

# THE VALLEY SHOPPER

A special advertising section of Valley Community Newspapers

To advertise, call 916-429-9901 • January 2010

## 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 04/15/10 D404

### 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 ticket on the same car, on the same visit. Expires 04/15/10 D402

### FREE RAIN-X

TOTAL VEHICLE PROTECTION

Valid with purchase of a Full Service Express, Emerald Wash, or Ruby Wash only. With Coupon. Expires 04/15/10 W303

### 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 - \$ 150 **ON SALE \$140**  
180 DAY PASS - \$ 249 **ON SALE \$199**  
365 DAY PASS - \$ 499 **ON SALE \$349**

Prepaid wash clubs are paid in full at time of purchase. No credit card billing required. Good on one car only. Offer Expires 03/15/10

### \$10.00 OFF

EXPRESS HAND WAX

Includes our Best Wash & Revive-It Hand Wax  
\$39.99 w/this coupon. Expires 04/15/10  
D403

### \$10.00 OFF

EXPRESS CARPET CLEAN

Includes our Best Wash & Carpet Cleaning 5vc  
\$39.99 w/this coupon. Expires 04/15/10  
D403

### \$10.00 OFF

EXPRESS SEAT CLEANING

Includes our Best Wash & Seat Cleaning  
\$39.99 w/this coupon. Expires 04/15/10  
D403

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.

## JUNIORS! IT'S TIME TO START PLANNING FOR COLLEGE!

CollegeGPS – Guidance, Preparation and Support Through the College Process

### CollegeGPS will help you...

- Plan college visits.
- Make your college list.
- Decide on your SAT & ACT testing schedule.
- Complete your college applications.
- Make a timeline and stay on track.
- Write your essays.
- Apply for Financial Aid & Scholarships.



**Marilyn van Löben Sels, Certified College Counselor**  
(916) 601-6909 • marilyn@college-gps.com

## 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](http://www.culturecollection.com)

**Most Items 20%-40% OFF**

Some restrictions apply.



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### 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



9325 E. Stockton Blvd.  
Elk Grove CA 95624  
[www.lifestylesllc.com](http://www.lifestylesllc.com)



## Leaving a job? Should you leave your retirement plan assets behind?

Need help deciding what to do with the assets in your retirement plan from a former employer? During these challenging economic times, it's more important than ever to find the right strategy for you and your goals.

Call today, and together we can explore all of the options for your retirement savings.

Together we'll go far



**Peter M. Gillespie**  
Vice President - Investments  
980 9th Street, 25th Floor  
Sacramento, CA 95814  
916-491-6325  
[Peter.Gillespie@wfadvisors.com](mailto:Peter.Gillespie@wfadvisors.com)

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

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916-768-5231 cell  
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- 2. LOCK IN A LOW FIXED RATE**
- 3. REDUCE YOUR MORTGAGE TERM**

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**CALL DAVE TODAY!**



WWW.COMSTOCKMORTGAGE.COM | CA DRE LIC. #01000837 | SAC 1ST DBA COMSTOCK MORTGAGE

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# RIVERSIDE CLUBHOUSE

- **NEW WINTER 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 & including 7 years old

**Breakfast Served**  
Saturdays & Sundays

**HAPPY HOUR:**  
MON - THURS.: 4 to 7 p.m.  
FRIDAY: 2 to 7 p.m.

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Crunch your numbers.

31 Classes Offered Weekly.  
All Fitness Levels Welcomed!

Jazzercise blends  
aerobics, yoga,  
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routines set to  
fresh new music!

**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 03/31/10



**jazzercise**

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

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A perfect accent to change the look and feel of a room.*

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www.sacramentoglassworks.com

## Dr. Alan Sladky - Optometrist



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

• We accept most major vision plans, including 

• 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 & a 3 Month Supply of Disposable Contacts

**\$179** (Over \$200 Value!)

Change Your Eye Color for \$30 More!

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

**!!!SPECIAL!!!**

Select Frames & Single Vision

**\$79** (Save up to \$100)

Lined bifocals \$40 more.

