

INSIDE THIS ISSUE:

C-17 SIte	1
President's Message	2
Cal Heights Looking Back	3
Home Improvements	4
Fitness Corner	5
Heart & Home	7
From the 7 th District	9
At Your Local Library	10
Socializing Your Dog	11
LB in Pictures	12
In the Know'lls	14
Calendar	16

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Looking to the Future of Boeing C-17 Site

In addition to new business coming soon to the neighborhood and the ongoing discussions about the airport, there is another major local project a bit farther off into the future. Sometime in early 2019, Boeing will vacate the huge 1 1/2 million square foot building it occupies adjacent to Cal Heights. Long Beach won a grant from the Rose Center for Public Leadership to assemble a panel of experts to research future possibilities of this site.

The Rose Center states that the "study area is about 130 acres including the Boeing-owned C-17 site, portions of the Long Beach airport leased/used by Boeing and parcels around Cherry Avenue." The site borders both Long Beach and Lakewood and will have a big impact on the community, and possibly other projects, whatever it becomes.

CHNA President, Hugh Little and Board Members, Karen Highberger, John Moreland, Stacey Morrison and Alfredo Valenzuela took part in an initial fact gathering session. Ideas presented included a technology campus, research campus, retail center, or a business park similar to the Douglas Park development on Cover Street. The panel strongly suggested the Mayor appoint a project manager, or czar, to oversee the development of the project as soon as possible.

If you're interested in staying informed about the study and the recommendations, which are very much in the idea phase at this point, please email us at info@calheights.org and when a point person is assigned, we'll pass your name on.

President's Message

A MESSAGE FROM HUGH LITTLE

2016 is off to a good start for the neighborhood. We recently had our first alley cleanup, and have a major tree planting coming up in May on the East side of the neighborhood.

I also have an update for those following the Airport FIS (Customs Facility) Feasibility Report: Two meetings have been rescheduled for March 30th and April 20th, and will be held at the Long Beach Gas and Oil- 2400 E. Spring Street, Long Beach, CA 90806. April 20th is also Airport Director Francis' last day with the City, so it may be an interesting meeting. The outreach meeting will be held in an "open house" format, with different stations. As we get more details, we'll post the information on Calheights. org, Facebook.com/calheights and NextDoor.com, and will try to get the word out by other means as well.

I would like to take a little time here to clarify some important distinctions when it comes to discussion and coverage of the Airport in The Heights and elsewhere. I, personally, am opposed to the proposed expansion for reasons I've made clear here, and in a number of letters that have been published in local news outlets on behalf of myself and the CHNA. The CHNA, as a group, shares my opinion, and we have been working as a group, using what influence we may have to oppose the change. We feel that at best, it would not benefit the city or our neighborhood in any measurable way, and at worst, it could be very detrimental to both. Even though The Heights is written and published by members of the CHNA board, it is not a forum where we feel it appropriate or fair to press any single view on issues that impact our neighborhood. It has always been our desire to report on, and reflect the diversity of our neighborhood, and that extends to diversity of opinions on issues like the proposed Customs Facility at the airport.

As a result of all of this, I think there will always be some people who may think that The Heights is not doing enough on a given issue, while others may believe equally strongly that we're doing too much. The President's Letter is where I feel a compromise can exist. I feel it is appropriate for me to share my views, and/or the views of the CHNA board in this column, while making it clear who I am speaking for. Even so, I hope that people will see that I call for action regardless of the views our readers may hold. My hope is that by trying to maintain this distinction, The Heights can remain representative of all the neighborhood, regardless of the opinions we may have on issues before us, while still providing information about these issues, and expressing opinions that may not be universally shared.

Look to The Heights for information on upcoming events and meetings, but look to this column for the positions of either me, or the CHNA on controversies impacting California Heights.

