

SUMMER SAFELY

2021 LW CALENDAR

TAKE YOUR BEST SHOT



The LW Weekly will produce a 2021 wall calendar featuring the work of Leisure World photographers in time for the holidays.

The deadline is Sept. 30. Potential contributors should submit large, high-resolution, 300 dpi images in landscape format of places and spaces in and around Leisure World and Seal Beach. Photos of people are not eligible.

All photos should be emailed in the "actual size" format. Email entries to stephenb_news@lwsb.com with name, address, phone number and a brief description of the photo. For information on technical requirements, call 431-6586, ext. 392.

The calendar will be delivered to every unit for free. Additional copies may be purchased for \$1.50.

CITY OF SEAL BEACH Give your input on city's ADA survey

The City of Seal Beach is undertaking a survey of accessibility needs for people with disabilities to collect vital feedback that will shape the city's transition to greater accessibility for all.

The city is developing an American with Disabilities Act (ADA) Transition Plan to make programs, services, facilities and public right-of-way more accessible to persons with disabilities. Gathering feedback from the community is an important part of this process.

How To Provide Your Input:

The development of the ADA Self-Evaluation and Transition Plan is currently underway, and the city would like to hear your comments and concerns regarding accessibility to assist in the plan development. Help with this process by listing your concerns regarding accessibility of the public facilities within the City of Seal Beach.

ADA, page 2

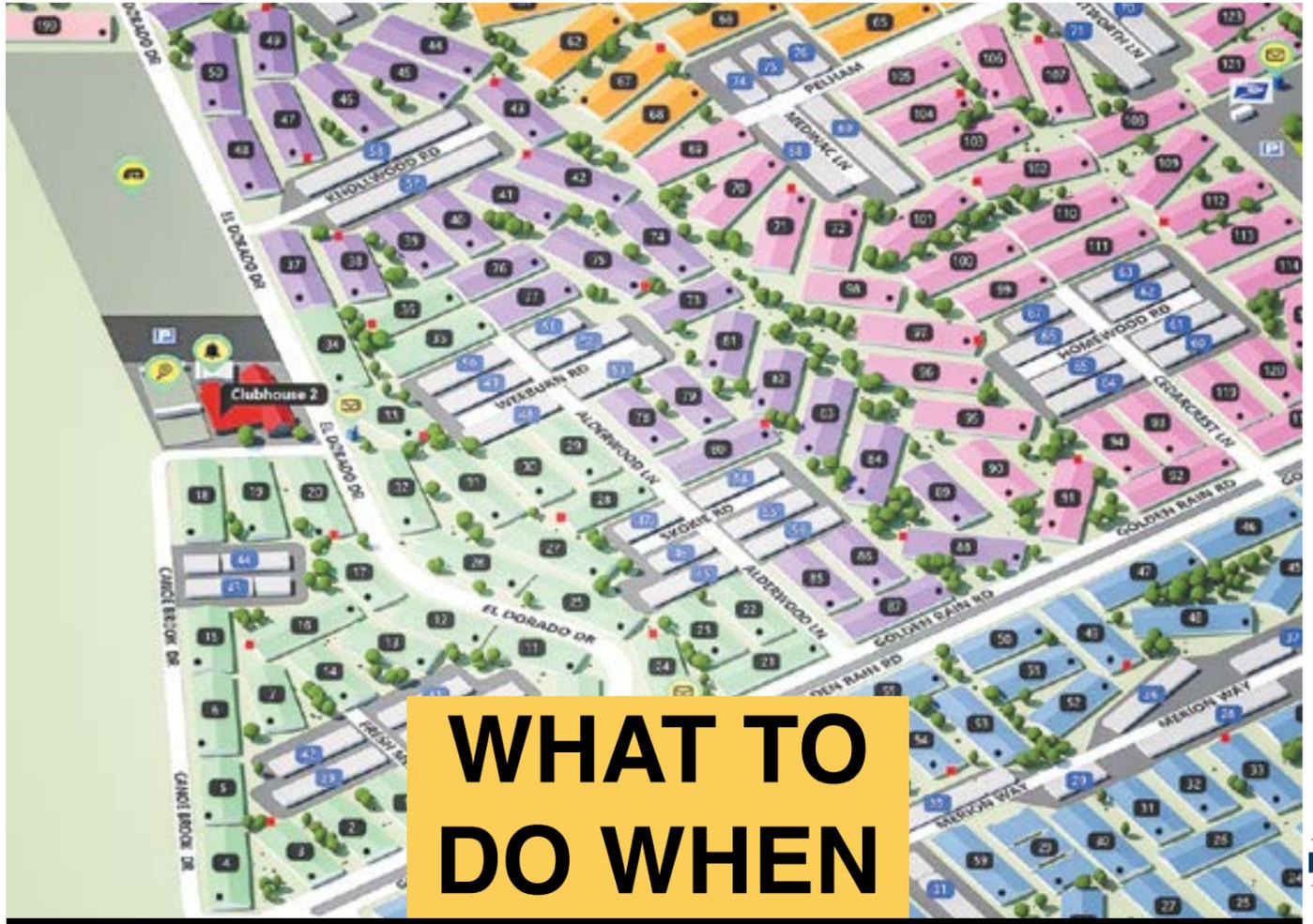
WHAT'S INSIDE

SECURITY UPDATE || Page 2

GRF Security Services Director Victor Rocha answers frequently asked questions in this occasional column on LW security issues.

COOLING CENTERS OPEN || Page 3

The City of Seal Beach has opened cooling centers to help residents beat the heat. Water and AC are available at the Seal Beach Tennis Center and the Marina Community Center.



WHAT TO DO WHEN THE LIGHTS GO OUT

EXTREME HEAT SPARKS ROLLING OUTAGES

After a weekend of extreme heat and more high temperatures predicted, the California Independent System Operator (CAISO) issued a statewide four-day flex alert that ended yesterday. A flex alert is a call for voluntary electricity conservation during peak hours to lessen the strain on the state's grid.

Hundreds of Leisure World residents were intermittently without power in rolling outages due to extreme heat and high electricity demand. In one case on Aug. 13, a downed wire caused an outage that affected 1,917 households from Golden Rain Road on the north, Stearns Road on the south, to Studebaker Road on the east and Seal Beach Boulevard to the west, according to Southern California Edison. As the summer heats up, heavy use of air conditioning can overload power lines and transformers, and high winds can damage power lines. There's a lot you can do to maximize safety and minimize discomfort before the lights go out, during and afterward.

BEFORE THE POWER GOES OUT

To keep your food from spoiling during a power outage, keep on hand:

- One or more coolers—inexpensive styrofoam coolers work well.
- Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged blackout.
- A digital quick-response thermometer— With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.
- Make sure you have access to NOAA radio broadcasts. Find an online NOAA radio station. You can search for a NOAA radio app in the Apple Store or Google Play. Purchase a battery-powered or hand-crank NOAA radio in the Red Cross Store
- Have at least a half tank of gas in your car. Get extra con-

POWER, page 14



LWer Paul Kryczko of Mutual 3 shot this photo Aug. 14 of crews dismantling a unit at the Haynes Generating Station. He was happy to note that each worker is wearing a mask.

Haynes Construction Update

The LA Department of Water and Power is now dismantling Units 5 and 6 of the Haynes Steam Plant adjacent to Leisure World.

Workers are cutting away the metal frame of the units. They are lifted and carefully lowered to the ground for removal with the use of torches, excavators and a crane. Workers are visible on unit structures as they are dismantled.

Hazardous materials from Units 3 and 4 are also being removed in preparation for their dismantling in early 2021.

Monitoring instruments will measure dust, noise and vibration levels during all work to maintain levels below the required limits. Only a few trucks will enter and leave the plant during daytime hours. No traffic impacts have been reported.

The LADWP will continue to provide periodic updates on the dismantling work to Leisure World residents. For more information, call the Project Information Line at (800) 531-6638.

GRF PROJECT UPDATES



A blocked Mutual 9 sewer line is undergoing repair.

Projects are ongoing around LW

GRF projects are underway around the community despite slowdowns attributed to COVID-19 repercussions. This column will update residents on the progress of various construction projects. The information is provided by GRF Facilities Director Mark Weaver and Physical Property Manager David Rudge.

• PAVING PROJECT

The 2020 Trust Street Paving project will run through September. The schedule tentatively begins on Aug. 18 with a grind-and-overlay project on Church Place.

Similar grind-and-overlay jobs are set for Oakmont Road, Aug. 24-Sept. 3; Northwood Road from Del Monte to St. Andrews, Sept. 3-14; and the Clubhouse 2 parking lot, Sept. 3-14. The parking lot at Clubhouses 3 and 4 will be slurry sealed and cracks will be filled from Sept. 14-22.

Drivers are asked to obey construction zone signs, speed limits and flagmen during construction.

• GOLF COURSE

A corroded conduit for the Golf Course lake pump and men's and lady's pool locker rooms was replaced this week.

• MUTUAL 9 SEWER

Crews are working to unblock a Mutual 9 sewer line, with bulldozers tearing up concrete to get to the deteriorated pipes.



A corroded conduit to the Leisure World Golf Course lake pump and men's and lady's pool locker rooms has been replaced.

Security News

by Victor Rocha
Security Services director

As we are now into the fifth month of the COVID-19 pandemic, the Security Department continues to provide vital services to the community.

I wanted to address some questions and issues that have been brought to our attention over the last few months.

Why are there are new security officers at the Main Gate?

When the crisis began, nearly 40 percent of the security staff chose to remain at home for health reasons. This represents over 600 hours a week of security that needed to be filled. Without the third party vendor supplying back-up, the security function at Leisure World would have been severely impacted. The department continues to have GRF security officers on duty. They work as watch commanders, patrol officers and conduct all interactions during incidents with residents inside the community.

• I still see speeding inside the community. Is the Seal Beach Police Department still issuing citations?

Be assured that Seal Beach Police Department is still conducting traffic enforcement at LWSB. We realize that there are violations that occur everywhere inside the community, and we advise Seal Beach PD on all issues regarding traffic safety. Issuing citations is only a part of the overall traffic safety program. We are working closely with the SBPD, along with insurance companies and AAA, to advise residents on how to continue to operate vehicles safely, along with the very sensitive and emotional topic of when to give up driving.

• Why hasn't there been a monthly recap of security incidents in the LW Weekly lately?

Over 90 percent of the calls and incidents Security responds to are paramedic calls to a residence, and fortunately, nearly 99 percent of all calls for service involve no crime.

Overall, the incident rates for crime are very small, mostly involving petty theft or "hit and run" incidents with parked vehicles.

Every time there is a major incident, we ensure information is reported on the LW Live email alert and in the LW Weekly.

However, since residents have asked for more monthly security statistics, we will place this information in LW Weekly starting in September.

Calling All Volunteers

For the last five months, a team of compassionate, service-minded volunteers have been assisting Leisure World Seal Beach residents who are unable to shop for themselves.

People are needed to replace those who have returned to work, are at capacity or have otherwise dropped out.

If you have time to spare and would like to help your neighbors, contact Recreation at (562) 431-6586, ext. 398, or email kathyt@lwsb.com. Let us know where you live, when you are available and if there are limitations on which stores you shop at and include a phone number.

The procedure is simply to put volunteers in touch with the person or persons who have asked for help. The two parties will work out the details.

The Recreation Office recommends no contact whenever possible. That can be accomplished by taking shopping lists over the phone, calling back with a total cost, and the recipient can leave an envelope with the payment outside his or her door.

Shoppers can get payment and leave groceries on door steps, so there is not contact.

If both parties choose to meet face to face, masks and social distancing are required.

This is not a GRF-sanctioned activity; Recreation is only acting as a conduit for information for GRF members requesting help.

SBPD Incident Report

On Aug. 14 at about 11:27 a.m., the Seal Beach Police Department received a call of a male subject attempting to jump the fence into Leisure World near North Gate Road.

The subject was ultimately detained by police. It was later discovered that he was a parolee at large and was arrested for the parole violation.

The man, who was not identified by police, was later booked into the Orange County Jail.

He appeared to be homeless and it is unknown why he was attempting to get into Leisure World, according to a SB police report. SB police were alerted after GRF Building Inspector Michael Meza noticed the man trying to climb the fence and called Security, which then reported it to SB police.

"Meza has been commended for assisting Security and the Seal Beach Police Department in stopping a trespassing incident from possibly becoming a significant security issue inside the community," said LW Security Services Director Victor Rocha.

Meza was working when he saw the man begin to scale the fence on Northwood Road near the North Gate and immediately reported it.

Three SB police units responded and the man was detained outside the community near Mary's Gate on Northwood Road.

"Michael's quick actions stopped a trespasser from entering the community," said Rocha. "If this person entered LWSB, who knows what type of incidents could have occurred."

"Security involves everyone assisting to make the community safer. Michael's actions and attention to duty made the difference during this incident, and his efforts are appreciated."

Suspicious activity in LW can be reported to the SB Police non-emergency number at (562) 799-4100; in case of emergency, call 9-1-1. —from Security and SB Police reports

ADA from page 1

The city is looking for input from:

- Individuals with disabilities.
- Senior citizens.
- Individuals and members of groups that encounter barriers related to transportation, such as parents of children with disabilities.
- People with experience and knowledge of ADA planning and requirements, or serves disabled populations.
- Any interested Seal Beach resident and/or business owner.

Time Frame

The survey is now available online at the City of Seal Beach's website www.sealbeachca.gov. It will be open through Sept. 30; click on the "ADA Public Input Questionnaire" button. In addition to the online form, a hard copy can be made available by contacting Iris Lee at (562) 431-2527, ext. 1322 (ilee@sealbeachca.gov), or Denice Bailey, (562) 431-2527, ext. 1328 (dbailey@sealbeachca.gov).



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Seal Beach Council Member Thomas Moore, representing District 2 in Leisure World, and Assistant City Manager Patrick Gallegos (center) heard there was a need for water at the Clubhouse 1 cooling center that opened on Aug. 18, so they covered the cost of 15 cases to help residents beat the extreme heat this week. He is pictured with GRF member resources liaison Cindy Tostado (l-r) and Innovative Cleaning Services staff Selvin DeLeon and Ramon Padilla.

SB Cooling Centers Open Through Sunday

As a result of extreme heat in Southern California, the City of Seal Beach has opened two cooling centers. The cooling centers will stay open through Sunday, Aug. 23.

The are located at:

Marina Community Center

151 Marina Drive, Seal Beach

Monday-Sunday, 11 a.m.-6 p.m.,

Amenities: Air conditioning, water, tables and chairs

Seal Beach Tennis Center

3900 Lampson Ave., Seal Beach

Monday-Friday, 8 a.m.-9 p.m.; Saturday and Sunday, 8 a.m.-5 p.m.

Amenities: Air Conditioning, water, television, tables and chairs

Social distancing practices will be in effect, and face coverings are required inside the cooling centers.

Although cooling centers are scheduled to close on Aug. 23, the City of Seal Beach may reopen them the following week if the heat and humidity remain. For updated information, follow the Seal Beach Police Department on Facebook, Instagram and *Twitter@sealbeachpolice*.

