

SIGNAL

T R I B U N E

Serving Bixby Knolls, California Heights, Los Cerritos, Wrigley and the City of Signal Hill

VOL. 30, NO. 14

Your Weekly Community Newspaper

September 11, 2008

Selfless Centerarian



Courtesy of Memorial Hospital

Long Beach Memorial/Miller Children's Hospital volunteer Karel Spak blows out 106 candles after 106 nurses sang "Happy Birthday" to her.

Long Beach Memorial Medical Center and Miller Children's Hospital hosted a 106th birthday celebration for long-time volunteer Karel Spak, who has volunteered for more than 47 years and has donated more than 21,139 hours to the hospitals.

A group of 106 nursing students, patients, staff and fellow volunteers

gathered to sing "Happy Birthday" and celebrate the special day with the guest of honor.

Karel says her secret to a long life is simple: "Do what you want to do, eat what you want to eat and volunteer— I wouldn't have lived so long if it weren't for my volunteer work."

SH Historical Society asks city council for help starting museum

BY NICK DIAMANTIDES
Staff Writer

The Signal Hill Historical Society is hoping to convert a house and yard into a museum that will display photographs, artifacts and documents from Signal Hill dating back to the early 1900s. During its meeting on Tuesday night, the Signal Hill City Council directed staff to determine how the city might be able to help implement the project.

The house and yard are located at 2437-77 Gaviota Avenue and have been jointly owned by Willard Gillam and Arthur Holland for several years. Recently, Gillam gave his half ownership to the Historical Society.

Just before discussing the possibility of a museum at that location, the council voted unanimously to bill the property owners \$28,854 for abatement costs and an overdue water bill. Last July, the city hired a contractor to clean up the property. "(The) property owners failed to substan-

tially comply with the city's notice to abate, remove junk, inoperable automobile, overgrown landscaping, and board over a vacant and substandard building," said Gary Jones, director of community development. If Holland does not pay the costs of abatement and the water bill, the city will place a lien on the property.

In other actions, the council imposed an interim moratorium on the establishment of new businesses on the north side of PCH between Junipero and Freeman avenues, approved a conditional use permit to allow the retail sale of packaged alcoholic beverages for off-site consumption at the Fresh & Easy market that will be constructed at 2475 Cherry Avenue, and scheduled a public hearing for Oct. 28 to consider a five-percent increase in the city's water rate.

The next meeting of the city council is scheduled for 7 p.m., Sept. 23 in the City Hall council chambers.

Wrigley Area Neighborhood Alliance celebrates anniversary

BY NICK DIAMANTIDES
Staff Writer

The Wrigley Area Neighborhood Alliance (WANA) celebrated the one-year anniversary of its founding last Thursday evening. About 70 people attended the party, which took place in Pho America, the Vietnamese Restaurant at 1836 Pacific Avenue. While the occasion was mostly marked by smiling faces and remembrances of the accomplishing of

goals, the membership's lingering resentment of the Wrigley Neighborhood Association surfaced briefly.

"We should all know the main reason for the new start up— the Wrigley Association's action to disengage itself from the now 55-year-old tradition named Christmas Tree Lane," said WANA President Jill Hill, in her State of the Neighborhood presentation. "Without warning or notice at a Wrigley Association board meeting in March of 2007,

with the blink of an eye, the motion was made to separate with a vote of 6 'yes' and 5 'no.' Folks, Christmas Tree Lane was not going to happen last year if nothing was done about this."

The Wrigley Association Board of Director's split decision led to a schism in the board and eventually the entire membership. To many Wrigley Association members, Christmas Tree Lane was one of the most important events of the year and

without the financial contributions collected by the association and the labor donated by its members that celebration would cease to exist.

"Maria Norvell, Joan Greenwood, Nancy Risch, Timothy Risch, Jim Trout, Joan Pizzato and myself were not going to let that happen," Hill said. "We seven banded together as your founding board members of WANA to continue the tradition that Wrigley has come to be known for."

Hill noted that in a relatively short time the seven formed a new nonprofit corporation and took the lead role in coordinating the fundraising and volunteer labor required to decorate Christmas Tree Lane. "Residents had faith in our intentions and started joining the alliance," she added. "And, my friends, I can tell you now that Wrigley is in good hands and I thank you for your good judgment and trust by invest-

see ANNIVERSARY page 6



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Around Town

HILL'S HISTORY

The Signal Hill Historical Society will host a general meeting open to the public today at 6:30 pm, in the Signal Hill Library, 1770 East Hill St. Call Frank Virga at (562) 961-8735 for more info.

STOP 'EM SHORT

The Long Beach Bar Association is presenting the Annual Kenneth Zommick Charity Golf Classic to benefit Short-stop, which teaches at-risk youth and their families about legal rights and responsibilities and consequences to their actions by giving youth a taste of what it would be like to go into custody. The event takes place at 11 a.m. on Friday, September 12, 2008 at the El Dorado Park Gold Course. Visit www.4lbbf.org.

"CAWFEE TAWK"

Join Councilwoman Rae Gabelich for coffee and conversation at Mirage Cafe, 539 E. Bixby Road from 10 a.m. to noon on Saturday, September 13.

CALLING ALL BOOKWORMS

The Dana Branch Library, located at 3680 Atlantic Avenue, will be celebrating its 50th birthday with crafts, activities, refreshments and a huge used book sale on Saturday, Sept. 13 from 10 a.m. to 4 p.m.

FREE FACE TIME WITH A SHARK

Join Vice Mayor Val Lerch, 9th District, in a free night at the Long Beach Aquarium of the Pacific, 100 Aquarium Way, Monday, September 15 from 6:30 p.m. to 9 p.m. Come face to face with sharks and hand feed birds on this educational journey. Parking is \$7. Call Jonda Coman at (562) 570-6137.

LADIES WHO LUNCH

Children's Memorial Hospital Auxiliary will have its annual membership luncheon and tour for current and potential members at Long Beach Memorial Medical Center/Miller Children's Hospital, Conference Room A, 2801 Atlantic Avenue at 10:30 a.m. on Tuesday, September 16. Contact Jane Nielsen at (562) 933-2309.

SKIN DEEP

St. Mary Medical Center's Senior Health Center will host its monthly "Coffee Talk with the Doc" free lecture series on Tuesday, September 16 at 1:30 p.m. in the Parr Health Enhancement Center on the St. Mary campus at 1050 Linden Ave. This month's lecture is "Is it a Mole? Or is it Skin Cancer?" The lecture will be presented by St. Mary physician Dr. Perlmann Hicks. Call 1-888-4-STMARY.

FA-LA-LA

The Bixby Knolls Business Improvement Association will host a Community Happy Hour Thursday, September 18 from 5:30 p.m. to 7 p.m. at Orozco's Auto Service, 3619 Atlantic Avenue. Guest speaker will be Andreas Mitisek, executive director of Long Beach Opera. Call (562) 595-0081 or email info@bixbyknollsinfo.com.

ALZHEIMER'S ED

The nonprofit Cambrian College will present a workshop entitled "Reducing the Risk of Falls in Alzheimer's and Dementia" Friday, Sept. 19 from 1 p.m. to 3 p.m. at the college located at 5199 E. PCH, Suite 100C. Make reservations by calling (562) 989-7777. Event and parking are free.

INTO AFRICA

The River Church, 345 E. Carson Street, will host a yard sale Saturday, September 20 starting at 8 a.m. All proceeds will help sponsor the mission team heading to Kenya in May 2009 who partner with HeavenlyTreasures.org to serve AIDS orphans. More info at www.gototheriver.com.

DISCOVER FAMILY FUN

The City of Signal Hill Community Services Department is offering a Discovery Well Park Family Festival Saturday, September 20 from 1 p.m. to 4 p.m. at the park located at 2200 Temple Avenue. Games, crafts, airbrush face painting, musical entertainment, jumper, treasure hunt and more are all free, as well as food available for purchase. Call (562) 989-7330.

Reminiscing



Do you know any of these people or have any information about this event? If so, contact the *Signal Tribune* at 2669 Myrtle Avenue, Suite 111, Signal Hill, CA 90755 or go online to www.SignalTribune.com and click on "Reminiscing" to see more photos.

Alamitos Bay animal rescue support hindered by fraudulent organizations

Hearts for Hounds (HFH) has been a fixture at the Alamitos Bay Farmer's Market for 10 years. On any given Sunday morning, attendees will see many Long Beach residents playing with the dogs at the market on their way to buy their veggies for the week. Since 1997, the local rescue group has placed more than 12,000 dogs into loving permanent homes. The goal for this year is to save 1,000 more lives in celebration of being at the Alamitos Bay Farmer's Market for 10 years as of this month.

HFH was founded in 1997 by merchandise expert Bonnie Sheehan. After years of volun-

teering at local shelters, Sheehan saw a need for the dogs to receive a second chance in life. There were too many animals in shelters that just needed "one more day" to find the right home before their time was up. Sheehan decided to give up her high-paying career in the fashion industry and dedicate her life to animal welfare.

