

THE VALLEY SHOPPER

A special advertising section of Valley Community Newspapers

To advertise, call 916-429-9901 • April 2012



The Meadows at Country Place

We help your loved one experience comfort and serenity with our upscale standard of living! Our new and luxurious home-like environment includes help with:

Complex Physical Limitations

Bathing, dressing, toileting, transferring, eating, incontinence, grooming and medication assistance

Alzheimer's/Dementia

Provide for special needs unique to your loved one with memory impairment - emphasis on social and personal needs

Hospice

We work with a professional hospice agency of your choice ensuring compassionate 24 hour care

Respite

Includes temporary care for an elderly loved one who is simply recovering from elective surgery

**Invest a few minutes
of your time today
and you might save
your family thousands
of dollars a year!**

**CALL TODAY!
706-3949**

10 Country Place, Sacramento, CA 95831 // www.TheMeadowsAtCountryPlace.com

RCFE License #347004702



Carefree *living.*

SPECIAL!
CALL TODAY FOR
LIMITED TIME
Kitchenette
& Studio
MOVE-IN
PRICING

Surrounded by three acres of beautiful trees in the Land Park area, just minutes from downtown Sacramento, Eskaton Monroe Lodge offers affordable *independent living with services* in a country-like retreat. Enjoy an active lifestyle among good friends and a professional, caring staff — plus housekeeping, gourmet meals, transportation and engaging activities.

ESKATON MONROE LODGE

3225 Freeport Boulevard, Sacramento, CA 95818

916-441-1015

ESKATON[®]

Transforming the Aging Experience



866-ESKATON | www.eskaton.org



Bliss Gonsalves
Landscape Designer

(916) 849-8194

Bachelor of Science
Landscape Architecture

*Complimentary Initial
Consultation*

**SATURDAY,
MAY 5th**

Come and see me
photo gifts by

Patty Colmer

- Photo canvases
- Photo glass cutting boards
- Photo jewelry and more

30% OFF at the show

3214 Riverside Blvd.
(across from Vic's Ice Cream)
call me (916) 261-3850



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

20% OFF
Complete Exterior Paint
Call for a **FREE Estimate**



POCKET BISTRO



PERFECT FOR:

- Engagement Parties
- Catering
- Receptions
- Special Events

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

6401 Riverside Blvd. • 916.391.7990 • www.PocketBistro.net

Hours: Tue-Thu 11:30am-9:30pm • Fri-Sat 11:30am-10pm • Sun 11:30am-8:30pm

Safari TOURS A TRAVEL PROGRAM FOR ACTIVE ADULTS

NEW TRIPS FOR 2012!

Sat., April 21, 2012 Class #104325

APRIL IN CARNEROS

Springtime! Wine! Good Food!
Included: wine tasting, gourmet samples, light box lunch, admission to California Missions Museum. Deadline: 3/21/12.

Trip Cost: \$110.00



Friday, April 27, 2012 Class # 104326

WINGS OVER THE VALLEY

Special presentation from West Coast Falconry; tour Beale AFB with lunch at the Base Club. Deadline 3/27/12.

Trip Cost: \$89



LET'S GO SHOPPING!

We'll visit Broadway Plaza, in downtown Walnut Creek, with all the stores you love plus a few you haven't met yet! Deadline 5/9/12.

Trip Cost: \$55.00



Saturday, May 5, 2012 Class #104327

NIKE HISTORY MEETS SAUSALITO

Deadline 4/5/12.

Trip Cost: \$61.00



Saturday, June 23, 2012 Class #104330

AMADOR FLOWER FARM

Hop on the tram and take a ride around this beautiful farm bursting with daylilies. Included is a picnic lunch and free time in historic Sutter Creek. Deadline 5/23/12.

Trip Cost: \$75.00



Transportation by Amador Stagelines

TO SEE A COMPLETE LIST OF TOURS, PLEASE VISIT
www.cityofsacramento.org/safari • 916-808-TOURS (8687)

CITY OF SACRAMENTO DEPARTMENT OF PARKS AND RECREATION

Senior Homecare By Angels.

Select Your Caregiver.

