

# THE HEIGHTS

## CALIFORNIA HEIGHTS NEIGHBORHOOD NEWS

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The Heights is a bimonthly publication of the California Heights Neighborhood Association. All residents are invited to contribute articles and opinions. We reserve the right to edit for clarity and brevity. Opinions expressed are not necessarily shared by all residents nor the editor. Our goal is to provide a voice to our community and keep residents informed of issues affecting California Heights.



Lamppost on 36<sup>th</sup> and Olive being restored and sample plaque.

## Cal Heights Rewarded with Lamppost Grant!

*Karen Highberger*

The California Heights Historic District has been awarded a \$25,000 grant for our lamppost restoration project. This is a great boost for a project that has been ongoing for ten years. The grant is provided by the Long Beach Navy Memorial Heritage Association. The criteria includes the preservation or restoration of historic structures and benefit to the public, among other things. They also consider the viability of the proposed projects and the ability of the applicant to complete the work in the set timeline, as well as any additional funding for the project.

The Cal Heights Board decided last fall to submit the initial request and voted to commit \$9,000 in matching funds to the project. The maximum amount you could request was \$50,000 and that's what we did. We were invited to submit a full proposal in December and we received the good news on March 8<sup>th</sup>.

This will allow us to restore 55 lampposts, plus any additional lampposts sponsored by homeowners. Anyone who has sponsored a lamppost in the past knows how long the wait is (years in some cases!) due to the minimum order of 24 units. This is wonderful news for anyone interested in a sponsorship since the minimum order is covered and the work will be completed this year. The goal of the Cal Heights Board is to focus the latest restorations along the main streets, Wardlow and Bixby roads, 36<sup>th</sup> and 37<sup>th</sup> streets.

We will be conducting a survey to determine how far we can get with the 55 units. If we have any left once the main streets are done, we will focus on other streets throughout the neighborhood.

Please consider contributing to the beauty and ambiance of your neighborhood by sponsoring a lamppost. More information about sponsorship can be found on page 8. ❁

*president's message*

A MESSAGE FROM JOHN ROYCE

Opportunities present themselves regularly. Some we pay attention to, but with our busy lives, most of them go by without even being taken into consideration. I'd like to take a moment to ask you to consider a few that are upon us now.

**Vote.** There are few things more frustrating to community activists than hearing folks complain that their elected officials are not responsive, yet the vast majority never takes the time to attend a local community or association meeting, contact an elected official or attend a City Council session. Sadly, the majority don't even vote in local elections. Please, take the time to learn more and vote in the April 13<sup>th</sup> election. Visit [calheights.org](http://calheights.org) to see the list of council candidates and links to their websites.

**Return your 2010 Census form.** From public safety and health services to parks and transportation funding, how much we get often depends on population. Census forms cannot be shared with anyone – no public or private agencies, no court of law, not even the President of the United States can access individual responses. Census workers face \$250,000 fines and or five years in prison for disclosing information that could identify a respondent or household. Mine took less than five minutes. Please, be counted, for everyone's sake.

**Form a Neighborhood Watch** on your block today. If you do nothing else from a community standpoint this year, do this. It's the best way to expand your neighborly reach and stay in contact with those who share your immediate surroundings. The better we know each other, the better we can identify unusual or suspicious behavior. Get yours started by making a simple call to Lisa at 570.7229.

Thanks to all who participated in the March fundraising effort for Lynda Vitale and her dog Maggie, who were hit by a hit and run driver in December. Lynda continues to recover but remains in a wheel chair and Maggie improves with each passing week thanks to Mrs. Doolittle's donated daily visits, walks and love. Special thanks to the Cristiano family (Nino's) and the Crawshaw family (The Wine Crush) for donating portions of their tabs to help offset Maggie's \$8,000 vet bill. If you'd like to donate further, you can write a check to VCA Lakewood Animal Hospital, write "Maggie's Fund" in the memo. Mail to Mrs. Doolittle's Pet Service, 3635 Lime Avenue, Long Beach 90807. We'll let you know how we did in the next issue.

I'd also like to thank everyone who contributed articles to this issue of "The Heights." Having others contribute relieves the pressure to fill these pages each issue, and infuses new energy and perspectives to keep our newsletter interesting and informative.