Over the years, HFH has grown from a one-person show to a pack of humans trying to make a difference in the dog world. With limited funding, they rescue as many dogs as possible from local shelters, as many that they can afford to bail out at that time. The dogs have generally stayed their term at the shelter and are due to be euthanized. The local shelters simply don't have the resources and space to house these animals long term. HFH will spay or neuter the dogs,

microchip them, and provide the necessary medical needs, including vaccines, for the newcomers. The dogs then receive TLC from the foster homes and Sheehan. Once they have had time to relax and recover, HFH looks for a family the dogs can call their own.

HFH needs volunteers who can help at the adoption event on Sundays, as well as financial support to cover the ongoing expenses such as food, shelter, transportation and medical expenses. Many corporate sponsors have suspended their donation programs pending investigation because some organizations have disguised themselves as animal rescues in order to generate donations to sell on the streets. This leaves companies scratching their heads and reputable rescues like HFH scrambling to locate the much needed donations to support their cause.


HFH has also decided to make some pretty big changes in 2008. The board of directors unanimously agreed that it would be in the best interest of the dogs to locate a full-time facility to house them. Their goal is to be open seven days a week and allow the dogs a chance to find adoptive, loving families. When the facility opens, HFH hopes to be able to place as many as 50 dogs per week. That would be 2,400 lives saved a year.

To find out how to provide help, visit www.hearts-forhounds.com or call Sheehan at (760) 244-4808.

presents...

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LB mayor, city manager continue push for approval of bond measure

BY NICK DIAMANTIDES
Staff Writer

On Monday night, Long Beach Mayor Bob Foster and City Manager Pat West continued their efforts to persuade the voters of the city to approve a bond measure to raise money for infrastructure repairs. The two spoke at the Wrigley Association's monthly meeting at the community center of Veterans Park. About 80 people- including several city council members, candidates for state office, other city officials and community activists, were in the audience.

Foster began by explaining that the budget process was long and difficult, but city officials were required by law to produce a balanced budget. The city currently has an approximately \$17 million deficit in its 2008-09 General Fund budget necessitating cutbacks in every city department supported by that fund.

The mayor told the audience that he wanted to give his perspectives on the proposed bond measure, referred to as Measure I and/or Proposition I, in order to explain why he and most city officials feel that it is necessary. He noted that former California Governor George Deukmejian and former Long Beach Mayor Beverly O'Neill both support the measure.

Foster noted that Long Beach has a \$3.1 billion budget, and all that money goes into specific funds as required by the city's charter. Those funds support the Port of Long Beach, the gas department, the water department and other operations that are vital to the city. The

General Fund contains approximately \$404 million, and it is that fund that supports the police, fire, public works, library, park recreation and marine departments as well as all other offices and departments based in City Hall. "When you remove public safety- fire and police, which is a little more than two-thirds of the General Fund budget- you're left with \$125 million to do everything else," Foster explained. "There's \$3 million in that budget for what you would call infrastructure- that's streets, sidewalks, sewers, storm

water systems, park structures and public safety facilities."

The mayor noted that the city gets additional funds from the state for road maintenance and repair and also uses other one-time revenue sources for infrastructure improvements.

"If you added up all the infrastructure work that we need in this city, it would come to nearly a billion dollars after you subtract federal and state money that we are getting for those items," Foster said. He stressed that the city only has a tiny fraction of the money necessary to

see BONDS page 5

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Thoughts from the Publisher

by Neena
Strichart

As nearly every one of us is aware, today marks the seventh anniversary of our nation's worst tragedy since the attack on Pearl Harbor. It is usually referred to as 9/11 (pronounced as "nine - eleven")- the perfect metaphor since 9-1-1 (pronounced "nine-one-one") is the emergency telephone number for the North American Numbering Plan (NANP). One wonders if the evil plot was planned for that day as a way to mock us- or if the date was randomly chosen and was just a coincidence. Hmmm.

In a statement sent to us by the City of Signal Hill, folks are invited to pay tribute by visiting the Unity Monument... September 11, 2001 will forever live in our memories. Now known as Patriot Day, the day is set aside to pause and reflect upon the great loss which occurred that morning. To honor those who lost their lives in New York, Washington, D.C. and Pennsylvania, the Unity Monument near Discovery Well Park was erected. Designed and created by Signal Hill artist Patrick Vogel, this twelve-foot-tall sculpture is made with five different metals- stainless steel, brass, copper, copper-nickel and nickel. The blending of these metals represents the cultural, racial, ethnic and religious diversity of our nation, all joined together as Americans. The shape is random in nature, which is a parallel to the event for which the memorial stands. The City encourages residents and those in the area to stop by the Unity Monument, located at the intersection of Skyline Drive and Temple Avenue, to pause and reflect upon that day seven years ago.

Long Beach Fire Department sent us a press release late yesterday to remind us of their annual memorial. Here are the details: September 11, 2008 marks the 7th anniversary of the tragic event that unfolded in New York in 2001. To recognize this date, Long Beach Firefighter Gary Biggerstaff has once again turned his front lawn into an impressive memorial display, dedicated to those that lost their lives that day.

The event begins in the afternoon with a motorcycle ride that begins at Cook's Corner, near El Toro, in Orange County and will finish at Biggerstaff's Long Beach home located at 257 Bennett Ave. The ceremony will begin at approximately 6 pm, upon arrival of the riders. Last year's ceremony was well attended with about 300+ riders/firefighters and 1000 at the following ceremony. Two FDNY firefighters will be speaking at the ceremony and will conclude with a collective fraternal salute showing support for their fallen brothers and countrymen.

This event is open to the public and typically draws several hundred firefighters and families from around Southern California.

More information regarding the free ride and patriotic ceremony can be found by visiting <http://www.remember911ride.com>.

Letter to the Editor

CLUBBING KIWANIS

On September 4, 2008, The Kiwanis Club of Bixby Knolls/North Long Beach hosted their first "Golf Tournament in Miniature." The communities' support of this event helped enable the Kiwanis Club to carry on the various programs that have become part of the community, such as the Good Citizenship Awards Program that recognizes outstanding middle school students each year.

Thank you to the many local businesses whose sponsorships at various levels helped make this event a great success. The program identified each business that had so generously contributed.

A very special note of appreciation is addressed to the *Signal Tribune* for their continuing support of community activities and events in the Bixby Knolls/North Long Beach area. Once again, and without hesitation, the *Signal Tribune* responded to take the major sponsorship role in support of this fundraiser.

The Kiwanis Club of Bixby Knolls/North Long

Beach has been actively participating in the Bixby Knolls/North Long Beach community for over 47 years. During this past year, the club donated over \$14,000 to various projects. A few of their projects include sponsoring a Middle School Geography Bee, participating in Project Achieve, and supporting the Key Club at Jordan High School. Another major project is the Memorial weekend Kiwanis Karnival at Houghton Park.

Another goal of Kiwanis is to provide its members with an opportunity to form enduring friendships, while giving back to one's community, and thereby helping build a better world.

The Kiwanis Club is looking for new members. If you work or live in the area, you are invited to come and see how much fun you can have while giving back to your community.

Currently, meetings are held on Fridays at 11:45 a.m. at Denny's Restaurant, 3333 Atlantic Avenue. As of October 6, meetings will be relocated to El Torito, 3301 Atlantic Avenue, at noon. If you would like more infor-

mation about the Kiwanis Club of Bixby Knolls/North Long Beach, please call [me] at (562) 427-8897.

Adele Katz
President

GOOD DOG

Greetings! Remember Ruby Tuesday (top photo) the Shih-Tzu? I sent you a picture of her a couple of years ago letting you know how much she loves the *Signal Tribune* and that she brings it to me when it arrives! Well, she has a little sister now. Her name is Lola. She's also a Shih-Tzu (bottom) who also loves the *Signal Tribune* newspaper! They always argue over who gets to bring it to me. Anyhow, I just wanted to share these pictures with you.

Brandon and Bristol
Long Beach



Inspiration Corner

by Betty Colston

This day shall forever be held
in the memories of America.

Blessings to all!



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Be Heard



Write a
Letter to the Editor

The SIGNAL TRIBUNE

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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.

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Bonds

continued from page 3



Neena Strichart/Signal Tribune
LB City manager Pat West and Mayor Bob Foster.

meet its infrastructure needs and explained that studies conducted during the past decade have shown the continual deterioration of the city's streets, sidewalks, sewers and structures as well as the steadily increasing costs of the labor and materials necessary for the repairs.

"The time has come to fix our infrastructure," Foster insisted. "We cannot attract business and have the safety, convenience and appearance that we all want without fixing it."