Kindly, Hugh Little, CHNA President

yh Son

Enjoy periodic updates on local happenings, resident alerts, and lost/found pets! Just sign up at calheights.org/contact.htm

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Cal Heights Looking Back

By Frances Stoner



Thomas Wolfe once wrote you can't go home again, but who really says you can't. After all, home is the source of comfort. belonging and love. Obviously he did not

live in Cal Heights because Norm and Paula Isenberg prove that going home may be the sweetest journey of all.

Norm's journey started in Oklahoma, but began in Cal Heights when his family moved to Lemon Avenue in 1950. Norm's father managed a Hancock gas station at the corner of Wardlow and Atlantic where the 76 station now stands. He managed two other stations on Wardlow before finally working at Harbor Chevrolet on Cherry Avenue. Norm remembers his father could easily walk to work and stop by the Safeway grocery store, where the Blackbird Café now stands, on his way home. Wardlow was a busy street then, with the California Market, The Keona Club, where you cooked your own steaks and Thomas Sporting Goods, which interestingly also sold liquor.

Norm worked for his father at the gas stations, but eventually applied for an apprentice meat cutter's position at the Iowa Pork Shop on Orange. He worked for them for over 18 years at their Palo Verde and Stearns' location. Norm's life took several twists and turns but he finally returned home to Lemon Avenue with his second wife. After she passed away in 1994, he settled in and spent time restoring classic cars.

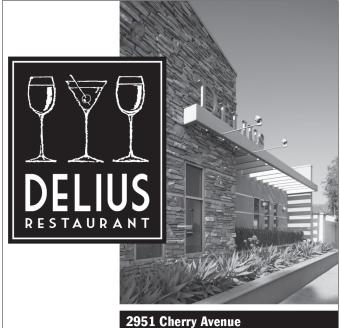
Paula, an art teacher and artist, also began her journey in Oklahoma and came to Lemon Avenue with her eight year old son in 2001, moving in right across the street from Norm. Her interest in art led her to become a docent for the Museum of Latin American Art in downtown Long Beach.

One of their first meetings was when Paula, wearing a "Sooners" cap from the University of Oklahoma, crossed the street to ask Norm a favor. Their relationship built slowly. They joined neighborhood groups for outings to see the Municipal Band at Los Cerritos Park and spoke often. While Paula was not "looking for a date" in the beginning, they fell in love and married in Paula's backyard on Lemon Avenue, where they live today.

The little house on Lemon has continued its journey too. Now Paula's son, his wife and their daughter live in the house that Norm was lucky enough to go home to again... where he found comfort, belonging and love.



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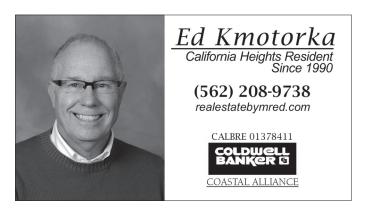


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Thinking of Home Improvements?

by John Moreland

With tax "refund" (hopefully) season upon us, have you been thinking of reinvesting the refund into your home? Before you embark on hiring a contractor, be sure to research if your work needs permits from City Hall. Living in our great historic district has its benefits, and it has its responsibilities as well. When the City approved the California Heights historic district in 1990, additional safeguards were adopted to protect our district from incompatible construction and alterations.

Now many home alterations within Cal Heights require a "Certificate of Appropriateness," or CoA, from Long Beach's Development Services Department. Most contractors know when a building permit is needed for a project (such as a water heater replacement). However, even the best contractors that are not familiar with Cal Heights may not know that a CoA is needed. A CoA is needed for the obvious improvements, such as home additions, but is also needed for hardscape changes to the front yard (such as driveway replacements), new roof, changing the paint color on the outside of the home, among other things. This may sound like a lengthy process, but for small projects such as new paint, a CoA can be quickly issued without any fees. Within the past year, I have personally obtained two CoAs and each time I had my CoA approval within 30 minutes. Most importantly, if the CoA is not obtained, the City could impose fines for the unpermitted work.

