

THE VALLEY SHOPPER

A special advertising section of Valley Community Newspapers

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



SIZZLING SUMMER SAVINGS!

Early Bird Special - \$13 Basic Full Service Wash - Weekdays before 9am

5150 Freeport Blvd - Sacramento, CA 95822 (Corners of Freeport & Fruitridge)

916.451.6524

GEMAUTOWASH.COM

CLIP n' SAVE SHOPPER COUPONS

50% OFF BASIC EXTERIOR WASH

Valid Sundays

Regular \$10.00, You Save \$5.00

Not valid with other coupons, offers, discounts, Gem Diamond Cards, or commercial vehicles. No substitutions or upgrades with this offer. Extra charge for heavily soiled vehicles.



Expires: 9/30/2010

Gem Auto Wash 5150 Freeport Blvd - Sacramento, CA 95822

FREE UPGRADE TO FULL-SERVICE-OPTION ON ANY EXTERIOR PACKAGE

Valid Monday through Thursdays

A \$5.00 Value!

Good on The Wheel, Protection, Works or Rain-X Package. Not valid with other coupons, offers, discounts. Extra charge for heavily soiled vehicles.



Expires: 9/30/2010

Gem Auto Wash 5150 Freeport Blvd - Sacramento, CA 95822

50% OFF BASIC FULL SERVICE WASH

Valid Monday through Thursdays

Regular \$16.00, You Save \$8.00

Not valid with other coupons, offers, discounts, Gem Diamond Cards, or commercial vehicles. Extra charge for heavily soiled vehicles.



Expires: 9/30/2010

Gem Auto Wash 5150 Freeport Blvd - Sacramento, CA 95822

30 DAYS FREE UNLIMITED WASHING

with any Pro-Shop Detail Service \$100 or more!

A \$55.00 Value!

Not valid with other coupons, offers, discounts, or commercial vehicles. Vehicle enrolled must be same vehicle receiving detail service & may not be transferred. Includes Basic Full Service washing.



Expires: 9/30/2010

Gem Auto Wash 5150 Freeport Blvd - Sacramento, CA 95822

SAVE \$29 Hand Wax n' MiST In-Car Air Quality Service

Express Detail Service

\$79.00

Regular \$108.00

Not valid with other coupons, offers, discounts, or commercial vehicles. Vans/SUV & heavily soiled extra.



Expires: 9/30/2010

Gem Auto Wash 5150 Freeport Blvd - Sacramento, CA 95822

SAVE \$135 Vehicle Sale Preparation Detail Service

Just \$205.00!

Package Includes: Exterior Wax, Carpet & Seat Cleaning, Interior Super Clean, MiST Air Quality. Bonus 30-Day Unlimited Wash Club Offer! (Most passenger cars. Vans/SUV & heavily soiled extra)



Expires: 9/30/2010

Gem Auto Wash 5150 Freeport Blvd - Sacramento, CA 95822

Coupons must be present at time of purchase.
Early Bird Special for a limited time only. Vans/SUV & Heavily soiled vehicles extra.



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

SUMMER HOURS

Weekdays: 8:00 am to 5:30 pm

Saturdays: 8:00 am to 5:00 pm

Sundays: 8:00 am to 4:00 pm

www.giosnypizza.com

Giovanni's Pizzeria



OPEN EVERYDAY
11am - 9pm

What we don't make from scratch

We import from NEW YORK & ITALY

THIS AIN'T NO DINKY 14" PIZZA!

Get a Real Large 16" Pizza

TRY

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

#1
\$1.00 off
10 PIECE CHICKEN WINGS
Not valid with other offers. With coupon. Exp 09/30/10 VCN

Big Screen T.V. ~ Large Facility [twitter](#) [facebook](#)

#2
\$4.00 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 09/30/10 VCN

#3
ANY LARGE 16" MENU PIZZA
UP TO 3 TOPPINGS
\$17.99 + tax
Excludes half and half orders, and Da Bronx Bomber. Exp 09/30/10 VCN

#4
\$3.00 off
ANY MEDIUM PIZZA
Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 09/30/10 VCN

#5
\$7.00 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 09/30/10 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 09/30/10 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 09/30/10 VCN

#8
\$10.00 off
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 09/30/10 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 09/30/10 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 09/30/10 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

Any Drain Unclogged... Any Line Any Time! It Will Drain or It's FREE!
\$99.00

\$75 OFF TANKLESS WATER HEATER


\$250 OFF SEWER REPLACEMENT of \$2,000 or more

"We personally guarantee your 100% satisfaction or you don't pay."
Steve and Rosie MacDonald

