

FEATURE



Paying it forward

Courtesy of Chase Gibson

Professional MMA featherweight champion Chase Gibson is opening A Fighting Chance Gym in Long Beach, which will offer free training and health and wellness classes to local at-risk youth.

MMA fighter's new gym in Long Beach will offer free classes for at-risk youth

Samantha Diaz
Managing Editor

The last time Chase Gibson went through a drug relapse, his twin brother Cooper pulled him into the gym and out of the depths of addiction.

For years, the two trained together in mixed martial arts (MMA) and fought professionally in Los Angeles, a far cry from their youth days spent in between juvenile hall and jail cells. And when Cooper relapsed and later passed away in 2020, Chase knew he had to keep their dream alive of using MMA to help kids like them.

Gibson started the Fighting Chance Foundation in 2021 with the goal of offering at-risk youth mental, physical and nutritional guidance while instilling them with discipline and the confidence to overcome struggles.

"The connection of mind and body and what you put in your body, it's very much the lifestyle that goes along with training," Gibson told the *Signal Tribune*. "Mentally there's an awareness, being in the moment and being present and the positive effect of that. And to help people understand they can apply that outside of the gym as well."

With the help from local nonprofit Can-Do, Gibson opened his first gym in Los Angeles' Little Ethiopia district near Downtown in 2021. The foundation has since helped over 250 youth ages 14 through 24 with "holistic development, nurturing both the mind and the body" in a free after-school program, according to the Fighting Chance website.

Gibson is now bringing his free mental and physical training program to Long Beach. Fighting Chance MMA gym is hosting its grand opening Saturday from 11 a.m. to 4 p.m., and will immediately be open to train local youth.



Courtesy of Chase Gibson

Twin brothers Chase and Cooper Gibson were rowdy boys and teenagers, which served them well as they got older and entered the world of professional mixed martial arts fighting.

see A FIGHTING CHANCE page 4

HEALTH

Seniors can prep for a healthy future with Independence At Home's 10-week course

Independence At Home will teach seniors how to empower themselves with a plan for their future, and their physical, mental and social health.



Richard H. Grant | Signal Tribune

Bette Barden (right), who was born in December of 1919, and her daughter Nancy Faye (left) laugh together during a combined birthday celebration for the centenarian residents of the Bixby Knolls Towers retirement community in Long Beach on Jan. 26, 2022.

Samantha Diaz
Managing Editor

While many people have future plans for their lives, most people don't have a plan for aging successfully. Long Beach organization Independence At Home is helping seniors create that plan with a free, 10-week online course: the Aging Mastery Program.

Independence At Home (IAH) is an offshoot of the Long Beach Senior Care Action Network, and provides seniors with free programs and resources that help their physical, social and mental wellbeing. These services include mental health programs, long term care management, technology coaching, staying at home help and health education programs including Trading Ages and now the Aging Mastery Program.

While many of IAH's programs revolve around meeting seniors where they are struggling, the Aging Mastery Program will help older adults create a holistic health plan for themselves, before they need to reach out for help.

"So there's a shift happening, and by 2034 there will be more people over 65 than under 18 [years old], and one of the things we can do to prepare for this shift is to familiarize ourselves with programs and resources," said Reina Oliver, director of IAH Contract Programs.

The Aging Mastery Program is meant to help seniors prepare for the challenges of getting older by learning about the importance of exercise, sleep, nutrition, social connectedness and financial fitness. The course was developed by the National Council on Aging, an organization that has been advocating for legal rights for seniors since the 1950s.

Through this 10-week virtual course, seniors will learn about options for their physical, mental and social health, and the power they have to create their own futures.

"The goal is to provide an overview of some challenges seniors might encounter while helping them by offering new support skills," Oliver said. "We're really targeting older adults, we really want to talk to them and emphasize some of these core principles."

see INDEPENDENCE AT HOME page 5

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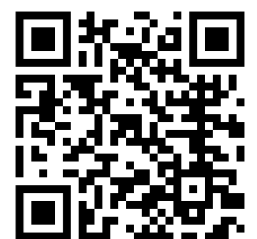
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RENOVATION



Courtesy of the City of Long Beach

Several upgrades on the indoor pool at Martin Luther King Jr. Park, such as a new battery-powered lift, waterproof coating and tile depth markers, are expected to be finished in summer 2025.

Martin Luther King Jr. Park pool begins final phase of upgrades

Samantha Diaz

Managing Editor

The final phase of upgrades have begun at the Martin Luther King Jr. Park indoor pool, projected to be complete in time for summer.

Upgrades to the pool began in 2023, and are just one part of the MLK Vision Plan, which received City Council approval in October 2024. The full plan embodies \$9.6 million in repairs to the Community Center, playground, fields, health facility, proposed plaza area and more.

The first phase of pool repairs included replacements for plumbing in the restrooms, repairs to the discolored drywall in both locker rooms and freshly painted doors and windows.

Improvements in this second and final phase include:

- New plaster and tile depth markers for the swimming pool and learner pool
- Updated pool light fixtures
- Refurbished and repainted

diving stands and bases

- New battery-powered lift for pools
- Upgrades to the circulation system, filter and acid/chlorine feeder
- Pool deck repairs and waterproof coating



Richard H. Grant | Signal Tribune

The park's indoor pool upgrades are part of the \$9.6 million in repairs being implemented as part of the ongoing MLK Vision Plan.

Repairs are estimated to cost \$1.7 million and to be complete around May, barring any weather delays or unforeseen circumstances, according to the City's website. The pool will be closed to the public until repairs are complete.

RESOURCE

Crunching numbers on campus: CSULB student volunteers conducting free tax filings for qualified groups

Staff Report

Signal Tribune

Students from the College of Business at Cal State Long Beach (CSULB) are offering free in-person tax preparation assistance to families making \$67,000 or less, low-income students, seniors, non-residents and individuals with limited English proficiency.

All participating student-volunteers are certified by the Internal Revenue Service (IRS).

