



CITY OF CITRUS HEIGHTS REACH OUT

Residents' Empowerment Association of Citrus Heights

VOLUME 3 ISSUE 10

OCTOBER 2014

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



**Inside this
issue:**

Desk of the Chief	2
Vote	3
Sunday FunDay	4
Halloween Safety	4
Sppoktacular	5
Howl-O-Ween	5
Fire Safety	6
Nextdoor.com	7
Mass Notification	7
Continuum of Care	8
City Hall Project	8
Construction	9
Community Center	10
Sylvan Center	10
Join Your Neighbors!	11
Stand up Speak out	12
Sppoktacular	13
Halloween Safety	14
Sylvan Library	15
Car Seat Safety	16
What about the Children	17
Wanted	18
Holiday Referral Program	19
Adopt a Kitty	20

UPCOMING EVENTS



Monday, October 6 6:00 pm
Monday, October 6 7:00 pm
Wednesday, October 8 7:00 pm
Thursday, October 9 7:00 pm
Friday, October 17 6:30 pm
Saturday, October 18 8:00 am
Saturday, October 18 10:00 am
Wednesday, October 22 7:00 pm
Thursday, October 23 7:00 pm
Saturday, October 25 11:00 am
Contest

REACH Monthly Meeting
History and Arts Commission
Planning Commission Meeting
City Council Meeting
3rd Annual "Brews & Boos" - Capitol Pops Concert
FREE Household Hazardous Waste Drop-off Event
Antelope Crossing's Spooktacular
Planning Commission Meeting
City Council Meeting
"HOWL"O'ween-Pet Faire & Canine Costume

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

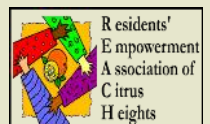
City Hall Phone Directory

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 Services	725-PETS
Animal Lost and Found	727-4850
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 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 or call (916)725-2448 to find out more about the neighborhood group that serves in your area.





From the desk of the Chief

October is Domestic Violence Awareness Month



In recent years, a great deal of focus, research, time, and effort has been invested in response to the pervasive and troubling perpetuation of domestic violence. As a result, implementing innovative programs and utilizing a more comprehensive approach has proven effective: the number of victims seeking help and taking advantage of assistance, programs, and services available to them has greatly increased. One such inventive program the Citrus Heights Police Department (CHPD) established is our award-winning Domestic Violence Response Team (DVRT) whereby specialized domestic violence officers are partnered with highly trained counselors from A Community for Peace (ACFP) who respond together to domestic violence calls. Since the key to 'stopping the cycle of violence' is education, intervention, and prevention, an increase in the number of victims seeking help and desirous of this information is a step in the right direction. Still, there is much to be done.

What about the Children?

It is estimated that, for domestic violence incidents resulting in police response, children are present in the home 75% of the time. Growing up in an abusive environment is terrifying and traumatic, affecting every aspect of a child's life. Studies indicate that preschoolers exposed to domestic violence present objective symptoms of post-traumatic stress disorder such as allergies, asthma, headaches, and flu. As well, the negative psychological and physiological impact lasts well into adulthood; research, however indicates that these effects can be mitigated with intervention.

In 2013, recognizing a void in and thus a need for, specialized, tailored services for children exposed to domestic violence, CHPD applied for and received funding available through the California Office of Emergency Services Children Exposed to Domestic Violence (CEDV) grant. The grant allowed for up to \$175,000 a year, for a period of three years, totaling over \$500,000 to be used specifically for efforts aimed at mitigating the effects of violence on children who live in such environments.

In addition to acquiring updated technology, developing new procedures and policies around domestic violence calls, and implementing teen dating violence prevention campaigns at local high schools, primary efforts included making available to children services typically offered to adult victims. To accomplish this, social workers from Child Protective Services (CPS) were added to the response teams (DVRT) to more effectively reach out to child victims. This collaboration has bridged the gap between the historically different missions of law enforcement and social services; while the ultimate goal is the same (stopping the cycle of violence), agencies responsibilities can sometimes vary. Officers' primary responsibility is to determine if a crime has been committed; ACFP's focus is on prevention, that is, providing the tools (education, safe haven, and resources) to prevent further incidents; CPS' emphasis is on the child's protection, health, safety, and well-being. Cross-training entities as to the capabilities and limitations of each has created a strong partnership between CHPD, ACFP, and CPS, allowing us to offer the best possible 'cross-services' to victims and their families including follow-up services, parental education, and counseling.

The measures CHPD has taken are now being modeled elsewhere in the region. Training originally provided our officers and staff has now been expanded through our network of domestic violence professionals to all regional law enforcement officials, educators, advocates, healthcare providers, social service workers, and other public and private organizations. Toward this end, CHPD is hosting a one-day seminar on October 29, 2014 at the Citrus Heights Community Center for anyone who is interested in understanding the impact a violent environment has on a child's development from both a brain-based approach as well as a behavioral understanding of trauma. Further information on the seminar can be found online at www.acommunityforpeace.org.

Be Informed. Get Involved. Make a Difference.



The League of Women Voters of Sacramento County and the Metropolitan Cable Television Commission are co-sponsoring **Local Election Forums** on **Saturday**,

October 11, 2014 -- in the Sacramento County Board of Supervisors Chamber, 700 H Street, Room 1450.

The schedule for Saturday, October 11 is:

9:00am	Galt City Council
10:30am	Folsom City Council
Noon	Rancho Cordova City Council
1:30pm	Citrus Heights City Council
2:45pm	Elk Grove - Mayor
3:15pm	Elk Grove City Council – Districts 2 & 4
4:30pm	Sacramento City Council - District 3
5:15pm	Sacramento City Council - District 8

The public and media are invited to attend these forums. Saturday's forums will be cablecast LIVE on Metro Cable 14, the Sacramento local government affairs channel. Live audio feed is available to the media.