Reiterating the fact that there was no way the General Fund could pay for the needed improvements, Foster said city officials had scaled back the upgrades to include only the most essential projects, which would cost \$571 million to be spent over the course of the next 10 years. He added that proposals to pay for infrastructure improvements by drastically cutting back the salaries and benefits of all city employees would lead to a mass exodus of highly skilled personnel. That, in turn, according to Foster, would result in inefficiencies and delays in city operations that would harm the quality of life for all Long Beach residents.

"I am asking you to help solve [this problem]," Foster said. "I am asking you to tax yourselves." About two months ago, at Foster's request, the Long Beach City Council voted to put Measure I on the November ballot. The measure would authorize the issuance of \$571 million in bonds to be paid back through the imposition of a \$120 tax on all residences in the city for the next 30 years. Commercial and industrial property owners would pay a tax based on square footage. The mayor noted that, by law, the money raised could only be used for infrastructure improvements in the city.

"This is a good thing for the city, and I do not see any other way that this could be done," Foster added. "I urge you to support this and to carefully consider the kind of city you want us to be."

noted that the entire city manager's office and all city department heads were in total support of Measure I. "Everybody wants to fix stuff, to solve problems, to help our community," he said, offering an example of how infrastructure improvements can greatly improve an area. "Recently we repaved all of 7th Street from Redondo Avenue all the way to Pacific Coast Highway," he said, explaining that the public works department closed off that section of 7th Street two weekends in a row to expedite the repaving process. "I can't tell you how proud the residents and business folks were

to have that done in just two weeks," West said. He also described street repairs in other sections of the city.

West told the audience that if the voters approve Measure I, dramatic infrastructure improvements will be seen throughout the city. "If you give us this opportunity, we will respond, and we can do this work," he said. "It's been a miserable thing to see our infrastructure just

deteriorating and deteriorating and we [have not] had the ability to do anything about it because the dollars are so scarce."


After West's initial comments, he and Foster took turns answering questions from the audience for about an hour. They explained that if the voters approve the bond measure, street and structure repairs could begin as early as January 2009.

After Foster's presentation, West took the microphone. He

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Volunteers needed to help clean up Atlantic Avenue, Long Beach Blvd.

Residents are invited to show up Saturday, September 27 for a Bixby Knolls Clean-Up Day. Approximately 100 volunteers are needed to help pick up trash along Atlantic Avenue and Long Beach Boulevard, as well as pull weeds, sweep, and give

Bixby Knolls a fall spruce up. This event is another ideal opportunity for the community to come together to make a difference in the neighborhood. Students will receive community service hours for their participation.

Volunteers should meet at

9 a.m. at It's A Grind, 4245 Atlantic Avenue, to check in. Bags, gloves and refreshments will be provided by the BKBIA and the 8th District Council Office.

For more information about the clean-up, call (562) 595-0081.

Latinas to be supported, recognized at third annual ELLAS conference

Embracing Latina Leadership AllianceS (ELLAS), a non-profit, nonpartisan organization will host its third annual conference and awards ceremony entitled "21st Century Latinas— A Journey From Good To Greatness," at the Westin Long Beach Hotel on Friday September 26 from 10 a.m. to 4:30 p.m.

ELLAS invites 400 Long Beach and Los Angeles Unified School District high school Latinas to join more than 150 Latino professionals for a day of invaluable exposure and inspiration. The conference is designed to promote education, leadership development and mentorship opportunities for Latinas as a proactive approach to addressing the escalating academic dropout rate among Latinas.

Speakers for the conference

will be: Pilar Pinel, ELLAS founder/president; and Nancy Foster, First Lady of Long Beach and Mistress of Ceremony.

Presenters include State Farm Insurance, United States Immigration and Border Protection Agency, United States Superior Court Interpreter/Translation Division, Kaiser Permanente, California Highway Patrol Agency, Los Angeles County Sheriff's Department, City of Los Angeles Fire Department, California State University Long Beach, Long Beach Community College, Wells Fargo Bank, University California Irvine, Verizon and a panel of Latina authors.

ELLAS' mantra "A Journey From Good To Greatness" embraces the annual recognition and celebration of exemplary

Latina role models and honorary Latinas who have influenced our state's and country's social, judicial, political, educational, corporate and business landscape.

"I am proud of ELLAS' continued growth, [its] recognition as a model program and the continued sponsors and partners, which continue to prove invaluable in providing educational leadership development and mentoring programs for deserving high school Latinas," said Pinel.

ELLAS was formed to address the need for mentors, stronger educational matriculation rates and leadership development opportunities to benefit Latina high school students interested in pursuing higher education and 21st Century careers.

Anniversary

continued from page 1

ing some of your money and time with us."

At that point, Hill turned her focus to the six other board members and spent about 10 minutes outlining the specific tasks that each one undertakes for WANA. "I'd like to remind you that none of us gets paid," she noted. "All the board members have helped in one way or another at every event and activity WANA has sponsored." Hill also praised the many alliance members, businesses and city officials who contributed time and energy to the organization's programs, projects and events. "I thank you so much," she said.

Next, Hill briefly described 27 goals that WANA had accomplished during its first 12 months of existence. Those goals included creating and publishing the *News and Views* newsletter, taking the lead role in continuing the Christmas Tree Lane tradition, organizing Christmas caroling on Daisy Avenue, organizing walking tours of the Dominguez Gap Wetlands to raise funds for habitat restoration, conducting a bike safety

rodeo attended by 90 kids and their parents, forming the 2030 Visioning Task Force, distributing garden produce through the WANA Home Grown Food Giveaway, conducting four neighborhood cleanups and raising funds and materials for a variety of worthy causes and charitable organizations.

After listing the organization's accomplishments to date, Hill broke some news to the audience that drew a wild round of applause. "As instructed by our City Manager Pat West, WANA recently took possession of the Christmas Tree Lane displays by relocating them from port property to personal property until after Christmas, ending the battling question of who the rightful owner is," she said.

WANA and the Wrigley Association had each claimed that the displays were theirs, and city officials were faced with the difficult task of settling the dispute.

Hill noted that the city decision to give WANA ownership of the displays, and all the other WANA accomplishments during the past 12

months are strong evidence that the alliance is having a strong, positive impact on the community. "I can't say enough times how much I thank each and every one of you for giving your time or money or both to create this amazing organization," she said. "Neighbors helping neighbors, friends helping friends, in good times and bad."

After Hill's speech, Greenwood noted that being part of WANA was a very gratifying experience. "One thing about being active in a neighborhood organization is you meet the best people in this city," she said. "People have underestimated the power of volunteerism. The combined efforts of volunteers in Long Beach are making this one of the best cities in the country."

Norvell agreed and added that she was very pleased with what WANA had done during the past 12 months.

"We have accomplished more than I thought we could ever do in one year," she said, adding that 128 households have signed on as WANA members and more people are joining every week.

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Vicki's View
Hokkaido seafood buffet
a treasure for all diners

BY VICKI PARIS GOODMAN
 Arts and Entertainment Editor

I'm gonna come clean right up front— I hate buffets. I know, most people adore them. They love the variety and the fact that the more they eat, the better value they get for the price they paid. I, on the other hand, like to choose something from a menu, know it will be prepared to order and look forward to its arrival piping hot (hopefully) via a friendly and competent server. Filling and refilling my plate at a buffet is, frankly, too much work and disrupts the dinner table conversation.

So I was surprised at how much Sam and I enjoyed our visit to Hokkaido Seafood Buffet. It was just so much fun! And the key to our enjoyment, I think, is that we'd already accepted the fact that this meal would consist primarily of "feeding" rather than "dining."

Yes, at Hokkaido, it's about the food, not the dining experience. In other words, go with hungry friends or family, not as a first date.

We arrived before the big dinner rush descended and made an introductory trip to the buffet just to scope things out, get the big picture and develop our "plans of attack." That mission accomplished, it was time to grab our first plates and "dive in."

Named for Japan's second largest island, Hokkaido offers

an eclectic mix of sushi, other Japanese cuisine, a variety of Chinese dishes and even a bit of American food.

I had advance-planned to make the most of the sushi and sashimi, but once I spied the oysters-on-the-half shell, baby clams, abundant shrimp and lovely juicy crab legs, replete with clarified butter, I pretty much forgot about the raw fish. Although I did try a piece of the eel sushi, which was very nice.

I have observed two schools of thought with respect to buffets. Some people (like my husband Sam) just take what looks good to them, even if it amounts mostly to noodles, chicken and potatoes. Others (I would be in this group) strive to get the biggest bang for their buck by copiously, if not shamelessly, loading up on the oysters and crab legs, even if it means leaving very few for the next glutton.

Hokkaido's seafood was just delicious, especially those crab legs (available only at dinner). The meat was easy to extract, giving me such pleasure each time I succeeded in withdrawing a piece at least an inch long- I call that "treasure"! Needless to say, I went back for more crab.

