

# CITY OF CITRUS HEIGHTS

## REACH OUT

Residents' Empowerment Association of Citrus Heights

VOLUME 2 ISSUE 6

JUNE 2013



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



**Inside this  
issue:**

Red, White & Blue Parade	2
Second Household Hazardous Waste Drop-off	2
Great Tips	3
Transit Services	3
Neighborhoods, USA	4
Creek Corridor Trail Project	4
Planning Commission	4
Ladies Auxiliary & Ladies in White Book Signing	5
2013 Concert Series	6
May is Building and Safety Month	6
"Hot" Dog Reminder	6
Citrus Heights Community Center	7
Sylvan Community Center	7
Community Events	7
Road Construction Projects	8
Neighborhood Information	9
Relay for Life	10
Tennis Play Day Flyer	11
Doggone, It's Summer!	12
Community Campout	13

## UPCOMING EVENTS



Monday, June 3	6:30 pm	R.E.A.C.H Monthly Meeting
Monday, June 3	7:00 pm	History and Arts Commission Meeting
Sunday, June 9	6:00 pm	2013 Summer Concert Series
Wednesday, June 12	7:00 pm	Planning Commission Meeting
Thursday, June 13	7:00 pm	City Council Meeting
Saturday, June 15	8:00 am	FREE Household Hazardous Waste Drop-off
Tuesday, June 18	3:00 pm	Citrus Heights Oversight Board Meeting
Saturday, June 22	9:00 am	14th Annual Red, White & Blue Parade
Wednesday, June 26	7:00 pm	Planning Commission Meeting
Thursday, June 27	7:00 pm	City Council Meeting
Saturday, June 29	6:00 pm	2013 Summer Concert Series

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

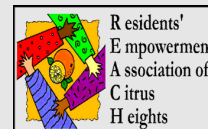
## City Hall Phone Directory

City Hall Offices	725-2448
Community Center	727-5400
Building Division	727-4760
Business Licenses	727-4907
Garbage/Recycling	725-9060
General Services	727-4770
Job Line	727-4900
TDD	725-6185
Animal Control	725-PETS
Planning Division	727-4740
Pothole Reporting	727-4770

## Police

General Business	727-5500
Non-Emergency Dispatch	727-5500
Watch Commander	727-5522
Crimes tip-line	727-5524
Narcotics tip-line	727-5523
Traffic hotline	727-5525
Code Enforcement	725-2845
Emergency from Cell Phone	726-3015
Emergency Services	dial 9-1-1

**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](http://www.citrusheights.net) or call (916)725-2448 to find out more about the neighborhood group that serves in your area.



# 14<sup>th</sup> Annual Citrus Heights Red, White & Blue Parade



Saturday, June 22<sup>nd</sup>, 2013

9:00 am

Sunrise Blvd.

(north between Madison and Greenback)

Festivities during and proceeding parade in the Northwest  
Sunrise Mall parking lot



Mark your calendars for the 14<sup>th</sup> Annual Citrus Heights Red, White and Blue Parade on Saturday, June 22<sup>nd</sup>. Come and enjoy all that the parade has to offer including floats, vintage cars, live animals and marching bands. Participants include the Wells Fargo Stagecoach, dance teams and many of Citrus Heights' local businesses. The musical highlights this year are the 59<sup>th</sup> Army Marching Band, the Capitol Pops Concert Band and the local Citrus Heights Community Marching Band.

From 8 am to noon enjoy a \$5 pancake breakfast sponsored by the Rotary Club of Citrus Heights in the Sunrise Mall northwest parking lot. After the parade, in the northwest Sunrise Mall parking lot there will be a "Fun Zone" with ride-on Zippypets, train rides, bumper cars, bounce house, pony rides, live music from 101.9 The Wolf and a chance to view many of the parade entries as they stage in the viewing area.

The parade starts at 9 am and proceeds along Sunrise Blvd., between Madison and Greenback and sponsored by the Sunrise Mall and the City of Citrus Heights. For more information call Michele Saario at 916-727-5400 or e-mail [msaario@citrusheights.net](mailto:msaario@citrusheights.net) or go to [www.citrusheights.net](http://www.citrusheights.net).