A repeat playback schedule is advertised on [Metro Cable 14's bulletin board](#) daily from 6am to 8am.

Vote Election Day Tuesday, November 4, 2014.
For video streaming, visit www.sacmetrocastv.com.

Sponsored by:
League of Women Voters of
Sacramento County and
Sacramento Metropolitan
Cable Television Commission.



For more information please call
Kristin Riggs at Metro Cable
Channel 14 – 916-874-7685.



Sacramento Metropolitan Cable Television Commission



Community Events

Sunday Funday - A Great Success!



Sunday Funday was held on Sunday, September 28th from 11am-3pm. It was another fantastic event even with the few sprinkles we had. The Zip Line was definitely a hit with a line that looked like it came out of Disneyland. The ever popular kids raffle booth was busy all day with kids taking home some great prizes. Sunday Funday 2014 was sponsored by the City of Citrus Heights, Sunrise Recreation and Park District, Citrus Heights Chamber of Commerce, Republic Services (Platinum Sponsor!), Cintas, SMUD, Sunrise Mall, California American Water, Re-Elect Ken Cooley for Assembly 2014 and Radio Disney. Thank you to all of the City staff and volunteers that help make this event possible.



Halloween Safety



The Citrus Heights Police Department would like to wish you a safe Halloween! Below are wonderful links to safety tips you can share with your family, friends and neighbors.

Find out what "SAFE HALLOWEEN" stands for: <http://www.cdc.gov/family/halloween/>

Looking forward to all the candy? Here is a link for a food safety on this sweet holiday: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm187021.htm>

Keep your kids safe on the streets with the following tips: <http://www.safekids.org/halloween>

Help your furry friends enjoy this holiday as well: <http://www.asPCA.org/pet-care/halloween-safety-tips>

General Safety Information:

<http://www.cpsc.gov/PageFiles/121343/100.pdf>

<http://metrofire.ca.gov/index.php/cs-safety-tips/151-halloween-safety-tips>



Community Events

6th Annual Antelope Crossing Spooktacular

Free Family Fun at the 6th Annual Antelope Crossing Spooktacular!

Saturday, October 18, 2014 – 10 a.m. to 4 p.m.

On October 18, 2014, the Antelope Crossing Business Association (ACBA) and the City of Citrus Heights will host the Sixth Annual Antelope Crossing Spooktacular at the Antelope Crossing commercial and retail plazas located at Antelope Road and Interstate 80.

Among other fun activities, the 2014 Spooktacular will feature a **Free Family Fun Zone** including bounce houses; an obstacle course; an Adventure Dome; Midway carnival games; and a Raley's Pumpkin Patch. The annual Children's Costume Contest will begin at 3:00pm on the main stage, with fabulous prizes for multiple age groups. A few of this year's prizes include a 10-speed bicycle, free pizza, and gift certificates.

Sponsored by El Dorado Saving's Bank, the Entertainment Stage will feature live entertainment throughout the event. A few of the acts include Jonathan's Amazing Magic Show; Music Partner's Academy; and the Extreme Martial Arts Lion Dance. Vendor, craft, and informational booths will also be open throughout the day for attendees to peruse.

For more information about the 2014 Antelope Crossing Spooktacular, contact Dale Covey at (916) 729-1100.



HOWL - O - WEEN Pet Fair and Canine Costume Contest

The Citrus Heights Community Marching Band is proud to invite everyone in the community to their 3rd Annual "Howl-O-Ween" Pet Fair and Costume Contest, on Saturday, October 25th, 11:00am at Rusch Park. All funds raised from this fun event will directly benefit the Citrus Heights Community Marching Band, a FREE all ages show band that performs 20 times year round in the Greater Sacramento area.

The "Big Deal" of their event will be the Canine Costume Contest. Its only \$5 to sign up your dog, and you can enter as Funniest, Scariest, or Most Original. There will be lots of fun FREE activities including a demonstration by the Citrus Heights Police K9 Squad, Doggie Play Zone, craft contests and vendors from around the region, informative pet seminars, and exciting entertainment including Star Wars characters and DJ Dennis "Bad Dog" Keating.

Event sponsors include Atlas Disposal, Douglas Ranch Supply, The Sunrise Recreation and Park District, The City of Citrus Heights, the Hearts For Parks Foundation, and Summer Hills Veterinary Clinic who will be providing low-cost Microchipping and Nutrition consulting. For more information about the CHCMB, or how YOU can be part of the fun, check us out online at www.chcmb.org or call Kathy at 916-725-0198!



The Weather is Changing and Safety is First Priority!

Fireplace and Home Fire Safety

More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels. Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently. The U.S. Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility ...Fire Stops With You!

Keep Fireplaces and Wood Stoves Clean

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Leave glass doors open while burning a fire. Leaving the doors open ensures that the fire receives enough air to ensure complete combustion and keeps creosote from building up in the chimney.
- Close glass doors when the fire is out to keep air from the chimney opening from getting into the room. Most glass fireplace doors have a metal mesh screen which should be closed when the glass doors are open. This mesh screen helps keep embers from getting out of the fireplace area.
- Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
- Install stovepipe thermometers to help monitor flue temperatures.
- Keep air inlets on wood stoves open, and never restrict air supply to fireplaces. Otherwise you may cause creosote buildup that could lead to a chimney fire.