For questions about the cooling centers, contact Cpl. Joe Garcia at (562) 799-4100, ext. 1145, or *jgarcia@sealbeachca.gov*.

GOLDEN AGE FOUNDATION

Protecting the community, one mask at a time

The Golden Age Foundation is like Leisure World's guardian angel.

The philanthropic self-help group is at the ready to take on special projects to help LW residents make the most of life here.

The GAF has paid for bus benches— or coordinated to get them on behalf of LW clubs and shareholders— throughout LW, sponsored transportation help, including paying for an ACCESS bus. It loans mobility aids like walkers to residents for free and offers free tax assistance and a variety of other resources in normal years.

This is not a normal year, but the GAF found a way to support residents by overseeing the production of cloth masks and then distributing them by the thousands to residents, for free.

It takes a village to be "Community Strong," an effort the GAF has supported since the beginning of the pandemic.

GAF President Anna Derby and co-chair Diana Harrison marshaled a group of residents to produce the washable cotton masks.

"Providing washable masks is the perfect project in the difficult times we're facing with stay-at-home orders and social distancing," said Derby.

About 50 volunteers sewed fabric, cut elastic cutters and distributed finished masks for bagging. One of a handful of mask baggers is Yo Kishi of Mutual 12. She has lived in Leisure World for



Yo Kishi is one of several volunteers who has bagged hundreds of homemade cloth masks made by and for LW residents.

over 19 years and is widely known for her participation with the Hui O Hula dancers.

Since the COVID-19 shutdowns, Yo has put her time to a use that has benefited hundreds of her fellow shareholders. She is the person who carefully folds the colorful cloth masks and tucks them in a plastic bag, one by one. Each bag has with a note from the GAF thanking people for doing their part to stop the spread of COVID-19 with mask washing

instructions. She has spent countless hours bagging thousands of masks and has earned the gratitude of the GAF.

Anna Derby has collected hundreds and hundreds of face masks from Diana Harrison, who supplies volunteers with fabric and elastic and picks up finished masks. The final stop is Yo Kishi, who makes sure each one is carefully bagged before it goes out to the community.

GAF, page 5

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Perspectives

Letters to the Editor

Editor:

I would sincerely like to thank both Pamela McDougal (Letters, Aug. 6) and Gloria Beech (Letters, July 30) for doing something so important and necessary—to open a civil discussion on racism, a sickness this country has endured since the arrival of Africans, who by most “official” accounts arrived in Virginia in 1619.

History reveals, however, there were unwilling Africans who were exploited much earlier in America, in the fourteenth century to work as “indentured servants” (slaves) in the growing, harvesting and processing of tobacco in the South.

It is my personal contention that there does not exist a single person on this planet who doesn’t harbor bias, prejudice or outright racist convictions.

We all are products of our environments, exposures, geography, upbringing and friends with whom we choose to associate.

To say, “but I’m not racist” is not enough to seriously confront, and make meaningful steps toward rectifying, racism, a disease that has hamstrung America from fulfilling its full potential for well over 400 years.

Again, I thank both Pamela and Gloria for allowing us to look inside of ourselves to assess our beliefs.

As in any relationship without dialogue, there is little, if any hope of confronting and changing how we think, act and hopefully evolve.

Stevin Cohen
Mutual 14

Editor:

The Mutual 9 by-laws passed, and it was a tremendous success for Mutual 9. At a town hall meeting with the shareholders and Roseman Law Firm, Steve Roseman presented delegate voting.

This is a method where the shareholders nominate and elect the director who lives within their parcel. Those shareholders who attended the town hall received this as a much better approach of electing the director of their choice.

Now with the by-laws passing, Mutual 9 will have delegate voting. Congratulations to shareholders of Mutual 9.

Beth Mayer
Mutual 9

Perspectives Policy

Submissions in each of the following categories may be published at the discretion of the Communications and Technical Director.

Letters to the Editor: Maximum number of words: 250.

Letters should be typed and delivered to LW Weekly by email (preferred), regular mail or hand-delivered and placed in the letter slot of the staff entrance of the LW News Office (adjacent to the Amphitheater). The office is closed to the public but staffers are working inside.

Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community.

Priority is given to first-time or less frequent writers.

Some names will be left out to protect privacy.

Contributor: Restaurant review, theater review or travel journal submissions welcome.

by Jim Greer
LW contributor

In the 1971 Academy Award-winning film, “Fiddler On The Roof,” Tevya, the milkman, explains to his wife Golde that “good news will stay. And bad news will refuse to leave.” Over the past six months, our lives have become more challenging as we attempt to process the bad news that won’t go away. And just like Tevya and the people of Anatevka, “every one of us is a fiddler on the roof. Trying to scratch out a pleasant, simple tune, without breaking his neck.”

The simple tune each of us played before COVID may have included club meetings, dances, concerts, church gatherings, pickleball, or just dining out. But now, we walk the narrow spine of our roofs while scratching out an entirely new, simple tune.

An April 13, Psychology Today posting by Dr. Alice Schrupa, Psy.D., offers uplifting advice, and suggests five ways each of us can develop a new tune to help us cope with the pandemic.

• **Sitting With vs. Sitting In**—Each of us needs to acknowledge our emotions. We can “sit” with our emotions, and attempt to understand and allow ourselves to honor our feelings and move through them. Accepting our feelings regarding the pandemic enables us to have them and still function, rather than feel stuck or exhausted while avoiding them.

• **Controllable vs. Uncontrollable**—By identifying what is essential and controllable, we are free to consider how to address our concerns. Assessing what is unimportant but controllable enables us to act when we need to. Acknowledging what is unimportant and uncontrollable provides perspective and alleviates the anxiety associated with dealing with the unknown.

• **Momentum vs. Motivation**—Behavioral activation means identifying and taking tangible steps to help build momentum. As we create momentum through action, we establish personal evidence that we can do it and motivate ourselves to keep going. Developing and maintaining healthy routines is supreme in the undefined time of COVID-19. Consider what routines and actions have aided in the past and reinstate them.

• **Connection vs. Conversation**—True connection seeks to communicate to others that, “I see you, I hear you, and I’m with you.” It balances active listening and sharing during a conversation. When we approach each relationship with intentionality, we communicate to others that social distancing doesn’t have to mean social disconnection.

• **Hope vs. Hype:** To reestablish hope in your life, remind yourself that there is good in this world. That which you focus on is what you will foster. By actively identifying hope and things you are thankful for, you will remember that there are things more significant, more transcendent than COVID-19.

HOPE, page 5



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VOL. 44 NO. 30

Government

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (*meetings are dependent on orders related to COVID-19; check schedules for latest information*). **Public health and safety measures will be in place to protect membership and staff with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask will be required:**

Tues., Aug. 25	GRF Monthly Meeting Clubhouse 4..... 1 p.m.
Wed., Sept. 2	Physical Property Committee CH 4..... 1 p.m.
Thurs., Sept. 3	COVID-19 Ad Hoc Committee Virtual..... 1 p.m.
Fri., Sept. 4	GRF Board Executive Session Administration..... 1 p.m.
Tues., Sept. 8	GRF Recreation Committee Clubhouse 4..... 1 p.m.

GRF Board Agenda

**GRF Board of Directors
Agenda
Clubhouse 4
Tuesday, Aug. 25, 2020, 1 p.m.
Via Live Stream**

To view the live GRF Board meeting:

- Go to www.lwsb.com
- Click on the Live GRF Board meeting tab.
- The live streaming uses YouTube live and terminates at the close of the meeting

1) Call to Order/Pledge of Allegiance

- 2) Roll Call
- 3) President's Comments
 - a) Announcements
- 4) Seal Beach City Council Member's Update
- 5) Health Care Advisory Board Update
- 6) Shareholder/Member Comments
 - a) Written, submitted prior to meeting
 - b) Verbal, via live streaming

Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to:

- 4-minute limit per speaker, when there are no more than 15 speakers
- 3-minute limit per speaker, 16 - 25 speakers
- 2-minute limit per speaker, over 26 speakers

7) Consent Calendar

- a) GRF Board of Directors Minutes, July 28, 2020
- b) Special GRF Board of Directors Minutes (Election), August 4, 2020
- c) Special GRF Board of Directors Minutes (Organization), August 4, 2020
- d) Special GRF Board of Directors Minutes, August 7, 2020
- e) Accept Financial Statements, as of July 31, 2020, for Audit

8) New Business

COVID-19 Ad hoc Committee

- i) **TENTATIVE VOTE:** Adopt 70-1448-3A-Veterans' Plaza, Phase One-Emergency Operational Procedures
- ii) **TENTATIVE VOTE:** Adopt 70-1448-3B - Mission Park, Phase One (Pickleball Court)-Emergency Operational Procedures
- iii) **TENTATIVE VOTE:** Adopt 70-1448-3C - Mission Park, Phase Two (Bocce Ball)-Emergency Operational Procedures
- iv) **TENTATIVE VOTE:** Adopt 70-1448-3D Amphitheater, Phase One-Emergency Operational Procedures
- v) **TENTATIVE VOTE:** Adopt 70-1448-3, Golf Course, Phase One, Emergency Operational Procedures

9) Board Member Comments

10) Next Meeting/Adjournment

**Next regular GRF Board of Directors meeting,
Tuesday, Sept. 29, 10 a.m., Clubhouse 4**

Carport Cleaning Schedule 2020

The remainder of the holiday carport cleaning schedule for 2020 is as follows:

Labor Day - Monday, Sept. 7

Mutual 1, Carports 1-6, 9-10, and Mutual 17, Building 3, will be cleaned Monday, Aug. 31.

Veterans Day - Wednesday, Nov. 11

Mutual 3, Carports 39-42, and Mutual 4, Carports 54-56, will be cleaned Friday, Oct. 30.

Thanksgiving Day - Thursday, Nov. 26

Mutual 11, Carports 130-131; Mutual 15, Carports 3, 6-8, 10-13; and Mutual 16, Carport 9, will be cleaned Monday, Nov. 30.

COMMENTS/QUESTIONS FROM THE MEMBERSHIP August 25, 2020 GRF BOD MEETING

Submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA 90740, Mrs. Deanna Bennett, Executive Coordinator, but no later than 4:30 p.m. on Friday, Aug. 21, 2020. You may also drop off your question/comment at the Stock Transfer Office, Attention Deanna Bennett or email your question/comment to grfboardaction@lwsb.com.

Today's Date: _____

Your Name (please print): _____ Mu # _____ Apt. # _____

My Subject is: _____

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits per speaker are limited to:

- 4 - minute limit per speaker, when there are no more than 15 speakers
- 3 - minute limit per speaker, 16 - 25 speakers
- 2 - minute limit per speaker, over 26 speakers

CAP Food Distribution

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be Aug. 20.

Every third Thursday from 9-11 a.m., qualified people receive 40 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more.

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. For more information, call 431-6586, ext. 317.

GAF from page 3

The masks have been distributed in two large-scale giveaways and in several smaller impromptu events.

The Golden Age Foundation is an independent nonprofit, 501(c)3 charitable organization dedicated to serving the residents of Seal Beach Leisure World. Its purpose is to make the community a better place to live. The Foundation was established in 1973 and is not affiliated with the Golden Rain Foundation.

Because GAF is certified as a nonprofit organization by the Internal Revenue Service, contributions made to it qualify for exemption from income taxes, in most cases.

For more information, contact Anna Derby at (562) 301-5339.

HOPE from page 4

Recognize that these areas of health are not a checklist of things to accomplish or mark off. Instead, they are areas of health to check in with yourself. As you check in with yourself, do so from a stance of compassion, not perfection. While each of us figures out our "new normal" and our individual needs, give yourself and others a little grace.

Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards (*schedule subject to change*).

Thurs., Aug. 20	Mutual 2 canceled..... 9 a.m.
Thurs., Aug. 20	Mutual 11 virtual..... 1:30 p.m.
Fri., Aug. 21	Mutual 15, annual CH 4/virtual..... 10 a.m.
Mon., Aug. 24	Mutual 8 virtual..... 9 a.m.
Tues., Aug. 25	Mutual 17, annual CH 4/virtual..... 10 a.m.
Wed., Aug. 26	Mutual 10 virtual..... 9 a.m.
Thurs., Aug. 27	Mutual 1 virtual..... 9 a.m.
Fri., Aug. 28	Mutual 6 virtual..... 9:30 a.m.
Tues., Sept. 1	Mutual 16 virtual..... 9:30 a.m.
Tues., Sept. 1	Mutual 17 virtual..... 1:30 p.m.
Wed., Sept. 9	Mutual 4 virtual..... 9 a.m.
Thurs., Sept. 10	Mutual 12 virtual..... 9 a.m.
Fri., Sept. 11	Mutual 3 virtual..... 9 a.m.
Mon., Sept. 14	Mutual 9 virtual..... 9 a.m.

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- Meningitis (수막염)
- Tdap (파상풍, 디프테리아, 백일해)
- HPV - Human Papilloma (인간 유두종)



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Religion

Congregation Sholom

Rabbi Eric Dangott will stream Friday night services at 6:30 on Aug. 21 on The Congregation Sholom of Leisure World Facebook page. To join, select the “Rooms” tab, then click on “Jewish Activities” and “Join to Restart.” Rabbi Dangott will also be on Facebook for the Saturday morning services at 9:30 on Aug. 22.

Congregation Sholom and Sandy Geffner will host a special game afternoon on Sunday, Aug. 23, at 4 p.m. in the Bingo room on the Facebook page. To join, go to your Facebook, search for Congregation Sholom, click on rooms, then click on Bingo. Do not go directly to Congregation Sholom, as you will not have access to the rooms. When you log in at 4 p.m. Sandy will recite the game rules, directions for making a game card and how to play Scattergories in an online environment. Participants will need a paper (8½ x 11 is probably best) and a pencil. Those who played two weeks ago had a great time with many laughs.

Those who want to join in on the games, book club or services that are live streamed in a room on the Congregation Sholom of Leisure World Group Facebook page can call Susan Michlin at (805) 501-5268 to be added to the rooms.

Electric Shabbat Candles are available for \$8. This will enable you to light candles on Friday night and keep them burning until after Havdalah on Saturday night without a risk of fire. Contact Carol Levine if you want a set. They have graciously been obtained for us in Leisure World by Rachel Berkowitz of Chabad.

The High Holidays will be here very soon. More information will be forthcoming next week.

If you know someone who wants to be a member so they can participate in the services that are live streamed on the Congregation Sholom of Leisure World Group Facebook page, have them call Ron Yaffee at (562) 430-7040. Congregation Sholom hopes that its congregation and the rest of Leisure World stays well and safe during the current pandemic.

Assembly of God

By Norma Ballinger
LW contributor

Do you feel anxious these days and wonder if you are losing control of your life? There is really only one answer: we are not in control of our life circumstances, but we can relax and trust in God’s control when we turn everything over to him. Instead of striving for a predictable, safe lifestyle, seek to know God in greater depth and breadth. He longs to make your life a glorious adventure, but you must stop clinging to the old ways. He is always doing something new within his beloved children. Be on the lookout for all he has prepared for you!

Romans 8:38-39 says “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Paul wrote this just after he proclaimed (verse 28), we know that in all things God works for the good to those who love him.

