

THE VALLEY SHOPPER

A special advertising section of Valley Community Newspapers

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

WASHING CARS FOR 60 YEARS!



**Offers too good to keep to yourself!
Tell a friend... Tell our competition!**

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, normal card restrictions apply. See store for complete details. Coupon must be present at time of payment.

Our FULL SERVICE program cleans your vehicle INSIDE & OUT!

Convenient monthly billing. Major credit card Required. Pre-paid options available.

UNLIMITED WASHING

Our UNLIMITED-FULL SERVICE wash plans are the best way to keep your car fresh and clean without breaking the bank! Visit as often as you like and receive our Full Service Wash with out ever pulling your wallet! Do you ever feel like an upgrade? Simply pay the difference between the Full Service and Wash package of your choice! It's just that simple!

FREE HAND WAX!

WITH TUNNEL SAVER CASH CARD
\$100 Pre-Paid Card Purchase or more.

Limited Time Offer! See Store for Details!
Hand Wax Value of \$49.99
Must Present this coupon. Expires 11/31/09. \$400

SAVE ON DETAIL

SAVE 10% ON \$100 OR MORE!

Offer applies when your detail service(s) purchased total \$100.00 or more on the same date on the same car, on the same visit. Expires 10/31/2009. \$400

FREE RAIN-X

TOTAL VEHICLE PROTECTION

Valid with purchase of a Full Service Express, Emerald Wash, or Tully Wash only. With Coupon. Expires 10/31/2009. \$400

30-DAY FULL SERVICE PLAN

Conveniently billed monthly to a major credit card.

\$50 SINGLE CAR PLAN **\$90** DOUBLE CAR PLAN

PREPAID OPTIONS ON SALE!

No credit card required!

90 DAY PASS - \$ 350 **ON SALE \$140**
180 DAY PASS - \$ 249 **ON SALE \$199**
365 DAY PASS - \$ 400 **ON SALE \$349**

Prepaid wash plans are paid in full at time of purchase. No credit card billing required. Good on one car only. Offer Expires 11/31/09

\$10.00 OFF EXPRESS HAND WAX

Includes our Best Wash & Restore II Hand Wax
\$19.99 w/this coupon. Expires 11/31/09
\$400

\$10.00 OFF EXPRESS CARPET CLEAN

Includes our Best Wash & Carpet Cleaning Set
\$19.99 w/this coupon. Expires 11/31/09
\$400

\$10.00 OFF EXPRESS SEAT CLEANING

Includes our Best Wash & Seat Cleaning
\$19.99 w/this coupon. Expires 11/31/09
\$400

5150 Freeport Blvd Sacramento (Freeport & Fruitridge)
916.451.6524 • 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.



HAIR by DORIE

at
Nathan Michaels Salon
Color Specialist

Call DORIE for an appointment
916-670-0905

7485 Rush River Drive, Suite 722
Promenade Shopping Center

RECEIVE

Complimentary Hair Cut
with your full color service

a \$55 value, with this ad, first time customers only
Expires 12/31/09

Crunch your numbers.
31 Classes Offered Weekly.
All Fitness Levels Welcomed!

New Student Special
3 Months
unlimited Jazzercise
\$99.00
(includes joining fee, no contracts)
New customers only or those who
have not attended in the last 6 months.
Expires 12/31/09



Jazzercise blends
aerobics, yoga,
Pilates, and kick
boxing movements
into fun dance
routines set to
fresh new music!

jazzercise

Land Park/Greenhaven Jazzercise Fitness Center
5962 S. Land Park Drive
916-453-8723 • www.sacmetrojazz.com

The Pocket's Newest Dessert Destination



- Self Serve Frozen Yogurt!
- Over 60 toppings & Bulk Candy!
- Ask about our Birthday Party Specials
- Plus, We Have Gourmet Cupcakes from Cupcake Graving

\$ Dollar Days \$
\$1 OFF
any yogurt any day!

One per yogurt. Not valid
with any other offers.
Minimum purchase \$2.00.

Expires 12/31/09

Mon-Sat: 11am-10pm
Sun: 11am-9pm

7485 Rush River Drive Ste. 670 • 916-428-5510
(In the Promenade-Bel Air Center behind Blockbuster Video and next to Tuesday Morning)

Home Heating
System Tune-Up

\$85.00
Reg. \$135.00

Free Estimate for
New Heating and Air
Conditioning Installations

Up to \$3,600 in Rebates
Available from Manufacturer,
Utility and Federal Tax Credits

Interest Free Financing Available

BONNEY PLUMBING, HEATING, AIR & ROOTER SERVICE

Locally Owned & Operated Since 1978



Mark & Candace Bonney

SAVE MONEY!

Our Precision Tune-Up Can:

- ✓ Reduce Utility Bills
- ✓ Extend Equipment Life
- ✓ Reduce Future Repair Costs
- ✓ Increase Safety and Comfort

Call today for your FREE in-home evaluation.