Use fire-resistant materials on walls around wood stoves.

Safely Burn Fuels

- Never use flammable liquids to start a fire.
- Use only seasoned hardwood. Soft, moist wood accelerates creosote buildup. In pellet stoves, burn only dry, seasoned wood pellets.
- Build small fires that burn completely and produce less smoke.
- Never burn cardboard boxes, trash or debris in your fireplace or wood stove.
- When building a fire, place logs at the rear of the fireplace on an adequate supporting grate.
- Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.

Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from your home and any other nearby buildings. Never empty the ash directly into a trash can. Douse and saturate the ashes with water.

Protect the Outside of Your Home

- Stack firewood outdoors at least 30 feet away from your home.
- Keep the roof clear of leaves, pine needles and other debris.
- Cover the chimney with a mesh screen spark arrester.

Remove branches hanging above the chimney, flues or vents.

Protect the Inside of Your Home

- Install smoke alarms on every level of your home and inside and outside of sleeping areas. Test them monthly and change the batteries at least once a year. Consider installing the new long life smoke alarms.
- Provide proper venting systems for all heating equipment.

Extend all vent pipes at least three feet above the roof.



***NEW* Lost & Found HOTLINE ~ Citrus Heights Animal Services**
 916-727-4850 Afterhours and Weekends
 Help our On-Call Animal Services Officers reunite owners & pets!!



Nextdoor - Private Social Network for Neighbors

The Citrus Heights Police Department announced a partnership with Nextdoor (www.nextdoor.com), the private social network for neighborhoods, to build stronger, safer communities with the help of residents. This integration with Nextdoor will enable the Citrus Heights Police Department to communicate online with Citrus Heights neighborhoods. Residents and police will be able to work together to improve safety and strengthen neighborhood watch efforts.

“The Citrus Heights Police Department has always focused our efforts on developing strong relationships with those living and working within our community. Communication is necessary to better connect with our community and improve overall safety,” said Police Lieutenant Ryan Kinnan. “Our partnership with Nextdoor will help CHPD and Citrus Heights residents connect and collaborate with a focus on keeping our community safe.”

Nextdoor has proven to be an essential and well-adopted tool for Citrus Heights residents, which already as a number of neighborhoods using their own Nextdoor websites.

With Nextdoor, Citrus Heights residents can join private neighborhood websites to share information, including neighborhood public safety issues, community events and activities, local services, and even lost pets. The Citrus Heights Police Department will be able to post information, such as safety tips and crime alerts, to Nextdoor websites within the city.

Nextdoor is free for residents and the Police Department. Each Citrus Heights neighborhood has its own private Nextdoor neighborhood website, accessible only to residents who verify that they live in the neighborhood. Neighborhoods establish and self-manage their own Nextdoor websites and the Police Department will not be able to access residents’ websites, contact information, or content. Information shared on Nextdoor is password protected and cannot be accessed by search engines.

Those interested in joining their neighborhood’s Nextdoor website can visit www.nextdoor.com and enter their address.



Everbridge Mass Notification



Citizen Alert System Servicing Citrus Heights

The Citrus Heights Police Department has have launched a new Mass Notification service that allows us to alert you, called the Everbridge system. This is a citizen alert system serving the City of Citrus Heights and the Counties of Placer – Sacramento – Yolo counties. This system is designed to send out non-emergency community alerts to citizens that chose to opt-in and register for the program. Such examples of these alerts would include road closures, like the roadway project on Auburn Blvd., or storm related problems similar to the one several weeks ago.

To opt-in and register for the program a citizen can either go to the Citrus Heights Police Department’s web-site at www.citrusheightspd.com look under the Emergency Notification System Sign Up logo, and click on it. This will bring you to the registration forms.

Once a Citizen has located the registration forms they will have to create a username and password. This will allow citizens to create a profile to edit their information as needed. Citizens are able to register several phone numbers such as their work, home, and mobile phone. Citizens can also register to receive Text messages, and e-mails to both their personal and business accounts where allowed.

Hearing impaired individuals are also able to register their TTY/TTD lines. Citrus Heights senior citizens that do not have access to a computer or need assistance registering for this program can contact the Citrus Heights Police Department at 916-727-5500 and the staff there will assist seniors with registering for the program.

Continuum of Care (CoC) Advisory Board

The Continuum of Care Advisory Board provides guidance regarding services to the homeless and emergency sheltering in Sacramento County. Sacramento Steps Forward (SSF) administers federal grants for homeless housing and services in Sacramento County.

Sacramento Steps Forward and the Continuum of Care are currently engaged in a community process to update the Strategic Action Plan. City staff participated in a workshop on September 9, 2014 as part of this process. The online resource for sharing and gathering information for the Strategic Action planning process is called the "Foundry" and can be accessed from: <https://homebaseccc.org/foundry/>.

Sacramento's Winter Sanctuary provides shelter for single men through the assistance of faith-based organizations. Planning efforts are ongoing, with an anticipated start date of November 24, 2014.

Sacramento Steps forward will host a Homeless Connect event focusing on medical screenings for the homeless on Saturday, Oct 25, 2014 at Sacramento City College.



Medical Office & City Hall Project

Environment Impact Report Preparation to Begin

The City of Citrus Heights will be the lead agency for the proposed project that would relocate City Hall to a vacant parcel "Stock Property" and construct a medical office building on the site of the current City Hall. A Notice of Preparation (NOP) has been issued to notify responsible and interested parties that the City will be preparing an Environmental Impact Report (EIR) for the project. This NOP provides a summary of the proposed project description, including the approvals of entitlements needed for the project, vicinity and site plans. It also identifies the project's probable environmental effects, as determined based on the analysis in the Initial Study completed for this project.

