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# GREEN!

## CAL HEIGHTS RECEIVES GREEN PRIZE AWARD

The 3<sup>rd</sup> Green Prize Festival was held on Saturday, April 30, 2016 at Admiral Kidd Park. The Festival once again featured local sustainable businesses, green artists, urban farmers, organic food, sustainable transportation, environmental justice organizations, as well as provided children's activities, workshops, food trucks and local entertainers. This important annual event, highlights and promotes sustainability and ecological awareness via local businesses, educational workshops and the arts.

California Heights was proud to receive a Green Prize Award for Green Neighborhood Association of the Year. Each year, the Green Prize Awards are given to individuals and organizations representing green schools, urban farmers, green restaurants, neighborhood associations, individual contributors, non-profits, green builder, renewable energy providers, green artist and green legislator.

It was an honor to be recognized and be part of a such a wonderful event. 🌱

## President's Message

A MESSAGE FROM HUGH LITTLE

Spring is upon us again, and with the season of renewal comes renewed purpose and missions for the CHNA as well.

When this newsletter goes to print, we will have just finished the major ReLeaf tree planting in Cal Heights for 2016. Due to some unforeseen complications, we had to scale back somewhat from our original goal, but we still got in one of the larger Cal Heights plantings we have had in quite some time. While ReLeaf volunteers frequently partner with other groups throughout the city in the interest of planting trees, its primary focus remains replacing and increasing the number of trees lining the streets of California Heights, to preserve and even expand one of the most striking features of our neighborhood. It's a long game, though. Every tree planted requires a non-trivial amount of work and time and perseverance to keep alive to the point where it can survive with little or no further assistance. This "infant" stage is extended (and made much more challenging) by drought years, but can be more than compensated for when the homeowners involved are able to help provide the extra watering and care the trees initially need.

We've also begun the planning and conversations necessary to add murals to a variety of locations throughout California Heights. We're early enough in the planning, so if you have any suggestions as to good locations to examine for a mural (and especially if you have contact information for that property's owner), please either send them along to me, or to the more general [info@calheights.org](mailto:info@calheights.org) address.

Our research into the viability of CHNA sponsored/funded security camera installation at key "hotspots" in the neighborhood has pretty well informed us that it's not a feasible project; the cost at this point is just too high to pursue. We are working on providing everyone with as much information as we can pull together on alternative, cost effective ways anyone in the neighborhood can pursue their own options.

And as the last (but most literal) renewal for me to discuss this spring, The Heights is renewing our contracts with our advertisers in July. As we move forward in another year, I'd like to take this opportunity to thank all of our advertisers, new and established, for their support. The income generated by The Heights directly supports our projects and events. Those projects and events support our neighborhood. And you, our readers, help support all of that when you support our advertisers.

Kindly,



Hugh Little, CHNA President

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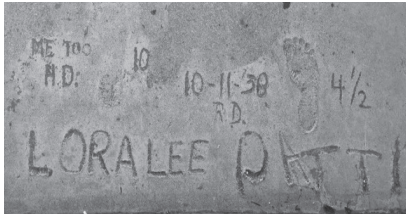
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## Cal Heights Looking Back

By Frances Stoner

Do you use the website "Nextdoor"? Over 800 people in Cal Heights do, and when you add all the surrounding neighborhoods, over 4,000 people have the capability to connect. People use the site for all kinds of things. Maybe you want to sell something, report a crime, find a lost dog; or maybe, just maybe, you want to use it for a journey of discovery about your home's past.



Dick Barnes is a retired editor for the LA Times living in Bixby Knolls. Like a good reporter, Dick used Nextdoor as a way to investigate a mystery he found in

his own backyard. Two little footprints, the names Patty and Lorelee, and the date 1938 were imprinted in the cement of his backyard. Did anyone know them? The next clue came through Nextdoor from Rich Ruiz, who linked Patty to the business she created with her daughters, Creative Cakery. It seemed Patty still lived nearby. I decided this story was too good to pass up and called the bakery. The daughter, Sue Owen, helped me get in touch with Patty, and she agreed to meet with Dick and his wife Diane.

Patty (Newquist) Dial started her life here in Cal Heights. She and her family lived on Brayton and Lewis until her grandfather, Thomas Humphries, built the house on Olive that the Barnes now live in. Her father, Roy Dial, owned a used car business during WWII on Long Beach Blvd. back when it was called American Ave. Patty recalled being one of the few families who could obtain gas rations during the war. Her mother designed and made ladies hats.

