

GAF INCOME TAX PROGRAM SUSPENDED

The AARP Tax-Aide Program Foundation is closed for at least four weeks; tax filing deadlines have been extended.
Page 2



Mini Farm Town Hall

The Mini Farm Town Hall meeting set for March 25 has been canceled due to the coronavirus pandemic.



Community Unity in Adversity

The LW Weekly wants to hear from residents who have lived through historical adversity, and how people are coping today.
Page 13



Situation Update

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus that was first detected in China is an emerging, rapidly evolving situation; the GRF will provide updated information from the CDC and other authorities, in addition to the latest guidance and reminders of how residents can protect themselves, in this weekly column.

What Is It?

The World Health Organization describes the novel coronavirus as a member of “a large family of viruses” that cause everything from the common cold to Severe Acute Respiratory Syndrome (SARS). This version causes COVID-19, a flu-like upper-respiratory disease that wasn’t well known until late last year, when a large number of cases popped up in the Wuhan province of China.

In late February, officials in Orange County declared a local health emergency, saying the move was part of “broader preparedness efforts” related to COVID-19. Local health officials said their goal is to “remain flexible” to respond to a possible outbreak, and that they are working with their federal and state counterparts to implement testing once kits become available and “guide appropriate care” for at-risk people.

Symptoms

The basics are fever, coughing and shortness of breath. Other symptoms can (but don’t always) include some combination of fatigue, body aches, nasal congestion, sore throat and diarrhea.

The older you are the more vulnerable you are to becoming seriously ill, a result of the natural decline in your immune system as you age. Others at risk of contracting dangerous versions of COVID-19 include people with high blood pressure, heart problems and diabetes.

The vast majority of people who contract COVID-19 recover, and many exhibit only mild symptoms.

How Do I Catch It?

Though scientists speculate the novel coronavirus that causes COVID-19 originally jumped from animals to people, the global health crisis is the result of a simple fact that people catch the virus from other people.

It’s not yet known if people spread

COVID-19, page 8

COVID-19 CRISIS

LW clubhouses, amenities are closed

The Golden Rain Foundation has closed the LW Library, all six clubhouses and other facilities in an effort to protect the Leisure World community from a rapidly evolving outbreak of COVID-19, a respiratory disease caused by a novel (new) coronavirus.

Closures started with the Fitness Room, and then began to ripple outward as states of emergencies were declared in the nation, California and Seal Beach.

The fall-out from the COVID-19 crisis is being felt around Southern California as people seek to protect themselves and others during this unprecedented global pandemic.

Leisure World residents are urged to remain calm and adhere to protection measures. There were no known cases of COVID-19 in Leisure World as of Friday.

Health experts advise that canceling public gatherings and encouraging people to restrict their contact with others might help stamp out new chains of virus transmission and mitigate the damage of an uncontrolled virus spread. The GRF will take whatever measures it deems necessary to protect the community.

GRF, page 15



The LW Library was bustling on Saturday with triple the usual number of residents checking out materials ahead of a shut-down that could last four weeks or longer. Fitness Center Attendant Jon Jones (below) said the Fitness Center will be closed until further notice.



INSIDE

SB Declares Emergency

The declaration will allow public safety personnel to better respond to the coronavirus outbreak and the city manager to make adjustments to ensure public safety.
Page 2

GAF Tax Service Suspended

Appointments are cancelled, and no new ones are being scheduled; filing deadline extended.
Page 2

Food Delivery Services Available

Have food delivered to your doorstep.
Page 3

OPTUMCARE AT THE HCC: COVID-19 and Social Distancing

Health Care Center cancels all classes, speakers, support groups

—from the Health Care Center

In response to the ongoing Covid-19 (coronavirus) issue, the Health Care Center canceled all scheduled events as of March 12.

This includes classes, demonstrations, guest speakers and support groups.

Your health is a top priority for us. We hope to have our events back soon. Stay tuned for more information.

These upcoming events are canceled:

- March 20: Managing Wounds, presented by Sarah Yi, NP
 - March 23: Spring into Action for Diabetes, presented by Maureen Ngo
 - March 23: Boost Mood with Food, presented by Humana
 - March 27: Smartphone Training, presented by California Telephone Access Program
 - March 30: Discover Your Monarch Benefits, presented by Monarch HealthCare
- The Health Care Center will remain open, (562) 493-9581.

The need for social distancing to help limit the spread of COVID-19 prompted the Health Care Center’s action.

One of the best ways to keep yourself and loved ones safe is to stay away, a recommended strategy from health experts. That’s because when people crowded together, it’s easy to share germs. When someone sneezes or coughs, germs can spread six-eight feet away. And if anyone’s around, he or she could breathe it in.

Social distancing is the technical term for staying away. It means avoiding crowded public places and events, and spending more time by yourself.

To stay socially active during this time, there are a couple of things you can do:

- Call up old friends. Just because you’re stuck at home doesn’t mean you have to avoid people. This is a great time to catch up with friends you haven’t spoken to in awhile.
- Use Facetime or Skype. Need to see some friendly faces? If you have a smartphone or tablet, it’s a great time to explore



how these technologies work.

- Plan for the future. Catching up with friends and family is going to be much needed after being cooped up. Start creating some fun reunion ideas for after the COVID-19 blows over.

Stay tuned to the Leisure World Weekly for updates and strategies to help people cope with this evolving situation.

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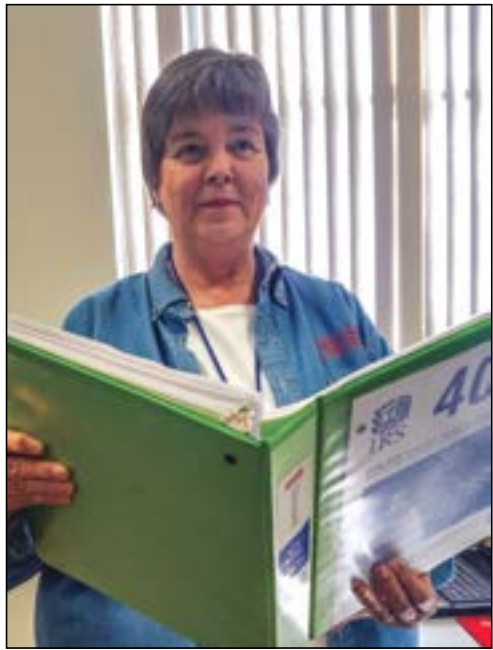
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GAF TAX PROGRAM

Filing appointments suspended; tax deadlines have been extended

The AARP Tax-Aide Program sponsored by the Golden Age Foundation will be closing for four weeks, the same period that Golden Rain Foundation facilities will be closed.

The tax program will not take any appointments until the future is more certain, according to Diana Lambert, chair of the GAF Tax Program.



Diana Lambert, GAF Tax Program chair

The state of California has extended the tax filing date by 60 days, and President Donald Trump announced March 11 that he will instruct the Treasury Department to allow individuals and businesses negatively affected by the coronavirus to defer their tax payments beyond the April 15 filing deadline.

It's possible that the tax deadline will be extended by 90 days.

"We hope to reopen and accommodate residents who have not filed their returns," said Lambert, who added volunteer tax preparers have already efiled 465 returns.

In an address from the Oval Office on March 11, Trump said he would use his emergency authority to allow individual taxpayers and businesses to defer paying their taxes by next month's deadline if they have suffered adverse effects from the spreading virus.

The California Franchise Tax Board (FTB) announced March 13 that there will be special tax relief for California taxpayers affected by the COVID-19 pandemic.

Affected taxpayers are granted an extension to file 2019 California tax returns and make certain payments until June 15, 2020, in line with Gov. Newsom's March 12 Executive Order.

For information, call (562) 596-1987.

CITY OF SEAL BEACH

Leaders proclaim a local emergency amid COVID-19 crisis

The City of Seal Beach has declared a local emergency due to potential public health impacts of the COVID-19 (coronavirus). The emergency declaration supports measures to be taken to protect public health, safety and welfare within the City.

The City may require supplemental assistance if the severity of the event goes beyond the capabilities of local resources. The emergency declaration enables the City to call in additional resources which may be necessary. The actions are in line with what other local and regional agencies are considering or have enacted as a preventative measure to decrease the risk of community spread of Coronavirus in their communities.

Seal Beach has a large population of those who are at high risk for coronavirus. Of the 24,119 Seal Beach residents (U.S. Census 2019), 9,479 or approximately 40 percent are over the age of 65. Due to the Leisure World community, multiple nursing homes and chronic-care facilities within the City and the proximity to Long Beach where at least four cases have been reported, and Los Angeles County where at least 20 cases have been reported, it is in the best interest of the City of Seal Beach to declare a local emergency.

On Monday, the City closed all bars as of 11:59 p.m. that night through Thursday, March 19, at 11:59 p.m. The move was based on guidance from the President



and Gov. Gavin Newsom.

Additionally, all restaurants will be limited to take-out orders only, subject to the Seal Beach Council's ratification of the Proclamation at a special meeting today at 5:30 p.m. The council will also consider extending the Proclamation indefinitely or to another date certain.

Los Angeles County has already implemented these restrictions.

Additionally, the City will be revising the Proclamation to include restrictive language about

limiting social gatherings to 50 people or less.

As a precaution to reduce community spread of coronavirus, the City also curtailed operations on March 13. The changes to operations will be in place through the end of March or until further notice.

The temporary changes include:

• City Facilities

All City facilities, including City Hall, the Seal Beach Center, Marina Community Center, ten-

CITY, page 8



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10 reasons why people ought not to panic

Editor's Note: This article is by Ignacio López-Goñi, a professor of Microbiology at the University of Navarra (Spain) and it first appeared in The Conversation Spain, a daily newsletter that can be found at <https://theconversation.com>.

Regardless of whether we classify the new coronavirus as a pandemic, it is a serious issue. In less than two months, it has spread over several continents. Pandemic means sustained and continuous transmission of the disease, simultaneously in more than three different geographical regions. Pandemic does not refer to the lethality of a virus but to its transmissibility and geographical extension.

What we certainly have is a pandemic of fear. The entire planet's media is gripped by coronavirus. It is right that there is deep concern and mass planning for worst-case scenarios. And, of course, the repercussions move from the global health sphere into business and politics.

But it is also right that we must not panic. It would be wrong to say there is good news coming out of COVID-19, but there are causes for optimism; reasons to think there may be ways to contain and defeat the virus. And lessons to learn for the future.

1. We know what it is.

The first cases of AIDS were described in June 1981 and it took more than two years to identify the virus (HIV) causing the disease. With COVID-19, the first cases of severe pneumonia were reported in China on Dec. 31, 2019, and by Jan. 7 the virus had already been identified. The genome was available on day 10.

We already know that it is a new coronavirus from group 2B, of the same family as SARS, which we have called SARS-CoV2. The disease is called COVID-19. It is thought to be related to coronavirus from bats. Genetic analyses have confirmed it has a recent natural origin (between the end of November and the beginning of December) and that, although viruses live by mutating, its mutation rate may not be very high.

2. We know how to detect the virus.

Since Jan. 13, a test to detect the virus has been available.

3. The situation is improving in China.

The strong control and isolation measures imposed by China are paying off. For several weeks now, the number of cases diagnosed every day is decreasing. A very detailed epidemiological follow-up is being carried out in other countries; outbreaks are very specific to areas, which can allow them to be controlled more easily.

4. 80 percent of cases are mild.

The disease causes no symptoms or is mild in 81 percent of cases. Of course, in 14 percent it can cause severe pneumonia and in 5 percent it can become critical or even fatal. It is still unclear what the death rate may be. But it could be lower than some estimates so far.

5. People recover.

Much of the reported data

relates to the increase in the number of confirmed cases and the number of deaths, but most infected people are cured. There are 13 times more cured cases than deaths, and that proportion is increasing.

6. Symptoms appear mild in children.

Only 3 percent of cases occur in people under 20, and mortality under 40 is only 0.2 percent. Symptoms are so mild in children it can go unnoticed.

7. The virus can be wiped clean.

The virus can be effectively inactivated from surfaces with a solution of ethanol (62-71 percent alcohol), hydrogen peroxide (0.5 percent hydrogen peroxide) or sodium hypochlorite (0.1 percent bleach) in just one minute. Frequent handwashing with soap and water is the most effective way to avoid contagion.

8. Science is on it, globally.

It is the age of international science cooperation. After just over a month, 164 articles could be accessed in PubMed on COVID-19 or SARS-CoV2, as well as

many others available in repositories of articles not yet reviewed. They are preliminary works on vaccines, treatments, epidemiology, genetics and phylogeny, diagnosis, clinical aspects, etc.

These articles were written by some 700 authors, distributed throughout the planet. It is cooperative science, shared and open. In 2003, with the SARS epidemic, it took more than a year to reach less than half that number of articles. In addition, most scientific journals have left their publications as open access on the subject of coronaviruses.

9. There are already vaccine prototypes.

Our ability to design new vaccines is spectacular. There are already more than eight projects underway seeking a vaccine against the new coronavirus. There are groups that work on vaccination projects against similar viruses.

The vaccine group of the University of Queensland, in Australia, has announced it is already working on a prototype using

VACCINE, page 8



FOOD DELIVERY SERVICES

Nutritious meals can be delivered to you

Seniors who need food services have several delivery options that bring nutritious meals to their doorsteps.

Meals on Wheels Long Beach delivers nutritionally balanced meals to people who are unable to shop and cook for themselves and who live alone. Founded in 1971, the program continues with the support of dedicated volunteers and generous donors.

Meals are served Monday through Friday except major holidays. For \$8.25 per day, friendly

volunteers bring for two meals, a hot dinner, cold lunch, dessert and beverage to your door (see the weekly menu in the Health section).

Eligible clients pay a fee if they are able, and if not, under certain conditions may be subsidized through ongoing sponsorship programs.

Both meals are delivered between 10:30 a.m.-12:30 p.m. To sign up or for more information, visit <https://mowlb.org> or call

DELIVERY, page 14



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Perspectives

Seal Beach Council Comments

by Thomas Moore
Councilman District 2

There is a tremendous amount of pressure on cities to meet new housing requirements. Laws in Sacramento make city officials and council members sometimes feel powerless against a huge bureaucratic effort to try to make housing more affordable and available.

The State of California has once again asked cities to perform the impossible and at their own expense.

There is a new requirement developed by Southern California Association of Governments (SCAG) for the City of Seal Beach to change its zoning to allow 1,240 new housing units by 2029.

There are many cities across California that are opposed to this, including the City of Seal Beach.

There are a variety of factors that SCAG used to determine the number of housing units needed in each of the cities. Existing need to job accessibility and net residual factor were only two of the metrics utilized by SCAG and yet accounted for 1,115 of the 1,240 total housing units needed.

If you remove these factors, there would only be 113 additional units needed for Seal Beach, which is what you would expect for a city of its size. (Nevertheless, 113 housing units is still high for any small city that has very little land available for development).

Seal Beach has counted about 13 homeless people in its last count. The city also is built out almost completely with the only land available in parks, the wetlands and the navy base. Most available land is privately owned, so if available land and numbers of homeless in the city were factors, the city's housing requirements would be much lower.

