

# NEIGHBORHOOD NEWS



MAY 2011

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## MEET LONG BEACH'S CHIEF OF POLICE JIM McDONNELL COME TO THE NEIGHBORHOOD FORUM 7 PM • WEDNESDAY, MAY 18 • HORACE MANN AUDITORIUM

Jim McDonnell was appointed 25th Chief of Police for the Long Beach Police Department in February 2010. Chief McDonnell is responsible for a department consisting of 1,500 employees and a \$200 million budget.

The City of Long Beach is home to: 495,000 residents, one of the world's largest ports and the second busiest seaport in the United States, two of the nation's largest municipal marinas, a national airport, two college campuses, a nationally recognized convention and visitors bureau, numerous entertainment districts, and home to the world renowned Toyota Grand Prix of Long Beach. Chief Jim McDonnell has a great appreciation for the cultural diversity of the City of Long Beach and values the contributions that all the various cultures make to the city.

He served with the Los Angeles Police Department for 28 years and held a wide variety of positions throughout his career. He has received numerous community and department awards, including the LAPD's highest award for bravery, the Medal of Valor.

Chief McDonnell serves on



numerous boards of directors that focus on furthering the interests of local youth and leadership in the policing profession on both a local and statewide level. He is an active member of several organizations, such as the International Association of

Chiefs of Police; California Peace Officers' Association; California Police Chiefs' Association; Peace Officers Association of Los Angeles County, and the Southern California Leadership Network.

Chief McDonnell holds a bachelor of science degree in criminal justice from St. Anselm College in Manchester, New Hampshire, and a master's degree in public administration from the University of Southern California. He is also a graduate of the FBI's prestigious National Executive Institute, the Senior Management Institute for Police and has completed executive education programs at Harvard's Kennedy School of Government.

He regularly lectures at a number of department schools and has trained criminal justice professionals on a variety of topics, such as leadership, ethics, community policing, handling line of duty deaths, and the recruitment and retention of valuable employees. Chief McDonnell is recognized as an expert on policing issues and has lectured on these topics around the world. He currently teaches public policy issues at the University of California, Los Angeles.

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# MESSAGE FROM THE PRESIDENT



## Spring is here!

Our next Neighborhood Forum scheduled for May 18 will be focusing on neighborhood and community public safety. The Bluff Heights Neighborhood Association area and adjacent neighborhoods have always worked together to address crime and public safety-related issues and concerns. This approach, to look after our fellow area residents, has assisted in the prevention of many crimes and apprehension of criminals. Paramount to the stability and tranquility of our neighborhoods is the proactive care and attention to initiatives regarding public safety including disaster preparedness, police and fire.

We are fortunate in Bluff Heights to have a low crime rate and it is a

combination of proactive neighbors and a fine Long Beach Police Department. Our very own Police Chief and East Patrol Commander will be joining our next Neighborhood Forum to speak to area residents as to crime and preventive security measures we all should deploy, including Neighborhood Watch. We look forward to kicking off many areas of the Bluff Heights for initial Neighborhood Watch meetings that you can host on your own block.

Our fire department will be on hand to review the CERT (Community Emergency Response Team) program to educate residents as to fire prevention programs for our homes and businesses.

Many of our families include our pets and we should never forget that

they need to be cared for as well during emergencies. The Long Beach Animal Services Department will be attending our Neighborhood Forum as well. They will provide helpful tips on planning for emergencies and disaster preparedness for our pets. For even more tips on everyday pet care, see page 7.

Remember, it is the responsibility of all of us to work to provide a safe and stable Bluff Heights neighborhood. Working with our local public safety professionals, we can learn to implement the various programs and suggestions for our own homes, businesses and personal property protection.

We look forward to seeing you all at the Neighborhood Forum!

*John Thomas*

## Neighborhood Forum Calendar

- May 18
- September 21
- Nov./Dec.: To be determined



## Bluff Heights Neighborhood Association: Our Mission

The Bluff Heights Neighborhood Association is a non-profit, volunteer organization dedicated to community building, education, historic preservation, public safety, neighborhood beautification and thoughtful growth designed to enhance the quality of life among its residents.

