

# Alamitos Heights Improvement Association

## AHIA Annual Picnic Brought Good Old-fashioned Fun for the Entire Family



Over 250 Alamitos Heights residents participated in the 2014 Annual Meeting, Picnic and Fun Run on June 8. The AHIA Picnic includes a variety of

family-fun traditions... face painting, balloon animals, three legged race, water balloon toss and dozens of raffles... as well as the opportunity to catch up with neighbors over a BBQ lunch. The music and event activities were facilitated by DJ Ray Echlin, Alamitos Heights resident and leader of local band Sawtooth.

A Service Award was presented to Karen Taylor and Holland Brown, leaders of the Green Team at Lowell Elementary School, and Alamitos Heights neighbors. Taylor and Brown were honored for developing several outdoor education programs at Lowell Elementary including the Learning Garden, Zero Waste Lunch and school wide recycling. The implementation of these programs earned Lowell the 2014 US Department of Education Green Ribbon

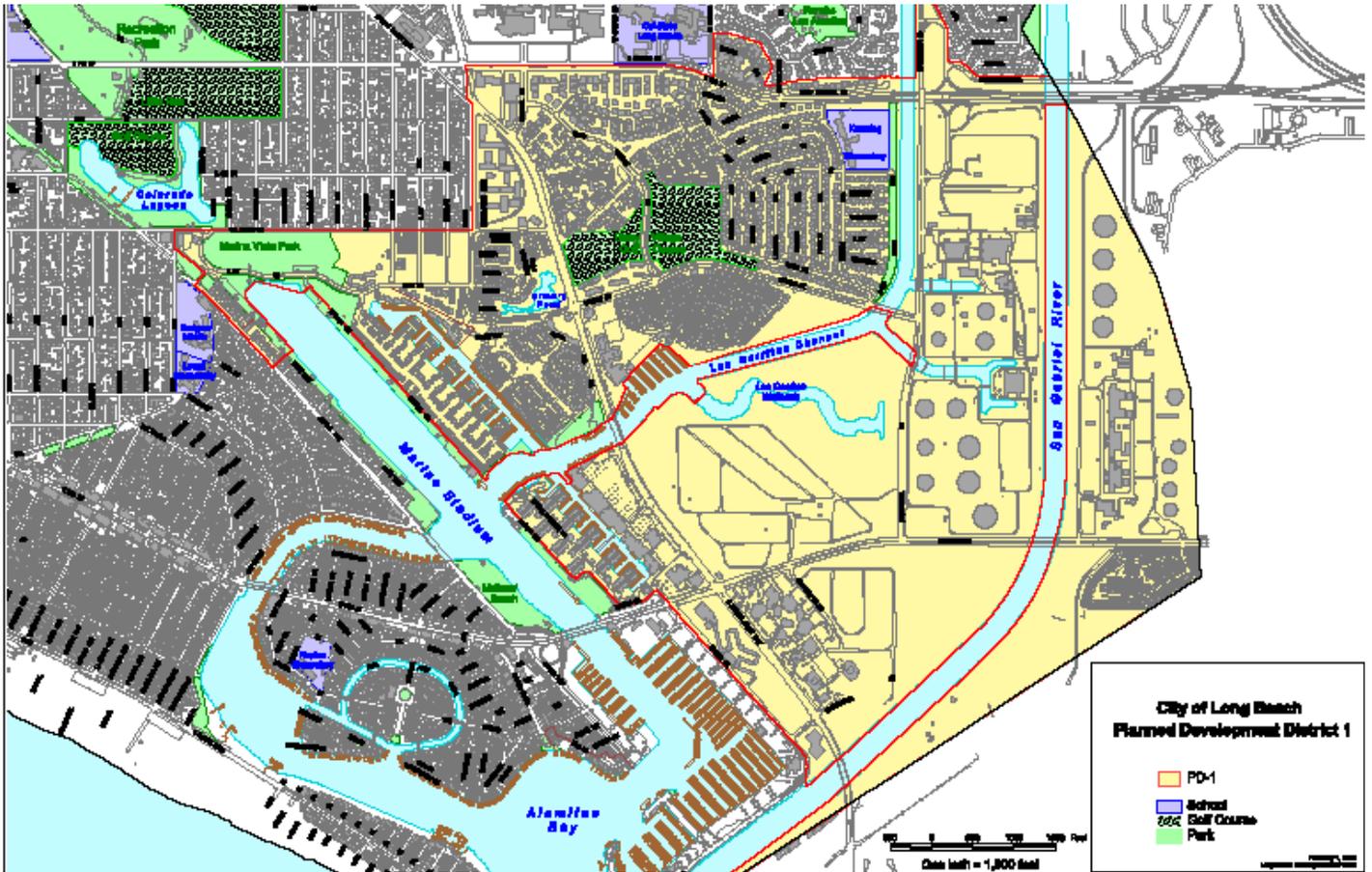


School Award and CA Department of Education Green School Award.

The AHIA Annual Meeting, Picnic and Fun Run is hosted by the AHIA Board and volunteers, and paid for by your membership dues. Save-the-Date for next year... Sunday, June 14.

**Visit the website for more information - [www.AHIA.info](http://www.AHIA.info)**

# SEADIP Regulations Change After 40 Years



SEADIP, (“South East Area Development & Improvement Plan”), is being updated. This will affect our local life style for 50 years. Website [www.lbds.info/seadip\\_update](http://www.lbds.info/seadip_update) is set up for the public to participate in this study. The goal is improvements in urban design with mobility for vehicles and residents within this area that benefit all residents and visitors, as well as restore the wetlands for benefit of natural habitat and enjoyment of local residents.

Long Beach plans to encourage our reputation as “Aquatic Capital of USA”. Residents also want to improve the degraded wetland area shown on the map. Alamitos Heights residents and other FOCL members, (friends of Colorado Lagoon), have set an example of how these wetlands can be improved for use by both the natural habitat and local residents. See the website [www.coloadolagoon.org](http://www.coloadolagoon.org)