In compliance with CEQA, a public meeting to review the NOP and receive comments regarding the scope of the EIR will be held on **October 14, 2014 at 4:00 p.m.** in the Council Chambers located at 7117 Greenback Lane, Citrus Heights.

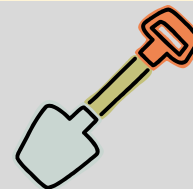
The NOP is being circulated for a 30-day public review period. Comments may be submitted to the city no later than **5 p.m. on October 27, 2014**. Please submit written comments to the Planning Division by mail or e-mail (planning@citrusheights.net). For additional information contact Colleen McDuffee at (916) 727-4740.

Documents may be viewed or printed from the city's website at www.citrusheights.net or hard copies are available at the public counter of City Hall.

Construction Projects



Project	Status
Mariposa Avenue Safe Route to School Phase 3 Project	The Mariposa Avenue Safe Routes to School - Phase 3 project will install new curb, gutter, sidewalk, incidental drainage improvements and street lights along the east side of Mariposa Avenue from Northridge Drive to Eastgate Avenue. The project will also infill some missing sidewalk segments on Farmgate Way from Mariposa Avenue to Our Way. The finished project will result in continuous sidewalk on both sides of Mariposa from Greenback Lane to Skycrest Elementary School and along Farmgate Way from Birdcage Street to Mariposa Avenue. In early September the Federal Highway Administration and Caltrans authorized the City to begin design and environmental review for the project. Staff expects to issue a Request for Proposals for Design Services in October with the goal of hiring a consultant and beginning design in December 2014.
Advanced Traffic Management System (ATMS)	ATMS system and cameras are working well on the Sunrise Blvd and Greenback Lane corridors.
Area 5 Traffic Safety, Accessibility and Walkability Phase 1B Project	As of October 1st, the contractor has completed 95%. Staff is currently working with the contractor on a final punch list of cleanup/correction items, which should be finished by mid-October.
Sunrise/Sungarden Intersection Safety Improvement Project	City Council awarded the construction contract to Teichert Construction on September 25th. Staff will convene a pre-construction conference in mid-October and construction is expected to begin in late October. The project is expected to wrap up in April 2015, weather permitting.
Sunrise Blvd Complete Streets Improvements - Phase 3 (Antelope Road to north City Limits - west side only)	On September 19th the Federal Highway Administration and Caltrans issued an Authorization to Construct for the project. Bidding will occur over the winter months and construction is slated to start in spring 2015.
SRCC Creek Cleaning	Crews performed weed and litter abatement activities from public right-of-way and watered City trees at the following locations: Van Maren Lane, Hyssop Court, Antelope Road, Twin Oaks Avenue, Old Auburn Road, and Fair Oaks Boulevard. Specifically, SRCC members removed 22 cubic yards and 3 bags of trash. In addition, SRCC staff cleaned 12,800 lineal feet of Cripple Creek from Van Maren Lane east to Auburn Boulevard.
Sunrise Blvd Bus Stop Improvements Project, Phase 2	Location #1 (Sunrise Blvd & Macy Plaza Drive): The City is working with AT&T to complete the lowering of the AT&T vault that is in conflict with the bus turnout. AT&T must lower their lines and replace the vault. The vault is pre-engineered and will require approximately 3 weeks for fabrication, delivery, and installation. AT&T is obtaining approvals for this work order. Once this is completed the project can move forward. The other conflicts with utility conduits (SMUD, CCL, and AT&T) and the retaining wall have been resolved, and the contractor is working on the retaining wall and other improvements at the south end of the project that are not impacted by the vault.
2014 Residential Street Resurfacing Program	On September 11th the City Council awarded the construction contract to Central Valley Engineering and Asphalt. A pre-construction conference was held on September 16th and CVE began work September 29th on Misty Creek Dr. All work should be complete by late November.
Areas 8, 9 & 10 Drainage Master Plan Study	The project consultant (West Yost Associates), is currently in the process of investigating three significant drainage issues raised at the public meeting on July 31st to develop comprehensive solutions. Following the additional analysis, City staff will present the final Areas 8, 9, and 10 Drainage Master Plan Study to Council in November.
Parkoaks Creek Bank Restoration Project	Staff submitted a grant application for \$578,000 to the Natural Resources Agency to mitigate the erosion on the bank of Brooktree Creek where it intersects with Parkoaks Drive. The Department of Fish and Wildlife approved the environmental review of the project which is included in the City's CIP for construction in Summer 2015.
Storm Drain System Yearly Cleaning	Staff is developing a work order for storm drains to be cleaned in FY 14/15. The storm drain cleaning program will concentrate in Neighborhood Areas 6, 7, 8 and 9 this year.
Twin Oaks and Mariposa Diversion Pipe (Area 6&7 Master Plan Implementation)	Staff presented the final design plans to residents adjacent to the project site on September 25th at 7:00 a.m. in the Twin Oaks Avenue Baptist Church parking lot. Staff received positive comments from meeting participants and will begin to prepare BID documents to proceed with construction in November (weather permitting).





Citrus Heights Community Center

As of October 1, 2014, the Center is at 4,396 events booked.

Volunteers Needed: 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. The Community Center's volunteers work in the facility during normal business hours, Monday through Friday.

Rental Facilities: There are several options of available spaces at affordable prices for your next gathering. 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 Center is busy and fully booked.

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.



COME JOIN YOUR NEIGHBORS!



Residents'
Empowerment
Association of
Citrus
Heights

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.

