

LOCAL BUSINESS

The Flower Plugg will soon bring signature herbal blends to Zaferia neighborhood

Kristen Farrah Naeem

Staff Writer

Local entrepreneur Anulika Agu's business was born from a dilemma—around four years ago smoking cannabis began to make her feel unbearably paranoid, a troubling development for any stoner.

She began researching the benefits of other herbs in search of an alternative, and started to craft her own herbal blends that would combine the benefits of these plants. Agu soon realized that these herbs satiated her desire to smoke, free from the intoxicating effects of cannabis or the multitude of toxins found in commercial tobacco products.

"It was really, really helping me, so I started helping my other stoner friends or people that had tobacco issues, and they really started seeing the benefits," Agu said. "So I realized that it wasn't a placebo, and it actually did help a lot of us with weaning off of tobacco, marijuana and with just sleep and anxiety."

It also occurred to her that these same herbs she was smoking could be used in teas. Using her Keurig, Agu began experimenting with different herbal mixes for tea, finding which blends gave the best taste and potency.

"It's really great for people that are non-smokers," Agu said. "They can still benefit from my tea blends without having to smoke it."

In Sept. 2020, Agu launched her brand the Flower Plugg, with a line of different herbal blends that can be both smoked and infused in tea. Now she's preparing for the opening of the Flower Plugg's first storefront in the Zaferia neighborhood of Long Beach, located at 1355 Redondo Ave., suite 8.

While none of the herbs sold by the Flower Plugg have any intoxicating effects, they are meant to benefit the body and mind. Agu's personal favorite, and her best-selling herbal blend, is "Breathe Easy," a mix of peppermint, mullein, damiana, rose, scullcap and blackberry leaf meant to provide relief to throat and respiratory issues, as well as help alleviate anxiety and nervousness.

see FLOWER PLUGG page 4



Richard H. Grant | Signal Tribune

Anulika Agu looks up at the newly installed sign for her business, The Flower Plugg, in the Zaferia neighborhood of Long Beach on March 23, 2023.

FOOD

Long Beach Fresh's Spring Foodways Summit brings farm tours, panels and plenty of produce

Samantha Diaz

Managing Editor

For five days in April, the local food movement in Long Beach will be showcased in all its tasty, homegrown glory as Long Beach Fresh ushers in its seventh annual Spring Foodways Summit.

Along with the highly-anticipated return of the Long Beach County Fair and agricultural contests, residents can also enter the new Long Beach bake-off, sauce, pickle and jam contests. Residents will have chances to tour some of the urban farms that have far-reaching impacts in the city and learn about policies that impact local food "eaters and seeders."

Long Beach Fresh works with and supports nearly 20 community gardens and urban farms in Long Beach, as well as local food vendors, neighborhood markets and local businesses to

see FOODWAYS SUMMIT page 7



Richard H. Grant | Signal Tribune

A set of ribbons sit near some produce that will be judged at the Harvest Competition with Long Beach Fresh inside the Expo Art Center during the the Bixby Knolls First Friday's county fair-themed event on April 1, 2022.

SIGNAL HILL

Signal Hill approves contract for street repairs along Ohio Avenue

Kristen Farrah Naeem

Staff Writer

The Signal Hill City Council unanimously approved a contract with Excel Paving Company to repair the pavement on Ohio Avenue, stretching from Hill Street to Skyline Avenue.

The contract allocates \$294,491.40 to Excel Paving Company for the Ohio Avenue Street Rehabilitation Project, which will include the removal and replacement of approximately 560 square feet of damaged sidewalk, restoration of traffic striping and markings, improvement of two ADA access ramps and the repair of ap-



Richard H. Grant | Signal Tribune

Road construction at the intersection on Cherry Ave. and East 28th Street is causing congestion on Cherry Ave. on Sept. 14, 2021.

proximately 26,000 square feet of asphalt pavement.

In addition to the funds already allocated to the project, the city

see STREET REPAIRS page 7

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CITY COUNCIL



Long Beach extends winter homeless shelter through April

Richard H. Grant | Signal Tribune

Dom Phouma, a radiologic technologist at Community Hospital Long Beach claps his hands during District 4 Councilman, Daryl Supernaw's speech for the reopening of the hospital on May 27, 2021.

Samantha Diaz
Managing Editor

Amidst the sporadic rains and cold weather, the City of Long Beach announced it will extend operations of the homeless winter shelter at the former Community Hospital building through the end of April.

The shelter opened in late December, offering 81 beds and shelter from the cold weather to people in the city experiencing homelessness. The winter shelter was expected to close at the end of March, but will operate through April 30 "to ensure the safety and wellbeing of people experiencing homelessness during the ongoing cold, wet winter weather," according to a statement from the City.

Since opening, the shelter has reached full capacity every night, according to the City.

"With the unprecedented amount of rain and extremely cold temperatures, people experiencing homelessness have endured unusually harsh elements this winter," said Mayor Rex Richardson in a statement from the City. "The extension of our winter shelter will continue to provide a warm place for people to rest with safety and dignity. This is a much-needed asset for these community members, and I am grateful for the support

we've received for this extension."

There are 796 beds provided year-round by the City and partnering organizations, according to a statement released by the City Dec. 19. Long Beach had 3,296 people experiencing homelessness in the city during its 2022 Point in Time Count.