City staff who handle CoA applications are very responsive, informative and helpful. If there are any questions with your project, or if you are unsure if your project needs a CoA, give them a call or email (see below). In fact, they meet with CHNA members at least once every three months to discuss historic preservation updates.

The current hottest historic preservation topic is the reinstatement of the Mills Act ordinance. This ordinance allows people to enter into "contracts" to maintain the historic character of their home in exchange for property tax breaks. To take advantage of this program, the house has to be designated as a "landmark." The list of landmarks in Long Beach can be found at www.lbds.info/planning/historic_preservation/historic_landmarks.asp. Only a small number of properties are anticipated to become landmarks this year. For information about landmark designation qualifications and the process, there is an Application Workshop being held on Saturday, March 26th, at 10:30 am in the Dana Neighborhood Library Meeting Room. You can also contact the Historic Preservation Planner, Alejandro Plascencia, at 562.570.6437 or at alejandro.plascencia@longbeach.gov.

Fitness Corner - Use it or Lose it!

by Dex Graham

When it comes to fitness, the adage, "use it or lose it," is the first rule. Nothing contributes to deteriorating health faster than inactivity. Exercising regularly helps maintain healthy body weight, increases strength and flexibility, and boosts mood and cognition.

To meet government (Center for Disease Control) exercise guidelines, you should be doing at least 2.5 hours a week of moderately intense aerobic exercise, or 1 hour 15 minutes a week of vigorous aerobic exercise, or a combination of the two. You should also be exercising at least 10 minutes at a time, ideally spread throughout the day.

Moderate exercise is intense enough that you can still talk but may find it difficult to hold a complete conversation, (brisk walking and vacuuming the carpet are examples of moderate exercise.) During vigorous exercise (jogging, bike riding, dancing) you might only be able to speak a word or two while you're exercising, but you shouldn't be gasping for air. Note: Before beginning any exercise program, you should check with your physician to make sure your heart is healthy enough for exercise.

For all you couch potatoes, here's some inspiration: more American adults than ever are getting enough exercise, according to a new report released by the Centers for Disease Control. Between January and September 2015, roughly half of adults met the guidelines for physical activity by exercising in their leisure time. That's up from 41% in 2006.

Another method of measuring fitness is to count your steps each day. Perhaps you've heard of the "10,000 steps" method. An inexpensive pedometer you might hang from your belt can measure your steps. Or use one of the "Fitbit" sports watches that are available at retailers everywhere.

The Mayo Clinic recommends that people using pedometers first set short-term goals, such as taking an extra 1,000 steps daily for one week, and then build up to a long-term goal such as 10,000 steps.

So get your favorite pair of sneakers ready for action. Make a commitment to getting enough physical activity each week. You'll be glad you did!

Dex Graham, M.S., is a fitness instructor and personal trainer specializing in older adults. He can be reached at Dex@ dexoflex.com or (562) 208-8664.









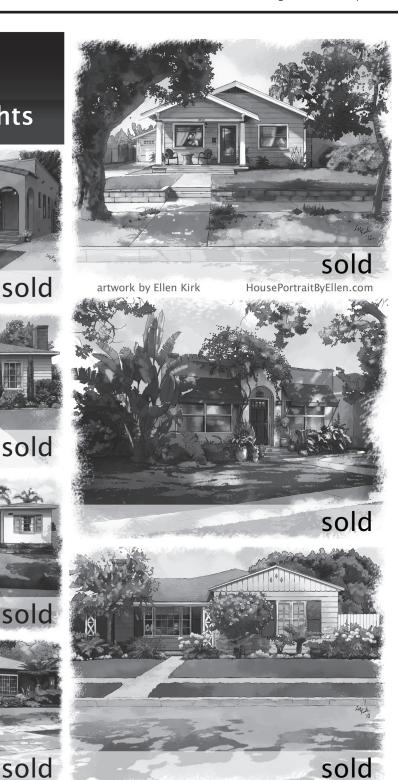


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Heart and Home

By Bungalow Kev Doherty

FENCING AS ART

Having traveled far and wide around the world in search of great art and architecture, the wide variety of residential partitions and fencing I found remains one of the most exciting discoveries. India, Japan, China, South East Asia, Europe and America have all contributed excellent examples and I made numerous sketches in my journals that continue to provide ideas for original designs I invent and install.

