

CITY OF CITRUS HEIGHTS

REACH OUT

Residents' Empowerment Association of Citrus Heights

VOLUME 2 ISSUE 7

JULY 2013



*A Monthly
Publication to
Keep Area
Residents
Informed of City
Projects and
Events*



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UPCOMING EVENTS



- Monday, July 1 6:30 pm R.E.A.C.H Monthly Meeting
- Monday, July 1 7:00 pm History & Arts Commission Meeting –CANCELLED
- Thursday, July 4 City Hall Closed HOLIDAY - Independence Day
- Wednesday, July 10 7:00 pm Planning Commission Meeting
- Thursday, July 11 7:00 pm City Council Meeting
- Saturday, July 13 & 14 3:30 pm Citrus Heights Community Campout
& Sunday
- Tuesday, July 16 3:00 pm Citrus Heights Oversight Board Meeting
- Sunday, July 21 6:00 pm 2013 Summer Concert Series
- Wednesday, July 24 7:00 pm Planning Commission Meeting
- Thursday, July 25 7:00 pm City Council Meeting

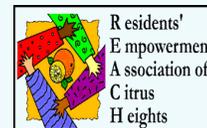
These dates are subject to change: For up-to-date information about events please refer to the City website at: www.citrusheights.net

City Hall Phone Directory

Police

City Hall Offices	725-2448	General Business	727-5500
Community Center	727-5400	Non-Emergency Dispatch	727-5500
Building Division	727-4760	Watch Commander	727-5522
Business Licenses	727-4907	Crimes tip-line	727-5524
Garbage/Recycling	725-9060	Narcotics tip-line	727-5523
General Services	727-4770	Traffic hotline	727-5525
Job Line	727-4900	Code Enforcement	725-2845
TDD	725-6185	Emergency from Cell Phone	726-3015
Animal Control	725-PETS	Emergency Services	dial 9-1-1
Planning Division	727-4740		
Pothole Reporting	727-4770		

R.E.A.C.H represents the interests of the community and its citizens and encourages participation in neighborhoods to improve the quality of life in our city. **R.E.A.C.H** meets the 1st Monday of each month at 6:00 p.m. in the Trellis Hall (6237 Fountain Square Drive). Visit www.citrusheights.net or call (916)725-2448 to find out more about the neighborhood group that serves in your area.





From the desk of the Chief

Summer is here; it's nice to see everyone out and about enjoying the sunshine and warm weather – a fun, slower time of year for many. Along with that, here at the Police Department, come increased calls for service, as well as for code enforcement - 'issues' that folks observe while coming and going more frequently. Things such as:

- graffiti on private property
- neglected landscape/overgrown lots
- illegal dumping of garbage and debris on private property
- abandoned and/or inoperable vehicles on private property
- setback regulations, fence height
- animal keeping
- major automotive repair in residential zone
- junk, trash, furniture, construction material, etc. visible from public view
- occupied recreational vehicles
- broken fences
- overgrown foliage blocking impeding sight of driveways, sidewalk/roadways, and/or making corners dangerous
- large commercial vehicles (e.g. semi-trucks) parked in residential neighborhoods
- vacant unmaintained homes
- residential businesses causing traffic/noise problems and
- residential rental housing complaints (i.e. owners not making repairs or addressing housing issues making the residence unlivable)

are all issues that can be brought to the attention of our Code Enforcement Unit. There are several ways to let us know if you observe something concerning. You can complete our on-line service request (at www.citrusheights.net – click on the “City Hall On-Line” tab), telephone (916) 725-2845, or send an email to servicerequestnep@citrusheights.net. Please be prepared with specific information such as the address of the property, detailed description of the situation, and the length of time you have observed the situation. Complaints can be made anonymously; your identity will not be disclosed. Police staff respond to code enforcement complaints according to the seriousness of the violation, and its effect on the community. Situations that appear to pose a serious risk to health and safety are given top priority; others are pursued in the order in which they are received. For all types of code complaints, the first step in the follow-up procedure is to issue a warning letter requesting compliance. If the individual responsible for the situation is not available, or appears unwilling to voluntarily correct the code violation in a timely manner, a notice of violation or a citation may be issued. The city may also take court action if the situation poses a significant risk to the community, or if the individual has ignored previous notices/citations. In all cases, the individual responsible for the code violation is given the opportunity to voluntarily correct the situation and comply with current codes without a penalty. If the correction is not made, then the individual may be subject to fines and other penalties including a certificate of nuisance placed on the property clouding the title. We cannot be everywhere all the time and rely on our citizens to help be our eyes and ears. By working together, we can ensure that our city remains a safe and welcoming place in which to live, work, and play.



