land Park Tradition*

Eskaton Monroe Lodge is an elegantly appointed six-story building featuring 100 private apartments, emergency pull cords in each apartment, shuttle van service, and a full-service dining room. We also feature a broad range of activities and spacious lounges on every floor for our residents to enjoy.

**Eskaton Monroe Lodge is your answer to an active and independent lifestyle.**

**Eskaton Monroe Lodge**  
*Independent Living with Services*

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And at AAA Greenhaven, you'll find everything you need to plan a weekend getaway or a trip around the world.

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**AAA Arden** 2805-2 Marconi Avenue  
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**(916) 830-5602**

**AAA Greenhaven** 1056 Florin Road  
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**(916) 288-2000**



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**Real Estate Experience Counts... Proven Results**

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Hm Office 916-399-0478  
Cell 916-799-0010

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[KarlaOpp@Comcast.net](mailto:KarlaOpp@Comcast.net)



**ARE YOU READY TO PLAY BETTER, FLEXIBLE, PAIN FREE GOLF?**

**\$2.00 OFF**  
a bucket of balls with this ad



**Are you less flexible than you were 5 years ago?  
Does your golf game ever cause back pain?  
Has your score increased?  
Have you taken lessons, only to return to your "old" swing?**

If you answered "yes" to any of these questions - The Flexor Swing Conditioning Program is for YOU!

INCREASE YOUR SWING PERFORMANCE, DECREASE YOUR BACK TIGHTNESS, FEEL YOUR SWING, CORRECT YOUR SWING FAULTS AND LOWER YOUR SCORE... GUARANTEED, OR YOUR MONEY BACK! [www.galgolf2.com](http://www.galgolf2.com)




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Flexor Sports Training, LLC

**Jenni Martin, Golf Teaching Pro**

**916.837.8952**



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6355 Riverside Boulevard • (916) 422-3756 • [www.cbdunnigan.com](http://www.cbdunnigan.com)



**For most people the purchase of a home represents much more than a good financial investment. Buying a home is the realization of a dream - a dream tied to a vision of the future that is filled with optimism and joy.**

## GET READY TO BUY IN 2009!

Regardless of your individual reason for beginning the journey toward buying a home, we at Coldwell Banker Dunnigan Co. know full well how daunting the process can seem. That's why we like to begin with an in-person Buyer Consultation. Your Sales Associate will help you identify and clarify your requirements for your new home and then give you a good idea what to expect when you proceed with your home search.

Your Sales Associate will stay with you every step of the way, diligently searching the current inventory of available homes to find ones that will meet your expectations. He or she will also network in any specific neighborhood you're interested in.

Keep in mind that your Coldwell Banker Dunnigan Sales Associate can show you any home on the market even if it's listed with another real estate agency. So if you see a For Sale sign, an ad in the paper or a listing on the internet you'd like to know more about your Coldwell Banker Dunnigan Co. sales associate is your best resource for the details you need to decide if a house is worth seeing in person.

Your Sales Associate will also introduce you to our Coldwell Banker Dunnigan mortgage affiliate who will help you with getting a mortgage credit approval now and later provide a host of other services to make your home purchase and move easier.

## BUY YOUR FIRST HOME NOW AND SAVE \$7,500 ON YOUR INCOME TAXES! The Government is Helping Americans Buy Their First Home. What an incredible opportunity for first-time homebuyers!

In addition to a huge selection of homes to choose from, the near-record low interest rates on solid, 30-year fixed rate mortgages, and far more affordable prices, first-time homebuyers now have the added incentive of a \$7,500 federal income tax credit to help them buy their first home!\*

### Stop paying rent. Become a homeowner instead!

One simple phone call to a Coldwell Banker Dunnigan sales office will get you on the road to homeownership. Meet with a friendly, knowledgeable Coldwell Banker Dunnigan real estate agent. While you're at it, meet with a BWC Mortgage Services loan officer in the same location and get pre-qualified for a mortgage.