(916) 444-0551

www.bonneyplumbing.com

INTEREST FREE FINANCING AVAILABLE

- Our goal is your satisfaction
- Senior discounts
- All work guaranteed

Straight forward pricing.
No pressure. No gimmicks.
Financing to fit just about any budget.



Serving the Greater Sacramento Area
State Lic. 696355





THE Stockton Boulevard
PARTNERSHIP

916.454.2469 | WWW.STOCKTONBLVDPARTNERSHIP.COM
STOCKTONBLVDPARTNERSHIP@MSN.COM

JOIN ME

Terrence Johnson
and support these businesses



TERRENCE JOHNSON
Executive Director



GRAPHIC • DESIGN & PRINTING

Authorized ShipCenter



ORDER ONLINE TODAY

WWW.EXPRESSGRAPHIC.COM



NEW LOW PRICES

1000 BUSINESSCARDS
FULL COLOR AS LOW AS
\$27

NEW LOW PRICES

FULL COLOR BANNERS
AS LOW AS
\$5 SQ. FT.

IN-STORE SERVICES

- SHIPPING SERVICES WITH USPS, FEDEX, DHL, ONTRAC
- NOTARY SERVICES
- FAX
- COPY
- RUBBER STAMPS

sacramento elk grove stockton



ACTIVE SALE
\$142,000
NOW \$115,000



SHORT SALE
\$110,000
NOW \$78,000



SHORT SALE
\$345,000



SHORT SALE
\$89,000

DO YOU HAVE TO SELL YOUR HOME FOR MORE THAN ITS WORTH?

- Sell your home today for less than amount owed, with little to no cost.
- Limit the credit ruins, AVOID foreclosure!
- Live in your home until it SELLS!

CALL FOR
FREE APPOINTMENT
TO DISCUSS
FORECLOSURE
alternatives!

REALTY & SERVICES
Christylyn Ma
Real Estate Broker
916-717-3961
or 916-969-9015



3847 Stockton Blvd., Sacramento, CA 95829
Office: 916-222-0208 • Direct: 916-205-6822 • Fax: 916-209-9029

L & L LANDSCAPING

- Stamped Concrete
- New Lawn
- New Sprinkler System
- Water Features
- Spring Yard Clean up
- Monthly Services Available

ONLY \$6249

Package Price Includes:

Up to 600sqf concrete,

Up to 1800 sqf.

4 Station of Sprinkler System,

Drainage,

Up to 8 yard of wood chips or rock.

FREE Consultation.



MIKE LE: (916) 879-5668
License # 8072371



Best Package for Investor And First Time Home Owner, Fast Turnaround Time, Reliable Services



Comfortable living designed with *you* in mind!

9325 E. Stockton Blvd. • Elk Grove CA 95624 • www.lifestylesllc.com

ASSISTED LIVING & MEMORY CARE

- Access to 24-hour care staff
- Licensed nurse on site
- Assisted Living Apartments
- The Atrium, a specially designed environment for individuals with Alzheimer's or dementia
- Peaceful courtyard with gazebo & walking paths
- Three nutritious meals w/entree choice
- Bus for outings & scheduled appointments



Call 916-714-3755

Lic #347002379

Irene Senst Tax & Bookkeeping

Expertly preparing taxes since 1983

916-640-3820 • www.taxirene.info

Same Low 1990 prices.



Member in good standing.



- COUPON -

GET 25%-50% OFF

Tax or Bookkeeping Services



Its Your Call

916.640.3820

DID YOU KNOW THAT NON-COMPLIANCE WITH FEDERAL LAWS COULD COST YOU PERSONALLY, OR COST YOUR BUSINESS UP TO \$1,000,000 IN FINES AND UP TO 10 YEARS IN PRISON.



Pre-Paid Legal Services, Inc.
and Subsidiaries
Irene Senst, Independent Associates



916.640.3820

citrms_info@yahoo.com

As a business owner, you know there are laws every business must follow. However, results of a recent survey by z/Telligence and Fellows Inc., (July 2005), showed only 13.1% of business owners recognize the term "FACTA." That could mean that nearly 87% of all business owners aren't aware that FACTA:

- Is federal legislation that went into effect June 2005
- Can shut your business down whether you have two or two thousand employees
- Can result in major fines to you and your business by the FTC for non-compliance
- Provides another avenue for lawyers to file lawsuits against your business on behalf of customers or employees

FACTA is only one piece of legislation that affects your business. There are others:

- HIPAA Security Rule
- Gramm, Leach, Bliley (GLB) Safeguard Rule
- Numerous individual state laws (such as the Texas Whistle Blower Statue)

We Can Help.

Our Affirmative Defense Response System™ (ADRS) can help your business at virtually no cost. To learn more, please make the call.

FREE tax preparation with membership

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

3225 Freeport Blvd.
Sacramento, CA 95818

916.441.1015 | www.eskaton.org

Schedule your complementary tour and lunch TODAY.

Elect

****Terre

Johnson

for City Council

District 5

Together
we can!