## Second Household Hazardous Waste Drop-Off Event

Saturday, June 15, 2013

8:00 am—1:00 pm

Sunrise Mall Parking Lot (behind Women's Macy's)

Gather up your old paint, miscellaneous cleaning supplies, automotive fluids and fluorescent bulbs! The second Household Hazardous Waste (HHW) Drop-Off Event for 2013 is happening **Saturday, June 15 from 8:00 am - 1:00 pm**. This is the second of three (3) FREE Drop-Off events the City and Republic Services (formerly Allied Waste) will be hosting for residential Allied/Republic customers this year. The event will be held at the **back parking lot behind the Women's Macy's at Sunrise Mall**. Appointments are always encouraged but not required. Contact Republic Services at (916) 725-9060 or (916) 638-9000 to schedule an appointment or for more information.

Do you have old batteries, home-generated sharps and/or used oil to recycle?

These items are collected **FREE** by Republic Services for residential customers. See your Customer Service Guide Calendar or call (916) 727-9060.

Acceptable Items	Items Not Accepted
Automotive Batteries, Automotive Fluids Gasoline, Pesticides, Household Cleaners, Household Chemicals, Paints, Solvents, Fluorescent Light Bulbs, Fluorescent Tubes	Ammunition, Explosives, Radioactive Materials, Pharmaceuticals, <b>Household Batteries*, Home Generated Sharps *, Used Motor Oil*</b> * Items collected curbside for residential customers (Call 638-9000 for more information)

## Great tips from a Great City

Every month in this new section we will highlight great tips for enjoying your community experience to the fullest. We will include everything from ideas on how to keep your animals healthy and safe to preventing code enforcement violations.

This month's tip:

What are the codes for advertsing, hosting or participating in garage sales in the City of Citrus Heights??

Each property is allowed 3 garage sales per year no more than two consecutive days. Refer to 106.38 of the Municipal Code, Sign Regulations, "no signs on public Right-of-Way."

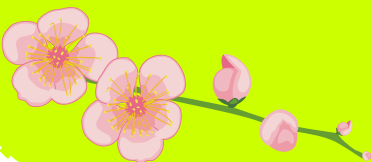


## Transit Services

### Why Drive? Take Route 95!

Sacramento Regional Transit (RT) Route 95 is an easy, inexpensive, reliable and comfortable way to travel from Area 1 to Sylvan Corners, City Hall, the Mall and other great destinations. Why drive, when we have the 95? Try this no-hassle, hourly service to and from the Roseville Road Walmart or the Tupelo/Antelope Crossing area into the Sunrise Mall area. Busses depart from Antelope Road and Roseville Road starting at approximately 6:30 am, arrive at the Sunrise Mall Transit Center in 20 minutes and run until approximately 5:30 pm. The first departure from the Sunrise Mall Transit Center going to Antelope Road and Roseville Road is at approximately 7:00 am and arrives at Antelope/Roseville Road approximately 20 minutes after departure, and runs hourly. Service is Monday through Friday (no service on weekends). Basic fares and discounted rates apply.

For more information contact RT at (916) 321-BUSS (2877) or [www.sacrt.com](http://www.sacrt.com), or contact the City's General Services Department at (916) 727-4770, or [www.citrusheights.net](http://www.citrusheights.net). No need to drive, take Route 95!



## Neighborhoods, USA Conference



The 38<sup>th</sup> annual NUSA conference was held in Minneapolis, Minnesota during the latter part of May. Neighborhoods throughout the United States submitted entries describing projects that they had accomplished in their neighborhoods. Jim Reiman, President, Birdcage Heights Neighborhood Association, was chosen as a finalist and did an outstanding job presenting Area 11's project: Inaugural Earth Day-Citrus Heights. Matter of fact his presentation plus merits of the program earned BHNA third place in Social Revitalization, Single Neighborhood, plus a check for \$100.

The conference was attended by over 600 people from 35 states plus Canada, Japan and South Africa. Next year's conference will be held in Eugene, Oregon and we are already planning to start fund raising. Congratulation Jim and Area 11.

