

Fall 2014

Alamitos Heights Improvement Association

SAVE THE DATE COLORADO LAGOON TREE LIGHTING CEREMONY

Friday, November 28
6:00-7:30PM

The Colorado Lagoon Tree Lighting Ceremony is an Alamitos Heights tradition you don't want to miss. Bring your friends and family to the start off the holiday season in Alamitos Heights and contribute to our festive neighborhood heritage. Friends of Choral Music will engage the crowd by performing holiday carols dressed in Dickens' style, beginning at 6:00PM. AHIA President Roberta Smith will lead the crowd in a countdown to turn on the Lagoon Christmas tree lights at 6:30PM. Station 14 will then deliver Santa by fire engine and children can visit both Santa and our local fire fighters alike. The AHIA will sweeten the entire evening with cookies and candy canes while Polly's provides hot cocoa. The refreshments will be served at the Colorado Lagoon Lifeguard Station beginning at 6:00PM. Santa will set-up-shop with us there for the evening as well. If you'd like to volunteer to help, please contact Annette Dhein at (962) 225-7882.

COMING UP IN 2015

January: Membership Drive
February: Community Meeting
April: Community Meeting
May: AHIA Community Yard Sale
June: Annual Picnic & Fun Run/ Board Elections
August: Extended AHIA Summer Concerts
September: New Board Takes Office
October: Community Meeting
November: Lagoon Tree Lighting
December: House Decorating Contest

NEXT COMMUNITY MEETING

We can all safely say it's not *if a disaster will hit, but when it will hit*. That's why AHIA next Community Meeting will cover emergency preparedness. Details will be emailed in January. So, make sure we have your email address.

Locally, the Alamitos Heights Neighborhood Watch Program is continuing to grow and expand one block at a time! If you are interested in receiving community watch emails, or would like to improve safety in your neighborhood, consider becoming a "Block Head" (contact person/organizer for your block). For more information, please email board@ahia.info. We'd be happy to provide you with a checklist and support to help get you started!

Visit the website for more information - www.AHIA.info

Growing Native

It's no secret that the drought is hitting us hard, but there is a small bright spot – one in your own front yard. The increase in California water-wise gardens is giving our neighborhoods a bright new look. Southern California's natural plant life, which thrives in semi-arid conditions, is what we see more often in our neighborhoods today. Lawns are better suited to rainy wet areas and became popular as people migrated to California and wanted to duplicate their east coast and mid-west gardens. The benefits significant:

- Replace a water-guzzling grass lawn with a beautiful water-smart landscape that is in harmony with our region's semi-arid climate. Conserving the vast amounts of water for grass lawns is more important than ever, now that our region's imported water supplies have been permanently reduced.
- Reduce time and money to maintain grass lawns.
- Reduce the urban runoff into the Long Beach coastal marine habitat.
- Create habitat for terrific wildlife such as Hummingbirds and butterflies.
- About half the water used at the average Long Beach home is used for landscape irrigation; beautiful L2G (Lawn to Garden) landscapes can reduce water use per square foot by 70% or more.

Long Beach Water Department initiated the Lawn to Garden Program to encourage residents to replace

front lawns with drought tolerant gardens. This is making a big impact both on water usage and on creating beautiful landscapes. As an incentive, the LB Water Department is offering a rebate of \$3.50 per square foot (up to 1000 square feet) to replace your front lawn with a drought tolerant garden.

Catherine Grace, an Alamitos Heights resident and avid gardener, recently converted her front yard to water-wise plants. She's learned a great deal and shares tips about making the change:

- Drive around and look at gardens in your area to get an idea of what you like. Sometimes gardens that are in disrepair can be helpful. If a plant is thriving you will know it can survive drought conditions.
- Understand that for the first year, the garden will require regular watering to get established. There is a misconception that, "I put in a drought tolerant garden, so why do I need to water?" Saving water comes once the plants mature and adapt to the new environment. We ended up having irrigation installed to give the plants a good start and will dial it back as the garden matures. Hand watering is also great if you don't put in an irrigation system.
- Drought tolerant does not mean no maintenance. I advise rolling the budget used for a mow and blow and hiring a garden maintenance service to help keep your garden beautiful. You may prefer to do



Catherine Grace front yard on Flint Ave. before and after



Continued on page 3

this yourself if you enjoy trimming and spending time outdoors.