14th Annual Citrus Heights Red, White & Blue Parade



The 14th Annual Red, White and Blue Parade brought patriotic spirit and creativity to Citrus Heights. This year's parade received more than 100 entries, which included floats, musical talents, beauty queens, and classic cars. Each year brings new and creative entries and this year was no different.



The prestigious Mayor's Award went to the Park Oaks Neighborhood Association (PONA) float which featured a small scale house made of coffee filters and their "Yard of the Month" award. The Park Oaks Neighborhood Association will have their name added to the Mayor's Trophy where it will be on display in the Council Chambers.

The Music Award went to the Capitol Pops Concert Band. This ever popular band plays a variety of old and new instrumental and vocal music from Broadway, movies, popular songs, marches and patriotic songs. Eastern Ways Martial Arts practices traditional Chinese Kung Fu, Tai Chi and Lion Dancing took home the Jr. Music Award.



The three Red, White and Blue Awards went to the Citrus Heights Rotary along with Billy the One Man Band, the Citrus Heights based Runs with Scissors Quilt Shop and the Harmer Family.

Birdcage Heights Neighborhood Area 11 received the Neighborhood Association Division Award featuring the dancing bird in the Red, White and Blue cage.

The Business Division Award was given to Creative Solutions Appliance Installation with their "Believe in Magic" pirate ship float.

Congratulations to all of the winners of the 14th Annual Citrus Heights Red, White and Blue Parade!

Community & Economic Development

Coming Soon!

Sushi is coming to town! Haya Sushi will be locating at the Sylvan MarketPlace in Sylvan Corners and Mizuki Sushi will be opening at Sunrise at Pebble Beach (5500 Sunrise Boulevard). In addition, the new Brake Masters on Greenback Lane is moving right along, the foundation has been approved and soon the walls will be going up.

Housing and Grants

The City has received its final allocation for its 2013 Community Development Block Grant (CDBG) funds. The City will receive \$566,754 for activities such as the Auburn Boulevard Complete Streets Project, Senior Nutrition and Landlord Tenant Counseling. Despite the sequester, this is an increase from the 2012 award of \$533,708. Staff will evenly prorate the increase across all activities and non-profit funding awards.

Live Theatre Comes to Citrus Heights



A group of theatre loving residents have started the Citrus Heights Theatre Arts Group. Our focus is to bring live theatre to Citrus Heights by way of plays, musicals, comedy, poetry and classes to better all involved. Besides performers, we are in need of light and sound workers & set builders. We invite anyone with a love of theatre to join us at one of our meetings held at 6248 Birdcage St. For further information call Lynn at (916) 200-9078 or email to info@chtag.org.



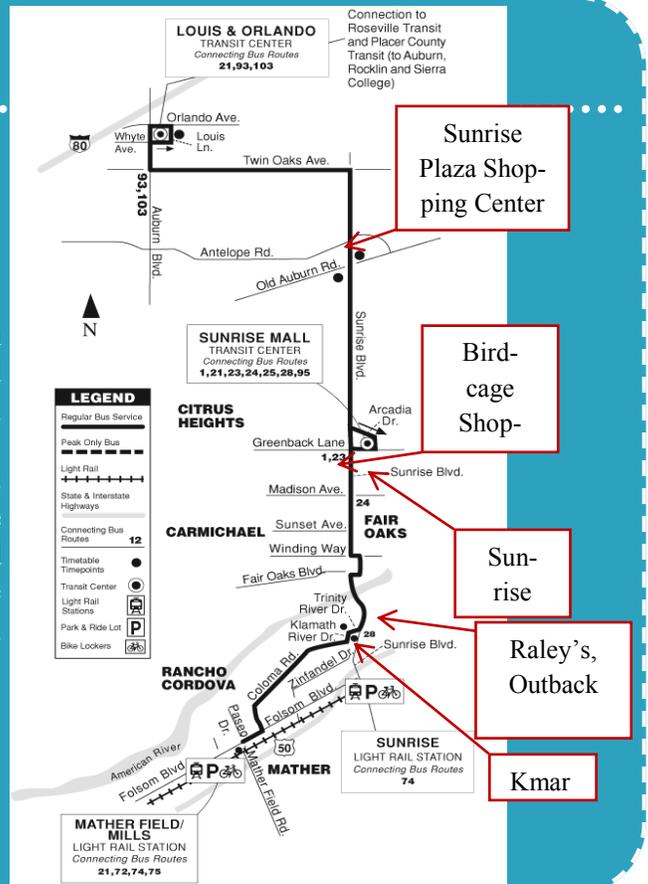
**Regional
Transit**

Transit Services

Looking for some fun?