But I was impressed with many other items. Sam had stepped up to the Mongolian BBQ, sort of a Japanese equivalent to a brunch buffet's do-it-yourself omelet bar. Grill guys stand by waiting to grill-fry

your self-selected plate full of meat, noodles and vegetables, seasoning it to delicious flavor. Sam's, to which he'd added both beef and chicken, was just yummy.

I found lots of other things to sample, like the lo mein, a Chinese comfort food of noodles and crunchy vegetables, not to mention the siu mai (pork-filled dumplings) and big fluffy warm custard-filled buns. There was orange chicken and wonderful sautéed Chinese broccoli and green beans. A sweetish shrimp dish (I forget the name) was particularly delish.

The fresh fruit platter, which featured watermelon, strawberries, thick slices of ripe kiwi and sweet pineapple, was surprisingly nice.

With little room left for more, I couldn't go home without having my two favorite dim sum dessert- a delectable mini custard tart and the coveted sesame ball, in this case filled with a bean paste. So good! I was stuffed, but it was worth it.

I have just one bone to pick with Hokkaido- the seafood



Neena Strichart/Signal Tribune
Former Signal Hill resident Kris Cranton enjoys her mixed plate at Hokkaido restaurant.

cocktail sauce. It was too sweet and had the consistency of water. I believe a proper cocktail sauce has enough viscosity to cling to the seafood, and sufficient horseradish to make you think twice. Not a major complaint, however, in the overall scheme of things.

In spite of my feelings about buffets, Hokkaido will undoubtedly see me return before long. The quality of the food exceeded my expectations, the wait staff was friendly and right on top of things (like removing finished plates from the table), and the selection of dishes truly caught my interest. Heck, even the French fries were good. And it was just so much fun!

Hokkaido Seafood Buffet is located at 3030 Cherry Ave. in

Long Beach, phone (562) 989-1898.

Wine, sake and beer are available. Restaurant hours are Lunch (\$8.99): Mon - Fri from 11 a.m. to 4 p.m.; Sat, Sun and holidays from 11:30 a.m. to 4 p.m.; Dinner (\$15.99): Sun - Thu and holidays from 4 p.m. to 9:30 p.m.; Fri and Sat from 4 p.m. to 10:30 p.m. Children 4-10 are half price; 3 and under eat free. Seniors 65 and over get 10 percent off.

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Ice cream bonding and the not so guilty pleasures of cookie dough

BY LINDA NUSBAUM
Contributing Writer

We had just finished dinner and Braden, my 16-year-old stepson, and I were driving back home from the restaurant. We were too full for dessert yet here on the drive I am thinking how good some cookies would taste right now, something little and sweet. I'm thinking we could pick up them up at a store or somewhere else and take them home and eat them.

So I ask with curiosity, "Want to get some dessert?" Braden shoots back with big excitement, "Do you want to go to Cold Stone?" (For people who don't know, Cold Stone Creamery is an ice cream franchise where you can build your own flavors and they mix the ingredients for you).

I don't mention the cookies now because the energy in the car has just gone from a dessert two to a dessert 10 and judging from past experiences there's

no pulling back now.

"I feel too full for Cold Stone." I hedge.

"Well, when has that ever stopped us before?" Braden demands. "You know we always say we're too full and promise ourselves we'll put the ice cream in the freezer and always end up eating it on the way home. You know we do."

I can't argue. I know he's right. We never wait. We can't. We love our favorite sweets. I get cake batter ice cream mixed with cookie dough. Braden likes cake batter ice cream with peanut butter and brownie. It's little girl and little boy food. It's great.

I've tried his combination. It's okay, but I love mine. He feels the same way about his. We've both tried other combinations, always coming back to our favorites.

We call his Dad; husband Bennett, to see if he wants to indulge with us. He says no. He holds strong, as usual.

And so it's just us. And we are happy about it. We are doing something we have done together often. It is our thing and we talk about it.

"We haven't been to Cold Stone for about three months," figures Braden. "Yeah, about three or four months," I concur.

"Remember when we used to go every other week," Braden asks. "No, I think we went every week," I insist.

"Did we ever go more than one time in one week?" I wonder aloud.

Braden replies, "No, but I think we ate cookie dough in the same week."

Cookie dough—another one of our bad habits. We go to the store and buy raw cookie dough in a tube. We cook some of it, and we eat the rest, raw. We haven't done this for many months, but we used to do it a lot.

So as soon as Braden mentions the cookie dough, we both start to laugh. We're

laughing at ourselves eating cookie dough because sometimes we would eat so much we would feel sick. Then we remind each other of the time we each got our own tube of cookie dough so we wouldn't have to share. That night we clutched our tubes, made our own cookies and ate dough at our own pace. Two little kids hiding their treats from one another.

Now we're really laughing, remembering the night. The laughter is louder and deeper. We're laughing from our bellies; tears run down my face. The joy fills the car as if we're stuck in one delicious moment.

And then Braden announces with certainty, "Oh, we were such kids!"

Now I'm over the top. I really can't stop laughing. My body is in full laugh mode and yet my mind stops and I cling to what I've just heard because I don't want to lose it. It's like I know from somewhere deep

inside that something bigger just happened here.

Braden and I have been eating cookie dough and ice cream since he was six years old. But when he said, "We were such kids," I understood at that moment that he must see himself differently now. Braden must think of himself as a man, a man who has just witnessed himself as a little boy.

And he is a man, a man who can recognize that at times, he's still going to act like a child. Like me, all grown up and yet sometimes a little girl.

I hope he never loses the ability to see his inner child at play.

We sure have a lot of fun together. I look forward to many more great times. They might change over the years; they probably will. But one thing is for sure. This child, now a man, has been a friend to me, and possibly the very best friend my little girl ever had.

Dessert By Design offers patrons a taste of the Crescent City

Located in the heart of Lakewood, Desserts by Design, A New Orleans Style Coffee House, opened its doors in November 2003. This

unique cafe has sparked interest from local residents and surrounding cities to get out and enjoy what the restaurant has to offer—authentic New

Orleans cuisine in a casual bistro setting.

The carefully crafted menu and elegant (yet cozy) atmosphere bring the best of New

Orleans to customers' dining experiences. The constantly evolving menu is based on the freshest ingredients available, but Desserts by Design prioritizes offering the favorites that patrons have been enjoying for years, including seafood gumbo, jambalaya, etouffee, and beignets. New additions include burger sliders and onion ring stack. The brand new bar features various red and white wines, as well as choice beers. As part of their "Going Green" project, they also offer organic wines and beers.

Also new is Sunday brunch, with chef Mike Sanders offering authentic New Orleans

dishes and desserts, with beer and wine every Sunday from 11 a.m. to 4 p.m.

Opening Desserts by Design in Lakewood has helped many local residents to spend their dollars in their city. For years, locals who wanted home-style desserts, food and a homely atmosphere had to travel 20 to 30 miles from their home to Los Angeles, Orange County and other surrounding cities.

Desserts by Design, A New Orleans Style Coffee House is located at 4336 South Street in Lakewood. For more details, call (562) 602-1323 or email dessertsbydes@yahoo.com.

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Carol's Nutrition Nuggets Back to School

BY CAROL BERG SLOAN
Registered Dietician

A good friend of mine works with Egglund's Best eggs and shared this article that is perfect for back to school. I buy Egglund's Best because they contain higher amounts of Omega-3 fatty acids than regular store-brand eggs, and most of us lack Omega-3 in the diet. Egglund's Best eggs are available at most grocery stores and at the Fresh & Easy store at the corner of Paramount and Del Amo for a great price.

Breakfast brain food is the best way to start the day. Heading back to school after summer vacation can be challenging for parents and children getting up earlier for class and purchasing new clothes and school supplies.

The best purchase may actually be the groceries stocked in the refrigerator, like healthy breakfast foods such as Egglund's Best Eggs with their great taste and increased nutritional benefits.

"The food that children consume affects their daily performance, and parents can help their kids get a jump-start on the day by making a nutritious and hearty breakfast," said Manette Richardson RD, director of Nutrition Services for Egglund's Best. "With three times more Omega-3s and 10 times more vitamin E than the average egg, Egglund's Best is one of many nutrient-dense foods that can potentially help promote brain focus along with memory and cognitive functions in children throughout the day."

A recent study conducted by the *Journal of the American Dietetic Association* found that children who had decreased school performance also had unhealthy eating habits. These children consumed low levels of highly nutrient-dense foods such as vegetables, fruit, fish and eggs. Additionally, the *Journal of Pediatrics* recently highlighted the importance of a nutritious morning meal, linking skipping breakfast to weight increase in adolescent school children. Starting the day with Egglund's Best eggs for breakfast can reduce hunger due to greater satiety and reduce overall calorie intake for the day.