I was fortunate enough to escort Patty to her former home to meet the Barnes. I watched them converse easily, sharing information about the house. As we walked from room to room, Patty pointed out where the Christmas tree had stood, where they held parties and the little room upstairs where her mother had kept materials to make hats. The Barnes talked about what they had changed and what they preserved, like Patty's grandfather's handprint and initials in the cement of the back walkway. Although the Barnes had lived there since 1998, they only now know the history of the house.

As we paused finally looking at the tiny footprints that ultimately joined these two families together, I couldn't help but wonder how many mysteries our homes hold - linking us together in the past, present and onward into the future. 🐾

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## Real, Fake or None at All?

By John Royce

"Hey John, what's this plant?" A familiar text, email or social media question I get, often with a photo attached I can barely make out. But that familiar question is getting a run for its money lately, because a new question has come to town, and it's all about . . . fake grass! "Is it good or bad?" We've suffered through this extended drought for years now, hinting of ominous days ahead if we don't get our collective responsibilities together. While there's more to do, we're doing better than some folks give us credit for. But, like everything else, the low-hanging fruit, let's call it the "no water running while we're brushing our teeth" kind of fruit, is the easiest. Many, if not most of us, have gotten that message. So with the easy stuff handled, it's time to start climbing that ladder of ingenuity, adaptation and old-fashioned sacrifice to attack the big one: thirsty lawns.

We like green, and for some who want to do the right thing, a synthetic green carpet seems a logical choice. After all, no water needed! The latest synthetic "lawns" are less chemically alarming, addressing some of the soil contamination and health concerns for those who play or lounge on them. Still, they don't last forever, about 10 to 15 years. When they're used up, recycling is complicated, so off to the landfill they go, and that, potentially, could add up to monumental proportions in a world already wondering what to do with so much trash. To replace it, more petrochemicals and virgin materials must be sourced, manufactured and installed. So much for reducing one's carbon footprint! Biological activities cease or are severely diminished under a synthetic lawn as earthworms and beneficial soil organisms starve for water, organic matter, oxygen and natural processes, which can also negatively affect the health and vitality of nearby trees whose roots populate the soil.

My suggestions? Recreate outdoor lawn space with dynamic pathways and casual gathering spaces covered with less thirsty ground covers, water permeable paving, gravels or decomposed granite surrounded by drought tolerant shrubs and shade-giving trees that produce oxygen and clean our air. Dedicate a portion of the water you'll save to growing your own food! And since smaller lawns reduce water use, keep just a bit of it if you need to stick your toes in the grass once in a while, especially if you choose a more drought tolerant variety. If you must have a carefree open green space for the kids to play on, fake grass could be an option to aid water conservation goals. But even in the case of needing that lawn, I'd still suggest keeping the real thing and accept that it can survive with much less water, even though it won't be as lush and green all year round. 🌱



## Fitness Corner - Cal Heights Pavement Pounders

By Stacey Morrison

On April 6<sup>th</sup> the Cal Heights Pavement Pounders pounded the pavement for the first time. CHPP is a new walking group that meets every Wednesday evening at 6:30 pm on Wardlow at Lemon, in front of Roxanne's Lounge. Our first walk, a great 3.1 mile walk around the neighborhood, was fun, and we even found \$20!

Not only is this a great way to get to know your neighbors and see parts of Cal Heights that you might miss while driving, but it's also great exercise!

Here are a few top benefits of walking:

**1. Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Studies at the University of Colorado at Boulder and the University of Tennessee found that post-menopausal women who walked just one to two miles a day lowered blood pressure by nearly 11 points in 24 weeks. Women who walked 30 minutes a day reduced their risk of stroke by 20 percent – by 40 percent when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

**2. Walking leads to a longer life.** Research out of the University of Michigan Medical School and the Veterans Administration Ann Arbor Healthcare System says those who exercise regularly in their fifties and sixties are 35 percent less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45 percent less likely for those who have underlying health conditions.

**3. Walking lightens mood.** A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.



Everyone is invited: fast walkers, slow walkers, runners, bikers, dogs, cats, turtles, etc.

See you then! 🐢

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## Heart and Home

By Bungalow Kev Doherty

One of the most beneficial historical home upgrades for your hard-earned dollars is exterior paint jobs, given the colors are well conceived and skillfully allocated.

Every home has a unique set of factors that one must envision and smartly consider in order to choose an ensemble of colors and properly place those colors so as to bring out the best in the architecture. Whenever I design colors for a home, I always take into account a client's preferences with due deference to the era of the home, its architectural assets, lighting, landscape, placement on the lot and its positioning within the streetscape. Much skill and learning is involved, especially given the confluence of applicable factors and myriad of available color choices.