So where do we build these new homes?

We could convert the wetlands to commercial apartment buildings, but the people in Sacramento who are telling the city to build more are the same folks who would be in staunch opposition to



MEMBER COLUMN

Seeing deeply and reaching out

by Chung Hur
LW contributor

After I read Jim Greer's column, "Seeing Others Deeply," (LW Weekly, March 12), I immediately thought yes, seeing deeply is the first step.

But I'd like to add one more ingredient that helps make a community.

I moved to Leisure World one-and-a-half years ago. I have joined and enjoyed many activities. I must say the experiences have been excellent. People are friendly and nice.

But I have wondered who are the people who living around me, under the one roof and building to building.

I visited my next door neighbors with pizza and beer when I first moved in. We have continued doing that once a month, or we go out lunch.

I knock the door occasionally to make sure they are ok or need any help.

My other next-door neighbor left two weeks ago for assistant living. I miss him a lot even though we were only acquaintances.

When I invited my neighbors to say good bye to him over pizza,

MEMBER, page 18

Letters to the Editor

Editor:

In response to the recreation article in the March 5 LW Weekly, I would like to congratulate the Recreation Committee on all it has accomplished. However before they take a final bow, I ask that they would consider yoga an everyday activity.

Doctor recommended, low impact and with curative powers, it is perfect for senior health.

Currently there is no yoga on Wednesday or Friday.

There is no cost involved, no set up or break-down and no special facilities that need to be built.

There are also not enough advanced classes for the hundreds of people who have been practicing for a long time.

Perhaps a Saturday class, with a fully qualified instructor in one of the many vacant rooms would be a good start.

Donna Sprow
Mutual 6

Editor:

It was gratifying to see important information regarding the coronavirus in the LW Weekly. It helps keep shareholders aware of prevention measures.

I know the world is being affected by this virus. Reading and learning from experts will help me stay safe.

Nutritious meals, eight to nine glasses of water, good sleep and some vitamins will help us stay well.

Lisa A. Dickson
Mutual 1

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, deposited in a white GRF drop box, or hand-delivered. 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.

Setting It Straight

Last week's Republican Club article in the LW Weekly said that "\$2 million has been spent." It should have read "\$2 million has been spent on police and fire service."



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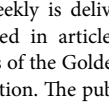
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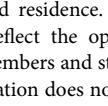
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Government

GRF Board Agenda

In order to avoid the spread of coronavirus/COVID-19, the March 24, 2020 GRF Board meeting is canceled. Should circumstances dictate, an alternative meeting method will be developed, if possible, for the April 28 meeting.

From the SBPD

The coronavirus pandemic has impacted the way that the Seal Beach Police Department operates. In order to accomplish its mission of driving down crime and improving the quality of life in Seal Beach, along with helping to stop the spread of infection, the SBPD has implemented the following proactive measures:

- Field Operations**
 - The SBPD will still respond to all emergency calls for service.
 - All volunteer services, including the Volunteers in Police Services (VIPS), CERT, RACES and the Explorer Post, have been temporarily suspended.
 - With the closure of McGaugh Elementary School, crossing guard duties have been suspended. Crossing guards are now assisting with other departmental needs.
 - Motor officers have been reassigned to patrol vehicles.
- Station Operations**
 - The SBPD Main Station Lobby and Substation located at the base of the Pier are closed to the public. Members of the community can use the telephones located outside of the front doors of the station and substation to request police assistance.
 - Essential administrative staff are approved for telecommuting if they so desire; 13 laptops were purchased for police department and City Hall personnel to assist with this.
 - Disinfection equipment has been supplied to all personnel. Patrol vehicles and other equipment are being regularly disinfected. Employees have been provided with universal care precautions. Additional safety and cleaning supplies have been ordered.
 - All non-essential meetings and conferences have been postponed or are being done via teleconference.
 - The SBPD is following the City Attorney's advice regarding personnel rules and HR protocols for employees who may have been exposed to a communicable disease.

- Emergency Management**
 - Emergency Services Sgt. Julia Clasby is updating the COVID-19 response plan daily.
 - The Seal Beach Emergency Operations Center (EOC) is open and functioning at duty-officer status.
 - SBPD is participating in daily teleconferences with county-wide Emergency Operations Centers.
- Court Operations**
 - The Orange County Superior Court closed all Orange County Courthouses through March 27. Certain court proceedings and orders have been extended. For details visit www.occourts.org.

For additional information continue to visit the City of Seal Beach's website www.sealbeachca.gov and the Seal Beach Police Department's social media pages.

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The Administration Conference Room is upstairs in the Administration Building. The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration (<i>Due to the COVID-19 outbreak, meetings may be canceled or postponed without notice</i>):	
Tues., March 24	GRF Monthly Meeting Clubhouse 4..... 10 a.m.
Thurs., March 26	Management Services Review Ad Hoc Administration..... 1 p.m.
Wed., April 1	Government Document Committee Admininstration..... 10 a.m.
Wed., April 1	Physical Property Committee Administration 1 p.m.
Thurs., April 2	Architecture Design Review Committee Administration..... 1 p.m.
Fri., April 3	GRF Board Executive Session Administration..... 1 p.m.
Mon., April 6	Recreation Committee Conference Room B 1 p.m.
Wed., April 8	Security, Bus & Transportation Administration..... 1 p.m.
Thurs. April 9	Communication Committee Administration..... 1 p.m.
Fri., April 10	Executive Committee Administration..... 1 p.m.
Mon., April 13	Mutual Administration Committee Administration 1 p.m.
Tues., April 14	Facilities/Amenities Review Ad Hoc Administration..... 1 p.m.
Wed., April 15	Strategic Planning Ad Hoc Administration..... 10 a.m.

Mutual election cycle begins; directors needed

The community unity displayed in Leisure World Seal Beach is a direct result of all the unpaid volunteer Mutual and GRF board members duly elected to serve their mutuals and the shareholders over many years. What better way to sustain a community such as Leisure World than by volunteering time toward the governance of the incredible lifestyle shareholders enjoy?

This community was founded on the premise that the Mutual Boards and the elected board directors would set into operation the day-to-day business of each mutual corporation. Directors address the issues of most importance to their electorate, that is, the shareholders. Board directors find solutions to problems, large and small. This is not an easy job. It takes time, effort and a willingness

to unselfishly donate a portion of everyday life to the community.

Leisure World Seal Beach is full of highly qualified shareholders who have so much expertise to offer, such as knowledge of construction, plumbing and accounting. New ideas and perspectives are always needed and that means volunteers are needed. Consider becoming a candidate

for a director's position on your mutual's board of directors.

The schedule below indicates each mutual's annual meeting date and election. Note the deadlines to apply for candidacy.

For more information on becoming a Mutual Board of Directors candidate, contact the Stock Transfer Office at (562) 431-6586, ext. 346.

Parcel Designations Mutuals 9 and 12

Mutual Nine		Mutual Twelve	
Parcel	Bldgs.	Parcel	Bldgs.
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40	211-214	2	70-73
41	215-218	3	74-78
42	219-223	4	6-11
43	224-226	8	55-63
44	227-232	9	40-47
45	233-237	10	34-39

2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	7	384	193	5	Fri. 2/14	Mon. 3/16	Wed. 4/15	May	5/15	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 4/20	May	5/20	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 4/21	3 rd Thurs.	5/21	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 4/22	4 th Fri.	5/22	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
	11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 4/28	4 th Thurs.	5/28	10 a.m.	
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JUNE	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 5/6	June	6/5	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 5/9	2 nd Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 5/10	2 nd Tues.	6/9	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 5/11	2 nd Wed.	6/10	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 5/12	2 nd Thurs.	6/11	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 5/13	2 nd Fri.	6/12	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 5/20	3 rd Fri.	6/19	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 5/24	4 th Tues.	6/23	10 a.m.	Staggered Terms.

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

Presidents' Council Meeting Recap

The regular monthly meeting of the Presidents' Council of Seal Beach Leisure World was convened at 9 a.m., by President Jackie Dunagan, on March 5 in Clubhouse 4, followed by the Pledge of Allegiance.

The following is a recap:

- The regular monthly Council meeting minutes of Feb. 6, 2020 were approved, by general consent of the Council, as written.
- Victor Rocha, security services director, discussed Mutual Carport Sweeps, Seal Beach PD Patrol and computer communication with current system.
- Christopher Chung from the Health Care Center discussed the coronavirus and flu symptoms, concerns and precautions.
- Charity Kopp, Health Care Center representative, discussed the four phases of the renovations currently underway.
- Mark Weaver, facilities director, discussed termite/pest control, and advised that bids are being sought for the sewer cleaning contract.
- Jodi Hopkins presented Mutual Administration and Stock Transfer office reports.
- Randy Ankeny discussed the concerns about the coronavirus,

the community and employees. He advised canceling any non-emergency meetings and to temporarily stop shaking hands. He also provided an update on the Access Control system and computer communications.

- The Council discussed the 2019/2020 annual Report.
- The Council discussed Fenn traps for mosquitos.
- Jodi Hopkins discussed the Temporary Mutual Driveway Parking Permit.

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- Hepatitis A, Hepatitis B (간염)
- M-M-R (홍역, 볼거리, 풍진)
- Meningitis (수막염)
- Tdap (파상풍, 디프테리아, 백일해)
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EVEN-NUMBERED MUTUALS

How to be a GRF Board candidate

The campaign cycle for the GRF Board of Directors (BOD) is now underway. During 2020, the Board seats representing the even-numbered Mutuals are up for election.

Candidacy is subject to all applicable state laws and in accordance to GRF 30-5025-3. All candidates must be members of GRF for at least a year at the time of nomination and cannot have been convicted of a crime that would either prevent GRF from purchasing fidelity bond coverage or terminate existing coverage.

A Mutual BOD may appoint a nominating committee for the purpose of recommending a candidate for election.

All candidates recommended by a Mutual BOD or nominating committee will be given candidate instructions by the Stock Transfer Office.

Candidates must be current in payment of carrying charges. This does not include non-payment of collection charges, late charges, fines cost levied by a third party or if member has paid under protest.

All members have the right to engage in Internal Dispute Resolution (IDR) and/or Alternative Dispute Resolution (ADR) pursuant to Civil Code 5658. A member may contact the Board in writing to initiate an IDR/ADR. If an IDR/ADR is not scheduled and completed prior to the nomination deadline the candidates may be disqualified for non-payment of monthly assessments.

A candidate may be a member who is an officer or director of a Mutual Corporation, a member of any City Council, Board of Supervisors of the County of Orange, Planning Commission for the City of Seal Beach or County of Orange.

In addition, a member of any entity or partnership or an officer or director of any other corporation engaged in supplying material series or labor to GRF is strongly discouraged from running for the Board. Such actions may cause a potential conflict of interest, causing unnecessary liability, including but not limited to breaching fiduciary duties.

Each candidate may submit a statement of 300 words or less in 12-point or larger font, single-sided, to the Stock Transfer Office.

Statements shall be written in compliance with the election rules, e.g., contain the background, qualifications and platform of the candidate, and shall not contain any disparaging or defamatory content.

The statements will be mailed out with ballots.

Candidate Nomination Forms and GRF Directors Handbooks are available in the Stock Transfer Office in the Administration Building beginning Wednesday, March 4, and must be submitted before the deadline, 4:30 p.m., Friday, April 3.

Members are invited to attend a Question-and-Answer Forum with current GRF Directors on Wednesday, March 25, from 1- 2 p.m. or Thursday, March 26, from 2-3 p.m., at the Administration Building, Conference Room A.

Candidates must show a photo ID when turning in the Candidate Nomination Form and Statement. Candidates will receive a receipt when turning in their application materials.

Candidates who complete a Candidate Nomination Forms (or who are nominated by a Mutual's nominating committee or Board) will be listed on the Secret Mail-in Ballot.

Three packets containing the Secret Mail-in Ballot, postage-paid envelopes, balloting instructions and deadlines will be mailed to each household in the even-numbered Mutuals on Sunday, May 3.

Nominations from the floor and write-ins are prohibited.

For further information on being a candidate for the GRF Board, call 431-6586, ext. 346, for Stock Transfer, or ext. 303 for the Board of Directors Office.

Mutual 3 Meeting Cancellations

Due to coronavirus restrictions, the following Mutual 3 meetings have been cancelled:

- March 31, Special Agenda Meeting
 - April 10 Board of Directors Meeting
- Contact the Mutual 3 president at (702) 250-3336 for more information.

Decal Office

Expiring resident decals are replaced in the satellite Security Office, downstairs in Building 5. Bring a resident ID card, valid driver's license, current car registration and insurance card when applying. Decals are issued 8 a.m.-4 p.m., Monday-Friday and Saturday, 9 a.m.-1 p.m.

ORANGE COUNTY

Guidelines issued to fight COVID-19

—from Orange County

While the County of Orange risk levels are still low, Orange County wants to be prepared in the event additional guidelines on COVID-19 come from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH), respectively.

As such, the County of Orange is currently providing the following guidance as it relates to its COVID-19 response:

- As of Monday, there was laboratory evidence of community transmission in Orange County, indicating that COVID-19 is spreading in the community.
- People aged 65 and older, and those with chronic health conditions (heart disease, diabetes, and lung disease) should stay home.
- All residents should practice good health hygiene, which includes washing your hands, staying home if you are sick, avoiding close contact with people who are sick and covering your cough or sneeze with a tissue or your sleeve (not hands).
- High-risk populations that include older adults (ages 60 and higher) as well as people who have serious, chronic medical conditions (like heart disease, diabetes and lung disease) are at higher risk for contracting COVID-19.
- Everyone is advised to minimize risk through social distancing whenever possible. This includes limiting attendance at large gatherings.
- Maintain vigilance and personal readiness, which includes being prepared if there is COVID-19 in your household or a disruption of daily activities in your community. For example, maintain a supply of medications, food and other essentials.

These guidelines provide essential protections to individuals at risk of severe illness and to health care and other critical infrastructure workforces.

Preventing a sudden, sharp increase in the number of people infected with COVID-19 will help minimize disruptions to daily life and limit the demand on health care providers and facilities. For updates, monitor the Orange County Health Care Agency's website at www.ochealthinfo.com/novelcoronavirus and on their social media channels. The OCHCA's Health Referral Line is taking questions from the community about COVID-19 daily from 8 a.m. - 5 p.m. at (800) 564-8448.