KEY ISSUES:

Investing In Our Neighborhoods - Great cities are made up of great neighborhoods. Our neighborhoods in south Sacramento deserve the same promotion from the city government as the downtown area does. Make a Plan for Affordable Housing.

Commercial Business Districts - District 5 is home to several unique business corridors that must be encouraged and supported with the tools to succeed in these tough economic times.

Public Safety - We need to keep our homes and neighborhoods safe, and work with residents and law enforcement to make sure there are open lines of communication for crime prevention.

Employment - Our District lacks local, sustainable businesses and industry to provide employment. We need to create incentives to attract employers to bring the "Green Jobs" into our district. Include Living Wage and Health Care provisions.

City Budget - City Council should participate in and be more accountable to the public on budgetary issues.

Homelessness - We need workable solutions to end the problem of chronic homelessness in our region.

Youth - Children are the future and we need to assure they receive a Quality Education with After School Enrichment programs, Employment Opportunities, Mentoring & guidance.

ELECT TERRENCE JOHNSON SACRAMENTO CITY COUNCIL
DISTRICT 5 - JUNE 8, 2010

3525 Second Avenue • Sacramento, CA 95817 • 916.524.2324

TerrenceJohnson2010@gmail.com • www.TerrenceJohnson2010.com • FPPC# 1318560

Paid For By Friends of Terrence Johnson For City Council

Chapter 2.13 of the Sacramento City Code limits the amounts that a contributor may give to a candidate for a City Council position for a primary, general or special election. Generally, a contributor other than a large political committee may not give more than \$1,500 to a candidate for a City Council position for a primary, general or special election, while a large political committee may not give more than \$3,500 to a candidate for City Council for a primary, general or special election. Chapter 2.13 contains certain other rules that may affect the amounts that an individual contributor may give. Please read Chapter 2.13 before making a contribution to my campaign.

Friends of Terrence Johnson For District 5 City Council - FPPC# 1318560 · www.terrencejohnson2010.com

Your Trusted Friend & Neighborhood Professional



Experience Counts!

Now More Than Ever!

More than 2,025 of our friends and neighbors have trusted me to serve their real estate needs over the past 26+ years!

#1 For a Reason!

Nick LaPlaca • 422-3756 x113



Prudential
Dunnigan Real Estate

24 Hour Info @ www.NickLaPlaca.com

Want to be "In the Know" about the real estate activity in your neighborhood?

Whether you thinking of selling or just want to be up to date on your neighborhood real estate activity, Online Sellers Advantage is for you. Current neighborhood real estate activity sent directly to your email.

Call me today for more information!
Joleen Jarvis-Dunnigan, Realtor
916-717-3559



Prudential

Dunnigan Real Estate



©2009. An independently owned and operated member of Prudential Real Estate Affiliates, Inc. Prudential is a registered service mark of The Prudential Insurance Company of America. Equal Housing Opportunity.

"Committed to the Clients"



Making home buying pleasurable from start to finish...

Karla Oppliger

Real Estate specialist for over 23 years

916-799-0010

KarlaOpp@comcast.net



Prudential

Dunnigan Real Estate

Homes To Fit Your Lifestyle



*Real Estate
Experience Counts...
Proven Results*

*Call Lynn For Information
on Available Properties*



Prudential

Dunnigan Real Estate



CRS

Call Lynn Luk Lee for all your Real Estate Needs!

Lynn Luk Lee • 628-2843 • lynnluklee@aol.com

Your Pet's Favorite Destination



6420 Freepoint Blvd.
(916) 428-9213
www.thepetinn.net

Now open from 7am-7pm daily

Boarding Specials

10% OFF OR

Free Belly
Rub or Kitty
Cuddle

MUELLER NOW OFFERING

Dog Play Groups, Business Walks,
A La Carte Menu, And More!

Call For A Full Listing Of New Services

Expires 11/30/09

Owner Requested, K9 and Kitty Approved!

HAPPY HARVEST/HOLIDAY COLLECTING



Annalee • 2009 Bing and Grondohl and Royal Copenhagen Plates • Bradford Exchange Collectibles • Disney Classics • Jim Shore • San Francisco Musicals • Glass Domes • Spoonracks • Plate Frames, hangers, stands and much more.

Kennedy's Collectibles
57th Street Antique Mall, 875 57th Street
Sacramento, CA 95819
(916) 973-8754

SACRAMENTO GLASS WORKS



CUSTOM GLASS, LEADED GLASS, & SANDBLASTING
DESIGN • BUILD • RESTORE • LEADED GLASS REPAIR

*The Ultimate Window Dressing!
A perfect accent to change the look and feel of a room.*

Keith Sutherland • (916) 456-0367 • 2801 T St., Sac 95816
www.sacramentoglassworks.com

Love Lasts Forever...



Life's calling. So answer. There are too many things to see and do, not to take advantage of every second. And we can help. Consider us your second family—we'll certainly treat you like you are. Call 888-252-3447 or go to aegisliving.com for more information.

