

REACH OUT

Residents' Empowerment Association of Citrus Heights

VOLUME 2 ISSUE 3

MARCH 2013



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



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UPCOMING EVENTS



- Monday, March 4 7:00 pm.....History and Arts Commission Meeting
- Monday, March 4 6:30 pm.....REACH Meeting
- Wednesday, March 13 7:00 pm.....Planning Commission Meeting
- Thursday, March 14..... 7:00 pm.....City Council Meeting
- Tuesday, March 19 3:00 pm.....Citrus Heights Oversight Board Meeting
- Thursday, March 28..... 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		





Citrus Heights Community Center

Currently, Community Center bookings have reached 2567, and staff continues to book events daily. We are booked out one year in advance but receive many requests for two to three years ahead. Our goal for event totals for fiscal year 2012/13 is an additional 2,000 bookings. We are averaging 65 event bookings a month and handling more than 75 calls a day.



Sylvan Community Center

The Sylvan Community Center located at 7521 Community Drive in Citrus Heights is now open. 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

2013 Red, White and Blue Parade – We are in the beginning stages of planning the 2013 parade. The Parade Committee met on Thursday, February 14th and is currently working on ideas for entertainment as well as potential entries. We are hoping to have some planned activities after the parade in the Sunrise Mall parking lot.

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 9th, 6:00 pm - 8:00 pm – AZUAR

Saturday, June 29th, 6:00 pm - 8:00 pm – Joe Getty and the Dead Flowers

Sunday, July 21st, 6:00 pm - 8:00 pm – Prophecy

Sunday, August 18th, 5:30 pm - 7:30pm – The One 80's

Road Construction Projects

Project	Status
Sunrise Blvd Complete Streets Phase I – Oak Ave to Antelope Rd	Teichert resumed work on Sunrise Boulevard on January 8 th and continues to focus on completing the curb, gutter, sidewalk and driveway entrances along the east side. Teichert expects to complete this work and related patch paving by late February. Teichert’s signal subcontractor has installed the new signal systems at Antelope Road, Old Auburn Road and Oak Avenue and expects to have the new signals operational by late February. A schedule for the final paving, striping and landscaping, which are more weather dependent operations, is being reviewed, but the project team anticipates a late March completion.
Watson Way Drainage Improvements Project (Area 6&7 Master Plan Implementation)	30% plans and estimate were reviewed and comments provided to the consultant. Project is scheduled for construction in early spring.
Antelope Rd Accessibility and Safety Improvements Project	The project is currently on winter weather suspension, and the final micro-surfacing and restriping (on both Antelope Road and Lauppe Lane) has been postponed until April when the average daytime temperatures are high enough to ensure a quality product.
Mariposa Ave Safe Routes to School Phase II Sidewalk Infill Project	The project is complete and has been field accepted by GSD staff. The contractor is currently cleaning up some project documentation in anticipation of Final Acceptance at the City Council meeting in late February.
2012 Bus Stop Improvements Project, Phase II	The design consultant, Dokken Engineering, has submitted the 65% plan set, and the project team and RT are currently reviewing them. Construction will occur in the spring of 2013.
FEMA Update to Flood Insurance Rate Maps (FIRMs)	The consultant completed the first round of elevation certificates and letters of map amendments (LOMAs). Approximately 137 certificates and 111 LOMAs were submitted to FEMA for review and approval.
Sunrise Blvd Complete Streets Improvements - Phase 3 (Antelope Road to north City Limits - west side only)	In late January, Caltrans requested a third revision to the City’s Request for Authorization (RFA) to Acquire Right-of-Way. Staff is awaiting approval of the RFA in order to start the acquisition process. A public information meeting for residents along the project route will be held in March.
2012 Auburn Boulevard Resurfacing Project	Contractor completed extending the block wall on the west side of Auburn between Sandalwood and Twin Oaks. Contractor will return late March to clean, prime and paint the wall. Project will be complete after this work.



Sacramento Works Career Center - Upcoming workshops in Citrus Heights

Register today!

The Sacramento Works Career Center provides resources and services to employers and job seekers in Sacramento County. The following events by the Sacramento Works Career Center will be held in Citrus Heights:

March 5, 2013 - Small Business Seminars

April 23, 2013 - Doing Business with Sacramento County

All workshops will be held at the Sacramento Works Career Center, located at 7011 Sylvan Road, Suite A, in Citrus Heights. For more information, email diane@crossroadsdiversified.com or call (916) 242-4116



You are invited to:

14 Mile House California Point of Historical Interest Presentation



Presented by:
The Citrus Heights
History and Arts Commission

Thursday, March 14, 2013

7:00 p.m.

City Council Chambers
7117 Greenback Lane
Citrus Heights, CA 95621

Local Landmark Designated as Point of Historical Interest:

The California Office of Historic Preservation awarded the 14-Mile House as a point of Historic Interest. This landmark is significant in California history because it was built in 1849, being one of the oldest wooden structures in Sacramento County.