Long Beach had planned to open a second winter shelter location inside the gymnasium at Silverado Park, but canceled the plans after weeks of community protest. The city is still searching for a location for an additional shelter "with at least as many beds" as the winter shelter so it can "continue to provide these services after April 30."

The city opened up 60 additional beds at the Multi-Service Center (MSC) in west Long Beach in late February. Staff puts the beds out every night at 6 p.m. and stores them away the following morning at 8 a.m. to resume services. The beds are available "typically when there is forecasted rain" or temperatures below 45 degrees and serve between 40-50 people each night, according to the city.

The winter shelter and MSC both provide meals to its residents and attempts to connect people to case management services.

There was a community meeting on March 9 with City staff and Third District Councilmember Kristina

Duggan, whose district the winter shelter resides in. City officials discussed plans to extend operations at the shelter and answered questions from the community, the City said in a statement.

"The winter shelter is a critical resource for people experiencing homelessness," Duggan said in a statement from the City. "Many people have utilized this shelter so far this year—some who have been there nightly since December. I am pleased it will continue operations through April so even more people can rest comfortably at night."

The winter shelter is only accessible through the Winter Shelter Bus, which picks up residents at the MSC in the early evening and drops them back off at the MSC in the morning.

First to Serve Outreach Ministries and the Los Angeles Homeless Services Authority is in charge of the daily operations, while the building is owned and leased to the city by Molina Wu Network, Community Hospital LLC.

For more information about the winter shelter, residents can call the Multi-Service Center at 562.570.4500 or review the FAQs. For more information on the City's efforts to reduce homelessness in Long Beach, people may visit the city's new data page at longbeach.gov/homelessness.

HEALTH

Amidst a blood shortage, Long Beach Medical Center asks residents for donations

Samantha Diaz
Managing Editor

The Long Beach Medical Center is in need of blood donations, as it faces a shortage brought on by the COVID-19 pandemic.

Although Long Beach has its own medical center, cardiovascular center and women and children's center, it does not have its own blood donation center, which puts it at risk of blood shortages following events of "extreme instances in the hospital that require the use of a lot of blood," said Anthony Salazar, the transfusion medicine supervisor at Long Beach Medical Center.

The Long Beach Medical Center is especially in need of O-negative blood donations, which is the universal donor for people.

O-negative is needed most since it's the first option given to patients that come in with trauma who immediately need blood, as well as people who may experience labor complications. According to American Red Cross, roughly 38% of the U.S. population has O-type blood, Salazar said. It's just a matter of getting people into the doors to donate.

During the peak of COVID, many people were unable to donate blood since residents can't donate when they're sick. The lingering effects however, can be seen in mobile donation centers that would travel to busy locations to attract donors.

"Now that people get to work from home, the certain areas that mobile drives used to be able to collect [from] like business centers, that sort of has reduced because people are staying at home," Salazar said, adding that universities and colleges going virtual also added to the issue. "COVID was just limiting the opportunities for collections."

Now, the majority of the blood donations at the Long Beach Medical Center come from its own employees. Salazar estimated that 75% of blood transfusions are coming



Pexels

from hospital staff.

"I'm sure a lot of the community comes to this hospital," Salazar said. "We're just trying to find a way to encourage these Long Beach citizens to come and donate here in our donor center ... so we don't have to close down any services."

According to the medical center, only about 5% of the U.S. population donates their blood, even though about 50% are eligible donors. Salazar predicted that most of the eligible population simply doesn't want to deal with the inconvenience: it takes about 15 minutes with a needle in someone's arm to gather a unit of blood, which is good for 47 days.

Platelet donations, which are commonly used in surgery for stopping the flow of blood, take about one to two hours from the donor, and are even harder to get.

"A lot of our donors have had an experience where they needed blood transfusion or had a loved one who needed one," Salazar said.

Once blood donations reach critically low levels, the medical center works with their blood suppliers at the San Diego Blood Bank. Due to the "cyclical nature" of blood donor shortages, Salazar said, the San Diego Blood Bank is "not immune to their own shortage."

This forces the medical center to take a close account of its supply and ensure the blood goes "to where it's most needed." This also prompts the medical center to begin sending out mass messages to the community encouraging people to donate, though it usually takes about two weeks to get out of critical levels, Salazar said.

see BLOOD DONATIONS page 4

NEWS

Mega Millions ticket with five winning numbers sold at Long Beach convenience store

City News Service
Southern California Local News

A ticket with five numbers, but missing the Mega number, in Friday's drawing of the multi-state Mega Millions lottery was sold at a Long Beach convenience store and is worth \$651,609, the California Lottery announced.

Another ticket with five numbers, but missing the Mega number, was sold in Texas and is worth \$1 million.

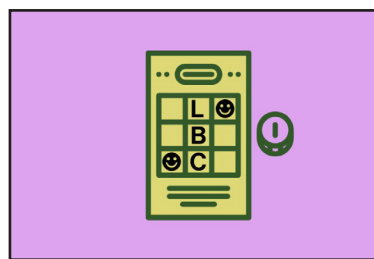
While tickets with five numbers, but missing the Mega number, sold in other states are worth \$1 million or a multiple of \$1 million, Califor-

nia law requires major payoffs of lottery games to be paid on a pari-mutuel basis.