With these words in mind, we can have a thankful heart and be aware that our cups are overflowing with blessings! Gratitude enables us to know God more clearly and to rejoice in our love relationship with him.

Psalms 56:3-4 says: “When I am afraid, I will trust you. In God, whose word I praise, in God I trust; I will not be afraid.”

Pastor Sam Pawlak continues to bring a devotion each Sunday at 10 a.m. on Facebook and to have a service videotaped and then shared with the congregation. This is holding our fellowship together while we are physically apart.

FIRST CHRISTIAN

The Lord will give you rest

By Bruce Humes
Pastor

In Matthew 11:28 Jesus says, “Come to me, all you who labor and are heavy laden, and I will give you rest.” So what does it mean when Jesus says “Come to me?” Pretty simple word, for the most part it means “to be brought toward,” but scripturally it means much more.

In John 6:35 Jesus said to them, “I am the bread of life. He who comes to me shall never hunger,” Jesus is speaking of the spiritual food that we as spiritual beings need. He is speaking of spiritual hunger, this hunger will be satisfied because when we come to Christ, our spiritual hunger will be met. Jesus goes on to say “and he who believes in me shall never thirst.” Jesus inserts “believes,” which connects us to “come” meaning that coming to him and believing in him are synonymous.

Picking back up in verse 28, we see the benefit of coming to him, “all you who labor and are heavy laden, and I will give you rest.” All of us labor, (feel fatigued) and experience a heavy laden, (feel overloaded, overburdened) in the physical burdens we encounter each day, and the Lord can certainly refresh us physically, but he’s more concerned about the spiritual fatigue, (labor) overload, and burdens we experience because of sin in our lives. Notice the call is to “all” but only those who openly admit that they are labored and overburdened by sin will benefit from the promise (gift) of rest by coming to him. When I think of spiritual rest, Ephesians 2:8 comes to my mind, “For by grace (God’s unmerited favor) you have been saved (experienced salvation) through faith and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.” This for me depicts God’s true rest, and true peace.

Jesus goes on to say in 11:29, “Take my yoke upon you (submit) and learn from me, for I am gentle and lowly in heart,

FIRST CHRISTIAN, page 7

Church of Jesus Christ of Latter Day Saints

By Jim Greer
LW contributor

The worldwide pandemic has impacted our lives, whether we have become infected by the virus or not. And, one of those spiritual impacts is the closure of LDS temples throughout the world. In many addresses, articles, and videos, church leaders reiterate that temples have been closed as a commitment by the church to be good global citizens and slow down the virus’s spread.

Elder Dale G. Renlund recalled that several years ago while serving in the Africa Southeast Area, the church’s registration with Rwanda’s government had become invalid. This change in status forced the church to close a local branch, keeping faithful Rwandan saints from partaking of the sacrament. Elder Renlund recalled, “when they finally came together after that time had passed, there was a spirit that washed over that congregation and over me.” He remembers this event as “one of the most intensely powerful experiences in a sacrament meeting in my life.”

We can look forward to the time when our chapels and temples reopen fully to enjoy one another’s testimonies once again. And in those gatherings, we will feel that same outpouring of the Spirit that our fellow Rwandan saints felt.

It is comforting to remember that our Temple covenants continue to impact our lives, whether the temples are open or closed. Our faithfulness to those sacred covenants that we took upon ourselves continues to provide access to the power of godliness – regardless of our present circumstances.

When we return to serve in the temples and perform ordinances on behalf of others, we won’t be renewing our covenants as we do when we partake of the sacrament. Instead, performing those ordinances on behalf of others will remind us of those first covenants that we made in the temple years earlier.

As we remain faithful and true to our covenants, God invokes the power of godliness in our lives. The power of godliness is the ability to know God’s nature and act on his behalf to perform and receive sacred eternal covenants. And, it is those covenants that bless and bind righteous families and individuals for eternity.

Elder Renlund continues, “As I have worked with other leaders on how and when our temples can reopen, I have felt an outpouring of the Savior’s love and influence on this situation. He is in charge. He is guiding us to know how our temples can reopen as safe places of worship.” Renlund reassures us of God’s continuing influence and support, “I continue to be in awe of all that He is guiding us to do. Until our temples fully reopen, I pray that we can keep our covenants and, by doing so, access the power of godliness in our everyday lives.”

We have so much to look forward to after this deadly pandemic has subsided. Just as Elder Renlund testifies, “when the day comes for us to attend the temple again, our hearts and our spirits will be hungry for the experiences of the temple. And it’s that desire, that hunger, that will result in a powerful temple experience.”

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The 21st Sunday in Ordinary Time on Sunday, Aug. 23.

The First Reading is Isaiah 22:19-23 and the Second Reading is Romans 11:33-36. The Gospel reading will be from Matthew 16:13-20. The Alleluia is “You are Peter and upon this rock I will build my church”

Masses

Father Juan’s initiative to celebrate Mass outside the church building has worked beautifully.

Saturday (Virgil Mass) at 5 p.m. in the back of the church and Sunday Mass will be at 8 a.m. and 10 a.m. in the front of the church. There will be no noon Mass.

Those who attend must wear a mask or face shield and remain socially distanced. Holy Family asks attendees to bring their own seats if possible.

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LW Weekly

Beit HaLev

The coronavirus has opened up a new method of communication for those who are sheltering in place, and Beit HaLev is excited to offer its services on Zoom. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons can contact the rabbi at (562) 715-0888 for access and instructions on how to use Zoom.

Beit HaLev is continuing to livestream on Facebook and YouTube in addition to Zoom. To attend, go to Rabbi Galit Shirah's website at galityomtov.com, [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayer book is provided at each service.

This week Beit HaLev will read the Torah portion "Shoftim," (public officials) in Deuteronomy 16:18-18:5. Moses' dissertation to the Israelites continues with instructions concerning the judicial system, kings, Levitical priests and prophets; rules for creating cities of refuge, witnesses and laws relating to military regulations and unsolved murder are also addressed. Israel's judicial system was to be executed with complete impartiality. No king, priest or judge was above the law.

Rabbi Galit Shirah conducts a weekday Ma'ariv service every Thursday for Sim Shalom, the online synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To say Kaddish, pray for healing and hear a spiritual message, go to SimShalom.com.

Rabbi Galit Shirah also teaches (currently) online Hebrew (Prayerbook and Conversational) and Cantillation (Torah chanting) for anyone who wants to learn something new. Contact the Rabbi at (562) 715-0888 or duets@icloud.com.

Redeemer Lutheran and St. Theodore's

By Lisa Rotchford

Reverend

This pandemic has made us all focus on how we live day-to-day, from sunrise to sunset. In the past three columns I've talked about through Scripture how we are to love God with all of our heart, soul, mind and strength, and when we do so, we are never alone. God has given us these tools to live in this world and, at the same time, to live — abide — with God.

When we abide in him, we acknowledge that God is God. There are many people today who try to talk themselves out of believing in the one who gave us life. We are no different than our ancestors who doubted and were given the 10 commandments with the very first one being "You will love the Lord your God."

Jesus reminds us to believe in God, summing up all the commandments in the Great Commandment — to love your God with all your heart, mind, soul and resources. We have a purpose, a direction in life, and that is to abide in the one who created us and loves us and to whom we will return. Its not just a resurrected life after we die, but we are given the tools to live a resurrected life now.

Because to ABIDE in him means "Acknowledging, Believing, Inviting the Spirit, and Deciding that Everywhere" we go we are abiding in God's kingdom. We are not alone. God abides in us through every aspect of our life, wherever we find ourselves.

The I of ABIDE is to invite the Holy Spirit to strengthen us in our journey. Without the spirit abiding in us we can get lost on our journey.

We must Decide — make a commitment to living into God's purpose for your life. In the sixth chapter of John's gospel, you can almost hear the concern in Jesus voice when he asks Peter about what the disciples are thinking — will they choose his way of life of love and peace and resurrected life for all — and Peter reassures our Lord, with "where else would we go?"

As we are blessed to watch beautiful sunsets from Leisure World, we can remember the words of the Rev Henry Francis Lyte's most famous hymn as he wrote watching the sun set in 1847. Highlighting the last line of each stanza, we can hear a man who knew how to sing, ask and live by abiding with God:

1. Abide with me: fast falls the eventide; the darkness deepens; Lord, with me abide.

When other helpers fail and comforts flee, Help of the helpless, O abide with me.

2. Swift to its close ebbs out life's little day; earth's joys grow dim, its glories pass away.

Change and decay in all around I see. O thou who changest not, abide with me.

3. I need thy presence every passing hour. What but thy grace can foil the tempter's power?

Who like thyself my guide and strength can be? Through cloud and sunshine, O abide with me.

4. I fear no foe with thee at hand to bless, ills have no weight, and tears no bitterness.

Where is death's sting? Where, grave, thy victory? I triumph still, if thou abide with me.

5. Hold thou thy cross before my closing eyes. Shine through the gloom and point me to the skies.

Heaven's morning breaks and earth's vain shadows flee; in life, in death, O Lord, abide with me.

From sunrise to sunset, we can always go to God for strength and comfort. We can make a concerted effort and outright decision to follow God through life. In so doing, we will be abiding in God no matter how many pandemics or sufferings befall us. Be assured and rest in the knowledge that God is with us, abiding with us, through it all.

LW BAPTIST

Answered Prayers

By Rolland Coburn

Pastor

During these difficult days, as we all have been praying for many things, my wife and I have come to realize that God is answering in ways we never imagined, and that the Bible promises such answers, "He is able to do far beyond all that we ask or think," (Ephesians 3:20).

The Bible is speaking of God's matchless ability to answer prayer. This ability is because of his love beyond measure, his supreme wisdom (he knows best) and unlimited power.

God alone is the one we may petition with complete, unreserved faith. He promises to go beyond all expectations. And his promise is to those who trust in his saving grace in Christ Jesus our Lord.

My father used to put it very simply to our family: "He is able." And so he taught us a simple chorus: "He is able, more than able/ To accomplish what concerns me today/ He is able, more than able/ To handle anything that comes my way/ He is able, more than able/ To do much more than I could ever dream/ He is able more than able/ To make me what He wants me to be."

Faith Christian Assembly

By Sheri Lemming

Pastor

There is something special about the old hymns of the Church. You don't seem to find the rich theology and truths of the Scriptures in the newer songs. Colossians 3:16 tells us, "Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God." This is why our church chooses to still sing those hymns. Gary Leming leads us in worship each week, as Minister of Music Ginny Vaughn plays beautifully on the piano. We invite you to come and join us in worship this Sunday at 10:30 a.m., and 5:30 p.m. If you cannot attend our live Sunday or Wednesday services, you can call in to the conference call at 10:50 a.m. To participate in communion on the call, dial (425) 436-6371 — access code 576671#.

Out of an abundance of caution all who attend will have their temperature taken at the door, must wear a mask before and after service and sit socially distant from others. There will also be a conference call at 5:45 p.m. on Sunday evening and Wednesdays at 11a.m. for the Bible study.

Due to COVID-19, Faith Christian Assembly is not currently having our regular ministries at this time, but will resume as soon as possible.

To receive a free newsletter and for more information on the church, call (562) 598-9010 or visit the website at www.FCAchurch.net.

FIRST CHRISTIAN

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and you will find rest (salvation) for your souls." Without Christ there is no rest for the soul, it is in a constant state of unrest, stress and anxiety.

Jesus finishes with verse 30 saying, "For my yoke is easy and my burden light." Again emphasizing the strict and burdensome requirements of the law, which according to scripture brings us all to a knowledge of sin, and guilt before God

When we come to Jesus and give him our burdens things become easy, and our burdens become light. How? He took them to the cross, Paul explains in Romans 8:3, "For what the law could not do in that it was weak through the flesh, God did by sending his own son in the likeness of sinful flesh, on account of sin; he condemned sin in the flesh." Why? Because he loved us! All we have to do is "come to him."

If you wish to speak to someone at the church or if you have a need, call the First Christian Church office at (562) 431-8810. Leave a recorded message.

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Arts & Leisure



Mutual 11 Emergency and Preparedness Team Gets Face Masks—Phil Mandeville, the leader of Mutual 11 Emergency Preparedness team, received cloth face masks from newly elected Golden Age Foundation president, Anna Derby. She thanked him for what the team does to keep the community safe in the event of an unexpected disaster. If your Mutual has Emergency Preparedness team and would like to supply members with reusable face masks, contact Anna Derby at (562) 301-5339.

Men's Golf League Scores

Monday Golf League Results

The Men's Monday Golf League played on Aug. 10 at Meadowlark Golf Course in Huntington Beach.

Eleven men, and one woman contested the par 70, 5800-yard 18-hole course.

Located in central Huntington Beach just a few miles from the Pacific Ocean, mornings tend to be damp and overcast. This week golfers were met with a lovely morning and the fairways and greens were in excellent condition. The majority of the scores were at or below par, including multiple birdies. The wind later in the round only affected a few shots on the last three holes.

All scores are net (actual score minus handicap).

A Flight handicaps range from 0-20, B flight, higher than 20.

A Flight Winners

First Place: Ron Jackson, 4 under 66 plus a birdie; second: Sam Choi, 2 under 68 plus fewest putts; third, newcomer Terry Thrift, 3 over 73; fourth: tie between Bill McKusky and Dave LaCascia. Bill

had a birdie, and Dave was closest to the pin on the 150-yard par 3 fifteenth hole; fifth: John Peterson, who also was closest to the pin on the 130-yard par 3 seventh hole.

B Flight Winners

First Place: Bob Munn, 4 under 66 plus fewest putts; second: Bill Zurn, even par 70; third: John Meyer, 1 over 71; fourth: Tom Ross, 3 over 73; fifth: Dale Quinn; sixth: Lowell Goltra.

Men's Friday League Results

The Men's Friday Golf played at Willowick Golf Course in Santa Ana on Aug. 14. Eight men challenged the picturesque par 71, 5800-yard course. The weather was briefly overcast but when the sun came out, it got hot quickly. The course has many long, tree-lined fairways, so shade was not hard to find. The course has no water hazards and is in decent shape with large, well-cared for greens.

With long par fives and difficult par 3's it was not surprising that there were only a few birdies and just a few rounds under par. Special welcome to first-time

player Rueben Garcia.

All scores are net (actual score minus handicap). A Flight handicaps range from 0-20, B flight, higher than 20.

A Flight Winners

First Place: Bill McKusky; 4 under 67 plus a birdie and tie for fewest putts; second, Dave LaCascia, 1 over 72 plus two birdies, tie for fewest putts, and closest to the pin on the 145-yard par 3 seventh hole; third: Gene Vesely, 2 over 73; fourth: Jim Goltra, 3 over 74. Dave and Bill each had a greenie on a special challenge for the tricky 140-yard par 3 twelfth hole.

B Flight Winners

First Place: Bob Munn, 7 under 64 plus fewest putts; second: John Peterson, even par 71; third: tie between John Meyer and Lowell Goltra. John also had a birdie.

Friends, ladies, spouses and family are all welcome to play and/or join.

Both the Monday and Friday Golf leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove.