Take Route 21!!

If you are looking for an inexpensive way to travel between the Roseville border (Louis & Orlando Transit Center) and Rancho Cordova (Mather Field/Mills Light Rail Station), then look no further! Route 21 could be just the ticket!! Stress free, wallet and earth friendly, SACRT's Route 21 is THE Sunrise Boulevard route! Popular destinations include major shopping centers like Sunrise Plaza at Antelope Road (Walgreens, Leatherby's, CA Family Fitness, etc.), Sunrise MarketPlace (including summer concert series, the Capitals, Saturday Farmers' Market and so much more!) You can be on the road as early as 4:40 am, from the Sunrise Mall Transit Center. Busses run every 30 minutes until around 10:00 pm. Call 321-2877 (BUSS) or see the Regional Transit website at www.sacrt.com for details.



"Hot" Dog

REMINDER: Sometimes people take their dogs along on errands but leave them in the car. But remember, this practice can be deadly. A little heat outside a car can quickly make it very hot inside. On a spring or summer day of only 85 degrees Fahrenheit, for example, even keeping the windows slightly open won't stop the inside temperature from climbing to 102 degrees in 10 minutes, and to 120 degrees in 20 minutes. A dog whose body temperature rises to 107-108 degrees will within a very short time suffer irreparable brain damage — or even death. So as we move into warmer weather, please do the right thing for your dog and yourself. Leave your dog safely at home if you will be running errands and leaving your dog for even a few minutes. Go to [Summer Tips for Keeping Pets Safe](#) for more information.

Hot Car Safety

Outside	Inside Car
75°	118°
77°	123°
81°	138°
90°	143°
94°	145°

70 Degrees Is Too Hot To Leave A Dog In The Car

Economic Development Incentives

The City Council allocated a total of \$500,000 toward two new economic development incentive programs on May 23, 2013, in order to spur increased business activity in the City. The Economic Development Support Program was allocated \$150,000 annually to provide grants or sponsorships to businesses, business associations and other economic development-related activities. The program also provides sign grants and design assistance to businesses. A second program, the Development Fund, was allocated \$350,000 of one-time funds. This program provides assistance to the City's existing Property-based Improvement District (PBID), the Sunrise MarketPlace, and other PBIDs or Business Improvement Districts that may want to develop, as well as assistance to businesses, property owners or developers with development requirements such as undergrounding utilities, off-site improvements or sewer relocations, to name a few. For more information on the programs visit www.citrusheights.net, under Economic Development.

Great Tips from a Great City - It's Summer Time

Do you want to lower your SMUD bills? Did you know that during our hot Sacramento summers, cooling puts a heavy demand on power supplies and increase your SMUD Bill? Here are some tips to stay cool and save money this summer:

- Plant a FREE Tree on the sunny side of your home. [SMUD's Shade Tree program](#) offers free shade trees for customers whose homes have an eastern, western or southern exposure that heats up during the summer.
- Set the thermostat at 78 degrees or higher. You'll gain savings of about 5 to 10 percent on the operating cost of an air conditioner for every two degrees of cooling you're willing to give up.
- Change the filter regularly. An air conditioning unit with dirty filters can use 5 to 10 percent more energy.
- Use fans instead of the central air conditioning unit whenever possible. Individual fans cost about 90 percent less to operate.
- Lay off appliances during hot afternoons and evenings. Many appliances create heat and moisture, making the air conditioner work harder. Limit use of ranges and stoves, dishwashers, dryers, washing machines, and other heat-producing equipment to early morning or late evening when temperatures are cooler.
- Prepare cold meals such as salads and sandwiches. Cook hot meals only late in the evening, when it's cooler.
- If you have a refrigerator or freezer in your garage that isn't full, consider getting rid of it. These appliances tend to be older and hog energy.

For more green tips, see the City's Sustainability Page green.citrusheights.net.

Citrus Heights Collaborative

The Citrus Heights Collaborative meeting on June 14, 2013, focused on drug awareness and rehabilitation. The group heard presentations from the Citrus Heights Police Department and New Dawn Recovery.

No meeting is scheduled in July. The August 9th meeting will focus on grandparents raising children, and foster care, as well as kicking-off the planning for the annual Holiday Referral Program in December.