There were no tickets sold with all six numbers in Friday's drawing and the estimated jackpot for Tuesday's drawing will grow to \$322 million.

The numbers drawn Friday were 14, 17, 33, 42, 66 and the Mega number was 15. The drawing was the 15th since the last time a ticket with all six numbers was sold.

The odds of matching all five numbers and the Mega number is 1 in 302,575,350, according to the Multi-State Lottery Association, which conducts the game. The



Samantha Diaz | Signal Tribune

A lottery ticket with the letters "LBC" going down the middle.

overall chance of winning a prize is 1 in 24.

The Mega Millions game is played in 45 states, the District of Columbia and U.S. Virgin Islands.

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AROUND TOWN

A WEEKLY LIST OF THINGS TO DO IN LONG BEACH AND SIGNAL HILL

Spring is a perfect time to celebrate new beginnings happening throughout Long Beach and Signal Hill. Those celebrations can take form in Cambodian New Year's parties, gardening and farming workshops, the possibility of a new pet in the family or early Easter bashes.

The Cambodian community will be highlighted throughout the April weekend, beginning with a New Year's celebration at Long Beach City College all day Saturday. There will also be a Khmer storytime for children at the Signal Hill Public Library Saturday morning. The party continues on Sunday with the annual Cambodia Town Parade & Cultural Festival, which will end at McArthur Park. Sunday night Trademark Brewing will be hosting local Khmer chefs and DJs with a celebration of Cambodian culture.

Residents have plenty of opportunities to get their green thumb early in the spring season, beginning with a workshop on how to care for native plants Friday afternoon at the Michelle Obama Neighborhood Library. Residents can enjoy local food and mocktails while chatting with farmers, agriculturalists and chefs at the Foodways Summit mixer Wednesday night in Signal Hill. For gardening inspiration, Sowing Seeds of Change will be offering free tours of its urban farm Thursday morning.

New beginnings can also mean picking up a new skill: learn how to create macrame creations Saturday night, how to spin tracks on a turntable Sunday night and how to relax through breathwork Monday morning.

31 FRIDAY

PARK PLAYGROUND GROUNDBREAKING

1 p.m. to 2 p.m. The City of Long

Beach invites the public to the groundbreaking of Admiral Kidd Park's playground (2125 Santa Fe Ave.). The event will mark the start of improvements to the playground, which was previously burned down by an unknown arsonist. Free.

SPRING PLANTING WITH NATIVE PLANTS

2 p.m. to 3:30 p.m. The public is invited to learn about native plants and how to propagate them at the Michelle Obama Neighborhood Library (5870 Atlantic Ave.). Participants will receive a plant to take home. This event is appropriate for all ages. Free.

01 SATURDAY

LONG BEACH SONGKRAN

8 a.m. to midnight. Long Beach will celebrate Songkran, the East Asian New Year, for the first time in the city's history at Long Beach City College (1305 E. Pacific Coast Highway). There will be cultural celebrations, a blessing from Buddhist monks, music, dancing and activities for children. Residents can take part in a New Year's celebration from 5 p.m. to midnight. Free.

LB READS' ARTICLE CLUB

10 a.m. to 11 a.m. Adult English-language learners are invited to practice reading simple news articles during this virtual meet-up organized by the Long Beach Public Library. This online event is held on the first Saturday of each month. Email lbreads@lbpl.org or call (562) 570-6959 to receive a link for the Zoom meeting. Free.

KHMER STORYTIME

11 a.m. to noon. Parents and caregivers are invited to bring children of all ages to the Signal Hill Public Library (1800 E Hill St.) to

enjoy Khmer stories, music and movements led by local business Khemara Kids. Free.

02 SUNDAY

CAMBODIA TOWN PARADE & CULTURE FESTIVAL

10 a.m. to 5 p.m. The public is invited to celebrate Cambodian culture during this annual parade and festival. The parade will travel along Anaheim Street between Junipero Avenue and Orange Avenue. The festival will be held at MacArthur Park (1321 E Anaheim St.). The celebration will feature music, performances, and Cambodian food. Free to attend.

ROCKIN SPRING MARKETPLACE

11 a.m. to 5 p.m. Over 20 local vendors will be selling their products at Roxanne's (1115 E Wardlow Rd.). Six different DJs will be playing music. This event is appropriate for all ages. Free to attend.

BELMONT SHORE SPIKE AND MIC

11 a.m. to 4 p.m. Open Mic LB is hosting its monthly mixer to raise money for foster youth in the city. Residents can enjoy pick-up volleyball games, breakfast, drinks, open mic performances, live music and more at 4300 E Ocean Blvd. Attendance is free, but the food, drink and open mic entry costs vary.

03 MONDAY

BREATHWORK HEALING SESSION

10 am to 11:15 am. Local business Soul Dimension will be holding an online breathing exercise workshop. Participants will practice



Kristen Farrah Naeem | Signal Tribune

Three men holding white flowers and flags sit in the crowd during a celebration of Vesak at the Long Beach Civic Center on May 15.

deep breathing techniques before meditating. Tickets can be purchased for \$19 on Eventbrite.