This complimentary service is part of the IRS-sponsored Volunteer Income Tax Assistance clinic (VITA). In 2024, CSULB student volunteers filed state and federal tax returns for over 1,500 clients and garnered a total of over \$1.2 million in refunds.

"VITA benefits both our business students and the local community," said Professor Sudha Krishnan, faculty advisor for the VITA program, in a public statement. "The students get hands-on experience while also helping those in the community who may not have the disposable income to pay for a professional tax preparer."

The VITA tax assistance offers face-to-face, drop-off, walk-in and virtual (Zoom) services. Appoint-



Richard H. Grant | Signal Tribune

The VITA program at Cal State Long Beach offers face-to-face, drop-off, walk-in and virtual tax assistance services. These services will be available as a resource for qualified groups through April 9.

ments are recommended, but not required except for Zoom clients. Walk-in and drop-off clients will visit room 243 of the College of Business Building on the CSULB campus.

The hours of service for the program are Monday through Thursday from 10 a.m. to 8 p.m. and Friday from 9 a.m. to 3 p.m. now until April 9.

On two Saturdays (March 8 and

March 22), assistance will be available from 10 a.m. to 1 p.m. The service will be closed for spring break from March 31 through April 6. The full service schedule as well as the necessary items for clients to bring in can be viewed at sites.google.com/view/vitacsulb.

To learn more about the VITA program at CSULB, visit csulb.edu/college-of-business.

TECHNOLOGY

No cash? No problem. These Long Beach parks are doing cashless payments.

Staff Report

Signal Tribune

As has already been done by the National Park System, certain Long Beach parks are beginning the shift to cashless park entry, with immediate effect at three local locations.

Entry booths at the El Dorado East Regional Park, El Dorado Nature Center and Belmont Plaza Pool will now only accept cashless payment options, such as debit, credit, prepaid credit cards and smart pay. Patrons without access to cashless payment options can purchase day tickets at the El Dorado East Regional Park Office or Nature Center Visitors Center inside the parks' entries. Visitors may also purchase annual passes at the park office locations.

At the Belmont Pool, patrons will be expected to pay for swimming programs with a credit or debit card at the pool entry booth. The alternative cash payment option will continue to be available at the pool office behind the entry booth.

Signage has been placed at the facility entries and Parks, Recreation, and Marine staff are working with vendors and user groups to help spread the word about this operational change.

Proposed advantages for implementing cashless entry are the reduction of transaction times and chances of errors during entry to create greater accountability and consistency. In Long Beach, cashless parking is already being used at City beaches as well as other paid



Richard H. Grant | Signal Tribune

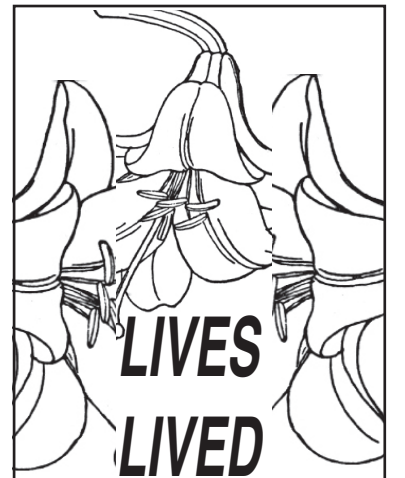
Inside El Dorado Park's Nature Center, a plant nursery prepares plants for residents to take home.

parking facilities.

This payment change is the City's starting point for upping its park efficiency, accessibility and safety measures. The Department of Public Works is also currently creating additional enhancements as part of the El Dorado Park Paving, Wayfinding and Parking Improvements initiative.

The goal of this project is to usher in a safer experience for park visitors, lighten long vehicle queues and help traffic flow during peak visitation times by resurfacing roadways and parking lots, improving wayfinding signage and redesigning entry points. Additional information about El Dorado Park, Paving, Wayfinding and Parking Improvements, such as timelines and budget details, will be available at a later date.

To learn more about the El Dorado East Regional Park and Nature Center, call 562-570-1745 during business hours (8 a.m. to 5 p.m.). To reach the Belmont Plaza Pool, call 562-570-1806.



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Christine Nwosu 60
Hate Haderajonaj 88
William Owens 83
Francis MacCroy III 54
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AROUND TOWN

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

This week offers opportunities to enjoy a wide range of performances, get involved in local issues and learn about one's surroundings.

Entertainment comes in many forms this week, kicking off Friday with performances from the Long Beach Playhouse, the Shakespeare Company or a late-night classic film in 16mm format. Additional shows include two Black History Month-themed movies on Saturday, with "Hidden Figures" at the Brewitt Neighborhood Library and "The Big Paycheck," a documentary about reparations at the Long Beach Art Theatre. Residents can enjoy live music at the Queen Mary Saturday night, a cultural art show Sunday at the Pacific Island Ethnic Art Museum, African drums at the Signal Hill Public Library Monday or live music at The Gaslamp Monday night.

Community events include an LGBTQIA+ biker and allie meet-up Sunday morning, an MMA gym grand opening later that day, a Grand Prix-oriented community meeting Monday evening and a meetup for anime and manga loving teens Tuesday afternoon.

Local youth can learn about a variety of issues at a youth conference about recognizing violence in dating on Saturday or at the kickoff event for the ClimateLB Youth Microgrant Program Tuesday night.

21 FRIDAY

EATON FIRE RELIEF FUNDRAISER

5 p.m. Beachwood Brewing (3630 Atlantic Ave.) will host a fundraiser featuring the release of "Dena Strong," a West Coast IPA brewed in support of the Dena Relief Fund. A portion of proceeds will go toward families impacted by the

Eaton Canyon fires. A Dena Strong merch pop-up with @NeighborhoodSurvivors will also be onsite, with proceeds benefiting the relief fund. Free to attend.

