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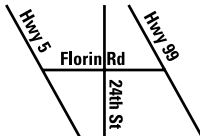
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Brake Pad Replacement
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ONLY \$119 Labor Only*

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*Prices may vary per model.

Minor
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with any other offers.

Major
Services B
ONLY \$195

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with any other offers.

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and Subsidiaries
Your Trust, Independent Associate



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 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

welcome
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EXPERIENCE
home
TO ESKATON



ESKATON.
Transforming the Aging Experience

Surrounded by three acres of beautiful trees and just minutes from downtown Sacramento, Eskaton Monroe Lodge offers independent living in a tranquil, country-like retreat with all the city advantages. Situated in Sacramento's historic Land Park neighborhood, Eskaton Monroe Lodge is an elegant six-story building that includes 100 private apartments, spacious lounges and large rooms for community programs and events. Services include regular maintenance, weekly housekeeping, weekly bed linen service and complimentary scheduled transportation. Every apartment features a spectacular view – varying from the city skyline to the snowcapped mountains.

Eskaton Monroe Lodge is easily accessible from I-5, Highway 99 and Capital City Freeway. Public transportation is just steps away. Shopping, restaurants, churches, medical facilities and cultural opportunities are all within easy reach. Nearby, Sacramento City College offers many cultural and educational opportunities as well.

Eskaton Monroe Lodge
Independent Living with Service

3225 Freeport Blvd.
Sacramento, CA 95818

916-441-1015
www.eskaton.com

We've moved!

this 'n' that

THRIFT
& GIFT

- **Stop** by our new location,
2590 21st Street in Sacramento
(21st @ 1st Avenue, two blocks south off Broadway)
- **Shop** the same great selection in fashions 'n' accessories... jewelry... collectibles... housewares... books 'n' music... home decor... expertly repaired bicycles... 'n' much more.
- **Donate** gently used clothing, accessories such as shoes, ties, belts, hats & handbags, art, games, books, movies, jewelry, houseware, linens, collectibles, crafts, sewing, furniture, & home decor accepted daily in our donation center in rear parking lot off 1st Avenue.

- **Support** a prevention organization in the business of keeping teens away from drugs, alcohol and violence.



Hours and donations

Sunday - noon to 4

Tuesday - Saturday 10 to 6
(closed Monday)

916 • 457 • 1877



PEOPLE REACHING OUT



Drug Free. Dream Big.

Nathan Michaels Salon

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



FEATHER EXTENSIONS \$15.00

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(In the Iyengar Tradition)

YOGA FOR BEGINNERS

1049 Broadway, Suite 10 • Sacramento 95819

Mary Chan

Certified Iyengar Teacher

916-731-4831

or email ma9777@aol.com

4 WEEK SERIES:

Beginning Saturday, May 7th, 2011

1:00 - 2:15 p.m.

\$50 pre-registration, \$56 at door

Call Mary at 731-4831

Class schedule online at www.gen-nih.com

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- small/large glass cutting boards
- coasters • canvases
- memory boxes and more!

Patty Colmer — Photographer
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Also at: TREZHERS, 3214 Riverside Blvd.
(916) 261-3850 for a Free Quote



Dr. Alan Sladky - Optometrist



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

• We accept most major vision plans.

• 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

\$189 (Over \$200 Value!)

Change Your Eye Color for \$30 More!

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

!!!SPECIAL!!!

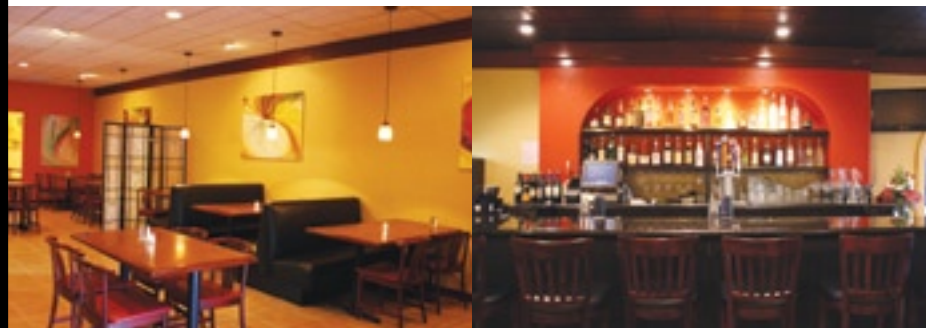
Select Frames & Single Vision

\$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.

POCKET BISTRO



Mother's Day Brunch & Drink Specials

May 8th, 11:30am - 2:30pm

- Full Bar
- American Cuisine
- Family Friendly
- Lunch & Dinner Served Daily
- Happy Hour Tuesday - Friday, 3:30 - 6:30pm

Prime Rib Special
Every Thursday Evening

6401 Riverside Boulevard
916.391.7990 • www.pocketbistro.net

Hours: Tues-Thurs 11:30am-9:30pm • Fri-Sat 11:30am-10pm • Sun 11:30am-8:30pm

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

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CLIMATE CONTROL STORAGE

FREE RENT!
Restrictions Apply,
call for details.