Schedule of Mutual Meetings

Mutual meetings are listed below. Mutual residents are invited to attend the open meetings of their mutual boards as follows (due to the COVID-19 outbreak, meetings may be canceled or postponed without notice):

Thurs., March 19	Mutual 2 Administration9 a.m.
Wed., March 25	Mutual 10 Administration9 a.m.
Thurs., March 26	Mutual 1 (open forum precedes meeting) Administration9 a.m.
Fri., March 27	Mutual 6 Administration 9:30 a.m.
Tues., April 7	Mutual 16 Administration 9:30 a.m.
Tues., April 7	Mutual 17 Administration 1:30 p.m.
Wed., April 8	Mutual 4 Administration9 a.m.
Thur., April 9	Mutual 12 Administration9 a.m.
Fri., April 10	Mutual 3 Administration9 a.m.
Mon., April 13	Mutual 9 Administration9 a.m.
Wed., April 15	Mutual 5 Conference Room B.....9 a.m.
Wed., April 15	Mutual 7 Administration 1 p.m.
Thurs., April 16	Mutual 2 Administration9 a.m.
Thurs., April 16	Mutual 11 Conference Room B..... 1:30 p.m.
Mon., April 20	Mutual 15 Administration 1 p.m.
Tues., April 21	Mutual 14 Conference Room B..... 1 p.m.
Wed., April 22	Mutual 10 Administration9 a.m.
Thurs., April 23	Mutual 1 (open forum precedes meeting) Administration9 a.m.
Fri., April 24	Mutual 6 Administration 9:30 a.m.
Mon., April 27	Mutual 8 Administration9 a.m.

Carport Cleaning Schedule 2020

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

- Memorial Day - Monday, May 25**
Mutual 10, Carports 117-121, 123-124, will be cleaned on Friday, May 29.
- Independence Day - Saturday, July 4**
No carports are affected
- 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.
- Christmas Day - Friday, Dec. 25**
Mutual 14, Carports 150-157; Mutual 15, Carports 1-2, will be cleaned Thursday, Dec. 31.

GRF DROP BOXES

For convenience, drop payments there

Located throughout the community are light tan-colored payment boxes provided as a convenient method of dropping off monthly assessment payments as well as utility payments for Edison, Verizon, Frontier and Spectrum without having to use a postage stamp.

GRF has established strict procedures relating to the collection and delivery of payments deposited in these payment boxes. Payments are collected once daily Monday-Friday from all boxes. Sealed pay-

DROP BOX, page 18

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Religion



Faith Christian Assembly's regular Sunday service
FAITH CHRISTIAN ASSEMBLY

Celebration service on Sunday nights

Faith Christian Assembly has a celebration service every Sunday Evening at 5:30 p.m. This one-hour service is a more informal time of worship, teaching by Pastor Sheri Leming and fellowship. The church also allows extra time to enjoy the great hymns of the church. While many churches have canceled their Sunday evening services due to lack of attendance, Faith Christian Assembly is finding more and more people who find value in the service. Faith Christian Assembly believes the Sunday evening service is a great way to end the weekend and begin a new week. Early prayer time is at 5 p.m.

Tuesday is Faith Fellowship Time at 11 a.m. in the Garden Room. Midweek Bible Study is taught by Pastor Sheri Leming, on Wednesdays at 11 a.m. in the Garden Room. GriefShare is on Fridays at 2 p.m.

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

Community Church

Community Church is suspending services and events due to concerns surrounding the coronavirus.

There will be more information to come about the coat drive that was originally planned to run until Palm Sunday, April 5.

Pastor Johan Dodge wants the congregation to know that the phone system has been modified to make the weekly sermon available.

Community Church is calling each other regularly for prayer and two questions:

- Do you have what you need?
- Do you have anything you can spare?

Pastor Johan encourages anyone to call the church office to be added to the phone list of those who are called regularly and asked these questions, regardless of whether they have a faith community. Anyone can call and in and listen to the Scripture and sermon each week as well as other worship elements.

Printed copies of the sermon are available from the church office each Monday and the church hopes to offer Christian coloring pages for people to use to pass the time soon.

Congregation Sholom

Due to the coronavirus, all services and activities at Congregation Sholom have been suspended until further notice. However, it is still here to support the members. If anyone needs help getting food or other necessities, call Carol Levine at 505-3622.

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Beit HaLev

Beit HaLev, the cyber-synagogue can now be accessed directly from Rabbi Galit Shirah's website, <http://www.galityomtov.com>. There is an interactive chat that accompanies the livestream video of "Shabbat Shalom LIVE!"s" livestream Sabbath services. To chat with the rabbi and the congregation, click the chat icon on the lower right corner of the page.

The Torah reading for this Shabbat is "Vayakhel-Pekudey" from Exodus 35:1-37:16 and Shabbat HaChodesh (Sabbath of the New Moon). This is a double Parashah that focuses on further instructions for the ritual objects and fabric coverings for the Tabernacle; the special reading for Shabbat HaChodesh is a reiteration of the instructions for the Passover.

In addition to "Shabbat Shalom LIVE!" Rabbi Galit Shirah conducts weekday Ma'ariv (evening) services every Thursday at 4 p.m. for *SimShalom.com*. There is a chat area where viewers can converse interactively with the rabbi and the global congregation.

Rabbi-Cantor Galit teaches leynung (chanting) of Torah and Haftarah, Prayerbook and Modern Hebrew lessons. Classes will start again in April. Anyone interested in lessons should contact Rabbi-Cantor Galit Shirah at (562) 715-0888 or email her at duets@icloud.com.

LW Baptist

Editor's note: Since many LW churches have postponed events and services due to concerns surrounding the coronavirus, the LW Weekly has asked pastors and church leaders to share words of encouragement or devotionals in place of event or service updates over the next few weeks.

by Rolland Coburn
LW Baptist Pastor

We need hope in these trying times, and the Bible reassures us: "Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit" (Roman 15:13).

God is the God of hope because he produces hope within us. But he himself is the hope of his people. Without him hope is not really possible, but only wishful thinking.

Fullness of joy and peace flows from this hope and from nowhere else. And for believers, this hope and joy and peace can grow ever richer daily.

Faith is needed, because without faith, it is impossible to please God. The sentence before this Bible text on hope tells what the object of faith must be. It says "There shall come the root of Jesse, And He who arises to rule over the Gentiles, In Him shall the Gentiles hope" (Romans 15:12). The root of Jesse is the Lord Jesus Christ.

Ask God in faith to fill you with this hope today.

Assembly of God

This past Sunday, Pastor Sam Pawlak was on FaceTime at 10:30 a.m. with a brief message of encouragement to the congregation.

Pastor Sam spoke from Psalms 91:9-10 "... because you have made the Lord your refuge, the Most High your habitation, no evil shall befall you, no scourge come near your tents," and verses 15-16 "... When he calls to me, I will answer him; I will be with him in trouble, I will rescue him and honor him. With long life I will satisfy him; and show him my salvation."

Pastor Sam will be on FaceTime this Sunday at 10:30 a.m., the regular time for worship at Assembly of God.

In addition to Pastor Sam's messages on Sunday over Facetime, Richard Ryals is helping create DVDs of what would have been the message for each Sunday.

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First Christian Church

First Christian Church is suspending all scheduled church services until further notice. It will continue several weekly small group prayer and worship times. Call the church office at (562) 431-8810 for more information on times of these meetings. Leave a message and someone will respond as soon as possible.

First Christian wants to remind its congregation that God’s word says to not fear, and he will be with us always. Be of good cheer. Encourage one another, and that this too shall pass.

First Christian church will continue to print articles to keep the community informed of any changes in the schedule.

Religion Directory

Editors note: The religion directory is to help LWers find out information about their church during the ongoing coronavirus situation. Pastors and church leaders can email laurieb@lwsb.com to submit articles or contact updates.

Redeemer Lutheran Church
13564 St. Andrews Dr., LW
Sunday worship, 10:30 a.m.
Bible Study, Wed., 10-11:30 a.m.
598-8697

Buddha Circle
Fourth Saturday of the month, 9:30 a.m., Clubhouse 4, Section B;
(562) 296-5588

LW Community Church
14000 Church Place
Sunday worship, 9:50 a.m., 431-2503

St. Theodore Episcopal Church
Clubhouse 3, Lobby,
Sunday service, 10:30 a.m.
Wednesday, 11 a.m.,
Chapel, 1240 Oakmont 52-B
430-8619

LW Baptist Church
Clubhouse 4, Sun., 9:45 a.m.;
Bible class, 8:45 a.m, Art Rm.
Wed. Bible study, 3 p.m., CH 3, Rm. 1 (2nd Wed in CH 4)
Em Schoonhoven, 430-2920

Chinese Bible Study Fellowship
Bible Study, Christian Fellowship, Tuesday (except June, July, August) 1:30-3:30 p.m., Clubhouse 3, Rm. 5, (last Tues, Rm. 9), 430-2209

Leisure World Assembly of God
Clubhouse 3, Room 2
Bible class, 9:30 a.m.
Sunday worship, 10:30 a.m. and 6 p.m.
Bible study, Wed, 10 a.m.
CH 3, Room 6

Seal Beach Sa-Rang Church
Clubhouse 3, Room 1
Sunday worship, 11 a.m.
Wednesday worship, Bible study, 7 p.m., 493-5110

Congregation Sholom
Clubhouse 3 lobby
Friday service, 7 p.m. Saturday service, 9:30 a.m.

Korean Catholic Fellowship
3rd Saturdays, 5 p.m.
Clubhouse 3, Room 4
(562) 431-8902

Church of Jesus Christ of LDS
Family home Evenings,
Clubhouse 3, Room 1
3rd Monday, 6 p.m., Sept.-June

Seal Beach Cornerstone Church
Sunday worship (Korean), 9:45 a.m., Clubhouse 2
(562) 331-6104

First Christian Church
Sunday Bible study, 9 a.m.;
Worship Service, 10:15,
Chapel on Northwood Road behind Carport 125
Bible studies, 10 a.m., Tues. & Thur., 431-8810

Calvary Chapel Bible Study
First Christian Chapel on Northwood Road behind Carport 125
Thursdays, 6 p.m.
Phil O’Malley, 598-0270

Holy Family Catholic
13900 Church Place
Mass Mon-Sat., 8:30 a.m.; Sat., 5 p.m.; Sunday at 8 a.m., 10 a.m., noon, 430-8170

Salvation Army
St. Andrews Clubhouse 4
Home League, Mon., 7 p.m.

VACCINE from page 3

the technique called “molecular clamp,” a novel technology. This is just one example that could allow vaccine production in record time.

Prototypes may soon be tested on humans.

10. Antiviral trials are underway.

Vaccines are preventive. Right now, the treatment of people who are already sick is important. There are already more than 80 clinical trials analysing coronavirus treatments. These are antivirals that have been used for other infections, which are already approved and that we know are safe.

One of those that has already been tested in humans is remdesivir, a broad-spectrum antiviral still under study, which has been tested against Ebola and SARS/

COVID-19 from page 1

the disease only when they’re symptomatic, or if the disease can jump from a person before they feel ill. For now, experts believe the disease seems to spread easily, and that the rate of infection hasn’t shown signs of slowing in the way that most versions of the flu become less common in warmer weather.

Transmission happens when a person with the disease exhales, coughs or sneezes and droplets wind up in another person’s nose or mouth, either directly or after first landing on an object or surface. If another person inhales a droplet or touches an infected surface and then rubs their eyes, nose or mouth without washing their hand, transmission is possible.

It’s believed that people can catch the disease by handling or touching an object that’s been handled or touched by somebody carrying the virus, but it’s not considered a primary way for the disease to spread and it’s not yet known how long the virus can last outside the body.

It’s also not known if the disease can be spread by food handlers.

Is there a vaccine?

Not yet. Everybody from the World Health Organization to the Centers for Disease Control and Prevention to the National Institute of Health are working with biotech companies, universities and others to develop one. It’s unclear how long these efforts will take, though many experts suggest it’ll be at least a year.

MERS.

Another candidate is chloroquine, an antimalarial that has also been seen to have potent antiviral activity.

It is known that chloroquine blocks viral infection by increasing the pH of the endosome, which is needed for the fusion of the virus with the cell, thus inhibiting its entry.

It has been demonstrated that this compound blocks the new coronavirus in vitro and it is already being used in patients with coronavirus pneumonia.

Other proposed trials are based on the use of oseltami-

vir (which is used against the influenza virus), interferon-1b (protein with antiviral function), antisera from people who recovered or monoclonal antibodies to neutralise the virus.

New therapies have been proposed with inhibitory substances, such as baricitinibine, selected by artificial intelligence.

The 1918 flu pandemic caused more than 25 million deaths in less than 25 weeks.

Could something similar happen now? Probably not; we have never been better prepared to fight a pandemic.

—reprinted by permission

CITY from page 2

nis Center, McGaugh gym and pool, North Seal Beach Community Center and Zoeter Softball Facility will be closed to the public.

However, city operations will continue to operate with staff available to provide services and answer questions by phone and email.

• **City Services**

All services requiring in-person visits or public counter assistance will be handled by phone, email and in certain circumstances in-person (appointment only).

• **City Events and Recreation Classes**

All City events and recreation classes and programs planned for the remainder of March will be canceled or rescheduled to a future date. All special events will be cancelled through April.

• **City Meetings**

City Council and City Commission meetings scheduled in March will be held as planned. As an alternative to attending, members of the public will be able to access a taped recording by tuning into the City’s government access channel, SBTv-3 or visiting the City’s website at www.sealbeachca.gov.

“Police officers will respond to any and all calls for service for which the public has an urgent need to handle in person,” said Chief of Police Philip Gonshak.

“If law enforcement can handle your call for service telephonically, please tell the dispatcher when calling. An officer will call you back as soon as possible. We appreciate your patience and understanding. We will get through this as a community.”

Added Seal Beach Mayor Schelly Sustarsic: “The decision to make the changes was made after much deliberation and in response to local, state and federal agencies directions to reduce community spread.”

“Currently there are no reported cases of coronavirus in Seal Beach, however, we feel it is our responsibility to help keep our community and our employees safe, she said.”

“We are sympathetic to the concerns of the public and we are constantly assessing the evolving circumstances and evaluating how we will provide government services.

“Our goal is to remain responsive to the community’s needs and to ensure the safety, security, health and wellbeing for all in Seal Beach,” she added.

For more information and the latest status of City services, visit www.sealbeachca.gov.

Updates will be shared regularly through the website and are available by calling the City Hall’s main phone line at (562) 431-2527.

Community members are encouraged to help protect themselves as they would during any cold or flu season:

—Patrick Gallegos, assistant city manager

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Dr. Robert Dawson

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Health & Fitness



Wa-RiteMarshia Larson and Eileen Kotecki

WA-RITE

Kotecki is Top Loser of the week

Top Loser for the week was Eileen Kotecki with a 4-1/2 pound loss. She had been gaining for the last three weeks and was getting discouraged especially since she was eating right, but also realized that too much sodium could've made her retain water. She started the Keto Diet and feels like it's getting her over the hump so she'll stick with it.

The Keto diet consists of eating proteins, vegetables, limited healthy fats such as avocados, nuts, olive oil, limited fruits and carbs. Staying away from sugar and processed foods is the key to it all. Wa-Rite is pulling for her.

The program was given by Marshia Larson. She shared some interesting information from a book, "The Look You Like" written by dermatologists, Linda Allen Schoenberg and Paul Lazar, MD.

They say the best anti-aging product you can purchase without a prescription is a maximum sunblock preparation (SPF 15 or higher) to prevent further damage, since overexposure to the sun is the primary cause of the visible changes associated with aging, such as wrinkles, leathery skin and senile freckles.