LW Men's Club membership is not required. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, although infrequent, are generously rewarded. If interested, contact, Bill McKusky (562) 430-8618 or Dave LaCascia (801) 674-5975.

Golfers (men and women) are invited to join. Handicaps can be determined using local course handicap numbers that are adjusted for the longer and more difficult courses outside LW.

Lifetime Learning Center Zoom Classes

The Lifetime Learning Program at Long Beach City College starts the Fall 2020 semester on Aug. 25. This semester, the center is offering Writing Your Memoirs with Dr. Ginny Baxter, Tai Chi for Better Balance with David Hennage, Opera & Classical Music through Disney, Looney Tunes and Tom and Jerry with Dr. Robyn Frey-Monrell, Strength Training with Jessi McMaster, and Craig Hendricks presenting Democracy in Action, The People Speak.

All classes are virtual and Zoom assistance is available to students. Classes range from \$20-\$60 and people can register online at www.lbcc.edu/lifetime-learning-center.

The Lifetime Learning Center is a non-profit organization that operates under the LBCC Foundation. For more information, contact Theresa Brunella at (562) 938-3047 or tbrunella@lbcc.edu.

Balance & Stability Class

A Landmark Balance & Stability class is offered on Saturdays from 11 a.m.-1 p.m. on Zoom.

Instructor Adrienne Rosenfeld teaches the free 40-minute class that focuses on balance, shifting weight and cognizant activities.

The class broadcast from around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390, right after the Queen Kong interview and is available on youtube.com.

Rosenfeld is certified in Zumba, Zumba Gold, Silver Sneakers, and Balance & Stability. She also has certification from the Fitness Aging Institute and a ACE Group exercise certificate.

To join email her at arosenfeld1@verizon.net and she will send you the link to join to group.

Or people can join the Zoom meeting by visiting <https://us02web.zoom.us/j/84982522530>; the Meeting ID is 849 8252 2530.

Friday Tech Talk

Join Bob Cohen in a one-hour Zoom class on a technology topic every Friday at 10 a.m.

- Aug. 21: Zoom for Hosts: Using Annotations and Whiteboard
- Aug. 28: Creating a Facebook Page for a Business, Club, Organization or Pet

To register, contact bob@bobology.com or subscribe to the newsletter at www.bobology.com.

—Bob Cohen

Long Beach Symphony

Long Beach Symphony officials announced today that due to the continuing COVID-19 crisis, all 2020/21 Long Beach Symphony Classical and Pops concerts are postponed to the 2021/22 season, and the two remaining Pops concerts from the 2019/20 season ("Broadway Blockbusters" and "A Night of Symphonic Rock") are canceled. Music Director Eckart Preu explains, "While this news may not be surprising, we are heartbroken, nonetheless. Uniting our community to experience extraordinary music is at the heart of what we do, and we are eager for a future where we can enjoy music together again in a healthier world."

All 2020/21 subscription packages will be moved into the 2021/22

LBSO, page 20

405 Freeway Construction

The Orange County Transportation Authority, in cooperation with Caltrans, is widening the San Diego Freeway (I-405) between SR-73 and I-605. The project is improving 16 miles of I-405 between the SR-73 freeway in Costa Mesa and I-605 near the Los Angeles County line.

Construction updates are as follows:

- **Northbound I-405 Loop Off-Ramp to Bolsa Avenue to Close**
Crews will close the NB I-405 off-ramp to Bolsa to support the reconstruction of the Bolsa bridge over I-405.

The 24-hour closure is set for 10 p.m. Friday, Aug. 21, to 10 p.m. Saturday, Aug. 22.

- **Southbound (SB) Full Freeway Closures for Bolsa Avenue Bridge Falsework Removal**

Crews will begin constructing the falsework for the Bolsa bridge over I-405.

This work requires full southbound freeway closures between Goldenwest Street and Bolsa.

The closures are set for 11 p.m.-5 a.m. through Friday, Aug. 21.

- **Southbound I-405 Loop Off-Ramp to Westminster Boulevard is closed for one year**

The southbound I-405 loop off-ramp is being reconstructed as part of the freeway widening.

The ramp will be closed for about a year.

A temporary traffic signal has been installed for the southbound I-405 off-ramp to Springdale Street by Aug. 11.

- **I-405 Southbound Loop Off-ramp to Beach Boulevard is Closed**

The southbound I-405 loop off-ramp to northbound Beach Boulevard was scheduled to be permanently closed by Aug. 18. Motorists will use the Beach Boulevard/Center Avenue off-ramp from now on to access northbound and southbound Beach Boulevard.

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Older dogs tend to require less training and have lower energy and exercise needs, and there are several up for adoption at the Seal Beach Animal Care Center.

SEAL BEACH ANIMAL CARE

Adoptions are now by appointment

The Seal Beach Animal Care Center is now open for adoptions by appointment for approved applicants.

The Care Center is located at 1700 Adolfo Lopez Drive, Seal Beach; (562) 430-4993. It will impound stray cats or dogs found in Seal Beach by Seal Beach residents with proof of Seal Beach residency.

The non-profit, no-kill animal shelter is committed to finding permanent, loving homes for all the animals that come into its care.

And that includes the many senior dogs now up for adoption. They say you can't teach an old dog new tricks, but you don't have to. Old dogs have already paid their dues, done their time, gained their wisdom. When you have an older dog, you find yourself surrounded by a sweet old soul who wants nothing more than to lie at your feet and watch you make dinner or take a slow walk down the street.

There are many older dogs that are just waiting for someone to give them the one thing they no longer have, a loving home. If you are in a position to bring a senior pet into your home, consider visiting the center. You'll need to make an appointment to get the process started.

Meanwhile a staff of dedicated volunteers ensures the animals are kept as comfortable as possible until they can be placed into new adoptive homes. The Friends of the Seal Beach Animal Care Center was established in 1986, and the shelter was open for business in July 1988.

In Leisure World, all pets must be registered at the Stock Transfer Office; pet ownership rules are outlined in GRF policy 50-1023-1, which can be accessed at [lwsb.com](http://www.lwsb.com), Governing Documents.

—Christina Miller, SB Animal Care Center

Fund Run celebrates National Beach Day

The Beach Athletic Fund invites everyone to join in the first virtual Beach Athletic Fund Run on National Beach Day, Sunday, Aug. 30.

The event's purpose is to get people, young and old, moving during this time of quarantine and at the same time support student athletes at California State University, Long Beach, through the ongoing drive to 4,900 beach athletic fund members.

Join Long Beach student athletes, coaches and staff in any type of activity such as making a run to the refrigerator, running a full marathon, biking or taking a stroll. The distance speed and mode to the choice of the participants and they will receive a t-shirt, medal and membership to the Beach Athletic Fund with a tax-deductible gift of \$49.

Be sure to share your run on Beach Athletic Fund social media accounts on Twitter and Instagram @lbsubaf.

To register, visit longbeach-state.com/bafrun or call Benny Garcia at (760) 550-0109.

For more information, call or text "run" to (562) 985-4949.

FRS Drills Held

Calling all Family Radio Service Users in Leisure World—the Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate. Use the following guidelines.

- Call-in time is from 9:30-9:45 a.m.
- Use Channel 13/0.
- Be sure to wait until the radio is clear and call in stating your first name, last name initial and mutual, example "John S., Mutual 13, checking in." Remember to press the side button to speak and release when finished.

If you are not sure how to call in and would like additional instruction on use of the FRS radio, contact Leisure World Radio Club President Rich Erickson, rjexn@yahoo.com, or call (562) 431-6586, ext. 409, to leave a message.

Zoom Technology

Miryam Fernandez's technology classes usually taught on Tuesdays at 10 a.m. are moving to 2 p.m., effective Tuesday, Aug. 18. The schedule is as follows:

- Tuesday, Sept. 1, at 2 p.m., How to Search on YouTube
- Tuesday, Sept. 15, at 2 p.m., iPhone Accessibilities

For an invitation, email Miryam at mzzmimm@gmail.com.

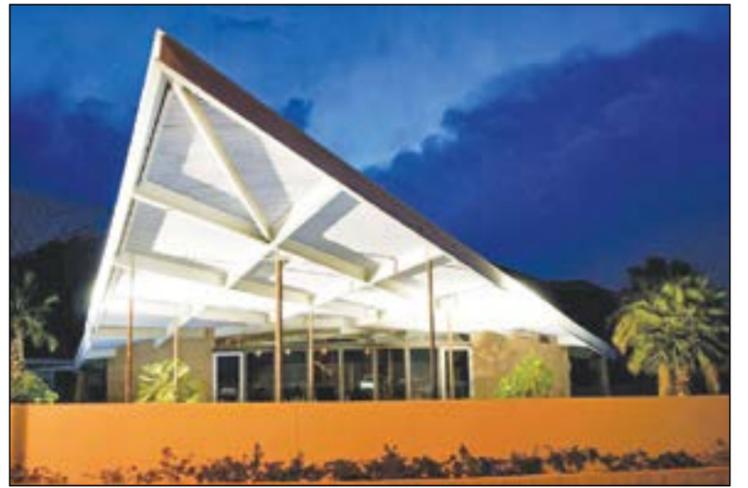
If you need help setting up your Zoom microphone and/or video or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins.

Important Reminder

Apple, Microsoft, IRS, Social Security, etc., will never contact you by phone, text or email. If there's ever a problem with your account, they will shut you down until you contact them.

If you get a call from them, it's a scam.

—Miryam Fernandez



Tramway Gas Station by Albert Frey, now the Palm Springs Visitor Center

OC MUSEUM OF ART

Virtual programs feature crafts, beer

The Orange County Museum of Art, South Coast Plaza Village, 1661 W Sunflower Ave., Santa Ana, supports the effort to slow the spread of COVID-19 and has postponed all onsite activities.

The museum is offering the following virtual programs with more to come.

•Crafting + Craft Beer

Play with simple embossing techniques to create a special, personally-crafted metallic hanging.

Led by teaching artist Elizabeth Cardenas, this creative exploration draws inspiration Allan Sekula's photograph from OCMA's collection Dockers Unloading Sugar Ship to engage with concepts of labor and craft.

For supplies (including instructions), head over to our favorite local craft brewers at Green Cheek Beer Co. and mention this project at the drive-through to receive 10 percent off a 4-pack of a craft brew, and a free art pack from OCMA.

Pick-up locations:

- 2957 Randolph Ave Unit B, Costa Mesa, CA, 92626

Drive-through: 11 a.m.-8 p.m.

- 2294 N Batavia St Unit C, Orange, CA, 92865

Drive-through: 11 a.m.-8 p.m.

RSVP to <https://www.ocmaexpand.org/events/crafting-craft-beer-2> to have this information emailed to you along with a link to the demo video.

Your RSVP does not reserve your art pack. Art packs will be available while supplies last, on a first-come, first-served basis.

No purchase is necessary to receive an art pack (presented in partnership with Green Cheek Beer Co.)

•Cinema Orange: Albert Frey: The Architectural Envoy, Parts I and II (Double Feature)

Both films are available from Thursday, Aug. 20, at noon through Saturday, Aug. 22, until midnight.

This two-part film series tells the story of Albert Frey, the unpretentious Swiss-born architect, who helped bring modernism to the United States and whose innate curiosity of the American landscape inspired an extraordinary style that blended industrial techniques with a love for nature.

Part I explores Frey's early life and work in Europe to his architectural accomplishments in New York in the 1930s. Part II explores his Southern California period from 1939-1998.

RSVP to <https://www.ocmaexpand.org/events/cinema-orange-double-feature-albert-frey-the-architectural-envoy-parts-i-and-ii> to receive the access link on the first day of the screening period.

Video Producers Zoom Meetings

The Video Producers Club offers free weekly Zoom classes at 10 a.m. and a Zoom Party Social on Saturday at 5 p.m.

Classes are as follows:

- Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.

- Monday, 2 p.m., Zoom class for iPad and Mac users hosted by Fred Carpenter. For an invite to his class, email sail1942@gmail.com.

- Wednesday, 10 a.m., beginners Zoom class Windows and Android users with host Joe Osuna. For an invite to his class, email joosuna29a@gmail.com.

- Thursday, 10 a.m., beginner's Zoom class for Windows and Android users and for beginning Video Producers with host Joseph Valentinetti. For an invite to his class, email 0501042@gmail.com.

- Friday, 10 a.m., guest lecturer Bob Cohen hosts Friday Morning Tech Talk on a variety of topics. Email bob@bobology.com for an invite.

- Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501042@gmail.com.



Metallic artwork by Elizabeth Cardenas



Grab n Go Meals

Aug. 20-26
Clubhouse 6 Parking Lot



- **Thursday:** Domino's Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi's Candies Ice Cream Truck, 4-7 p.m.

- **Friday:** Katella Deli; extensive menu—deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online www.katellabakery.com, specials of the day available onsite, cash/cards.

- **Saturday:** Naples Rib Company, barbecue, salads, sandwiches; new hours, 3:30-5 p.m.; order ahead online for faster service, www.ribcompany.com/LW or (562) 439-RIBS; cash/cards

- **Sunday:** Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at www.bergcatering.com (LW Menu) or buy onsite, PayPal, checks, cash, cards.

- **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., www.kabobaholicft.com or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.

- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.

- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards

•••

All Grab 'n' Go events will take place, rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. **People should keep a six-foot distance and masks are required.** For information, call (562) 431-6586, ext. 398.

On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379.

For more information or to make a suggestion, call (562) 431-6586, ext. 379.

Watch for LW Live! alerts for daily menus. Sign up for LW Live at <http://www.lwsb.com/lw-live-sign-up/>.

Community

LW BIRTHDAYS

CAROL GRAVES



Carol Graves will turn 80 years old this Saturday, Aug. 22. Her daughter, Deborah Kranda, wanted to wish her an early happy birthday through the LW Weekly.



Glenna Hoff and her family had a socially distanced birthday party. She only took off her mask once to take a photo.

Glenna Hoff celebrates 88 years

Glenna Hoff's family surprised her with a indoor-outdoor party to celebrate her 88th birthday on Aug. 1. The family stayed on the porch while Glenna was inside. There were signs, balloons and over 30 birthday cards and gifts from relatives and neighbors. Glenna said that the "Happy Birthday" song was "special, for some reason, more this year than others."

Gertie Burin turns 81 years old

Several Hui O Hula dancers celebrated birthday girl Gertie Burin of Mutual 6 with a birthday hula in front of her home. She turned 81 on Aug. 6.

She was thrilled with the idea of being able to see her friends dancing to "Blue Hawai'i" and "What A Wonderful World" for her and her neighbors in front of her unit. Keeping the distance, she and her neighbors watched from their patios and lawn.

Gertie Burin works hard all year long for her friends and neighbors by walking their dogs, caregiving and collecting their recycles.

What she earns goes back to her friends and neighbors. Last year, when she turned 80, she treated over 50 people



Gertie Burin celebrated her 81st birthday with friends from a distance, pulling down her mask only to take a quick picture.

with goodies, including 22 boxes of extra-large Costco pizzas.

Birthday announcements
laurieb@lwsb.com

SBTV Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule. Have Roku? Go to <http://roku.streamsource.tv/add/sbtv>. The playback schedule is available at SBTV3.org.