CALL ABOUT OUR SPECIAL PRICING
Prepay 2 months, get 1 month FREE!
5 x 10 units only \$50/month

JUST LISTED! 2450 5th Avenue in Curtis Park

OPEN HOUSE: April 30th & May 1st, 2-4pm



Artistically unique Curtis Park 4-5 Bed/3 Bath Home with approx. 1960 SF of living space. The artistry & architectural *detail* of this home is stunning! This home was once owned by local renowned artist *Jack Ogden* & was re-designed by architect *Mike Singer* & sculptor *Gary Bennett*. Remodeled Kitchen using sustainable products! This home is One-of-a-Kind! Stop in! A must see!

Matt & Wendy Kay DRE# 01437903, DRE# 01335180
916.717.1013 | www.matthewkay.com | casadekay@yahoo.com



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Rosewood is rated 5-Stars by Medicare and ranks in the top 10% of facilities in the U.S.

6041 Fair Oaks Blvd. • Carmichael, CA 95608 | Office: 916-483-8103 • Fax: 916-352-6288

“This letter is in regards to the care your center is giving my mother, Frances. I would like to take this opportunity to let you know that my family and I are extremely happy in which your staff addresses my mother’s needs, both physically and mentally. I especially wanted to thank you personally for your help with my mom’s situation when I was away for a few weeks taking care of my in-laws. It’s always difficult to take care of things when I can’t be on-site right then and there, but you make all the difference in the world in helping diffuse that situation quickly and efficiently. In closing, I would like to say that I am grateful my mother resides at Rosewood Rehabilitation and am thankful you and your staff truly have compassion and concern for all your residents. If there is EVER anything I can do to help you with anything in the future, please don’t hesitate to contact me. Thank you again!” Katherine J.



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





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Location, Location, Location

Pioneer House is located conveniently close to shopping, cultural events, and medical services. The Crocker Art Museum, Downtown Plaza Shopping Mall, Old Sacramento, Farmers Markets and much more are all within walking distance.

For more than 40 years seniors have decided that Pioneer House offers the best value in Senior Living.

Studio's, 1 bedrooms, 2 bedrooms Available

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- Up to 24 Hour Care
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- Light Housekeeping
- Respite Care for Families
- Rewarding Companionship

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"Where Neighbors, Friends and Family Gather"

ADDITIONAL PARKING
at
RIVERSIDE PLAZA - NEXT DOOR AFTER 5PM
REMEMBER - NO PARKING on Beverly Way

KIDS EAT FREE
Monday & Tuesday Nights
"Cow Menu"
Up to & including 7 years old

Every Friday 5 p.m. to Midnight
MOJITO NIGHT
\$12 - Pitcher
\$3 - Per Glass



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

BREAKFAST SERVED
Saturdays & Sundays, 9am-2pm
Bottomless Mimosas
\$8.00 Each

Book your 9pm Thursday
Night Party and Receive
\$100 OFF

HAPPY HOUR:
Monday-Friday:
3:30 to 7 p.m.
Try our NEW Happy Hour Menu

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

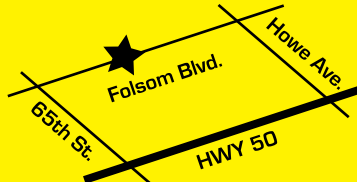
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and
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Cabinets
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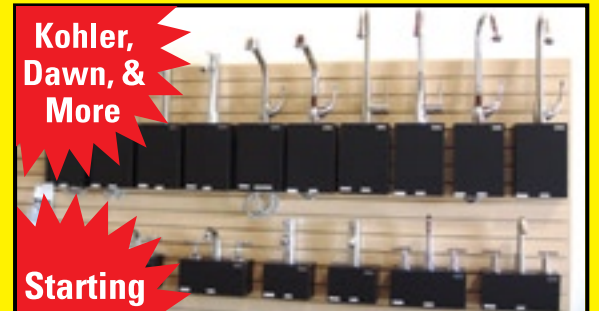
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Experienced Caregivers Thoroughly Screened.
Providing *Peace of Mind* to thousands across America
each and every day!



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- Hygiene Assistance
- Medication Reminders
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Free In-Home Assessment
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Visiting Angels®
LIVING ASSISTANCE SERVICES



www.visitingangels.com/sacramento1



MOTHER'S DAY BRUNCH

Sunday, May 8th, 10:30am – 2:00pm

**May 4th – Limited Seating
– RESERVATIONS REQUIRED –**

- \$45 adult, \$20 children (5-12) plus tax
- Featuring: Harpist; Pamela Pamperin & Florist; Bella Bloom

Coming in May: Spring Wines, Barrel to Bottle and BBQ

“Experience the elegance in this one-of-a-kind winery.”