THEATER PERFORMANCE

8 p.m. VanderHart Productions will present "With Friends Like These..." at the Long Beach Playhouse (5201 E. Anaheim St.) as part of the theater's 2025 Studio Collaborative Season. This LGBTQ+ play reimagines The Women, following lawyer Kyle Freeman as he navigates love, betrayal and the drama in his friend group in Los Angeles. Tickets can be purchased on the theater's website for \$25.

22 SATURDAY

COMMUNITY CLEAN-UP

8 a.m. to 12 p.m. The Zaferia Heights Neighborhood Association, in partnership with the City of Long Beach, will host a neighborhood clean-up event at 1435 Orizaba Ave. Volunteers are needed to help keep Long Beach litter-free. Free.

LIVE MUSIC

8 p.m. Enjoy an evening of jazz and swing music aboard the Queen Mary (1126 Queens Hwy), featuring Alex Mendham and his 11-piece orchestra performing classic songs from the art deco era, including hits by Bing Crosby, Louis Armstrong and Glenn Miller. Black-tie, formal or vintage glam attire is encouraged. Tickets can be purchased on the ship's website for \$42.40.

23 SUNDAY

LOVE ON THE NORFSIDE

10 a.m. to 3 p.m. Shop from local

vendors, enjoy a live DJ, a photo booth, Mexican food and more all while raising funds for the local houseless community at Norfside LB Outreach's third space event in the parking lot of Black Ring Coffee Roasters (5373 Long Beach Blvd.) Free, but attendees are encouraged to bring donated items.

ART EXHIBIT OPENING

11 a.m. to 3 p.m. The Pacific Island Ethnic Art Museum (695 Alamos Ave.) will host a public opening for its newest exhibit "Kinship: Translations of Place-Based Memory" featuring the Art 25 Collective. This exhibit explores the connections between Black and Indigenous people through storytelling, song and cultural histories. Artists Lisa Jarrett, Lehua M. Taitano and Jocelyn Kapumealani Ng will be present. RSVP required at team@pieam.org. Admission costs \$5.

KIDICAL MASS BIKE RIDE

11 a.m. to noon. Families are invited to join a community bike ride through the Bixby Knolls neighborhood, departing from the back parking lot of Pixie Toys (3914 Atlantic Ave.). Riders of all ages are welcome, and helmets are required. Free treats will be provided during the ride.

24 MONDAY

AFRICAN DRUMS AND DANCE

6 p.m. The Signal Hill Public Library (1800 E. Hill St.) will host a celebration of African culture featuring rhythmic drumming and dance. Djembe drums will be provided. This event is free and open to all ages. Free.

COMMUNITY MEETING

7 p.m. to 8:30 p.m. The Long



Courtesy of Hillary Nguyen

Norfside LB Outreach will be hosting a community third space event this Sunday from 10 a.m. to 3 p.m. in the parking lot of Black Ring Coffee Roasters. Admission is free but donations for the local houseless community are encouraged.

Beach Ocean Residents Community Association (ORCA) will hold a meeting at the International Tower (700 E. Ocean Blvd.). The meeting will feature an informational session on the Long Beach Grand Prix, with special guests Jim Michaelian and Richard Martinez. Attendees will receive exclusive discounts for access to the 50th Long Beach Grand Prix. Free.

25 TUESDAY

ANIMANGA PROGRAM

3:30 p.m. to 4:30 p.m. Mark Twain Neighborhood Library (1401 E. Anaheim St.) invites teens and tweens who love anime and manga to hang out together. Attendees can create an origami mini book, discuss their favorite manga or anime, or simply read and hang out. Snacks will be provided. Free.

YOUTH CLIMATE PROGRAM KICKOFF

5:30 p.m. to 7 p.m. The City of Long Beach will host a kickoff event for the ClimateLB Youth Microgrant Program at the Silverado Park Community Center (1545 W. 31st St.). The program supports youth ages 15-24 in developing climate solutions that align with the City's climate action goals. Attendees can learn more and apply for up to \$5,000 in funding for qualifying youth-led climate projects. Light refreshments will be provided. More information is available at lb-city.info/climatelb.

26 WEDNESDAY

AFTER SCHOOL STORYTIME

3:30 p.m. The Brewitt Neighborhood Library (4036 E. Anaheim St.) will host a special storytime

highlighting African American S.T.E.M. figures Mae C. Jemison and Neil deGrasse Tyson. Free.

SOUTH DIVISION COMMANDER'S FORUM

6:00 p.m. to 7:30 p.m. The South Division Commander (400 W Broadway) of the Long Beach Police Department will host this community forum, providing an opportunity for residents and business leaders to engage with the LBPD and share concerns. Free.

27 THURSDAY

BABY STORYTIME

11:30 a.m. to 12:30 p.m. The Michelle Obama Neighborhood Library (5870 Atlantic Ave.) invites babies and their caregivers to enjoy songs, simple stories, nursery rhymes and interactive activities to promote early literacy. Recommended for babies ages 0-18 months and their caregivers. Free.

RANCHO TALK

6 p.m. to 7 p.m. Rancho Los Alamitos (6400 E. Bixby Hill Road) will host a lecture on the history of a proposed world's fair in Southern California. Historian Craig Hendricks will present his research on the failed effort to bring an international exposition to Long Beach in the 1960s. Doors open at 5:30 p.m. Tickets are \$10 on Eventbrite. Free onsite parking will be available.

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A FIGHTING CHANCE
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When Gibson spoke to the *Signal Tribune* on Feb. 18, he had just wrapped up a training session for a fight he has scheduled March 1, and was headed to prepare for the grand opening.

"It's hectic but it's good. We got a team of us so everybody does their part. I'm used to it. I also have a newborn daughter," he added with a chuckle. "And two other girls. It's all blessings though, I don't have to fight for the motivation to do any of it."

For Gibson, MMA is more than a sport. It's what drew him and his brother Cooper to a better life. Growing up in LA, the two spent their teen years getting into trouble on the streets, bouncing between juvenile halls, then rehabilitation centers as they got older.