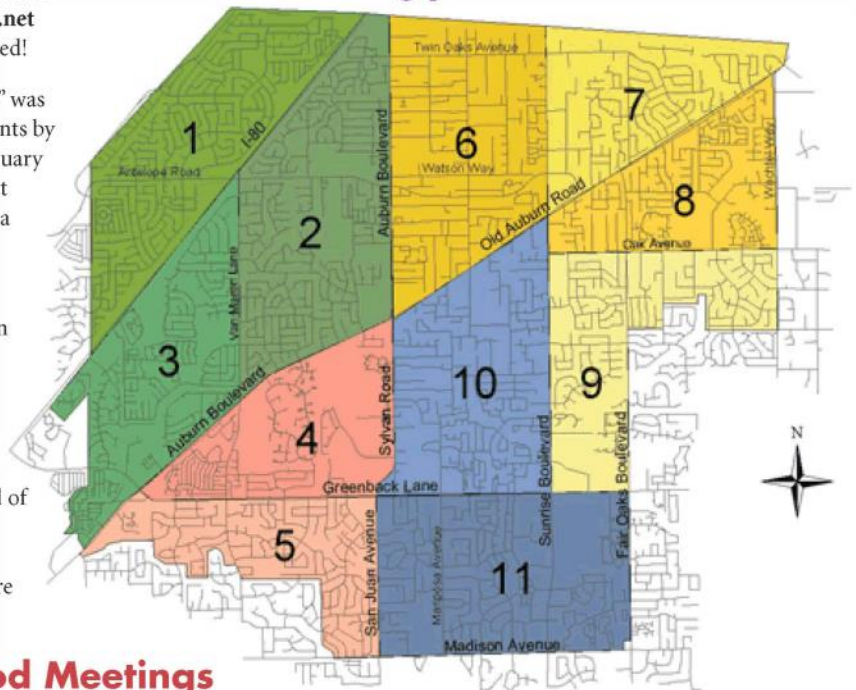
Anyone who lives, rents, or owns property or a business in Citrus Heights can get involved! Citrus Heights is divided into 11 Neighborhoods, and each Neighborhood is represented by a Neighborhood Association (Areas 7 & 8 are combined). Visit the City's website www.citrusheights.net and find out more 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	Woodside School (8248 Villa Oak Dr.)	3 rd Tuesday
Area #9 - Sunrise Oaks	Christ Fellowship 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

STAND UP SPEAK OUT!

FOR YOUTHS & PARENTS
RAISING AWARENESS AND HIGHLIGHTING BULLYING PREVENTION!

2ND ANNUAL

YOUTH RALLY AGAINST BULLYING

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

FREE MUSIC, GIVE AWAYS & RAFFLE PRIZES!

Sponsored by the Sacramento Regional
Coalition for Tolerance, a partnership of OCA
Sacramento and Senate President
Pro Tem Darrell Steinberg.

STUDENT VOLUNTEERS CAN EARN 6 OR MORE HOURS
OF COMMUNITY SERVICE HOURS.

SAT., OCT. 11 2014
11 AM - 3 PM

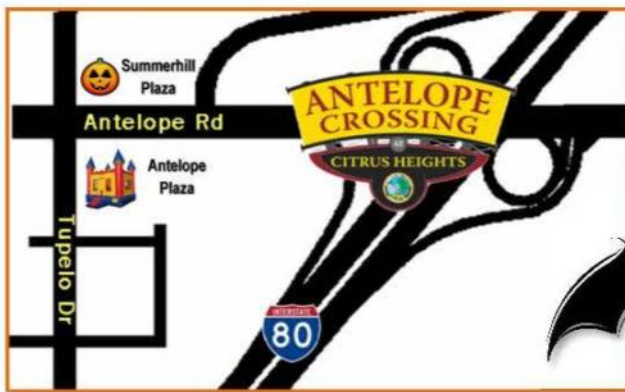
CAPITOL BUILDING, WEST STEPS
DOWNTOWN SACRAMENTO

FOR MORE INFORMATION, EMAIL:

STANDUP@OCASACRAMENTO.ORG OR VISIT WWW.OCASACRAMENTO.ORG



FOLLOW
US ON TWITTER
#SacSpeaksOut



Antelope Crossing's SPOOKTACULAR



FUN FOR THE ENTIRE FAMILY!

SATURDAY, OCTOBER 18th

10 AM - 4 PM

Please join us for some ghoulish games, frightening food and freaky fun!

PUMPKIN PATCH • FUN ZONE • LIVE ENTERTAINMENT
COSTUME CONTEST • PRIZES • HEALTH FAIR
FACE PAINTING • CRAFT/MERCHANDISE VENDORS
ENTERTAINMENT BY REAL MAGIC

Sponsored by the Antelope Crossing Business Association and City of Citrus Heights

Check out Antelope Crossing Business Association at
www.AntelopeCrossing.net and on 

BE HALLOWEEN Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.



Sparky® is a trademark of the NFPA.

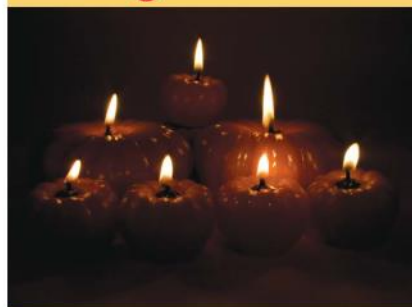
Halloween Fire Safety Tips

- » **When choosing a costume**, stay away from billowing or long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- » **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- » Dried flowers, cornstalks and crepe paper are highly flammable. **Keep** these and other decorations well away from all open flames and heat sources, including light bulbs, and heaters.
- » **It is safest to use** a flashlight or battery-operated candle in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
- » **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- » **Tell children** to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

Did you know?