- Also, would you like a seating area? Perhaps an area for the ping pong table? Get creative and think how you would like to use that space. We use our seating area and enjoy seeing the neighbors walking their dogs. We enjoy the sense of community that comes with sitting out front talking to the folks passing by.
- Lastly, we used small plants as they are much more economical. The garden is filling in beautifully but looked very sparse after the initial planting. We resisted the urge to over plant knowing that once established the garden would fill in and take shape over time.

Catherine Grace is happy to consult on your water-wise gardens and share her experience. She can be reached at CatherineDGrace@Gmail.com. Visit the L2G website for inspiration and ideas, including photos of gardens, links to plant databases with great photographs, and a variety of free workshops.



Another Alamitos Heights' home before and after

Add a little cheer to your home and the neighborhood by participating in the Annual Home Holiday Decoration Contest

A panel of neighbors will ride their sleigh through the neighborhood in December to present the following awards: Best Use of Lights, Originality, Best Yard Display and Most Traditional. If you would like to make sure we see your house, please email the head elf at califciceris@gmail.com. For additional information, please contact Beth Ciceri at (562) 494-4489.

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3rd District Update

October 22nd marked my first 100 days in office. It's been a whirlwind journey, with a steep learning curve, numerous community meetings and events, and the chance to meet many wonderful residents who are passionate about improving our community. Listed below are a few of the projects I have accomplished or started working on thus far. If you have any topics that you would like me to focus on, please feel free to reach out to me.

- Passed a Balanced Budget for FY 2015
- Chaired Two Public Safety Committee Meetings
- Held an Anti-Bullying Workshop for Youth
- Dedicated \$350,000 to our Police Department to Address Residential Burglaries
- Working on Business Friendly Legislation
- Working on Updating the Belmont Shore Parking Study
- Bluff Restoration Project
- Belmont Plaza Pool Rebuild
- Planning of the Pacific Electric Right of Way
- Crosswalk on Eliot Street
- Addressing Urban Wildlife in our Neighborhoods
- Establishing 100 New Community Watch Groups
- SEADIP Update
- Civic Center Rebuild
- Marine Stadium Improvements
- Rebuild of the Naples Seawall
- Rebuild of the Alamitos Bay Marina
- Smart Parking Meters for Belmont Shore
- Phase Two of the Colorado Lagoon Restoration Project
- Rebuild of the Leeway Sailing Center

It's been a productive three and a half months and I look forward to many more exciting projects the New Year will bring. I hope you and your loved ones have a happy and safe holiday season and I encourage you to shop and dine local during the holiday season.

Sincerely, Suzie Price,
Councilwoman, Third District

Emergency Preparedness

Prepare your family and your community for natural and man-made disasters.

- Develop a communications plan for your family. Choose someone who does not live with you (preferably an out-of-town relative or friend), whom you and other family members can contact to check on each other in the event that you are separated during a disaster. Carry that person's contact information with you.
- Make sure children know, or have access to, their last name, phone number, address, and number for the out-of-town contact person.
- Make sure every member of your family knows an alternate route home. If family members can't get home, designate a meeting place.
- Know your community's emergency evacuation route.
- Learn how to shut off utilities such as gas, electricity, and water.
- Assemble an emergency preparedness kit that will allow your family to camp out for three days. Assume you'll be without electricity and running water.
- Store your emergency supplies in sealed containers such as plastic tubs, taped shut.
- Keep cash on hand; automated teller machines won't be working if the power is out.
- Learn CPR and first aid to help with medical issues.
- Learn about emergency plans for your children's school

or day-care center.

Cont't on next page

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AHIA Community Meetings Takes Off

As you may recall, the AHIA board decided to host three community forums throughout the year to provide more timely communication to AHIA and other community members about topics and issues affecting our area. The most recent Community Forum was held on October 22 at the 3rd District Field Office, with two others for February and April, 2015. If you would like to suggest a particular topic or issue, please email me at president@ahia.info.