Fences and partitions of all sorts create areas of distinction. They effectively create garden rooms, support privacy, screen out unwanted views and unify gardens with houses resulting in great curb appeal and a complete picture of your home within the streetscape. So, how does one arrive at a design and material choice that marries personal needs and preferences with historic sensitivity to the architecture and neighborhood character?

First, address your learning curve. Hennessy and Engle's bookstore in Santa Monica remains the premier architectural recourse center for designers, architects and do it your sellers. Buy a couple of books that showcase examples of fences paired with the housing type you own. Decide on a general look that fits the size and configuration of your lot and the architectural lines of your home. If you are talented you can originate a design or better yet, take all the unknowns out of the equation by hiring a consultant and designer to create the drawings for you. Designers will make drawings to scale and specify the right materials that are appropriate to the fence and your home.

Once the design is finalized a skilled wood worker can review the plans and present a close estimate for materials and labor. Opt for quality materials such as all heart Redwood or Cedar. Avoid generic dog-eared fencing boards. Quality materials cost more but last far longer and become more beautiful with age. Opt for construction methods that enhance the materials and hide nails, screws or fasteners. The final touch is your gate latch. Avoid the generic stuff. Find something artistic that has real personality. Many examples exist on line made of wood or metal.

When the work is done have a garden party and celebrate your success with friends!

Kevin Doherty is a historic home interior/exterior consultant and designer and can be reached at bungalowkevdoherty@yahoo.com.



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From the 7th District Roberto Uranga Councilmember

Engaged Communities Shine in Times of Need

As I awoke to heavy rains, the sound of thunder, and an El Niño weather pattern one morning, I could not help but think of the residents of the Seventh District, my neighbors, my family, and

my community. Those who would be most affected by the strong winds and heavy rains would rely on the services of the City and other local providers.

When confronted by minor to moderate weather conditions and emergencies, residents can rest assured that their service providers have them covered. Our Fire Department is marvelous at tackling the occasional fire or swiftwater rescue. Southern California Edison has increasingly improved their response times in addressing power outages in our area, creating manageable restoration times. The Department of Public Works deploys crews diligently to remove fallen trees and branches from our roads and create safer conditions when our traffic lights are out of service.

In times of great need, however, we must be able to count on our most abundant resource -- our community members. When conditions overwhelm our local agencies, impacting response times, the people whom we will rely on most will be contained within our personal spheres. Our family, neighbors, and friends are crucial to not only surviving but thriving during extended periods of need. The ongoing development of neighborly ties through everyday interactions, quarterly cleanups, occasional block parties, and conscientious engagement becomes all the more important in these moments.

Knowing your neighbor's needs allows you to better assist them. Knowing your neighbor's strengths and assets allows you to better collaborate in addressing the concerns of your community.

Mitigating the impacts of natural hazards and other unforeseen events is a matter of personal and community responsibility. Ensuring that you are equipped to respond is not an insurmountable feat. There are relatively small actions that we can all take to be better prepared to help ourselves and others. In many cases, City Departments and local agencies can assist you in these efforts:

- Getting to know your neighbors can be accomplished by attending community events organized by the Cal Heights Neighborhood Association, local businesses, community-focused organizations, and, of course, my office (www.longbeach.gov/district7);
- Considering that many injuries treated by our first responders are minor, learning the basics or improving your first aid skills become all the more important. The Long Beach Chapter of the American Red Cross can help you achieve this. Learn more at www.redcross.org/ ca/long-beach/about-us;
- Furthermore, emergency response training is occasionally made available by our own Fire Department. The free Community Emergency Response Team (CERT) training equips residents with the practical knowledge and skills that will benefit our communities in situations when first responders may be hours or days away from arriving on scene. More information on the Long Beach CERT training is available at www.longbeach.gov/fire/community-outreach/cert;
- Lastly, City Departments and local agencies provide safety tips and educational materials available online. A great start to educating yourself and your neighbors include resources from the Department of Disaster Preparedness & Emergency Communications (www. longbeach.gov/disasterpreparedness), Southern California Edison (www.sce.com/wps/portal/home/aboutus/community), and the Federal Emergency Management Agency (www.fema.gov/plan-prepare-mitigate).