Citrus Heights Community Center

The Citrus Heights Community Center is the perfect venue for your next event, large or small. The venue provides clients an elegant location with endless possibilities for weddings, birthday parties, baby showers, memorial or even your next office meeting. The Center has audio visual capabilities allowing you to make a statement with your next important presentation or simply tell a life-story with a picture slideshow from your laptop.

The Community Center is located at 6300 Fountain Square Drive in Citrus Heights (next to Sam's Club). The Center is accepting reservations up to one year in advance.

There are several options of available spaces at affordable prices for your next gathering – whatever it may be. Come see us today. For more information or availability of the facility, please call (916) 727-5400 or send an email to dcarpenter@citrusheights.net.



Sylvan Community Center

The Sylvan Community Center located at 7521 Community Drive in Citrus Heights recently opened in November 2012. The City is accepting rental applications for one-time use events and recurring meetings. The Sylvan Community Center facility is furnished with tables and chairs and includes a full kitchen and bathroom facilities. Parking is also available on site. The maximum building capacity for a meeting or general assembly is 65 people or 50 people for a dinner or banquet. The Sylvan Community Center is an alcohol and smoke free venue. To check for availability and pricing, call (916) 727-5400 or email sylvancommunitycenter@citrusheights.net.



Community Events

Citrus Heights Community Campout – This year's community camp out is scheduled for July 13th-14th.

Summer Concert Series in the Park – This FREE event will be held at Rusch Park, and Sunrise Recreation and Parks District is in the process of confirming the bands. The dates for this year's concerts are:

Sunday, July 21st, 6:00 pm - 8:00 pm – Prophecy
 Sunday, August 18th, 5:30 pm - 7:30 pm – The One 80's

Sunday Funday – A Sunday Funday Meeting was held on Thursday, May 30th. We are currently in the beginning stages of planning the event.



Road Construction Projects

Project	Status
Sunrise Blvd Complete Streets Phase I – Oak Ave to Antelope Rd	Work on the project is substantially complete. Teichert continues to address a number of project clean-up and punch list corrections. Staff expects to seek final acceptance from the City Council in July.
Watson Way Drainage Improvements Project (Area 6&7 Master Plan Implementation)	A notice to proceed was issued to Martin General Engineering. The preconstruction meeting is scheduled for Tuesday, June 25th. Construction will begin after the preconstruction meeting.
Antelope Rd Accessibility and Safety Improvements Project	The project was field accepted on May 29th and accepted by Council on June 13, 2013. A Notice of Completion will be recorded and the remaining retention monies will be released following a 35-day waiting period.
SRCC Creek Cleaning	Crews removed over 22 yards of weeds, debris and a beaver dam at the following locations: Antelope & Lauppe, Twin Oaks, Misty Creek, Bridgemont, Olivine, Sunrise at Highland and Van Maren.
Mesa Verde Bike Trail	Staff has requested SACOG staff to consider a reduced project scope – Zeeland to the back of Mesa Verde. A final decision will not be made until August.
Old Auburn Multi-use Trail	Planning Commission approved the CEQA at their last meeting. Staff is now waiting on approval of the environmental from Caltrans to proceed.
Auburn Boulevard Segment 3	Staff is working with Caltrans Local Assistance for authorization to proceed. Caltrans will forward the request to FHWA, which is a two- to six-week process. Bidding will take four weeks, and staff anticipates a contractor will be working on Segment III around the first week in September.
Safe Routes To School: Antelope Road Sidewalk Infill Project	Staff issued an RFP for design services on June 17th and expects to award a design services contract in August.



Auburn Blvd. Complete Streets Revitalization Project

Construction – All properties in the project area have now been connected to the underground service. It is estimated that the utility poles from Sycamore, north to Rusch Park will be removed in mid-July. This will facilitate the completion of the street improvements. Sidewalks, driveways and curb and gutter on the west-side from Rusch Park to Sycamore are progressing.

Segment III Design – The California Transportation Commission (CTC) allocated the grant funds for CTC approval on June 11th. With this approval, Caltrans can now forward city staff’s request for authorization to advertise the project. Staff is anticipating authorization in July. The plans and specifications are ready to publish.



Sunrise at Night Concert Series 2013



Sunrise at Night Concert Series Returns in August with Big Names!

After a successful run last year, the Sunrise at Night Concert Series presented by Maita Honda is back, bigger and better than before. At the conclusion of the Sacramento Capitals season, the Sunrise MarketPlace will host a Sunrise at Night Concert Series from August to September. Do you like country, jazz, 70s or 90s music? There is something for everyone in the line-up this year. And some big names!