Established as the North Fork House, but remembered as the 14-Mile House the name representing the mile intervals from the City of Sacramento along Auburn Blvd. The roadhouse was used to accommodate the miners during the gold rush era towards the Sierra Nevada.

For additional information regarding this please visit [webpage](#).

LID Signs Installed at New Community Centers

Last week, City staff installed educational signage at the Sayonara and Sylvan community centers to illustrate the low-impact development (LID) concepts incorporated into their design. The centers serve as LID demonstration sites and employ LID concepts such as pervious asphalt, rain gardens, bio-swales and infiltration planters.



Transit Services - Have You Tried the City Ride

The City Ride will be at Area 10 (SOAR) on March 25 at 7:00 p.m. Please see the neighborhood [web pages](#) for information on times and locations. All are welcome!

For more information about the City Ride program, please go to the [RT web page](#). Do you have any ideas about outreach and education for the City Ride? Please call 916.727.4730 or email mpoole@citrusheights.net to share your thoughts!

Citrus Heights Collaborative

The Citrus Heights Collaborative met on February 8, 2013. Speakers from Crossroads Diversified Services, Sunrise Parks and Recreation District, and San Juan Unified School District informed members on the benefits of hiring teen workers. Information was also provided on special programs that provide training such as resume writing and interview skills. Also announced were two Youth Employment programs available through Crossroads Diversified Services.



Continuum of Care Advisory Board

The Continuum of Care Advisory Board held its regular monthly meeting on February 13, 2013. Sacramento Steps Forward (SSF) Director Ben Burton provided the following updates:

- SSF presented information on homelessness in the region on February 20, 2013 to Mayors and Vice Mayors and other elected officials. The event was held in conjunction with Sacramento Regional Community Foundation and was hosted by the City of Sacramento.
- SSF is working towards a Regional Initiative in response to homelessness and is in contact with Yolo, El Dorado and Placer Counties.



Cancer Prevention Study-3

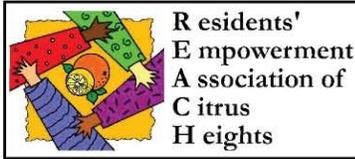
This year, our community will have the unique opportunity to participate first hand in a landmark new cancer research study, Cancer Prevention Study-3 (CPS-3). This is an opportunity for those of us who have never been diagnosed with cancer to actively get involved in the very research our Relay for Life event efforts help to fund, to help prevent cancer for this and future generations. Enrollment will be taking place at many locations around our community and Greater Sacramento between April 10-20.

For more information please see the attached flyer or visit www.greatersacramentocps3.org, call 1-888-604-5888 or e-mail cps3@cancer.org to learn more about the difference you can personally make in the fight against cancer.



Research Today for a Cancer Free Tomorrow!

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.

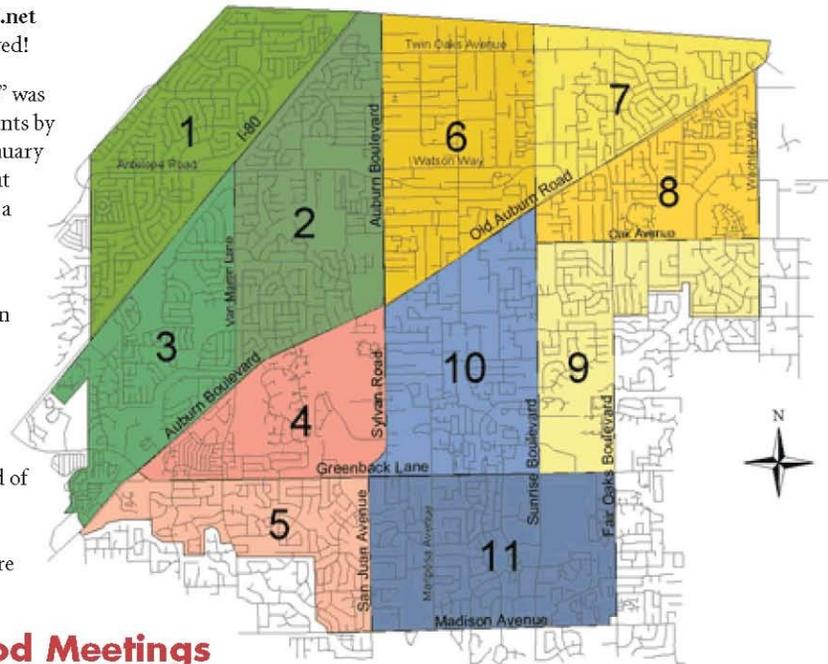
Anyone who lives, rents, or owns property or a business in Citrus Heights can get involved! Citrus Heights is divided into 11 Neighborhoods, and each Neighborhood is represented by a Neighborhood Association (Areas 7 & 8 are combined). Visit the City's website www.citrusheights.net and find out more 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	Citrus Heights Community Club House (6921 Sylvan Rd.)	4 th Monday
Area #11 - Birdcage Heights	Skycrest School (5641 Mariposa Ave.)	3 rd Wednesday