Take care and enjoy the spring weather. \*



John Royce  
CHNA President

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## Water and the Spring Garden

John Royce

Spring has sprung! Thanks for saving water this winter by turning off your sprinklers. Now is a great time to give your irrigation system a tune-up. Turn each station on and check for broken heads, leaking pipes or sprinklers that water the street. One broken head can spew more water in one cycle than your whole system would normally use for the day, and it reduces water pressure to other parts of your garden. Adjust your sprinklers to water less in shady areas. While water regulations allow us to water three times per week (Monday, Thursday and Saturday before 9 am and after 4 pm) most of us can maintain a once or twice per week schedule until the weather is consistently warm.

Consider replacing unused lawns with less thirsty ground covers this spring, and get them established before it gets too hot. Free classes at the Long Beach Water Department are around the corner at 1800 East Wardlow Road. On May 1<sup>st</sup> and June 12<sup>th</sup>, learn to select drought tolerant plants. On May 15<sup>th</sup> and June 26<sup>th</sup>, learn how to design your new landscape. Classes are from 9:30 am to 12:30 pm. Register at [waterconservation@lbwater.org](mailto:waterconservation@lbwater.org) or call 570.2308.

In the garden, roses, young trees and many shrubs benefit from several deep soakings per month rather than regular, shallow sprinkler water. They'll form deeper roots, making them more drought tolerant and less apt to form extensive surface roots that compete with other plants and raise sidewalks and patios. Water in the morning when evaporation is low and the warmth of the day will dry the foliage, lessening the chances for powdery mildew and fungal diseases.

Always water well after fertilizing, or wait until just before a spring rain. Most plants benefit from an application of mild natural fertilizer now, except native and Mediterranean plants, which are preparing for a summer rest after their spring bloom cycle winds down.

Happy gardening! ✿

### VOTE! VOTE! VOTE! TUESDAY, APRIL 13<sup>th</sup>

Links to our 7<sup>th</sup> District Council and city wide candidates websites can be found at [calheights.org](http://calheights.org). Be informed and cast your vote!

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## The Sweet Side

*Ilana Brackett*

I love the Sunday Farmer's Market at Longfellow. One of my favorite booths is **Shortnin Bread**. If you have a sweet tooth or just enjoy artisan pastries, cookies, or cupcakes then this is your booth. A family favorite is the Rice Krispie Treat with white chocolate and salted peanuts. I personally enjoy the tarts. I have had the Pink Lady, Raspberry, and Lemon Meyer. The cookies are delish too.

I have not tried a custom cake, but Justina Fenton, owner, takes orders and can deliver. The owners of **Shortnin Bread** are very friendly and ready to help. Their sweets can be found locally at *It's a Grind* on Carson and *The Factory* on Atlantic. You can't miss their adorable red checked booth at the Farmer's Market. If you haven't stopped by and said "Hello" or tried their items you really should. You can learn more about them on facebook.com - search Shortnin Bread.

Another local spot with delicious baked goods is **Jongewaard's Bake n Broil**. This restaurant has the best pies, cakes, and cupcakes. You can't go wrong with the Red Velvet Cake. This item is also available in cupcakes. Of course, Bake and Broil is not only known for their baked goods.

I do enjoy the restaurant at breakfast time. The specials are truly good and the wait is well worth it. The muffins make my mouth water. Bake n Broil is homey, charming and family friendly with a child's menu. I am sure you have been there, but if not give them a try. Bake N Broil - 3697 Atlantic Ave., 595-0396. \*



Shortnin Bread's Red Raspberry Tarts!



## Clean Streets Shout Out

Stacey Morrison

For the last seven months, Clean Streets has been targeting the major streets surrounding Cal Heights. We're not just picking up trash; we've started a dialogue with business owners, explaining our role as volunteers and helping them find strategies to keep their property more tidy.

One such business is the Walgreens on 36<sup>th</sup> and Atlantic. Walgreens is a high volume store with a large parking lot-which means debris can accumulate quickly. We contacted Mr. Chumm, the store manager, and he was very receptive to our concerns. Walgreens has implemented a new policy where every morning Mr. Chumm or a Walgreens employee picks up litter on their property. He said it takes about five minutes.