Thursday, August 20

- 4 pm Sailing, Sailing, Sails Aweigh
- 4:18 pm LW Eric part 1 & 2
- 5 pm LW Entertainment
- 5:23 pm Suede Soul Dancers
- 7 pm Back to Bourbon Steet
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center- Matt Mauser
- 10:30 pm Bob Cole Conservancy

Friday, August 21

- 4 pm LW- Eric and Sandy
- 4:30 pm Anna Derby 71st Birthday
- 5:30 pm History of Las Vegas Part 1
- 6:40 pm History of Las Vegas Part 2
- 8 pm Seal Beach City Limits: Seal Beach Police Department
- 9 pm Cerritos Center- Golden Dragon Acrobats
- 10:37 pm Cerritos Center- The Four Tenors

Saturday, August 22

- 4 pm Vinyl Rock Valentine Concert
- 6:15 pm LW Hula Dance Club
- 6:30 pm Harmonn Islanders
- 7 pm Beginning of Leisure World
- 7:15 pm Back to Bourbon Street
- 8 pm LAUSD
- 12 am Cerritos Center- Matt Mauser

Sunday, August 23

- 4 pm Seal Beach City Council Meeting 8/17 Replay
- 5:30 pm Betty Price Chimes Solist
- 6:30 pm Aquarium of the Pacific
- 7 pm Spirit of Seal Beach
- 7:30 pm History of Seal Beach
- 8 pm Wally Shirra/Newsreel 1964
- 8:30 pm Eric and Sandy-LW
- 9 pm Betty Price Chimes Soloist
- 10 pm Abilene Ampitheater
- 11:35 pm Bob Cole Conservancy

Monday, August 24

- 4 pm LW Entertainment
- 4:30 pm LW Hula Dance Club
- 4:45 pm LW Special Olympics
- 5 pm Sailing, Sailing, Sails Aweigh
- 5:18 pm LW- Eric Part 1 & 2
- 6 pm History of Seal Beach
- 6:30 pm Spirit of Seal Beach
- 7 pm Life and Times Virginia Haley 100
- 8 pm World's Fair Newsreel
- 8:15 pm Beginning of LW
- 8:30 pm Suede Soul Dancers
- 9:05 pm LW Entertainment
- 9:30 pm Vinyl Rock Valentine Concert
- 11:40 pm National Parks/Drone Club

Tuesday, August 25

- 4 pm Sailing, Sailing, Sails Aweigh
- 4:18 pm LW- Eric Part 1 & 2
- 5 pm LW Entertainment
- 5:23 pm Suede Soul Dancers
- 7 pm Back to Bourbon Street
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center: Matt Mauser
- 10:30 pm Bob Cole Conservancy

Wednesday, August 26

- 4 pm Eric and Sandy- LW
- 4:30 pm LW- Anna Derby's 71st Birthday
- 5:30 pm History of Las Vegas Part 1
- 6:30 pm History of Las Vegas Part 2
- 8 pm Seal Beach City Limits: Seal Beach Police department
- 9 pm Cerritos Center: Golden Dragon Acrobatics
- 10:30 pm Cerritos Center- The Four Tenors
- 11:30 pm Bob Cole Conservancy

*All programming is subject to change.

SUNSHINE CLUB

Be on guard against COVID-19 scams

Micki Nozaki, director of the California Senior Medical Patrol, will give a Zoom presentation on "COVID-19 Scams and Healthcare Fraud" on Friday, Aug. 21, at 10 a.m.

These are troubling times and the robocallers and COVID-19 scammers are out in full force. If you missed the Sunshine Club's webinars during the month of May, tune in to this webinar on COVID-19 scams and Healthcare Fraud on Friday, Aug. 21 at 10 a.m. and learn:

- How to spot the scammers
- What offers to beware of
- How to identify Medicare fraud schemes
- Where to report fraud

Micki Nozaki is currently the director of the California Senior Medicare Patrol and previously served as a Health Insurance Counseling & Advocacy Program (HICAP) counselor, offering in-person Medicare counseling at several sites throughout Orange County.

Her professional experience includes 25 years in the private sector, for mainly healthcare, insurance, and government-contracted organizations, where she led the development, implementation and promotion of information security and privacy programs.

The subtitle of her presentation is "Medicare Fraud Kills." The highlights include true scenarios of healthcare fraud, as well as how to guard yourself current fraud trends and Medicare updates, as well as additional frauds and scams victimizing older adults.

The link to join the Zoom meeting is <https://cc.readytalk.com/r/n12jl9oq7tsp&eom>.

If you would like to receive the link by email, text your email address with your name, mutual and unit number to (562) 301-5339.

The Sunshine Club is designed to help all people get along in the community and to help neighbors have better communication and get the best out of living in Leisure World.

The club has frequent guest speakers from LW administration as well as other LW clubs. The club also invites guest speakers from the outside to speak on various topics to enhance senior living.

All shareholders are welcome to attend; no membership required. For more information, call Anna Derby at (562) 301-5339.

MONARCH HEALTHCARE

Learn about the health benefits of the Mediterranean Diet

The Mediterranean Diet has been shown to have many health benefits. Join Monarch Healthcare and Independence at Home for a discussion on which foods to eat, how following this diet can improve our health, and how it can help prevent certain medical conditions on Aug. 25 at 2 p.m. via Zoom

To reserve your spot, email monarch Healthcare's senior ambassador Grecia Nunez at gmunex@mhealth.com

Be on guard for these signs of overheating in your dog or cat

Common sense tells most people that leaving their pets inside parked vehicles on hot, summer days could be dangerous after an extended period of time. But most people don't realize that the temperature can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On a warm, sunny day windows collect light, trapping heat inside the vehicle and pushing the temperature inside to dangerous levels on an 85-degree Fahrenheit day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees in 10 minutes. After 30 minutes, the temperature will reach 120 degrees. At 110 degrees, pets are in danger of heatstroke. On hot and humid days, the temperature in a car packed in direct sunlight can rise more than 30 degrees per minute and quickly become lethal.

Pets, more so than humans, are susceptible to overheating and are much less efficient at cooling themselves than people are.

Heatstroke symptoms include exaggerated panting (or the sudden stopping of panting), rapid or erratic pulse, salivation, anxious or staring expression, weakness and muscle tremors, lack of coordination, tongue and lips red (which may eventually turn bluish in color), convulsions or vomiting, collapse, coma and death.

If your pet shows symptoms of heatstroke, immediately move the animal to a cool, shady place, wet the dog with cool water, then fan vigorously to promote evaporation. This process will cool the blood, which reduces the dog's core temperature. DO NOT apply ice, this constricts blood flow which will inhibit cooling. Take the dog to a veterinarian as soon as possible for further treatment.

While it is fun to take your pet with you on summertime excursions, make sure that you are going to pet-friendly places that will allow you to take them inside so you don't have to worry about them in the hot car. It's safer for your pet, and will give you a peace of mind.



Michelle Steel spoke at the Republican Club's Zoom meeting.

Republican Club

By Brian Harmon
LW Contributor

Michelle Steel, chairwoman of the OC Board of Supervisors and a candidate running for Congress this year, stated her opposition to defunding the police during the Republican Club's Zoom meeting on Aug. 12.

Steel went on to emphasize that she supports law enforcement, the police officers who are doing their best to deter crime and arrest lawbreakers.

Steel said that she is having stickers printed that say "Police officers are welcome here" to be placed in windows of restaurants and other places throughout Orange County.

Steel also spoke on AB5 and Proposition 15.

AB5 is a state law that requires most independent contractors to be treated as regular employees and has resulted in many being laid off instead. Steel said that a law that increases unemployment is never a good idea, but especially during this COVID-19 crisis.

Proposition 15 would abolish the 1978 Proposition 13 as it relates to business property. The Republican Club believes that increasing state taxes for businesses will result in higher prices and more businesses reducing employment, leaving California or going out of business. Steel said that the next step will be to eliminate Proposition 13 for all property owners.

Councilman Thomas Moore spoke for a few minutes, declaring his support for Michelle Steel and discussing his role on the City Council as a "fiscal watchdog." Moore said that Seal Beach Proposition BB was passed in 2018 by voters because they thought it would increase the sales taxes to pay for increased police and fire prevention services. Instead, the money was spent to also cover costs in other areas. He said that he offered a compromise proposal to put much of the leftover money into the reserve account to meet future needs that may come up, but his proposal was defeated. Moore represents District 2 which covers about half of LW and he is up for re-election this year.

The Republican booth has been open every Monday from 11 a.m. - 2 p.m. in the parking lot in front of Clubhouse 6, the gym. So far volunteers at the club's booth have registered 132 voters, including four who switched from Democrat to Republican and one

LW'er who has never before voted in any election.

Since the re-opening of the booth, the club has raised an average of approximately \$500 each day the booth has been open. The Republican Club's president gives the credit to club treasurer Elsa Gildner for her fundraising efforts.

**Email
Obituary
Notices to
laurieb@
lwsb.com
with photos
attached as
jpg files.**

**Main Gate
594-4754**

Democratic Club

By Mary Larson
LW contributor

Joe Biden's selected Kamala Harris as his running mate for the 2020 presidential election. His choice has energized the ticket and ignited a strong message of unity in Democrats in Leisure World as well as throughout the country.

Much is being made of the fact that Harris is the daughter of immigrants from India and Jamaica, which means she could be the first Asian American and first Black vice president if she wins. She would also be the first graduate of a historically Black college. And she comes from California!

It feels appropriate to use Biden's own words to describe Harris, "I need someone working alongside me who is smart, tough, and ready to lead. I need someone who understands the pain that so many people in our nation are suffering. I need someone who understands that we are in a battle for the soul of this nation. That's what led me to Kamala Harris."

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The SBLW Democratic Club will hold its second full membership meeting by Zoom on Wednesday, Sept. 16, at noon. Featured speakers will be representatives from the Harley Rouda and Diedre Nguyen campaigns. The degree of support in Leisure World for these two Democratic candidates is evidenced by an overwhelming request for their window signs as well as the increased number of offers to assist in getting them elected.

Rouda has been one of the most energetic and productive members of the House of Representatives's freshman class. He is also well known for his strong support of his constituents here in the 48th Congressional District.



The Democratic Club's next Zoom meeting will feature representatives from the Harley Rouda and Diedre Nguyen campaigns on Sept. 16 at noon.

Garden Grove City Councilwoman Diedre Nguyen is running for the California Assembly against another candidate with the same last name. Diedre is a prominent cancer research scientist as well as an effective legislator. She has strong support throughout the 72nd District, especially in the Vietnamese community where she is well known.

The Democratic Club continues to assist Leisure World residents on an individual basis who are interested in registering to vote for the first time, changing addresses or re-registering to a different party. Because of the risk of spreading the COVID-19 virus, the club is not planning to open a voter registration booth outside Clubhouse 6 in the foreseeable future. Email lwsbdemocraticclub@gmail.com or phone Kathy Moran (562-596-0450) for details.

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If you are a Democrat or a supporter and want to be more informed about what is happening between now and Nov. 3, you can subscribe to the club's electronic newsletter at no cost by emailing mlarson.telfords@gmail.com or by calling (562) 296-8521 with your contact information.

Club members interested in



being considered for nomination to the 2021-2022 board of directors should email lwsbdemocraticclub@gmail.com. A member of the nominating committee will contract you with a list and description of open positions.

**The COMMUNITY
deadline is 4 p.m.,
Thursday,
prior to the
desired publication.
Email any
Community news
to
laurieb@lwsb.com
with photos attached
as jpg files.**

**The LW Weekly
430-0534**

Obituaries

**Mary Kathryn Withrow
1929-2020**

Mary Kathryn Withrow (Holsapple/Shake), was born in Washington,



Indiana, on Dec. 23, 1929, to Emmett and Mary Luona Holsapple. She had a big brother William (Billy), who preceded her in death; they were very close and shared many fun memories.

Mary went by many names. Most people called her Katie, however her husband, Dale Withrow, introduced her as "My Bride" for 53 years.

Katie moved to California in 1951 and became a fashion model, which kept her busy for 40 years! She was involved in the Mannequins Association and could often be seen in the newspaper, on the runway, or in a Princess Cruise Catalog.

In 1953 Katie went to Catalina and fell in love with Dale. He was working at the St. Cath-

erine Hotel in Avalon during his summer holiday. They married on February 14, 1954. People say that Katie and Dale were lucky because they got to marry the love of their lives! Soon afterward their daughters Luana Rose and Tina Rae arrived. Mama and Daddy brought the girls up in a traditional, loving home. Family, fun, and vacation were always at the top of their list. Returning to Avalon was a yearly event, along with road trips to Indiana, and visiting lakes to camp and water ski. In her later years, Katie took several trips to Europe, Italy being her favorite destination.

Katie loved to sing and be involved in anything musical. She attended and performed at LBCC for many years. She moved to Leisure World in 2011. Katie was patient, generous, silly, faithful, encouraging, kind and gave unconditional love to all.

Katie's husband Dale passed away in 2007, and her daughter Luana in 2012. Katie is survived and missed by her daughter, Tina Rae; her granddaughter, Jenna

Rose; Jenna's husband, Dennis Masuda; her great-grandchildren Reese and Raiden; and her son in law Jeff Hutton. At 90 years young she has a long list of extended family and friends who love and adore her.

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**Sara Sue Gould
1937-2020**

Sara Sue Gould was born on May 3, 1937, in Huntington, West Virginia to Sarah and Melvin Ward. She was trained as a beautician, but did a fantastic job as mother and home maker for her loving family. Married for 66 years to her boyfriend and husband, Richard Gould, which still seemed like too short a time to be together.

Sara died after a six-year battle with cancer, she was happy for it to end but sorry to leave.

Sara loved anything to do with the outdoors, camping, backpacking, or just traveling after retirement. She lived in Salmon, Idaho, for 15 years and another 15 years in St. George, Utah, to

then come home to Southern California after her adventures were over.

She leaves her husband, Richard, and two children, Bob and Teresa.

...