Decorations are the first thing to ignite in **900** reported home fires each year. Two of every five of these fires were started by a candle.



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education



SACRAMENTO PUBLIC LIBRARY

Schedule of Events

Sylvan Oaks Library, 6700 Auburn Blvd., Citrus Heights

Sunday & Monday: Closed; Tuesday & Wednesday: 10 a.m. - 8 p.m.; Thursday: 10 a.m. - 6 p.m.;

Friday: 1 p.m. - 6 p.m.; Saturday: 10 a.m. - 5 p.m.

For details, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

October 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 AM-Preschool Storytime @ Sylvan Oaks 3:30 PM-Homework Zone @ Sylvan Oaks 3:30 PM-Job Coach @ Sylvan Oaks 4:30 PM-Job Coach @ Sylvan Oaks	2 12:00 PM-Russian Storytime @ Sylvan Oaks 3:30 PM-Read to a Dog!	3	4 11:00 AM-Teen Volunteer Training @ Sylvan Oaks
5	6	7 11:15 AM-Toddler Storytime @ Sylvan Oaks 6:00 PM-Tuesday Movie Madness! @ Sylvan Oaks	8 11:00 AM-Preschool Storytime @ Sylvan Oaks 3:30 PM-Homework Zone @ Sylvan Oaks 3:30 PM-Job Coach @ Sylvan Oaks 4:30 PM-Job Coach @ Sylvan Oaks	9	10 1:30 PM-Coffee, Donuts, and a Movie @ Sylvan Oaks	11 10:00 AM-Adults Book Club @ Sylvan Oaks
12	13	14 11:15 AM-Toddler Storytime @ Sylvan Oaks	15 11:00 AM-Preschool Storytime @ Sylvan Oaks 3:30 PM-Homework Zone @ Sylvan Oaks 3:30 PM-Job Coach @ Sylvan Oaks 4:30 PM-Job Coach @ Sylvan Oaks	16 12:00 PM-Russian Storytime @ Sylvan Oaks	17	18 10:30 AM-Sensory Storytime @ Sylvan Oaks
19	20	21	22 3:30 PM-Homework Zone @ Sylvan Oaks 3:30 PM-Job Coach @ Sylvan Oaks 4:30 PM-Job Coach @ Sylvan Oaks	23	24	25
26	27	28 5:00 PM-Teen Advisory Board @ Sylvan Oaks	29 3:30 PM-Homework Zone @ Sylvan Oaks 3:30 PM-Job Coach @ Sylvan Oaks 4:30 PM-Job Coach @ Sylvan Oaks	30	31	

Car Seat Resources in the Sacramento Area

The agencies below assist parents and caregivers with installing car seats correctly. Some agencies may provide low cost seats to eligible families.

Car Seat Classes

All agencies below offer car seat classes by appointment only. Please call for details.

Safe Kids/Dignity Health

Car seat safety checks at Mercy San Juan Medical Center and Methodist Hospital, offered once a week, please call for date and location. Low-cost car seat program available for low-income families with proof of assistance. Program includes two hour car seat education class and inspection appointment.

If interested, please call the appropriate number below:

English (916) 864-5779

Spanish (916) 904-3799

Hmong (916) 864-5541

Russian (916) 864-5566

Sacramento Native American Health Center

SNAHC offers car seat classes once a month and free car seats for families who qualify and complete the class. SNAHC primarily serves Native Americans families.

If interested, please call

(916) 341-0576 Ext. 2219

UC Davis Health Care System

UCD Health Care System offers monthly car seat classes in English & Spanish. In addition, low-cost car seats are available to eligible families.

If interested, please call (916) 734-9784

Para Espanol llame (916) 734-9799 Ext. 2

Violator Programs

Sacramento County—CHIIPP Program

Violator program by appointment and court referral only.

(916) 875-5869

*Spanish speaker available.

Buckle Up Baby

Violator program by appointment and court referral only.

If interested, contact Jim Owens

(916) 772-6300

Car Seat Checks

All car seat checks require an appointment. Please call locations for information regarding available appointments and low cost car seats.

Sacramento County Sacramento

Safe Kids/ Dignity Health
Mercy San Juan Hospital
6501 Coyle Ave.
Methodist Hospital
7500 Hospital Dr.
(916) 864-5779

Sacramento Native American Health Center
2020 J St
(916) 341-0576

UC Davis Health Care System
4900 Broadway, Ste 1650
(916) 734-9784

California Rural Indian Health Board
4400 Auburn Blvd.
(916) 929-9761

CHP—Capitol Protection
1801 9th St.
(916) 322-3337

CHP—North Sacramento
5109 Tyler St.
(916) 338-6710 Ext. 247
Spanish translator available.

CHP—South Sacramento
6 Massie Ct.
(916) 681-2300
Spanish and Russian translators available.

CHP—Valley Division
2555 1st Ave.
(916) 464-2090
Spanish translators available.