ASSISTED LIVING & MEMORY CARE

Aegis Living

We're the people who make life better.

RCFE # 347001686

Aegis of Carmichael
4050 Walnut Ave
Carmichael, CA 95608
(916) 972-1313
www.aegisliving.com

Support Our Local Businesses!



Terrence Johnson, Executive Director



THE Stockton Boulevard
PARTNERSHIP

916.454.2469

www.stocktonblvdpartnership.com
stocktonblvdpartnership@msn.com

AU LAC VEGGIE A Vegetarian Café



We proudly serve all dishes free of:
Meat, poultry, fish,
egg and MSG

3500 Stockton Blvd
Sacramento, CA 95820
916-451-6842



6010 Stockton Boulevard • Sacramento, CA 95824
916-399-4929

Open 7 Days a Week! Come join us for the best action in town and Awesome food at Z Boulevard Restaurant and Bar!

Jon's Home FURNISHERS

4995 Stockton Boulevard
Sacramento, CA 95820

T (916) 452.3347
F (916) 452.6076

www.jonsfurniture.com



Serving Asian and American Cuisine from 6am to 2am.
Enjoy a drink at our fully stocked bar from 9am to 2am.
Both open 7 days a week.



6010 Stockton Boulevard • Sacramento, CA 95824
916-399-4929



Michael Luna

Showroom Appointments:
Monday-Friday 8am to 5pm
In Home Appointments 7 Days a Week

(916) 451-6757

Email: visions.hunterdouglas@yahoo.com

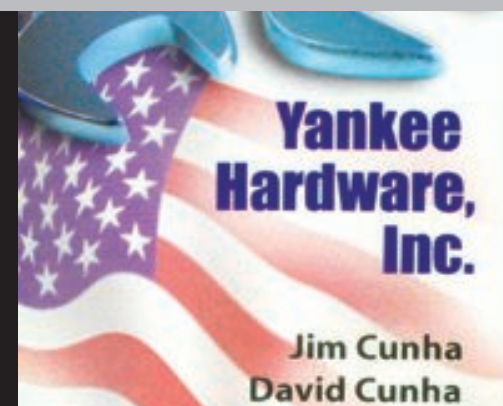
Alonzo's Coffee Shop

MEXICAN & AMERICAN FOOD

Family owned and operated since 1969

5649 Stockton Blvd
Sacramento, CA 95824
(916) 453-9225

Buy 1 Key, get a 2nd Key FREE
with this ad. VCN



5651 Stockton Boulevard
Sacramento, CA 95824
(916) 455.0328 • F (916) 455.6997
Mon-Sat 8AM-6PM • Sun 9AM-5PM



Louie's Restaurant & Catering Service

4605 Broadway, Sacramento, Ca 95820
Tel: 916-739-8646, Fax: 916-739-0930
Web: www.louiescatering.com

Save time and money! We do the job right the first time—guaranteed!

Since 1957
Lic. 387145
www.mcdonaldphac.com



24 HOUR
SERVICE & REPAIR

McDONALD

PLUMBING, HEATING & AIR CONDITIONING
RESIDENTIAL & COMMERCIAL SERVICE
INSTALLATION & ROOTER SERVICE

(916) 456-4738



MIGHTY KONG MUFFINS

FREE
8oz Cup of Coffee with Muffin Purchase.

with this ad. VCN

3701 Stockton Blvd
916 231 3631

Right Touch Painting

Residential • Commercial
Interior • Exterior

Call for a FREE Estimate • Senior Discounts
916.391.6673 or 916.607.5670
www.righttouchpainting.com

John Stellmach • Owner
- Pocket Resident - License#910944

Fall Specials!

Paint one room, Get the 2nd room FREE!

Expires 12/31/09



COMFORT ZONE

ELDERLY
IN HOME SERVICES, INC.

Since 1990

- Long Term Insurance Accepted -

- Alzheimers / Dementia
- Hospice / Stroke
- Bathing / Dressing
- Medication Reminder
- Light Housekeeping / Laundry
- Meal Preparation
- Non-Nursing Home Care
- Dr. Appointments / Shopping



Hourly and 24 Hour Live-In.
Free Home Assessment.
Liability Insured, Bonded

(916) 453-1344

4420 Del Rio Rd., Sacto. CA 95822

Taste A Bit of Cool Heaven at

HeavenLy's Yogurt

Self-Serve Yogurt

- We honor all competitor's coupons.
- 10% off for all fitness members with their membership ID card (Greenhaven store only).
- Sac State Students get 10% off with student ID (H Street store only).
- Host any type of party - 10% Off for big groups!
- Kids get first 4 oz. FREE every Friday from 4-8pm!



Two Locations To Serve You!

7600 Greenhaven Dr., #21
(between Vientos & 24 Hour Fitness)
(916) 422-8120

5535 H Street
(corner of H & 56th Streets)
(916) 455-6000

www.HeavenLysYogurt.com

FREE YOGURT

Get a FREE 8 oz. yogurt when you purchase 8 oz. or more of yogurt.
Limit ONE free 8 oz. yogurt per coupon.