Cosmetic creams cannot prevent or reverse aging but they can relieve symptoms of dry skin making the skin feel softer and smoother. Price does not mean quality. Don't over cleanse the skin and moisturize after washing.

Marshia also shared how life is not all about your weight, it's about your character, your emotional and spiritual wellbeing. She believes that we need to take care of every area in order to have a balanced, all around healthy life.

Food for Thought: Fail to plan and you plan to fail

Wa-Rite is a support group of women needing to lose 10 pounds or more.

For any questions, call Debbie Cobb at (714) 227-6887 or Dorene Youngs at (707) 301-6943.

—Margaret Humes

E-mail your Health & Fitness stories to
chrisw@lwsb.com

OPTUMCARE AT THE HCC

Managing anxiety and depression

By Carson J. Blomquist
OptumCare

Anxiety and depression are common conditions that affect millions of Americans. Yet, there's a lot of misinformation about what causes them – and how to manage them.

Shiori Lange is a licensed clinical social worker and therapist who helps people with anxiety and depression. She focuses on a type of therapy called cognitive behavioral therapy (CBT). The therapy helps individuals re-train their thoughts.

To help residents who have anxiety or depression, Shiori has a workshop series on how to use CBT.

She also addressed some of the common misbeliefs about anxiety and depression.

There's something wrong with you. "Anxiety and depression aren't flaws or weaknesses," Shiori said. "They are mental health conditions. We need to look at them the same way we look at physical health conditions, like asthma or diabetes."

You can shake it off. "It's not something that goes away," she said. "Anxiety and depression are caused by chemicals in the brain."

Depression means you feel sad. "People with depression feel it differently," Shiori explained. "Some feel sad, some feel hopelessness, but others might feel apathetic. They just don't care about things that used to matter."

"We all feel these emotions, but if you feel this way for more than two weeks, it may be time to check in with your doctor," Shiori added. "The earlier you catch it, the earlier you can start on a path toward a brighter future."

Learn To Watch Your Sugar Intake

Learn how to limit calories from added sugars—and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits.

The 2015-2020 Dietary Guidelines for Americans by www.health.gov recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

Just like it sounds, added sugars aren't in foods naturally—they're added. Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals and cookies are a main contributor. Sugar you add yourself—like the teaspoon of sugar in your coffee. Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars. Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. Added sugars contribute calories, but no essential nutrients.

Foods that have added sugar include but are not limited to regular sodas, energy drinks, sports drinks, candy, fruit drinks, such as Snapple and fruit punch, cake, cookies, brownies, pies and cobbles, sweet rolls, pastries, doughnuts and dairy desserts, such as ice cream.

To cut down on sugar you don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat.

Here are three things you can do:

1. Find out how many calories you're getting from added sugars. You can use the USDA's website www.supertracker.usda.gov to get an idea. Once you know, you can make changes. The average American gets 270 calories of added sugars each day. That's about 17 teaspoons of sugar.

2. Make some healthy shifts. Replace foods and drinks high in added sugars with healthier options. Eat fruit for dessert instead of cookies or cakes, swap sugary cereals for unsweetened cereal with fruit and drink water or low-fat milk with meals instead of sodas. It isn't necessary to cut out foods and drinks with added sugars—just choose smaller portions or have them less often.

3. Always check the ingredients. Look for added sugars in the ingredients list. The higher up added sugars are on the list, the more added sugar is in the product. Added sugars go by a lot of different names like: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar. Added sugars hide in foods that you might not expect. They're common in foods like pasta sauces, crackers, pizzas, and more.

—Health.gov

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Cancer rates are on the decline in the U.S.

The Annual Report to the Nation on the status of cancer finds that cancer death rates continued to decline from 2001 to 2017 in the United States for all cancer sites combined.

The report is published in the journal Cancer.

These decreases were seen in all major racial and ethnic groups and among men, women, adolescents, young adults, and children. Rates of new cancers (cancer incidence) for all cancers combined leveled off among men and increased slightly for women during 2012 to 2016.

The annual report is a collaborative effort among the Centers for Disease Control and Prevention (CDC); the National Cancer Institute (NCI, part of the National Institutes of Health); the American Cancer Society (ACS); and the North American Association of Central Cancer Registries (NAACCR).

This year’s report showed that overall cancer death rates decreased one and a half percent on average per year from 2001 to 2017, decreasing more rapidly among men (by 1.8 percent per year) than among women (1.4

percent per year). The report found that overall cancer death rates decreased in every racial and ethnic group during 2013–2017.

“The United States continues to make significant progress in cancer prevention, early detection, and treatment,” said CDC Director Robert R. Redfield, M.D. “While we are encouraged that overall cancer death rates have decreased, there is still much more we can do to prevent new cancers and support communities, families, and cancer survivors in this ongoing battle.”

—CDC.gov

GOLF COURSE NAMING CONTEST

What’s in a Name?

Contest Rules:

- Contestant must be a GRF member
- Multiple submissions are accepted when submitted separately
- Drop off form at Recreation Office
- Forms must be submitted by April 10th, 2020 to be eligible
- Winner will be announced in the LW Weekly

- Dismal River
- Stoney Links
- Petrifying Springs
- Trails End
- Useless Bay
- The Pit Golf Links
- Tumbledown Trails
- Teetering Rocks

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Bring this form to the Recreation Office, Building 5, or drop in any white mailbox attn: Recreation.



E-mail your Health & Fitness stories to chrisw@lwsb.com

LWWeekly
Call 430-0534

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc., is a nonprofit community service organization that delivers a variety of freshly prepared meals to homebound and active Leisure World shareholders. The discounted daily fee is \$8.25 for a hot dinner and lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of low-fat milk. Meals with a “friendly visit” are delivered weekdays between 10:30 a.m.-12:30 p.m. Start a new client application online at www.mowlb.org or call Caron Adler at 433-0232. For cancellations call your site manager at (562) 439-5000 before noon to cancel a meal for the next weekday.

Thursday, March 19 — Roast beef with mushroom gravy, au gratin potatoes, green beans with pimentos, Ambrosia salad, turkey, ham and cheese sandwich with lettuce, tomato and pickle, creamy coleslaw.

Friday, March 20 — Stuffed bell pepper, rice pilaf, broccoli and cauliflower, fresh banana, entrée greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers

Monday, March 23 — Herb rubbed pork roast with honey mustard sauce, cornbread stuffing, carrots with herbs, tapioca pudding, egg salad sandwich with spinach and tomato, marinated beet salad

Tuesday, March 24 — oven baked chicken leg and thigh, macaroni and cheese, california blended vegetables, tropical fruit cup, chinese chicken salad with mandarin oranges, cabbage, carrots, onion, asian dressing and crackers

Wednesday, March 25 — whole grain spaghetti with meatballs in marinara sauce, dinner roll, lemon pepper broccoli, cantaloupe, turkey and cheese sandwich with lettuce, tomato and pickle, creamy coleslaw

Thursday, March 26 — Chicken enchilada with red sauce, black beans, zucchini and tomatoes, vanilla pudding, ham, turkey and cheese sandwich with lettuce, tomato and pickle, marinated confetti salad

Friday, March 27 — Tuna noodle casserole, seasoned carrots, brussels sprouts, ambrosia salad, entrée caesar chicken salad with romaine lettuce shredded cheese, croutons, caesar dressing, crackers

Senior Meals



Seal Beach Community Services, in cooperation with Meals on Wheels Orange County, offers a weekly hot meals program at the North Seal Beach Community Center, 3333 St. Cloud Dr. The center is open from 9 a.m.-2 p.m., Monday-Friday. Lunch is served weekdays at 11:15 a.m. Reservations are not needed. Arrive by 11 a.m. to check in at the front desk. Sugar-free desserts are offered on request. One-percent milk is served daily. Suggested donation: \$3 for seniors 60 and older; \$5 for all others. For more information, call (562) 430-6079.

The Rossmoor Senior Shopping Shuttle provides weekday service to Senior Meals from Leisure World.

Thursday, March 19 — Pork tenderloin with mushroom sauce, mashed potatoes, winter vegetable blend, dinner roll with Promise, fruit crisp

Friday, March 20 — Butternut squash soup with crackers, kung pao chicken, jasmine rice, sliced carrots, tropical fruit mix

Monday, March 23 — Lemongrass grilled chicken breast, brown rice, oriental vegetable blend, apricots

Tuesday, March 24 — Beef goulash, mashed potatoes, spinach, ambrosia

Wednesday, March 25 — Black bean soup with crackers, Mexican chicken bowl, seasonal fresh fruit

Thursday, March 26 — Beef Bolognese sauce with bow tie pasta, Italian vegetables, salad mix, vinaigrette dressing, parmesan cheese packets, Italian ice, pineapple chunks

Friday, March 27 — Zucchini, corn and egg casserole, redskin potatoes, spring mix salad with raspberry vinaigrette, dinner roll with promise, melon

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Sports & Games



Shuffleboard's last friday of the month lunch.

SHUFFLEBOARD

Hot Shots and Puck Masters battle to a tie

Shuffleboard league continued into week 20 on Feb. 28 at the Clubhouse 1 courts.

The Hot Shots and Puck Masters tied 9-9. Hot Shots all game winners were John Mount, Carrie Kistner and Howard Bolten. Puck Masters all game winner was Carol Johnson.

Shuffleboard League continued into week 21 on March 6 at the Clubhouse 1 courts.

Puck Masters defeated the Sliders 10-2 in a shortened round due to player absences. Puck Masters all game winners were Red Ryals, Anita Giroud, Bob Peterson, John Gustaves, Chandra Patel, and Ellie West.

With eight games left, Hot Shots remain in first place. Puck Masters are in second, and Sliders third.

The season is now almost

over. Hot Shots remain in first place. Puck Masters are in second, and Sliders third.

The club's next general meeting is scheduled for Wednesday, April 1, with social time at 9:30 a.m. and member meeting at 10 a.m. Come and have free coffee and food.

The time is now for new board member elections. This year the club needs to elect a new president, secretary, and vice president. Also needed is a social coordinator responsible for planning the dinners, BYOB nights, and other events for the Shuffleboard members. A nominating committee has been selected and they will be contacting members to ask for volunteers for the open positions.

If no one steps up for the president's position, the club

may have to disband after being in existence for 57 years.

Elections, installations and role start dates have been postponed until further notice.

Due to the continued spread of the coronavirus, and exercising an abundance of caution, Shuffleboard League play has been suspended. In addition, any scheduled meetings are postponed until further notice.

—David LaCascia

MEN'S FRIDAY GOLF

Meripol and Norihiro win at David L. Baker golf course

The Men's Friday Golf League played on March 6 at the par 62-3,800-yard David L. Baker Golf Course in Fountain Valley. Seven men and one woman teed off at 7 a.m. on a very cool, damp morning. The sun came out very late and temperatures never climbed above 60. There were no birdies this round. Friends, ladies, spouses, and family are all welcome to play and/or join.

A flight — First place, Fujio Norihiro, with four under 58, plus closest to the pin on the 120 yard par three-third hole; second, Sam Choi, one under 61 plus closest to the pin on the 140 yard par three-12; third, Bill McKusky, 68; fourth, Dave LaCascia, 70. Fujio, Sam and Bill tied for fewest putts.

B flight — First place, Liz Meripol, with a 14 under 48 plus fewest putts; second, Bob Munn, with seven under 55; third, Lowell Goltra, at par 62; fourth, John Meyer, 64.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15-20 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. There is a prize pool for each round that players are not obligated to enter. LW Men's Club membership is not required.

If interested, contact Bill McKusky at (562) 430-8618 or Dave LaCascia at (801) 674-5975.

— Dave LaCascia

Chess Club Puzzle

This week's puzzle: white moves first and for any answer by black, the white's next move is checkmate.

Due to the continued spread of the coronavirus Chess partners are not available in Leisure World until further notice.

CHESS, page 12

LW LADIES GOLF

Forty-four players compete

Forty-four members of the ladies golf club played for low gross, low net and chip-ins on Feb. 25. Seven golfers hit eight balls from the fairway directly into the hole.

Flight winners:

Flight A - Low gross, Devora Kim, 28; low net, tie between Grace Choi, Ann Tran and Jane Song, 26; chip-in, Hae Lee, hole No. 1.

Flight B - Low gross, tie between Judy Kim and Sandy Derouin, 28; low net, Marilyn Hewitt, 26; chip-ins/ hole, Hailee Yang, nine; Sun Lee, two; Yvonne Yim, eight.

Flight C - Low gross, Sun Chung, 30; low net, Anne Walshe, 23; chip-ins/hole, Sun Chung, five and eight; Theresa Lim, two; Dorothy Favre, nine.

Flight D - Low gross, Patti Smith, 36; low net, tie between Ock Im and Bertha Berrigan, 25; Chip-ins, None.

—Dale Quinn

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a meal.



Yahtzee winners Kathy Repasi (l-r), Susie Ralston and Shelley Middleton.

YAHTZEE

Middleton gets high score

The March 6 Yahtzee Club winners were Susie Ralston, most yahtzees, 5; Shelley Middleton for highest score, 1,822; and Kathe Repasi, door prize winner.

Due to the continued spread of the Corona Virus Yahtzee is not available in Leisure World until further notice.

If you have questions or want a Yahtzee lesson prior to joining, call Kathy Rose at (562) 596-7237.

—Kathy Rose



Susan Dodson

POKER

Susan Dodson wins March 7 tournament

Susan Dodson beat Drew Sargent with a diamond flush to win the Poker tournament on March 7. Susan is a retired teacher and registered nurse. She has lived in Leisure World for 25 years. She has had over 12 wins at the final table. Susan's other hobbies include pickleball and bocce ball.

The remaining table finalists from third to sixth place were Roy Middlesteadt, Wendy Wu, Richard Grodt, and Carole Damoci. The dealer was Susan Rose.

High hand of quad aces was won by Santos Hernandez and the second highest hand of quad queens was won by Irma Moskowitz. The promotional hand was won twice by Sal Maciel.

Poker Tournament games are cancelled for March due to concerns about the coronavirus.

—Judy Jasmin

CHESS

From page 11

Solution to this week's puzzle:
Qh5

The Queen moves from f5 to h5.



Call
430-0534



Steve Ro (l-r), Jun Um and Alan Sewell crossing over the bridge on the waterhole in the fifth fairway.

MEN'S GOLF CLUB

Lyons, Kotecki and Long win game

The Men's Golf Club first tournament of the month was held on March 11. Thirty-six hardy golfers still gathered and competed on the 1,000-yard par 54 local course in three flights over 18 holes. Even though the fairways were damp and the greens slow, it was an unexpectedly sunny and beautiful morning with little wind. The golfers were sandwiched between the lovely wolf moon in the west and the brilliant rising sun in the east which made it a picturesque day to play a round with fellow players. The tournament was very competitive, not surprisingly, the scores were slightly higher than expected.

Jun Um accomplished a rare feat. he had four birdies with two of them in a row on the back nine. This week there were no holes-in-one and only two circle hole winners, a very low number.