CHP—East Sacramento
11336 Trade Center Dr.
(916) 464-1450

Citrus Heights

AAA Car Seat Program
6109 Sunrise Blvd.
(916) 560-0503

Sacramento County Elk Grove

Elk Grove Police Department
8400 Laguna Palms Way
(916) 478-8170

Cosumnes Fire Department
8760 Elk Grove Blvd.
(916) 405-7114

Folsom

AAA Car Seat Program
2405 Iron Point Rd., Ste. 130
(916) 351-2629

El Dorado County El Dorado Hills

El Dorado Hills Fire Department
Station #86
3670 Bass Lake Rd.
(916) 933-6692

CHP—Placerville
3031 LoHi Way
(530) 662-1110

Placerville

AAA Car Seat Program
3979 Missouri Flat Rd., Suite 120
(530) 295-6605

Placer County Roseville

Roseville Fire Department
401 Oak St.
(916) 772-6300

CHP—Newcastle
9440 Indian Hill Rd.
(530) 663-3344

Yolo County Woodland

Yolo County Health Department
137 N. Cottonwood St.
(530) 666-8561

CHP—Woodland
13739 Andrew Stevens Dr.
(530) 662-4685



Updated: March 2014

To update this list contact Megan Sheffield
Sacramento County
Childhood Illness & Injury
Prevention Program
(916) 875-5869

California Car Seat Law

Children under age 8 must be properly buckled into a car seat or booster in the back seat.

Children between age 8 and 16 must wear their seat belt correctly and should sit in a booster seat if necessary.

The seat belt fits properly if the shoulder belt lays across the collarbone and the lap belt lies over the hips.

Conference Organizers

David Cropp, MSW, is a partnering coordinator for the Cal OES grant on Children Exposed to Domestic Violence. He has 35 years of law enforcement experience and is currently lead faculty with the University of Phoenix, Sacramento Valley Campus in the College of Criminal Justice and Security. Dave co-founded the Sacramento Domestic Violence Prevention Collaborative (DVPC) and holds a master's degree in behavioral science from CSUS.

Elaine Whitefeather is the Executive Director of A Community For Peace (ACFP) in Citrus Heights, CA. Elaine is a professional speaker on violence against women, dedicated the past 35 years in the domestic violence field, as a leader, director, consultant and trainer for national and international dv programs.

Joyce Bilyeu, Child Abuse Prevention Center (CAPC) and more than 30 years of experience in program development, implementation and training. She has developed training curricula and provided training on the dynamics of domestic violence, sexual assault, shaken baby syndrome, infant safe sleeping and child abuse prevention to Law Enforcement, Mental Health Professionals, Health Care Providers, Civic Organization, AmeriCorps members, and other public and private organizations.

Keeva Pierce, MSW is a Human Services Program Planner for Sacramento County Child Protective Services (CPS), Emergency Response Bureau (ER). Keeva has over 15 years of CPS experience including supervision. Keeva is a graduate of Southern University in Baton Rouge, Louisiana, and later earned her MSW from California State University, Sacramento.

Community Partners

The Office of the District Attorney of Sacramento County California
The District Attorney's Office takes seriously its role in the community as a good citizen, and to foster community partnerships, respect multicultural diversity and work with the community toward a safer neighborhood in which to live and work.

Sacramento Domestic Violence Prevention Collaborative (DVPC)
The DVPC is comprised of dozens of agencies and organizations who provide a multi-agency response dedicated to the prevention of domestic violence through advocacy, intervention, education and training, law enforcement, and the coordination of resources.

Sacramento county Family Justice Center
The FJC collaborative approach recognizes that services must be survivor driven. The most vulnerable survivors of family violence are often children. To provide hope and healing we must focus our collective response and provide services that include innovative approaches that see children as survivors who have the power to break the cycle, not bystanders.

Cal OES
Funding for this one-day training conference was made available by a grant from the California Governor's Office of Emergency Services (Cal OES - REV 12 01 6366) through a federal Children's Justice Act grant. The opinions, findings, and conclusions in this training are those of the presenters and not necessarily those of Cal OES. Cal OES reserves a royalty-free, non-exclusive, and irrevocable license to reproduce, publish, and use this material and to authorize others to do so.

Thank You DVPC Partners



Sacramento Regional Family Justice Center



WEAVE inc



A portion of the conference fees may be tax deductible. Consult your tax agent. TAX ID# 68-0457704

WHAT ABOUT THE CHILDREN?

Opportunities for
Community First Responders
to Children Exposed to DV



Benefits of Attending

Why you should attend?

This conference is for anyone who is interested in understanding the impact of an environment of violence on a child's development through both a brain-based approach and a behavioral understanding of trauma. Domestic Violence/Family Violence impacts a child's ability to live and navigate his or her world; impacts a child's/youth's ability to make good and healthy choices; and sets the course or foundation of his or her adult life.

Who are First Responders?

Anyone can be a first responder! This conference will benefit traditional First Responders: Law Enforcement, Child Protective Services, Family Court/Mediators, District Attorney's Office, Probation, Doctors, Therapists, School counselors, teachers, child advocates, domestic violence advocates, victims' services advocates, pastors and youth group facilitators whose professions or services intersect with any child or teen. This conference is for anyone interested in becoming apart of an informed collaboration of Community First Responders to children.