Don't let the morning time crunch tempt kids to skip breakfast. Here are a few ways to save time:

WANA screams at ice cream social

The Wrigley Area Neighborhood Alliance (WANA) conducted an "Ice Cream Social" on the grassy median of Daisy Avenue just north of 20th Street on Sunday. WANA President Jill Hill scored a large quantity of the tasty treat by submitting a winning essay in a contest sponsored by Dreyer's Ice Cream. "I was one of 1,500 winners chosen nationwide that got an ice cream party for 100 people," she said, explaining that she received 12 1.5-quart containers, and four additional boxes of ice cream in a variety of flavors. "They also gave me coupons



for more free ice cream," she said. About 60 people attended the event, which also featured free face painting for kids and adults.

In her winning essay, Hill

noted, "An ice cream social will give neighbors an opportunity to come out of their houses into the street and get to know each other all over a bowl of ice cream."

Egglund's Best Brainsy Burrito

- 2 Egglund's Best eggs
- 1 whole wheat tortilla
- 1 tablespoon refried beans
- 1/4 cup low-fat cheddar cheese
- 2 tablespoons salsa
- 1/2 avocado, sliced
- Nonstick spray



1. Spray nonstick skillet with cooking spray. Beat Egglund's Best eggs; pour into skillet and cook, stirring continually until slightly set, about 2 minutes. Add cheese.
2. Spread refried beans on tortilla. Cover with a damp paper towel and microwave for 30 seconds.
3. Spread Egglund's Best egg and cheese filling down the center of the tortilla. Add salsa and sliced avocado. Fold one side of the tortilla over filling. Fold up bottom. Roll securely.

- Pack school bags at night and put them by the door
- Make bedtime fun and lay out clothes when the kids go to bed
- To make kids more enthusiastic about eating in the morning, ask them to choose part of the meal
- Try the tasty recipe above to make the most of this valuable brain food.

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Citizens, teams, celebrities preparing for Alzheimer's Walk

Thousands of Southlanders are on the move to end Alzheimer's disease by participating in the Alzheimer's Association's 16th annual Memory Walk- locally sponsored by Wells Fargo. The 5K walk is set for Sunday, October 5 and will start at The Watercourt at

California Plaza, taking the nearly 4000 expected participants past such iconic Los Angeles landmarks as Disney Concert Hall, Maguire Gardens, Los Angeles Central Library and Grand Hope Park. Celebrities, teams and individuals, converging as "champi-



Actor Victor Garber, L.A. Mayor Antonio Villaraigosa and Good Day L.A. host Steve Edwards do their part at last year's Memory Walk.

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ons" in the fight against Alzheimer's, have a goal of raising more than \$750,000 to support research and programs of the Alzheimer's Association.

Today 5.1 million people are

living with Alzheimer's disease in the United States and it is expected to rise to 7.7 million in 2050. In California alone, there are currently 450,000 people that have been diagnosed with Alzheimer's.

"Alzheimer's is the epidemic of our generation," says Peter Braun, president and CEO of Alzheimer's Association California Southland Chapter. "In the U.S. someone

develops Alzheimer's every 71 seconds, making it the sixth-leading cause of death in the U.S. Everyone that participates in Memory Walk is making a commitment to support families currently dealing with this disease and prevent it from impacting others in the future".

Registration for the Walk is available at www.alzla.org/mw.

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Listen to this...

From cop to pop: LBPD officer uses music to help fund nonprofits

BY ATHENA MEKIS
Contributing Writer

Long Beach Police Department knows Jeffrey Leland Johnson as commander of the Detective Division, but to his band mates and fans he is known as Jeff Leland, the musician who uses his talents in an altruistic way. He released his first album six months ago, and has since sold around 5,000 copies. The proceeds go to two different nonprofit organizations: the Long Beach Bar Foundation's Shortstop Program for at-risk youth, and the Long Beach Police Officers Association's Widows and Orphans Fund.

His band's album *I'm An American* has a diverse composition. "Its blues, rock 'n' roll, country and easy listening," Leland said. The first song, "I'm An American," was written in response to the negative statements some Europeans were saying about America declaring war on Afghanistan and then Iraq. It's about Americans' "self sacrifice."

Leland's voice is his strongest instrument. He

began singing in church then choir during his senior year in high school. Choir may seem like social suicide in high school, especially for a football player, but his decision to follow Leland's love for music has made a positive impact on his life as well as others. "It is rewarding to get ideas for a song when I'm not even thinking about it. Finalizing a song and recording it is rewarding, (but) for me, the most rewarding is performing live," he said.

The official band name is Jeff Leland & PosseGato. Vince Delgado played lead guitar and produced the album, putting in synthetic music where needed. He is currently developing MySpace and Facebook pages where he plans to market their music to military families.

Leland gave each song a melody that accompanied the subject. "Telephone Hell" is played in a melancholy style. In "Life is What Happens," Delgado picks at the guitar to characterize a country style, and "Come Sit Awhile" was produced as a hymn which "pays tribute" to his heritage.

Every song is written from personal experiences, and

many were written specifically for veterans programs. In his 26 years as a police officer he has seen many parolees get right back into trouble. "Back in Custody" is a humorous look at those situations. He also worked six years on the graveyard shift. "Watch One" describes how he felt patrolling the streets at night. Leland said that he's had nurses and firefighters tell him "Oh, yeah. I get it," about working until the sun comes up.

Leland believes he keeps an open mind about politics and society. "I trust bureaucracy and I detest bureaucracy." He certainly shows it in this collection of songs.

One result of 9/11 is that officers now require more training and, consequently, more work. During 9/11, local police departments had to send employees to cover the harbor, the airport, and the World Trade Center. Now, there are police divisions such as Homeland Security to focus on those specific areas. "We have to worry about people taking pictures of the World Trade Center," he said. Whereas before they didn't even think



Courtesy of Jeff Johnson

Cover art for the Long Beach police officer's CD.

about that kind of incident.

Leland shows his idea of America on the cover of the album. It's a barn with an American flag painted on the side. "It seemed Americana, nothing pretentious. Just an average, down-to-earth [image]" he said.

Jeff Leland and PosseGato have three new members joining the band: Joseph Balderian, bass; Dave Merander, drums; and David Cannan, keyboard. The band has yet to perform, but council people and coordinators are enthusiastically waiting.

To order the \$20 CD call the Long Beach Police Officers Association at (562) 426-1201, or the Long Beach Bar Foundation at (562) 981-7525. It can also be ordered via the Association's online store at www.lbpoa.org.



Shakespeare Company gets *Lost* in the *Love and Labour* of the bard

The Long Beach Shakespeare Company opens its 2008-09 season with Shakespeare's humorous *Love's Labour's Lost*. Very possibly Shakespeare's funniest play, *Love's Labour's Lost* is a romantic comedy, featuring lovers in disguise, mistaken identities, love letters misdelivered, and a surprise ending.

The Shakespeare comedy runs September 26 through November 8 at the Richard Goad Theatre, 4250 Atlantic Avenue, with Thursday, Friday and Saturday performances at 8 p.m. and Sunday matinees at 2 p.m. Tickets are \$20 general admission and

\$10 for students. Due to limited seating, reservations are strongly recommended.

Call (562) 997-1494 for

tickets. For more information, visit the LBSC

Get more information at www.lbshakespeare.org.

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LONG BEACH PLAYHOUSE
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STUDIO
Thru Oct 4th!
How The Other Half
LOVES
by Alan Ayckbourn
"An extraordinary evening of non-stop laughs!"
-GAZETTE NEWSPAPERS
Fri & Sat at 8:00 pm
Sun Matinees on Sep 14 & 28

The Long Beach Playhouse would like to honor the memory of all the heroes who gave their lives seven years ago on September 11, 2001.

Ticket Prices
Gen Adm: \$22
Seniors: \$20
Students: \$12
Tickets purchased online are subject to a \$2 per ticket handling fee.

www.LBPH.com
562-494-1014

A Continuing Tradition Of Theatrical Excellence!

How the Other Half Loves toys with farce to satirize infidelity

BY CORY BILICKO
Managing Copy Editor

How the Other Half Loves is one of the first of the 72 plays that Alan Ayckbourn has penned, and it was Broadway's first taste of the English playwright whose specialty is comedic chronicling of lives come undone. Exploiting the farcical comedy and set in the late '60s, it confronts serious issues with an undercurrent of biting reality to satirize modern British society. The Long Beach Playhouse has assembled a director and sextet of actors who deftly handle the challenging material with nearly precise timing.

In a crafty bit of staging and scenery, two pairs of spouses in their own living rooms, the Fosters and the Phillipses, can be seen by the audience but not by each other, but the couples keep moving into one another's spaces. The set is built as an amalgam of the couples' homes; it's as if the two dissimilar interiors had been broken down then reconstructed together as a sort of Frankensteinian creation, complete with deconstructed-then-reassembled sofa and table. We see the high-end, traditional decorum of the Fosters inter-

mingled with the earthy, Africa-inspired look of the younger couple's apartment.

We also learn early on, through secretive telephone calls and wrong spouses answering the phone, that Bob Phillips and Fiona Foster are having an affair. Confusion rather than suspicion ensues, but it's not until a third couple, the unsuspecting Detweilers, show up for dinner at the Fosters', then the Phillipses', that the real farcical elements fall into place and the secret liaison is at risk of being revealed.