## Planning Division

The City of Citrus Heights is hosting an on-line survey to gather opinions from the community as part of an overall community engagement program for the Creek Corridor Trail Project. The community survey will be available through June 7<sup>th</sup> and is available at: <https://www.surveymonkey.com/s/CHCreekTrails>. Please encourage friends, family, neighbors and other groups to participate in this quick 5-minute survey.

The Creek Corridor Trail Project is evaluating the feasibility of constructing a multi-use trail network for residents of all abilities along the 26-miles of creek corridors within the City. This study is evaluating the technical feasibility as well as evaluating how the trail may or may not fit within the context of the surrounding neighborhoods. Therefore, it is very important that we hear from as many residents as possible. Your comments as well as those from other Citrus Heights residents and those who visit Citrus Heights will be an integral part of the evaluation process.

Ultimately, the City hopes to provide improved connections to key destinations for pedestrians and cyclists; improve access to the creek corridors for all residents; increase the number of recreational facilities to more neighborhoods; and increase transportation choices within the City.

Questions about the survey and the project can be directed to the project team at: [ckempenaar@citrusheights.net](mailto:ckempenaar@citrusheights.net) or 916-727-4740.



## Planning Commission

The Planning Commission met on May 8<sup>th</sup> and considered two items: The General Plan Annual Progress Report and the Capital Improvement Program (CIP) for 2014-2018. The Planning Commission accepted the Progress Report, and has forwarded the report to the City Council. The Planning Commission received a presentation on the CIP and determined that it was consistent with the General Plan. The City Council also adopted these items at the May 23<sup>rd</sup> City Council meeting.

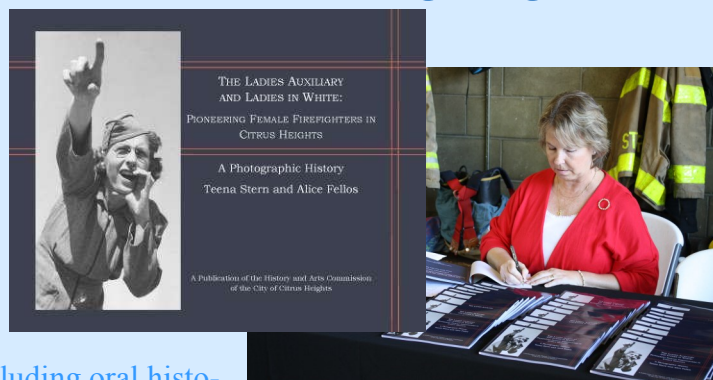




## History and Arts Division

### Ladies Auxiliary and Ladies in White Book Signing Event

On May 8<sup>th</sup> the City's History and Arts Commission held a book signing event at Fire Station 23 to celebrate the publishing of a Ladies Auxiliary / Ladies in White pictorial book. The book based on the historical contributions of a local WWII era all-female volunteer fire fighting brigade, which eventually evolved into one of the nation's first and most effective volunteer first aid programs. This book combines historical information the City has amassed over the years, including oral history interviews, donated photograph collections, and information from both the City's and Sacramento Metropolitan Fire District's archival collections. To purchase a copy of this book visit [www.lulu.com](http://www.lulu.com).



After the 1941 attack on Pearl Harbor and the entry of the United States into World War II, local municipalities sought solutions for carrying out necessary protection and safety functions. For the area now known as the City of Citrus Heights, this meant a call to the women who lived here to train and serve as fire fighters while the men served in the military. The women of the Ladies Auxiliary were known to extinguish grass, barn and farm fires and even sustain injuries while protecting their community. After the war ended, local firefighters noticed a need for an emergency response squad that could assist victims of fires, automobile accidents and other dire situations. They pioneered the concept of medical response teams working in conjunction with local fire departments and provided an organizational model that other communities would soon follow. The Ladies Auxiliary was reinstated in 1951 as the "Ladies in White" and served in an emergency rescue capacity until 1986.