A flight has golfers with handicaps of 0-6, B flight 7-12 and C flight 13-18. All scores are net.

A Flight — First place, Bill Lyons, two under 52; second, tie between Jun Um, Alan Sewell, Steve Ro, Bob Barnum and John Kolthoff at even par 54.

B Flight — First place, Bill Long, with a four under 50; second, tie between Paul Alloway, Won Song and Ryan Hong, three under 51; third, Ron Steele, one under 53; fourth, Young Lee, par 54; fifth, tie between Jim Johns and Bruce Bowles at one over 55.

C Flight — First place, Dennis Kotecki, three under 51; second, tie between Kap Son and James Choi at par; third, tie between Steve Moody, James Farr, Lee Broadbent and Ben Benjamins at two over 56.

Closest to the pin on hole No. 8 was top gun Bill Lyons and big gun Bob Barnum on 17 hole.

To join the Men's Golf League, contact President, Marv Jones, or Membership chair, Dave LaCascia, via the Golf Starter Shop. New Men's Golf League members must join the Men's Club and play three 18-hole rounds on the local course in order to get a valid handicap. Two rounds must be played with a current club member and one round with the qualifying committee chairman Ryan Hong, if available. Scorecards are then left with the starter and a handicap issued shortly thereafter. This qualifies the individual to play in the Men's tournament and the Guys and Gals Tournament played each month throughout the year.

—David LaCascia

LW Ladies golf

The March 9 ladies weekly golf tournament play was canceled due to inclement weather. The annual two day spring tournament is currently underway. The scores of each participant playing the nine-hole round on March 17 and 24 are totaled to determine the winner.

The fifth Tuesday tournament this March is called "2 clubs and a putter." Each player will not be allowed to carry any more than two clubs onto the course. Those who wish to participate may sign up at the clubhouse and pay the \$2 entry fee. All members are encouraged to participate as it can be a lot of fun.

—Dale Quinn

E-mail your **Sports & Games** stories to
chrisw@lwsb.com

MEN'S MONDAY GOLF

Norihiro and Munn win game

The Men's Monday Golf League played on March 2 at the 5,800-yard, par 70, Riverview golf course in Santa Ana. Seven men teed off at 7 a.m. and easily handled the course on a beautiful and warm morning. The golfers were tested with numerous elevation changes and several water hazards. Scores were below average due to the course setup and the nice weather. A high number of seven birdies were scored by the players. Next round will be at Meadowlark on March 23. Friends, ladies, spouses, and family are all welcome to play and/or join.

All scores are net.

Winners:

A Flight — First place, Fujio Norihiro, with a sparkling six under 64; second, Sam Choi, a terrific 66; third, John Meyer, three under 67; fourth, Bill McKusky, one under 69; fifth, Larry Hillhouse, par 70. Larry had the fewest putts with 29.

B Flight — First place, Bob Munn, a nifty six under 64; second, Marv Ballard, one under 69. Bob also had the fewest putts.

Fujio, John and Bob each had a birdie. Bill and Marv had two birdies each. Closest to the pin on the par three-150 yard second hole was Larry on the par three-100 yard and hole No. 9 was Fujio.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 to 20 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. There is a prize pool for each round that players are not obligated to enter. LW Men's Club membership is not required.

If interested, contact Bill McKusky at (562) 430-8618 or Dave LaCascia at (801) 674-5975.

— Dave LaCascia



Joshua 1:7-9

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Arts & Leisure



Mike VanVales of Mutual 1 checked out a hefty supply of DVDs ahead of the LW Library closing until further notice. Library Clerk Heather Kaveneny was busy on Saturday processing materials for almost 400 people. On a normal day, about 200 people visit the library.

LW LIBRARY

People can keep materials for duration of closure



Christiana Rens (front) of Mutual 4 and Rose Banfield (at back) of Mutual 8 select DVDs from the library's extensive catalogue. People are advised to ignore any overdue notices that may come via email as patrons will not be charged late fees. People can return items at any time in exterior book drops near the library facility.

Out of an abundance of caution and concern for the safety of shareholders and employees, due to the ongoing COVID-19 pandemic, the Leisure World Library will be closed through Saturday, April 18.

LW Live subscribers got the word on Friday and were able to check out materials over the weekend. The maximum number of borrowed items was expanded to 10 media loans and 20 books.

The library will re-open on Monday, April 20, if circumstances warrant.

People with checked out books or other materials can keep them for the duration of the closure. Ignore any overdue notices that may come via email; patrons will not be charged late fees. People can return items at book drop bins located outside the library.

Librarian Vanessa Morris and her staff are grateful for your patronage and look forward to being able to serve you once again when the library re-opens.



Ruth Osborn, photos

Tami Mohr, library clerk, said LW Live alerted people to come in on Saturday to check out materials before the library closed. You can sign up for LW Live, a real-time email alert system by visiting lwsb.com and clicking on the LW Live icon on the right side of the homepage.

FROM THE NEWS OFFICE

Living in times of disruption: LWers are asked to submit their stories

The Leisure World Weekly received dozens of notices from clubs and groups announcing their cancellations after the Golden Rain Foundation closed all facilities in an effort protect the community from COVID-19.

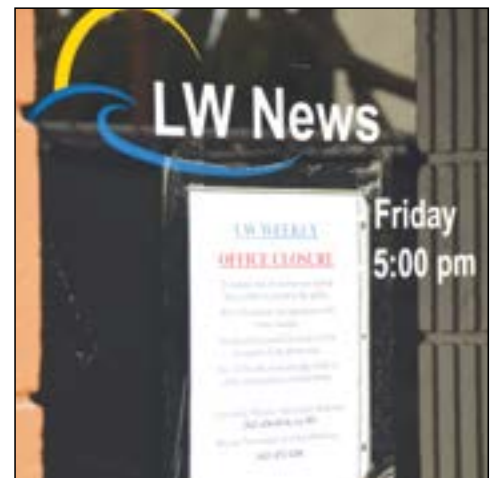
Therefore, residents are advised to consider all clubs and events canceled until further notice. The GRF and Mutuals are holding a limited number of meetings to conduct essential business. Check in the LW Weekly or online at lwsb.com for updated information as the situation is evolving rapidly, and changes are frequent.

The News Office is closed to the public. News personnel are working on-site to produce the LW Weekly. People may submit stories and news via email; see page 4 of any edition for editors' addresses or send emails to rutho_news@lwsb.com and submissions will be directed to the appropriate editor. People may drop hard copy into the letter slot at the front of the News Building, and submissions will be processed. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277.

Clubs are welcome to submit news unrelated to meeting notices. LW Weekly readers are invited to submit stories on how they have coped in past times of hardship and how they are coping with the unprecedented disruptions caused by the COVID-19 outbreak.

The stories will be printed in a "Community Unity" section of the paper. People can also write about random acts of kindness, help needed or offered, coping strategies, time fillers in the age of social distancing and other insight into coping amid the coronavirus pandemic. Send stories to rutho_news@lwsb.com.

Stories may be edited for clarity and space. All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly will only be able to accept credit or debit payments.



Get a Bag of Books Delivered



Friends of the Library Flo Conley of Mutual 12 helps Pat Aksamit of Mutual 15 check out after Pat stocked up on bargain books at the Friends Bookstore. It will be closed until further notice due to COVID-19 concerns but Friends volunteers will deliver a bag of books to your home for \$5 a bag. People may request favorite authors and/or genres to be included in the bag. For more information, contact floconley@gmail.com.

MTW's 'Mame' Postponed

Musical Theatre West announced Friday that, in compliance with the directive of the California Department of Public Health, the upcoming production of "Mame" scheduled for March 27-April 12 will be postponed.

Paul Garman, executive director/Producer of Musical Theatre West stated "We are currently working with the Carpenter Performing Arts Center for new dates in August 2020. As of today, rehearsals for the production have been postponed as well. The safety and well-being of our patrons and artists is of utmost importance to all of us at Musical Theatre West. While we would love to bring you this exciting production as soon as possible, we will closely monitor the ongoing

MTW, page 15

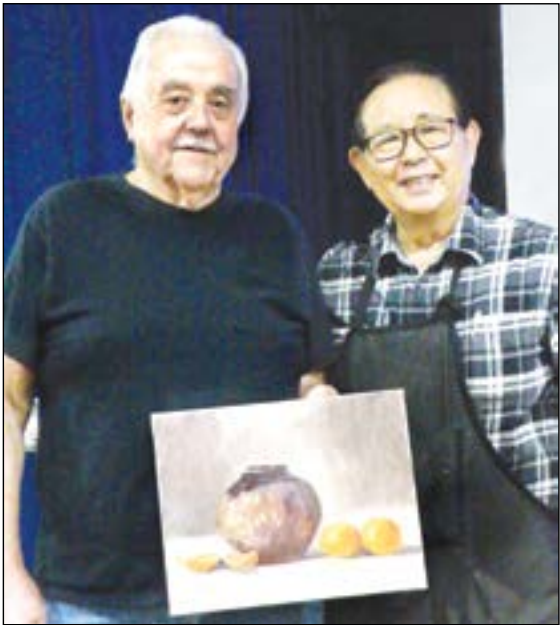


ART LEAGUE

Winners are announced

The Art League met March 10 and the following winners were announced (photo above). First place winners were Mary Di Dona (front row, l-r), Intermediate; Mickey Costello, Popular Vote; Alice Sioson, Masters; and in the back row are Carmen Leslie (l-r), Best of Show; and Betty Lucero, 3-D Multi Media.

Raffle winner John Robinson (left) holds a painting created by demonstration artist Steve Wang at the March 10 meeting of the Art League (photo at right). The Art League hosts acclaimed local artists to demonstrate at its monthly meetings, which also include a contest to showcase members' work.



LB SYMPHONY POPS

March 21 concert has been rescheduled to July 18

The City of Long Beach issued a mandate on March 12 suspending all large-scale events through April 2020 to protect public health and slow the rate of transmission of COVID-19.

The March 21 POPS! concert is being rescheduled to Saturday, July 18. People are asked to hold on to their tickets, which will be valid for this rescheduled date.

The LBSO office is currently exploring options to reschedule the Violins of Hope performances (April 21, 25 and 26) and will keep patrons posted.

At this time, all other concerts in May are proceeding as scheduled. If there are any changes, LBSO will promptly notify all ticketholders by email but it recommends checking the website at LongBeachSymphony.org/safetyupdate for the most up-to-date information. LBSO's social media outlets of Facebook, Instagram and Twitter will also be used to notify the community.

The Long Beach Symphony Ticket Office outgoing voicemail will be updated if there are any changes to the schedule.

The health and well-being of LBSO patrons, musicians and em-

ployees has the highest priority.

For more information, email info@longbeachsymphony.org or call (562) 436-3203, ext. 1 Monday through Friday from 9 a.m.-5 p.m. or in person at the Long Beach Symphony Office,

249 East Ocean Blvd., Suite 200, between 9 a.m.-5 p.m.

Patron support today is more important than ever. Consider the role music plays in your life and support your Symphony with a gift of any amount.



Ben Benjamins received a prize of \$100 for his photo entry.

Photo Arts Club

Ben Benjamins received a cash prize of \$100 for his photograph of Main Street Seal Beach in the contest recently held by the Photo Arts Club. Many of the other 25 entries entered in the contest are on display in the hallway of Clubhouse 3, along with the outstanding photos chosen at the March meeting.

The next meeting of the Photo Arts Club will be Thursday, April 9, at 1:30 in Clubhouse 3, Room 9 unless the clubhouses are still closed. Members will be notified by e-mail.

LW Poetry

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members. The Creative Writers meet on the fourth Friday at 1:30 p.m. in Clubhouse 3, Room 1, for poetry, fiction and non-fiction; business meeting follows.

High School Classmates

my memories of our high school times are keen
cheeks blushing like ripe apples
eyes shining like stars....
now I search my albums
to find pictures of classmates
there's frost on the roof too
our steps are waddling like ducks
when people greet me "grandma"
I turn around to see where she is

carved within our hearts is
a motto from a very famous school:
be honest, be good, be beautiful in spirit
may these words still flow in our hearts
and through our lives everlasting

we gather and share our precious memories
forgetting our pains and sorrows
and look forward to meeting again
with lighter hearts and joys

—Cho Heah Lee

DELIVERY

from page 3

(562) 433-0232.

In addition to Meals on Wheels, there are several businesses that deliver food. However, many of these options require access to a computer/internet or a smart phone.

Grocery Delivery

For seniors who can't get to the grocery store themselves, these grocery delivery services can be a lifesaver. If you're interested in grocery delivery, these are some of your top options:

- **Instacart** – Instacart has a delivery fee each time, or the option to pay \$99 a year fee for free delivery.
- **Amazon Fresh** – Amazon Fresh is available only to Prime members, at an extra monthly subscription fee.

Some grocery stores offer their own delivery services. Check with your local grocery store to see what they have to offer.

If not, see if you can find someone in the neighborhood willing to help you out for a fee.

A post on NextDoor might help you find a neighbor happy to pick up a few items each week for a little extra cash.

Meal Kit Delivery Service

Meal kit delivery services deliver pre-portioned ingredients for recipes that you can then cook.

If you like the idea of meal kit delivery, these are some recommended options:

- Blue Apron – Starts at \$9.99 per serving
- Hello Fresh – Starts at \$8.99 per serving
- Green Chef – Starts at \$11.99 per serving
- Home Chef – Starts at \$7.99 per serving
- Purple Carrot – Starts at \$11.99 per serving

Some of these services offer a variety of special diets to address those with certain needs. Such as vegetarian, gluten free, etc.

Prepared Meals

If cooking meals isn't for you, there are some services that can send over already prepared meals that only need to be warmed up and eaten.

Some of your options for this type of service are:

- Macrobox Meals – Starts at \$50 for a five-meal plan, order online or by phone 714-812-3385.
- Prepped by Bec – Starts at \$11 a meal for single or subscription-based orders, online ordering at preppedbybec.com.
- Mom's Meals – Fully prepared, refrigerated meals delivered to homes nationwide. Phone 877-508-6667 or online ordering.
- Martha's Senior Gourmet – Fully prepared meals delivered to homes. Phone 949-943-3888 or online ordering.

Many of these services offer plans and meals that accommodate specific dietary requirements such as being gluten free, vegan, cardiac or diabetic, so if you have specific dietary restrictions you still have options.

Restaurant Delivery

There are several services offering food you love delivered from your favorite restaurant as an easy option that seniors can take advantage of. Delivery fees applies.

Lots of restaurants offer their own delivery services, but for those that don't, you can often still get ahold of your favorite dishes with one of these delivery services:

- GrubHub
- DoorDash
- Postmates

People can also call the GRF Recreation Department, which has received offers to grocery shop, run other errands and other acts of kindness. If you need help, call 431-6586, ext. 398.

Need help? Call Recreation

People from outside Leisure World have been calling in to offer their help to LW residents who may not be able to get out for food and other necessities. The GRF Recreation Department has received offers to grocery shop, run other errands and other acts of kindness. It will coordinate need with the offers, so if you need help, call 431-6586, ext. 398.