\*Legislation has just been passed by Congress and signed by the President, granting first-time homebuyers a tax credit of up to \$7,500 on their federal income tax return if they purchase a home between June 1, 2008, and June 1, 2009. Certain restrictions apply. Please consult with your tax advisor.

Call us TODAY to begin your journey

**COLDWELL BANKER DUNNIGAN CO.**



**BWC MORTGAGE SERVICES**  
MORTGAGE BANKING & BROKERAGE  
2845 Marconi Avenue, Sacramento, CA 95821

# Laurie & Greg Bisi

*Mortgage Planners/Branch Managers*

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Ooo...That's gonna leave a mark.



Call Chem-Dry for a deep clean on carpets and upholstery, safe non-toxic solutions and our patented Pet Urine Removal Treatment (P.U.R.T) that deals with even the toughest odors. Quick service, deep clean and fast drying times... only at Chem-Dry.



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Sacramento



*Drier. Cleaner. Healthier.®*

**Chem Dry Advantages:**

- Dries in 2-3 hours
- Removes Stubborn Stains
- Leaves No Dirt-Attracting Residue
- Safe & Non-Toxic
- P.U.R.T (Pet Urine Removal Treatment)

**(916) 971-9080**



*Superior Carpet  
& Upholstery Cleaning*

*All work done on premises.  
Independently Owned & Operated by Carl McNeelan & Family  
Serving The Sacramento Area Since 1998*

**15% Off**  
*All Cleaning Services*

*with purchase of protectant*

Must present coupon at time of service.  
Not valid with other coupons or offers. One coupon per customer.  
Minimum charges apply. Expires 3/4/09

**10% Off**  
*All Cleaning Services*

Must present coupon at time of service.  
Not valid with other coupons or offers. One coupon per customer.  
Minimum charges apply. Expires 3/4/09

**\$85.00**  
*Carpet Cleaning*

Minimum. Up to 300 sq ft including pre-spray

Must present coupon at time of service.  
Not valid with other coupons or offers. One coupon per customer.  
Minimum charges apply. Expires 3/4/09

**\$10.00**  
*1 can of Spot Remover*

*or 2 cans for only \$15*

Must present coupon at time of service.  
Not valid with other coupons or offers. One coupon per customer.  
Minimum charges apply. Expires 3/4/09

**Celebrating 43 Years of Senior Living**



**Pioneer House**  
Senior Retirement Community

**LET PIONEER HOUSE  
DO THE CHORES FOR YOU:**

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- Housekeeping and Laundry Options
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Easy Public Transit
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- 24 hour Staffing

**Many Different Floor Plans Available  
All At Incredibly Affordable Rates**

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*Independent Living, Assisted Living, Skilled Nursing*  
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www.pioneerhouseretirement.org  
email - pioneerhouse@rhf.org

**Call to schedule a Complimentary Lunch and Personal Tour.**  
**(916) 442-4906**



916.452.9222

[www.oakparkba.org](http://www.oakparkba.org) • [staff@oakparkba.org](mailto:staff@oakparkba.org)

## OAK PARK BUSINESS ASSOCIATION

The Oak Park Business Association works with businesses and property owners within the Broadway business corridor, to address issues of image, security and advocacy. The association allows the business community to speak with one voice and is a dedicated group committed to Oak Park.

# SHOP LOCAL BUY LOCAL

OUR FOCUS IS ON:

Security and Safety

Image and Maintenance

Advocacy and Economic Development



## STOCKTON BOULEVARD PARTNERSHIP

Located in the City of Sacramento, the Stockton Blvd Partnership is a collaborative effort of property and business owners along Stockton Boulevard working to address issues impacting this business corridor. Specifically our focus is on: Security and Safety, Image and Maintenance, Advocacy and Economic Development.