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# PUT OUR SIGN TO WORK...



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DOES IT ALL**

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- Property Management
- Relocation Services
- Real Estate School



**4305 Freeport Boulevard • Sacramento 95822**  
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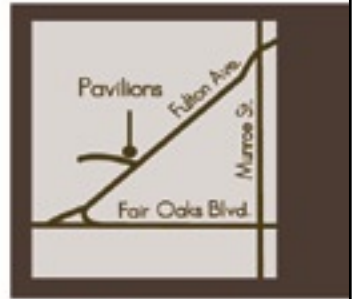
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Purchase at Pavilions today and receive \$10,000 towards closing costs or upgrades



- Exclusive Sierra Oaks neighborhood location
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- Custom home quality & amenities
- Spacious clubhouse
- Pool, spa & fitness facility
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- 2,006–2,537 sq. ft.



2430 Pavilions Place Ln,  
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# Pavilions

HomesAtPavilions.com | 916.482.8966

Wednesday through Friday, 12pm–5pm and Saturday and Sunday, 11am–4pm

Starting at \$525,000

Contact one of Lyon Real Estate's TeamBlack agents today for more information or an appointment during non-business hours.

Annette Black 826-6902 Kathy Pardun 247-7030 Diane Berry 698-7288 Wanda Noack 761-6748 Patricia Youlton 519-0207



DRE #00802777

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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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Sacramento, CA 95818

916.441.1015 | [www.eskaton.org](http://www.eskaton.org)

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**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](http://aegisliving.com) for more information.

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We're the people who make life better.

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**916.640.3820**

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Pre-Paid Legal Services, Inc.  
and Subsidiaries  
Your Trust, Independent Associate



916.640.3820  
[ctms\\_info@yahoo.com](mailto:ctms_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**

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.



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 03/31/10

**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 03/31/10

**\$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 03/31/10

**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 03/31/10



# Fat City

Bar & Café

Serving Old Sacramento  
since 1976!

*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](http://www.fatsrestaurants.com)**



## The Region's Largest Independent Clinical Trials Organization

### VOLUNTEERS NEEDED FOR CLINICAL TRIALS:

- Diabetics taking insulin
- High Blood Pressure
- Diabetes/oral or no meds
- Head Lice
- Flu Treatment
- Diabetic Neuropathy Pain
- Acne
- Low Back Pain Acute/Chronic
- Hot Flashes
- Osteoarthritis knee/hip
- Post-Shingles Pain
- GERD/Heartburn
- Low Sex Drive/Females
- A-Fib
- Patients taking 325 mg Aspirin® daily
- Post-Traumatic Neuropathy

### COUPON

THIS COUPON IS REDEEMABLE FOR:

**A FREE BLOOD PRESSURE CHECK  
AND DIABETES SCREENING TEST**

Walk in anytime, Mon-Fri: 8am - 4pm

3840 Watt Ave., Bldg E  
Sacramento, CA 95821

7248 S. Land Park Dr. #210  
Sacramento, CA 95831

*All study related examinations by an MD, lab tests and study medications are provided to qualified participants at no cost. No medical insurance required. You will also receive reimbursement for your time and travel.*

**NORTHERN CALIFORNIA RESEARCH**

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**Call for more information. *Si Hablo Espanol***

*Volunteer today and make a difference in your life or someone else's!*



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IN THE  
IYENGAR METHOD



**Yoga For Beginners**  
4 WEEK SERIES

Beginning  
Saturday, February 13

1:00pm - 2:30pm

3200 Riverside Blvd. Ste A  
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### Other Classes Available

Mon & Wed: 9:30 - 11:00am  
Wed Evening: 7:00 - 8:30pm

Call Mary for more information  
916-731-4831  
or email [ma9777@aol.com](mailto:ma9777@aol.com)

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Special

35% OFF

Interior  
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Call for Details



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

7600 Greenhaven Dr., #21  
(916) 422-8120

Open Daily: 12pm - 9:30pm

5535 H Street, #10  
(916) 455-6000

Sun-Th: 11am - 9:30pm, Fri-Sat: 11am - 10:30pm

## HeavenLy's Yogurt

- Self-serve yogurt
- Over 40 different flavors (10 flavors display at one time!)
- Over 70 different types of toppings!
- We host birthday parties or gatherings
- FREE tasting daily!!!
- Kids get first 4 oz. FREE every Friday from 4-8pm

### FREE YOGURT

Get a FREE 8 oz. yogurt when you  
purchase 8 oz. or more of yogurt.