Superwire Office Closed

The Superwire Office in Leisure World is closed to the public until further notice. But employees will continue to take phone calls from 10 a.m.-4 p.m.

The Leisure World Spectrum Superwire Cable Channel 1390 operates 24 hours a day with programming from LW community events and public announcements, among other sources. See this week's listing on this page.

Southcoast Plaza closed for 2 weeks

The retail giant South Coast Plaza will close for two weeks after learning a store employee had tested positive with the coronavirus.

The Costa Mesa shopping center told tenants it would shut at 7 p.m. March 16 with plans to reopen March 31.

In a memo to its tenants, the mall did not identify which store was involved in the virus discovery.

GRF from page 1

What's Closed

- All clubhouses
- Mission Park and the Multipurpose Courts
- LW Library
- Fitness Center
- Golf Course
- Woodshops
- Monday Night Restauraut Service
- Amphitheater
- Golden Age Tax Service (will reopen and filing deadline has been extended, see story page 2.)
- All churches that meet in clubhouses
- All private party reservations are cancelled and may be rescheduled after the facilities reopen

Who's Conducting Business

- All GRF offices, with some operational changes; most offices are closed to the public but will conduct business via email and telephone. The situation is fluid as the situation develops so people should call ahead to check for latest closures.
- Downtown Café
- Security Decal Office
- GAF Mobility Aids Program, by appointment,

What You Need to Know

Although all offices will remain open, GRF requests you conduct business via telephone or email, and curtail face-to-face meetings. Some offices are completely closed to in-person meetings, so call first to verify.

Specifically:

- The News office is closed to the public, but advertising and classifieds will be accepted over the phone; credit or debit card payments will be accepted over the phone. For classified/display advertising/editorial, call (562) 430-0534, ext. 383; to report a missing newspaper or to stop delivery, call (562) 472-1284. To submit press releases, email rutho_news@lwsb.com.
- The LW Weekly is looking into expanding its game/puzzle section and other ways to help people pass the time during home confinement.
- The Finance Office is closed to the public but will remain open Monday-Friday from 8:30 a.m.-4:30 p.m. to conduct business over the telephone. People can call 431-6586, ext. 330, for Finance, and 431-6586, ext. 344, for the Cashier.
- The Service Maintenance Department is closed to the public. All services requiring in-person visits or counter assistance will be handled by phone, e-mail and in-person by appointment only, (562) 431-3548.

The GRF and Mutual boards will only hold meetings if required for the continuation of business. Many Mutuals have canceled March meetings.

Statewide Closings

Statewide closings began to be announced in the aftermath of Gov. Gavin Newsom's March 11 statement: "...The state's public health experts have determined that gatherings should be postponed or canceled across the state until at least the end of March.

Non-essential gatherings must be limited to no more than 250 people while smaller events can proceed only if the organizers can implement social distancing of six feet per person.

Gatherings of individuals who are at higher risk for severe illness from COVID-19 should be limited to no more than 10 people, while also following social distancing guidelines..." (*As of Monday, gatherings were limited to 10 people for everyone*).

The GRF will continue to monitor recommendations by the CDC and implement further measures should they become necessary.

Residents are strongly advised to sign up for LW Live!, a real-time email alert system that sends important updates to your inbox. To join, sign on to <http://www.lwsb.com/lw-live-sign-up/> and follow the instructions. For more information, contact the Recreation Office at (562) 431-6586, ext. 326 or 398, or email events@lwsb.com.



Shannon Harrison Community Karaoke

"Try A Little Kindness," a John Denver hit, was sung by Shannon Harrison at the Wednesday night karaoke party. "The kindness that you show everyday will help someone along their way"—these lyrics seem to be how Shannon tries to live her life.

"Chug a Lug" by Culley Eaby; "Bad Moon Rising" by Richard Yokomi; and "Let Me Be There," by Vito Villamor, were rockin' tunes that had folks dancing in the aisles.

Donna Cooper had fun with "Texas When I Die." Many of the female vocalists sang with emotion like Susan Kelleghan's "Open Arms," as well as Ruby Johnson, Leila Claudio, Barbie May, Sandy Hymann and Eileen Merritt.

Despite the fearsome virus, 33 karaoke singers were anxious to take the stage. Hosts were busy taking precautions by regularly cleaning the mikes. It's been said that singing helps people escape from what's happening around them. Karaoke will be cancelled as long as Clubhouse 1 is closed, but the club looks forward to welcoming singers soon.

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](http://sbtv3.org).

Thursday, March 19

- | | |
|---------|--------------------------|
| 4 pm | Drone Club/Quilting Bees |
| 4:20 pm | LW's Rollin' Thunder |
| 4:30 pm | Harmonizing Humanity |
| 5 pm | Velvetones Concert |
| 6 pm | 2019 Simbang Gabi |
| 7 pm | Studio Cafe |
| 8 pm | On Q—8bit Jazz Heroes |
| 9 pm | Ocean Perspectives |
| 10 pm | Vinyl Rock |

Friday, March 20

- | | |
|---------|---------------------------------|
| 4 pm | LW's Rollin' Thunder |
| 4:10 pm | Velvetones Concert |
| 5 pm | St. Patrick's Day-Rob Roy |
| 6 pm | Mystery at the Theater |
| 6:32 pm | Sea Inside |
| 7 pm | Studio Cafe |
| 8 pm | Life and Times-Virginia Haley |
| 9 pm | Cerritos Center-Bronx Wanderers |

Saturday, March 21

- | | |
|---------|---------------------------|
| 4 pm | Drone Club/Quilting Bees |
| 4:20 pm | LW's Rollin' Thunder |
| 4:30 pm | St. Patrick's Day-Rob Roy |
| 5 pm | McGaugh Patriotic Show |
| 6 pm | 2019 Simbang Gabi |
| 7 pm | Studio Cafe |
| 8 pm | LAUSD |
| 10 pm | Cerritos Center |

Sunday, March 22

- | | |
|---------|-------------------------------|
| 4 pm | SB City Council Replay |
| 5:30 pm | Velvetones Concert |
| 6:30 pm | McGaugh Go West! |
| 7:30 pm | Life and Times-Virginia Haley |

SBTV, page 18



Mr. and Mrs. Ducky took a stroll last week in the rain, and snuggled in the puddles in Mutual 7's Central Park after a spring storm blew through.



Ruth Osborn, photos

MUSIC CENTER

LA Phil, Opera, Theater all suspended

The Music Center closed its theaters, effective March 12, amidst rising concerns regarding the COVID-19 global outbreak.

The closing is in response to Gov. Newsom's strong recommendation that gatherings of 250 or more people across the state be canceled, and the County of Los Angeles' order that The Music Center close its theatres (Ahmanson Theatre, Dorothy Chandler Pavilion, Mark Taper Forum and Walt Disney Concert Hall).

The Music Center's resident companies (LA Phil, LA Opera, Center Theatre Group and the Los Angeles Master Chorale), along with TMC Arts/Glorya Kaufman Presents Dance at The Music Center, are also canceling all presentations, public gatherings and education programs effective now through at least March 31.

This decision affects presentations by TMC Arts/Glorya Kaufman Presents Dance at The Music Center, including the Alvin Ailey American Dance Theater performances and those presented by the resident companies; events taking place at REDCAT; and public tours of these facilities.

Future cancellations and postponements could be announced pending changing conditions and continued communication with government officials, public health authorities and medical professionals.

Ticketholders are asked to contact the respective resident companies and box offices of The Music Center to arrange ticket accommodation, including patron refunds, credit toward future performances or the option to donate the value of their tickets as a charitable contribution. Patrons may also contact the following directly:

- For Center Theatre Group: www.centertheatregroup.org
- For LA Opera: laopera.org
- For LA Phil: laphil.com
- For Los Angeles Master Chorale: lamasterchorale.org
- For TMC Arts/Glorya Kaufman Presents Dance at The Music Center: musiccenter.org
- For REDCAT: redcat.org.

LW Live Alert System

Leisure World residents are urged to sign up for the GRF's one-way, real time community notification system.

LW Live is designed to keep people informed during emergencies. To sign up, log onto www.lwsb.com and click the "LW Live" icon to the right.

Don't be left in the dark; sign up today for LW Live.

MTW from page 13

reports from the CDC and State of California."

Patrons were notified Friday that once new dates have been announced, the process of securing ticket exchanges will begin, offering existing ticket holders top priority.

For more information, contact Musical Theatre West at tickets@musical.org or call (562) 856-1999.

Community

SUNSHINE CLUB

Club meetings and speakers are canceled until further notice

The Sunshine Club’s scheduled meeting featuring Retired SBPD Rick Paap has been canceled due to rising concerns about COVID-19. The club has decided to suspend any activity until further notice.

The Sunshine Club is designed to help people get along in their community, have better communication and get the most out of living in Leisure World. The classes use LW Weekly as a textbook to go over LW news, general columns, etc.

The club has a great number of LW community leaders and club representatives visit to introduce their organizations. A wide variety of specialists from “outside the wall” also come to share their experiences and ideas with club members.

The Sunshine Club asks members to bring their own mug as part of the club’s eco-friendly campaign that has been going since 2013.

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

SCHMOOZE CLUB

Passover Observance canceled

The Schmooze Club will not be meeting on April 14 in observance of Passover. Since its members and guests are in the higher risk category for the Coronavirus, the Schmooze Club believes it is best that it does its part in containment of the spread through practicing “social distancing” and not meeting for those reasons as well.

One recommendation from an expert on PBS was to stock up on frozen food and canned goods, which can be wiped clean and to avoid touching fresh produce which is touched by so many hands.

Also, it is now estimated, as more is learned about the virus, that it can survive on some surfaces for as much as 9 days to several months, which is why washing hands and sanitizing surfaces frequently is so important. Be careful with handling cash. Wear gloves if possible and/or wash your hands soon afterward or clean them with sanitizer.

People who do get sick from the coronavirus cannot assume they are now immune from getting it again. Despite the fact that bodies usually produce antibodies once sick, experts are not certain whether people who have recovered and then get the coronavirus a second time, which has happened, are just relapsing or have contracted it again.

It’s important to be calm but vigilant in protecting oneself and protecting others from coughs and sneezes.

The Schmooze Club hopes to resume in May for its annual kosher pickle making event.

SENIOR PATRIOTS FOR PEACE

Demonstrators can pick the subject they feel the most passionate about

Everyone is invited to join a peace demonstration sponsored by the Senior Patriots for Peace on Wednesday, March 25, from 4-5:30 p.m. on the public sidewalk along Seal Beach Boulevard in front of Leisure World. Signs will be available.

The club’s monthly peace demonstrations usually focus on one topic that is most relevant and current for that month.

The club acknowledges that there are many critical issues today. This month’s demonstration will offer a variety of signs for individual choice, rather than focus on one specific theme.

Everyone wants to be heard and this month’s peace demonstration gives the opportunity for participants to voice concerns of their choice, such as a culture of nonviolence, free from war, racism, poverty, environmental destruction and a future where human rights are upheld for all.

Senior Patriots for Peace hold monthly demonstrations to call attention to the need for a return to peace in cities and the world with a renewed tolerance of others. The club also focuses on issues of social justice and the environment to nurture a world where people can live healthy and peaceful lives for generations to come.

Take a stand for democracy. Anyone can join the group for any block of time between 4–5:30 p.m. on Wednesday, March 25, on the public sidewalk along Seal Beach Blvd. in front of Leisure World. Rain will cancel.

For further information, call Lucille Martin, (562) 430-1047 or Dorothy Kemeny, (562) 242-4751.

E-mail COMMUNITY stories to ***laurieb@lwsb.com***

DEMOCRATIC CLUB

Post-Primary vote on April 29

During its March 9 meeting, the SBLW Democratic Club Board voted unanimously to cancel all of the club’s previously scheduled March gatherings because of its concerns relating to the spreading coronavirus. This includes canceling the March 23 Voter Awareness Session and the March 25 “Lunch Bunch.”

The event originally scheduled for the club’s March 18 membership meeting that would have featured Congressman Harley Rouda’s Campaign Manager Alyssa Napuri has been tentatively rescheduled for Wednesday, April 15. Napuri, who grew up in Orange County, worked with the California Democratic Party during the 2018 cycle as an organizer for three targeted congressional districts in Orange County, the 39th, the 45th, and Rouda’s 48th. She became Rouda’s field director for the 48th as that year’s general election approached. In the latter position, she managed a fleet of volunteers that grew to 8,000 who, among other things, knocked on an average of 98 doors per minute. Rouda has lauded the job she did for his 2018 campaign and has called her the right person to spearhead his 2020 reelection bid. Club members say they are looking forward to hearing from Alyssa.

All registered Democrats are reminded that on Sunday, April 19, they will have the opportunity to vote in post-primary caucuses for delegates to the Democratic National Convention taking place in Milwaukee, WI on July 13-16. Voting will be by ballot, with space for each eligible voter to vote for all of the five delegate candidate positions allocated to our 48th Congressional District. Location for the caucus will be decided no later than March 30.

Readers should email lwsb-democraticclub@gmail.com or go to the newly updated website sblwdems.wordpress.com for more information about ways they can be involved in getting prepared for the Nov. General Election, regardless of when regular club meetings are resumed.

**HCC
24-Hour
Nurse
795-6216**



REPUBLICAN CLUB

Learn the basic facts of human trafficking

The LW Republican Club Orange County planned to have human trafficking expert and activist LeeDelle Kasper at its weekly meeting, but the meeting was cancelled due to Coronavirus fears. It will update its members when the meetings will start again.

LeeDelle started a ministry at Huntington Beach Refuge to fight human trafficking. Refuge is a church affiliated with Calvary Chapel. She is also a member of the Huntington Beach Faith Coalition Against Human Trafficking. She stated that her three main goals are to:

- Rescue, restore, and bring justice for victims.
- Bring awareness and action against this modern-day slavery.
- Encourage others to pray for “our brothers, sisters, sons and daughters who are victims of human trafficking.”

According to the FBI website, “Human trafficking includes forced labor, domestic servitude, and commercial sex trafficking.” The FBI fights human trafficking on the national level primarily as a civil rights issue.

According to the World Population Review website (Worldpopulationreview.com) sex trafficking in the U.S. represented more than half of all cases of human trafficking reported in 2019.

California took a major step in fighting sex trafficking in 2012 with the passing of Prop. 35, the “Californians Against Sexual Exploitation Act” Initiative. According to Ballotpedia, “The proposition was approved by 81 percent of voters, making it the most successful ballot initiative since California’s ballot process began in 1914.”

The proposition was promoted by the Republican Party, the Democratic Party, Catholic and Protestant churches, law enforcement organizations, labor groups and business groups, among others.

- According to the ballot summary, Proposition 35:
- Increased prison terms for human traffickers.
 - Requires convicted sex traffickers to register as sex offenders.
 - Requires criminal fines from convicted human traffickers to pay for services to help victims.
 - Mandates law enforcement training on human trafficking.
 - Requires all registered sex offenders to disclose their internet accounts

Groups that opposed it included the sex industry, the American Civil Liberties Union (ACLU), the Peace and Freedom Party, the Harvey Milk LGBT Democratic Club, and the American Council of Churches.