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



- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rate
- Temporary/Long Term

916-971-9333

America's Choice in Homecare.
Visiting Angels
LIVING ASSISTANCE SERVICES

www.visitingangels.com/sacramento

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 6/30/12 VCN

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

5924 South Land Park Drive

916.393.7001

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 <small>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 6/30/12 VCN</small>	#3 ANY LARGE 16" MENU PIZZA UP TO 3 TOPPINGS \$17.99 + tax <small>Excludes half and half orders, and Da Bronx Bomber. Exp 6/30/12 VCN</small>
#4 \$3.00 off ANY MEDIUM PIZZA <small>Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 6/30/12 VCN</small>	#5 \$7.00 off Any large 16" menu pizza with the purchase of any pizza of equal or greater value <small>Excludes half and half orders. Must present coupon. Not valid with any other offer or discount. Exp 6/30/12 VCN</small>
#6 BREW SPECIAL! 2 FREE PINTS of Giovanni's Own Microbrew With purchase of any 1 large 16" Three or More Topping Pizzas <small>MAY SUBSTITUTE BEER FOR ANY BEVERAGE! Must present coupon. Not valid with any other offer or discount. Exp 6/30/12 VCN</small>	#7 11am-4pm EVERY DAY Dine In Only 32-oz. Bucket of Beer \$2.00 Budweiser \$3.00 Giovanni's Micro Brew <small>With purchase of a slice of pizza or any menu item. Exp 6/30/12 VCN</small>
#8 \$10.00 off LARGE 16" CHEESE PIZZA Additional Toppings Extra <small>Excludes Half and Half orders. Not valid for party events. Limit one coupon per customer. With coupon. Not valid with other offers. Exp 6/30/12 VCN</small>	#9 LARGE 16" 1-TOPPING PIZZA \$11.95 + tax REGULAR TOPPING ONLY! <small>Excludes Half and Half orders. Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 6/30/12 VCN</small>
#10 16" Cheese or Pepperoni Pizza, House Salad & Three Sodas \$24.99 + tax <small>Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 6/30/12 VCN</small>	#11 \$19.99 Large 16" Pepperoni Pizza! with 10 pc Chicken Wings <small>Excludes Half and Half orders. Not valid for party events. Limit one coupon per customer. With coupon. Not valid with other offers. Exp 6/30/12 VCN</small>



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.



Relax Without Worries...

- Enjoy meals in our restaurant style dining room
- Many social and recreational activities
- Complimentary scheduled transportation
- Secure setting with 24 hour staff
- Emergency Call Systems, Housekeeping, Laundry

Studio's, 1 bedrooms, 2 Bedrooms Available

Call to schedule a tour today!

916-442-4906

or e-mail us at pioneerhouse@rhf.org

Retirement Living · Assisted Living · Skilled Nursing



Pioneer House, 415 P Street Sacramento, CA 95814
(916) 442-4906 www.PioneerHouseRetirement.org
RCFE# 340300522



SWANBERG'S ON "J"



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

2316 J Street
447-MAUI

www.swanbergsformen.com



FREE IN HOME ASSESSMENT
Valued at \$120.00

Rx Staffing & Home Care
A Tradition of Caring

Need help with a loved one at home?

- Supervision for safety
- Personal Care/ Meal Prep

Call To Schedule Your Free Assessment

(916) 485-8200

www.RxNursing.com

RIVERSIDE CLUBHOUSE

"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

2633 RIVERSIDE BOULEVARD
916.448.9988 • www.RiversideClubhouse.com

River City

Lawn & Garden Care

LAWN AERATION \$50.00

(Max 5000 sq.ft.)

247-8952

rwest92924@aol.com

Serving your community since 1971



gripsFastgolf.com
SINCE 1989

While You Wait!
Regrip • Reshaft • Repair • Custom Clubs

BUY - SELL - TRADE!

Take an Additional **5% OFF** with any coupon

LOOK FOR MONEY SAVING COUPONS AT:
WWW.GRIPFASTGOLF.COM

Reshaft Coupons, Regrip Coupons, Accessory Coupons...

4819 Freeport Blvd, Sacramento CA 95822 (916) 457-5532

2011 AMERICA'S CLUBFITTERS
As Seen In Golf Digest



Discover the Davey Difference
Expert Care for Your Living Investment

DAVEY
TREE & SHRUB CARE EXPERTS SINCE 1880
(916) 443-5500
License# 694001

Healthy trees and shrubs add to the value of your home. Davey offers the nation's most comprehensive tree and shrub care services, and our Certified Arborists use today's most modern, state-of-the-art equipment. Let us develop a customized program tailored to your needs.