The message we tell all businesses - if litter is picked up daily it's not time consuming! Thanks Walgreens and Mr. Chumm. Learn more at [calheights.org/clean\\_streets.htm](http://calheights.org/clean_streets.htm). ❀

## Bits and Pieces

After our home remodel and new landscaping we had a problem....loads of left over soil. Our options were to pay to have the soil hauled away, put up a "free dirt" sign, buy lots of pots for planting or make a raised garden bed. Our first choice was the raised bed but having three large dogs we wondered who would win the garden digging war? Would our efforts be dug out in minutes by curious dog? Not to worry, we'd put up a fence.

Being longtime subscribers to Sunset magazine I remembered plans to build a raised garden bed in a past issue. We googled Sunset and easily found the article. Off went my husband to purchase the supplies and by early afternoon we had the start of a new planter. Next, off to South Coast Supply to purchase amended soil to mix with our leftovers. Finally, we bought the dog fencing from our local Lowe's. Using easy to follow instructions, basic tools and minimal effort we had a new garden space. Voilà, problem solved!

Last summer we grew tomatoes, squash, basil, lavender, cosmos and zinnias. Now our 8'x 4' raised garden is filled with spinach, broccoli, red leaf lettuce, strawberries, flowering sweet peas, snapdragons and lavender. As we transition into spring and summer our garden will be filled again with the bounty of vegetables and flowers we enjoy.

Resources: Sunset Magazine — [www.sunset.com/garden/perfect-raised-bed-00400000039550/](http://www.sunset.com/garden/perfect-raised-bed-00400000039550/) and Free Mulch: City of Los Angeles Public Works in San Pedro. Address 1400 North Gaffey St. Open 7 days a week from 7 am-5 pm. Bring your own shovel, containers, bags or pick up. ❀

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**From the 7<sup>th</sup> District***Tonia Reyes Uranga***It's Election Time!**

As your 7<sup>th</sup> District Councilwoman, it is my duty to urge you to exercise a fundamental right of the democratic process by voting in the City Primary Election this April 13<sup>th</sup>.

To help you understand the process, I would like to recap the City of Long Beach voting procedures. There are two methods of casting your ballot. You may choose a traditional polling place on the date of the election, or you may cast your ballot via the Vote-by-Mail (VBM) process. The deadline to apply for a VBM ballot was April 6<sup>th</sup>.

Whether you vote by mail or at the polls, fill in the box next to the candidate of your choice, or mark the "Write-in" box and spell out the name of your candidate on the line provided.

If you choose to vote by mail, your VBM ballot must be received by the City Clerk by April 13<sup>th</sup>, or you may drop it off at any polling place before the polls close on Election Day. Poll workers are on hand to assist you in understanding the proper procedure for marking the ballot. Some polling places have changed so please check the location provided on your sample ballot pamphlet. Polling places will be open from 7 am to 8 pm.

Should there be any problems at the polling place, you can vote by asking for a provisional ballot. Call the City Clerk Department at 570-6101 should you need assistance.

Remember! Your vote is your voice. ✱

**Smoke Detector Check**

The time change is an excellent reminder to change your smoke detector batteries. If you didn't, why not take a moment to do it now? And don't forget to push that little test button monthly to make sure your detector is functional.

## The Restorer's Notebook #1 - Settling with Age

*Lou Gaudio of Omnicraft Enterprises*

As a contractor with 30 some odd years of experience restoring and remodeling vintage homes, I have gained a good bit of knowledge about issues common to aging early 20th century construction. Having restored two personal residences here in Cal Heights, I also have experience with issues unique to our fine historical neighborhood.

One of the things that tend to plague almost all of our older homes is squeaking floors and sticking or badly fitting doors. This is usually a function of settlement of the structure with age. While some of this settling occurs in the wall framing members, often it is rooted in the foundation and under house support elements.

Spanish Revival homes have very stout perimeter foundations, heavy framing to support tile roofs, and waterproof stucco exterior walls, but often the interior floors and walls have support problems. These homes have a series of concrete piers and short posts supporting interior floor and wall members. Over the years, soil movement, lumber shrinkage, and water damage can cause a loss of support in those elements.