Cooper was the first one to get clean, and showed Chase that a better life was possible with the right people around and the discipline to keep showing up for yourself. Although the brothers had been "naturals" at sports their whole lives, MMA was the first thing that kept their attention.

"I think it's the purest form of sport — a fight. It's either you win or you lose, and it's nobody else's to blame, nobody else gets the credit," Gibson said. "There's a lot of respect involved in a fight. You're putting something on the line and nothing is promised, so there's humility."

Cooper was the first one to get into MMA and quickly had the skill to go professional. He soon brought Chase with him and the two spent years training and fighting professionally, all the while dreaming

about using their opportunity to help kids like them.

They had often talked about starting a foundation once they left the professional fighting world, but when Cooper passed away in 2020 Chase chose to honor his brother by bringing their dream to fruition.

"It's been harder," Chase said about continuing their dream without his brother. "It definitely reminds me of the seriousness of what we're trying to help others deal with — not that we're only trying to help people who struggle with addiction, but with the mental health side of those things, the solution is the same, it's a real reminder of why we want to do this and just living that out."



Courtesy of Chase Gibson

A group of participants graduate from Fighting Chance Foundation's free programming, where they learn self-defense, strength training, conditioning and wellness.

Countless studies have concluded that regular exercise has a positive impact on sleep, depression, anxiety and other stressors.

Because of his brother and the team they had to support them, Chase got the chance to train for free, a rarity in fighting culture. Now, he pays it forward.

"I think it's the purest form of sport — a fight. It's either you win or you lose, and it's nobody else's to blame, nobody else gets the credit." - Chase Gibson

Gibson already has four years of experience under his belt helping youth in Los Angeles. Fighting Chance gym in Los Angeles has conducted over 46,000 hours of training with local youth, emphasizing self-respect, resilience, confidence and discipline.

When his lease expired this year, he saw the chance to help another community, and Long Beach's athletic ties and proximity to his personal life called to him. His main priority — to be near a high school — was delivered when he found the perfect location across the street from Poly High.

"There's definitely a need for it, and we felt like we had a lot to offer in that area with experience and the passion for it too, to help reach people and open their eyes to a sport that can really change lives," Gibson said. "For me it's not only about the sport, there's a bigger purpose for me and it's really like pointing people to God but the avenue I have is MMA and just sharing that with people and being a blessing no matter what or where they come from and who they are."

A Fighting Chance aims to remove as many barriers as possible for at-risk youth looking for different avenues of expression. Removing the barrier of commute was a huge priority, Gibson said. "It just gives people more access, and parents will know where their kids are going to be."

Starting as soon as next week, Long Beach youth can learn from trained professionals in a variety of disciplines, such as Muay Thai, Brazilian Jiu-Jitsu, wrestling and boxing. Participants will not be thrown into fighting or doing anything they don't want to, as many

classes will focus on conditioning and strength training.

Honing in on the mind-body connection, youth will also learn how to take care of themselves through nutrition and mindful practices. Trained professionals will teach classes on sports science, nutrition, athletic performance and more.

"It forces you to be in the moment, it forces you to humble yourself and learn and show up for yourself and work through the pain and struggle in a healthy way," Gibson said. "Some of the most beautiful friendships you have are with people on the mat, there's a strong bond with the people you sweat with in that way. There's very much a family atmosphere so it really addresses a lot, it addresses mental health and community."

Gibson said he hopes to create a familial and supportive atmosphere for youth that come to train in Long Beach as well. The main goal of the

after-school training is not for kids to become professional fighters, he said, but to learn the skills of perseverance and experience growth in a healthy manner.

A Fighting Chance Gym will host its grand opening on Saturday, Feb. 23 from 11 a.m. to 4 p.m. at its new location of 1022 E. Pacific Coast Highway. The ribbon-cutting will take place at 11 a.m. and participants can enjoy free food, raffles and giveaways, health and wellness workshops, a photo booth, a live DJ, special guest speakers and more.

Fifteen percent of proceeds from donations and sponsorships raised during the event will be donated to the YMCA to families and businesses affected by the LA fires. The foundation will also offer free fitness classes to those directly impacted, and will be distributing Comfort Cases backpacks to families who have lost their belongings.



Courtesy of Chase Gibson

Professional MMA featherweight champion Chase Gibson is opening A Fighting Chance Gym in Long Beach, which will offer free training and health and wellness classes to local at-risk youth.

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INDEPENDENCE AT HOME

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The two research studies done on the program, by Temple University in 2018 and by the University of California Los Angeles in 2019, found that participants showed specific improvements in physical activity, advanced care planning and mental health.



Richard H. Grant | Signal Tribune
Karen Reside (right) and Pat Lamis (left) of the Long Beach Gray Panthers share a laugh between speakers at the Long Beach May Day rally on May 1, 2022, at Cesar Chavez Park.

Each Monday from 1:30 p.m. to 2:30 p.m., seniors will take to Zoom and learn about these core principles:

- Navigating longer lives – Feb. 24
- Exercise and you – March 3
- Sleep – March 10
- Healthy eating and hydration – March 17
- Financial fitness – March 24
- Medication management – March 31
- Advance planning – April 7
- Healthy relationships – April 14
- Fall prevention – April 21
- Community engagement – April 28

The first week will be an overview of the course, as seniors will learn the importance of creating a plan for their lives, and how these steps can contribute to their overall health. The following three workshops will focus on physical health, such as the need to incorporate light exercise like aerobics and

meditation into daily routines.

Seniors can also learn about how sleep patterns work, how they change as we get older and how to create a sleep pattern that contributes to healthy sleeping. IAH will teach the importance of hydration as well as tips and meal ideas for eating healthy.

By the end of March, seniors will begin learning strategies to retain their economic independence, the importance of having financial goals and how to set financial boundaries with family and friends. Oliver highlighted the importance of seniors maintaining some form of economic security.