Serving the community since 1995

FREE INSTALLATION!
Elongated Top Quality 1.6 Gallon Flush Toilet, Self-Cleaning Bowl, with 5 Year Trouble Free, No-Plug Guarantee. Regular Price \$337.
Bottom Line Pricing
\$388.00 installed
Not valid with any other offer

While Supplies Last!
Premier Series (the best) 1/2 Horse Power Stainless Steel Grinder Garbage Disposal, With 5 Year No-Jam Guarantee. Regular Price \$438.
Bottom Line Pricing
\$269.00 installed
Not valid with any other offer

Mac's PLUMBING SERVICE
THE FRIENDLY PLUMBER
You'll love us, I promise!

\$50 OFF WATER HEATER REPLACEMENT

WHEN YOU CALL TODAY! WE COME TODAY!
916-690-8787



www.MacsPlumbing.com



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- Non-Nursing Home Care
- Dr. Appointments / Shopping



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(916) 453-1344

4420 Del Rio Rd., Sacto. CA 95822

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www.nathanmichaelsalon.com • 7485 Rush River Dr, Ste 722



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- Over 40 different flavors
- 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

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7600 Greenhaven Dr., #21
(916) 422-8120
Open Daily: 12pm - 10:30pm

5535 H Street, #10
(916) 455-6000
Open Daily: 11am - 10:30pm

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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- Meal Prep
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- OTs & Nurses Aides

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AND CARING MEET
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(916) 442-4906 www.PioneerHouseRetirement.org
RCFE# 348300522



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Your Bathtub Becomes a Step-Through Shower in One Day!

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Slip Resistant Surface with the purchase of the Easy Step™

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We Can Also Install:

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- Grab Bars
- Curved Shower Rods
- Handheld Showers



We refinish: FORMICA® • CORIAN® • CULTURED MARBLE • TILE FIBERGLASS • PORCELAIN

DON'T REPLACE, REFINISH!

For 50-75% less than replacement, Miracle Method can restore your existing countertops and bathtubs to like new – in less than 2 days! Quality and value have made us the preferred refinisher for nearly 30 years. Give us a call today to schedule a free consultation and estimate.



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ALL WORK GUARANTEED • Contractor's License #577094

\$25 OFF

Offer Expires 08/30/10. Limit one coupon per project. Cannot be combined with other offers. Present this coupon upon receiving your estimate to receive your discount.

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BEST 2007
2008

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CLUBHOUSE

**WHERE
NEIGHBORS & FRIENDS
GATHER**



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Monday & Tuesday
Nights**

"Cow Menu"

Up to & including 7 years old

**Wednesday Nights
\$1 TACOS \$2 BEERS**
(5 p.m. - 8 p.m.)

**9pm to Midnight
Restaurant Bar
open past
midnight or later**



Complimentary Valet
Friday Nights Only

**Book your 9pm
Thursday Night Party
and Receive**

\$100 OFF

**Breakfast Served
Saturdays & Sundays 9 a.m - 2 p.m.**

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Expires 09/30/10

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CONCERT ASSOCIATION

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*Prefinish 5" Hardwood
Handscrapes only \$3.59' sq. ft.*

*25 year manufacturer warranty. Labor to be
paid to lic. subcontractor for only \$1.39 sq. ft.

*30 oz. Carpet + 6 lb. pad
for \$1.05 per sq. ft.*



*All Emteck Locks,
Door-Cabinet Knobs
& Bath Hardware*

30% OFF!

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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



916.640.3820

citrus_info@yahoo.com

As a business owner, you know there are laws every business must follow. However, results of a recent survey by zTelligence 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 Statute)

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

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Building on more than **twenty-five years** of **quality, innovation & craftsmanship.**

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How Our Clients Describe Us: professional, pro-active, above & beyond expectations, a one-stop shop, on-time

Dr. Alan Sladky - Optometrist



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

• We accept most major vision plans, including vsp

• 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.

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(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.

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

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has a **VAULT OF CASH** to pay you!