In Memoriam

- Joanne Telford 92
 - Kathy McMillan 70
 - Edith Freeman 103
 - Brian Kington 54
 - Daniel Ilustre 83
 - Evelyn Smith 58
 - Carol Pesano 77
 - Robert Ryan 68
 - Rosa Gonzalez 89
 - Allyn Topp 70
 - John Patton 56
 - Meredith Fisher 48
 - Harold Wray 70
 - Doris Larson 90
 - Phyllis Neumeister 87
 - Donna Mericle 71
- Families assisted by
McKenzie Mortuary,
961-9301*

—paid obituary

**Obituary Notices
laurieb@lwsb.com**



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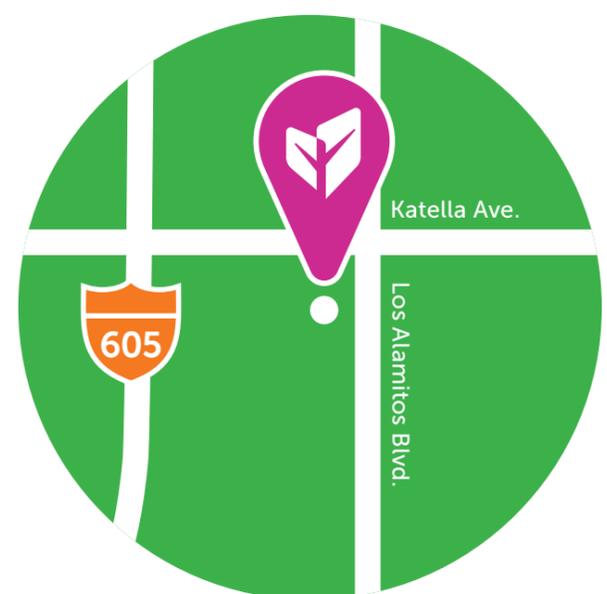
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- Most advanced 3D mammogram technology
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Extra Measures for Your Safety

- Pre-screen patients for COVID-19 symptoms prior to visits
- Staff screened daily, wear masks
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- We limit number of patients in office/waiting area

Call (562) 933-7880 to schedule your appointment.
memorialcare.org/LBBreast




MemorialCare[™]
Long Beach Medical Center

OUTAGES
from page 1

tainers and fill them with gas. If power is out for an extended time, gas supply may be limited and lines at service stations long.

- Take an inventory now of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs during an outage.
- Determine whether your home phone will work in a power outage and how long battery backup will last.
- Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
- Keep mobile phones and other electric equipment charged.

After the Power Goes Out

- Report your outage immediately to your local electric company. Don't rely on your neighbors to report your outage.

Leisure World residents should report an outage online at www.sce.com/outage-center/report-an-outage. Please be patient. Your information may be our only report from your neighborhood at the time. If you see fallen power lines, call 9-1-1 first, then call SCE's emergency number immediately at (800) 611-1911.

- Turn off all appliances. Leave on one lamp to know when power has been restored.

That way, you can avoid a circuit overload and another



outage that may result when power is restored to all appliances at once.

- Keep freezer and refrigerator doors closed. Food will stay frozen for 36-48 hours in a fully loaded freezer if you keep the door closed. A half-full freezer will generally keep food frozen for 24 hours. For refrigerated items, pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose.
- Listen to the local radio station on your battery-operated radio for regular news and weather updates.
- If using portable stoves, kerosene heaters, or lanterns, make sure that the area is sufficiently ventilated. To avoid carbon monoxide poisoning, generators, camp stoves or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
- If you must travel, help protect line workers and crews when you see them on the roadside making emergency repairs. Move over from the lane nearest the workers or slow down until you can safely pass the work site.
- If it is hot outside, close drapes and blinds on the sunny side of your house, drink plenty of fluids, take your pets to cool locations.

- Do not hesitate to contact a physician if you have any health-related questions.

Stay Safe in the Dark

- When in doubt, throw it out. Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture.

- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

Restoring Your Power

Every electric company has a detailed plan for restoring electrical service after a power outage.

Typically, one of the first steps a company takes—to prevent injuries and fires—is to make sure that power is no longer flowing through downed lines.

Restoration then proceeds based on established priorities.

The first to be repaired are transmission lines and distribution substations, because they are the most important lines carrying power from generating plants to large numbers of customers over wide areas.

Next, electric companies restore power to critical community services such as hospitals, police and fire protection, and communications facilities.

The next priority is to restore service to the largest number of people as soon as possible.

Service to neighborhoods, industries, and businesses is systematically restored, followed by single residences and small groups of customers, until restoration is complete.

—from the American Red Cross, Southern California Edison and the Federal Emergency Management Agency

SCRABBLE G R A M S							SOLUTION
F ₄	O ₁	O ₁	T ₁	P ₃	A ₁	D ₂	RACK 1 = 63
A ₁	N ₁	I ₁	S ₁	E ₁	E ₁	D ₂	RACK 2 = 58
A ₁	N ₁	D ₂	I ₁	R ₁	O ₁	N ₁	RACK 3 = 60
E ₁	Q ₁₀	U ₁	A ₁	T ₁	O ₁	R ₁	RACK 4 = 98
D ₂	A ₁	I ₁	S ₁	I ₁	E ₁	S ₁	RACK 5 = 58
PAR SCORE 240-250							TOTAL 337

Crossword Answers

C	L	A	P	F	A	C	E	T	R	A	D	I	S	H					
B	A	I	Z	P	O	L	I	S	H	T	O	R	O	N	T	O			
A	R	B	O	R	C	H	R	I	S	T	O	P	H	E	R	W	R	E	N
S	E	R	V	I	C	E	D	T	E	R	R	E	A	N	E	W			
E	T	A	G	L	O	S	S	I	E	R	O	R	R	I	S				
P	E	I	O	R	R	S	M	O	O	G	R	C	A						
M	E	R	L	E	O	B	E	R	O	N	H	O	O	D					
I	D	E	A	A	L	A	N	M	O	T	E	L	E	G	A	D			
M	E	I	N	I	T	E	S	G	A	P	E	S	M	U	T	S			
E	N	N	E	A	G	O	N	T	I	N	E	A	S	E	S				
J	O	N	A	T	H	A	N	S	W	I	F	T							
R	A	D	A	R	R	O	N	A	A	S	T	E	R	I	S	K			
D	I	V	E	R	F	A	S	T	I	L	L	S	O	T	O	E			
A	T	E	N	B	L	A	D	E	C	M	L	I	L	E	D	A			
H	A	R	T	C	R	A	N	E	R	H	E	A	P	E	R	L	M	A	N
L	S	T	H	U	L	A	W	H	I	T	L	E	S						
A	E	T	A	T	R	O	T	A	R	I	A	N	D	U	E				
D	E	L	E	N	I	V	E	N	A	N	N	A	L	I	S	T			
S	I	R	F	R	A	N	C	I	S	D	R	A	K	E	M	I	T	E	R
R	E	L	I	E	V	E	S	T	A	T	U	E	E	N	T	R	E		
S	T	E	E	D	S	E	S	S	E	X	D	E	Y	S					

Sudoku 1 Answers

7	1	8	3	9	2	6	4	5
3	9	4	5	8	6	7	2	1
6	2	5	4	1	7	8	9	3
9	3	2	7	6	1	4	5	8
1	4	7	2	5	8	9	3	6
8	5	6	9	4	3	2	1	7
2	7	9	6	3	5	1	8	4
5	6	1	8	2	4	3	7	9
4	8	3	1	7	9	5	6	2

The Basic Rules of Sudoku
 • There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
 • When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
 • Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
 • Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
 • Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

PLANK AWAKE SOOTHE BUDGET
 When the ox-like antelope met up with his friends, he said — WHAT'S "GNU"?

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

7	3	9	1	6	2	8	4	5
6	8	1	5	4	7	2	3	9
2	5	4	9	3	8	6	7	1
3	9	8	2	7	6	5	1	4
5	4	2	8	1	3	7	9	6
1	7	6	4	9	5	3	8	2
8	1	3	6	5	4	9	2	7
4	6	7	3	2	9	1	5	8
9	2	5	7	8	1	4	6	3

Guess Who?
Chris Pine

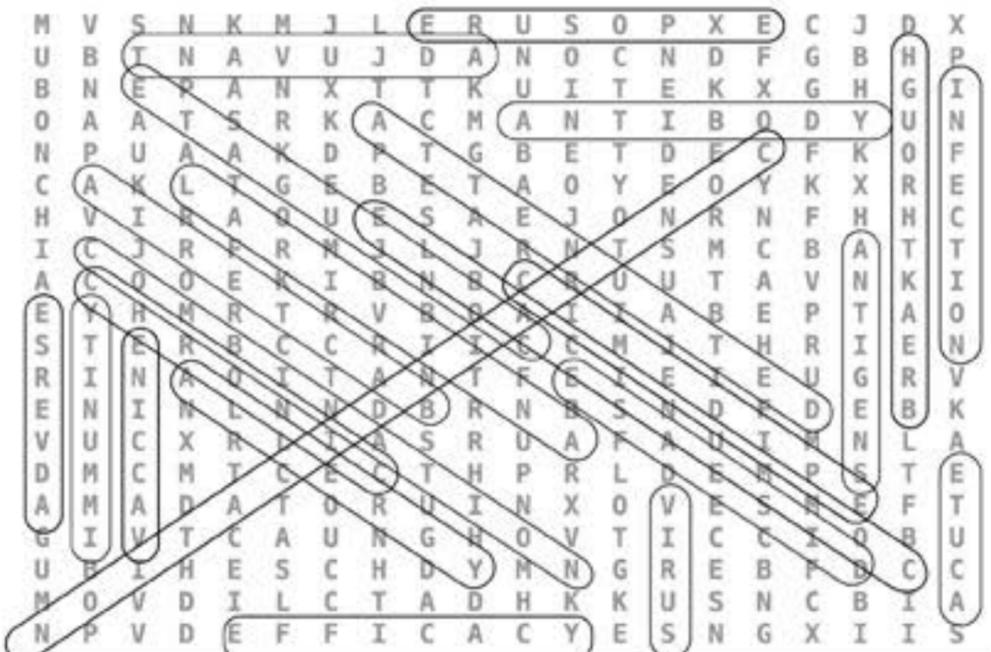
Crypto Fun Answers

A. needle B. vaccine C. doctor D. health

Boggle BrainBusters Answers

MOLE MULE TOAD NEWT FROG BOAR BEAR DEER HARE

Word-Find Answers



Health & Fitness

OPTUM HCC

Join in on the fun with these classes

By Carson Blomquist
Health Care Center

It's time to hone those creative skills! The Health Care Center is hosting some exciting events over the next few weeks that can help you find some new favorite hobbies. All these events will be held over Zoom so you can do it from the comfort of your own home.

Discover the Mediterranean Diet. There are a lot of benefits to this unique and delicious diet. Find out how this way of eating can help improve your health and add some zest to your favorite recipes – or discover new favorite ones. The class will be held on Tuesday, Aug. 25, from 2–3 p.m. This event is sponsored by Independence at Home.

Make your own mask. Masks aren't going away anytime soon, so why not create one that expresses your own personality? This class walks you through the steps you need to create a safe and personal face mask. All you need is your own creativity. We'll send you the materials you need after you register. The class will be held Wednesday, Aug. 26, from 1–2 p.m. This event is sponsored by Anthem Health Plan.

Have fun with flower arranging. Looking to brighten up your home? Flower arranging can be a relaxing and creative way to add some color to your day. Not sure what you need to arrange flowers? Not a problem! Materials will be sent to your home after you register. The class will be held Sept. 15 from 10–11 a.m. This event is sponsored by Anthem Health Plan.

If you're interested in any of these events, email Grecia Nunez at gnunez@mhealth.com. She is the senior ambassador at the HCC. In your email, include your name, address, and the name of the event you would like to attend.

OC GREAT PLATES

Order Kosher Meals on Wheels

Pirchei Kosher is serving through Orange County's Great Plates program Kosher meal delivery for those who qualify. This is a meal delivery service providing three meals a day for the duration of the program. To enroll, call Pirchei at (949) 215-9995.

Other programs may be available for those who may not be able to qualify for this program. Contact us for more information or visit www.ypsshul.com/kosher.

Those who are over 65 may qualify for the Kosher meal service. This is a limited time program and to enroll you must contact us as soon as possible. Those who are 60-64 and have exposure to COVID-19 may qualify under other categories.

This program is funded in part through a grant from the California Office of Emergency Services, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.

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Meals on Wheels of Long Beach, Inc. (MOWL), delivers freshly cooked meals daily, Monday thru Friday, between 10:30 a.m.–12:30 p.m. Deliveries include a hot dinner, cold lunch, dessert and 8oz. carton of one percent milk. The cold lunch may be an entree salad or a sandwich with a small side salad. A diabetic dessert is available for those in need. Contact Caron Adler at (562) 439-5000, ext. 2 or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Caron before 9 a.m. the prior business day. Menu is subject to change without notice.

Thursday, Aug. 20: Turkey chili, cornbread, green beans with pimentos, cubed watermelon, roast beef and cheese sandwich with lettuce, tomato and pickle, cucumber, red onion and dill salad.

Friday, Aug. 21: Oven baked breaded fish with tarter sauce, mashed sweet potatoes, seasoned broccoli, banana, entree Caesar chicken salad with romaine lettuce shredded cheese, croutons, Caesar dressing, crackers.

Monday, Aug. 24: Roast beef with mushroom gravy, garlic and chive mashed potatoes, creamed spinach, Waldorf salad, egg salad sandwich with spinach and tomato, Italian pasta salad.

Tuesday, Aug. 25: Tuna noodle casserole, seasoned carrots, Brussels sprouts, cake, entree Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing, crackers.

Wednesday, Aug. 26: Lemon pepper chicken breast, brown and wild rice, green bean almandine, fresh mandarin, ham, turkey and cheese sandwich with lettuce, tomato, and pickle, German potato salad.

Finding new ways to stay healthy during quarantine?
Email your **Health** stories to laurieb@lwsb.com

HHUG

Hearts and Hands United in Giving (HHUG) is a small, local non-profit dedicated to helping the homeless in our community.

HHUG accepts donations of clean used towels, new, unopened travel size shampoo, soap or lotion. New socks are the only clothing donation that HHUG accepts.

Those who want to donate can contact Linda Neer at (562) 430-3214 for pick up. Donations can also be left on her patio at Mutual 2-48A. To learn more about HHUG, visit www.hhug.org.

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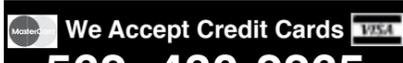


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Guess Who?

I am an actor born in California on August 26, 1980. I briefly studied at the University of Leeds in the UK. My debut role was on "ER" in 2003. Since then, a popular space series beamed me up for additional acclaim.

Sudoku #2

			1		2			
	8					2		9
			9	3				
3	9		2		6			
5						7		6
1					5			2
	1							
4		7		2		1		
	2	5		8				

Level: Advanced

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to immunizations. Each number corresponds to a letter. (Hint: 25 = E)

- A. 4 25 25 6 10 25**
Clue: Pointed medical device
- B. 22 12 21 21 7 4 25**
Clue: Sickness preventer
- C. 6 19 21 26 17 15**
Clue: Medical professional
- D. 24 25 12 10 26 24**
Clue: State of being well

Boggle BrainBusters!



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek

T	W	R	A	H
A	E	N	D	R
R	B	L	B	A
E	U	R	O	G
E	D	M	F	T

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them? Find AT LEAST NINE FOUR-LETTER ANIMALS in the grid of letters.