- Tree & Shrub Pruning
- Insect & Disease Control
- Lightning Protection
- Tree Removals & Moving
- Tree & Shrub Fertilization
- Cabling & Bracing
- Tree & Shrub Installation

To learn more, or to schedule a free, no-obligation analysis of your trees and shrubs, call today or visit us on the Web at www.davey.com.

5 Certified Arborists on staff.

Irene Senst Tax & Bookkeeping
Expertly preparing taxes since 1983
916-640-3820 • www.taxirene.info
Same Low 1990 prices.

CTEC Member in good standing.

Conference Call, Wednesdays @ 1pm
your tax & bookkeeping questions answered
1-305-848-8888, press 1 to enter call, enter conference number 111-4103422#

- 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
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

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



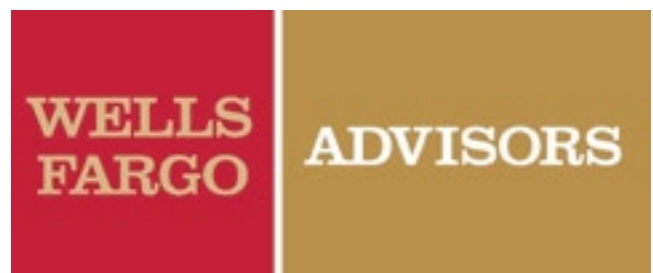
1300 El Camino Ave. /// Sacramento, CA 95815
(916) 927-1300 Phone /// (916) 927-3016 Fax

OFFERING STANDARD & CLIMATE CONTROL STORAGE
CALL ABOUT OUR SPECIAL PRICING
Prepay 2 months, get 1 month FREE!
5 x 10 units only \$50/month

FREE RENT!
Restrictions Apply, call for details.




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



Are higher federal and California state taxes a concern?

Interested in learning more about how you may be able to reduce your portfolio's tax burden?

Call or e-mail me for a no-obligation report on strategies designed to help you reduce the taxes you owe on your investments.



Joseph F. Eschleman, CIMA®

Managing Director - Investment Officer

400 Capitol Mall • Wells Fargo Center • Suite 1700
Sacramento, CA 95814

916-491-6327 • 800-877-7783

joseph.f.eschleman@wfadvisors.com

CA Insurance License #0C77285

Wells Fargo Advisors is not a legal or tax advisor. However, we will be glad to work with you, your accountant, tax advisor, or lawyer to help meet your financial goals.

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

Wells Fargo Advisors, LLC. Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.
©Wells Fargo Advisors, LLC. 0909-1318 [80631-v1] 09/09

Welcome to the **136th** Sacramento Valley

Scottish Games & Festival

From the skirl of the bagpipes and the swirl of the kilts to the excitement of heavy athletics, there's something for everyone at the Games. Come experience the best of Celtic culture in your own backyard!

April 28-29, 2012
Yolo County Fairgrounds, Woodland

185

Tickets available at the gate, or order online at: www.saccallie.org

NEW! FACTORY DIRECT CABINET SALE

CHERRY WOOD CABINET SALE! 50% OFF

101 BUILDING SUPPLY, LLC UP TO **60% OFF**

Professional Installation Team
New Lic. #969237

KITCHEN & BATH SUPPLIER

starting at **\$63²⁰***

PRE-FAB GRANITE

starting at **\$80⁰⁰**

SOLID WOOD VANITY

NEW
21 styles/
21 colors

KITCHEN CABINETS

6801 Folsom Blvd. (East Sac.), Sacramento, CA 95819
Phone: **916-739-8588** • Fax: **739-8388**

Check Out Our New Website: www.101buildingsupply.com

*When we install FREE Estimates • FREE Delivery • FREE Design **KOHLER**

ATTENTION CONTRACTORS: ASK ABOUT SPECIAL DISCOUNTS

GOT TERMITES?

DIFFERENCE BETWEEN WINGED ANT and TERMITE SWARMER

WINGED ANT	TERMITE SWARMER
* ELBOWED ANTENNAE	* BEADED ANTENNAE
* FORE WINGS LARGER THAN HIND WINGS	* WINGS SAME SIZE
* VERY NARROW WAIST	* BROAD WAIST

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS

- 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 used in conjunction with any other offer. One coupon per person or address. Exp. 6/30/12

916-447-3922

Pest Control: \$70/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

916-447-3922

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
(3 9 3 7)

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.