We all play an important role in times of need. I strongly encourage you to become engaged with your neighbors and community. I will continue to be the champion of the Seventh District and look forward to working with you to improve the quality of life for residents, the small business community, and visitors to our great neighborhood. I would love to hear your concerns and suggestions.

Respectfully yours,

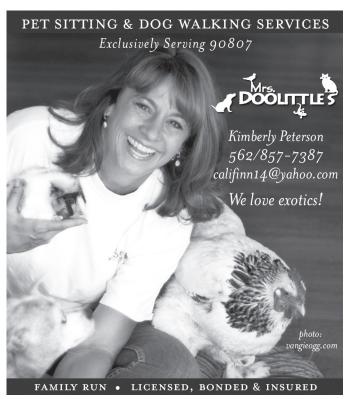
Councilmember Roberto Uranga, City of Long Beach, Seventh District, district?@longbeach.gov (562) 570-7777

SAVE THE DATE

May 14th - Cal Heights Tree Planting More details to follow on calheights.org and facebook.com/calheights



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Kenna's Painting

Lourdes (Kenna) E. Gonzalez - Project Manager

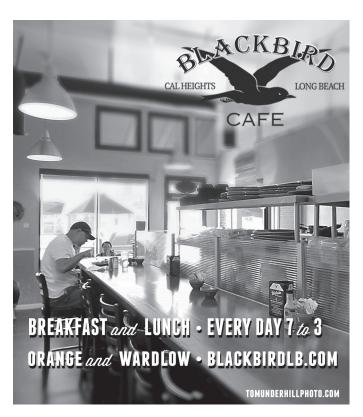
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At Your Local Library

by Melissa L. Strasser Branch Librarian - DANA Neighborhood Library

April is Long Beach Library Month and this year's theme is Libraries Transform. Libraries are uniquely situated at the crossroads of education and entertainment, utilized by young and not-so-young alike. Sometimes it's your family needing to print boarding passes to get home, and sometimes it's an afterschool program that builds character and love of Community for 40 Teens. Every day, libraries are improving and transforming lives in large and small ways.

These are our upcoming events:

Transform your Weekend. Downtown Beach Streets will take place on Saturday, March 19. See www.beachstreets. com for more information.

Transform your Skills. For the month of April, DANA Library will be offering Beginner Computer and Job Search Classes. First come, first served 15 spaces available. Saturdays at 12 noon:

April 2...Computer and Internet Basics

April 9...Make a Good Impression on Your Next Interview

April 16...Intro to Resumes and Templates

April 23...Intro to Email

Transform your Transformation. Come meet our new Library Mascots, Flibbit and Toadpole. Watch them change from tadpoles to frogs and we'll celebrate with a week of events from April 26-30.

Transform your House. Join Maureen Neeley, local Librarian and owner of HouStories, to learn how to research your home's biography—not just the history, but who lived there, who built it, and why? Saturday, April 30...11am

Transform the Galaxy. Join us for Star Wars Day. We'll watch a movie, do some crafts, and build some stuff. May the force be with you. Wednesday, May 4...3-6pm

Finally, after all that transforming, we'll need a little tradition. We're celebrating the greatest two minutes in sports! Wear your Kentucky Derby best and enjoy some Derby refreshments while we watch live on the big screen. Saturday, May 7...2-4pm

Hope to see you soon!