An editorial in the Orange County Register at the time said, “Nonetheless, in light of some of our concerns regarding Prop. 35, this Editorial Board recommends a Yes vote – albeit with some reservations.”

On Wednesday April 15, the club will host a panel discussion regarding the way Seal Beach Proposition BB is being spent. All City Council members have been invited to participate.

The LW Republican Club normally meets every third Wednesday of the month at 7 p.m. in Clubhouse 3, Room 2.

AMERICAN LEGION AUXILIARY

Tickets will still be honored for fashion show that is postponed until the fall

The American Legion Auxiliary announced that it is postponing the fashion show originally planned for March 28. It will announce a new date which will most likely be in September or October.

There will be more drawing prizes from Nicks on 2nd, Trader Joe’s, Phoenix Nails and Spa and more. for more information, Eloise Knoll at (562) 533-0773.



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LWWeekly



Lita Macaraeg (l-r), Pat Pasternistre, Anna Derby, Romy DeGuzman, Lilia Gaerlan, and Graham McAllister

FALW supports GAF with donation

Filipino Association of Leisure World (FALW) celebrated its member's February and March birthdays during its most recent meeting.

FALW volunteers continue to support Golden Age Foundation by its annual contribution donation of \$1,000 and several local charities supporting veterans.

Eileen Merritt thanked all FALW member for making the Valentine's Day Dance dinner party a success. She also thanked all volunteers for supporting the Bingo event on the third Sunday of the month and its support of FALW fundraising activities.

FALW is now planning for its annual Veterans Picnic scheduled for Saturday, July 4. More details will come as the event approaches.



Longtime YSC friends Gil Moore (l) and Juanita Townsend always ready to help

Event list for the Y Service Club

One of the most frequent questions Y Service Club members get is, when is the next pancake breakfast or Triviamania event? To help with calendar planning, here is the confirmed 2020 calendar:

- May 16 – Pancake Breakfast, 8-10 a.m.
- June 6 – Triviamania, 1-4 p.m.
- Aug. 8 – Triviamania, 1-4 p.m.
- Oct. 10 – Pancake Breakfast, 8-10 a.m.
- Nov. 14 – Triviamania, 1-4 p.m.

This year's events will all be held on Saturdays in Clubhouse 2. Information on advance ticket sales will be published in the LW Weekly. Tickets are also available the day of the event at the door. In addition to fulfilling its mission of providing free assistance with non-professional household tasks to all shareholders, the club also conducts fundraising events to help support YMCA children's programs.

At the moment, club activities have been suspended due to the concerns of the coronavirus. Once everything is clear and it is safe to gather together, club members will meet each month, with the exception of July and December, in Clubhouse 3, Room 2, starting with a continental breakfast at 7:30 a.m. A business meeting to organize events and report on the club's community support follows. Each meeting also features a speaker who provides valuable information to the Leisure World community. All shareholders are invited to attend these meetings to learn more about the YSC and to hear the speaker's presentation. For information about how to join the club, contact Membership Chair Margaret Humes at (562) 936-8323.



Qualified LW residents can get help applying for CalFresh, formerly known as food stamps, in person with Cindy Tostado, GRF Member Resource and Assistance Liaison, online or via phone.

People who are over 55 and meet the following monthly income guidelines may qualify: One-person household: \$2,010 per month; two-person household: \$2,708 per month.

Have access to the following required documents to assist in the application process:

- ID
- Green Card or Citizenship Certificate
- Social Security Card
- Proof of Income
- Rent Receipt and Bills

Ways to apply:

- By Appointment in LW: Call 431-6586, ext. 317
- Online: GetCalFresh.org
- Phone: (800) 281-9799
- Walk In: 1928 S. Grand Ave., Santa Ana, 92703

For more information, call Cindy Tostado, LCSW, GRF member resource and assistance liaison, 431-6586, ext. 317.

COMMUNITY ACTION

Free food to be distributed today

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 March 19.

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. To sign up, bring a photo ID, and proof of income (Social Security/SSI Statement, letter or bank statement or paycheck stub).

People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID. People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

Cert Training Canceled

The Cities of Buena Park, Cypress, La Palma, Los Alamitos, Seal Beach and Westminster had scheduled a 20-hour Community Emergency Response Team (CERT) training academy at JFTB-Los Alamitos on March 20-28. It has been postponed this academy to a future date, which is to be determined.

The CDC recommends that older adults and other high risk individuals limit close contact and avoid crowds as much as possible during the COVID-19 outbreak. By postponing this non-essential

CERT, page 23



Helen Scott

LW BIRTHDAYS

Helen Scott of Mutual 8 celebrated 100

Helen Scott of Mutual 8 celebrated her 100th birthday with her large family and friends on Feb. 9. The party was held at her son's house in Orange, and on Monday, Feb. 10, she had friends and neighbors attend another party at her home in LW.

News copy deadline is 4 p.m., Thursday, one week prior to the desired publication date.

Obituaries

Space is available for obituaries of residents and former residents.

• An "In Memoriam" column is available free of charge. Limited to name, mutual number and date of death.

• An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.

• Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.

• Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.

• Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.

• A "Card of Thanks" section is available in the classified section of LW Weekly at the member classified advertising rate, \$8 for the first 12 words and 25¢ per word thereafter, for

persons wanting to express their thanks for help during bereavement, sickness, etc.

...

Bianca Bozzano (Carr) Service update

Due to the current situation and health concerns, the services for Bianca L. Bozzano (Carr) have been postponed.

As of today, no date has been set.

...

In Memoriam

Darnell Stewart 36

Omari Sadhan 18

Robert Collins 71

Betty Bryant 73

Margaret Harkness Himmelstein 88

John Marquardt 72

Barbara Lee 69

Patricia Hicks 69

Irma Kirkpatrick 90

Kenneth DeLong 90

John Marquardt 72

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—paid obituary

E-mail Obituary Notices to laurieb@lwsb.com with photos attached as jpg files.

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Ruth Osborn, photo

This tree blew down in Mutual 7 on March 13 during a rainstorm. No homes were damaged as it was in the Central Park green belt. Residents reported that it made a lot of noise as it collapsed.

MEMBER
from page 4

only two showed up. I see most of us communicate more with the dogs than with their owners.

We say hello or make fake smiles when we pass by.

So I agree with Jim totally that we need not only say hello but also see deeply eye-to-eye to build relationships in a healthy community.

Community-minded people know each other more, share their life situations, stories and dreams.

So I am suggesting that people reach out and share meals, perhaps potlucks (once the COVID-19 crisis subsides). There would be a great many variety of ethnic cusines and potlucks could be a way to welcome newcomers, say good-bye to people or celebrate holidays.

Then we will see our neighbors deeply, eye-to-eye and heart-to-heart.

COMMENT
from page 4

land being built on this type of protected land.

And most of us would agree that the wetlands are worth preserv-ing and thus it is imperative that this protected land be eliminated from any algorithm or equation that would include it as a site for additional housing.

The navy could allow the city to build houses on the edges of the base, but this would be an arduous endeavor because of federal regulations that require the Seal Beach Naval Weapons Station to adhere to strict security measures, not to mention the miles of red tape that would inevitably take years, if not decades, to straighten out and result in additional housing.

Sacramento has already pushed legislation making it easier to rent out a portion of your home.

Does the State now want us to convert homes into apartment complexes to meet their mandated figure?

It is as if they are trying to turn Seal Beach into something that it is not. We are not downtown Huntington Beach nor like other beach cities that have chosen to let their landscapes be dominated by hotels and apartments. If we sit on the sidelines and let the state dictate what Seal Beach will become then we lose local control and risk losing our city's identity.

So where does that leave the city?

Seal Beach will work with other Orange County cities that have been put in a similar situation by the State of California and fight back.

Every Seal Beach Council member agrees that this allocation is unreasonable.

The algorithm used does not include the amount of land available in a particular city, how much of that land is city-owned and how much is protected by other agencies (Navy, Coastal Commission, etc.) and other important factors.

Politics entered into the equation when, at the last SCAG meeting, cities outside of Orange County joined forces to shift the housing requirements away from their own cities and toward cities in Orange County. Every Orange County city, regardless of party, voted against this maneuver to no avail.

As a computer programmer, I am used to utilizing basic logic to develop algorithms that result in better outcomes.

Well, that goes out the window here.

There is no basic logic used when you do not factor in the amount of land available for new housing.

It is disappointing to see these types of back-room deals done by politicians looking to pass the buck onto small cities like Seal Beach. The good news is Seal Beach has the will and determination to resist and fight back against this type of maneuvering, and I am confident that working with other Orange County cities we will be able to resist this ridiculous mandate.

Coping with Stress

The Centers for Disease Control knows the outbreak of coronavirus disease 2019 (CO-VID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in people. Coping with stress will make you, the people you care about, and your community stronger.

Things you can do to support yourself

- Take breaks from watch-ing, reading or listening to news stories, including social media.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

SBTV
from page 15

8:30 pm	St. Patrick's Day-Rob Roy
9 pm	Bob Cole Conservancy
10 pm	Cerritos Center Voodoo Daddy
Monday, March 23	
4 pm	Mystery at the Theater
4:32 pm	Aquarium of the Pacific
5 pm	Vintage Vehicles
6 pm	Studio Cafe
7 pm	SB Planning Commission
8:30 pm	Ocean Perspectives
9 pm	Vinyl Rock
11 pm	Vintage Vehicles
11:30 pm	Bob Cole Conservancy
Tuesday, March 24	
4 pm	Harmonizing Humanity
4:30 pm	LW Rollin' Thunder
4:39 pm	Quilting Bees/Drone Club
5 pm	St. Patrick's Day-Rob Roy
5:30 pm	Life and Times-Virginia Haley
6:30 pm	Sea Inside
7 pm	McGaugh Patriotic Show
8 pm	2019 Simbang Gabi
9 pm	Studio Cafe
10 pm	Cerritos Center
Wednesday, March 25	
4 pm	Mystery at the Theater
4:32 pm	2019 Simbang Gabi
5:30 pm	Vintage Vehicles
6 pm	Drone Club/Velvetones
7 pm	Studio Cafe
8 pm	Aquarium of the Pacific
9 pm	Vinyl Rock
11 pm	On Q—8Bit Jazz Heroes

INNOVATIVE CLEANING SERVICES

Cleaning service has ramped up training

—from Innovative Cleaning Services

As you are aware, the coronavirus (COVID-19) has expanded its reach within the United States and now, California.

And, as the GRF's commercial janitorial supplier partner, In-novative Cleaning Services is dedicated to delivering all aspects of "Cleaning for Health."

The includes the cleaning, sanitizing and disinfecting surfaces against the coronavirus in the workplace.

In early January, in anticipation of the flu season and now the potential expansion of the Coronavirus (COVID-19), ICS began additional training in the use of personal protective equipment and Touch Point cleaning, sanitizing and disinfecting.

These disinfecting procedures are being implemented throughout facilities.

ICS crew members are using spray bottles with bright green and yellow labels.

The EPA-registered chemical in those labeled bottles is a hospital grade quaternary disinfectant that is highly effective against a wide variety of viruses, bacteria, molds and many more pathogens, includ-ing the coronavirus and SARS-associated coronavirus.

When performing these disinfecting processes, crews focus on common and gathering areas such as kitchens, copy rooms, confer-ence rooms among others. A brief list of the many surfaces the crews are concentrating on include:

Common Areas

- Handrails
- Door Handles
- Light Switches
- Counters
- Vending Machines
- Conference Room Tables
- Conference Room Chair Arms
- Water Fountain Buttons
- Refrigerator Handles
- Elevator Buttons

Restroom Areas

- Doors
- Toilet Seats
- Faucets and Flush Valves
- Sink Counters
- Paper Towel and Soap Dispensers
- Door Handles
- Light Switches

According to the Centers for Disease Control, there is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to the virus. The CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Follow CDC's recommendations for using a facemask.

The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 sec-onds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands with soap and water if hands are visibly dirty.

ICS will remain vigilant in its efforts to properly clean and disinfect Leisure World facilities.

—Jennifer A. Corbett-Shramo, ICS CEO

DROP BOX
from page 6

ments are delivered to the Finance office where they are sorted and mailed in parcels as batches to their respective payment processing centers. Monthly assessment payments are forwarded to the lockbox payment processing center via UPS and contain a tracking number used to confirm the package was delivered.

Be sure to include your name and address on the outside of all payment envelopes deposited in the light tan-colored payment boxes. Doing so allows staff to add an additional step of tracking and record-ing your monthly assessment payments before they are forwarded to the lockbox processing center. Failure to place your name and address on your payment envelopes will make it difficult for staff to track your payment once it leaves our office.

Note that you must use postage stamps on all mail deposited in the blue US postal boxes. Further, it is always a good practice to place your return address on all US mail in the event the postmaster is unable to deliver your mail.