READ TO DOGS

5:30 p.m. to 6:30 p.m. Young children can practice reading to certified therapy dogs at the Signal Hill Public Library (1800 E Hill St.). Reading to dogs is meant to build a child's self confidence as they learn to read. Free.

04 TUESDAY

BABY BOOKWORM STORYTIME

10 a.m. to 10:30 a.m. Parents and caregivers are invited to bring babies up to 1 year old to enjoy books, songs, rhymes and bounces at Bach Neighborhood Library (4055 N. Bellflower Blvd.). During the program, babies will be sitting in their adults' lap and adults will be actively participating in activities. Free.

AUTHOR TALK

4 p.m. to 5 p.m. The Long Beach Public Library will be hosting an online discussion by Canadian author Kate Beaton, author of the graphic memoir "Ducks: Two Years in the Oil Sands." The book tells the story of Beaton's time working in Canada's remote oil fields. To register for this event, visit <https://libraryc.org/lbpl/upcoming>. Free.

05 WEDNESDAY

WE DON'T TALK ABOUT CROCHET CLUB

5 p.m. to 5:50 p.m. Teens between the ages of 13 to 17 are invited to this weekly crochet club at Billie Jean King Main Library (200 W. Broadway). Participants will learn crocheting basics and how to make granny squares. Free.

SPRING FOODWAYS SUMMIT KICK-OFF

6:30 p.m. The Spring Foodways Summit will kick off with a mixer at the SpaceTime Collaborative in Signal Hill. This warehouse/laboratory setting will be filled with chefs, artists, designers and agriculturalists to enjoy AR food art demos and preview the events of the week. Free.

06 THURSDAY

AGAPE ART WORKS

2 p.m. to 3 p.m. The Long Beach Public Library and the Agape Children's Museum will be holding weekly interactive art activities for school-aged children at the Burnett Neighborhood Library (560 E Hill St.). Free.

ENGLISH CONVERSATION CLUB

5 p.m. to 6:30 p.m. English-language learners are invited to practice English conversations together at the Billie Jean King Main Library (200 W. Broadway). This is an informal gathering and a safe space for anyone trying to learn English. Free.

IS THAT IT? NOPE!

VISIT US ONLINE AT WWW.SIGNALTRIBUNE.COM FOR MORE EVENTS.

Signal Tribune

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The *Signal Tribune* welcomes letters to the editor, which should be signed, dated and include a phone number to verify authenticity. Letters are due by noon on the Wednesday before desired publication date. The *Signal Tribune* reserves the right to edit letters for grammar, language and space requirements. Letters must be 500 words or fewer. The *Signal Tribune* will publish no more than one "pro" letter and one "con" letter on a particular topic in a single issue. The *Signal Tribune* does not print letters that refer substantially to articles in other publications and might not print those that have recently been printed in other publications or otherwise presented in a public forum. Letters to the editor and commentaries are the opinions of the authors and do not necessarily reflect those of the *Signal Tribune* or its staff. Although the editorial staff will attempt to verify and/or correct information when possible, letters to the editor and commentaries are opinions, and readers should not assume that they are statements of fact. Letter-writers will be identified by their professional titles or affiliations when, and only when, the editorial staff deems it relevant and/or to provide context to the letter. We do not run letters to the editor submitted by individuals who have declared their candidacies for public office in upcoming races. This policy was put in place because, to be fair, if we publish one, we would have to publish all letters submitted by all candidates. The volume would no doubt eliminate space for letters submitted by other readers. Instead, we agree to interview candidates and print stories about political races in an objective manner and offer very reasonable advertising rates for those candidates who wish to purchase ads. **The *Signal Tribune* is published each Friday. Yearly subscriptions are available for \$100.**

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BLOOD DONATIONS
continued from page 2

There are certain restrictions that the Long Beach Medical Center has in place for those who wish to donate blood. Residents cannot donate if they:

- Have an infection or sickness on the day of donating, or within the last three days
- Are male and have had sex with another male within the last three months
- Are pregnant, or have been pregnant in the last six weeks
- Have received a blood transfusion in the last three months
- Have had or been treated for

syphilis or gonorrhea in the last 3 months

- Been outside the United States or Canada in the last 3 years
- Have had a positive test for HIV/AIDS virus

For a full list of restrictions and qualifications to donate blood, visit Memorial Care's website.

In 2022, the Long Beach Medical Center used about 8,700 units of blood for transfusion, while the Miller Women and Children's Hospital used about 2,000 units. If an extreme case comes into the hospital, a single person can use as much

as 100 units of blood.

The blood donor center at the Long Beach Medical Center is open from 8 a.m. to 3:15 p.m. on Mondays, from 10 a.m. to 5:15 p.m. on Tuesdays and Thursdays, and from 8:30 a.m. to 3:45 p.m. on Wednesdays and Fridays.

"There's always a need for blood, whether or not we are in a blood shortage," Salazar said. "You are going to improve someone's life. You are going to save someone's life if you take the time to come and donate."

FLOWER PLUGG
continued from page 1



Richard H. Grant | Signal Tribune

Anulika Agu holds up a 5-pack of her herbal tea pre-rolled joints that will be available at her new storefront for The Flower Plugg in the Zaferia neighborhood of Long Beach on March 23, 2023.



