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December 30, 2022

Issue No. 401

Thank you for taking the time to read our weekly newsletter. Every Friday afternoon at 1:30 pm, we distribute this publication to provide updates on past and future events throughout our council district. Please encourage your neighbors to sign up for the Go Fourth! Friday newsletter by filling out the form at this [link](#).

- Councilman Daryl Supernaw



HAPPY NEW YEAR

Past and Ongoing Events

Free At-Home COVID-19 Tests

A message from the Long Beach Health Department: Every household in the U.S. is eligible to order a fourth round of four additional, free at-home, rapid COVID-19 tests. Get your tests now so you are ready if you get sick or are exposed to COVID-19. To order your free test, visit COVIDtests.gov. For assistance in placing an order for your free at-home tests, please call: 1-800-232-0233

FREE At-Home COVID-19 Tests
for every household* in the U.S.

* Limit 4 tests per household

COVIDtests.gov

LONG BEACH
CALIFORNIA

LBFD Achieves ISO's "Class 1" Top Rating

The Long Beach Fire Department has issued a press release, available at this [link](#), announcing their earning of the Insurance Services Office (ISO) top rating for the national Public Protection Classification Program. Congratulations to LBFD for this accomplishment that is achieved by less than 1% of the fire departments across the nation. There are a large number of LBFD facilities in the 4th Council District including three fire stations (#5, #17 & #22) and the Capt. David Rosa Regional Training Center at 2249 Argonne Ave. adjacent to Stearns Park.



Homeless Services & Information Hub Webpage

Long Beach has launched a new Homeless Services and Information Hub webpage available at this [link](#). The site was developed in an effort to provide a one-stop-shop of resources and information for the public. It serves as a localized platform where all community members can learn more about the City's efforts to combat the homeless crisis. To discuss an encampment, the site instructs you to call the Multi Service Center. Hours at the MSC are: M-T-W-F 8 am - 4 pm, and Th 8 am - 2 pm. They are also closed daily from noon to 1 pm. Read the press release [here](#).



Treecycle your Christmas Tree

Dec. 26th - Jan. 6th | Various times & locations

From December 26, 2022 - January 6, 2023, you can drop off your Christmas tree for recycling at one of 12 special locations. Your nearest CD4 location may be at Stearns Park (corner of 23rd St. and Roycroft), El Dorado Park (2760 Studebaker) or the Environmental Services Bureau at 2929 E. Willow. If your trash/recycling is collected by the City's refuse and recycling service, you qualify for a FREE pick-up at your home on January 7th. Make sure you put it out before 7 AM where you normally leave your carts. If your tree is over 12 ft. tall, make sure to cut it in half. In the case your tree is not picked up, please call (562) 570-2876 for assistance. Visit the LB Recycles [website](#) for drop-off times and more information.



YMCA Junior Lifeguard Program Preparation

The Los Altos Family YMCA is offering swimming classes to help prepare participants for the challenges faced during the Junior Lifeguard program. Swimmers will be able to build endurance in preparation for the Spring 2023 Junior Lifeguard Program. Classes will be offered on the following days and times:

- Mondays & Wednesdays: 5:30 pm - 6:00 pm
- Tuesday & Thursdays: 5:30 pm - 6:00 pm
- Saturdays: 11:00 am - 11:30 am

This program is offered during the Winter Group Swim Lesson sessions from December to February. For more information about this program, visit this [link](#).



Nature Kids! Winter Break Workshops

December 26th - January 6th | 10 am - 12 pm | Register [Here](#)

Registration for Nature Kids! Winter Break Workshops are now open. The workshops will take place at the El Dorado Nature Center where children aged 5-8 years will experience nature through investigation, hands-on activities, games and crafts. Children must have Kindergarten experience. Registration at this [link](#) is required, and there is a \$20 fee per class.



FREE Winter Youth Fun Days

Dec. 27-30th and Jan. 3rd - 6th | 12 pm - 5 pm | Various locations

The Department of Parks, Recreation and Marine will offer free extended supervised recreation programs for youth over the winter school break. The Winter Fun Days Program will operate Dec. 27 through 30 (Closed December 26 & January 2) and Jan. 3 through 6, noon to 5 p.m., at parks throughout Long Beach. Youth may come and go at their own discretion and PRM staff will be on-site to lead a variety of recreational activities. Here is a list of CD4 parks that will participate:



- College Estates Park, 808 Stevely Ave.
- El Dorado Park West, 2800 Studebaker Rd.
- Stearns Champions Park, 4520 E. 23rd St.
- Whaley Park, 5620 Atherton St.

For more information on these events, visit the press release at this [link](#) or call (562) 570-3233.

Upcoming Events

Lbfd Training Center: Live Burn Tonight

December 30 | 6 pm - 9 pm | 2249 Argonne Ave.

The Long Beach Fire Training Center will be conducting a live fire training on this date/time that is subject to change:

- Friday, (12/30) between 6:00 pm - 9:00 pm

Live fire training is essential in the development of firefighters and teaches skills needed to perform lifesaving and property-saving operations in the City of Long Beach. Thank you for your continued support of the Long Beach Fire Department!