One coupon per person per visit with coupon.
Not valid with other offers. Expires 12/31/09



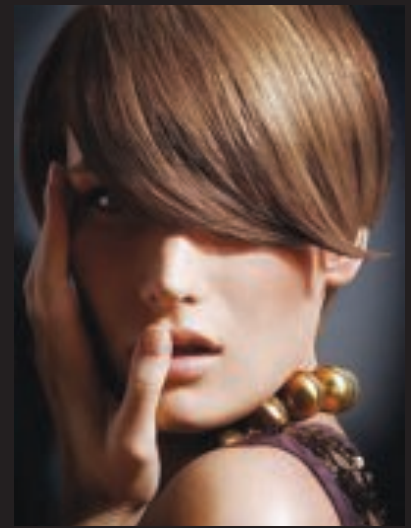
INNOVATIONS BY JOYCE

@Taki's Salon & Spa

Hair Design • Color • Perm

HOLIDAY SPECIAL:

Keratin Complex Smoothing Therapy
\$150.00 & Up (\$300.00-\$400.00 Value)



5866 South Land Park Drive • 916.392.4895

Dr. Alan Sladky - Optometrist

• We offer the latest in eyewear, over 1000 frames to choose from!

• We accept most major vision plans, including  VSP Network Doctor

• Some glasses & contact lenses ready in 1 hour.

• Experienced and knowledgeable staff.



We specialize in hard to fit contacts, including those for Keratoconus. They may be covered by insurance — ask for details!

Walk-ins and same day appointments welcome.

(916) 395-EYES
(3937)

Dr. Alan Sladky, Optometrist
7465 Rush River Dr. Ste 410

!!!SPECIAL!!!

Complete Eye Exam & Contact Lens Fitting

(Plus 2 Boxes of Disposable Contacts - Sphere Contacts)

\$179 (Over \$300 Value!)

Change Your Eye Color for \$30 More!

Coupon cannot be combined with any other discounts or insurance. Ask for details.

!!!SPECIAL!!!

Select Designer Frames Over 200 to Choose From

50% OFF

Hurry in for the best selection.

Coupon cannot be combined with any other discounts or insurance. Ask for details.

kamon sushi

RESTAURANT • LOUNGE • BAR

thursday nights
KARAOKE

sunday (dine in only)

ALL SINGLE ITEM DINNER ENTRÉES \$9.95

\$5.00
Bar Menu

Saturday & Sunday

\$5.00 OFF

total food order
of \$25 or more

Not Valid with other discounts. Good any time.
Dine in or take out. Expires 01/31/10

2210 16th Street • Sacramento, CA 95818
916.443.8888 • www.kamonsushi.com

Join us for a **FREE** Educational Seminar

Tuesday October 27th, 2009
12:00 pm - 1:30 pm

“The Many Forms of Arthritis”



~Presents~

Dr. Safwan Kazmouz

*Board Certified: Family Medicine Mercy Medical Group
Residency Training: Henry Ford Hospital Detroit, Michigan
Fellowship Training: Geriatric Medicine: University of Michigan
MBA: University of Michigan*

~FREE Lunch Provided~

Primrose

7707 Rush River Drive Sacramento Ca 95831

RSVP (916) 392-3510

www.primrosealz.com

Day Club, Respite, Residential

“We do Memory Care best, because that is all that we do”



Now Taking Reservations for Holiday Parties...

Taylor's Kitchen
Full Service Catering
Onsite In our Dining Room or
Offsite at Your Home or Office

For further information
contact Jay 916-443-5154

2924 Freeport Blvd
Sacramento, Ca 95818
www.taylorskitchen.net

Wednesday - Saturday 5:00 to 9:30

Dining Room Available Sunday through Tuesday for Private Events



Everything you need to feel at home!

Now under new ownership, Greenhaven Estates is pleased to offer an enhanced menu of licensed Assisted Living services as well as specialized attention through our In Touch® Memory Care program. You'll find:

- Comfortable and supportive living environments
- Ease of a maintenance-free lifestyle
- Freshly prepared, wholesome and delicious dining options
- Innovative health and well-being programs
- A full calendar of social, recreational and specially focused activities
- A trained and caring staff and so much more



Greenhaven
ESTATES
Senior Living Community

Assisted Living and Memory Care

7548 Greenhaven Drive
Sacramento, CA 95831
(800) 686-3466

Call today to
learn about
VA Aid and
Attendance
benefits!



LaVida Communities
Senior Living Communities

LaVidaCommunities.com



Your comfort.
Our privilege.



RCFE #
AET000112



PLUMBING • HEATING • AIR CONDITIONING
Your Neighborhood Repair Specialists Since 1946!