According to the National Council on Aging, one third of seniors in the United States are below 200% of the poverty line, with Black and Mexican seniors having higher rates of economic insecurity.

Classes will also go over how much power seniors have to choose their healthcare physicians, the importance of having a plan for where they would like to live and the need for seniors to remain socially active. To curb the risk of social isolation, participants will learn strategies for building and maintaining friendships and relationships, and the value of contributing to their community.

“It can be something so small like showing an act of kindness, or more broad like a meaningful volunteer activity,” Oliver said. She added that of the 33,000 people nationwide who have gone through the course over the last near-decade, 97% of people said the classes were fun and 98% said they would recommend it to a friend.

“...the Aging Mastery Program will help older adults create a holistic health plan for themselves, before they need to reach out for help.”

Eighty percent of participants “graduated” the course, which means they attended seven out of the 10 courses. Seniors are encouraged to attend every class, Oliver said, but they understand it’s not possible for everyone.

Seniors who are interested in attending the Aging Mastery Program can sign up at <https://bit.ly/4fXDGSb> through Feb. 21.

Those who miss the deadline to register can still sign up for classes by calling IAH at 866-421-1964 or by emailing communityoutreach@scanhealthplan.com.

PUBLIC MEETING

Help shape the future of West Long Beach at economic and market study meeting

Staff Report

Signal Tribune

Residents, business owners and stakeholders in West Long Beach are invited to participate in a discussion about economic development opportunities in the area.

The City of Long Beach Economic Development Department is hosting a presentation to share research on market conditions and gather input on potential strategies for attracting investment and fostering business growth.

“The City is committed to investing in West Long Beach, as part of our Westside Promise Initiative, supporting local businesses and creating new opportunities that will drive economic growth in the community,” Mayor Rex Richardson said in a public statement. “Residents and businesses are encouraged to attend this important presentation and learn how we can all work together to bring lasting, positive change and growth that will benefit the area for generations to come.”

Attendees will hear about ways to repurpose existing properties, explore housing as a revenue source that supports local jobs, and implement steps to encourage long-term economic development.

Staff from multiple city departments will be available for questions and to provide resources. Live interpretation services in Spanish and Khmer will be offered. Light



Richard H. Grant | Signal Tribune
The Westside Long Beach Economic and Market Study will be held on March 8 at Silverado Park.

refreshments will be provided.

The Long Beach City Council called for this market study to guide future investments in West Long Beach. In May 2021, Vice Mayor and Seventh District Councilmember Roberto Uranga introduced the initiative, with support from Second District Councilwoman Cindy Allen, First District Councilwoman Mary Zendejas and former Eighth District Councilmember Al Austin.

This study is aligned with the City’s Westside Promise, a decade-long investment plan currently in its second phase. The initiative coordinates City programs and partnerships to address both long-standing and emerging challenges in West Long Beach.

The event will take place on Saturday, March 8 from 10 a.m. to 11:30 a.m. at Silverado Park, located at 1545 W. 31st St.

Those interested in attending are asked to register online on the City’s website.

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**TST7588 / 2025 012677
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: NEW GENERATION ELECTRIC CORP., 5540 QUINN STREET 25, BELL GARDENS, CA. 90201. County: LOS ANGELES. Registrant: NEW GENERATION ELECTRIC CORP, COLTON, CA. 92334. State of Incorporation/Organization: CALIFORNIA. This business is conducted by: a Corporation. I declare that all information in this statement is true and correct. Signed: ALEXIS HERNANDEZ ELECTRIC CORP. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in 11/2024. This statement was filed with the county clerk of Los Angeles County on Jan 21, 2025. 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: January 31 & February 7, 14, 21, 2025.

**TST7589 / 2025 012680
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: ROXY BARBER SHOP, 7362 E STEWART AND GREY RD, DOWNEY, CA. 90241. County: LOS ANGELES. Registrant: ROSA MARIA RIZO ZEPEDA, 7362 E STEWART AND GRAY RD, DOWNEY, CA. 90241. 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: ROSA MARIA RIZO ZEPEDA, OWNER. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in 01/2024. This statement was filed with the county clerk of Los Angeles County on Jan 21, 2025. 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: January 31 & February 7, 14, 21, 2025.

**TST7591 / 2025 015037
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: BUILDER BOY INVESTMENTS, 135 E. ROOSEVELT RD, LONG BEACH, CA. 90807. County: LOS ANGELES. Registrant: JEREME LEE JAMES, 135 E. ROOSEVELT RD, LONG BEACH, CA. 90807. 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: JEREME LEE JAMES, 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 1/23/2025. 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: January 31 & February 7, 14, 21, 2025.

**TST7616 Case No. 25CMCP00027
ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, 200 W. COMPTON BLVD., COMPTON, CA. 90220 PETITION OF: Terri Cherese Bryant for Change of Name. TO ALL INTERESTED PERSONS: 1. Petitioners: Terri Cherese Bryant has filed a petition with this court for a decree changing names as follows: Present Name: Terri Cherese Bryant Proposed Name: Terri LaCharles Bryant 2. THE COURT ORDERS that all persons interested in this matter shall ap-

pear 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: April 15, 2025; Time: 8:30a.m., Dept. E, Room: 1004. 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. February 7, 14, 21, 28, 2025 ___/ss/___ Michael B. Wilson, Judge of the Superior Court Dated: February 3, 2025