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We Buy and Sell Gold, Silver, Jewelry, Coins

OPEN WEEK DAYS at 8:00am & Evenings
5100 Freeport Blvd (next to Gem Auto Wash)

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LIC# 34041416



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"Bring this coupon in & we will waive the admin fee on all new rentals. El Camino Location Only"

CALL ABOUT OUR SPECIAL
PRICING ON 5x5, 5x8, 5x10

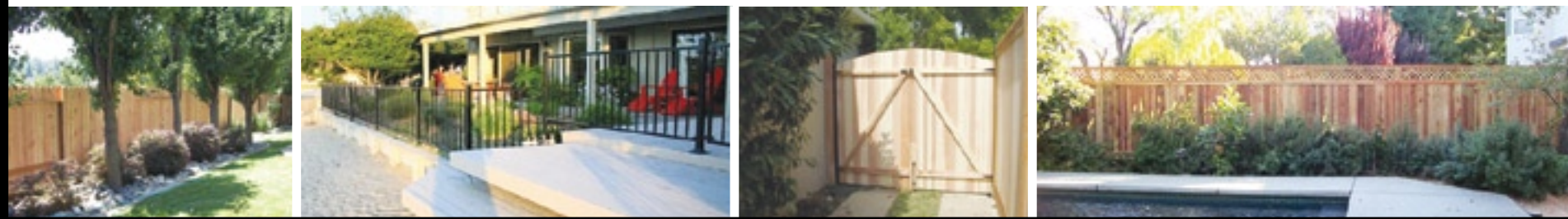
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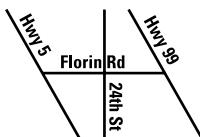
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20 Point
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Brake Pad Replacement
ONLY \$59 Labor Only*

Brake Pad & Rotor Replacement
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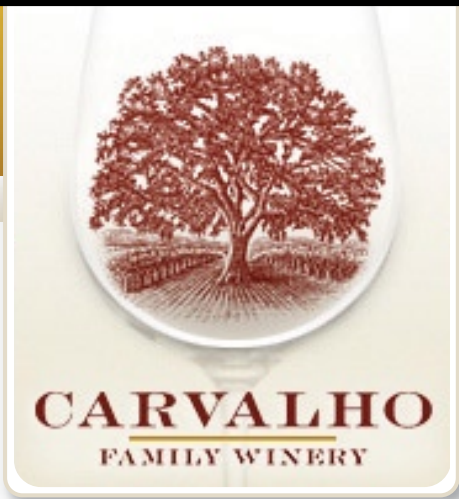
With coupon. Not valid with any other offers.
*Prices may vary per model.

Minor
Services A
ONLY \$99

With coupon. Not valid
with any other offers.

Major
Services B
ONLY \$195

With coupon. Not valid
with any other offers.



UPCOMING EVENTS

Saturday & Sunday, August 21 & 22: Bom Vinho!

Carvalho is celebrating 5 years of having our Tasting Room doors open! Come join the fun!
Meet the Family, enjoy Good Food! Good Music! And Great Wines!

Thursday to Sunday, August 5 to 8 & Thursday to Friday, August 19 to 20:

Shakespeare at Carvalho

Featuring "Wives of Windsor" by West Sacramento Community Theater.

\$10 presale or \$15 at the door

A No Host Bar of Wine, Sodas & Water will be available • BBQ will be available for purchase

For more event information, go to: www.carvalhowines.com

35265 Willow Ave (Old Sugar Mill) • Clarksburg, CA 95612 • 916-744-1625



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for a free tour & lunch.

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Must present coupon
with application.
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916-441-1015

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 **Primrose**
Living With Memory Loss

Day Club, Respite, Residential
"We do memory care best because that is all we do."

Look what's
happening at
Primrose!



Blood Drive



BloodSource blood donors receive a coupon for a **FREE** pint of Baskin-Robbins® Ice Cream at any BloodSource Center or mobile drive!

Reception in the lobby

Thursday,
July 29, 2010
2:00pm - 6:00pm

at
Primrose
Living With Memory Loss

Free Primrose Monthly Educational Series

"Four Months at a Glance"

Tuesday, July 20, 2010 at 2pm
Take 5 to Exercise
Kelly Ward, Certified Senior Fitness Trainer
Fall Prevention DVD Series

Tuesday, August 17, 2010 at 2pm
EMS, Hospice & Assisted Living
Barbara Torres & Leon Marais
Sutter VNA & Hospice/
First Responder

Tuesday, September 21, 2010 at 2pm
Family Dynamics
Mary Gillon, Regional Director
Alzheimer's Association

Tuesday, October 19, 2010 at 2pm
Behavior Management
Yvonne Spear
Program Coordinator for the Kaiser Permanente
Alzheimer's/ Dementia Program



For more information on these events please call
(916) 392-3510

7707 Rush River Drive • Sacramento • CA • 95831

Lic# 347001338; 347001342

Seniors Eat Free!

Buy one entree at lunch, brunch or dinner and get a second entree *(of equal or lesser value)* **FREE!**



Fat City
Bar & Café

Serving Old Sacramento since 1976!