Senior Homecare By Angels®



Select Your Caregiver®

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

916-971-9333

www.visitingangels.com/sacramento

America's Choice in Homecare.
Visiting Angels®
LIVING ASSISTANCE SERVICES



Organize coupons for maximum grocery savings

By SUSAN LAIRD

Editor, Valley Community Newspapers
susan@valcomnews.com

You hear about them on the evening news every so often: Coupon Queens. Those amazing people who somehow manage to get \$200 worth of groceries for two bucks.

Truth is, those folks manage to accomplish this feat only once a year on average...and they plan for their major shopping day well in advance.

However, that shouldn't discourage the rest of us from putting in a little activity to shave some money off our weekly grocery bill. In fact – with a little organization – you will be able to achieve similar savings over a year.

Experienced couponers have routines that save them money. Here is one possible routine that can save the average family hundreds of dollars.

Plan Smart

Buy the local Sunday and Wednesday papers every week. Also look for special inserts in community papers, such as *The Valley Shopper*. These publications will contain coupons, sales and savings tips. They are well worth any cost, since you will recoup your savings quickly.

Clip and sort the coupons. Categories for sorting can include: Baby, Beauty, Bread and Rolls, Beverages, Breakfast, Canned Goods, Cleaning Supplies, Condiments, Dairy, Fruit, Laundry, Meat, Medicine, Pets, Shampoo, Snacks, Toiletries, Vegetables and more.

You can also make a category for "Services," such as auto repair, dry cleaning, pet grooming, pizza and more.

Put the coupons into a recipe card file. You can mark index card dividers with each category name for easy reference.

Do this every week and you will soon have quite a resource to turn to. You can also print out online coupons and put them in your coupon file organizer.

Check the weekly shopping news that comes in the Wednesday papers. Look at the "loss leaders" – those items that grocery stores heavily discount every few weeks.

Plan your weekly menu around as many "loss leader" items that you can. For example, last month, corned beef and cabbage was on sale for St. Patrick's Day. In the spring, hams and lamb go on sale.

Shop Smart

Make a shopping list – and stick to it. Don't buy anything that isn't on your list, unless it is a significant "loss leader" that you know you will actually use soon.

As you fill your cart, pull out the appropriate coupons and put them in the front of your coupon file. That way, when you are done shopping, you can easily hand them to the cashier.

Keep an eye on the register as your items are scanned – sometimes stores fail to update the computers with the new sale prices. Keep and check your receipt. If you notice any discrepancies, go to the store manager and politely point out the error. Ask for a refund. Managers are happy to help – and they are grateful to be informed when the machines are off target. Make friends with the store managers and they will go out of their way to be helpful. Some may even give you a "heads up" on future sales when they learn that you are a "Couponer."

Remember to use your coupons for local services, too!



Photo iStockphoto
SAVE MONEY by organizing coupons for maximum savings at local grocery stores and businesses.

Track Smart

When you get home, put your items in the pantry. Keep a little notebook or computer spreadsheet to record your grocery spending – and how much you saved on that trip. Most receipts have a "You Saved" line at the bottom.

After 12 months, tally both lines. You should see a significant savings in the "You Saved" column. When you consider the additional savings you received at the register by purchasing "Loss Leaders" and special deals, you will realize that you have saved hundreds of dollars – just like those Coupon Queens of lore.

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 5/31/12

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 5/31/12

\$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 5/31/12

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 5/31/12

River City Lawn & Garden Care

Maintenance Rates Start at \$70 per month

Complete Landscape Maintenance

- Residential
- Industrial
- Commercial
- Clean-ups



CALL TODAY FOR YOUR FREE ESTIMATE

(916) 247-8952

rwest92924@aol.com

Serving your community since 1971

TREE TECH SERVICES



Serving the Green Industry

A Subsidiary of Tree Technology, Inc.

RESIDENTIAL / COMMERCIAL

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

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

UPDATE NOW PAY LATER!

6 Months No Interest Financing!

INSERTS



fireplace**x**trordinaire[®]

MANTELS



FREE-STANDING

AVALON
Firestyles for Life



Family Owned & Operated

Custom Fireside

SINCE 1968

SACRAMENTO

5545 Auburn Blvd.
Sacramento, CA 95841

916.331-2423

ELK GROVE

9097 Elk Grove Blvd.
Elk Grove, CA 95624

916-714-4423

www.customfireside.com

Monday-Saturday 9am - 5:30pm

SPRING SHREDDING EVENT!