AMERICAN CANCER SOCIETY RELAY FOR LIFE

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

Relay For Life of Citrus Heights 2013

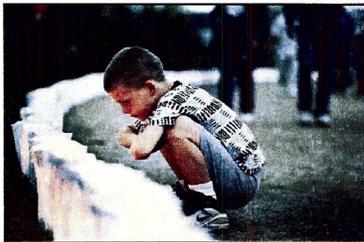
Saturday, June 8th, 9:00 am – Sunday, June 9th, 9:00 am

www.relayforlife.org/citrusheightsca

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

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



[Introduction](#) | [Schedule Appointment](#)

CPS-3 Enrollment - Sacramento, CA

CANCER PREVENTION STUDY-3 (CPS-3)

Research today for a cancer-free tomorrow.

The Cancer Prevention Study-3 (CPS-3) is helping to create a world with less cancer...and more birthdays. CPS-3 is a grassroots effort where local communities from across the country can support cancer research not just through fundraising efforts, but also by participating actively in this historic research study.

The American Cancer Society's Epidemiology Research Program is inviting men and women between the ages of 30 and 65 years who have never personally been diagnosed with cancer to join this historic study. The ultimate goal is to enroll at least 300,000 adults from various racial/ethnic backgrounds from across the U.S. The purpose of CPS-3 is to better understand the lifestyle, behavioral, environmental and genetic factors that cause or prevent cancer and to ultimately eliminate cancer as a major health problem for this and future generations.

Participation is easy and enrollment is available in your local community. Your initial enrollment requires two steps and will involve the following:

- After scheduling your enrollment appointment, you will receive a confirmation e-mail with instructions to go online and complete your first, most comprehensive survey. This survey will ask you questions regarding medications you are taking, family history of cancer, lifestyle and other behaviors. ***This survey should be completed prior to your appointment time.***
- At your appointment, you will be asked to sign an informed consent form, complete a brief survey, as well as provide a waist circumference measurement and a small blood sample (similar to a doctor's visit). The blood sample will be taken by a certified, trained phlebotomist. Your appointment should last approximately 20 - 30 minutes.

Enrollment is taking place at:

City of Rancho Cordova
American River North Conference Room
2729 Prospect Drive
Rancho Cordova, CA 95670
[Click here](#) for driving directions.
Thursday, April 11, 2013, 10:00 am – 1:30 pm

<p>State Capitol 1400 Tenth Street (North Steps) Sacramento, CA 95814 Click here for driving directions. Wednesday, April 10, 2013, 10:00 am – 1:30 pm</p>	<p>American Cancer Society Discovery Shop 8470 Elk Grove Boulevard Suite 100 Elk Grove, CA 95758 Click here for driving directions. Wednesday, April 10, 2013, 3:30 pm – 7:00 pm</p>
<p>Bayside Church Building B – Room B-121 8171 Sierra College Boulevard Roseville, CA 95661 Click here for driving directions. Saturday, April 13, 2013, 9:00 am – 12:30 pm</p>	<p>Sam Pannell Community Center Meeting Room 106 2450 Meadowview Road Sacramento, CA 95823 Click here for driving directions. Saturday, April 13, 2013, 9:30 am – 1:00 pm</p>
<p>Sacramento Municipal Utility District (SMUD) Rubicon Room 6301 S Street Sacramento, CA 95817 Click here for driving directions. Wednesday, April 17, 2013, 10:00 am – 1:30 pm</p>	<p>Citrus Heights Community Center South Room A 6300 Fountain Square Drive Citrus Heights, CA 95621 Click here for driving directions. Thursday, April 18, 2013, 10:00 am – 1:30 pm</p>
<p>United Methodist Church of Davis Fellowship Hall 1620 Anderson Road Davis, CA 95616 Click here for driving directions. Thursday, April 18, 2013, 3:00 pm – 6:30 pm</p>	<p>Sutter Roseville Medical Center 2nd Floor – Conference Rooms A and B 1 Medical Plaza Roseville, CA 95661 Click here for driving directions. Thursday, April 18, 2013, 3:30 pm – 7:00 pm</p>
<p>ACS Sacramento Discovery Shop 2708 Marconi Avenue Sacramento, CA 95821 Click here for driving directions. Saturday, April 20, 2013, 8:00 am – 11:30 am</p>	

Following enrollment, you will periodically receive mailed surveys at home every few years to update your information. You will also receive annual study newsletters to update you on research taking place in the Cancer Prevention Studies.

Confidentiality is of the utmost importance to us, and we will make every effort to protect the privacy of study participants. We have multiple procedures in place to safeguard personal information that is collected. All personal information and any individual results of blood analyses that may be performed will be kept strictly confidential by American Cancer Society research staff. There will be no cost to you to participate.

For more information about CPS-3, please visit www.cancer.org/cps3 or email cps3@cancer.org or call toll-free 1-888-604-5888.