**TST7590 Case No. 25LBCP00016
ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, GEORGE DEUKMEJIAN COURTHOUSE, 275 MAGNOLIA AVE., LONG BEACH, CA. 90802 PETITION OF: Nichalas Omar Stafford for Change of Name. TO ALL INTERESTED PERSONS: 1. Petitioners: Nichalas Omar Stafford has filed a petition with this court for a decree changing names as follows: Present Name: 1. Nichalas Omar Stafford Proposed Name: 1. MANSO 2. Nichalas Omar Stafford 3. OMAR 4. Nichalas Omar Stafford 4. STAFFORD 5. Nichalas Omar Stafford 5. BODDIE 6. Nichalas Omar Stafford 6. REPARATIONS 7. Nichalas Omar Stafford 7. FROM 8. Nichalas Omar Stafford 8. ABOVE 9. Nichalas Omar Stafford 9. WHERE 10. Nichalas Omar Stafford 10. HAS 11. Nichalas Omar Stafford 11. COME 12. Nichalas Omar Stafford 12. FROM 13. Nichalas Omar Stafford 13. ABOVE 14. Nichalas Omar Stafford 14. HEAVEN 15. Nichalas Omar Stafford 15. DOWN 16. Nichalas Omar Stafford 16. EARTH 17. Nichalas Omar Stafford 17. MUSA 18. Nichalas Omar Stafford 18. ALPHA 19. Nichalas Omar Stafford 19. OMEGA 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: March 24, 2025; Time: 8:30a.m., Dept. S-25, Room: 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. February 7, 14, 21, 28, 2025 ___/ss/___ Nicole M. Heeseman, Judge of the Superior Court Dated: February 3, 2025

**TST7622 Case No. 25LBCP00062
ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, COURTHOUSE, 275 Magnolia, Long Beach, California 90802 PETITION OF: Naomi Janelle Rose for Change of Name. TO ALL INTERESTED PERSONS: 1. Petitioners: Naomi Janelle Rose has filed a petition with this court for a decree changing names as follows: Present Name: Naomi Janelle Rose Proposed Name: Naomi Jemima Baht Israel 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: March 24th, 2025; Time: 8:30am., Dept. S25, Room: 5600. 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. February 14, 21, 28 and March 7, 2025 ___/ss/___ Nicole M Heeseman, Judge of the Superior Court Dated: February 10th, 2025

**TST7623 Case No. 25LBCP00063
ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, COURTHOUSE, 275 Magnolia, Long Beach, California 90802 PETITION OF: Damion LeRon Bogus for Change of Name. TO ALL INTERESTED PERSONS: 1. Petitioners: Damion LeRon Bogus has filed a petition with this court for a decree changing

names as follows: Present Name: Damion LeRon Bogus Proposed Name: Abishalom Ben Israel 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: March 28th, 2025; Time: 8:30am., Dept. S27, Room: 5400. 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. February 14, 21, 28 and March 7, 2025 ___/ss/___ Mark C. Kim, Judge of the Superior Court Dated: February 10th, 2025

**TST7624 / 2025 026660
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: ENCORE GAS & SUPPLY, 2900 E 29TH STREET LONG BEACH, CALIFORNIA 90806. County: LOS ANGELES. Registrant: ENCORE WELDING AND INDUSTRIAL SUPPLY LLC, 2900 E 29TH STREET LONG BEACH, CALIFORNIA 90806. State of Incorporation/Organization: DE. This business is conducted by: A LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. Signed: BENJAMIN ANDERSON, PRESIDENT. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in 07/2019. This statement was filed with the county clerk of Los Angeles County on FEBRUARY 10TH, 2025. 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: February 14, 21, 28 & March 7 2025.

**TST7627
Case No. 24STPB00449
NOTICE OF PETITION TO ADMINISTER
ESTATE OF: JACK LEIGHTON**

1. To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both of JACK LEIGHTON 2, A Petition for Probate has been filed by JOANN LEIGHTON in the Superior Court of California, County of Los Angeles. 3. The Petition for Probate requests that JOANN LEIGHTON be appointed as personal representative to administer the estate of the decedent. 4. The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. 5. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain and very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. 6. **A hearing on the petition will be held in this court as follows:** a. February 27, 2025 @ 8:30am, Dept: 9 b. Stanley Mosk Courthouse 111 North Hill St., Los Angeles, CA 90802. 7. **If you object** to the granting of the petition, you should appear at the hearing and state your objection or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. 8. **If you are a creditor or contingent creditor of the decedent**, you must file your claim with the court and mail a copy to the personal representative appointed by the court with the **later** of either (1) **four months** from the date of issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. **Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.** 9. **You may examine the file kept by the court.** If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code Section 1250. A request for Special Notice form is available from the

LONG BEACH UNIFIED SCHOOL DISTRICT

**TST7628
REQUEST FOR QUALIFICATIONS AND PROPOSALS (RFQ/P)
RFQ/P# 2425-53
FOR MATERIAL TESTING AND INSPECTIONS SERVICES**

The Long Beach Unified School District ("District") is requesting submission of statements of qualifications and proposals ("Response(s)") from qualified firms, partnerships, corporations, associations, persons, or professional organizations ("Firm(s)") for materials testing & inspections services for projects at Washington Middle School Transformation ("Project(s)").

Questions. Questions regarding this RFQ/P must be submitted electronically via PlanetBids.com only by **12:00 PM on March 5, 2025.**

Submissions. Firms shall submit a Response to the District electronically via PlanetBids.com only in accordance with the RFQ/P no later than **2:00 PM on March 12, 2025.**

Published in the *Signal Tribune* newspaper: February 21 & 28, 2025

LONG BEACH UNIFIED SCHOOL DISTRICT

**TST7626
REQUEST FOR QUALIFICATIONS AND PROPOSALS (RFQ/P)
RFQ/P# 2425-65
FOR CONSTRUCTION MANAGEMENT SERVICES**

The Long Beach Unified School District (" District ") is requesting submission of statements of qualifications and proposals (" Response(s) ") from qualified firms, partnerships, corporations, associations, persons, or professional organizations (" Firm(s) ") for construction management services for various District capital facility construction projects, (" Project(s) ").