The objective is to introduce this area as a destination point for aquatic activity enjoyment and wetland habitat appreciation instead of an impression as a “pass through area” to leave city. A common misconception is that San Gabriel river is the city line, however both sides of the river are Long Beach. The web site [Los Cerritos Wetlands Authority.org](http://LosCerritosWetlandsAuthority.org) tells info on wet-lands. [lcwlandtrust.org](http://lcwlandtrust.org) is another website of the non profit Los Cerritos Wetlands trust which offers more information.

The Basin 3 marina dock rebuild in Alamitos Bay is not

Continued on page 5



**JC Financial Planning & Investments LLC**  
-A Registered Investment Adviser-

**Your Swiss Banker in Long Beach**  
·Retirement Plans ·Asset Management ·Fee-based

**Call for a FREE consultation:**  
**(562)-743 6031**  
[www.jcinvestment.net](http://www.jcinvestment.net)



**Juerg Ciceri,**  
Certified Financial Planner™

## President's Letter

# The By-Laws - They Are a Changin'

It has become increasingly difficult to attract interested neighbors to assist with the mission and activities of AHIA. However, we are extremely fortunate to have a very dedicated group of individuals (and supporting spouses) who have, year after year, selfishly given of their time and energy to make this neighborhood such a great place to live. In order to ensure that we are able to maintain a board of directors and, thusly, ensuring the sustainability of the organization, we have recently made significant changes to our by-laws with the hope of two goals: 1 - make it less taxing of time for those of us who participate at the board level and 2 - to become a more volunteer-centric organization so that the board members are not doing all of the heavy lifting with each of the events and organizational endeavors.

- The major changes made include :
- Decreasing board members from 8 to 13 to 7-9.
- Decreasing the number of scheduled board meetings from 12 to 4-6 per year.

Instead of only one community meeting forum typically held in April at the 3rd District office, we are hoping to increase this to two, perhaps three per year to facilitate more community awareness of topics germane to our neighborhood (safety, local construction issues, etc.).

And lastly, it was necessary to eliminate the term limits for board positions, for if this stood, many of us would be terming off of the board without replacements.