DANA Neighborhood Library 3680 Atlantic Ave., (562) 570-1042 &

Socializing Your Dog

by Katherine Galanty

Want a dog that's friendly and trustworthy around both people and other dogs? You might think all you need to do is find the right breed of dog and your job is done. In reality, how you teach and care for your dog plays a big role in how he responds to people and other canines, especially if you have a puppy.

There's a short period in a puppy's development, from very early puppyhood to six or seven months of age, when his experiences have a big effect on his entire approach to life. If he has a lot of positive encounters with other dogs, humans, and new situations during that developmental window, he's far more likely to grow up confident, relaxed, and friendly. Trainers call this process socialization.

Although puppyhood is the prime time for socialization, it's not the only time. Even a dog that had a hopping social life in his youth can become less friendly over time if he's isolated during adulthood. And if your adult dog didn't get enough socialization growing up, you may be able to improve his social skills, although an adult's personality is more fixed than a puppy's. You'll have to move slowly and cautiously. For example, if you are out on a walk and your dog begins to act like a fish on the end of a line, take a deep breath, ask him to sit and get the focus and attention back on you, get the calm back and then proceed on your walk. If you find that your dog will not turn his attention back to you, increase the level of treat. Use something you don't use every day, i.e. cheese, hot dogs, or lunch meat. If this method does not work or you continue to see signs of aggression or extreme timidity, get help from a professional behaviorist right away.

How can you socialize your dog in the neighborhood? Utilize your local dog community: dog daycare facilities, veterinarian offices and hospitals, pet supply stores, grooming facilities and your neighbors out on a walk with their four-legged companions. Even if you just walk through a pet store or veterinarian office, getting your dog out and about will increase his chances of having positive experiences. Network with neighbors on which dog park, vet or day care facility they use. Do research so you can give your puppy the tools he needs to be confident and relaxed.

Katherine Galanty is the Owner of GoFetch Dog Daycare, Grooming, Training, and Boarding, 562-621-6215 www.gofetchlb.com. •

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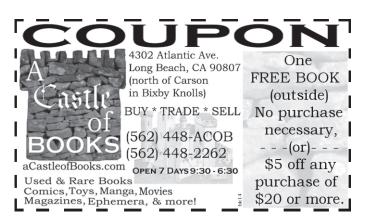
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Service projects include Christmas for the needy, annual coat drive, annual all-star baseball game, middle school awards programs, and more.

A Service Club Serving Children

The local Kiwanis club meets the 1st and 3rd Tuesday of each month at The Breakfast Club. Drop-ins welcome! For questions, call BT Tuggle 562-254-1447.

Long Beach in Pictures

by Cal Heights Photographer Tom Underhill

- First alley cleanup of 2016
- Young neighborhood entrepreneurs
- Orange Salvage and Retro Reload shops on Orange and Wardlow
- Uptown is bike friendly!

















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IN THE KNOW'LLS What's New? What's Happening?

by Blair Cohn, Executive Director BKBIA

By the time you are reading this newsletter, **Lola's Mexican Cuisine** should be open and in full swing at 4140 Atlantic Avenue. When you stop by to eat or enjoy a margarita, please say hello to Luis and Brenda and thank them for bringing their deliciousness to the neighborhood!

Welcome our new business **Share and Do Good**, located at 3712 Atlantic Avenue. We encourage you to stop in and meet the friendly and dynamic, Lilly Tokuyama who calls her store a "giving boutique." Each item in the whimsical, well-curated space supports a cause, whether it's feeding orphans in Thailand or empowering victims of human trafficking. Each item tells a story, like a plush robot that helps fight homelessness, jersey dresses that create jobs in Uganda, fragrances that provide mosquito nets for children in malaria-stricken areas. We call it the "good karma" store in Bixby Knolls. (source info: OC Weekly).