As noted by David Richie, Sacramento BEE reporter in 2004, "The Ladies in White pioneered the concept of first aid units working in conjunction with fire fighters, providing one of the most effective volunteer organizations of this type...The Citrus Heights Fire District and the Ladies had tremendous vision, not only in bringing women into a previously all-male profession, but also in fire-fighting equipment, techniques and training, which demonstrates the progressive nature of all involved."

The City of Citrus Heights can take great pride in the legacy, strength and dedication of the Ladies Auxiliary and Ladies in White. Their contributions provide an illustrious chapter in our nation's history, focusing on the abilities of women.

For an questions, call 916-727-4952 or email [historyandarts@citrusheights.net](mailto:historyandarts@citrusheights.net).



## Sunrise MarketPlace/Concert Series



The Sunrise MarketPlace held its May board meeting on Thursday, May 9<sup>th</sup>. The main discussion at the meeting was the upcoming concert series, "Sunrise at Night." The MarketPlace is planning to have eight concerts (including one charity) this year from August to September and two additional acts have just been announced. Check [www.sunrisemarketplace.com/info/concerts](http://www.sunrisemarketplace.com/info/concerts) for more upcoming concerts. To date, here is the lineup:

Saturday, August 10<sup>th</sup>

Dave Koz and friends, including Mindi Abair, Gerald Albright and Richard Elliott

Saturday, August 24<sup>th</sup>  
(Tickets on Sale Now)

Sail Rock 2013 features:  
Christopher Cross, Orleans, Gary Wright, Fireball,  
John Ford Coley, Robbie Dupree & Player

Saturday, September 7<sup>th</sup>  
(Tickets on Sale Now)

Bachman & Turner with Blue Oyster Cult



## Building and Safety Division May is Building and Safety Month

Week two of Building Safety Month is Disaster and Safety Mitigation. Susan attended KinderCare to give a presentation on backyard safety. For Building Safety Month, the Building Department will have a display with many helpful brochures and free items talking about the importance of safe and sustainable buildings. Come by City Hall Monday-Friday 8 am to 5 pm to talk to the Building Department about Building Safety and how we all can get involved.



## "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.





## 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](mailto:dcarpenter@citrusheights.net).

The Community Center is seeking qualified volunteers to work at the front counter; answering phones; data entry; providing tours to potential clients; light cleaning; and/or event set-up. For more information on volunteer opportunities, please call (916) 727-5400 or send an email to [msaario@citrusheights.net](mailto:msaario@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](mailto:sylvancommunitycenter@citrusheights.net).



## Community Events

**2013 Red, White and Blue Parade** – The Parade Committee will meet on Thursday, May 16th and is currently working on ideas for entertainment as well as potential entries. “101.9 The Wolf” will be broadcasting live at the event. Sunrise Mall has confirmed a “Fun Zone” area in the mall parking lot after the parade with Zippy (battery powered ride-on animals), train rides, pony rides, bounce houses and more! Entries are starting to filter in, with a current total of 52 entries. Citrus Heights Rotary Club will once again host the Pancake Breakfast from 8:00 a.m. to noon for \$5.00 per ticket.

**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, June 9<sup>th</sup>, 6:00 pm - 8:00 pm – AZUAR  
 Saturday, June 29<sup>th</sup>, 6:00 pm - 8:00 pm – Joe Getty and the Dead Flowers  
 Sunday, July 21<sup>st</sup>, 6:00 pm - 8:00 pm – Prophecy  
 Sunday, August 18<sup>th</sup>, 5:30 pm - 7:30 pm – The One 80's