Come enjoy a night out at the Sunrise MarketPlace Outdoor Pavilion, centrally located in the Sacramento Region at Sunrise Mall in Citrus Heights. The 2,500-seat pavilion offers an alternative to larger venues located in the area and features spacious seating with plenty of leg room, a range of seating choice, ticket prices and **free parking!**



This year the Sunrise at Night Concert Series will feature:

- | | |
|-------------------------------------|---|
| Saturday, August 10 th | Dave Koz and friends, including Mindi Abair, Gerald Albright and Richard Elliott |
| Saturday, August 24 th | Sail Rock 2013 features:
Christopher Cross, Orleans, Gary Wright, Fireball, John Ford Coley, Robbie Dupree & Player |
| Thursday, August 29 th | Trace Adkins |
| Saturday, September 7 th | Bachman & Turner with Blue Oyster Cult |
| Friday, September 13 th | FRIDAY NIGHT FEVER Hosted by Deney Terrio:
Sister Sledge, Tavares, The Trammps featuring Earl Young, Taste of Honey featuring Janice-Marie Johnson |
| Thursday, September 14 ^h | Diamond Rio with John Michael Montgomery |

Tickets are on sale now! Go to www.shopsmp.com to purchase tickets.

Make Independence Day a Zero Waste Day!



The Fourth of July is a holiday often celebrated with friends, backyard BBQ's, and fireworks. It is also a holiday that can generate a lot of waste and leave our streets littered with debris. While we are celebrating our freedom, let us also strive to be free from waste! Here is an Independence Day Challenge: make this holiday a ZERO WASTE day!



If you are hosting a gathering with friends, use reusable plates, cups and silverware or buy items made from recycled content. Recycle your bottles and cans. Make sure recycling receptacles are available and easily seen by guests. Organic food scraps can be used for compost.

If your celebration includes fireworks, make sure you have a bucket with water on hand to squelch any possibility of fire and dispose of the material in the proper receptacles. Cardboard and paper wrappings should be placed in the recycling bin. Waste prevention is patriotic! Let us make this red, white and blue holiday a green one as well! Happy Fourth of July!



COME JOIN YOUR NEIGHBORS!



Your Local Neighborhoods Help Make Citrus Heights a Great Place to Live!

Get involved and make a positive impact in your neighborhood!

Congratulations! As a resident of Citrus Heights, you are a member of a Neighborhood Association! You are invited to join your neighbors at their regular meetings, to volunteer in local events and make a difference in your community! The Neighborhoods are here to help you. Best of all, you don't have to pay dues or own your home in order to belong.

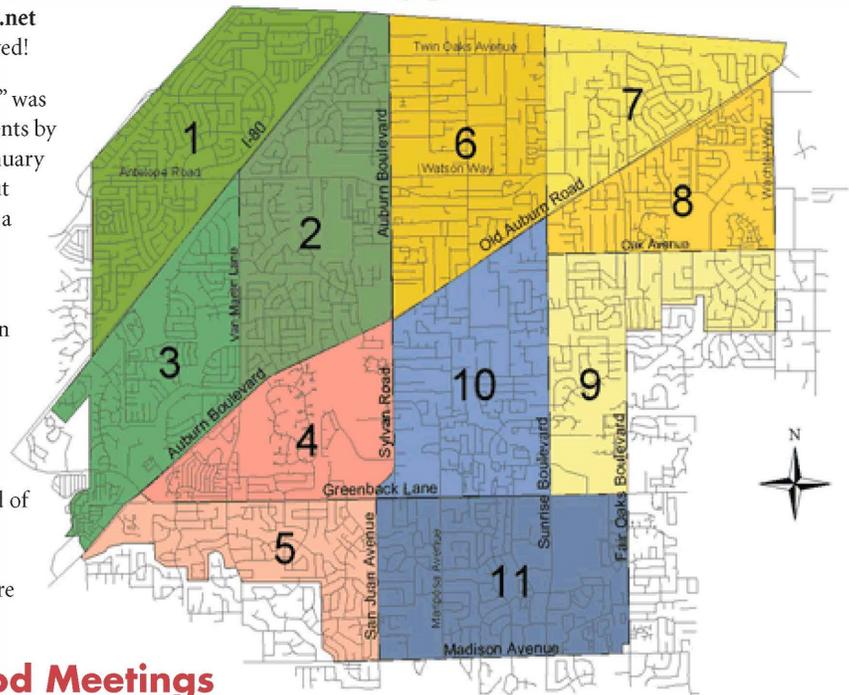
Anyone who lives, rents, or owns property or a business in Citrus Heights can get involved! Citrus Heights is divided into 11 Neighborhoods, and each Neighborhood is represented by a Neighborhood Association (Areas 7 & 8 are combined). Visit the City's website www.citrusheights.net and find out more information about how to get involved!