Craftsman Bungalows with exterior wood siding tend to have less shear value and can suffer water intrusion more easily with age. Water intrusion can break down, or cause deterioration of low concrete stem wall footings and cripple walls of this style of construction. The interior pier footings can also experience the settling mentioned above.

Fortunately for all of us, the condition is not terminal! Repairs can be less invasive and costly than one might think. The foundation pier stub posts of most homes can be raised using hydraulic jacking and shimmed to relieve the stresses on interior doors and floors. There are modern epoxy rot repair systems and polymer modified cement products that can be used to repair damage and avoid costly and invasive replacement of some wood members and deteriorated concrete. Additional piers and wood girders can be added at weak points under a settled house. The processes mentioned here should all be completed prior to repairs of cracked interior plaster and any adjustment or refitting of doors. The soil height and drainage around the perimeter of the house should be investigated to prevent further issues once repairs are complete.

Any qualified and licensed general contractor with experience restoring older homes can assess and complete the repairs mentioned here. To protect yourself and your vintage home, I advise checking their license and insurance status at [www.cslb.CA.gov](http://www.cslb.CA.gov). ❀

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## How to Adopt a Lamppost

John Royce

Residents who are considering sponsoring a lamppost are encouraged to act now. Our final order will be submitted by April 30<sup>th</sup> so we can take advantage of last year's pricing and make the deadline of the current grant cycle.

If you are interested, please visit [calheights.org/lamppost.htm](http://calheights.org/lamppost.htm). There you may sponsor online via Paypal, or you can download the order form and submit a check.

There are two levels of sponsorship. **The Patron** level is full sponsorship and allows sponsors to specify the lamppost of their choice, including up to four lines of engraved message on the base plaque. This is a \$600 donation. Restoration includes replacing the fiberglass globes with replicate historic globes, cages and finials. Several families may contribute to the specified post as well, with up to four family names included on the engraving. **The Good Neighbor** level allows anyone to submit any amount to the general lamppost restoration fund, which are added up at the time an order is placed. In 2007, for instance, when CHNA sponsored all of the Orange Avenue posts, we had enough general funds to restore an additional post, plus several resident-sponsored lampposts throughout the neighborhood.

We thank the LB Navy Memorial Heritage Association for recognizing our hard work and dedication to our lamppost efforts and we look forward to the opportunity they have bestowed upon us. [www.calheights.org/lamppost.htm](http://www.calheights.org/lamppost.htm) \*

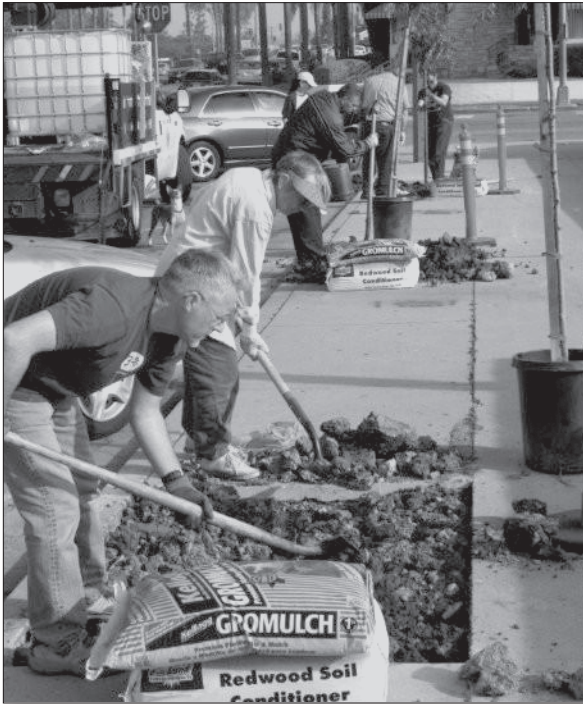
## How Well Do You Know Cal Heights?

Q. Do you know where to find this tree?



A. 3700 block of Myrtle. You can't see it from the street, so be sure to look for it on your next walk!





Cal Hts ReLeaf and BKBIA volunteers plant trees with the City of Long Beach to green the barren lot at 46<sup>th</sup> and Atlantic, site of the Thursday Harbor Area Farmers Market.