## WHY NEIGHBORHOOD WATCH?

Over 40 million crimes are committed every year and the number continues to increase. There can't be a law enforcement officer on every corner, so citizen involvement is crucial to combat this social crisis. By cooperating with each other and the police, people can help fight crime in their communities in the most effective way—before it begins. It's a block-to-block approach against crime, and an opportunity to get acquainted with the people that share your neighborhood.

The Neighborhood Watch Program consists of two core meetings. The core meetings are:

- Introduction/Meet Your Police
- Learning and Implementing Everyday Crime Prevention Techniques

These meetings have been designed to give any group the maximum benefit from the Neighborhood Watch Program and should be scheduled in the order in which they appear. You are encouraged to schedule additional meetings through the Neighborhood Watch Program after you have completed the two core Neighborhood Watch meetings.

All core meetings should be scheduled through the Long Beach Police Department's Community Relations Division at (562) 570-7229. Please allow at least two weeks advance notice to ensure the availability of a speaker, and give an alternate date.

All meetings will last approximately 1 hour and 30 minutes and are generally scheduled Monday through Thursday, on a monthly or bi-monthly basis. Should any group have a special request, please notify us in advance and we will make every effort to accommodate you.

For more information about the Neighborhood Watch program, please call the Neighborhood Watch Coordinator at (562) 570-7229.

For more useful crime prevention tips, please visit [http://www.longbeach.gov/police/crime\\_prevention/default.asp](http://www.longbeach.gov/police/crime_prevention/default.asp)

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Airport Noise Abatement .....	570-2678
Animal Control .....	570-PETS
Apartment Watch .....	570-7160
Business Watch .....	570-7274
<b>BHNA .....</b>	<b>439-BHNA</b>
Bob Foster (Mayor) .....	570-6801
City of Long Beach Info. ....	570-6555
City Council (District 3) .....	570-6310
Code Enforcement .....	570-CODE
Fire Prevention .....	570-2560
Gang Hotline .....	(866) 426-4847
<b>Gary DeLong (Dist. 3) .....</b>	<b>570-6300</b>
Gas Emergency .....	570-2140
Graffiti Hot Line .....	570-2773
Hate Crimes/Human Dignity .....	570-6948
Health Department .....	570-4000
<b>Historic Preservation Office ....</b>	<b>570-6194</b>
Housing Rehabilitation Loans ....	570-6808
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Neighborhood Watch .....	570-7229
Noise Abatement .....	570-4126
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Shopping Cart Hot Line ....	(800) 252-4613
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Street Potholes Hot Line .....	570-3259
<b>Suja Lowenthal (Dist. 2) .....</b>	<b>570-6684</b>
Street Sweeping .....	570-2890
Tree Trimming .....	570-2700
Water Emergency .....	570-2300
Community Hospital .....	498-1000

All telephone numbers are area code (562) unless otherwise listed.



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### Neighborhood News Volunteers

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# CHIVE TALK

by Ken Yliniemi



Chives, *Allium schoenoprasum*, are one of the easiest and most rewarding herbs to grow in the garden. Unlike other well known members of the onion family, chives do not form bulbs for storage and are also a perennial, so they will come back from year to year without re-planting. The attractive plants have thin hollow leaves and stems that produce lavender pompom flowers.

Marco Polo is reputed to have experienced chives on his travels in China, where they were a native plant, and reported back their culinary attributes on his return to the West, where they were readily accepted and cultivated ever since. The Romans also are credited with bringing chives over to Europe, where they now grow wild. In fact chives now grow wild across most of the Northern Hemisphere. The word "chives" is said to be derived from the Latin *cepa*, meaning onion.

Chives have been used in cuisine for a recorded 5,000 years. Chives also have a bit of folklore in their past. It was believed that you should hang bunches of dried chives around your house to ward off disease and evil. Romans believed chives could relieve the

pain from sunburn or a sore throat. They also believed that eating chives would increase blood pressure and acted as a diuretic. Most sources tend not to agree with these claims.