Did you know that the creation of the "Neighborhoods" was voted by the public as one of the Top 10 Accomplishments by the City of Citrus Heights since its incorporation in January 1997? You owe it to yourself and your family to find out why so many think the Neighborhood Associations are a wonderful benefit for residents of Citrus Heights!

The area groups usually meet once a month to solve neighborhood issues such as traffic or crime, to work on various projects, to host City information sessions, to network, have fun and much more.

All of the Neighborhoods are part of REACH (Residents' Empowerment Association of Citrus Heights). REACH is a coalition that consists of a Board of Directors composed of a representative from each neighborhood. REACH meets the 1st Monday of each month at 6:30 p.m. in Trellis Hall (6237 Fountain Square Drive - behind the General Services Building).

Check the map for the Neighborhood Group covering your area:

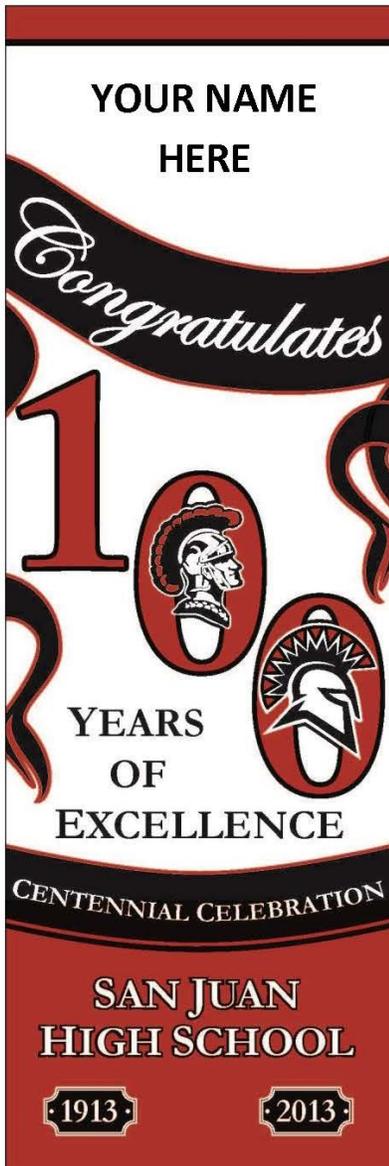


Citrus Heights Neighborhood Meetings

You're invited to attend a meeting in your neighborhood! All meetings start at 7:00 p.m.

Area #1 - Northwest	Sierra Meadows Mobile Estates (7600 Daly Ave.)	3 rd Tuesday
Area #2 - Rusch Park	Ascension Lutheran Church (7607 Garden Gate)	3 rd Thursday
Area #3 - CHANT	Trellis Hall (6237 Fountain Square Dr.)	2 nd Tuesday
Area #4 - Arcade Creek	Trellis Hall (6237 Fountain Square Dr.)	1 st Tuesday
Area #5 - Park Oaks	Advent Lutheran Church (5901 San Juan Ave.)	3 rd Thursday
Area #6 - Sunrise Ranch	Twin Oaks Ave Baptist Church (7690 Twin Oaks)	4 th Tuesday
Areas #7/8 - CHASE	Big Oak Mobile Home Park (8300 Old Auburn Rd.)	3 rd Tuesday
Area #9 - Sunrise Oaks	Sun Oak Baptist Church (7227 Canelo Hills)	1 st Wednesday
Area #10 - Sylvan Old Auburn	Sylvan Community Center (7521 Community Rd.)	4 th Monday
Area #11 - Birdcage Heights	Skycrest School (5641 Mariposa Ave.)	3 rd Wednesday

Sponsorship Opportunity: San Juan High School 2013 Centennial Celebration



San Juan High School
Celebrates 100 years of Excellence: 1913-2013

Join in the celebration by sponsoring a banner and demonstrating your community support.

Banner Sponsorship - \$350

Your sponsorship will include your name or business printed in black text at the top of a double-sided banner. Thirty-six (36) banners will be showcased on light poles along Greenback Lane between San Juan and Sunrise. The banner is 30"X94"" and will be in place from August 2013 – June 2014.