THE Stockton Boulevard

PARTNERSHIP

916.454.2469

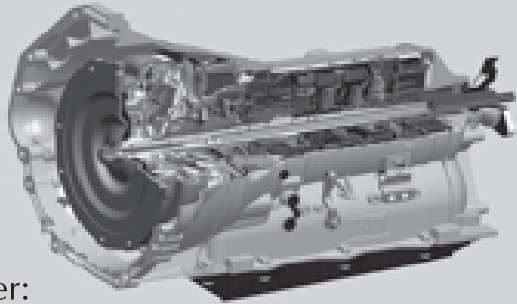
[www.stocktonblvdpartnership.com](http://www.stocktonblvdpartnership.com) • [tjohnson@stocktonblvdpartnership.com](mailto:tjohnson@stocktonblvdpartnership.com)

# FREE

## DIAGNOSTIC AND ROAD TEST

\* MOST CARS AND TRUCKS

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We offer:

- computer scan
- \$100 off major overhaul
- 3 year or 60,000 mile warranty available (on rebuilt transmission)

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Sacramento, CA

West Coast's Leading Wholesale  
Transmission Rebuilder

Must Present Coupon  
Expires 12/31/2008

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A Subsidiary of Tree Technology, Inc.

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- Crown Reduction
- Tree Preservation
- Tree Removal
- Stump Grinding
- Chipping
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SACRAMENTO

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TOLL FREE

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REPORTS & CONSULTATION  
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**SENIOR DISCOUNTS  
FREE ESTIMATES**



**\$25**

**OFF ANY SERVICE  
Of \$200 Or more  
TREE TECH**

## THE SACRAMENTO CITY COLLEGE THEATRE ARTS DEPARTMENT

Invites you to enjoy quality children's theatre at an affordable price!

Good wholesome family entertainment on our campus  
and in your childrens' elementary school.

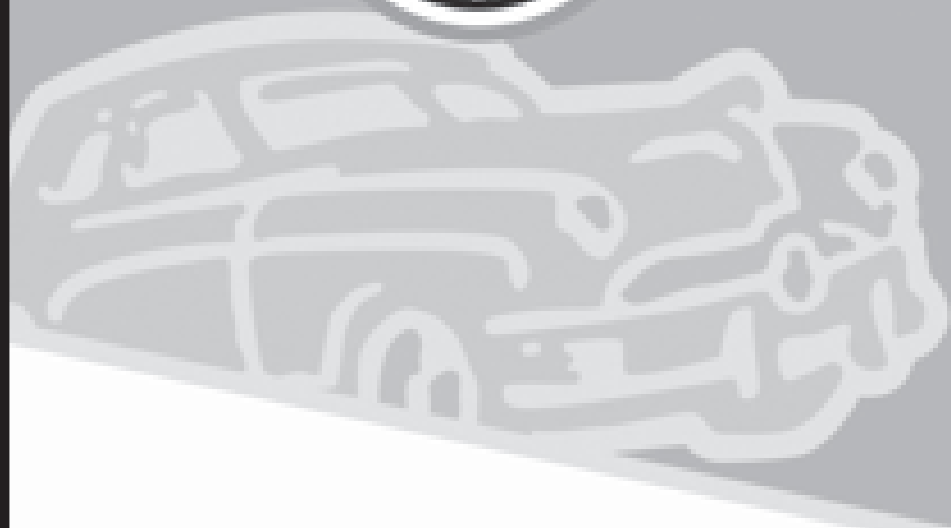
The PENNYWHISTLE PLAYERS tour  
Sacramento area elementary schools with a  
performance specifically designed for a  
kindergarten through third grade audience  
and another just right for grades 4 through 6.

STORYTIME THEATRE performs two  
children's theatre productions each  
October through December and another  
in spring, March through April.