Puzzles & Comics Answers on page 14

VACCINE WORD SEARCH

M	V	S	N	K	M	J	L	E	R	U	S	O	P	X	E	C	J	D	X
U	B	T	N	A	V	U	J	D	A	N	O	C	N	D	F	G	B	H	P
B	N	E	P	A	N	X	T	T	K	U	I	T	E	K	X	G	H	G	I
O	A	A	T	S	R	K	A	C	M	A	N	T	I	B	O	D	Y	U	N
N	P	U	A	A	K	D	P	T	G	B	E	T	D	E	C	F	K	O	F
C	A	K	L	T	G	E	B	E	T	A	O	Y	E	O	Y	K	X	R	E
H	V	I	R	A	O	U	E	S	A	E	J	O	N	R	N	F	H	H	C
I	C	J	R	F	R	M	J	L	J	R	N	T	S	M	C	B	A	T	T
A	C	O	O	E	K	I	B	N	B	C	R	U	U	T	A	V	N	K	I
E	Y	H	M	R	T	R	V	B	O	A	I	I	A	B	E	P	T	A	O
S	T	E	R	B	C	C	R	I	I	C	C	M	J	T	H	R	I	E	N
R	I	N	A	O	I	T	A	N	T	F	E	I	E	I	E	U	G	R	V
E	N	I	N	L	N	N	D	B	R	N	B	S	N	D	F	D	E	B	K
V	U	C	X	R	L	I	A	S	R	U	A	F	A	U	I	M	N	L	A
D	M	C	M	T	C	E	C	T	H	P	R	L	D	E	M	P	S	T	E
A	M	A	D	A	T	O	R	U	I	N	X	O	V	E	S	M	E	F	T
G	I	V	T	C	A	U	N	G	H	O	V	T	I	C	C	I	O	B	U
U	B	I	H	E	S	C	H	D	Y	M	N	G	R	E	B	F	D	C	C
M	O	V	D	I	L	C	T	A	D	H	K	K	U	S	N	C	B	I	A
N	P	V	D	E	F	F	I	C	A	C	Y	E	S	N	G	X	I	I	S

WORDS

- ACUTE
- ADJUVANT
- ADVERSE
- ALLERGY
- ANTIBODY
- ANTIGENS
- ANTIVIRAL
- ATTENUATED
- BACTERIA
- BOOSTER
- BREAKTHROUGH
- CHRONIC
- COMBINATION
- COMMUNICABLE
- CONJUGATE
- CONTRAINDICATION
- DISEASE
- EFFICACY
- EPIDEMIC
- EXPOSURE
- IMMUNITY
- INFECTION
- VACCINE
- VIRUS

Find the words hidden vertically, horizontally, diagonally, and backwards.



CITY OF SEAL BEACH

Bathroom grant funding available

The City of Seal Beach Bathroom Accessibility Program has been approved for another cycle of funding. This means that from July 2020-June 2021, the City can spend \$145,000 on grants to Leisure World residents to continue the Bathroom Accessibility Program. For over 14 years, the City of Seal Beach has offered the Seal Beach Bathroom Accessibility Program to help residents in Leisure World modify their bathrooms for safer access.

For the 2020-2023 funding cycle there have been some exciting changes. Residents who have more than one bathroom are now eligible. Furthermore, in special circumstances, a bench can be added to the fiberglass unit.

Due to the threats of COVID-19, CivicStone, the administration of the program, will be changing the way it operates. It will not hold a workshop in any clubhouse for Leisure World residents this year. Instead, individual appointments can be made via phone, FaceTime, Zoom or Google Hangouts to ask questions and get individualized advice on how to complete applications. Simply email monique@civicstone.com for an appointment. Residents can also call (909) 364-9000, but email is preferred. All information is kept confidential.

Any Leisure World resident who has trouble stepping into the shower for any reason is likely eligible for a free bathroom upgrade. The Leisure World Bathroom Accessibility Grant converts the tub/shower combination into a shower-only unit for safer access.

To qualify, applicants must be over 55 years of age and have an annual income as follows: One person, \$71,750; two people, \$82,000; and three people, \$92,920. For more information, email monique@civicstone.com or call (909) 364-9000.

LBSO from page 8

season to allow subscribers to retain their seats until patrons feel comfortable returning for a full season of music. A final 2021/22 season will be announced in the spring of 2021.

Officials decision to cancel the two remaining Pops concerts will help strengthen the financial footing of the Long Beach Symphony and ensure its sustainability through these challenging times. Subscribers and ticket holders are encouraged to support the Symphony during this critical time by donating the value of their tickets.

Additional performances may be offered during the 2020/21 season as single-ticketed events should local officials deem it safe. Thanks to a highly competitive grant through the National Endowment for the Arts' CARES Act and a generous gift from the RuMBa Foundation of Long Beach, the Symphony is positioned to present a chamber ensemble series highlighting its talented musicians while virtually delivering all education programming directly to Long Beach and Wilmington students.

Classifieds

GENERAL

AVON

Lenora Browning, LW Resident. Phone 562-493-5457. Seal Beach Business License #BRN000. 12/31/20

Are your nimble fingers idle? Like to knit/crochet caps for homeless? I'll provide the yarn - you provide time & fingers. Thank you. Yvette (562) 505-4016. 08/20

May the sacred heart of Jesus be adored and glorified, loved, honored, praised and preserved now and forever. Sacred heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us: Please help Charlie. Say this prayer nine times of day for nine days and your petition will be granted. Must promise publication.

I am seeking a companion, who is first generation Japanese or Filipino female. (562) 650-5528. 13701 Annandale, Apt. 14 i. 08/20

I am seeking assistance with Zoom, also my Apple desktop computer, OSX, Catalina, and assistance with my Apple iPhone. (562) 650-5528. 13701 Annandale, Apt. 14 i. 08/20

I am seeking an accomplished, experienced piano accompanist. I sing standard pop from the 30s, 40s & 50s, Broadway and church music. Please call Don Sunday (562) 650-5528. 08/20

GARDENING

FRANK'S GARDENING SERVICE

Complete maintenance and landscape. Serving Leisure World since 1978. Planting, clean-ups, fertilization. New lawns, etc. Offering my services to all Mutual's. Honest and reliable. State Contractor's License #779462. Call 562-863-7739, 562-743-3832 or 714-527-1172.

HANDYMAN SERVICES

Additions & Remodeling, Kitchen & Bath Remodeling, Windows, Tile & Stonework. State Contractor's License #393071.

OGAN CONSTRUCTION, INC. (562) 596-7757. 03/31/22

562-596-0559

LW DECOR INC.

Remodeling/Renovations New triple pane windows, laminate flooring, carpet patio tile/carpet. Painting ceilings made smooth, ceiling lights.

Exterior windows, refaced kitchen cabinets, refaced granite quartz countertops.

Lic. #723262. 07/02

LW DECOR INC.

562-596-0559. 09/24

JR HOME REPAIRS. Quality work. Perfectionist, honest & reliable. Call JR 562-519-2764. SB Business License #JRH0001. 07/08/2021

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General Contractor
Specializing in remodeling, Additions, Reconstruction, Window replacement and more!
Call for a free estimate.
562-746-5400.
License #954725. 04/22/21



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www.lwsb.com/newspaper

BATHTUB & SHOWER REFINISHING

We refinish your TUB/SHOWER to look brand new. Convert to a WALK-IN SHOWER and/or raise seat. Nu Kote 562-833-3911 License #699080 Serving LW since 1999. 09/17

PAINTING

Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call Jerry (714) 826-8636. CA State License #675336. 10/29

562-596-0559

LW DECOR INC. Only premium paints, Ceilings made smooth. New handles-hinges Cown moulding installed. License #723262.

LW DECOR INC

40 years in LW.

562-596-0559. 09/24

FLOOR COVERINGS

562-596-0559

LW Decor Inc. Laminate, Vinyl, Plank, Patio tile and Patio carpet. License #723262. 40 years in Leisure World. 562-596-0559. 09/24

310-261-0571 Interior Flooring Solutions Hardwood floors, carpet, laminate, vinyl planks. 25 years experience. Contractor License 1043763. 12/24

CARPET & UPHOLSTERY CLEANING & REPAIR

All Year Carpet Cleaning since 1988. Call Tito (562) 658 - 9841. State Contractors Lic. #578194. 10/29

SKYLIGHT SERVICES

SKYLIGHTS

CLEAN, REPAIR, REPLACE. Licensed and insured. Dan (562) 841-3787. Seal Beach License #BRA0002. 09/24

WINDOW COVERINGS

LW DECOR INC.

Blinds, shutters, shades, 40 years serving Leisure World. Contractor's License #723262.

LW DECOR INC.

562-596-0559. 09/24

WINDOW WASHING

WANT CLEAN WINDOWS? I Clean Inside & Outside Or... Clean Outside Only and Save \$\$\$! (562) 600-0014. LW Resident, Rich Livitsky. Seal Beach Business License #LIV0004. 08/20

LEISURE WORLD HELPING LEISURE WORLD

Y's Service Club of the YMCA will assist residents with small non-professional jobs. We change light bulbs, clean air conditioner filters, hang a small picture or mirror, remove or place items on a high shelf, air bicycle tires, etc. Donations gladly accepted. Call weekdays between 9 am-5 pm, (562) 596-9906.

"ROLLIN THUNDER" GOLF CART CLUB

Offers FREE advice on buying and selling of your golf cart. 562-431-6859.

Does your walker need new tennis balls? Delivery and installation provided. Please give your name and phone number. Maria Giegerich 562-596-9983. Free of charge.

HOME CARE PERSONAL ASSISTANT

Maria's experienced caregivers, run errands, Dr's appointments, cleaning, cooking, part-time, full-time, live-in. (562) 230-4648. Seal Beach Business License #CAM0006. 12/31/20

I am an experienced caregiver available to assist with daily care, doctor's appointments, and errands. Available 24/7. 949-899-7770. 10/01

CHRISTIAN HOME CARE

Referral Agency. Experienced, knowledgeable caregivers, honest, assertive, fluent English. Hourly/full-time, doctor's appointments, errands. Bernadine 562-310-0280. Seal Beach Business License #BCS0002. Bonded/insured. 12/10/20

EXPERIENCED CAREGIVER

Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please Call Pampet: 562-371-4895. Seal Beach License PAN0003 09/24

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Licensed by the state. Gloria 949-371-7425. 09/17

MOST AFFORDABLE RATE affordable rates with optimum service, 23 years experience LW, reliable, honest caregivers. Licensed, 24 hour, part time, doctors, appointments, references, fluent English. Ann 714-624-1911, Heidi 562-277-3650. Seal Beach License #HYC0001. 12/31/20

BEAUTY SERVICES

Tammy Nguyen Phenix Salon - Service in private suite. One customer, one hairstylist. Sanitized & professional. Haircut for men & women, shampoo, set, color, highlights, perm, nails & toenails. In-house service available. Tammy Nguyen. 13944 Seal Beach Blvd, #116. (714) 425-4198. 09/03

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 09/24

HOUSE CLEANING

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 10/08

General housekeeping, 30 years of experience. Bi-weekly or monthly. Seal Beach License RAZ0002. Call Gloria 949-371-7425. 09/17

GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning General housecleaning Excellent referrals in LW (562) 307-3861. 20 years experience. Seal Beach Business License gra0006. 09/23

MAGALY'S CLEANING SERVICE We make your home sparkle! 7 days-call anytime! Complete cleaning. Seal Beach Business License #M0001A. Call 562-505-1613. 11/05

Maria House Cleaning We'll make your house look as nice as possible! 15 years of experience. We can work with your schedule. Bi-weekly or monthly. Deep cleaning. Call or text 714-496-2885. Bus. Lic #HER0008. 10/29

COMPUTERS

FRUSTRATED (562)755-6199

Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 08/20

John's Computer Services 562-733-9193 Virus removal, Repair, Training, Software, Wireless, Internet Security. LW Resident SB License FUH0001. 10/29

AUTOS WANTED

ANY KIND OF CAR

Cars, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 10/22

Looking for a car for a college student. Preferably American made, with a mileage no more than 120K. Must be reliable. Please call and leave a voicemail or text: (714) 204-5373. 08/20

ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Cars BUY SELL TRADE and REPAIRS. Call: 714-292-9124. 05/13/21

Pride Raptor 3-wheel scooter, less than two years old. \$1,000 OBO. 714-504-6755. 08/13

TRANSPORTATION

Need a lift? Pam Miller. LW Resident. 310-227-1258. 08/20

Rides by Russ, With the personal touch. For over 5 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands.

I also make & sell face shields for \$6. Russ 714-655-1544. 08/13

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 09/03

2009 Honda Civic. Natural Gas Vehicle. 126,000 miles. \$4,500. (562) 598-2949. 08/20

MOVING, HAULING & STORAGE SERVICES

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No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 09/24

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Your moving service, any size job. Call 310-387-2618. Business License RO263644. 09/17



accepts Credit Cards for Classified ads. Call (562) 430-0534

Classifieds

MISCELLANEOUS FOR SALE

Private Sale: August 21-22, 9 a.m. Collectibles, lamps, China, cut glass, Christmas items, kitchen items, priced to sell. 13300 Del Monte, 7L, Mutual 15. Call 562-533-8747 for appointment. 08/20

Sale - Hummel spice jars & plates, Willow Tree figurines. Precious moments figures. Antique Seth Thomas wall clock. Antique picture by R. Atchison Fox. If interested, call (435) 216-6310. 08/20

Tricycle, brand new, Schwinn Meridian. \$275. Wood round table \$250, good condition. (949) 735-6811 after 5:30 p.m. 08/27

Private Sale - Appointment Only. Ethan Allen sofa, tea cart, glass curio, secretary. Sofa bed, Queen upholstered headboard, dresser/mirror. Laies clothing (size 10/16 St. John, Chicco, Drapers), costume jewelry, Lusterware, tea sets, wicker furniture. Call Docia 714-514-8232. 08/20

Moving Sale - Solid birch furniture, houseful, beautiful! Make offers, and many other household items. (562) 357-4341. 08/20

7-piece patio table & chairs. Wrought iron style. Ceramic tile top, no cushions. Cost \$600, asking \$250. (714) 272-7448. 08/20

Dial Direct, Save Time
(562) 430-0534

FREE ITEMS

Free small desk. Like new. You pick up. (562) 493-3357.

Free rock fence post from Wilson, Kansas. Anyone interested, call (562) 493-6629 or located at: 1281 Mayfield Rd., #56C.

White cast iron daybed. No mattress. Mutual 3, 21-L. Corner of Alderwood & Golden Rain. Call to view (562) 296-8024.