The easiest and most successful means of propagating chives is planting rooted clumps in spring, after frost danger has passed. Established plants usually need to be divided every three to four years. Division is best done in very early spring before plants start to grow rapidly. Space plants 6 to 12 inches apart. Replant new clumps in soil enriched with organic matter, such as fine compost. Chives can also be started from seed reliably and easily. However, this can take up to six months for a mature producing plant that you can harvest.

Chives thrive in full sun and well-drained soil rich in organic matter with a pH of 6.0-7.0. They tolerate light shade, but six to eight hours of direct sunlight is best. They will grow to a height of 10 to 12 inches when mature. Over-fertilizing can be detrimental to chives. Like many herbs, slower, more compact growth leads to stronger flavors and healthier plants. A soil rich in organic matter

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should provide sufficient nutrients. However, if the plant begins to weaken from continuous harvesting each year, an application of well composted manure or fish emulsion may be needed once each spring to boost the plant's vigor.

Chives can also be easily grown in pots near your kitchen for quick and easy harvesting when cooking. Pots 6 to 12 inches in diameter that are 6 to 12 inches deep work best. Use a well drained soil mix that contains ample compost. Be sure pots are well watered. The chives may need dividing or re-potting with fresh compost every three to four years. They also will go dormant in the fall and come back in early spring with a flush of blossoms.

Harvest chives by snipping leaves from the base of the plant. Cut flower stalks off at the soil line once they finish blooming. This will prevent the plant from forming seed and keep it more productive. Chives are most flavorful when used fresh. A sharp pair of gardening or culinary scissors works best for both harvesting and cutting chives into smaller pieces for use.

Leaves are most often used fresh in recipes or as a garnish, but they may also be dried or you may also freeze any surplus for later use. Cut, wash and dry leaves, then chop or cut into smaller pieces and spread on a cookie sheet. Put in the freezer. When frozen, store in a freezer bag until ready to use. Frozen chives do not need to be thawed out before

use. They are great in soups, a favorite on baked potatoes, in sauces and dressings, with eggs, tomatoes, and casseroles, in biscuits and breads, and many other uses.

The flowers can be used in salads as well as in flower arrangements. The flower stalks are edible but usually tough and not as tender. It is best to toss these out and not include in cooking.

### **Sour Cream 'n' Chive Biscuits**

2 cups all purpose flour  
1 Tbsp baking powder  
1/2 tsp salt  
1/4 tsp baking soda  
1/3 cup shortening  
3/4 cup sour cream  
1/4 cup milk  
1/4 cup snipped fresh chives

In a bowl, combine dry ingredients. Cut in shortening until mixture resembles coarse crumbs. With a fork, stir in sour cream, milk and chives until the mixture forms a ball. On a lightly floured surface, knead five to six times. roll to 3/4-inch thickness, cut with a 2-inch biscuit cutter. Place on ungreased baking sheet. Bake at 350 degrees for 12 to 15 minutes or until golden brown. Yield: 12 to 15 biscuits.

## **Five-Treasure Fried Rice**

With spring in the air, Bluff Heights residents may be looking to make healthier food choices considering that swimsuits, lower cholesterol, fitted T-shirts and lower blood pressure are all just around the corner. Combine those goals with a tighter household budget, and "Voilà," this Five-Treasure Fried Rice recipe is both good for your leftovers and your budget.

This dish makes good use of leftover broccoli stalks, and is easily adaptable, so feel free to substitute other vegetables—asparagus, zucchini, peas, mushrooms, bok choy, bean sprouts and jícama are all possibilities. The chewy brown rice has a nutty flavor, and you just can't argue with its antioxidant power and fiber. But remember, as an ingredient in this recipe, the brown rice must be well chilled so that the starch hardens and becomes fry-able. Use fresh rice and you will wind up with a gummy mess.

## **BLUFF HEIGHTS RECIPES**



# RESTORATION



# PRESERVATION

## MONEY-WISE INVESTMENTS IN YOUR HOME

by Sasha Witte

We are all more focused than usual the past couple of years on needing to watch over our dollars and cents. Here are five projects that experts have consistently said make your home more valuable, while also making it more livable for you!