# Road Construction Projects

Project	Status
Sunrise Blvd Complete Streets Phase 1 – Oak Ave to Antelope Rd	Teichert issued a letter of Substantial Completion on Friday May 3rd. The Contractor is currently addressing a number of project clean up and punch list corrections. Staff expects to seek final acceptance from the City Council in July.
Sunrise Blvd Complete Streets Phase 3 - Antelope Rd to north City Limits-west side only	The early stages of the right-of-way acquisition process are underway for the project. Staff will hold the first public information meeting in early June 2013 to advise the residents of the right-of-way process and seek initial input on the project.
Watson Way Drainage Improvements Project (Area 6&7 Master Plan Implementation)	This project is out to bid. Bid opening was held on May 30.
Antelope Rd Accessibility and Safety Improvements Project	The Contractor has completed all work on the project and is currently working on several minor punch list clean up items. Staff anticipates wrap up of all punch list clean-up work in late May and final acceptance of the project in June.
SRCC Creek Cleaning	Crews have completed weed abatement, illegal dump removal or emergency removal of blockages from creeks at the following locations: Greenback at Van Maren, Mariposa at Glenn (Cripple Creek), El Sol at Sperry, Rollingwood at Oakberry, Bridgemont at Van Maren, Roseville Road at Outlook, Twin Oaks and Sunrise north of Antelope Road.
2013 Residential Street Resurfacing Program	Staff is working on final plans for the upcoming project, on which construction is expected to begin in July.
Sunrise/Sungarden Intersection Safety Improvement Project	Staff has reviewed and commented on the preliminary geometrics for the project and is currently reviewing the draft environmental documentation.
2013 Arterial Street Resurfacing Program	Staff is working on final plans for the upcoming project, on which construction is expected to begin in July.



## Auburn Blvd. Complete Streets Revitalization Project

**Construction** – Switch overs from overhead to underground power are going well. By the end of next week, all properties from Rusch Park to Kanai

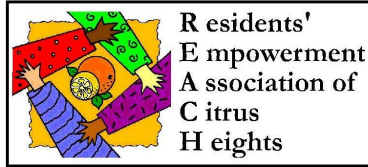
should be converted to the underground power. The contractor is also working on curb ramps, driveways, sidewalks on the east-side and grading the west-side in preparation for sidewalks.

**Segment III Design** – 100% plans are due in early June and the project is scheduled for the June 11<sup>th</sup> California Transportation Committee (CTC) meeting.





# 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.

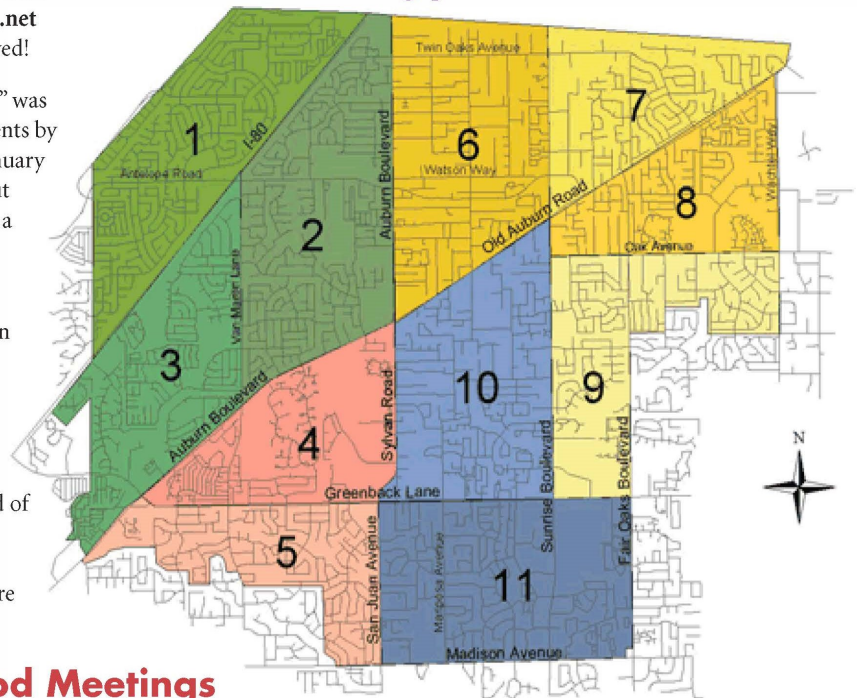
Anyone who lives, rents, or owns property or a business in Citrus Heights can get involved! Citrus Heights is divided into 11 Neighborhoods, and each Neighborhood is represented by a Neighborhood Association (Areas 7 & 8 are combined). Visit the City's website [www.citrusheights.net](http://www.citrusheights.net) 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 1<sup>st</sup> 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 <sup>rd</sup> Tuesday
Area #2 - Rusch Park	Ascension Lutheran Church (7607 Garden Gate)	3 <sup>rd</sup> Thursday
Area #3 - CHANT	Trellis Hall (6237 Fountain Square Dr.)	2 <sup>nd</sup> Tuesday
Area #4 - Arcade Creek	Trellis Hall (6237 Fountain Square Dr.)	1 <sup>st</sup> Tuesday
Area #5 - Park Oaks	Advent Lutheran Church (5901 San Juan Ave.)	3 <sup>rd</sup> Thursday
Area #6 - Sunrise Ranch	Twin Oaks Ave Baptist Church (7690 Twin Oaks)	4 <sup>th</sup> Tuesday
Areas #7/8 - CHASE	Big Oak Mobile Home Park (8300 Old Auburn Rd.)	3 <sup>rd</sup> Tuesday
Area #9 - Sunrise Oaks	Sun Oak Baptist Church (7227 Canelo Hills)	1 <sup>st</sup> Wednesday
Area #10 - Sylvan Old Auburn	Sylvan Community Center (7521 Community Rd.)	4 <sup>th</sup> Monday
Area #11 - Birdcage Heights	Skycrest School (5641 Mariposa Ave.)	3 <sup>rd</sup> Wednesday