Historic homes of any given era have distinct palettes envisioned by the original architects that are perfectly suited to the spirit, materials and lines of any given genre. Start by researching homes like yours in architectural quality publications such as Craftsman Magazine or American Bungalow Magazine. Here you will discover how colors were conceived and applied back in the day in contrast to current interpretations. Visit historic homes available for touring such as The Gamble House in Pasadena. Then drive through that neighborhood noting successful exterior colorations and how the colors work together to achieve the full effect.

At this point you'll probably know if you possess the time and skill to address your learning curve and choose a pleasing ensemble or whether it would be best to take the stress out of the equation and hire a color consultant. If you choose to determine the colors yourself, be patient. Avoid copying colors seen in pictures or existing homes in your neighborhood. Every home, in my experience as a designer, is different and requires a unique color design. Buy a color design book at Hennessey and Engle's Bookstore in Santa Monica and learn the principals of design. Entertain several combinations at first, then settle on one or two you like best. Consider how the colors will interact with one another on your particular home and how they should be placed. Hire restoration-savvy painters and buy the highest quality paint from companies offering authentic historic palettes.

When your home is painted, you'll experience a joyful transformation that will add the perfect touch to your house and your neighborhood. 🐸

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### From the North

Commander Rudolph Kosmiza

I have met so many wonderful residents in the Cal Heights area, and as many of you know, both my staff and myself are dedicated to building strong community relationships.

I'm thrilled that the Cal Heights Neighborhood Association reached out to my office and requested a community meeting. While the challenges we face in the Cal Heights area are less than some other areas of the North Division, we do have issues to discuss.

I look forward to meeting with you on Monday, June 13<sup>th</sup>, from 6 to 8 pm for a Community Meeting at the Expo Building on Atlantic. The agenda is open to cover all your questions. See you then.

Kindly,  
Commander Kosmiza



### From the 7th

Roberto Uranga Councilmember

This past weekend, I attended a tree planting in memory of Councilmember Ray Grabinski. It was wonderful to see the community come together, and friends and former colleagues gather to remember his legacy and love for Long Beach. I want to thank the California Heights Neighborhood Association for helping to organize the event and the volunteers who made an investment in our community by helping to plant 87 new trees in the California Heights.

I also wanted to take the time to highlight another opportunity to invest in our community. Earlier this month, the Council received a report from City staff that outlines \$150 million in proposed infrastructure projects to repair our streets, sidewalks, alleys, parks, libraries, community centers and other City buildings. The Council also considered investments to enhance the public safety of our city. These repairs and improvements can only be implemented if new revenue comes to the City.



As you may be aware, Measure "A" was placed on the June 7<sup>th</sup> ballot by the City Council. The Council passed a resolution to express its intent to spend any such sales tax revenue on public safety services, police patrols, emergency 9-1-1 response, fire prevention, paramedic services, repairing streets, sidewalks and alleys, and improving and upgrading the City's water system for conservation.

The plan prepared by staff also includes improvements to other public infrastructure such as libraries and parks, upgrades to storm water pump stations to prevent flooding during heavy rains, and making needed repairs and upgrades to Fire Stations, the Police Crime Lab, the Police and Fire Academies, the Public Safety building, the Emergency Operations Center, the Health Department and the Companion Animal Village.

Citywide some of the improvements and repairs will be:

- More than \$100 million for repair and paving of streets, sidewalks and alleys.
- More than \$18 million for park repairs and upgrades.
- \$3.7 million to repair city libraries and install equipment for use by the hearing impaired

In the 7<sup>th</sup> District, some of the improvements the Council included on its priority list are:

- Major investments to streets, sidewalks, alleys, courts and ways across the District
- Improvements to storm water pump stations to prevent flooding when we experience heavy rains
- Investments to local storm drain projects
- \$500 thousand to improve and repair the West Police Station Building
- \$165 thousand to improve, repair and install equipment for the hearing impaired at the Harte and Dana Branch Libraries
- \$500 thousand to bring utilities to Willow Springs Park
- \$260 thousand to improve the surface of the sports courts, walking path and irrigation at Silverado Park
- \$160 thousand to improve irrigation at Hudson Park
- \$160 thousand to improve irrigation at Admiral Kidd Park
- Tree trimming across the District
- Water conservation projects

As always, please contact me if you have any questions about these projects or their effect on the residents and businesses in the 7<sup>th</sup> District.

Respectfully yours,

Councilmember Roberto Uranga, City of Long Beach,  
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## At Your Local Library

by Melissa L. Strasser

Branch Librarian - DANA Neighborhood Library

Hello Neighbors...

June is the start of summer, and that can only mean one thing for the Library...SUMMER READING!