It is this show-stealing scene at the end of the first act that makes the late-coming Detweilers the focal point and source of delight as we watch the innocent, nervous pair engage in two dinners simultaneously, happily entertained in one, and unsettled and bewildered in the other.

Blasé married couples who cheat, implicit acts of aggression, and overlapping set pieces would become Ayckbourn's signature elements in his adult-oriented plays (he also writes for children), and here the manipulation of time and space are used in lieu of the conventional entering/exiting and slamming of doors that we've come to expect from a farce. With Martha Dun-



Courtesy of LBPH

Spouses, sets and time periods intermingle in *How the Other Half Loves*.

can's direction, it's all well paced and executed by this cast, who, unfortunately, are working with a script that takes a little longer than necessary to set up the situation.

As the Fosters, Andrea Stradling and Jack Winnick fit snugly into their roles with just the right mix of sophistication and nonchalance. Their complements, the Phillipses, are brought to life by Tracy Ahern and Cort Huckabone. Ahern is the perfect feminist match against the intoxicated brutishness that Huckabone brings

home later in the story. As the couple that's exploited by the others and, likewise, has the strongest character arc, Bob Fetes and Allison Eberly manage to pull off geekiness that is somehow more charming and amusing than cliché or nettlesome. Eberly undergoes a transformation that, although severe, is, dare I say, sexy. Perhaps it's in contrast to her husband's voice, a noise that is at once squeaky and musical. When he reaches the point of potential violence against his wife, it walks the fine line of humor and

tragedy, a fitting dichotomy for Ayckbourn's insightful point-of-view of marriage and infidelity.

How the Other Half Loves will continue at the Long Beach Playhouse through Oct. 4, Friday and Saturday performances at 8 p.m. and Sunday matinees at 2 p.m. Prices are: \$22 for Friday and Saturday evenings or Sunday matinees; \$20 for seniors 60 and older; and \$12 for students with valid ID. For more information about this or other Playhouse productions, visit www.lbph.com or call (562) 494-1014.

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City of Signal Hill



TST 2811
NOTICE OF A PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the City Council of the City of Signal Hill, California, will hold a public hearing on Tuesday, October 28, 2008 at 7:00 p.m., or as soon thereafter as practicable, in the City Council Chambers located in City Hall at 2175 Cherry Avenue, Signal Hill, California, to consider any public protests of a proposed 5% increase to the City's water rates for both FY2008-09 and FY2009-10, respectively. The purpose of this notice is to provide you with information about the hearing and protest proceedings being conducted by the City of Signal Hill on real property that you own. This notice is being sent in accordance with Article XIII D, Section 6 of the California Constitution.

How do I determine my increase?

The City is proposing a 5% increase annually to your monthly water bill for the next two fiscal years. Your water bill may vary monthly based on your consumption of water and also based on the size of your individual water meter. In order to estimate your monthly increase, you will need to multiply the "Water Service" line in your municipal water bill by a factor of 1.05. The typical single-family home or condominium in Signal Hill will see a monthly increase of \$1.35 based on the usage of 1,500 cubic feet of water.

CITY OF SIGNAL HILL - WATER BILL
2175 CHERRY AVENUE • SIGNAL HILL, CA 90755-3799

| | | |
|-----------------|----------------|----------------|
| SERVICE ADDRESS | SERVICE PERIOD | ACCOUNT NUMBER |
| 2175 CHERRY AVE | 8/01/08 | 123-4567-00-00 |

BILLING SUMMARY

| | |
|-----------------|-------|
| Prev Balance | 46.84 |
| Payments | 46.84 |
| Adjustments | |
| Penalties | |
| Balance | |
| Current Charges | 46.84 |
| Total Due | 46.84 |

(1 UNIT = 100 CUBIC FEET = 748 GALLONS)

| SERVICE BILLED | CURRENT CHARGES | METER READINGS | | | USAGE | |
|------------------------|-----------------|----------------|---------|------|-------|-------------|
| | | PREVIOUS | PRESENT | TYPE | USAGE | SAME PERIOD |
| Water Service | 34.49 | 150 | 165 | H | 15 | 15 |
| Refuse | 11.64 | | | | | |
| NPDES | 0.71 | | | | | |
| CURRENT CHARGES | 46.84 | | | | | |

\$34.49 x 1.05 = \$36.21

Why are the water rates increasing?

The City of Signal Hill's water rates are based on the cost of providing water service including personnel expenses, water supply costs, operational costs, debt service, cost of capital improvements and maintaining reserves as shown in the Water Rate Utility Report (Report) on file with the Director of Public Works. Signal Hill last increased water rates in 2006. The primary factors prompting the increase include an approximate 14 percent increase in overall operating costs; continuous increases over the next few years from the Water Replenishment District which charges the City a replenishment assessment and by the Metropolitan Water District, which charges the City for imported water; and the ongoing escalation of construction costs associated with the repair and replacement of aging pipelines and equipment. The proposed water rate increase will generate approximately \$150,000 per year.

How do our rates compare with surrounding cities?

Signal Hill strives to maintain water rates as low as economically feasible. The City's last water rate increase was 3 percent in 2006. In 2008, other cities already raised or are in the process of raising their water rates to accommodate the increased cost of purchasing and delivering water to their communities as shown below:

| City | Rate Increase |
|-----------------------------|---------------|
| *Golden State Water Company | 32.6% |
| Long Beach | 15% |
| Norwalk | 15% |
| Westminster | 8.0% |
| Lakewood | 7.3% |
| Whittier | 5.5% |
| Paramount | 5.0% |
| Seal Beach | 5.0% |

*Golden State Water Company's Region III Service Area serves about 98,000 customers in many cities, including La Palma, Cypress, Los Alamitos, and several San Gabriel Valley cities. The City of Long Beach will hold a majority protest vote in September 2008 for their proposed rate increase.

What's the procedure to protest?

Owners (or renters subject to the fee increase) of real property in Signal Hill who wish to protest the increase can either send in a written protest to the address below or attend the public hearing to register their protest at the hearing. Written protests must be received prior to and during the public hearing on Tuesday, October 28, 2008. Any written protests received following the close of the public hearing will not be counted. All written protests must (at a minimum) include the following information to be counted: (a) Address or assessor parcel numbers or property subject to the fee increase, (b) the name of the owner of the property (or renter if applicable) and whether the protestor is an owner or renter, and (c) a clear statement protesting the increase in the water service fee pursuant to this notice.

Written protests should be addressed to:

Signal Hill City Clerk
2175 Cherry Avenue
Signal Hill, CA 90755

All interested persons are invited to attend the public hearing to present written information, express their opinions, or otherwise present evidence on the above matter. However, State law limits the protest to owners (or in some areas, renters responsible for the fee) of real property, with one protest per identified parcel to be counted. Only written protests received prior to and at the public hearing will be counted. Oral protests will be heard, but may not necessarily affect the outcome of the protests as showing in the final sentence of this paragraph. The City Council will receive a report from the Director of Public Works, who will report the number of protests received prior to the public hearing. Upon the conclusion of the public hearing, the Mayor will request that the Director of Public Works tally all of the written protests received upon the conclusion of the hearing, with the written protests received prior to the hearing and provide a tally of the oral protests. The City Council will not be permitted to adopt the rate increase should a majority written protest be received (50% plus 1) on all identified parcels subject to the increase.

If you wish to legally challenge any action taken by the City on the water rate increase, you may be limited to raising only those issues you or someone else raised at the public hearing as described in this notice or in written correspondence delivered to the City prior to or at the public hearing. If you own property and your tenants are responsible for the payment of the water bill, please forward this notice to your tenants.

Where can I get more information?

The City has completed a Water Rate Utility Report on the proposed rate increase. The Report includes a list of all identified parcels subject to the fee increase. This file may be inspected by the public at the City of Signal Hill Public Works Department, 2175 Cherry Avenue, Signal Hill. The office hours are 7:30 a.m. to 5:30 p.m. Monday through Thursday and City Hall is open on Fridays until 4:30 p.m. Copies of the Report can also be found at the Signal Hill Library at 1770 East Hill Street. The Report can also be downloaded from the City of Signal Hill's website at www.cityofsignalhill.org.

Proposed Residential & Commercial Rates

The current water rate and the proposed 5% rate adjustments are shown below based on water consumption and water meter size.