Richard H. Grant | Signal Tribune

Anulika Agu holds up a jar of her smokable herbal tea that will be available for purchase at her new storefront for The Flower Plugg in the Zaferia neighborhood of Long Beach on March 23, 2023.



Richard H. Grant | Signal Tribune

Anulika Agu refills a jar of her smokable herbal tea that will be available for purchase at her new storefront for The Flower Plugg in the Zaferia neighborhood of Long Beach on March 23, 2023.



Richard H. Grant | Signal Tribune

Anulika Agu brings a lighter close to her pre-rolled joint of smokable herbal tea that will be available for purchase at her new storefront for The Flower Plugg in the Zaferia neighborhood of Long Beach on March 23, 2023.

"I suffer with asthma and I swear by this one when I'm sick, when I have a sore throat, when I'm feeling congested," Agu said. "I love to mix it with my marijuana as well. It helps soothe my throat."

Including Breathe Easy, the Flower Plugg offers six different herbal blends, meant to help with menstrual cramps, insomnia, anxiety, inflammation, respiratory health and more.

"I would definitely say to be open-minded, because a lot of marijuana smokers they're like, 'Oh, you smoke flowers? That's weird.' Well, marijuana is also a flower," Agu said. "So when you think of it like that, of course there's herbal flowers that are not smokeable, but there are other flowers like chamomile and lavender and mullein that have great healing purposes and

that are smokeable."

With the opening of her first storefront imminent, Agu has even more goals to further expand the Flower Plugg. Agu told the *Signal Tribune* she wants to expand her business to other states and to one day open a tea shop or cafe.

"I just want to keep expanding and giving knowledge to people about the benefits of powerful herbs," Agu said. "I just really want to keep spreading that awareness to communities that are not as familiar with this. So I'm really happy that it's getting popular now and people are becoming more aware and accepting of it."

To keep up with the Flower Plugg, follow its Instagram page, @theflowerplugg. To place an order for pick up or delivery, visit theflowerplugg.myshopify.com.

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**TST6923 / 2023 048980
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: THE PT CHICK, 4508 ATLANTIC AVE SUITE A 477, LONG BEACH, CA 90807. Registrant: SCI TOTAL FITNESS, INC., 4508 ATLANTIC AVE SUITE A 477, LONG BEACH, CA 90807. State of Incorporation/Organization: CA. This business is conducted by: a Corporation. I declare that all information in this statement is true and correct. Signed: KRISTIN ANN MCNEALUS, PRESIDENT. The registrant has not begun to use this fictitious business name. The registrant began using this fictitious business name in N/A. This statement was filed with the county clerk of Los Angeles County on (Date). NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 10, 17, 24 & April 7, 2023

**TST6925 / 2023 050347
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: AP MEDLINE, 3269 SAN ANSELIN AVE. AMBERVILLE, LONG BEACH, CA 90808. LOS ANGELES COUNTY. State of Incorporation/Organization: CA. This business is conducted by: A Corporation. I declare that all information in this statement is true and correct. Signed: MUQUEET DADAVHOY, CEO. The registrant has not begun to use this fictitious business name. The registrant began using this fictitious business name in N/A. This statement was filed with the county clerk of Los Angeles County on March 7, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 17, 24 & April 7, 14, 2023

**TST6928 / 2023 042458
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: 1. DRAGAONBUNNY, 2. DRAGON BUNNY SERVICES, 3. DRAGONBUNNYHAULING & JUNK A. PROP OPS, 5. PROP OPS JUNK REMOVAL, 6. PROPERTY OPERATIONS JUNK REMOVAL, 7. PROPERTY OPERATIONS, 2600 EAST PANORAMA DRIVE #202, SIGNAL HILL, CA. 90755. LOS ANGELES COUNTY. Registrant: DRAGONBUNNY LLC, 2600 EAST PANORAMA DRIVE #202, SIGNAL HILL, CA 90755. State of Incorporation/Organization: CA. This business is conducted by: a Limited Liability Company. I declare that all information in this statement is true and correct. Signed: RALPH NAVAL, MANAGER. The registrant has not begun to use this fictitious business name. The registrant began using this fictitious business name in N/A. This statement was filed with the county clerk of Los Angeles County on February 27, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 17, 24 & April 7, 14, 2023

**TST6929
NOTICE OF TRUSTEE'S SALE**

Title Order No.: 95526641 Trustee Sale No.: 86149 Loan No.: 399419064 APN: 7215-025-076 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/20/2022. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 4/18/2023 at 10:30 AM, CALIFORNIA TD SPECIALISTS, AS TRUSTEE as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 5/4/2022 as Instrument No. 20220484461 in book N/A, page N/A of official records in the Office of the Recorder of Los Angeles County, California, executed by: LAUREN A. FOX, SURVIVING TRUSTEE UNDER THE PINKHAM FAMILY TRUST DATED