All Plumbing & HVAC Repairs & Installations
Trenchless Sewer, Gas and Water Line Replacement –
No Damage to Landscaping, Patios & Walkways

FALL SPECIAL
HEATING SYSTEM CHECK-UP
\$85⁰⁰

Call: (916) 448-0801
www.abcplumbingandhvac.com

24-Hour
Emergency Service

California Contractor's License # 412127

10% Off
Any Service
With This Coupon

Call: (916) 448-0801



PLUMBING HEATING
& AIR CONDITIONING



License# 714481

FREE ROOF INSPECTION!

Celebrating Our 17th Year in Business



Superb Roofing, Inc.

- New Roofs • Re-Roofs • Asphalt • Wood Shingles
- Cedar • Gutters • Financing Available • Bonded/Insured

(916) 357-5580 **FREE ESTIMATES**
www.superbroofing.com

\$500 OFF

Any Complete
Whole House ReRoof

Not Valid With Any Other Offer. With
VCN Coupon Only. Expires 12/31/09

\$100 OFF

Any Roofing Repair
Over \$500

Not Valid With Any Other Offer. With
VCN Coupon Only. Expires 12/31/09

IT'S THE PERFECT GIFT FOR THE WHOLE FAMILY



Sacramento



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
Serving The Sacramento Area Since 1998

15% Off

All Cleaning Services
Carpet & Upholstery

Must present coupon at time of service.
Not valid with other coupons or offers. One coupon per customer.
Minimum charges apply. Expires 01/31/10

20% 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 01/31/10

\$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 01/31/10

FREE

1 can of Spot Remover

with \$200 or more purchase

Must present coupon at time of service.
Not valid with other coupons or offers. One coupon per customer.
Minimum charges apply. Expires 01/31/10



2 FOR 1

Buy one dinner
entree and receive
the second entree
(of equal or lesser value)

FREE

Available after 5pm
Not to exceed \$35.00
(on second entree)
Exp. 12/30/09

"The Best of Food & Drinks"
by



&



\$29⁹⁵

Friday - Saturday - Sunday

Steak and Lobster Dinner

\$19⁹⁵

Sunday - Monday

Prime Rib Dinner

\$10⁰⁰

Monday - Wednesday

**Chicken Caesar and a glass
of house wine until 4pm**

\$10⁰⁰

Wednesday - Friday

Burger and Beer until 4pm

1117 11th Street • Sacramento, CA

**Call 916.447.8900 for
Reservations & Banquets**

Happy Hour: 3-7pm, Monday - Friday • www.chopssacramento.com



Fat City

Bar & Café

Happy Holidays from the
Fat Family!



Fat City has been serving Old Sacramento for over 30 years! We feature American cuisine, highlighted by burgers, steaks, pastas, salads and mouth watering desserts. Our spirits are served from our famous 180-year old bar. For your holiday party we have banquet facilities for up to 50 and a small private dining room for 10 people. Banquet menus and kid's menus available!

Lunch: Mon-Fri. Dinner Nightly. Brunch: Sat. & Sun. V/MC/AE
1001 Front Street, Old Sacramento. 916.446.6768 www.fatsrestaurants.com



"The GIFTED GEEK"

He translates "geek" into English

Let him work his magic!

A brilliant & persistent problem-solver!

- Home/Business • Wizardry • Data Recovery/Back-up • Desktop Certified
- Real Time Tech Support 24/7 • FREE Estimates • Exorcisms

(916) 447-4441 • References Available

Culture Collection

6391 Riverside Boulevard • Sacramento, CA 95831
(Corner of Riverside Blvd & Florin Rd in Greenhaven)

916-427-7715

Ethnic Collectibles, African Art, Clothing, Jewelry, Wedding Accessories, Fabric, OES, Masonic, Fraternity & Sorority Items, Home Decor, Books, Puzzles, Games, Body Oils, Shea Butter, Incense & Much More!

OPEN Tuesday-Saturday 10-7pm • www.culturecollection.com

40% OFF a Single Item

With this ad, some restrictions apply, Expires 12/31/09



**NOR CAL
COMMERCIAL**
Real Estate

Commercial Sales and Leasing

*Professional representation
negotiating complex lease and
purchase/sale contracts.*

Office • Industrial • Retail

David Macko
443-1500

CA DRE 01413910

TREE TECH SERVICES



Serving the Green Industry

A Subsidiary of Tree Technology, Inc.

RESIDENTIAL / COMMERCIAL

- Trimming
- Tree Preservation
- Chipping
- Pruning/Shaping
- Tree Removal
- Lawn Maintenance
- Crown Reduction
- Stump Grinding

688-7979

ELK GROVE

386-1780

SACRAMENTO

1-800-821-TRIM
TOLL FREE

Thorough Clean-Up Prompt friendly service

www.TreeTechServices.com

4 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION
AVAILABLE



W.Comp - PL/PD
CTR. LIC# 653836



**SENIOR DISCOUNTS
FREE ESTIMATES**



\$25
OFF ANY SERVICE
Of \$200 Or more
TREE TECH



Senior Homecare By Angels® Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- Respite Care for Families
- Rewarding Companionship

VisitingAngels
LIVING ASSISTANCE SERVICES

(916) 422-2122

Crepe Escape

Escape your own kitchen and experience
the **Crepe Escape!**

Fresh, nutritious, tasty, affordable, family-friendly!