FREE paper shredding service. No appointment, no mess and no cost!



PROTECT YOURSELF FROM IDENTITY THEFT:

- Bank Statements
- Billing/Credit Information
- Tax Returns
- Any Confidential Material

WHAT: Shred your personal documents
WHERE: Cook Realty
 4305 Freeport Blvd. Sacramento
 916-451-6702 • www.cookrealty.net
WHEN: Saturday, April 28, 10am to 2pm



Professional shredding service provided by RID Services

Optional check or cash contribution to Cook Realty Charitable Foundation, Inc. Tax ID# 26-1074718

HASTIE'S

Capitol Sand & Gravel

"Serving the Greater Sacramento Area for 70 Years."

We have the supplies you need with prices you'll love.

Spring SPECIALS

- Gravel • Blended Soils • Decorative Rock
- Topsoil • Bark • Compost • Sand

VEGGIE MIX (TOP SOIL & COMPOST).....	\$32.00 YD
PREMIUM ORGANIC COMPOST.....	\$29.50 YD
PLAYGROUND FIBER (CERTIFIED)	\$36.50 YD
FILL SAND (CLEAN WASHED)	\$28.00 YD
SALT & PEPPER 5/8" OR 3/4"	\$49.50 YD

SHREDDED CEDAR.....	\$32.50 YD
DRAIN ROCK 3/4" X 1 1/2"	\$34.00 YD
COBBLES 2 X 6	\$48.00 YD
RED LAVA 3/8", 3/4", 1 1/2"	\$40.00 YD
RUSSIAN CHOCOLATE 3/4" CRUSHED (SACRAMENTO LOCATION ONLY)	\$39.00 YD

Prices Good Through April 30, 2012. Cannot be used in conjunction with any other offers.

gohasties.com

Buy 4 yards of material and get **FREE LOCAL DELIVERY**
 (Call for details)



Sacramento
 9350 Jackson Rd.
 361-2760

Roseville
 700 Berry St.
 772-7900

West Sacramento
 3222 West Capitol Ave.
 374-9935

Marysville
 4709 Skyway Dr.
 (530) 749-9000

CALL
1-800-TOP SOIL
 *From 916 and 530 area codes



BUILDERS, INC.

CA License #946423

“Quality our customers can count on”

(916) 443-1800

- Family owned & operated
- Residential & commercial
- New construction
- Remodels & additions
- Custom framing
- Kitchens & bathrooms
- Bondable and insured
- Over 20 years of building experience

1721 2nd Street, #100, Sacramento • Fax: (916) 447-7430 • rnlbuilders.com

VALLEY COMMUNITY NEWSPAPERS, INC.

Community News In Your Hands



CONTACT A SALES REPRESENTATIVE TO ADVERTISE IN OUR NEWSPAPERS!

2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

**PLEASE
RECYCLE
THIS
PAPER**



FallProof™

6-week Balance and Mobility Training Classes
Stretch & Strengthen, Challenge your balance,
Increase Endurance and Improve Postural Awareness

MAINTAIN YOUR INDEPENDENCE

The Fall Prevention Lady, Kelly Ward
Certified FallProof™ Balance and Mobility Specialist
Certified Senior Fitness Trainer M.S., Therapeutic Aging
www.thefallpreventionlady.com



Tuesday & Thursday, 9-10am
April 10-May 17, 2012
Fremont Presbyterian
Church
5770 Carlson Drive
Sacramento, CA 95825

Tuesday & Thursday, 3-4pm
April 24-May 31, 2012
Parkside Community
Church
5700 Land Park Drive
Sacramento, CA 95822

Monday & Friday, 10-11am
April 23-June 1, 2012
Carmichael Presbyterian
Church
5645 Marconi Avenue
Sacramento, CA 95608

Cost: 12 sessions for \$99
Pre-registration: (916) 821-5715

Sign up and reserve your space. Classes close after 1st week to newcomers.

Looking For A
Mercedes Benz Specialist?

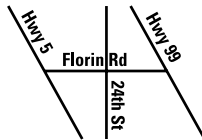
STAR MOTORS

Experience Excellence in
Professional Workmanship
Mercedes Benz Certified Technician
We Also Service Other Imports

Place Your Car in the Hands You Can Trust!

2680 Florin Road, Suite 103A

P: 916.421.4007 • F: 916.288.0587 • starmotors@att.net



SPRING SPECIAL

FREE

20 Point
Safety Inspection

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

With coupon. Not valid
with any other offers.