Standard Residential & Commercial Rates
(rates are per 100 cubic feet of water use)

| | Current Rate | FY2008-09 Proposed Rate | FY2009-10 Proposed Rate |
|--|--------------|----------------------------|----------------------------|
| Water Usage | | | |
| 0 - 1,500 cubic feet | \$1.70 | \$1.79 | \$1.88 |
| 1,501 - 15,000 cubic feet | \$2.72 | \$2.86 | \$3.00 |
| Open Space Irrigation Rate | | | |
| Over 15,000 cubic feet | \$2.72 | \$2.86 | \$3.00 |
| Non-Residential Conservation Rate | | | |
| Over 15,000 cubic feet | \$4.01 | \$4.21 | \$4.42 |

Fixed Monthly Charges - The current water meter schedule and the proposed 5% rate adjustments are shown below in Table 6. This fixed charge is added to the cost of your monthly water usage. Most single-family homes have a 5/8" or 3/4" water meter. To find out the size of your water meter, you may call the City's Finance Department at (562) 989-7315.

Water Meter Charges

| Meter Size | Current Charge | FY2008-09 with 5% Increase | FY2009-10 with 5% Increase |
|---------------|----------------|-------------------------------|-------------------------------|
| 5/8" & 3/4" * | 10.03 | 10.53 | 11.06 |
| 1" | 25.82 | 27.11 | 28.47 |
| 1.5" | 56.93 | 59.78 | 62.76 |
| 2" | 98.64 | 103.57 | 108.75 |
| 3" | 221.00 | 232.05 | 243.65 |
| 4" | 221.00 | 232.05 | 243.65 |
| 6" | 221.00 | 232.05 | 243.65 |
| 8" | 221.00 | 232.05 | 243.65 |
| 10" | 705.00 | 740.25 | 777.26 |

*Most residential customers fall in this category

City of Signal Hill



TST 2812
NOTICE OF ORDINANCE ADOPTION

Ordinance No. 2008-09-1387 was adopted as an urgency ordinance by the City Council on Tuesday, September 9, 2008. A summary of the ordinance is as follows:

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIGNAL HILL, CALIFORNIA, IMPOSING AN INTERIM MORATORIUM ON THE ESTABLISHMENT, DEVELOPMENT OR EXPANSION OF COMMERCIAL BUSINESSES BEYOND REGULAR BUSINESS HOURS IN AREAS 1 AND 2 OF THE PACIFIC COAST HIGHWAY SPECIFIC PLAN AND ADOPTING AN INTERIM ORDINANCE PENDING THE COMPLETION OF A STUDY TO AMEND SIGNAL HILL MUNICIPAL CODE TITLE 20 TO ESTABLISH ZONING AND DEVELOPMENT STANDARDS FOR COMMERCIAL BUSINESSES AND DECLARING THE URGENCY THEREOF

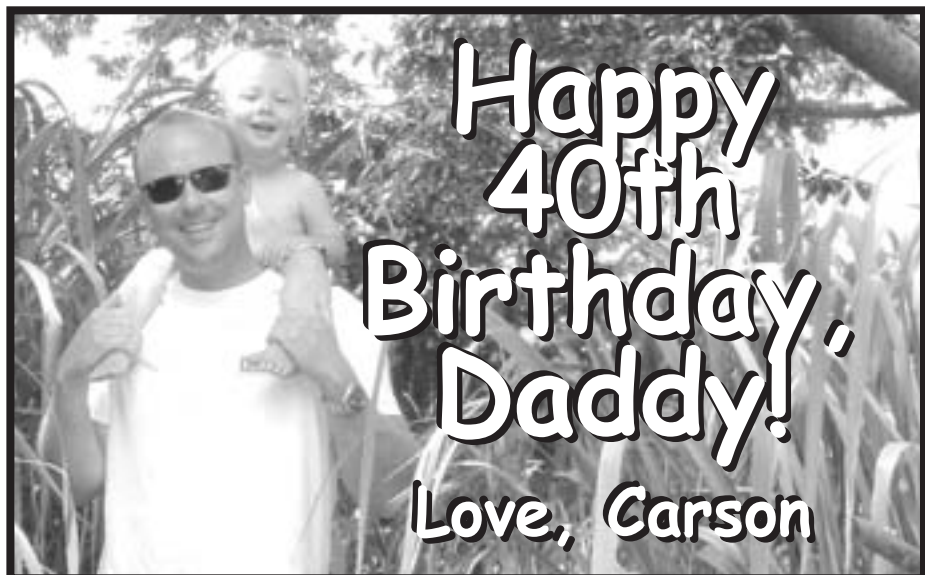
This ordinance was adopted by the following vote:

- AYES: Mayor Michael J. Noll, Vice-Mayor Ellen Ward
Council Members Larry Forester, Tina L. Hansen, Edward H.J. Wilson
- NOES: None
- ABSENT: None
- ABSTAIN: None

A certified copy of the full text of the ordinance is available in the City Clerk's Office.

Kathleen L. Pacheco
City Clerk

Published in the Signal Tribune Newspaper on September 11, 2008
Posted at City Hall, Library, Discovery Well Park, and Reservoir Park on September 11, 2008.



City of Signal Hill



TST 2809
PUBLIC HEARING - NOTICE OF INTENT

TO ADOPT NEGATIVE DECLARATION NO. 05/22/08 (1)
AMENDMENTS TO CONDITIONAL USE PERMIT NO. 99-05
AMENDMENTS TO SITE PLAN AND DESIGN REVIEW NO 99-11

NOTICE IS HEREBY GIVEN that the City of Signal Hill, California, will hold the following public hearings:

September 23, 2008 City Council at 7:00 p.m. in the Council Chambers located at City Hall, 2175 Cherry Avenue, Signal Hill, California

SUBJECT: Negative Declaration No. 05/22/08 (1)
Amendments to Conditional Use Permit No 99-05
Amendments to Site Plan and Design Review No.99-11

PROJECT DESCRIPTION: Wireless telecommunications facility improvements to an existing collocated wireless telecommunications facility located at 2411 Skyline Drive in the Hilltop Area Specific Plan, Antenna Consolidation Site. The applicant, MediaFLO USA, is requesting approval to collocate an antenna on the existing tower to provide wireless television (FLO TV) programming over the airwaves to consumers that subscribe through wireless carriers such as Verizon. FLO TV transmissions are encoded and available only to subscribers with hand held devices designed to descramble the encoded transmission. MediaFLO USA proposes to install the following at the site:

- An 18 foot pylon antenna mounted at 109 feet near the top of the existing tower.
- Add crossbars to strengthen the existing tower for the new antenna.
- Add a one-story 20-foot by 12-foot modular equipment shelter with two air conditioning units mounted on the exterior shelter wall.
- Two 1.8-meter satellite dish antenna side-mounted on the equipment shelter.
- Two small global positioning antennas side-mounted on the equipment shelter.
- One heat exchanger and one backup power generator mounted on concrete pads adjacent to the equipment shelter.
- Decorative wrought iron rolling gate to match the existing "Denni" theme wall to improve security and aesthetics.
- 8-foot tall block wall along east side of site to control equipment noise and improve security and aesthetics.

ALL INTERESTED PERSONS are hereby invited to attend Public Hearings to present written information, express their opinions or otherwise present evidence on the above matter. If you wish to legally challenge any action taken by the City on the above matter, you may be limited to raising only those issues you or someone else raised at the Public Hearings described in this notice, or in written correspondence delivered to the City prior to or at the Public Hearings.

A NEGATIVE DECLARATION has been prepared in conjunction with the subject project based on an initial study that found no significant environmental impacts associated with the proposal that are not addressed by the design of the proposed improvements.

THE FILE containing Negative Declaration No. 05/22/08(1) relevant to the proposed project may be inspected by the public between the hours of 7:30 a.m. to 5:30 p.m., Monday through Thursday, and 7:30 a.m. to 4:30 p.m. on Fridays, in the Community Development Department at City Hall.

THE PUBLIC IS INVITED to submit written comments to the Community Development Department or at the public hearing. Please note that the review and comment period for the environmental review, Negative Declaration No. 05/22/08(1), closed on August 22, 2008.

FURTHER INFORMATION on this item may be obtained at the City of Signal Hill Community Development Department located at 2175 Cherry Avenue, Signal Hill, California, or by calling Gary Jones, Director of Community Development at (562) 989-7345.

Published in the Signal Hill Tribune newspaper on: September 11, 2008
Posted at City Hall, the Library, and Reservoir Park on: September 11, 2008
Mailed to property owners within 300 feet on or before: September 11, 2008



TST2800 / 20081493526

FICTITIOUS BUSINESS NAME STATEMENT

The following person is doing business as: PEDRO'S PAN-GAS, 3099 E. Pacific Coast Hwy., Signal Hill, CA 90755. Registrant: PAUL A. HILLIS, SR., 3099 E. Pacific Coast Hwy., Signal Hill, CA 90755. This business is conducted by: an individual. I declare that all information in this statement is true and correct. Signed: Paul A. Hillis, Sr. The registrant has begun to transact business under the fictitious business name or names listed herein. Date started business was January 1, 2000. This statement was filed with the county clerk of Los Angeles County on August 19, 2008. 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: Aug. 21, 28, & Sept. 4, 11, 2008.