Questions. Questions regarding this RFQ/P must be submitted electronically via PlanetBids.com only by **12:00 PM on March 5, 2025.**

Submissions. Firms shall submit a Response to the District electronically via PlanetBids.com only in accordance with the RFQ/P no later than **2:00 PM on March 25, 2025.**

Published in the *Signal Tribune* newspaper: February 14 & 21, 2025

LONG BEACH UNIFIED SCHOOL DISTRICT

**TST7632
NOTICE INVITING PROPOSALS**

**Request for Proposal (RFP) # 2425-015-RFP
NSB ERP Software & Implementation Services**

The Long Beach Unified School District (District) is seeking bids from qualified vendors (Bidder), to provide **NSB ERP Software and Implementation Services.** The intent of this RFP process is to select a (1) Bidder and establish contract with an option to extend based on satisfactory service/performance per Education Code §17596.

Proposals are due by 4:00 pm (PT) on 03/31/2025.

More information available at:
<https://pbsystem.planetbids.com/portal/23758/portal-home>

Published in the *Signal Tribune* newspaper: February 21 & 28, 2025

Court clerk. **ATTORNEY FOR PETITIONER: MATTHEW P. TODD, ESQ. 28649 S. WESTERN AVENUE #6849 SAN PEDRO, CA. 90734 310-683-8632 Phone: 310-683-8632** Pub. Signal Tribune, February 14, 21, 28, 2025

**TST7630 / 2025 5029141
FICTITIOUS BUSINESS NAME
STATEMENT**

The following person is doing business as: KROW 2774 DAWSON AVE SIGNAL HILL, CA 90755. County: LOS ANGELES. Registrant: WEST 21, INC. 2774 DAWSON AVE SIGNAL HILL, CA 90755 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: KEIRO KOGA, PRESIDENT. The registrant has begun to use this fictitious business name. The registrant began using this fictitious business name in 09/2002. This statement was filed with the county clerk of Los Angeles County on FEBRUARY 12, 2025. 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: February 21, 28 and March 7, 14, 2025.

**TST7631 Case No. 25LBCP00074
ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, GEORGE DEUKMEJIAN COURTHOUSE, 275 MAGNOLIA AVE., LONG BEACH, CA. 90802 PETITION OF: Dacia Romero and Juan Romero, Jr. for Change of Name. TO ALL INTERESTED PERSONS: 1. Petitioners: Dacia Romero and Juan Romero, Jr. has filed a petition with this court

for a decree changing names as follows: Present Name: Valeria Camille Romero Proposed Name: Camila Jane Romero 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: April 4th, 2025; Time: 8:30a.m., Dept. S27, Room: 5400. 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. February 21, 28 & March 7, 14, 2025 ___/ss/___ Mark C. Kim, Judge of the Superior Court Dated: February 18th, 2025

**TST7635
PUBLIC LIEN SALE**

Notice Of Warehouseman's Lien Sale in accordance with the California Commercial Code 7209 and 7210, The MJC CAPITAL INVESTMENTS, INC will sell the mobile home located at 5533 Long Beach Blvd SPC #28 Long Beach CA 90805 will be sold by public sale on 03/20/2025 at 8:00 am. This sale will take place on site. The mobile home Westfield Decal# LAG3048 Vin/Serial No. CAF11AE390805819 The total amount on the Lien Sale is \$9,066.97. This Lien Sale is based on an unlawful detainer. Legal demands have been made to the registered owner, legal owner and/or lienholders to pay the lien, yet no payment was tendered within the required period. In order for you to be permitted to bid at the sale, you must be in possession of cash or cashiers check equal to the minimum starting bid at \$9,066.97. Upon purchases, the mobile must be removed from the premises. Please call 562-343-6268 Claudia Casillas for more details Published Signal Tribune February 21 & 28, 2025

TST7633/Order No: 1962
Auto Lien Sale

On 03/10/2025 at 9635 LAUREL ST LOS ANGELES, CA a Lien Sale will be held on a 2023 KIA
VIN: 3KPA24AD5PE537133
STATE: CA LIC: 9EGX516 at 9AM

TST7634/Order No: 1998
Auto Lien Sale

On 03/10/2025 at 1861 E 66TH STREET LOS ANGELES, CA a Lien Sale will be held on a 2018 NISSAN
VIN: 3N1AB7AP0JL650005
STATE: CA LIC: 8SPF535 at 9AM

LONG BEACH UNIFIED SCHOOL DISTRICT

TST7629

Notice of Intent to adopt a Mitigated Negative Declaration for the Polytechnic High School Transformation Project

This notice is to inform the public and interested agencies that in accordance with the California Environmental Quality Act (CEQA), the Long Beach Unified School District (District) is circulating a Draft MND for public comment.

Project/Location: Polytechnic High School is an existing 26-acre school site located at 1600 Atlantic Avenue, Long Beach, California 90813, accommodating high school students (grades 9-12). Single-family residences on all sides border the Project site. In addition, Roosevelt Elementary School is located at the southwest side of the site, and several commercial buildings are to the east side of the campus.

Project Description:

Demolition:

Demolition of six (6) buildings including buildings 150, 550, 700, 800, 850, and the Gymnasium.

New Buildings and Aquatic Center: Four (4) new buildings and one (1) aquatic facility will be constructed: a three-story classroom building, performing arts building, two-story counseling and wellness center, two-story Gymnasium, and a new aquatics center. Site improvements include HVAC modifications in buildings 200, 300, 400, band, cafeteria, library, and administration building.

Scope includes, but is not limited to:

- HVAC system installation
- ADA – Accessibility upgrades
- Restroom upgrades
- Fire Alarm upgrades
- Ceiling mounted overhead projectors
- Marker boards and tack boards
- Ceiling repair
- Interior lights
- Interior and exterior painting
- New finishes
- Windows replacements or repairs and window shades
- Signage (campus-wide)

Document Availability: The Draft MND is available for public review during regular business hours at the locations listed below.

Long Beach Main Library: (101 Pacific Avenue, Long Beach, CA, 90822)
Polytechnic High School: (1600 Atlantic Avenue, Long Beach, California 90813)
Available at <https://www.lbschoolbonds.net/environmental-reviews>

Public Review Period: The 30-day public review period for the Draft MND is from February 24th, 2025 through March 25th, 2025.