For more information Call  
PROFESSOR DOUG LAWSON  
Children's Theatre Coordinator  
**(916) 558-2174**



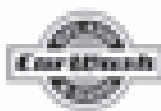




**\$14<sup>95</sup>**  
Per month

**wash all you want!**

**Unlimited Car Wash Membership**



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1300 Prairie City Rd.  
Folsom, CA 95630  
(at Blue Ravine Rd)

3050 Sunrise Blvd.  
Rancho Cordova, CA 95742  
(1/2 Block North of White Rock)

3436 Northgate Blvd.  
Sacramento, CA 95834  
(at San Juan)

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[www.DontDriveDirty.com](http://www.DontDriveDirty.com)  
1.888.QQ.CARWASH

# second Hand ROSE

1120 Fulton Ave. Suite K  
Sacramento, CA 95825

**916-487-4500**

Mon - Fri      noon - 6pm  
Sunday        noon - 4pm

## Benefits Jewish Family Service of Sacramento

- A quality thrift store selling used and new clothing, furniture books, and household goods.
- While you are there, drop in and visit Cinderella's Closet which provides new and nearly new formal gowns to high school girls who qualify for them and are available for sale at prices under \$100.

This coupon entitles you to:

**20% OFF** at

Second Hand Rose  
1120 Fulton Ave. Suite K  
Sacramento, CA 95825

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## Wedding Videography

Choose from one of our elegant packages  
or customize your own.

CONTACT US TODAY!

www.minasmedia.com info@minasmedia.com

916.801.7666

1913 Capitol Ave, Suite C, Sacramento CA 95811

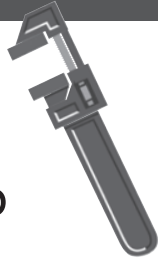
## RIVERSIDE PLUMBING

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**\$50 OFF** any \$250 job  
**\$100 OFF** any \$500 job  
**\$150 OFF** any \$1,000 job

(Expires 3/31/09)



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Work at a Fair Price**

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Interior • Exterior

Call for a FREE Estimate

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- Pocket Resident - License#910944

Paint ONE  
Room  
get the  
2nd Room  
Painted  
**FREE!**

## Scruffy to Fluffy



**Mobile Pet Grooming**

**(916) 548-0244**



Professional Pet Grooming in the convenience of your driveway.

Our fully self-contained mobile unit offers the very best in  
personalized service.

*No more trips to the groomer or leaving your pet in a crate all  
day!*

Call us to schedule a pet interview with our professional  
groomer. Over 13 years experience!

NEW CUSTOMERS RECEIVE \$5 OFF THE FIRST GROOM

# RODEMANN'S COLLISION REPAIR

Valley Community Newspapers

THIS CERTIFICATE ENTITLES YOU TO:

- **50%** Savings on your deductible
- **10%** Off Customer Pay Repairs
- **50%** Savings on any Detail Package

(Visit our website for options)

**Refer a friend and you'll receive \$25.00**

when we repair their vehicle!

(Be sure they bring your Mailing/Contact Information)

## Rodemann's Collision Repair

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Sacramento, CA 95841  
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Not redeemable for cash. Some restrictions may apply. Call for details!



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## Rise Yoga Studio

Balance Your Life



Yoga & Pilates Classes • New Students Welcome!

Intro Special

1 Week Unlimited Yoga \$15

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Promenade Shopping Center | 7485 Rush River Dr., #705

### Beauty Hair Care

Men, Women & Children's Haircare

*First Haircut  
Special*

**\$8.99**

Reg. \$11.99

New clients only. Cannot combine coupons.  
Not valid with other offers.

#### NOW OFFERING:

Eye Brow Wax \$7 • Lip Wax \$5

Ear Piercing \$13

*includes your birthstone stud*

Shampoo & Set \$15

#### GIFT CERTIFICATES AVAILABLE

Appointments & Walk-ins Welcome

Mon - Sat 9:30am - 6:30pm, Sun 10am - 5pm

OPEN 7 DAYS A WEEK

7065 S. Land Park Dr. • Sacramento

**(916) 393-7928**

Located behind Bel Air Supermarket at Florin and S. Land Park



**10% - 20% OFF  
ALL HAIR PRODUCTS**

With Coupon. Cannot combine coupons. Not valid  
with other offers.

*ONLY* at  
**SWANBERG'S**



- Hawaiian Shirts
  - Baseball Shirts
  - Neighborhood Shirts
  - Reef Sandals
- and more!

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447-MAUI

[www.swanbergsformen.com](http://www.swanbergsformen.com)



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## See These Hot Foreclosed, Bank Owned and Short Sale Homes.