Proceeds will benefit San Juan High School to help raise funds for a new sound system for graduation ceremonies and other special events.

Call Danitza Trylovich at 916-536-9267 to reserve your banner by July 15th.

We greatly appreciate your support!

Name to be included on banner*: _____
 (limit 15 characters) subject to committee approval. Please print clearly.
Payment due at time of application: Checks payable to San Juan Alumni Association (Tax ID #:94-2760620)

Internal Only:

___ Name approved ___ date ___ Initial

Payment received ___



Fourth of July Safety Tips

More pets get lost and end up in shelters on the 4th of July than any other holiday.

With the Fourth of July just around the corner, now is the time to be sure you are prepared to keep your pet safe during the celebrations. Please double check to see that your pet has identification that has current contact information.

Keep your pets in a safe enclosed room with plenty of water and food. Even if your pet doesn't seem obviously upset by fireworks, they can still cause harm so avoid potential burns, injuries or possible ingestion by keeping all pets out of the vicinity of fireworks.

Remember pets can get loose and become lost. Even if a pet is secured inside, the sound of fireworks can cause them to panic – sometimes even breaking through glass doors or windows – **so please make sure your pets are wearing identification tags with a current address and phone numbers.**

For many people, nothing beats lounging in the backyard on the Fourth of July with good friends and family—including the four-legged members of the household. While it may seem like a great idea to reward Rover with scraps from the grill and bring him along to watch fireworks, in reality some festive foods and products can be potentially hazardous to your pets. The ASPCA Animal Poison Control Center offers the following tips:

- **Never leave alcoholic drinks unattended where pets can reach them.** Alcoholic beverages have the potential to poison pets. If ingested, the animal could become very intoxicated and weak, severely depressed or could go into a coma. Death from respiratory failure is also a possibility in severe cases.
- **Do not apply any sunscreen or insect repellent product to your pet that is not labeled specifically for use on animals.** Ingestion of sunscreen products can result in drooling, vomiting, diarrhea, excessive thirst and lethargy. The misuse of insect repellent that contains DEET can lead to neurological problems.
- **Always keep matches and lighter fluid out of your pets' reach.** Certain types of matches contain chlorates, which could potentially damage blood cells and result in difficulty breathing—or even kidney disease in severe cases. Lighter fluid can be irritating to skin, and if ingested can produce gastrointestinal irritation and central nervous system depression. If lighter fluid is inhaled, aspiration pneumonia and breathing problems could develop.
- **Keep your pets on their normal diet.** Any change, even for one meal, can give your pets severe indigestion and diarrhea. This is particularly true for older animals who have more delicate digestive systems and nutritional requirements. And keep in mind that foods such as onions, chocolate, coffee, avocado, grapes & raisins, salt and yeast dough can all be potentially toxic to companion animals.
- **Do not put glow jewelry on your pets, or allow them to play with it.** While the luminescent substance contained in these products is not highly toxic, excessive drooling and gastrointestinal irritation could still result from ingestions, and intestinal blockage could occur from swallowing large pieces of the plastic containers.
- **Keep citronella candles, insect coils and oil products out of reach.** Ingestions can produce stomach irritation and possibly even central nervous system depression. If inhaled, the oils could cause aspiration pneumonia in pets.
- **Never use fireworks around pets!** While exposure to lit fireworks can potentially result in severe burns and/or trauma to the face and paws of curious pets, even unused fireworks can pose a danger. Many types contain potentially toxic substances, including potassium nitrate, arsenic and other heavy metals.
- **Loud, crowded fireworks displays are no fun for pets,** so please resist the urge to take them to Independence Day festivities. Instead, keep your little guys safe from the noise in a quiet, sheltered and escape-proof area at home.

Article courtesy of Sacramento Area Animal Coalition



Sign-Up for a 10 & Under Tennis Play Day with the Sacramento Capitals on Community Night!

Kids, be a part of the excitement of World TeamTennis by participating in a 10 and Under Tennis Play Day.

WHEN: July 12, 2013

TIME: 3:00 P.M. to 5:00 P.M.

WHAT: USTA Tennis Play Days are events that give kids a chance to play tennis and have fun with other kids in a comfortable, non-threatening environment.