1001 Front Street ~ 446.6768

www.lovemymyats.com

**Seniors 55 and older. \$18.00 maximum value.*

Must present coupon. Not vaild with any other offer. Offer expires August 31, 2010.



ALL CLEAR Now in **Greenhaven**



Summer savings

\$10 OFF!
\$10 OFF Next \$50 Purchase
 + FREE Gift
 Offer Expires 7/31/10

300 Florin Rd at Riverside
 Sacramento, CA 95831

916.392.7665

M-Sat 9-7 PM
 Sundays 10-5PM

Also Located in
 Elk Grove & Galt!

Now **Accepting New Clients**



*Servicing over a 1,000 pools a week...
 Come find out why!*

Polaris



Save up to **\$225** mail rebate
 *Till July 15th

3900!

15% OFF Equipment \$299 & Up
 or **FREE Install**

Now Thru July 15th

FREE In-Shop Labor on pool sweeps & motors

Lowest Price Guaranteed

YES! We Install All Types of Equipment



Jandy



20-60% OFF
All Instock Above Ground Pools

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*All prices subject to change without notice. Sale items excluded. Limited to in-stock items. Items must be purchased prior to end of sale, however may be installed later. We reserve the right to correct any typographical or advertisement errors. All sale offers expire 7/31/10. © 2010, All Clear Pool & Spa and Bulldog Billiards.

Buy 3 Get 1 FREE
HASA
\$266 per gallon
 Offer Expires 7/31/10

Save \$24
90% Chlorine 25lb
\$56.95
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 Offer Expires 7/31/10

New Clients Only!
 Offer Expires 7/31/10

20% OFF!
All Pool Toys
 Offer Expires 7/31/10

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

10% 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 09/30/10

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 09/30/10

\$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 09/30/10

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 09/30/10

We are the only over 100 bed rehabilitation facility with a medicare

**5 STAR RATING AND
24 HOUR RN STAFFING**

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Providing Courteous 24-Hour Skilled Nursing Care & Sophisticated Rehabilitative Services



Rosewood
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24 HOUR SKILLED NURSING

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"For rehabilitation services, Rosewood Rehabilitation will be our first choice. The enthusiastic manner in which Ms. Chen went about her duties was considerable. She always had a smile and a kind word as she administered pain medication to my wife, which she craved and demanded. Her attentiveness, camaraderie and demeanor always made my wife feel at ease and she placed 100% trust in Ms. Chen." John D.

DELTA PROPERTIES AND MORE!



WHAT MORE COULD A PERSON WANT?

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25 minutes to Sacramento.