Limit 1 free 8 oz. yogurt per coupon.

One coupon per person per visit with coupon. Not valid with other offers.



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"GIFTED GEEK"  
Network Administrator

WANTED:

Small Businesses

Will work by-the-hour  
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Tech Support 24/7

Call Patrick  
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- ECCO
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- Haflinger
- J-41
- Merrell
- Munro
- New Balance
- Orthaheel
- 1803

\* While supplies last. Not valid with any other offer. Expires 03/31/10

# 3400 Folsom Boulevard • 916-731-4400



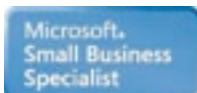
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Thomas Group  
916.394.6500

## COMPUTER AND NETWORK SERVICES

DESIGN • IMPLEMENTATION • OPERATIONS

The Thomas Group has the experience and expertise to design, implement and manage your computer network. From the simplest office to the most complex multi-office scenario, The Thomas Group can keep your network running smoothly.

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Information Worker Solutions  
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Looking For A  
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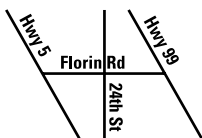
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Experience Excellence in  
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Place Your Car in the Hands You Can Trust!

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**FREE**  
20 Point  
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With coupon. Not valid  
with any other offers.

**Brake Pad Replacement**  
ONLY \$59 Labor Only\*

**Brake Pad & Rotor Replacement**  
ONLY \$119 Labor Only\*

With coupon. Not valid with any other offers.  
\*Prices may vary per model.

**Minor  
Services A**  
ONLY \$99

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with any other offers.

**Major  
Services B**  
ONLY \$195

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with any other offers.

## OPEN FOR ENROLLMENT

### Nanna's Child Care Center

Are you looking for a Quality Child  
Care Center with Affordable Rates?

Nanna's Child Care Center offers just that!



6 Weeks-5 Years

Nanna's Child Care Center is dedicated to offering affordable, quality Child Care, providing exceptional professional customer service to our families, embracing our skilled and talented employees and developing the growth of our employees to produce successful results and outcomes to the children and families we serve.

**\$100 OFF TUITION**  
for the first month

Expires 03/31/10

Call Now!

**737-5209**

License# 343615964

2810 Redding Avenue  
Sacramento  
(at 65th and Folsom Blvd)

Director@nannasccc.com • www.nannasccc.com



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Proven Results*

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on Available Properties*



Dunnigan Real Estate



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Taylor's has the ingredients for a DELICIOUS...

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**Restaurant**  
**Old Fashioned Butcher Shop**  
**Fresh Seafood**  
**Champagne**  
**Fresh Local Produce**  
**Flowers**  
**Housemade Desserts**



**Taylor's Kitchen**  
2924 Freeport Blvd  
Sacramento, CA  
916-443-5154  
Wed-Sat 5-9:30  
www.taylorskitchen.net



**Taylor's Market**  
2900 Freeport Blvd  
Sacramento, CA  
916-443-6881  
Mon-Sat 9-7  
Sun 9-6  
www.taylorsmarket.com

**OPEN EVERYDAY**  
11am - 9pm

**THIS AIN'T NO DINKY 14" PIZZA!**  
Get a Real Large 16" Pizza

- Pizza By The Slice (until 4PM)
- Coney Island Pizza
- Da Bronx Bomber Pizza
- Pizza Primavera
- Pizza Pie
- Calzone
- Giovanni's Microbrews
- Buffalo Chicken Pizza
- The Don Giovanni Pizza
- Lasagna
- Hot Wings
- Pesto Pizza