AMERICAN CANCER SOCIETY RELAY FOR LIFE

**Celebrate.****Remember.****Fight Back.**

## Relay For Life of Citrus Heights 2013

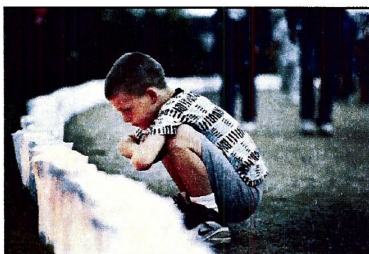
**Saturday, June 8th, 9:00 am – Sunday, June 9th, 9:00 am**

**[www.relayforlife.org/citrusheightsca](http://www.relayforlife.org/citrusheightsca)**

Relay For Life, a 24-hour team event to fight cancer, is the signature fundraising activity of the American Cancer Society. Each Relay is made up of teams of 10-15 participants who take turns running or walking around a local track to raise money for research, cancer education, patient service programs, and advocacy. In 2005, more than 4,300 communities nationwide hosted a Relay and with the help of people like you, Relay For Life has become the largest activity of its kind, raising more than \$375 million in 2006! But more than a fundraiser, Relay For Life is:

**A time to honor cancer survivors:** At every Relay For Life, all cancer survivors in the community are honored for their courage and strength by kicking off the event in the Survivors' Lap. Survivors are celebrated throughout the day with complimentary breakfast, a free t-shirt, games and more!

**A community united:** Few events bring together all components of a community like Relay For Life. Games, food, fun, music, and activities fill the air of every Relay For Life as everyone unites to help eliminate cancer!



**A ceremony of hope and remembrance:** Survivors and those who are no longer with us are honored at this one-of-a-kind ceremony. Paper bags bearing the names of loved ones are filled with sand and a small candle that is lit at dusk. These bags line the track and are left burning throughout the night. This moving, memorable ceremony is often the most powerful time of the entire Relay For Life.

***You're invited to join the local fight against cancer!***

**To form a team, please contact our  
Team Development Chair: Cheri Sadler at (916) 517-8507 or  
via email at [Smilesforhope2010@yahoo.com](mailto:Smilesforhope2010@yahoo.com)**

**To join the planning committee or for other questions,  
please contact the Event Chair: Tamika Stove at (916) 807-1875  
or via email at [Tamikastove@gmail.com](mailto:Tamikastove@gmail.com)**



## 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

**1<sup>st</sup> 100 signed up receive a Free Racquet**  
(unless part of Sac Caps JTT)

**Play Day package includes:**

Racquet (1<sup>st</sup> 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>**



**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.



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.



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



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.**





# 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](http://www.sunriseparks.com)**

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