JUNE 30, 1988, as Trustor HAL MARSHALL SEARS REVOCABLE TRUST DATED JUNE 18, 1993, as Beneficiary WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: Behind the fountain located in Civic Center Plaza located at 400 Civic Center Plaza, Pomona, CA 91766, NOTICE OF TRUSTEE'S SALE - continued all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: As more fully described on said Deed of Trust. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 2240 MOLINO AVENUE SIGNAL HILL, CA 90755. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of trusts created by said Deed of Trust, to-wit: \$ 481,200.99 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election of Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. DATE: 3/17/2023 CALIFORNIA TD SPECIALISTS, AS TRUSTEE, as Trustee 8190 EAST KAISER BLVD., ANAHEIM HILLS, CA 92808 PHONE: 714-283-2180 FOR TRUSTEE SALE INFORMATION LOG ON TO: www.stoxposting.com CALL: 844-477-7869 PATRICIO S. INCE, VICE PRESIDENT CALIFORNIA TD SPECIALIST IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. "NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid on a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of the outstanding lien that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 844-477-7869, or visit this internet Web site www.stoxposting.com, using the file number assigned to this case T.S.# 86149. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale." For sales conducted after January 1, 2021: NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the

last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (844) 477-7869, or visit this internet website www.STOXPOSTING.com, using the file number assigned to this case 86149 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid; by remitting the funds and affidavit described in Section 2924m(c) of the Civil Code; so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase.

**TST6931 Case No. 23CMCP00040
ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, COMPTON COURTHOUSE, 200 W. Compton Blvd, Compton, CA 90220 PETITION OF: Andrez Antonio Velasquez Molina for Change of Name. TO ALL INTERESTED PERSONS: 1. Petitioners: ANDREZ ANTONIO VELASQUEZ MOLINA has filed a petition with this court for a decree changing her name as follows: Present Name: ANDREZ ANTONIO VELASQUEZ MOLINA Proposed Name: ANDRES ANTONIO VELASQUEZ MOLINA 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. NOTICE OF HEARING: Date: May 18, 2023; Time: 8:30a.m., Dept. A, Room 904. The address of the court is the same as above. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county, THE SIGNAL TRIBUNE, 1860 Obispo Ave., Ste. F, Signal Hill, CA 90755, March 24, 31 & April 7, 14, 2023 ___/ss/___ Michael Shultz, Judge of the Superior Court Dated: March 9, 2023

**TST6933 / 2023 062036
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: PUPS R US, 456 W ANAHEIM ST, LONG BEACH, CA 90813. LOS ANGELES COUNTY. Registrant: EDGAR ORTEGA, 456 W ANAHEIM ST, LONG BEACH, CA 90813. State of Incorporation/Organization: N/A. This business is conducted by: an Individual. I declare that all information in this statement is true and correct. Signed: EDGAR ORTEGA, OWNER. The registrant has not begun to use this fictitious business name. The registrant began using this fictitious business name in N/A. This statement was filed with the county clerk of Los Angeles County on March 21, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 24, 31 & April 7, 14, 2023

**TST6935 / 2023 048604
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: A&C SUPPLIES AND PAINT, 1201 E ROSECRANS AVE, COMPTON, CA 90221. LA COUNTY. Mailing Address: 7731 JACKSON WAY APT A, BUENA PARK, CA 90221. Registrant: ALBERTO CONTRERAS, 7731 JACKSON WAY APT A, BUENA PARK, CA 90620. State of Incorporation/Organization: N/A. This business is conducted by: an Individual. I declare that all information in this statement is true and correct. Signed: ALBERTO CONTRERAS, OWNER. The registrant has not begun to use this fictitious business name. The registrant began using this fictitious business name in N/A. This statement was filed with the county clerk of Los Angeles County on March 6, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common

law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 31 & April 7, 14, 21, 2023

**TST6936 / 2023 048602
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: HERMI'S CATERING, 474 W 50TH STREET, LOS ANGELES, CA 90037. LOS ANGELES COUNTY. Registrant: HERMILO BRAVO VALERA, 474 W 50TH STREET, LOS ANGELES, CA 90037. State of Incorporation/Organization: N/A. This business is conducted by: an Individual. I declare that all information in this statement is true and correct. Signed: HERMILO BRAVO VALERA, OWNER. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in January, 2021. This statement was filed with the county clerk of Los Angeles County on March 6, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 31 & April 7, 14, 21, 2023

**TST6937 / 2023 048598
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: AFTER DEATH PRODUCTIONS, 8531 HASTY AVE, PICO RIVERA, CA 90660. LOS ANGELES COUNTY. Registrant: CHRISTOPHER AARON HERNANDEZ, 8531 HASTY AVE, PICO RIVERA, CA 90660. State of Incorporation/Organization: N/A. This business is conducted by: an Individual. I declare that all information in this statement is true and correct. Signed: CHRISTOPHER AARON HERNANDEZ, OWNER. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in January, 2023. This statement was filed with the county clerk of Los Angeles County on March 6, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 31 & April 7, 14, 21, 2023

**TST6938 / 2023 048596
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: LRODRIGUEZ MAINTENANCE, 3480 CUDAHY ST APT V, HUNTINGTON PARK, CA 90255. Registrant: LUIS FERNANDO VERA RODRIGUEZ, 3840 CUDAHY ST APT V, HUNTINGTON PARK, CA 90255. State of Incorporation/Organization: N/A. This business is conducted by: an Individual. I declare that all information in this statement is true and correct. Signed: LUIS FERNANDO VERA RODRIGUEZ, OWNER. The registrant has not begun to use this fictitious business name. The registrant began using this fictitious business name in N/A. This statement was filed with the county clerk of Los Angeles County on March 6, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 31 & April 7, 14, 21, 2023