2343 52nd Avenue - \$118,800  
3 Bd./1 Ba. Golf Course Terrace



7353 Circle Pkwy - \$99,900  
3 Bd./1 Ba. Parkway Estates



17 Caina Court - \$140,900  
5 Bd./3Ba. Elder Place

To View More Homes Go To [www.CookRealty.net](http://www.CookRealty.net)

2625 Forrest Street - \$55,900  
2Bd./ 1Ba. Norwood Acres

5945 La Castana Way - \$99,777  
3Bd. / 2 Ba. Valley Hi

5650 79th Street - \$68,900  
3Bd. / 1Ba. Avondale

2000 Robert Way - \$89,000  
3Bd. / 2Ba. Arden Fair

14 La Sara Court - \$105,900  
2 Bd. / 2 Ba. Natomas

34 Kennelford - \$99,000  
3Bd./ 2Ba. Valley Hi

91 Petrilli Circle - \$229,900  
3Bd. / 2Ba. Del Rio

7696 Rotherton Way - \$99,900  
4Bd./ 2 Ba. Southgate Meadow

5998 Windbreaker Way - \$157,900  
3Bd. / 3Ba. Laguna Creek

5605 Nona Way - \$69,900  
3Bd / 1 Ba. Fruitridge

3632 Sunrise Pines - \$114,900  
3Bd. / 2 Ba. Lincoln Village

2205 Bridlewood Drive - \$115,000  
3Bd. / 2 Ba. Rancho Cordova

6942 Palm Avenue - \$179,000  
4Bd. / 2Ba. Fair Oaks

2621 Northview Drive - \$99,000  
3Bd./ 1 Ba. Northgate

## International Relocation Service

Buying or Selling out of the Sacramento area? Being referred gets you, "hooked up," with the best in your destination market!

Call Lindsay Filby

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- ★ START ANYTIME
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- ★ TENANT SCREENING
- ★ MAINTENANCE

Call: **Brittany Naucke • 457-4907**

ST. FRANCIS HIGH SCHOOL DANCE COMPANY PRESENTS



# WINTERFEST 2009 A TIME FOR EVERYTHING

FRIDAY, FEBRUARY 13<sup>TH</sup> AT 7:30<sup>PM</sup>  
SATURDAY, FEBRUARY 14<sup>TH</sup> AT 7:30<sup>PM</sup>  
IN THE SFHS THEATRE