Over its average life, one gasoline lawn mower can pollute as much as 43 cars driven for 12,000 miles each! Plus, each year, Americans spill more gas and oil than the Exxon Valdez spilled in Alaska! Mow down pollution with the 2010 Electric Lawn Mower Exchange.

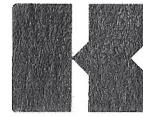
The South Coast Air Quality Management District (AQMD), So Cal Edison and the Los Angeles Department of Water and Power will sponsor an Electric Lawn Mower Exchange in Long Beach on Saturday, May 8<sup>th</sup> at Veterans Stadium.

Residents are eligible to purchase a new Neutron™ or Black and Decker cordless electric mower (values between \$400 - \$500) for \$100 or \$165 if they:

1. Register at [www.aqmd.gov](http://www.aqmd.gov). Click on the lawn mower banner or call 1-888-425-6247. Registration begins Wednesday April 21, 2010 at 8 a.m.
  2. Turn in an operable gas mower.
  3. Show proof of local residency, such as a driver's license or utility bill.
  4. Bring \$100 or \$165 depending on your mower choice – cash, check or major credit card.
- Supplies are limited, but more events take place throughout the Los Angeles basin.

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## COMMUNITY CALENDAR



**Thursdays:** 8:30 am litter pick up - see [calheights.org](http://calheights.org) click on Clean Streets.

**Saturdays:** Strollers Walking Group - 7:30 am at our local Atlantic Avenue It's a Grind.

**Sundays:** Farmer's Market - 9 am to 2 pm (California and Bixby)  
See all calendar events at [calheights.org](http://calheights.org), click on Calendar or visit us on Facebook!

**04/13 Election Day** - For a list of the 7<sup>th</sup> District and city candidates, visit [calheights.org](http://calheights.org).

**05/02 Submit an article to The Heights** - If you are interested in submitting an article to *The Heights* newsletter, email us at [newsletter@calheights.org](mailto:newsletter@calheights.org).

**05/05 Cinco de Mayo Golf Benefit** - Fundraiser for Longfellow Legacy Foundation's which funds both the After School Tutoring and Chorale Music Programs at Longfellow Elementary. For more info visit [longfellowlegacy.org](http://longfellowlegacy.org).

**06/12 Wrigley River Run 5K/10K and Tadpole Trot** - Run a flat, fast course through Wrigley Village and on the L.A. River bike path! Train with the Rivers Runners. More info at [lbfoundation.org](http://lbfoundation.org) click on Events.

**Summer 2010 - Rancho Los Cerritos Summer Adventures**  
Learn about life on the Rancho through hands-on activities, including historic crafts, old-fashioned games, and special opportunities. This half-day program is especially designed for children ages 6-10. Space is limited - call Rancho Los Cerritos at 570-1755.

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## IMPORTANT NUMBERS

7<sup>th</sup> District Council - Tonia Reyes-Uranga  
**570-6139 email: [district7@longbeach.gov](mailto:district7@longbeach.gov)**

8<sup>th</sup> District Council - Rae Gabelich  
**570-1326 email: [district8@longbeach.gov](mailto:district8@longbeach.gov)**

54<sup>th</sup> District Assembly member- Bonnie Lowenthal  
**495-2915 web: [democrats.assembly.ca.gov/members/a54](http://democrats.assembly.ca.gov/members/a54)**

Airport Noise  
**570-2665 / 570-2600**

California Heights Neighborhood Association  
**424-6727**

California Heights ReLeaf  
**997-9094**

Dana Branch Library  
**570-1042**

Fire Department  
**570-2500**

Graffiti Paint-Out  
**570-2773**

Garage Sale Hotline  
**570-YARD (9273)**

Long Beach Building Department  
**570-6651**

Long Beach Animal Control  
**570-PETS (7387)**

Neighborhood Preservation Officer  
**570-6864**

Neighborhood Watch Program  
**570-7229**

Parkway Tree Trimming  
**570-2700**

Police Department Dispatch  
**435-6711 or Emergency 911**

Police North Substation Information  
**570-9800**

Rancho Los Cerritos  
**570-1755**

Senior Check-In  
**570-7212**

Street Potholes  
**570-3259**