Councilwoman Suzie Price started the meeting with an overview of various issues she has been working on with the Council. Of those mentioned were:

- The Council's decision to rebuild our beloved Olympic Pool. The rebuild, vs. merely revamping the existing structure, will enable the facility to host various events at collegiate and other professional levels.

- The sidewalk rebuild project for Flint and Santiago Avenues.
- The decision to move forward with the 6th Street Bike Blvd including paving and erecting roundabouts where currently there are stop signs from Santiago to Manila Avenues.

As an Alamitos Heights resident, Councilwoman Price is extremely committed to improving our neighborhood through her role on the Council. She encouraged us to communicate to her office any comments or concerns regarding these or other projects affecting our area. Third District office number is (562) 570-8756.

Next on our topic was a presentation from Stephen O'Kane, Manager of Sustainability & Regulatory Compliance for AES Southland, regarding the modernization of the power plant (affectionately known to some of us as the old Edison plant) along Studebaker/Westminster Ave. The Alamitos Energy Center (AEC) is a proposed natural-gas-fired, fast starting, combined cycle gas turbine, air-cooled electrical generating facility. The new plant will be more attractive than the existing plant, with lower stacks and more street-side landscaping. It will also run more efficiently, be able to start and stop more quickly, and allow the state to integrate more wind and solar into its energy mix.

As part of a 2020 goal for coastal energy plants, the new plant will be prevented from using ocean water pumps for power generation. However, options are being explored for using the circulating pumps as part of an overall water quality improvement strategy for the Alamitos Bay. The City of Long Beach, the Water Board and AES will work collaboratively to ensure water quality in the Alamitos Bay does not suffer due to the improvements that are planned for the plant.

The project is currently in the permitting stage with a goal to break ground during the first quarter of 2016 and end around 2027. If you would like additional information, have questions, or would like to voice support for the project, please contact Stephen O'Kane at (562) 493-7840.

Roberta Smith, President

Safety Cont

- If you're a teen, find out whether your school has a group of student volunteers to help out in emergency situations. If not, offer to help start such a group. Or start a School Crime Watch.
- Learn about your company's emergency plan. Practice the plan. Learn exit routes.
- Work with your local Watch or civic association to create a disaster preparedness plan.

There are a number of online resources available You might even consider giving an emergency preparedness kit to friends and family this holiday season. These can be purchased at Home Depot, costco.com, amazon.com, red-crosstore.org, and walmart.com.



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Rowing for Gold



Patricia (Pat) Etem, an Alamitos Heights resident, is an Olympian who graciously shared her rowing career and Olympic experiences. Pat states that she willed herself to become an Olympian ever since she began watching the Olympics as a child. In college she was at the right place at the right time. She was beckoned by a long wooden boat and showed up to a training run the following day as part of the athletic department outreach, and she has never looked back.

Women's rowing was first admitted as an Olympic sport in 1976, so Pat learned to row with the pioneers. To be an Olympic rower one needs excellent core balance, exceptional thigh, arm, and back muscles to leverage the water with oars as big as 12 feet long. It also takes tremendous ability to synchronize efforts with seven, three, or one other athlete. Obviously, this takes dedication, long hours of physical training, and some blood, sweat and tears.

In 1978 Pat was selected to the U.S.A. Women's Rowing Development Team, which is a tribute to her family heirloom of excelling in sports and taking advantage of every opportunity presented in life. It's also a testament to Title IX, which opened up tremendous opportunities for women in college sports in the 1970s.

Part of becoming an Olympian is making the United States National Team. Selection is intense, full of

strength and endurance competitions, and involves a modicum of ruthlessness. It's about taking skill, persistence, next-level talent, and heart to beat other crews. Yet, it is also heart-wrenching when team mates are cut from the team. But as Pat points out, when one puts on the red, white and blue uniform representing America, it's also worn for the solidarity among the friends that didn't make the team.