To address the goal of becoming more volunteer-centric we determined that if we had a cadre of let's say 30-40 individuals that we could call upon to assist with events, it would make the planning and execution of these easi-

er, less stressful, and more enjoyable.

I have asked for volunteers previously in print in this newsletter and membership campaigns, and in voice through announcements at events. At this point, I am not above groveling. OK. I am officially groveling - **"PLEASE GET INVOLVED!"** If you would like to assist with any of our events, have an interest in neighborhood safety, would like to pen an occasional newsletter article, or assist in planning one of the Neighborhood Forums, please shoot me an email at **president@ahia.info** and I'll be in touch. The continuance of AHIA, not to mention our sanity, depends upon it.

Allow me to take my remaining real estate to introduce to you AHIA's 2014-15 Board of Directors who were voted in at this past June's AHIA Annual Meeting, Fun Run & Picnic.

**Annette Dhein** - 300 block of Santiago. **AHIA board member since 2011**

**Damian Medina** - 300 block of Manila Avenue. **AHIA board member since 2011.**

**Gary Morrison** - 300 block of Flint Avenue.

**Yesmean Rihbany** - 300 block of Flint Avenue. **AHIA board member since 2014.**

**Annemarie Sauer Hale** - 700 block of Havana Avenue. **AHIA board member since 2010.**

**Roberta Smith** - 400 block of Terraine Avenue. **AHIA board member since 2009.**

**Bill Thomas** - 600 block of Winslow Avenue. Involved as **AHIA/board member since 2006.**

**Tanya Wannemacher** - 300 block of Santiago. **AHIA board member since 2011.**

**Chris York** - 400 block of Terraine Avenue. **AHIA board member since 2009.**

*Thank you! Roberta Smith, AHIA President*

## Thank You Advertisers for Supporting AHIA

Interested in advertising in the AHIA Newsletter ?  
Reach over 800 homes and neighbors . Contact  
[ahianews@outlook.com](mailto:ahianews@outlook.com) for details.

LESLIE  
STONICK

*"You get more with Leslie"*





*"She's the Alamitos  
Heights Real  
Estate Expert"*

COLDWELL BANKER  
REALTOR

(562) 818.5763  
leslie@lesismor.com  
www.LesIsMor.com

## 3rd District Update



Thank you for electing me to serve as your 3<sup>rd</sup> District Council Representative. I look forward to a productive four years in office and getting to know you and your neighborhood organization.

As a Deputy District Attorney quality of life issues such as crime, homelessness, traffic, and issues that prevent us from feeling safe in our community are near and dear to my heart. I am working closely with our Police Department to reengineer the Community Watch Program so that more residents are engaged in the process and are meeting and talking with their neighbors in order to protect our best assets, our family and homes. Additionally, I have created a new position on my staff, a Business Liaison employee dedicated to ensuring that the businesses we have are thriving as well as assisting any start up businesses that

would like to become part of our community.

A few of the major infrastructure projects that I will be working on include a rebuild of the Leeway Sailing Center, the Naples Seawalls, and the Belmont Plaza Olympic Pool, finishing the planning phase for the Pacific Electric Right of Way, starting phase two (open channel) of the Colorado Lagoon restoration project, finishing the Bluff Stabilization project, and the 6<sup>th</sup> Street Bike Boulevard project planned for Alamitos Heights. In addition to our ongoing annual sidewalk replacement and residential road repavement programs.

To conclude, the 3<sup>rd</sup> District Council Office is a valuable City resource available to you. I hope you take advantage of all that your Council Office has to offer. Please give us the opportunity to assist you; I am available by phone at (562) 570-6300 or email [district3@longbeach.gov](mailto:district3@longbeach.gov).

*Suzie Price, 3<sup>rd</sup> District Councilwoman*

## Our Wile E Coyotes



Coyote activity is becoming a common discussion due to the increased number of sightings, pet attacks, and the apparent brazenness of the animal. City officials are urging residents to take precautions after reports of coyotes running through local neighborhoods.