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AT OLD SUGAR MILL

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Community News In Your Hands



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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 07/15/11 VCN

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5924 South Land Park Drive

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In South Hill Shopping Center

6200 Folsom Blvd.

916.455.8831

Between 59th St. & 65th St.

#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 07/15/11 VCN

#3
ANY LARGE 16" MENU PIZZA
UP TO 3 TOPPINGS
\$17.99 + tax
Excludes half and half orders, and Da Bronx Bomber. Exp 07/15/11 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 07/15/11 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 07/15/11 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 07/15/11 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 07/15/11 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 07/15/11 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 07/15/11 VCN

#10
16" Cheese or Pepperoni Pizza, House Salad & Three Sodas
\$24.99 + tax
Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 07/15/11 VCN

#11
\$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 07/15/11 VCN

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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- Dries in 2-3 hours
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All work done on premises.
Independently Owned & Operated
Serving The Sacramento Area Since 1998

10% Off
All Cleaning Services
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Must present coupon at time of service. Not valid with other coupons or offers. One coupon per customer. Minimum charges apply. Expires 05/31/11

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 05/31/11

\$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 05/31/11

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 05/31/11

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

An award-winning design/build firm

Serving Sacramento for more than 25 years



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

SPECIAL: \$50 Postcard or Flyer Design

Affordable Printing Available

POSTCARDS		FLYERS	
250	\$.37 each	100	\$1.05 each
500	\$.28 each	250	\$.68 each
1000	\$.19 each	500	\$.64 each
1500+	\$.16 each	1000+	\$.60 each

Red All Over Design will help build your brand. Let us create your personal marketing package. Our design services are available for:

- Commercial flyers
- Political campaign material
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Identity systems (business card, letterhead, envelope)

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more information.

red all over
DESIGN

Connecting the Community... One design at a time.



Hydrex Pest Control has offered Effective Termite and Pest Control Services to Sacramento Area Homeowners since 1990. Honest values and courteous service are the way we do business. If you have a pest problem, give us a call and we will give you a free quote; most homes are priced at \$68 on a bi-monthly service agreement. This service includes removal of cob-webs on the 1st story exterior as well as exterior treatment and interior treatment as needed. (SEE COUPON)

If you see what you suspect to be Termites, we will send an experienced Termite Inspector to your home FREE of charge to identify them and offer a quote to treat them. They can also give you a price to repair termite damaged or dry rotted wood. If you are selling your home, call us for a complete Termite inspection. (SEE COUPON)

Subterranean termites live deep down in the soil so the goal of a subterranean termite treatment is to create a continuous barrier of treated soil between the termite colony in the ground, and your home.

The chemical we use "Termidor"™ is virtually odorless. Termites are highly social. Because of this, grooming, feeding, and colony maintenance spread the chemical, eventually eliminating the whole colony.

In structures with raised foundations, treatment is highly concentrated around footings, piers, and plumbing in the sub-area. Termites are more likely to build their tubes along these areas. Then the remainder of the soil is treated to stop and prevent any freestanding termite activity.

If the house is built using slab construction holes may need to be drilled through slab sidewalks, patios, cracks in slab and garage areas to treat the soil by injection of chemical.

GOT TERMITES?

DIFFERENCE BETWEEN WINGED ANT and TERMITE SWARMER



WINGED ANT

- * ELBOWED ANTENNAE
- * FORE WINGS LARGER THAN HIND WINGS
- * VERY NARROW WAIST



TERMITE SWARMER

- * BEADED ANTENNAE
- * WINGS SAME SIZE
- * BROAD WAIST

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

Pest Control Contract or Termite Insp.

Coupon cannot be use in conjunction with any other offer. One coupon per person or address. Exp. 12/31/11

916-447-3922



SPECIAL: \$50 Postcard or Flyer Design

Affordable Printing Available

POSTCARDS	FLYERS
250\$.37 each	100\$ 1.05 each
500\$.28 each	250\$.68 each
1000\$.19 each	500\$.64 each
1500+\$.16 each	1000+\$.60 each

Red All Over Design will help build your brand. Let us create your personal marketing package. Our design services are available for:

- Commercial flyers
- Political campaign material
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Identity systems (business card, letterhead, envelope)

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more information.

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

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**PLUMBING HEATING
 & AIR CONDITIONING**

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ABC Plumbing
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 Sacramento, CA 95816
 (916) 448-0801

Chan, Mary
 1049 Broadway #10
 Sacramento, CA 95819
 (916) 731-4831

Chops
 1117 11th Street
 Sacramento, CA
 (916) 447-8900

Patty Colmer
 Photographer
 (916) 261-3850

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 (916) 441-1015

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 (916) 393-7001
 6200 Folsom Blvd.
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