This year's program, themed "Read for the Win" will smooch in 7 weeks of reading, prizes, activities, and badges. There will be both printed and online components and lots of fun scavenger hunt-style play.

Join us weekly on Tuesdays through July and August to see some fun performers. Then, on alternating Saturdays, we'll host some Summer Reading activities and our ever-in-demand Imagineer Club.

Here's the breakdown:

Tuesdays, 12 noon...July 12 through August 16

Join us to watch some amazing magic, comedy, theater, animals, bubbles, and other fantastic stuff.

Saturdays, times vary...June 25 through August 13

We'll have some fun activities and our eternally popular Imagineer Club on alternating weeks.

In other news, we've just updated and improved our cookbook section, so if you're looking for summer treats, interesting snacks, paleo, whole30, ice cream, or grilling marinades, we've got you covered.

Hope to see you soon,

melissa l. strasser

Branch Librarian

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## Save the Date

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## Summer Sweet Treats

By Ilana Brackett

When the days are hot and all you crave is something cool and refreshing, Bixby Knolls and the surrounding area offer some great choices to satisfy that craving.

Two places I have tried recently include Boba Loca at 3600 Long Beach Blvd. and Long Beach Creamery located at 4141 Long Beach Blvd.

**Boba Loca** is a tiny establishment offering milk tea with boba (boba are little tapioca balls), creamy milk shakes, frapp blends, smoothies, slush coolers, hot beverages, snow ice, and shaved ice. Customers on Yelp rave about the boba. Most recently we ordered a Thai iced tea with boba, shaved ice with tropical punch flavor, and a taro slush with boba. The taro slush was something worth writing about. I have found that looking at the menu board and ordering whatever has a star is the best way to go. I look forward to trying the honeydew slush next. Most items on the menu are around \$4, depending on size. I do suggest asking for help with the snow ice. It can be challenging deciding what to try and how to order. When I asked about the taro flavor, the manager gave me a sample and I was hooked. There is both indoor and outdoor seating. All drinks and orders come covered so you can take your item to go. Boba Loca is open daily from 9 am to 9 pm. Visit [bobaLoca.com](http://bobaLoca.com) for more details.

**Long Beach Creamery** celebrated its one-year anniversary this month! Many local residents helped the creamery open last year with a Kickstarter campaign, so it brings great joy to see the popularity this store is receiving.

The ice cream case has rotating flavors, and the pint case is usually stocked with the same flavors or flavors from the week before. Favorite flavors in our household include midnight oolong, biscuits & jam, whiskey vanilla, lemon bar, and strawberry mascarpone. You can also find flavors that are dairy-free. Customer service is outstanding, and there is always something exciting and worth trying.

You can purchase scoops in bowls or waffle cone bowls. Prices range from kid's size at \$3.25 to large at \$8.50. Pints are \$11 and well worth each and every delicious bite. Pint chips can be purchased to give as gifts or to keep when the need arises. If you have not tried Long Beach Creamery, you definitely should! Put it on your summer bucket list. LB Creamery is opened Tue – Thu: 3 - 9 and Fri – Sun: noon -9. You can find more information at [longbeachcreamery.com](http://longbeachcreamery.com) or give them a call at (562) 513-3493. 🐾

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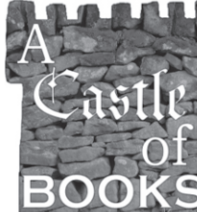
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## Long Beach in Pictures

by Cal Heights Photographer Tom Underhill

- Long Beach mural
- FoLAR Cleanup
- Cal Heights Market redone parking lot
- Wind caused the KFC sign to tumble
- Spring wonder
- Vintage Cal Heights
- Locally grown produce at the Green Festival



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





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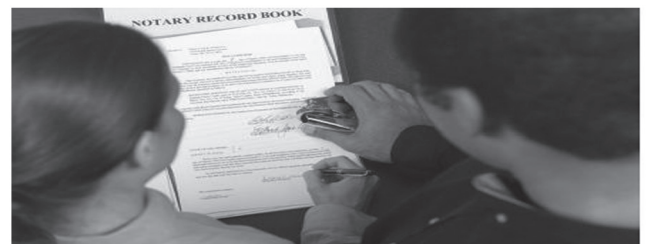
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**IN THE KNOW'LLS****What's New? What's Happening?**

by Blair Cohn, Executive Director BKBIA

Hi, Neighbors!

Summertime, and the living is easy. We are happy to announce our Concerts in the Park(ing Lot) series. Yes, you all know about the Concerts in the Park each year featuring the Long Beach Municipal Band, but the BKBIA hosts its own concerts in parking lots of our businesses to provide even more great times for the community. In addition to great music, you will be able to order your dinner and enjoy drinks and desserts from local business and farmers market.