**Coyote Habitat:** Coyotes are prone to wander into suburban neighborhoods in search of food, water or shelter. Coyotes are a natural predator and occasionally prey on cats and even small dogs. For the record, Long Beach Animal Control notes cats have a higher chance of being hit by a car than being killed by a coyote. Coyotes and other wildlife, including raccoons, opossums, and squirrels, are particularly active in Southern California during warm-weather months which make for suitable

breeding conditions. Coyotes often spread out into neighborhoods from the flood channels, riverbeds, and other natural open spaces in the area. Coyotes are naturally active at dawn and dusk and generally avoid people.

**Coyote Management:** For most, the initial thought is to kill or trap coyotes for removal. Coyotes are very clever and very difficult to capture. Overall, killing or removing coyotes does not work. A study in Colorado where 75 percent of one population of coyotes were killed off, the remaining coyotes' litter sizes doubled while females became fertile at a younger age – the population bounced back.

If coyotes habituate to the presence of people, sometimes they become quite bold, however it's only a small proportion of the coyote population that becomes a problem. The better way to manage coyotes is to eliminate things that attract them and change their behavior. This generally involves intimi-

*Continued top of next page*

dating them into leaving the area. Remove an animal's food, water, and shelter and they will likely move on to another area.

**Coyote Safeguards & Tips:** The following are suggestions to thwart an environment that is conducive to coyotes. Animals, in general, will avoid areas that are not conducive to the main drive of breeding and residents can be proactive in reducing a habitable environment and take actions when a coyote is seen.

There are techniques to haze the coyotes so they move to other areas and continues to fear humans. This includes: standing tall; yelling and waving your arms while approaching the coyote; using a whistle, air horn, or other noise device; stomping feet; using a water hose or pepper spray; or throwing tennis balls or rocks at the coyote. I carry a large walking stick that I can wave at the coyote or bang on the ground. Another option, but expensive, is using wolf urine. Ranchers use to protect livestock. It can be purchased at *predatorpee.com* and placed at the property's perimeter as a deterrent.

Here are some good safety tips to keep in mind:

**Never** feed coyotes; **Never** attempt to get close to a coyote, they are not benign or well-intentioned; **NEVER** run away from a coyote! Instead, retreat and back away slowly; **Teach** children safety about strange animals.

Keep pets and their food inside. If pets have to be fed outside, feed them during the day and remove food and water bowls when finished. Stay close to a pet when taking them outdoors and always keep them on a leash, especially from dusk through early-morning hours.

Keep trash in containers with tight fitting lids.

If others in your neighborhood are attracting coyotes, explain the hazards and ask them to take preventative measures.

Remember, Wile E. Coyote never pretended to be looking out for the Roadrunner's best interests or be his friend. We all need to vigilant to ensure Wile E. Coyote doesn't want Alamitos Heights to be his favorite hang out.

Chris York

SEADIP cont.

yet finalized. These docks are adjacent to Marina Dr. The dock configuration will affect plans for development. Water transportation to aquatic venues in the city must be considered. Building construction now features parking lots to pass by with no views of aquatic benefit that could make the area a "stop and visit destination". This writer believes mixed use developments with more open space and scenic views should be considered.

A popular idea being considered is converting PCH to a more scenic, safer corridor from Seal Beach to Bellflower that slows traffic with consideration for bike and pedestrian traffic. Consideration for all aquatic events in the bay as well as more convenient transportation to other events in the city would benefit the residents and visitors with upscale hotel, restaurant and shopping facilities in the plan. As the area use grows over the next 50 years.

"CalTrans" has responsibility and control of traffic on PCH. Consideration to transfer control to our city will provide better traffic control during rush hours. We also plan to provide safer mobility for bikers and pedestrian as the area is improved. This will allow all residents to benefit by improved development. Making our area of Long Beach a destination is our goal. We do not want to continue rushing the traffic so we cannot enjoy an improved life style that improvements can bring. Residents of Alamitos Heights should keep informed in planning phase that will continue though the 2015 budget year. The objective is to plan for our area of Long Beach to be a more "Vibrant City by the Sea" and continue to hold the reputation as the Aquatic Capital of USA.