TST 2804

NOTICE OF TRUSTEE'S SALE TS No. 08-54249 Title Order No. 08-8-202905 APN No. 7216-025-029 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09/25/06. 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 PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, as duly appointed trustee pursuant to the Deed of Trust executed by YOLANDA GONZALEZ, A SINGLE WOMAN dated 09/25/06 and re-corded 10/02/06, as Instrument No. 06 2182090, in Book , Page), of Official Records in the office of the County Recorder of Los Angeles County State of California, will sell on 09/25/2008 at 1:00PM, At the front entrance to the Pomona Superior Courts Building, 350 West Mission Blvd., Pomona at public auction to the highest bidder for cash or check as described below, pay-able in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully de-scribed in the above referenced Deed of Trust. The street address and other common designation, if any of the real property described above is purported to be: 1865 STANLEY AVENUE, 1, 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. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$311,948.71. It is possible that at the time of sale the opening bid may be less than the total in-debtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on 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. Said sale will be made, in an "AS IS" condition, but with out covenant or warranty, express or implied, re-garding title, possession or encumbrances, to satisfy the in-debtedness secured by said Deed of Trust, advances there-under, with interest at provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon at provided in said Note, plus fees, charges and expenses of the Trustee and of the Trusts created by said Deed of Trust. DATED: 08/31/08 RECONTRUST COMPANY, 1757 TAPO CANYON ROAD, SWW-88 SIMI VALLEY, CA. 93063 Phone: (800) 281-8219, Sale Information (626) 927-4399 By: Trustee's Sale Officer RECONTRUST COMPANY, is a debt collector attempting to collect a debt. Any information ob-tained will be used for that purpose. FEI # 1006.34658 9/04, 9/11, 9/18/2008

TST2803 / 20081578070

FICTITIOUS BUSINESS NAME STATEMENT

The following person is doing business as: J & R BUILDERS, 4123 Walnut Ave., Long Beach, CA 90807. Registrant: JEFF GUNDRY, 4123 Walnut Ave., Long Beach, CA 90807. This business is conducted by: an individual. I declare that all information in this statement is true and correct. Signed: Jeff Gundry. The registrant has not begun to transact business under the fictitious business name or names listed herein. This statement was filed with the county clerk of Los Angeles County on September 2, 2008. 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: Sept. 4, 11, 18, 25, 2008.

TST2810 / Case No. NS020396

ORDER TO SHOW CAUSE FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, 415 West Ocean Blvd., Long Beach, CA 90802, SOUTH JUDICIAL DISTRICT.

PETITION OF Ja'net Daniels, For Change of Name.
TO ALL INTERESTED PERSONS:
1. Petitioner JA'NET DANIELS, filed a petition with this court for a decree changing names as follows: Present Name: JA'NET DANIELS to Proposed Name: JA'NET DANIELO.
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: October 13, 2008; Time: 1:30 P.M.; Dept. G, Room 51. 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, 2669 Myrtle Ave., Ste.111, Signal Hill, CA 90755: September 11, 18, 25, & October 2, 2008.

_____/ss/_____
Douglas M. Haigh, Judge of the Superior Court
Dated August 29, 2008

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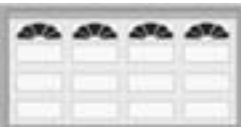
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Sculptor's monument honors victims of 9/11 tragedy



Mark Eastman/Signal Tribune

Sculptor Patrick Vogel with a model of the monument.

BY NICK DIAMANTIDES
Staff Writer

A sculpted monument adjacent to Signal Hill's Discovery Well Park serves as a reminder of one of the most horrific events in America's history. Seven years ago today, the unthinkable happened. A group of terrorists took over four jetliners, crashed two of them into New York City's Twin Towers and one of them into the Pentagon in Washington D.C. The fourth jet crashed into a Pennsylvania field after the passengers staged a counterattack against the terrorists.

The collapse of the Twin Towers of the World Trade Center and the two other plane crashes resulted in the loss of approximately 3,000 lives. The attacks cost the United States hundreds of millions of dollars, significantly reduced air travel, and severely impacted the nation's economy.

One local sculptor, Patrick Vogel, was so moved by the tragedy he felt he had to design and build a memorial to honor the victims and to help ensure that no one on the West Coast would ever forget the horrors of that terrible day. Originally, he wanted to put the monument up somewhere in Long Beach, but as it turned out, the memorial ended up in Signal Hill.

On September 8, 2002, almost one year after the tragedy, the sculpture was unveiled in a dedication ceremony at the park. A few days later, the *Signal Tribune* published an article about the event written by Mark Eastman.

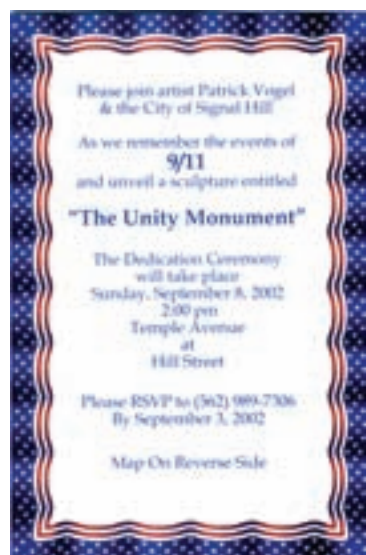
"Under blue skies of which ideas are conceived, the dream of an artist and a city of 10,000 people was made public Sunday in a colorful dedication," Eastman wrote. "Local metal fabricator Patrick Vogel came

before the Signal Hill City Council on July 2, determined that his 'Unity Monument' saluting the courage and heroism of the 9/11 tragedy should be built."

Eastman noted that Long Beach's lack of action led Vogel to seek a home for the monument in Signal Hill. Vogel elaborated. "I approached the City of Long Beach and they seemed very interested, but they didn't have the money and they didn't know where it would go," he said. "I spoke to the owner of the World Trade Center (in downtown Long Beach) but he was in the middle of a deal to sell it to (foreign) investors, and he didn't want to sour the deal by having artifacts that would remind people of the attack."

Sensing that doors were not opening in Long Beach, Vogel began talking with Signal Hill officials and made his formal request to the council in June 2002. "They were very excited because they understood the gravity of this and wanted to participate," he said. "They found a place for it, I think within a week."

Vogel designed the monument in 2001, about two months after the attack. "I started ped-



Original September 2002 unveiling invitation.



Mark Eastman/Signal Tribune

Workers mount the 9/11 monument on its stand.

ing the idea in late December of that year, but people were having a hard time visualizing what it would look like," he said. "Then I built a one-to-twelve scale model and that's when people really got it."

During its July 2, 2002 meeting, the council unanimously agreed to have the monument installed near the intersection of Temple Avenue and Panorama and Skyline drives. At that meeting the council enthusiastically told Vogel to proceed with his plan to raise funds for the project.

Three weeks later, the *Signal Tribune* reported that \$80,000 had been raised. Eastman wrote: "According to project coordinator Ken Davis, major donors of late include Signal

Hill Petroleum, \$20,000; Comstock, Crosser & Associates \$20,000; Centex Homes, \$15,000; Office of Supervisor Don Knabe, \$10,000, Universal Care, \$5,000 and Signal Hill Disposal, \$5,000."

Eastman also reported that by July 25, 2002, Vogel had purchased materials for the monument's superstructure and had commenced work on its construction.

Several thousand dollars more was raised in the next few weeks and by late August the sculpture had been completed. The 12-foot statue combines five metals that are not normally welded to each other: stainless steel, copper, brass, bronze and copper-nickel. Vogel said the five metals rep-

resent the racial, cultural and religious differences in the nation.

In another Eastman article, the artist explained what the sculpture's form represents. "The shape is random in nature, which is parallel to the event," Vogel said. "The events were random and premeditated, pre-planned by individuals who carried out those plans."

Vogel also told Eastman that he designed the project to symbolize the enormity of the 9/11 devastation. "I want people to take note and have a little humility when they see it," he said.

Now, six years after the monument was installed, people still visit it, leaving an occasional bouquet of flowers in memory of the victims. Most visitors are Southern Californians, but some come from other parts of the state and from other states as well. Vogel, who undertakes public art projects for several California cities, drives past it twice a day on his way to and from his Vogel Designs metal fabrication shop, which is located in Signal Hill. He also takes the time to clean the statue at least once every six months.

The City of Signal Hill placed a line of American flags in the area in front of the monument this week. "We are very proud to have it in our city," said Mayor Mike Noll. "It is amazing what this symbol means to so many people."

Vogel noted that during this election year there has been a lot of bipartisan talk about making sure nothing like 9/11 ever happens again. "This sculpture just serves as a way of keeping the memory of that terrible day alive," he said. "Hopefully, the Unity Monument will remind Americans of how fortunate we are to live in this country, how important it is to safeguard our liberties and to never forget the innocent victims of the tragedy."



Mark Eastman/Signal Tribune

The unveiling of the 9/11 monument in September 2002.