Photo by Mark Coverdale

ST. FRANCIS HIGH SCHOOL • 5900 ELVAS AVENUE • SACRAMENTO • WWW.STFRANCISHS.ORG

## St. Francis CATHOLIC HIGH SCHOOL

A Community of Faith, Excellence, Leadership and Service

### SPRING 2009 ARTS EVENTS

in the St. Francis High School Theatre

#### Solos and Ensembles Recital

March 4: 5:30PM & 8:00PM

#### Spring Musical

"Seven" by David Blanchard and Thom Green

Opening Gala: March 19 at 7:30PM

Fridays, March 20, 27 at 7:30PM

Saturdays, March 21, 28 at 1:30PM and 7:30PM

#### Spring Music Concert

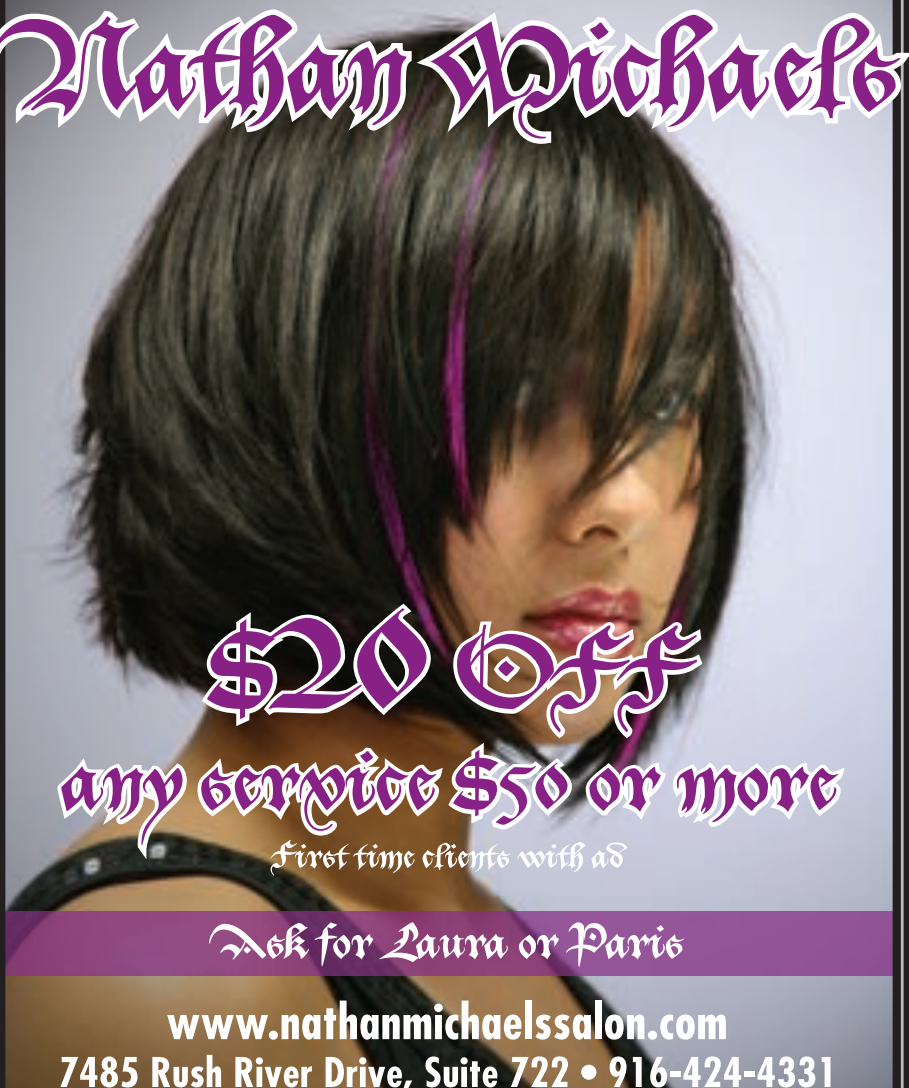
April 29 at 7:00PM

#### Henriette Doglietto Art Exhibition

May 6 from 5:30 to 7:30PM

Performance and ticket information: [www.stfrancishs.org](http://www.stfrancishs.org)

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Let 2009 be the year YOU make a difference in your community and in your world.

Join active, engaged Sacramento business women in service specifically for women and girls.



Colleen Truelsen, Editor  
Valley Community Newspaper



Susan Miller, Interim Superintendent  
Sacramento City Unified School District



Kim Winters, Family Services Director  
Primrose Sacramento

- Lend financial and moral support to women re-entering school to improve their job opportunities.
- Lend financial and moral support to Sacramento girls who are making a positive difference in their high schools.
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- Support African women ostracized by fistula.
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- Support local projects with money and hands-on work, including: WEAVE, Tubman House, Wellspring, local art and music groups, and much more.

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 Bridget Alexander: *Founder, executive director of the Tubman House*  
 Marilyn Parker: *Sacramento Crisis Nursery*  
 Katy Stoner: *Sacramento Crisis Nursery preschool director.*  
 Evelyn Umeda: *Umeda's Jewelry*  
 And many more -- retired businesswomen with a wealth of knowledge, family care-givers, consultants, CPAs -- we welcome all women.

Check us out at [www.soroptimist.org](http://www.soroptimist.org), then check us out for lunch. Grab the "free lunch" coupon on opposite page. Twice a month lunch, everyday pride in service. For more info, contact president Colleen Truelsen: [colleen@valcomnews.com](mailto:colleen@valcomnews.com) or phone 429-9901



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