Major
Services B

ONLY \$195

With coupon. Not valid
with any other offers.

DOES YOUR HOME NEED A FACELIFT THIS SPRING?

LYTLE

CONSTRUCTION INC.

Remodeling and Design

- Additions
- Kitchens
- Bathrooms

916-422-6639

www.lytleconstruction.com

License# 480492



How Our Clients Describe Us:

professional
professional
pro-active
pro-active
on-time
on-time
above & beyond expectations
above & beyond expectations
a one-stop shop
a one-stop shop

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

An award-winning
design/build firm
Serving Sacramento since 1985



TOM YANCEY COMPANY

REROOF NOW!!!

CALL TOM... 979-1888
Roofing • Windows • Siding

Don't call just any Yancey, Call 'Old Man Yancey'

**BIG OR SMALL...
 ONE CALL DOES IT ALL**

- **FREE Carbon Monoxide detector installed with purchase**



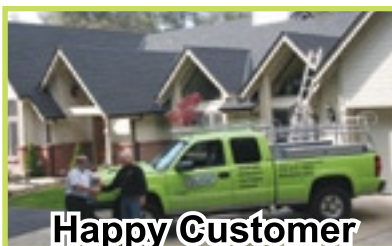
979-1888



Turbo Ridge



Roofing/Siding



Happy Customer



Patio Covers



Gutters/Downspouts

- Re-roofing of all types
- Roof leak repairs
- Roof / Gutter / Dry rot repairs
- Stucco / Vinyl / Concrete wood fiber siding
- Seamless gutters / Leaf guard / Downspouts
- Attic / Wall insulation / Radiant Barrier
- Replacement windows / Doors
- Patio covers / Trellis / Patio rooms

**FREE ESTIMATES
 SENIOR DISCOUNTS
 SMUD FINANCING AVAILABLE**



**(across from Carmichael Park)
 7101 Fair Oaks Blvd.**

"Tom Yancey"...an Industry Name Since 1888™



Visit our website: TomYancey.com



FULL SERVICE PROFESSIONAL CAR WASH & DETAIL CENTER

WE do all the work so you don't have to!



- WE wash your vehicle!**
- WE towel dry your vehicle!**
- WE vacuum your carpets!**
- WE clean your windows, inside out!**
- WE dust your interior!**
- 24 Hour Clean Car Guarantee!!**

Carpet Cleaning - Seat Cleaning
Full Line of Waxing - Highspeed Buffing
Headlamp Restoration - In Cabin Air Quality
Complete Professional Detail Services!



...Soft Cloth Tunnel
...Meticulous Care
...Only Premium Blue Coral Products Used!



5150 Freeport Blvd - Sacramento, CA (916) 451-6524
Freeport Blvd & Fruitridge Road, just 5 minutes south of Downtown

(Winter Hours): Mon-Sat 8am to 5:00pm & Sundays 8am to 4pm
(Summer Hours): Mon-Sat 8am to 5:30pm & Sundays 8am to 4pm

Find us on Facebook
facebook.com/gemautowash

www.GEMAUTOWASH.com

Follow Us On Twitter
[@gemautowash](https://twitter.com/gemautowash)

SAVE 50%

THE WHEEL DEAL WASH PACKAGE

Regular \$23.99 - Save \$12.50 with coupon or upgrade & take \$12.50 off any wash package.

Package includes a Full Service Wash, Online Wheel Cleaning, Tires Dressed & Choice of Air Freshener

Limit 1 coupon, discount, or offer per customer per transaction. May not be combined with other coupons, Gem Diamond Cards or other discount offers. Upgrade offer excludes Gem's Signature Packages. Offer Expires June 30th 2012

Full Service Wash \$3.00 OFF



Sundays thru Thursdays 8am to 10am

SAVE 10%

DETAIL SERVICE \$100 OR MORE

Clean up from the winter and save!

Save 10% on any detail services combined total of \$100 or more. Includes Express Detail Services and Complete Detail Packages.

Carpet Cleaning, Seat Cleaning, Waxing, Interior Cleaning, Headlamp Restoration, Exterior Polishing, and more!

Limit 1 coupon, discount, or offer per customer per transaction. May not be combined with other coupons, or discount offers. Qualifying Services must be performed on one vehicle on the same transaction. Offer Expires June 30th 2012

We accept our competitor's coupons and will do our best to match them