**TST6939 / 2023 048600
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: MR. CONSTRUCTION, 15338 GUNDRY AVE 210, PARAMOUNT, CA 90723. Registrant: MILTON O RAMOS CRUZ, 15338 GUNDRY AVE 210, PARAMOUNT, CA 90723. State of Incorporation/Organization: N/A. This business is conducted by: an Individual. I declare that all information in this statement is true and correct. Signed: MILTON O RAMOS CRUZ, OWNER. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in May, 2018. This statement was filed with the county clerk of Los Angeles County on March 6, 2023. NOTICE: This fictitious business name statement expires five years from the date it was filed



**Pet of the week:
Mavis**

What was that, Mavis? Did you hear footsteps? Maybe it's someone walking in to finally take you home! Mavis is a little, sleek 5-year-old girl. She had been housed in the foster coordinator's office at Long Beach Animal Care Services, where she crouched in her kennel at first and gradually slinked out to explore the domain and meet the people in it. She's morphed into a typical home-office cat—she likes to sit on the keyboard, of course, and situate herself behind the computer monitor where it's warm and vocalize her need for attention. Mavis had a hard time in a previous home—she doesn't appreciate dogs and small children. But if you have a quiet home and need a work companion who gets in your way in the most charming, catlike manner, Mavis is your girl! She's presently housed at an offsite location, so to adopt or foster her, call Julie at (562) 673-5050 if you want to give Mavis a haven.

(This rescue encouraged by the usual suspects.)

in the office of the county clerk. A new fictitious business name statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14411 et seq., Business and Professions Code). Pub. The Signal Tribune: March 31 & April 7, 14, 21, 2023

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EYE ON CRIME

CRIMES REPORTED BY THE SIGNAL HILL POLICE

Wednesday, March 22

N/A

Thursday, March 23

8:25 p.m., Battery, 2400 block E. PCH

Friday, March 24

4:37 a.m., Burglary, 2100 block E. Willow St.

Saturday, March 25

7:37 a.m., Grand theft, 2600 block E. 28th St.

7:37 p.m., Injury traffic collision, E. Spring St./Cherry Ave.

Sunday, March 26

6:09 a.m., Grand theft – motor vehicle, 600 block E. Willow St.

3:29 p.m., Burglary, 3200 block Lewis Ave.

5:38 p.m., Burglary, 2600 block E. 19th St.

6:42 p.m., Burglary, 2800 block Junipero Ave.

Monday, March 27

N/A

Tuesday, March 28

5:01 a.m., Injury traffic collision, E. 32nd St./Orange Ave.

7:13 a.m., Injury traffic collision, Orange Ave./E. Willow St.

11:38 a.m., Unwelcome guest, felony warrant, misdemeanor warrant, 3100 block E. PCH (suspect arrested)

7:49 p.m., Intoxicated person, E. 33rd St./Orange Ave.

LBPD reporting area is too extensive to report here, but you can go to their website: longbeach.gov/police. Once there, click on Crime Info, then Crime Incident Mapping Application. Click on Launch Crime Incident Mapping Application & type in an address.

You can use filters to select dates and types of crime.

FOODWAYS SUMMIT continued from page 1

provide every resident with affordable, healthy and sustainable food options.

“I think it’s so easy to slice up the food movement any which way; interesting, dynamic, delicious, diverse—like it isn’t hard for us,” said Ryan Smolar, Long Beach Fresh co-director. “These events came together because we just reached out to our network of local people doing amazing things and this is what they were doing. We’re just connecting it and adding a little more storytelling and more of a face to it so there’s more of a welcome mat for more people to participate.”

There will also be a farm-to-table meal and celebration at Organic Harvest Gardens to honor Long Beach Fresh’s 10 years in the city. This will be the only event that residents must pay to attend; the other seven celebrations will be free.

The Spring Foodways Summit grew from a trip to Amsterdam, where Smolar happened upon a placemaking week, where public spaces are given a community-first makeover. Smolar realized that Long Beach’s local food scene already constantly puts the community first, making it the perfect aspect to highlight.

“We wanted to come back and showcase all of the great food stuff happening in Long Beach because so much of it happens under the radar that people don’t know about it,” Smolar said. “The more exposure they get, the more amazing they realize that these assets are in their community and we wanted to connect more people to that.”

This year’s Foodways Summit will have an underlying emphasis on “the explosion of micro-entrepreneurship in the food system,” Smolar said. Panels will discuss the challenges and accomplishments of local food vendors as well as a state law that allows people to start food businesses out of their home.

The food contests will also give residents the chance to make a name for themselves amongst the farmers market regulars.

“They’re really meant to get more people engaged in the local food scene, which is very vibrant, it’s very inclusive and very culturally diverse. It’s an economic driver for residents in town,” Smolar said, adding that the network of urban gardens, farmers and local food vendors makes Long Beach more sustainable and acts as a safety net for people who can’t afford high-quality food.