**Renovate your Kitchen:** If you own an older home, as many of us do, this is a remodel that can often add value to your future selling price. Focus on making the space work better while also incorporating quality cabinets, fixtures and appliances. Make sure to include all of the items most people consider “necessities.” You might enjoy hand washing your dishes, but it’s likely

the next owner won’t.

**Expand Into Untapped Space:**

Are you lucky enough to have a basement or a large attic? Consider building out these spaces as a finished media room, a home gym or a home office space. Not only will you be gaining a new home experience you desire, but potential buyers will see it as a space that can set your home apart from others with its additional useable square footage.

**Redo your Bath:** It’s often been said that what wins the heart of potential female home buyers is a beautiful master bath. Consider making yours sing with upgraded lighting, tile and fixtures. And who doesn’t enjoy a spa bath and

showering experience? There are wonderful options available that don’t have to break the bank account.

**Enhance your Landscape:** By creating outdoor “rooms” for living and entertaining, we can extend the square footage of our living spaces. This can often be done by adding a deck at the back of the home. But sitting and dining areas worked into the landscape can work too while adding charm. Make sure to include exterior lighting in your plans, so you and any future owners can be charmed by your garden areas at night too.

**Play up the Character:** Examine

*continued next page*

2 Tbsp. canola oil  
1 cup peeled, finely diced, broccoli stems (from about 1-1/4 lb. broccoli)  
3/4 cup finely diced carrots  
3/4 cup finely diced red bell pepper  
3/4 cup frozen shelled edamame  
3/4 cup corn kernels, fresh or frozen  
4 scallions (both white and green parts), thinly sliced  
2 Tbsp. finely grated fresh ginger  
2 large cloves garlic, minced  
4 cups very cold cooked brown rice  
3/4 cup finely diced Canadian bacon (4 oz.)  
2 large eggs, lightly beaten  
1/4 cup lower-sodium soy sauce

Heat all but 1 tsp. of the oil in a large nonstick skillet or stir-fry pan over medium-high heat. Add the

broccoli stems, carrots, and bell pepper and cook, stirring frequently, until the vegetables begin to soften, 3 to 5 minutes. Add the edamame and corn and cook until the edamame is thawed, about 1 minute. Add the scallion, ginger, and garlic and cook, stirring, until the raw garlic aroma subsides, about 1 minute. Add the rice and Canadian bacon and cook, stirring, until heated through, 3 to 5 minutes. Make a 3-inch well in the center of the rice mixture. Add the remaining 1 tsp. oil, then the eggs, and cook, stirring, until the eggs are almost fully scrambled. Stir the eggs into the rice mixture. Stir in the soy sauce and serve. Serves 4.

Source: Fine Cooking 97, pp. 33/Dec., 08. Ellie Krieger

Photo: Scott Phillips

ways you can enhance the character of your home. If there are moldings and decorative details, make them more visible with your use of paint colors. Add light fixtures both indoors and out that reflect the style of your

structure while adding drama and warmth.

Here's to making your home work for you both today and in the future! (See the last issue for any potential COA issues on exterior changes.)

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## 10 COMMANDMENTS OF PET ETIQUETTE - BE A RESPONSIBLE DOG OWNER

by Athena Andris



Our dogs are part of our family. We love them and want them with us as much as possible. Besides walking them, we love to take them to the park, on vacations, and while running around on our daily errands. So it's more important than ever to practice pet etiquette.

Etiquette, simply stated, is having good manners and behaving in a way in which we make others feel comfortable. Pet etiquette is making sure others feel comfortable around our pets. And it's simple to do by making sure your dog is following these 10 Commandments:

### 10 Commandments of Good Dog Manners

- \* Thou shalt not - walk off my leash.
- \* Thou shalt not - leave my poop unscooped
- \* Thou shalt not - romp in my neighbor's garden
- \* I will remember to wear my collar and I.D.
- \* I will be kind to others that may approach
- \* Thou shalt not - go unless invited
- \* Thou shalt not - jump or hump on others
- \* Thou shalt not - jump on the host's furniture
- \* Thou shalt not - bark excessively
- \* Thou shalt not - beg for food or attention

So, even if your dog is perfectly voice trained - keep him on his leash. This makes others feel comfortable by seeing that the dog is under control.