- More than crepes!
- Omelets
- Sandwiches
- Pasta Dishes
- Salads
- Soups

Visualize a **Crab Cake Florentine**

Crab cakes, sautéed spinach & poached eggs on an English muffin, topped with homemade hollandaise sauce!

BUY ONE GET ONE 1/2 OFF
with purchase of 2 beverages

Buy One Entrée & 2 Drinks,
Get the 2nd of Equal or Lesser Value at 1/2 Off

Coupon cannot be used with any other offer.
Good anytime, dine in only. Expires 10/31/09 VCN



EAST SACRAMENTO

5635 H Street (near the Antique Faire)
916-452-4281

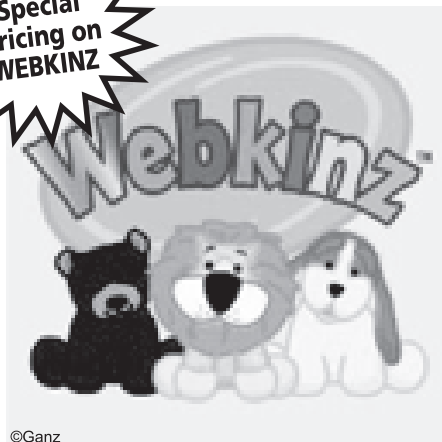
LAND PARK

3445 Freeport Blvd (just north of City College)
916-444-6579

Open Daily 7am - 10pm

Kobasic's Candies

3rd & 4th Generation Candy Makers



- Boxed Chocolates
- Sugar Free
- Seasonal Gifts
- We Ship
- Hand-Scooped Ice Cream \$1.50
- Soft Serve

916-448-3555

5324 Riverside Blvd.,
Sacramento, CA 95822

I-5 to Fruitridge, right on Riverside, 3 blocks down
www.kobasicscandies.com
Open 10 a.m. - 7 p.m. 7 days/week

\$2.00 OFF

any purchase
of \$25 or more
Expires 12/31/09 VCN

They Can't Always Go With You



\$5 OFF
First Service

...but they can still receive loving care in
their own comfortable, clean home.

PAMPERED PETS

Pet Sitting

916-215-0582

pampered.pets10@gmail.com

Owner: Ellie Kaye

My "Pampering" Includes:

Love & Playtime
Feeding & Fresh Water
Light Brushing
Medications
Cleaning Up Pet Areas

Water Plants
Open/Close Window Coverings
Take in Newspaper & Mail
Turn Lights On/Off



– BE PREPARED FOR –
The Perfect Present
FREAK OUT
 WITH MASSAGE ENVY GIFT CARDS

Perfectly HEALTHY. *Perfectly* CONVENIENT. *Perfectly* PRICED.

Whether it's family, friends or business associates, give them a customized massage that doubles as a healthy getaway. With convenient locations and late night and weekend hours, it's the perfect way to get the reaction you really want this holiday.



ARDEN PLAZA | 4383 ARDEN WAY | (916) 971-ENVY (3689)
 NEXT TO WHOLE FOODS

LOEHMANN'S PLAZA | 2511-A FAIR OAKS BLVD | (916) 481-ENVY (3689)
 LOEHMANN'S PLAZA SHOPPING CENTER



GIVE THE GIFT OF RELAXATION
 WITH A GIFT CARD
 FROM MASSAGE ENVY.

Franchises Available | MassageEnvy.com | Convenient Hours. Open 7 days: M-F 8am-10pm, Sat 8am-8pm, Sun 10am-6pm

Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply. ©2009 Massage Envy Limited, LLC.

Celebrating 43 Years of Senior Care



Pioneer House

Senior Retirement Community

LET PIONEER HOUSE
 DO THE CHORES FOR YOU:

- Meals Served Restaurant Style
- Housekeeping and Laundry Options
- Complimentary Transportation,
Easy Public Transit
- Social and Recreational Activities
- 24 hour Staffing

Many Different Floor Plans Available
 All At Incredibly Affordable Rates

“A Place Called Home”

Retirement Living, Assisted Living, Skilled Nursing
 RCFE#340300522

415 P St. Sacramento • (916) 442-4906

www.pioneerhouseretirement.org
 email - pioneerhouse@rhf.org

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

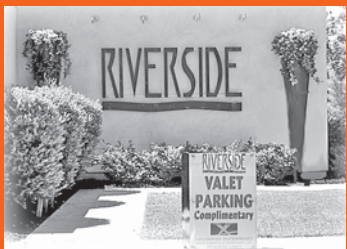
Inquire: \$1000 OFF RENT - Valid for Independent Living