“It’s a big camp of really interesting people engaged in this and this is one of our opportunities to mix and mingle across that spectrum,” Smolar said.

Long Beach Fresh could also benefit from more community exposure since the main grant that funded all of its operations has ended, forcing the nonprofit organization to apply for numerous



Richard H. Grant | Signal Tribune

An ariel view of the community garden of The Growing Experience Urban Farm in the Carmelitos neighborhood of Long Beach on May 6, 2022.

grants and rely on donations in the meantime.

Here’s the list of the events scheduled for the 2023 Spring Foodways Summit:

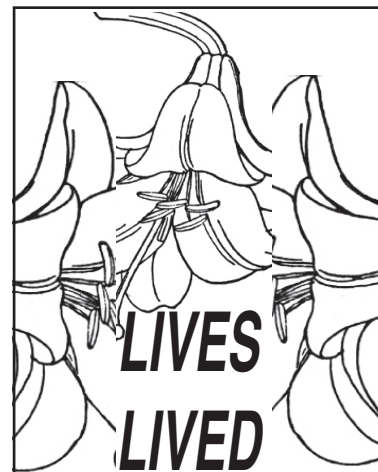
Wednesday, April 5 at 6:30 p.m.: The Spring Foodways Summit will kick off with a mixer at the SpaceTime Collaborative in Signal Hill. This warehouse/laboratory setting will be filled with chefs, artists, designers and agriculturalists to enjoy AR food art demos and preview the events of the week. The “Cambodian Cowboy” chef Chad Phuong will be serving up delicious food while local business International Players Juice will be crafting spring mocktails for attendees to sip on.

Thursday, April 6 from 10:30 a.m. to 12:30 p.m.: Residents can explore agricultural excellence hidden within a concrete jungle with a free tour of downtown Long Beach’s Sowing Seeds of Change Urban Farm. The tour will highlight the farm’s vocational programs that teach youth with disabilities and foster youth agricultural skills that they can use to get jobs in the future.

Thursday, April 6 from 3 p.m. to 7 p.m.: Local businesses and food vendors will impart their wisdom onto residents at the Bixby Knolls Farmers market Thursday afternoon. Chef Phuong from Battambang BBQ and Kerrina Sanchez from Farmer K Homestead will be discussing their journeys in the local food scene, while Long Beach Fresh will explore ideas of placemaking within Long Beach.

Friday, April 7 from 10 a.m. to 2 p.m.: There’s another stop at a farmers market—this one in downtown Long Beach. Guest speakers will discuss the California Microenterprise Home Kitchen Ordinance, which allows someone to start a food business out of their home. Long Beach has the option to opt-in to the ordinance, which will be discussed, along with other food and climate issues in California.

For the full list of the events scheduled for the 2023 Spring Foodways Summit, visit sigtrib.com. Although nearly all of the events are free, residents are encouraged to RSVP on the Foodways Summit website.



- Gloria Stephan 91
- Kristen Kelley 37
- Kathleen Sweet 80
- Garry Garrett 85
- Beatrice Fisher 71
- Wesley Nicks 63
- Eugenio Fleta 78
- Doeun Huon 64
- John Adamoli Jr 61
- Charlotte Pecor 79
- Gary Fogel 65
- Priscilla Balboa 88
- Mary Gambrell 53
- Donald Kane 81
- Isaias Cabrera 23
- Phyllis Bihner 88
- Rosemary Escobedo 92
- Lillie Stewart 79
- Elizabeth Clare 80

The families were assisted by McKenzie Mortuary. For more details on service dates and times, contact (562) 961-9301

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STREET REPAIRS continued from page 1

council also approved an additional \$29,449 in case supplementary work is needed or unforeseen circumstances arise. This additional funding would only be used with the approval of the Public Works Director.

According to City staff, although streets surrounding Ohio Avenue were improved in 2022 during Signal Hill’s Slurry Seal Project, Ohio Avenue requires more intensive repairs.

Individual streets, and the overall street conditions of cities and counties, are measured using the American Society for Testing and

Materials’ standardized Pavement Conditions Index. On the Pavement Conditions Index, Ohio Avenue ranks as a 40 on the scale from 0 to 100 (with 100 being the best score a street can receive).

According to a report on the Pavement Management Program, overall, Signal Hill scored 73.7 on the Pavement Conditions Index (PCI) in 2021. The completion of the Ohio Avenue Street Rehabilitation Project by itself would not significantly raise Signal Hill’s overall score.

City staff didn’t mention when the street repairs on Ohio Avenue

would begin, but estimated that the project would take 40 calendar days to complete.

The Pavement Management Program recommends that Signal Hill spend at least \$1 million on pavement repairs annually, in order to slowly raise Signal Hill’s PCI score.

The contract with Excel Paving Company was unanimously approved by Signal Hill city council, except for Councilmember Keir Jones, who recused himself from voting because he lives under 300 feet from Ohio Avenue.

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Harbor Tours Are Back!

The Port of Long Beach's popular free summer harbor tours are returning from May-September! Registration is open the third Monday of each month preceding the tours – that's Monday, April 17 from 8 a.m. to 8 p.m. for May tours.

Tour schedule and more information at polb.com/porttours or scan the QR code.



Port of
LONG BEACH
THE GREEN PORT