Comments: Any person who wishes to comment on the District's intent to adopt the MND must submit written comments no later than 5:00 p.m. on March 24th, 2025. Written comments may be sent to Dana Grudem and emailed to CEQA@lbschools.net

Published in the *Signal Tribune* newspaper: February 21 & 28, 2025

EYE ON CRIME

CRIMES REPORTED BY THE SIGNAL HILL POLICE

Wednesday, February 12

- 8:02 a.m., Auto burglary, Cherry Ave. north of E. 20th St.
- 10:09 a.m., Fire, E. 20th St. east of Walnut Ave.
- 10:15 a.m., Grand theft – motor vehicle, 2400 block Cherry Ave.
- 12:18 p.m., Injury traffic collision, E. OCH/Orizaba Ave.

Thursday, February 13

- 10:16 a.m., Forgery, 2200 block Cherry Ave.
- 3:36 p.m., Forgery, 2700 block Signal Parkway
- 3:53 p.m., Injury Hit & Run, Cherry Ave./E. 28th St.
- 6:35 p.m., DUI, 3300 block E. PCH (suspect arrested)

Friday, February 14

- 7:55 a.m., Auto burglary, 2100 block Dudley Circle
- 4:16 p.m., Injury traffic collision, E. Willow St./Town Ctr. East
- 5:01 p.m., Petty theft; misdemeanor warrant, 900 block E. 33rd St. (suspect arrested)
- 5:32 p.m., Injury traffic collision, Cherry Ave./E. 21st St.
- 5:55 p.m., Injury traffic collision, Cherry Ave./E. 21st St.
- 6:53 p.m., Petty theft, 900 block E. 33rd St. (citation issued)
- 7:16 p.m., Grand theft, 2200 block E. Willow St.

Saturday, February 15

- 3:43 p.m., Burglary, 2900 block E. PCH

Sunday, February 16

- 6:10 p.m., Injury traffic collision, 700 block E. Spring St.
- 7:37 p.m., Petty theft; felony warrant; misdemeanor warrant, 700 block E. Spring St. (suspect arrested)

Monday, February 17

- 1:06 a.m., Assault with a deadly weapon, Lime Ave north of E. 33rd St.
- 1:22 a.m., Possessing paraphernalia, 3100 block California Ave. (citation issued)
- 8:56 a.m., Auto burglary, 2700 block Raymond Ave.
- 10:24 a.m., Grand theft – motor vehicle, 3100 block E. PCH
- 4:41 p.m., Grand theft – motor vehicle, 700 block E. Spring St.
- 4:53 p.m., Robbery, 2500 block Cherry Ave.
- 9:59 p.m., Injury traffic collision, Temple Ave./E. Willow St.

Tuesday, February 18

- 7:30 a.m., Grand theft – motor vehicle, 3200 block Lewis Ave.
- 9:49 a.m., Grand theft, 700 block E. Spring St.
- 1:27 p.m., Felony spousal abuse, 2400 block California Ave.
- 1:54 p.m., Grand theft, 2500 block Cherry Ave.
- 4:29 p.m., Grand theft, 2900 block E. PCH
- 7:29 p.m., Critical missing, Cherry Ave./E. Hill St.
- 7:54 p.m., Felony spousal abuse, 1500 block E. Hill St.
- 9:28 p.m., Burglary; resist Police Officer, 900 block E. 33rd St. (suspect arrested)



Pet of the week: Ginger

Shelters have seen so many German shepherds come through their doors, overlooked, abandoned by owners, possibly never finding humans worthy enough to appreciate their intelligence, loyalty and beauty. Ginger, 3 years old, is one of these wonderful dogs. She's been at the shelter since October and has celebrated all the autumn and winter holidays with the volunteers. She loves the human and doggie friends she's made, but so deserves a warm, soft place to sleep, long walks, and a human who will love her as much as the volunteers do and will be there for her forever. Two seasons is too long for a loving dog to spend in a kennel. Speed the process to adopt Ginger or any of our other pets by emailing PetAdopt@longbeach.gov or petfoster@longbeach.gov. You can also call (562) 570-4925. Our shelter hours are Wednesday through Friday from 10 a.m. to 5:30 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. at 7700 E. Spring St. at the entrance to El Dorado Park (no parking fee for shelter visitors. Ask for ID#A731052.

HEALTH

Miller Children's & Women's Hospital appoints new NICU director

Staff Report

Signal Tribune

Long Beach's Miller Children's & Women's Hospital has appointed Anupama Shetty, M.D., as the medical director of the hospital's level IV Neonatal Intensive Care Unit (NICU), the hospital announced Tuesday.

Shetty previously held the role of medical director of Neonatal Cardiology at Miller Children's & Women's Hospital. Before that, she practiced neonatology at Kaiser Permanente Santa Clara, where she served as the assistant chief of the inpatient pediatric department for five years. While at Keiser, she developed the NICU Family Advisory Council, the NICU Neurodevelopmental program, and the NICU psychology program.

She also completed fellowship training in pediatric cardiac intensive care at UPMC Children's Hospital in Pittsburgh. Shetty has a specialized knowledge of managing complex neonatal cardiac cases, which makes her qualified to lead

the NICU and expand its pediatric cardiology capabilities, according to a press release from the hospital.

Miller Children's & Women's is a Level IV NICU, the highest designation for neonatal care, capable of treating the most critically ill and premature newborns.



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August 11-21, 2025

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FEB. 26TH | KARAOKE | 7 - 10 P.M.
W/ SILVER FOX KARAOKI

FEB. 28TH | JERRY ROMANO | 7 - 10 P.M.
& FRIENDS



MARCH 7TH | RAYFORD BROS | 7 - 11 P.M.

MARCH 14TH | AMERIGUMBO | 7 - 10 P.M.



MARCH 21ST | TRES HOMBRES | 7 - 11 P.M.



ENTERTAINMENT ALL YEAR LONG!

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