Pat made her first national team in 1979 and attended the 1979 World Rowing Championships held in Bled, Yugoslavia where her team won bronze. In 1980, the devastating year of the U.S. led Olympic boycott, her team won gold medals throughout summer international competitions, beating the East Germans for the first time, but there was no trip to Moscow. Pat had to make another four year run, rowing on world championship teams in training for the 1984 Olympics, winning two additional silver medals in 1981 and 1983. Finally she was selected for the 1984 Olympic team and competed in Los Angeles, placing fourth.

Fast forward and Pat is blessed to have shared her sports passion with all three of her children. A son rowed at Syracuse University and University of East London, a daughter rowed at UC Berkeley, and a son plays professional Ice Hockey (GO DUCKS). If you wonder whether the kids got their entire sporting prowess from their mother, they didn't. Pat's husband, Rick, rowed for the U.S. Naval Academy.

Con't on next page



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Sniffles, Coughs, Aches... Oh no!

With this 80 degree weather, it's hard to believe we're already in November. But alas, we are! And you know what that means... sniffles, coughs, and aches! Hudavi picked the brain of our Naturopathic Doctor, Cynthia Preston, for tips and tricks on how to stay away from nasty viruses this year — the natural way.

"We usually see colds more prominently during the fall," Dr. Preston says. "The best way to treat symptoms of colds is by including more warming spices like ginger, cilantro and red pepper flakes in veggie or chicken broth, drinking more water, taking 5,000 to 10,000 IUs of Vitamin D3, 50 mg of Zinc, and high dose probiotics. Avoiding dairy and cold foods like smoothies and fruits can also be beneficial."

Sounds reasonable, right? With all these allergies and different viruses going around, how exactly can we tell when we catch a cold?

Dr. Preston explains that cold symptoms usually begin with a sore throat, which usually goes away after a day or two. After that come nasal symptoms: runny nose and congestion, along with a cough by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold.

Flu symptoms, on the other hand, will usually come on quicker and last longer than seven days, and instead of runny nose and congestion, there will be more severe symptoms, like headaches, body aches, and even stomach pain or diarrhea.

"Remember that both colds and flus are usually caused

by viruses, not bacteria," Dr. Preston reminds us. "So an antibiotic will not work against your cold or flu. My favorite supplement is BioVegetarian by Priority One and Immune renew by Protocol. Both work by supporting the immune system in defense against invaders."

According to Dr. Preston, the best way to prepare the body for the cold season is not through random vaccines, but through diet. Eliminating dairy products and processed foods is vital, as these foods suppress the immune system. Another small tip: wash your hands with regular soap, not antibacterial soaps, which make bacteria stronger in the long run. Dr. Preston suggests having Vitamin-D levels checked to ensure that this essential vitamin is at a healthy level to assist with immune function.

This all begs our final question: Why now? Why do the colds and flus come about in the winter? Is it really because all the kids are back in school or is that just one contributing factor?

"Seasonal changes in relative humidity may affect the prevalence of colds," Dr. Preston says. "The most common cold-causing viruses survive better when humidity is low — the colder months of the year. Cold weather may make the inside lining of your nose drier and more vulnerable to viral infection."

Dr. Cynthia Preston is a Naturopathic Doctor at Hudavi Wellness, offering B-12 shots, Flu Shots, and IV Therapy, as well as consultations, the supplements mentioned above, and more. As with any health advice, please consult with your doctor before taking any new medicines and/or supplements.

Gold Con't

Interested in rowing or having your child learn to row? Long Beach Junior Crew (longbeachjuniorcrew.org/) offers summer "learn to row" sessions for youth, and year round high school rowing lessons and P.E. credits for participation. It's the boathouse in the afternoon at the docks of the Marina on the east side of the shoreline. It's a fantastic neighborhood fitness resource as well offering indoor rowing classes many evenings each week. No experience needed, but if you want some pointers just ask resident expert Patricia Etem who rowed for gold!



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Creating a Community Together

Special thanks to the Alamitos Heights residents who contributed to this issue:

- ◆ Beth Ciceri
- ◆ Annette Dhein
- ◆ Catherine Foster
- ◆ Catherine Grace
- ◆ Sonia Guillen
- ◆ Annemarie Sauer Hale
- ◆ Chris York

If you would like to get involved, email Yesmean Rihbany at ahianews@outlook.com

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