CEMETERY PLOTS FOR SALE

Four grave sites together. Rose Hills, Whittier. Garden of Affection. \$11,000 OBO. Call (626) 484-5575 or text. 08/20

CARPORTS WANTED

Seeking carport in Mutual 2 by Monterey Rd or Merion Way. Barbara (661) 496-7708. 08/27

Want to place a Classified ad or renew your existing one? Turn it in by **2:00 p.m. Monday**, for Thursday's publication



Joanie Korman
(714) 308-8034

LW Resident, Real Estate Specialist
BRE#01937786

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High End Remodel

Two Bedrooms
2 Full Bathrooms
Gorgeous Kitchen,
Oversized Peninsula
A Stunning Home
M15 34L \$368,000

Beautiful Remodel

Two Bedrooms
Two Full Bathrooms
Fully Expanded
Large Greenbelt
M9 226L \$385,000

2 Bedrooms 1 Bath
Fully Expanded Light and Bright, Morning Sun
M6 64C \$235,000

2 Bedrooms 1 Bath
Centrally Located
Fully Expanded
Kitchen Island
M5 114K \$265,000

Berkshire Hathaway Home Services



Erika Shapiro
BRE # 01448494

Resales Specialist
Mut. 17 Resident
Traveling Notary
562-208-5223

New Listing

2 Bedrooms / 2 Full Baths
Expanded corner, small patio, great kitchen, washer/dryer, and much more...
Mutual 11 - 263G
\$499,000



Country Cottage

Fully expanded 2 BDR, 1 Bath, lovely greenbelt. Double pane windows, plantation shutters, Central A/C Heat, and much more
Mutual 4 - 46K \$249,000



2 BDR/2 Bath Mut 15

West Facing Upstairs Corner, Fully expanded with Lots of upgrades. New Kitchen, Laminate flooring, Central A/C Heat And more.
Mutual 15 - 29J \$329,000



2 BDR, 1 Bath,

Partially Expanded, Greenbelt View, Newer kitchen, granite counter top. Smooth ceilings, double pane windows, 3 skylights, shower over a real Bath tub, fresh paint, and more....
Mutual 7 - 159I \$239,000



Reduced Move-In Ready

2 BDR/1 1/2 bath
Fully expanded corner, double pane windows, dishwasher & more
Mutual 2, 19F \$309,000

1 BDR, 1 Bath
Laminate flooring, skylights, A/C heat pump
Mutual 1 - 63B
\$167,500

1 BDR, 1 Bath
Laminate flooring, beautiful green belt location,
Mutual 1 - 29H \$175,000

Condo for Sale
Third floor, great view,
2 BDR/2 Ba
Mutual 17-42E \$375,000

Service Is My Priority!
Call me for a free market evaluation

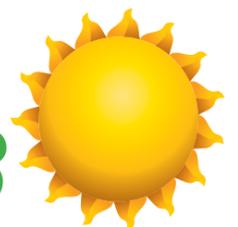
Leisure Living Resales



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ON-SITE
HOME SALES



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www.LeisureWorldHomeSales.com

WHY SELL OR BUY IN LEISURE WORLD SEAL BEACH NOW?

FACT: There are 6,608 homes in this community and only 60 are currently for sale.

WHAT THIS MEANS TO A SELLER: This is a great time to list your unit. Low inventory means there is a high demand and prices are stable or going up.

WHAT THIS MEANS TO A BUYER: If you are planning on purchasing a home here, NOW IS THE TIME! The selection is still good.

THERE ARE ONLY 5 ONE BEDROOM UNITS FOR SALE!!

Here are two listings our agent Elana Torres has she would love to show them to you! Our new agent Sally Angell, has two more one bedrooms coming soon!



M2-43I



M3-6H



M4-73H



M8-190I



Dawn Januszka
Broker
DRE #02110501



Ginni Houck
Escrow Officer



Verna Chumley
Realtor®



Marsha Gerber
Realtor®



John Webster
Realtor®



Sally Angell
Realtor®



Suzanne Fekjar
Realtor®



Terri Walters
Realtor®



Elana Torres
Realtor®



Maryann Shaddow
Realtor®



Kathy Gupton
Associate Broker
DRE # 00744676

Specializing in the LW Community

We are **SISTERS**



Gloria Hadley
Realtor®
DRE # 01057681

562 618-9940

562 884-3594

Buying or selling...

Whatever your circumstances, whatever your needs, we can help.



Mutual 9-222I
\$257,000

This lovely 2 bedroom 1 bath unit has a really nice greenbelt view, wrap around pebble tech patio, leaded glass entry door with patio skylight. Open floor plan, living room with smooth ceilings and crown molding. Kitchen has white cabinets, built-in electric appliances including refrigerator, cooktop and wall oven and ceiling light fixture. Bathroom with stone counter, large walk-in shower with sliding door and nice light fixture. Both bedrooms have smooth ceilings with crown molding. Other features include laminate flooring, drapes in every room, dual pane windows, heat pump and laundry is just steps from unit. This unit has an abundance of natural light, newer paint throughout. It is a must see to appreciate the upgrades!



Mutual 2-19L
\$349,900

Fully expanded 2 bedroom, 2 bath corner home on lovely greenbelt with leaded glass entry door and patio storage. Living room is quite spacious with designated dining area with ceiling fan. Kitchen has white cabinets, counter has matching backsplash, pantry, skylight, built-in electric appliances including wall oven, stove top, microwave, dishwasher and refrigerator. Master bedroom expanded with walk-in closet and extra storage, bathroom has skylight, stone counter and bathtub with shower. The second bedroom has custom shelving and is also quite spacious, second bath is a half bath. Other features include Central Heat and Air Conditioning, dual pane windows, vertical blinds throughout, smooth ceilings, laminate floors in kitchen and baths, carpet in living area and bedrooms. This unit has a great greenbelt view and is in a desirable location.



Mutual 12-9D
\$299,000

Charming remodeled 2 Bedroom 1 Bath Cottage. Kitchen features custom white cabinets with granite counters, built-in stainless-steel freestanding range, refrigerator, dishwasher, microwave, skylight and ceiling fan. Bathroom has white cabinets with granite counter, added linen closet, washer/dryer and walk-in shower. Master bedroom has mirrored sliding glass wardrobe doors, ceiling fan, and French sliding glass doors to patio. Formal dining room has large skylight. Entry area has wood floors and entry closet. Second bedroom has large skylight and mirrored sliding glass wardrobe doors. Central heat and air conditioning, double pane windows, private patio with walk-in storage and overlooks open green belt.



Mutual 2-13F
\$339,000

Lovely partially expanded 2 bedroom, 1 bath corner unit with nice greenbelt view from patio, also patio storage, beautiful wood leaded glass entry door with sidelights. Living space is quite spacious with separate dining area. Kitchen has custom wood cabinetry with built-in electric appliances including refrigerator, wall oven, glass cooktop, microwave and complimentary backsplash, pantry with easy pullout drawers and over-sized skylight. Master bedroom has ceiling fan, 2nd bedroom has large skylight and washer/dryer in closet. Bathroom with skylight, custom wood cabinets, newer counter and walk-in shower. Other features of this home are blinds throughout, brick pavers, dual pane windows, and central heat and air. This home is definitely move in ready, so come take a look as has so much to offer and a great location.



Mutual 6-127L
\$339,500

Beautifully expanded 2 bedroom, 1 bath home. Spacious living room has bay windows, window seat, and adjoining dining area. The kitchen has white cupboards, built-in stove, oven, dishwasher, refrigerator, Corian counters, breakfast bar with added storage and large skylight that opens. Master bedroom has walk-in closet, bay windows and ceiling fan. Second Bedroom, mirrored wardrobe closet doors and ceiling fan. Bathroom has cultured marble counters, cut down shower, large skylight that opens and tile floors. The living room and bedrooms have newly installed carpeting. This lovely home also features plantation shutters, central heat and air, smooth ceilings and is in move-in condition. Drive up side parking



Mutual 7-172K
\$279,000

This two-bedroom, one-bath home, a greenbelt gem mere steps from Central Park, almost lets you live in a garden. And you'll love the home's details: covered tiled patio, sliding doors for extra light, entry with shuttered conversation nook, large room. And the interior is painted in light tones, new hardware, and premium oak-laminate flooring throughout magnify the visual space. A new climate system provides frugal comfort controls in three areas. The bathroom's dimmable Hollywood lights over a large mirror reflect the resurfaced white counter and cut-down shower. And what reflects the outside? Why, that's a walk in the park!



Mutual 4-85G
\$459,000

This lovely fully expanded 2 bedroom, 2 full bath home has so many great features, stacked stone trim with side drive-up, stone patio with outside storage, leaded glass entry door with sidelite, patio off second bedroom with built-in storage, two patios with decorative metal enclosures. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio. Other features include dual pane windows, bay windows in living room, new carpet in living area and bedrooms, plenty of extra storage, central heat and air conditioning. If you are looking for a home that is move in ready and has everything you could possibly need then this is a must see!



Mutual 1-47D
\$175,000

Beautifully updated 1 Bedroom 1 Bath home. This charming cottage has a white kitchen with built-in appliances including stove, oven, refrigerator, black pearl granite counter tops and large skylight. Bathroom also has a large skylight and black pearl counter tops. This lovely home also features newer paint, laminate floors, double pane windows with sliding glass doors.

**GIVE US
A CALL**

We can show ALL property in the LW community

Call and let us present our extensive marketing program.

Members of M.L.S.

Visit Our Website: www.thesealbeachsisters.com

13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.)



BERKSHIRE HATHAWAY
HomeServices
California Properties



Robin Gray & Barbara Diette-Dobias



Robin Gray
 (562) 209-5605
 rwgraysales@verizon.net
 DRE 01027333



Your Leisure World Sales Team
 Together WE Have
 Over 30 Years of LW Experience
CALL ROBIN & BARBARA
 "Double the Effort, Double the Results"



Barbara Diette-Dobias
 (562) 754-5628
 barbaradobias@gmail.com
 DRE 00887640



13926 Seal Beach Blvd., Seal Beach, CA 90740 (Located in the shopping center, behind Carl's Jr.)



Mutual 6-56-C

LOCATION - LOCATION on a FOREVER GREEN!! Darling beach cottage - 2 bed, 1 bath, expanded master bed w/a bay window and wall-in closet, central heat/air, washer dryer, dual pane windows, patio to enjoy the view and breeze...



NEW LISTING



Mutual 1-40-B \$159,000
 Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, and skylight. Bathroom has a skylight, cut-down shower and vinyl floors.



NEW LISTING

Sold in One Day!

Pretty courtyard view of small green from patio. Charming basic w/2 bed, 1 bath, heat-pump, washer/dryer

Mutual 12-78-D \$229,000



NEW LISTING

Mutual 10-257-D \$265,000

Convenient Drive-up! Adorable basic 2 bed, 1 bath, remodeled kitchen and bath - both with quartz counters, beautiful laminate floors, dual pane windows, tile patio with a finished side wall and stack-stone patio wall. So much to enjoy!

LET OUR Community Experience & Knowledge Make Your Move a Pleasant Event

Mutual 3-33-E \$182,000

ADORABLE BEACH COTTAGE on a Beautiful Green with Shade Trees! You will absolutely love the yard and this home with gorgeous laminate floors, white kitchen, new bath and patio skylight, heat-pump, dual pane windows, glass inlaid front door and **STACKABLE-WASHER DRYER!!** walking distance to Clubhouse #2, drive-up, and lots of guest parking! Ready to look - CALL US TO SEE!!

See more at www.sealbeachleisureworld.com



Jim Duncan
714-356-6717
Broker/Manager



Susie Allen
562-338-3833



Robin Gray
562-209-5605



Barbara Diette-Dobias
562-754-5628



Kathy Gupton
562-618-9940



Gloria Hadley
562-884-3594



Edwina DiMario
562-706-7999



Vickie Van Ert
310-220-1407



Mary Chittick
562-882-2804



Rosie Wang Davis
626-623-9929



Joanie Korman
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 1900 St. Andrews Dr., Suite C
 Seal Beach, CA 90740
 BRE 00338699



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 Seal Beach, CA 90740



Claudette "CC" Cooley
310-484-9600



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583

Mutual 8 195C \$214,000
 remod. potential, enclosed patio, central air and heat

Mutual 3 28L \$219,000
 corner unit, enclosed patio, plantation shutters, side parking, tub

Mutual 7 175H \$220,000
 btfl. area, new lam. floors, 3 skylights, private

Mutual 1 25L \$225,000
 Fixer, great for remodel, good location, great price

Mutual 12 78D \$229,000
 washer/dryer, lam.floors, greenbelt, bright

Mutual 6 64C \$235,000
 full expan., faces so./east, skylights, gorgeous lam. floors

Mutual 7 155G \$244,000
 expanded, granite counters, skylights, heat pump

Mutual 3 20D \$247,000
 turn key, move in ready, a must see

Mutual 6 64K \$255,000
 full expan., 2 large skylights, 2 heat pumps, btfl. greenbelt

Mutual 9 222I \$257,000
 great unit, many amenities, you need to see this

Mutual 5 114K \$265,000
 full expan. newly painted, extra large skylight

Mutual 5 70C \$269,000
 cent.air, 3 skylights, lam. floors, partial expan.

Mutual 12 9D \$299,900
 washer/dryer, cent. air, double pane, trees, nice

Mutual 2 13F \$339,000
 btfl. partial expan., cust. kit., washer/dryer, cent. air

Mutual 6 127L \$339,500
 btfl. corner, bay windows, smooth ceiling, cent. air, nice

Mutual 2 19L \$349,900
 full expan., 1 1/2 baths, cent.air, smooth ceilings, greenbelt

Mutual 15 34L \$368,000
 2 baths, remod. kit., granite, enclosed patio, greenbelt kit.

Mutual 9 226L \$385,000
 Remod. corner, 2 full baths, washer/dryer, private

Mutual 11 262I \$439,000
 2 baths, cent. air, washer/dryer, really nice

One-Bedrooms

Mutual 4 78K \$165,000
 patio, 2 skylights, shows well

Mutual 1 47D \$175,000
 black pearl counters, new paint, large skylight, lam. floors



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For 2020, I have a total of 62 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



13962 El Dorado Dr., #60G | M2 | \$465,000

Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!



1562 Golden Rain Rd., #44G, M2, \$225,000

Centrally Located, Basic 2 Bedroom, 2 Bath. Walk to All Amenities. Lrg. Private Patio Surrounded by Greenery, 2 Skylights, Expanded Bedroom to Include Desk Nook. New Golden Oak Flooring.



13922 El Dorado Dr., #58D | M2 | \$243,000

Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.



1120 Northwood Rd #186L | M8 | \$269,000

Corner unit, 2 bedroom, 1 bath. Expanded master and living area. Oversized skylights in kitchen and bathroom. A/C heat pump, refrigerator with bottom freezer. Plantation shutters, laminate flooring and carpet.



1502 Golden Rain Rd #46K | M2 | \$239,500

2 Bedroom, 1 Bath Fully Expanded, Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



1981 McKinney Way, #14H | M15 | \$218,500

2 Bedroom, 2 Bath, Enclosed Patio, Corner, Dual Pane Windows, 2 A/C Heat Units. Great Private Location.



1520 Northwood #244J | M10 | \$229,500

Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.



1382 El Dorado Dr #10A | M3 | \$289,900

Fully Expanded 2 Master Bdrms, 1 Bth. Additional room added and could be used as a Third Bdrm or Office. Brand New Vinyl Flooring Throughout, Freshly Painted, New Baseboards. Greenbelt Location.

"Carol is the absolute best! She knows Leisure World, the market, and how to help sellers get their units sold. From the very beginning Carol impressed us with her preparation, attention to detail, superb customer service, and follow-up. Anyone wanting the best should call Carol. Thank you Carol for helping us and doing such a great job from beginning to end."

Rod & Brian

On August 18th, 2020 a total of 59 units show as active listings on the CRMLS (this is where Realtors list property for sale).

5-1 bedroom/1 bath
from \$165,000 to \$194,900

29 - 2 bedrooms/1 bath
from \$189,000 to \$359,900

25- 2 bedrooms/2 baths
from \$229,000 to \$549,000

I offer Virtual Tours and can you send you a Virtual Tour of any of these properties, I have access to all inventory! I am here to help!

8/18/2020- Year To Date MLS Activity