June 27 at Georgie's Place, 3850 Atlantic Avenue, featuring the Jazz Angels, who are made up of incredibly talented student jazz musicians accompanied by professional musicians who will entertain us with all the great jazz standards.

July 25 at DRNK, 4245 Atlantic Avenue, featuring Boogaloo Assassins, who will get down Spanish Harlem style. Heavily indebted to the classic sounds of New York's late 60's/early 70's Latin music explosion, the Asesinos serve up traditional Latin son/son-montuno/guaguanco/cha-cha-cha/Latin-boogaloo/Latin soul, blues and descargas for your feet and ears.

August 22 at 3745 Long Beach Boulevard, featuring Western Standard Time Ska Orchestra, the big band jazz arrangements of the 1940s colliding with the sound of early Jamaica! These extraordinary musicians have taken Jamaican music, added big band jazz arrangements, and created a sound unique unto itself. At a "standard" performance, there are more than 20 world-class jazz musicians. The featured performers in Western Standard Time have been awarded and/or



nominated for Grammy Awards, performed on Oscar, Grammy, and Emmy television broadcasts, and played with international stars and major motion picture soundtracks:

All concerts begin at 6:30pm. Bring your lawn chairs, tables, and dancing shoes.



Additionally, look out for "Ice Cream Sundays" on July 10 and August 14 to provide even more music and reason to be out in the business district.

Using the patio of Long Beach Creamery (4141 Long Beach Boulevard), DJs will fill the space with great music while you enjoy some ice cream or a treat from Bundts on Melrose or a sandwich from Handy's Smoked Meats or getting your nails done. Take some time to visit Furniture Consignment & More; Lucy's Pet Feed; Made by Miss Hilde; and the newest business in that area, The Merchant, featuring homemade breads, jams, jellies, and sandwiches.

Looking forward to seeing you at all of these fun shows.

Find us and follow us:  
Facebook, Twitter, Instagram: @bixbyknolls

We also encourage you to sign up for our newsletters at: [www.bixbyknollsinfo.com](http://www.bixbyknollsinfo.com)

Also visit: [Firstfridayslongbeach.com](http://Firstfridayslongbeach.com) and [Expoartscenter.org](http://Expoartscenter.org)

And use the hashtags: #bixbyknolls  
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Buena Vista, CA 94706  
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## MARK YOUR CALENDAR

Visit the [calheights.org](http://calheights.org) for calendar events!

**Wednesdays:** Cal Heights Pavement Pounders Walking Group  
6:30 to 7:30 pm Wardlow and Lemon

**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](http://firstfridayslongbeach.com)

**Every third Sunday:** Kidical Mass, [bixbyknollsinfo.com](http://bixbyknollsinfo.com)

**Every Second Saturday:** Hazardous Waste Collection at EDCO,  
9 am to 1 pm [longbeachrecycles.org](http://longbeachrecycles.org)

**Monday, June 13<sup>th</sup>:** Community meeting with North Division Police  
Commander Komisza from 6 to 8 pm at the Expo Building 4321  
Atlantic Avenue

**Sundays June 26 & July 24:** Los Cerritos Summer Concerts 5:30-  
7PM Free! Gates open for picnicking after 4:30 pm, with concerts  
from 5:30-7 pm. No pets allowed. [rancholoscerritos.org](http://rancholoscerritos.org)

**Sunday, July 10:** 12:30 - 4:30 Los Cerritos Mud Mania. Learn about  
our local adobe soil and its many uses throughout history at one of  
the muddiest, wackiest events in Southern California! \$5 kids aged  
3-12; \$7 for everyone aged 13+. [rancholoscerritos.org](http://rancholoscerritos.org)

**Saturday, July 23:** Cal Heights Summer Potluck! 3 pm - 7 pm 3600  
block of Cerritos. Details on the [facebook.com/calheights](http://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](mailto:newsletter@calheights.org)

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## IMPORTANT NUMBERS

**Robert Garcia, Mayor**  
570-6801

**Roberto Uranga, 7<sup>th</sup> District Council**  
570-7777 email: [district7@longbeach.gov](mailto:district7@longbeach.gov)

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

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

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

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

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

**Building Department**  
570-6651

**California Heights ReLeaf**  
997-9094

**Code Enforcement**  
Monday thru Friday: 570-2633  
Saturday: 570-0000  
[www.lbcode.org](http://www.lbcode.org)

**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)

**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

**Street Potholes**  
570-3259