- For kids who are just learning to compete or who are already playing competitively
- Provides a fun atmosphere with refreshments, prizes, and awards
- Takes place over a 2 hour period

WHERE: 6023 Sunrise Mall, Citrus Heights, CA 95610

COST: Free for all Kids who participate

1st 100 signed up receive a Free Racquet
 (unless part of Sac Caps JTT)
Play Day package includes:
 Racquet (1st 100 signed up)
 Event
 Lite Dinner and Drink
 Ticket to the Sacramento Capitals match night of July 12th
Register for the event at:
<http://www.norcal.usta.com/playdays>



NORTHERN CALIFORNIA



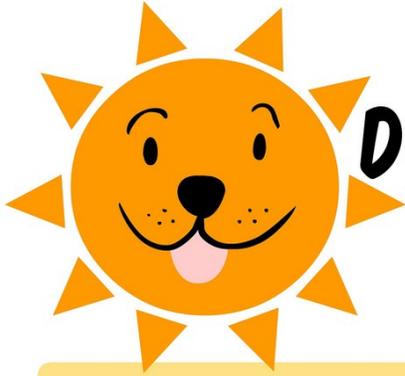
FREE 1 Year USTA 10 and Under Membership!*



*FOR NEW MEMBERS ONLY. Offer valid from 12:01 a.m. ET 4/15/11 through 11:59 p.m. ET 12/31/13. Must be ages 10 or under to qualify. Individual may not turn 11 before 11:59 p.m. 12/31/13.



THIS IS A PROGRAM OF THE SACRAMENTO COMMUNITY TENNIS ASSOCIATION, A NONPROFIT ORGANIZATION, IN COOPERATION WITH THE SUNRISE RECREATION AND PARK DISTRICT. THIS IS NOT A PROGRAM OF THE CENTER JOINT UNIFIED SCHOOL DISTRICT, THE DRY CREEK JOINT ELEMENTARY SCHOOL DISTRICT, THE ROSEVILLE JOINT UNION HIGH SCHOOL DISTRICT, THE TWIN RIVERS UNIFIED SCHOOL DISTRICT, OR THE SAN JUAN UNIFIED SCHOOL DISTRICT, AND CENTER, DRYCREEK, ROSEVILLE, TWIN RIVERS, AND SAN JUAN ACCEPT NO LIABILITY OR RESPONSIBILITY FOR THIS PROGRAM.



DOGGONE, IT'S SUMMER!

Please keep your pets safe this summer.

Dogs don't sweat like humans and can suffer **HEATSTROKE** far more easily.

Exercise your dog early or late in the day. All dogs, especially flat faced breeds can overheat quickly.



Check the temperature of the ground or sand because if it's too hot to touch, then it's **TOO HOT** for their PAWS.



Provide fresh water daily. Clam shell pools and doggy ice treats/kongs/home alone toys are great fun, keeps them cool and provides mental enrichment.



Leave dogs in a shady area, bearing in mind the movement of the sun as the day passes.



Never walk your dog when the temperature is over 30C (85F), their paws burn on hot pavement and hot sand.



Never leave your dog in a parked car on a warm day. Even on a cool day, the temperature in the car is much hotter than outside and can lead to brain damage or death!!



SIGNS OF HEATSTROKE

Muddy pink gums (instead of bright pink), heavy panting with occasional frothing at the mouth, disorientation, increased heart rate.

What To Do: Remove the pet from the heat source if possible. Increase ventilation (fan) and apply cool water or a cool towel compress. Do not apply ice, this causes the blood vessels to constrict and takes the dog longer to cool down. Reapply the cool towels frequently. Offer water to your pet, but don't force it.

Get your pet to the veterinarian quickly.

Dogs are not a disposable/fashion/status/breeding/profit-making accessory
but a 10-15 year commitment, that will love you forever.





Residents'
Empowerment
Association of
Citrus
Heights

Citrus Heights Community Campout at Rusch Park



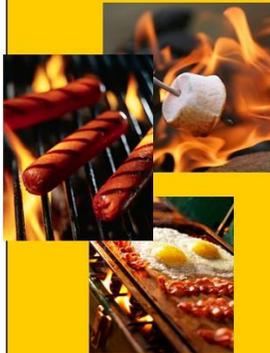
July 13 & 14, 2013

\$25 for family of five

\$7 per individual

\$9 per individual day of the event

Check-in starts at 3:30 pm



Activities to include:

- Swimming • BBQ Dinner
- Campfire entertainment • Breakfast



Brought to you by the Sunrise Recreation & Parks District in collaboration with the City of Citrus Heights and REACH.
For more information call 916.725.1585 or visit www.sunriseparks.com

On-line registration: <http://activenet11.active.com/sunrise/>