When you are on your walk, or at a social event or gathering, please pick up your dog's mess. Like most park signs read - "Pick it Up! It's Your Doodie!"

Lots of folks spend lots of time and money beautifying

their gardens, so don't let Fido romp all through them.

Dogs wearing collars with current I.D. and rabies information always makes others feel more comfortable.

Don't allow others to approach and pet or interact with your dog without you supervising and giving permission.

Also, don't assume if you're invited somewhere that you can take your dog, too. Make sure the host has invited you to bring your dog. If he is invited, it will be your responsibility to make sure your dog doesn't ruin the event for everyone else by barking too much, jumping on others or the host's furniture, begging for food or attention, etc...

By following these pet etiquette commandments your friends and family will take note. In return, you and your dog will be invited to more places together. And after all, that is what you want - to be able to have your dog with you as much as possible.

Athena Andris is the founder of Schnauzers-Rule.com. Her works come from lifetime lessons and research on her favorite topic - dogs (especially miniature schnauzers). Having owned several dogs from purebreds to mutts, Athena finds owning man's best friend, a necessary component to living a happy life. Schnauzers-Rule.com is a complete owner's guide to the health and care of the Miniature Schnauzer.

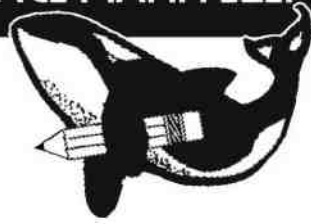
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# FOCUS ON HORACE MANN ELEMENTARY SCHOOL



Dear parents and BHNA members,

As you know, the budget situation has caused many unfortunate changes here at Horace Mann Elementary. Over the past six years, we have closed seven classrooms, eliminated the positions of our Nurse Support Assistant and School Facilitator, reduced the number of work days for the Office Clerk from four days to one, reduced the School Counselor from 60% to 30% and reduced the number of Recreation Aides on the playground from five to three.

These changes have had a significant impact on our campus.

For example, we no longer have: arts and crafts activities; kickball tournaments; staff to play chess with the students during lunch.

Due to the limited number of recreation aides, we do not have enough staff on the playground to supervise these activities. Would you like to help? Sign up to become a VIP!

Contact the main office at 562-439-6897 or stop by the office to pick up an application.

— Wanda Oliver  
Principal

Horace Mann Elementary

**School Contact Information**  
 Horace Mann Elementary School  
 257 Coronado Ave., Long Beach, CA 90803  
 Phone: (562) 439-6897  
 Principal: Wanda Oliver,  
 woliver@lbusd.k12.ca.us  
<http://www2.lbusd.k12.ca.us/mann/home.html>

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- Supporting local businesses through your involvement
- Voting rights in BHNA Elections



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- Nominations Committee
- Community Outreach
- Public Affairs
- Historic Preservation/Beautification
- Traffic/Streets/Safety
- 4th of July Block Party
- Newsletter/Web Production
- Horace Mann School Projects
- General Meeting Planning
- Other

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Created by Scott Butzbach / Neighborhood Resident

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**Sipology**

### **Les Falaises des Hauteurs, La Plage Longue 90803? (Bluff Heights, Long Beach 90803?)**

When in Paris, one must decide between an outdoor café located on the wealthy, older, Right Bank (La Rive Droite) or the artsy, youthful, Left Bank (La Rive Gauche) of the Seine River. In Bluff Heights, a similar dilemma exists. Our residents must similarly choose between Hot Java, a cafe with its tables facing West on Junipero Avenue or Sipology, a cafe with its tables facing East on Temple Avenue. So the next time you're sitting outside one of these fine Bluff Heights establishments, think of what those poor Parisians are missing. The Jardin des Tuileries pales in comparison to Bixby Park. C'est dommage!