**Big Screen T.V. ~ Large Facility**

#2 **\$400 off**  
**LARGE 16" PIZZA**  
Build your own pizza!  
WITH TWO OR MORE TOPPINGS  
Good for up to 2 large 16" pizzas. Excludes half and half orders. Must present coupon. Not valid with any other offer or discount. Exp 03/31/10 VCN

#3 **ANY LARGE 16" MENU PIZZA**  
UP TO 3 TOPPINGS  
**\$17.99** + tax  
Excludes half and half orders, and Da Bronx Bomber. Exp 03/31/10 VCN

#4 **\$300 off**  
**ANY MEDIUM PIZZA**  
Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 03/31/10 VCN

#5 **\$700 off**  
Any large 16" menu pizza  
with the purchase of any pizza  
of equal or greater value  
Excludes half and half orders. Must present coupon. Not valid with any other offer or discount. Exp 03/31/10 VCN

#6 **BREW SPECIAL!**  
**2 FREE PINTS**  
of Giovanni's Own Microbrew  
With purchase of any 1 large 16" Three or More Topping Pizzas  
MAY SUBSTITUTE BEER FOR ANY BEVERAGE! Must present coupon. Not valid with any other offer or discount. Exp 03/31/10 VCN

#7 **11am-4pm EVERY DAY**  
Dine In Only  
**32-oz. Bucket of Beer**  
\$2.00 Budweiser  
\$3.00 Giovanni's Micro Brew  
With purchase of a slice of pizza or any menu item. Exp 03/31/10 VCN

#8 **\$10.00**  
**LARGE 16" CHEESE PIZZA**  
Additional Toppings Extra  
Excludes Half and Half orders. Not valid for party events. Limit one coupon per customer. With coupon. Not valid with other offers. Exp 03/31/10 VCN

#9 **LARGE 16" 1-TOPPING PIZZA**  
**\$11.95** + tax  
REGULAR TOPPING ONLY!  
Excludes Half and Half orders. Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 03/31/10 VCN

#10 **\$19.99**  
Large 16" Pepperoni Pizza!  
with 10 pc Chicken Wings  
Excludes Half and Half orders. Not valid for party events. Limit one coupon per customer. With coupon. Not valid with other offers. Exp 03/31/10 VCN

5924 South Land Park Drive  
**916.393.7001**  
In South Hill Shopping Center

6200 Folsom Blvd.  
**916.455.8831**  
Between 59th St. & 65th St.

2701 Del Paso Rd. Ste. 100  
**916.574.9070**  
Natomas Town Center



# Primrose

*Living With Memory Loss*

**Does someone you love have memory loss?**

**Someone at Primrose can help**

**Call today**

**916-392-3510**

*Let one of our specialists assist you through this trying time  
Primrose offers the highest level of staff  
trained specifically in memory care!*

---

**Our secure, gated community of 3.5 acres  
is situated on beautifully landscaped grounds!**

**We provide Residential, Respite and Day Club services  
for people with Alzheimer's disease and related forms of memory loss.**

---

**Call today for more information  
or to schedule a personal tour at 916-392-3510**


**7707 Rush River Drive  
Sacramento, CA. 95831**

347001338;42

*We also offer*

***FREE Support Groups, Monthly Seminars, Specialized Exercise Programs,  
Brain Exercise Classes, One on One Counseling & Much More!!!***

Transition to a healthier you with



**Transitions**  
lifestyle system<sup>®</sup>  
Clinically proven weight management system

Attend our Transitions™ Overview Seminar and learn about low-glycemic-index eating, exercise, stress reduction and supplementation.


Find out why this system works!

**Transitions Lifestyle System – the last weight-management program you will ever need!**

Both individual and group classes are available. Classes now forming! Contact the person below for seminar dates and availability.

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*Transitions Certified Lifestyle Coach*  
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