Impact to Kids

Children impacted by domestic violence may display the following: (not a complete list)

- Headaches, stomach aches
- Sleeplessness, fears of going to sleep, nightmares, dreams of danger
- Anxiety about being hurt or killed
- Hyper vigilant about danger
- Fighting with, or hurting other kids or animals
- Temper tantrums, withdrawal from other people & activities
- Depression, feelings of loneliness & isolation
- Substance abuse, suicide attempts
- Fear of going to school or fear of being separated from mother
- Truancy, stealing, frozen watchfulness
- Acting perfect, over achieving, behaving like small adults
- Difficulty concentrating & paying attention
- Bed-wetting or regression to earlier developmental stages
- Identification with aggressor



Registration

Date:	October 29, 2014
Location:	Citrus Heights Community Center 6300 Fountain Square Drive Citrus Heights, CA 95621 c/o Nancy—916-728-5613, x704
Time:	8-5 pm
Includes:	Breakfast and Catered Box Lunch
Register ONLINE:	\$15 www.ACommunityForPeace.org 916-728-5613, x704
Register FOR CEU's:	\$10 - (8) BBS CEUs (LCSW / MFT) 6 hours of General MCLE credit Visionary Educational Institute www.visionaryed.com

How to Register

1. Complete registration online or mail registration to ACFP, 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610. 916-728-5613, x704
Online: ACommunityForPeace.org
PayPal, US Mail or payment will be accepted at the door.
2. For CEU's and other professional licensure units visit: Visionary Institute at Visionaryed.com
8 CEU units available for LCSW and MFT, CA BBS Approved. This Program is certified for 6 hours of General MCLE credit. The Office of the District Attorney of Sacramento County is a California approved MCLE provider.
All CEUs available for \$10 processing fee.
Register for conference CEU's through Visionary Educational Institutes

Featured Speakers



Kate Messina Ph.D., LCSW is co-owner of WisdomPath Way, with over 25 years of experience helping parents experience success in raising healthy and happy children. In addition to teaching the WisdomPath Way to parents and mental health professionals, she is in private practice in Fair Oaks, CA, and is an adjunct professor at the California State University, Sacramento. She also provides consultation and supervision to MH programs and individuals studying for BBSE licensure.
wisdompath-parenting.com




Kathryn Garcia, LCSW has 25 years of varied clinical and managerial experience in the mental health field. Her clinical role for the past 20 years has been in assessment, treatment planning and therapy, and case management of patients at risk for hospitalization or discharge from hospital. Kathryn is well versed in family dynamics, interactional styles, subtle struggles and in developing thoughtful treatment plans for families in need. Visionaryed.com

"What about the children to ignore is so easy. So many innocent children who will choose the wrong way if not for us."

-Yolanda Adams

WANTED

Bilingual Election Officers

Spanish  ***Japanese***
Chinese ***Tagalog***
Vietnamese ***Hindi***
Korean

ELECTION DAY NOVEMBER 4, 2014

**EARN
\$\$\$**

**ASSIST AND
SERVE YOUR
NEIGHBORS**

**GIVE BACK TO
YOUR COMMUNITY
WHILE LEARNING
THE DEMOCRATIC
PROCESS!**

For more information, call Voter Registration and Elections at (916) 875-6100
You can also visit our website at www.elections.saccounty.net or
Email us at PrecinctOperations@saccounty.net



The City of Citrus Heights and the Citrus Heights Police Department in partnership with Citrus Heights Service Clubs, Businesses, Community Members, and Schools proudly present the



6th Annual Holiday Referral Program



This program is designed to help families who reside in the City of Citrus Heights and have had a recent hardship over the last year.

We are looking for participants to adopt families, donate gifts, food boxes, gift cards, and new unwrapped toys.

For questions regarding this program, please email holidayreferral@citrusheights.net or call 916-727-5565.

Please note that this is a referral only program.

The Citrus Heights Police Department will be accepting applications from Monday, November 3-Friday, November 21, 2014.



FREE SPAY OR NEUTER!
Any Citrus Heights CAT!
Owned, Stray or Feral!

FREE Spay/Neuter vouchers
 thanks to PetSmart Charities!
 Contact:

Citrus Heights Animal Services
916-725-7387 (PETS)

Sacramento Area Animal Coalition
www.sacanimal.org
 River City Cat Rescue
www.rivercitycatrescue.org

TIPS—FEEDING CATS AROUND WILDLIFE

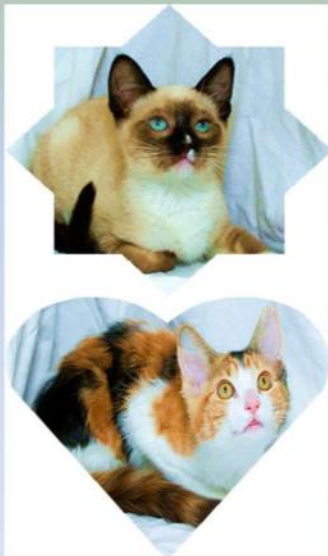
- Remove feeding dishes before dark
- Vaccinate whenever possible.
- Feeding will attract ALL neighborhood outdoor cats & wildlife looking for a free meal—know your population.
- Interested in Trap-Neuter-Return (TNR) pilot program? Call Citrus Heights Animal Services 916-725-7387

WARNINGS—FEEDING CATS NEAR WILDLIFE

- Cats' exposure to Rabies by wildlife increases.
- Attracts wildlife—raccoons, skunks, rodents & coyotes.
- Habituates wildlife to feeding on left over food
- Provides coyotes with prey.
- See **Keep Me Wild** at US Dept. Fish & Wildlife.
<http://www.dfg.ca.gov/keepmewild/>



Adopt a City Kitty!*
 Every Saturday & Sunday at
PETCO Citrus Heights!



Meet your purrfect best friend
 ANY Saturday & Sunday
 10 am – 4 pm in **PetCo** Citrus Heights
 6067 Greenback Lane
 (corner of Auburn & Greenback)
 Adopt a **locally** rescued kitten or cat!
 Cats and kittens are friendly,
 fixed and vaccinated!

Call Citrus Heights Animal Services
 for more information: 916-725-7387



***Adoption fees
 apply**

All our adoptees are:

*FelV/FIV tested * Spayed or neutered * Vaccinated * Dewormed * Flea treated * Microchipped*