Bill Thomas,  
SEADIP Advisory  
Committee

**John P. Gooding**  
Broker Associate

Alamitos Heights  
Resident & Broker  
for over 30 years

Century 21  
BEACHSIDE

OFFICE 562.756.6500  
E-MAIL goodingjp@aol.com

6265 East 2nd Street Long Beach, California 90803



## It's a Dog's Life

Keep your pets happy, healthy, and safe this summer by busting the myths below!

**ONE:** Sparky loves to be with me so I should never leave him at home. Re-

gardless of your intention to leave the windows open, dogs WILL jump out. Even in the shade, it's still too HOT. Even if think you'll be gone for a short time, the checkout lines are NEVER that fast. Just say "NO" to leaving your dog in the car. The temperature in your car, even with windows cracked, reaches 102°F within 10 min when it is 85°F outside. In 30 min, it will be 120°F. Sparky does NOT wish to do Bikram hot yoga and will be happier at home, in his bed ... or yours, with his favorite stuffed alligator.

**TWO:** Bullet loves to swim and gets plenty of hydration swimming around in the pool/ocean. Swimming is great exercise, but be sure to bring plenty of fresh water along. Dogs tend to swallow lots of water while swimming and both chlorinated and salt water will accelerate dehydration. Don't be surprised if your dog gets diarrhea due to the excess salt and chemicals he swallows. Ensuring he drinks plenty of

fresh water, and has breaks in his activity to rest in the shade, will help keep him hydrated and safe to swim another day.

**THREE:** Stella is my running partner and has been training with me for years so if I can handle the run, so can she! Do your summer running early in the morning or at/ after dusk. Humans cool by sweating and our entire body surface area (skin) is available to help. Dogs cool by panting so are less able to handle exercise in the summer. Those with thick coats like Siberian Huskies are runners by nature, but are designed to run in sub-zero temps, not in the summer heat. Lastly, the air passages of short nosed dogs like Pugs or Bulldogs, are not capable of handling heavy exercise. If you want a running partner, do not pick a Bulldog!

**FOUR:** Oreo is a cat so it is important for her to spend time outside during the summer. The risks to Oreo meandering around outside are numerous. Coyotes, dogs, other cats, wires, and many other dangers lurk. Keeping Oreo indoors will limit her disease/injury risk and can help her live longer. Your neighbors will also appreciate that Oreo is not using their flowerbeds as a litterbox and taunting their dogs by running along the top of the fence. Cats that roam are frequently hit by cars because they don't look both ways before crossing and won't use designated crosswalks ... think 2-year old child. Cats that wander are also likely to get parasites like fleas, ticks and worms requiring them to be on consistent preventative treatment.

Dr. Silene Young, ia California licensed veterinarian living in Alamitos Heights



Naturopathy  
Chiropractic  
Acupuncture  
Colonic  
Ayurveda  
Vibra-Therapy  
Infrared Sauna  
Massage  
Skin Care  
Body Waxing



Open 7 days a week!  
5550 E. 7th St.  
Long Beach, CA 90804  
562.433.2177  
www.hudaviwellness.com

### Community Yard Sale a Success

More than 35 homes participated in AHIA First Annual Community Yard Sale in June . A win for all, treasures found and space reclaimed, many neighbors thought it worth doing again. The next one is in Spring 2015.

### AH Gets Greener

In April, trees were planted through out AH. Sponsored and coordinated by the 3rd District Office and trees were provided by the city . Neighbors, like Kevin Hess (right), worked with other volunteers worked to make AH park strips better and greener.





# You Can Reduce Crime

LBPDP's East Division Commander Paul Le Baron reported a significant decrease in property crimes, including residential burglaries. But, this doesn't mean we can relax. He advised everyone to remain diligent and continue taking measures to secure their homes and cars. Home burglaries are not just a night time event. More and more, they are happening during the day. One effective method to deter criminals is with camera surveillance. Alamitos Heights resident and 3<sup>rd</sup> District Councilwoman, Suzie Price, shared the value of installing surveillance cameras as a practical crime deterrent. In her work as an Orange County Deputy District Attorney, criminals would tell prosecutors they would avoid committing crimes where they saw cameras.