Celebrate Safely This Holiday Season

Last week, the City issued a press release encouraging residents to "Celebrate Safely This Holiday Season". The notice contains a number of safety tips on topics including: decorating safely, holiday entertaining, health precautions, driving and pedestrian safety, package theft and reporting of illegal activities. You can read the entire press release at this [link](#).



Holiday Schedule for the City of Long Beach

There will be no City Council meeting next week as the January 3rd meeting has been canceled. Our next regularly scheduled City Council meeting will take place on January 10, 2023. Refuse and recycling pick-up will occur as regularly scheduled Monday through Friday. Street sweeping will not take place on Monday, January 2nd. You can read about all the citywide closures at this [link](#). The Go



Fourth! Friday newsletter will maintain its regular schedule and be distributed every Friday at 1:30 pm. Happy Holidays to all!

Long Beach Public Library Holiday Closures

December 31st | Citywide

All Library locations and services, including the Library main phone line, will be closed on Saturday, Dec. 31. Libraries are not open Sundays or Mondays per their normal schedule. Library patrons are encouraged to utilize the Library's vast collection of [digital resources](#), including the Library catalog, downloads, and databases, available 24/7.



Preferential Parking District Permit Renewals

Renewal notices have been mailed out for PPD permits. Each household is allowed up to three residential and one guest preferential permit per year. The annual fee for each residential preferential or guest permit is \$33.75. If you have not received your renewal notice, you can visit the [Parking Permits Portal](#) to purchase your new PPD permits for 2023. The blue permits expire on 12/31/22, and the purple permits are required on 1/1/23.



New California DMV Laws for 2023

The California Department of Motor Vehicles (DMV) has issued a press release highlighting new laws for 2023. You can read it at this [link](#). One highlight includes street racing and sideshows, previously banned on public roads, are now banned in parking lots. A new change to the California Vehicle Code not highlighted is the Freedom to Walk Act (AB-2147). The new law essentially allows jaywalking when a reasonably careful person would consider it safe to do so. The full text of AB-2147 is available at this [link](#).



CSULB Offers Programs for Community Neighbors

Did you know that CSULB offers fitness programming, continuing education, and physical therapy available to our community neighbors?

[The LifeFit Center @ The Beach](#) is a learning and research laboratory within the department of kinesiology and serves as a health and fitness facility to community members age 49+ and to all CSULB faculty and staff. In addition to a 6,000 foot fitness floor with cardio and strength equipment, they offer group fitness, personal training, small group training, wellness coaching, and wellness workshops! If you are interested in joining LifeFit, please call LifeFit Director, Ayla Donlin, at [562-985-2005](tel:562-985-2005) to arrange a tour and/or complimentary day pass.



[Osher Lifelong Learning Institute \(OLLI\)](#) at CSULB is a membership organization for people age 50+ who are interested in learning for the joy of learning and keeping in touch with a larger world. OLLI offers a diverse selection of intellectually stimulating courses and educational activities along with significant opportunities for volunteer engagement and leadership. There is no homework or tests! To learn more about OLLI at CSULB, please email them at olli@csulb.edu

PT @ The Beach is a full-service physical therapy clinic that treats various injuries and conditions that are orthopedic in nature such as low back pain, chronic pain, and post-operative conditions (knee, hip, shoulder replacements, etc.). You will work 1-on-1 with a licensed Doctor of Physical Therapy for at least 45 minutes. The services include evaluation, consultation, treatment, and education. They provide evidence-based, individualized and compassionate care and look forward to working with you in the future. To learn more about PT@The Beach, give them a call at [562-985-8286](tel:562-985-8286).

Bethany Church Blood Drive

January 4th | 9 am - 3 pm | 2250 Clark Ave.

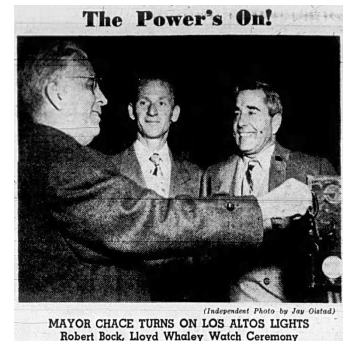
Bethany Church is partnering with the American Red Cross to host a blood drive on Wednesday, January 4th. The blood drive will be held in the Well Ministry Center off E Los Coyotes Diagonal. To register to give blood, click this [link](#). You will also find information on the Power Red type of donation under “+More Details” on the registration link.



And Finally....

Atherton Park and the Los Altos Playground

Can you imagine the entire area between Atherton St. and Bouton Creek, stretching from Bellflower to Clark, being open park space? As shown in the 1952 aerial photo below, Atherton Park occupied the area for the first five years of the Los Altos Neighborhood's existence. There was also the Los Altos Playground at the western end near Clark Ave. It was dedicated on December 15, 1948 at the same ceremony that celebrated the new street lights being switched on. Los Altos residents assessed themselves at \$7.50 per household to install the lights that were not part of the original neighborhood development. The Los Altos Playground grew in popularity with many amenities including a baseball diamond. In 1953, a newspaper article described it as one of the busiest spots in town during after-school and vacation hours. It was also one of the designated locations for the City's annual Christmas tree bonfires, but that's a story for our January 6th newsletter.





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