Good Spirits Club - Each month we meet at a different bar or restaurant in the district to have a drink together. "Why a Good Spirits Club?" To bring us all together, raise our spirits, have a night out, and discover the tasty flavors in our neighborhood. "What do you need to do?" – Show up, order one of the featured drinks, sit and socialize. Simple as that. Get your membership card and have it signed each time. When all stamps are signed you will receive a wonderful treat.

First Fridays in April will be our 3rd Annual Long Beach County Fair. The event will feature all local farmers, planters, harvesters, green organizations,

local craftsmen, therapy horses, fair food, and the perfect music to match. It's loaded with the family-friendly features you expect at a First Fridays.



The Bixby Knolls bike fix-it station was installed in the pocket park near Georgie's Place. Roll up and pump your tires and do some minor adjustments.

The Pan Status – The owners of this restaurant soon to be located at 3550 Long Beach Boulevard are hard at work with their remodel and preparations to open up. Jasmine and Mercedes are hoping to be ready to go by the end of April. This will be another really, really delicious option for the neighborhood. If you just cannot wait, check out one of their locations in Gardena and you will be hooked immediately.

Look for the remodel of the shopping center at 46th and Atlantic to begin in early April. You will see the work being done for **Aldi Market**, too.

The Knolls Shopping Center status – Pet Food Express is now open with Trader Joe's soon to follow (should be the second week of April). Crunch Fitness has been out signing up new members and will be open within a few weeks. Jersey Mike's and Chipotle are under construction and the final two tenants are negotiating their contracts. We will announce these new tenants very soon.

Find us and follow us:

Facebook, Twitter, Instagram: @bixbyknolls

We also encourage you to sign up for our newsletters at: www.bixbyknollsinfo.com

Also visit: Firstfridayslongbeach.com and Expoartscenter.org

And use the hashtags: #bixbyknolls #boughtitinbixby

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MARK YOUR CALENDAR 🎏

Visit the calheights.org for calendar events!

Thursdays: Litter pickup - 8 am meet at Wardlow & Lime

Saturdays: Strollers Walking Group - 7:30 am at our local Atlantic Avenue Coffee Bean and Tea Leaf

First Friday of each Month: firstfridayslongbeach.com

Every third Sunday: Kidical Mass, bixbyknollsinfo.com

Every Second Saturday: Hazardous Waste Collection at EDCO, longbeachrecycles.org 9 am to 1 pm

Saturday, March 26th: Historic Landmark Application Workshop This workshop will explain what makes a home or building a landmark designation in accordance with the Mills Act. 10:30 am in the Dana Neighborhood Library at Atlantic and 37th in the Meeting Room.

Wednesday, March 30 and April 20: Airport Feasibility Study Meeting. This is where your input will be heard. Consultants who are conducting the feasibility study for the City to determine if the Long Beach Airport should have a customs facility will be conducting this meeting. Meeting is from 6-8 at Long Beach Gas and Oil Auditorium: 2400 E. Spring Street, Long Beach, CA 90806.

Wednesday, April 6: Cal Heights Walking Club - maiden voyage. Meet at 6:30 pm in front of Roxanne's. We'll walk the 3 mile boundary around Cal Heights. More details at calheights.org and facebook.com/Calheights

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. For more information or a submission, email newsletter@calheights.org



IMPORTANT NUMBERS

Robert Garcia, Mayor 570-6801

Roberto Uranga, 7th District Council 570-7777 email: district7@longbeach.gov

Al Austin, 8th District Council 570-1326 email: district8@longbeach.gov

Patrick O'Donnell, 70th Assembly District 562-495-2915

Ricardo Lara, State Senate 33rd District 562-256-7921

Airport Noise 570-2665 / 570-2600

California Heights ReLeaf 997-9094

Community Watch North Division 570-9825 or 570-9827

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 Information 570-6194

Parkway Tree Trimming 570-2700

Police Department Dispatch 435-6711 or Emergency 911

Police North Substation Information 570-9800

Senior Check-In 570-7212

Special Garbage Pickup (2 free per year) 570-2876

SoCal Harvest (323) 678-6036

Street Potholes 570-3259