**14744 Walnut Grove/Thornton Road
Walnut Grove
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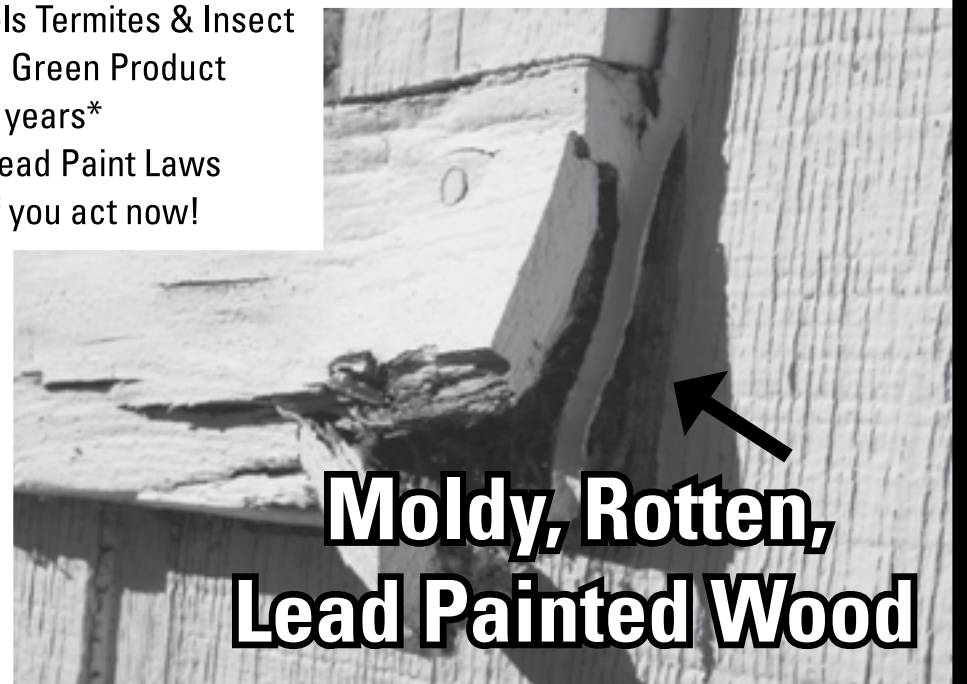
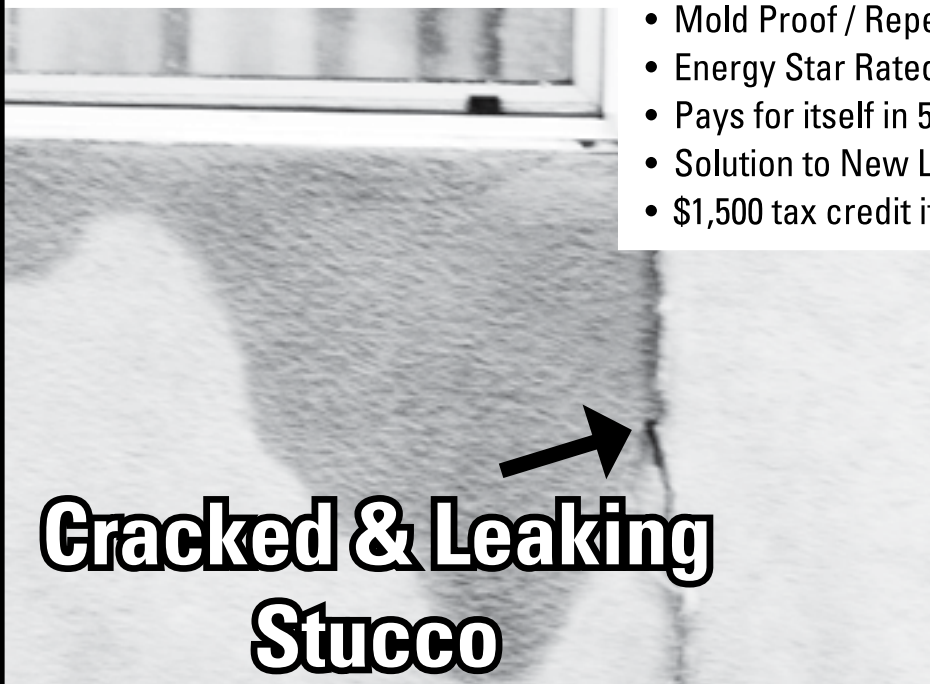
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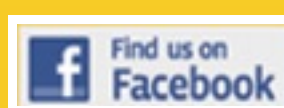
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Have You Lost or Changed Jobs Recently? Retired or Planning? Have an IRA, 401(k), 403(b), or 457 plan from an old employer? It might be time to retire that old plan. You have several options and, "I CAN HELP".



Ed Guanill
Retirement Director
The Affinity Group
Direct: (916) 285-6318 x 220
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When you retire or change jobs you have options:

- You can move your assets into an IRA
- You can take your distribution in cash (withdrawal penalties may apply)
- You can convert you current plan to a Roth IRA.

Simplifying your finances is an important part of a sound financial strategy.

Rollover IRA

A Rollover IRA is often used by people who have lost, changed jobs, or retired and have assets in their IRA, 401(k), 403(b) or 457 plan. Qualified distributions from such plans can be rolled over directly into an IRA without incurring any tax penalties, remain tax-deferred, and can be positioned free of market risk. A Rollover IRA can make it easier to allocate and monitor your retirement accounts.

Roth IRA Conversion

It is possible that no one has mentioned this Roth IRA conversion opportunity to you before. This is because prior to January 1, 2010 if your household income exceeded \$100,000, you were not allowed to do it. Thanks to the Tax Increase Prevention and Reconciliation Act of 2005, now you can.

WHAT MY CLIENTS ARE SAYING

After losing more than 30% of my 401(k), Ed helped me reposition it into an IRA that is protected from market declines. He explained it in simple terms I could understand and made the rollover easy for me.

~ Lee Conrad, Elk Grove

Ed helped my wife and I understand the benefits of a Rollover IRA after I had changed jobs and my wife was laid off from hers. We weren't sure about the tax situation and Ed helped us complete the rollover without any tax consequence.

~ Clint and Jenni Crow, Roseville

Last year I lost my job and had a 403(b) in my previous employer's plan. I lost about 40% in 2007 and 2008. I met with Ed and he helped me roll it over to an IRA that is no longer losing money and he helped me get back a portion of what I lost.

~ Denise Torenson, Sacramento

You may qualify to have your Roth IRA positioned FREE OF MARKET RISK.

Call Today To Schedule YOUR FREE Consultation.

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