BOOK YOUR "HOLIDAY" PARTY
at

RIVERSIDE CLUBHOUSE

- NEW "HOLIDAY" MENU
- CLOSE TO HOME

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



Complimentary Valet
Friday Nights Only

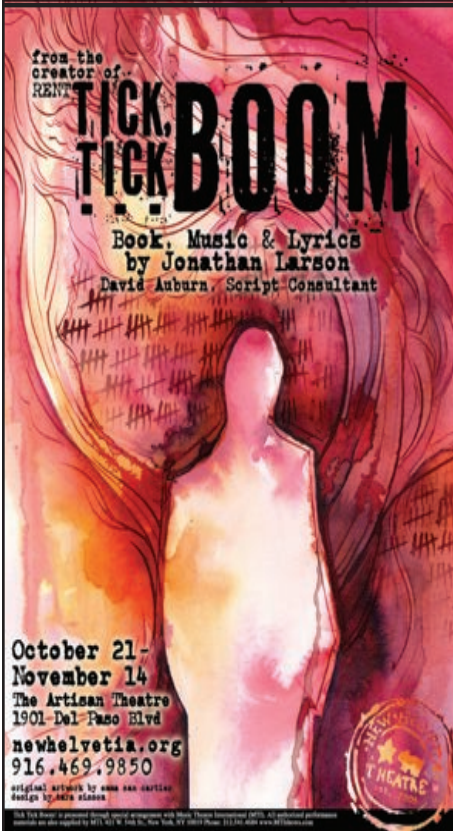
Monday &
Tuesday Nights
KIDS EAT FREE

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

Breakfast Served
Saturdays & Sundays
HAPPY HOUR:
MON.-THURS.
4 to 7 p.m.
Friday 2 to 7 p.m.

2633 RIVERSIDE BOULEVARD • 916-448-9988

NEW HELVETIA THEATRE PRESENTS



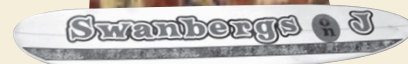
Opening Night: October 24, 8pm
Runs: Th/Fri @ 8pm, Sat @ 2pm & 8pm

Tickets: \$12-\$20
For tickets/info, visit www.newhelvetia.org



SNR Best of Sacramento -
2009 Writer's Pick:
Best New Professional Theatre

"Holiday" at
SWANBERG'S



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

2316 J Street
447-MAUI

www.swanbergsformen.com



We thought you should know their names...
afterall *you're living with them.*



Winged Ant



Black Widow



Cockroach



Wolf Spider



Earwig



Termites



Flea

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS



916-447-3922

Pest Control: \$68/Service* - Homes up to 2500 Sq. Ft.
Termite Inspection: \$95 - Homes up to 3000Sq. Ft.

* 5 service minimum agreement, additional Sq.Ft slightly higher

Ants • Spiders • Earwigs • Silverfish • Rodents • Roaches • Fleas • Bees

- Effective Termite & Pest Control
- Termite Inspections
- Termite Treatments
- Dry Rot Repairs
- One Time Services

**\$20 OFF
COUPON**

5 Bi-Monthly
Service Agreement
or Termite Insp.

Coupon cannot be used in conjunction
with any other offer. One coupon per
person or address. Exp. 12/31/09

916-447-3922



ONE-STOP HOLIDAY SHOPPING UNIQUE GIFT ITEMS!

- Glazed and unglazed Terra Cotta Flower Pots – handmade at Panama Pottery
- Import Pottery – rustic and glazed
- Garden Art & Sculpture by local artists
- Open studio space (shared common areas, kiln firing) starting at \$50/month

Clay/Pottery Classes for children, adults & seniors. Beginning - Advanced.



50% OFF

Selected Pottery
Made By

**PANANA
POTTERY**

Expires 12/25/09

30% OFF

All Pots with
Angel Adornments

**PANANA
POTTERY**

Expires 12/25/09

**BUY ONE GET
ONE @ 50% OFF**

All Pottery

**PANANA
POTTERY**

Expires 12/25/09

4421 24th Street, Sac. 95822

(south of Sutterville Road)

Hours: Mon-Fri 10 am - 6 pm

Sat-Sun 10 am - 5 pm

916.452.7181

www.panamapottery.com

Make your home a Best-Seller.

Prudential Real Estate has what it takes to match you with buyers in today's marketplace.

Your Prudential Real Estate sales professional has the market knowledge and command of today's electronic marketing tools to guide you through the process of making your home a best-seller.

We know the communities you live in. Our sales professionals know the places, prices, people and personalities in your community. That's why they've been so successful in matching buyers to the right listings.

Internet marketing tools help jump-start your home sale. Online listings at prudential.com, plus our net-savvy, eCertified[®] sales professionals, give you a powerful edge in targeting online buyers looking for a home just like yours.

Tap the strength of The Rock[®] in real estate. It's essential in today's real estate market to work with a company you know and trust. Call today and learn more about how we plan to make your home a best-seller.

Visit us at:
prudential.com/realestate

In Today's Market,
Put Your Trust in a Professional...
Call Us Today! 916-422-3756



Prudential

Dunnigan Real Estate