Commander LeBaron discussed the LBPDP Long Beach Common Operating Picture (LBCOP) program that can help police officers better address criminal activity as it happens. The system connects a network of city-owned cameras and privately owned cameras in Long Beach through Internet protocol addresses that allow police to access a visual feed. Access to your

home system can be access by the LBPDP only with your permission and if you grant access. Businesses or residential property owners who would like to participate in the Community Camera Partnership (CCP) and connect their camera systems to LBCOP should email Officer Eddie Reyes: [Eduardo.Reyes@longbeach.gov](mailto:Eduardo.Reyes@longbeach.gov).

But, there is more you can do to reduce crime today.

• Get to know your neighbors and look out for each other.

- Lock your doors and windows. Even if you're only going to be out for a short time.
- Don't leave valuables in plain sight.
- Close the garage door while at home. Put items like bicycles deeper into the garage to discourage grab and go theft if your garage door is left open.
- Install motion sensor lighting to illuminate the house at night.
- Cut back foliage to limit hiding places.
- Install an alarm system. Test your alarm system regularly to make sure it operates properly.

Remember, call the LBPDP when you see suspicious people or activities happen in your neighborhood. They care and what to know

Look for the next Community Watch meeting to be held this fall.

Gary Morrison

**FRIEDMANS** AND BEDS!  
APPLIANCE • KITCHEN • BATH

Kent Eastman  
Sales

"Where the Most Important Home is Yours"

1827 E. Spring Street  
Long Beach, CA 90806

Phone: 562.989.7756 Ext. 171  
Fax: 562.285.1168  
E-mail: [Kent@FriedmansApplianceCenter.com](mailto:Kent@FriedmansApplianceCenter.com)  
[www.FriedmansApplianceCenter.com](http://www.FriedmansApplianceCenter.com)

**Check Out Nextdoor.com**

Join the group dedicated to Alamitos Heights. It's free and allows you to stay connected to what happening in your neighborhood, share information, list classified, and ask question. .

Dear Chrysteen,  
I Love my new  
Fieldstone  
Kitchen!

**AEGEAN**  
DESIGNING  
WHIMS

3782 CERRITOS AVE.  
LOS ALAMITOS  
562-430-2969  
[www.designingwhims.com](http://www.designingwhims.com)  
Kitchen & Bath Remodeling  
Hunter Douglas Blinds, Shades & Shutters

## Alamitos Heights Improvement Association

P.O. BOX 14571

Long Beach, CA 90853

[www.AHIA.info](http://www.AHIA.info)

## Creating a Community Together

### ***AHIA Extends Concerts in the Park***

**Thanks to membership dues, AHIA can offer more music and good times this summer**

**Sponsored by AHIA:**

- ⇒ **Elm Street Band – Thursday, August 7<sup>th</sup> at 6pm, Marina Vista Park**
- ⇒ **Sawtooth – Thursday, August 14<sup>th</sup> at 6pm, Marina Vista Park**

**Sponsored by  
City of Long  
Beach:**

- ⇒ **Bon Jovi  
Tribute Band –  
Friday, August  
29<sup>th</sup> at 6pm,  
Marine  
Stadium**



∞ Local Harvest ∞

Certified

**Farmers' Market**

Every Wednesday from 3 p.m. - 7 p.m.

∞ Marine Stadium ∞

Appian Way and Nieto Ave



**-Farm fresh fruits and vegetables-**

pure raw honey – free range eggs – dried fruits – nuts

baked goods – specialty foods – flavored kettle corn

fresh field cut flowers – handmade & unique items

Enjoy a variety of hot, fresh food made to order

In our Food Court

Lee Ostendorf 562-449-9299

## Get the AHIA Newsletter Sooner & in Color via Email

Send your email address to [treasurer@ahia.info](mailto:treasurer@ahia.info). All emails are kept confidential; used only to send AHIA information.