— The Finance Office

Puzzles & Comics

Answers on page 23

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku

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

9 To 5 By Harley Schwadron

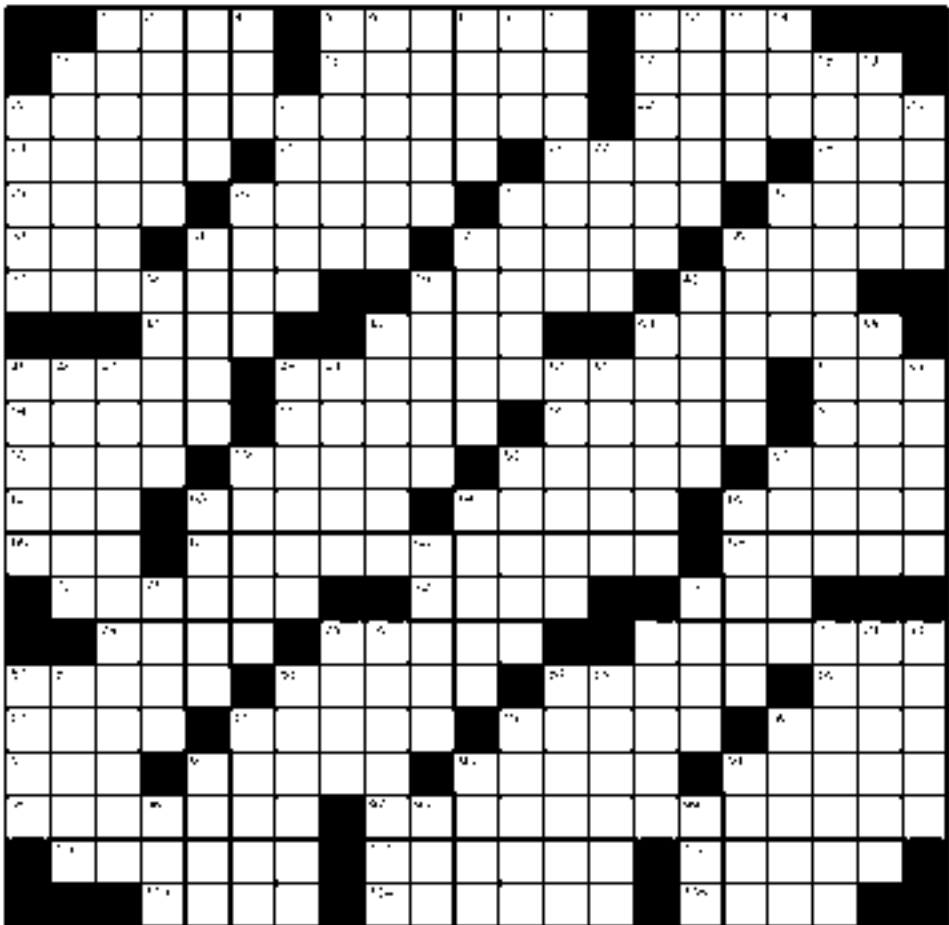


Famous TV Lines

Edited by Linda and Charles Preston

ACROSS

- 1 Reward
- 5 Tomato
- 11 Second and
- 15 Receipt
- 16 In existence
- 17 Kind of ray
- 20 Garden Highway Town, N.Y. line
- 22 Graduation
- 24 Guinness and tempter
- 25 Dinger
- 26 Expert car
- 28 Carbohydrate
- 29 Sage
- 30 Magna
- 31 Nick VP Charles
- 32 Luncheon ending
- 33 Self
- 34 Shade of pink
- 35 WY mountain range
- 36 Dress from '60
- 37 Jerry Robinson on "Newhart"
- 39 Kind of code
- 40 Naming
- 41 Baseball great, M.L.
- 42 ... and ...
- 43 Downer
- 45 B-H friend
- 48 Steve McGarrett line
- 52 Charge for services
- 54 Garma's pri
- 55 "Waste Land" author
- 56 Waiver
- 57 The entire lawsuit
- 58 Flare
- 59 Judo
- 60 Love it
- 61 Fraudulent scheme
- 62 Switch positions
- 63 Barber service
- 64 Become unfit for use
- 65 Days of Mole
- 66 Use a needle
- 67 Ed M. Malar line
- 69 Loose pants
- 70 Modest or reserved
- 72 Albany to Buffalo canal
- 73 Push
- 74 One-Gun
- 75 Bergen's Mother-in-law
- 77 Hair dressings
- 81 Church composition
- 83 Narrative
- 84 USMA freshman
- 86 Hollywood's Filipino
- 87 Jet
- 88 Facing the line at, Geol
- 89 Ole Greek legislative council
- 90 Short, projecting part
- 91 Based
- 92 Not fresh
- 93 Tennis term
- 94 Venetian partner



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3.22.20

DOWN

- 1 Level of vent band
- 2 Late popular singer, 1960s
- 3 Degrading signal
- 4 Fleet
- 5 ... under
- 6 This forth
- 7 Countryards
- 8 Animal appendage
- 9 Massachussetts cape
- 10 Leaf apertures
- 11 Not level or flat
- 12 George's garments
- 13 Place Don ... Hansen
- 14 Common article
- 15 Striped knicker

- 18 Sgt. Friday line
- 19 Decline
- 20 Despised
- 21 Age of reason on Jan. 1st
- 22 James' norms
- 27 Military acronym
- 30 Hat
- 31 Jeans material
- 32 Bridge position
- 34 Marie's column
- 35 Belief
- 36 "Moll Flanders" author
- 38 Labors
- 39 Kind of tea
- 40 ... Carle
- 42 "Elmer ... other names" capsule
- 43 Snappish
- 44 Tell
- 45 Prentiss and Bismarck
- 46 Called
- 47 Jackie Gleason line
- 48 ... of the dog
- 49 Miss O' ...
- 50 Singer Vic
- 51 Bitter negative
- 53 Lewis ... Carley
- 59 Not here
- 60 Blank verse
- 61 Catherine's line
- 63 Sled track
- 64 Word of regret
- 65 Hydrometer scale
- 68 Tubes
- 71 Beauty
- 73 Dressing gown
- 75 American type, abstr
- 76 Bouquet
- 77 Guest's man
- 78 Gopher's st
- 79 Drew Ford
- 80 Wooden shoe
- 81 Church service
- 82 Midwestern city
- 83 Brown ... pants
- 84 Swept down suddenly
- 85 Anti-Greek saint
- 88 Answer
- 89 Use a rheostat
- 90 Public house
- 92 Aspers on
- 93 Knobs and Corlene
- 94 Laundry
- 96 School organization
- 98 Fantasy, to me
- 99 E.P. in England

The Observer Crossword Puzzle

SCRABBLE G|R|A|M|S|

A	E	U	S	C	N	T	BACK 1
A	I	G	W	J	S	S	BACK 2
A	A	E	I	N	M	S	BACK 3
A	I	C	P	T	R		BACK 4
A	O	Y	N	C	R	N	BACK 5

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DIRECTIONS: ...

JUMBLE

Just arrange these four jumbles one letter to each square to form four ordinary words

KORPE

PMIBL

BAZAE

YAASLW

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



how arrange the circled letters to form the surprise answer as suggested by the above cartoon.

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is 2:00 p.m.,
Monday,
for
Thursday's
publication

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Adult pullups & pads, household
condiments, wipes, bar stools,
small furniture, 3 large emergency
kits, coat holder, 2 cedar chests.
562-843-6963. 03/26

Walk-in Tub with hydrotherapy jets,
handheld shower, contoured 22 in
wide internal seat, safety grab bars,
padded backrest and features six
wheels with locking castors to lock in
place or allow tub's easy movement.
Dimensions 52"L x 29"W x 39"H,
sold "AS IS", although only used 3
times, is in new condition for \$3,500,
by Sylvia (562) 301-2908. 03/19

For sale Black and Decker 4 slice
toaster oven. 30 minute timer. Box
never opened. \$25.00 OBO.
Call Marsha at 562-296-8723. 03/19

For sale - 2 swivel chairs with
ottoman. Bonded leather. Like new.
Light in color. 562-598-0307. Wm.
Leshner, Mutual 7, 13250 Fairfield
Lane 173-A. 03/19

Sligh Home Office Furniture
4-wall modules which includes the
Peninsula desk unit \$1,200. Call
Mary Anne at (714) 906-7106. 03/19

FREE ITEMS

Free: Leather recliner dark green.
No rips or tears. (619) 838-2380. 03/19

CARPORTS WANTED

Carport wanted for rent. Prefer
location in Mutual 2 near Bldg. 24,
storage desired. Price negotiable
\$50-\$75/mo.
Michael (949) 833-1410. 03/26

Need to rent carport anywhere inside
L.W. Please contact Carol at
949-300-2065. 03/19

CARPORTS FOR RENT

Carport for rent. Mutual 3, 15-J w/
storage. \$20 per month. 562-413-
6424. 03/19

LW REAL ESTATE FOR SALE

NEW LISTING

1461 Pelham, Bldg 132H,
2 bed/1 bath unit, 3 skylights.
Laminate floors/new refrigerator
w/large lower freezer.
Move in ready. Quick location
near "Downtown" \$208,900.
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13550 Medinac Ln #301-I
2 bedroom 1 bath

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very close to all of the best
parts of Leisure World.

Centrally located near
the Amphitheater, Club-
house 6, gym, Post Office,
parking, Medical Center,
pool, golf course and two
laundry rooms.

This home has a rare fully
screened-in lanai and four
natural light skylights.

New fridge, oven, cook-
top and dishwasher.

Kitchen island with stor-
age, new laminate flooring,
extra storage in the hall with
organizers for shelving.

**This home is ready
for you to move in and
start your new lifestyle!**

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JOYCE REED

Resident Broker
Notary Available

596-8656

Mutual 15, 1-D
\$245,000



Expanded 2-bedroom,
1-3/4 baths, with small patio.



Close to Main Gate, laundry
and carport.



— • • —

Mut. 9, 232A — CLOSED
Mut. 7, 152-A — CLOSED
Mut. 15, 16-R — CLOSED
Mut. 6, 67-J — CLOSED

Unbelievable Real Estate
DRE#00460268



Verna Chumley

562-598-1388

562-221-3113

DRE: 00753726

NEW LISTINGS

Mutual 9 - 207K - \$225,000

Basic two-bedroom unit with washer/dryer;
Walk-in shower; newer windows.

Mutual 5 - 108K - \$235,000

Two-bedroom basic floor plan! Central location -
Very big patio; Great location
close to "downtown"

Mutual 9 - 222L - \$339,000

Fabulous expanded corner unit! Two bedrooms,
1.5 baths; washer/dryer New paint
and new carpeting

Mutual 15 - 29R - \$254,950

Two bedrooms, two baths; Upstairs expanded
unit! Approximately 1300 sq. ft. of living

Mutual 8 - 178E - \$299,000

Fabulous two-bedroom expanded unit! On
lovely greenbelt - Immaculate condition
Washer/dryer; remodeled kitchen and bath

LEISURE WORLD HOME SALES



Science Matters

Trained dogs and their class rankings

Dogs learn to sniff out citrus-killer

Just as they detect bombs, drugs and pests such as bedbugs and fire ants, dogs have been taught to use their superb sense of smell to detect a destructive disease of citrus trees.

A handler and two dogs, with dogs each working 30 minutes, then resting for 30, can sweep 10 acres (4 ha) of orchard, or about 1,500 trees, in 1 to 2 hours

Well-trained dogs can detect the bacteria over 95% of the time in commercial groves and over 92% of the time in citrus trees growing at homes

Huanglongbin disease (citrus greening disease)

The bacterium *Candidatus Liberibacter asiaticus* is carried by a small insect, the Asian citrus psyllid (left)

2-3 mm (1/10 inch) long



Interferes with citrus tree growth, causes fruit with green ends



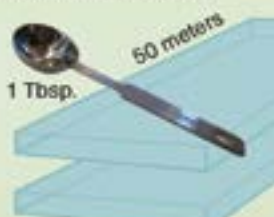
Maci, a trained dog, runs through an orange grove in the Rio Grande Valley of Texas sniffing for infected trees

On smelling even an infected leaf or twig, Maci "alerts" by sitting or lying

Nose out-sniffs lab instruments

Dogs can detect scents significantly better than most lab tests, without laborious sample collection or laboratory processing

A dog can sense an odor floating on the air in 1 part per trillion – the equivalent of 1 tablespoon of liquid in two Olympic swimming pools



Source: Tim Gottwald of US Agriculture Department; Agriculture and Natural Resources, University of California; Proceedings of the National Academy of Sciences (US) Graphic: Helen Lee McComas, Tribune News Service



Erika Shapiro

Resales Specialist • Mutual 17 Resident

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GREAT BUY
Basic 1-bedroom,
on nice green, fresh paint.
Mutual 3, 7C \$140,000

REDUCED MOVE-IN READY

2 BDR/1 1/2 bath,
fully expanded corner
drive up, washer/ dryer,
dishwasher & more
Mutual 2, 19F \$319,000



COUNTRY COTTAGE
2 BDR, 2 bath, greenbelt.
Move-in ready, white kitchen,
washer & dryer, close parking.
Mutual 10, 246L \$395,000

Coming Soon

Basic 2 BDR, 1 bath, fresh paint, new flooring,
washer & dryer, skylights, move-in ready,
private location.

Mutual 9 - 209E

Atrium, Remodeled 2 BDR/1 Bath,
drive-up, Solid Oak flooring, Oak
cabinetry, granite counters, New
appliances, windows, shutters
and more.....

Mutual 15 - 18D 365,000



I SOLD 20 in 2019 I SOLD 36 in 2015
I SOLD 26 in 2018 I SOLD 35 in 2014
I SOLD 34 in 2017 I SOLD 60 in 2013
I SOLD 47 in 2016 I SOLD 42 in 2012
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Sold 1-21A
Sold 1-40G
Sold 2-51D
Mutual 2-9L
Mutual 2-36L
Mutual 2-62A

Mutual 3-23G
Sold 3-2J
Mutual 5-91L
Mutual 5-111E
Sold 5-106E
Mutual 5-108K
Sold 5-71B

Mutual 6-67I
Mutual 7-145G
Sold 7-158K
Mutual 8-195A
Mutual 8-178E
Mutual 8-199I
Mutual 9-207K

Mutual 9-220A
Mutual 9-222L
Mutual 11-281A
Mutual 12- 8A
Mutual 15-29R
Sold 15-37Q
Mutual 15-23K

How did we sell a third of our listings from last week's ad in one week??? Because we are that good!!! Come see us...



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Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
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Associate Broker
DRE # 00744676

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LW Community



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



PENDING
Mutual 2, 48H \$210,000
This lovely home faces greenbelt, has wrap around patio with newer outdoor carpet and skylight which is a really nice feature.



PENDING
Mutual 7, 176E \$210,000
This 2 bedroom 1 bath cottage has drive-up, wrap around patio, with storage, living room open, kitchen with white cabinets, built-in appliances.



PENDING
Mutual 4, 78B \$148,000
Charming 1-bedroom, 1-bath cottage with drive up, enclosed patio which adds approximately 200 sq ft of living space.



Mutual 15, 32K \$239,000
Eloquent traditional home featuring 2-bedroom, 1-3/4-bathroom, spacious living room and formal dinir room with ceiling fan. Living room has custom draperies framing triple-pane windows and over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double- pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



SOLD IN 1 WEEK
M8-189J \$175,000
Great Location. Basic 2 Bedroom 1 Bathroom with enclosed side patio. Perfect for remodel or updating. Kitchen had built-In original appliances and Skylight that opens. Bathroom has extra large skylight that opens. Use your imagine and make the home your own. Priced to sell! Front open patio. Lovely Area.



M3-21K \$218,000
Charming 2 Bedroom 1 Bath Cottage. Kitchen has ceiling fan, built-in stove, oven and refrigerator. Master Bedroom has mirrored wardrobe doors and double pane sliding doors to private patio. Living and bedrooms are carpeted and flooring in kitchen, bathroom and hallway is vinyl. Heat pump/AC and is ready to move in.



PENDING
Mutual 4, 50A \$249,900
This a fully expanded 2 bedroom 1 bath home with dual pane windows, bay windows in living room, master bedroom and den/dining room and Central heat and air conditioning.



SOLD IN 1 DAY
M1-55I \$158,000
Charming 1 Bedroom, 1 Bath unit has newly installed laminate flooring and is newly painted throughout. This home features built-in kitchen appliances including stove, oven, and refrigerator, kitchen ceiling fan, skylights in kitchen and bathroom. Master bedroom has a sliding glass door to a private patio with walk-in storage and overlooks a beautiful greenbelt. Great location! Walk to shopping center and downtown Leisure World.

January 2020 Sales

Mutual 5, 229D

Mutual 14, 23F

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Seal Beach, CA 90740

Two-Bedrooms



Conrad Rodriguez
562-746-1960

Mutual 8 189J \$175,000
enclosed patio, skylights that open, good location, great price

Mutual 2 10H \$199,995
New windows, 2 large skylights, white bamboo wood floors



Leah Perrotti
310-889-6583

Mutual 3 21K \$218,000
double pane windows, heat pump, skylights that open, cozy

Mutual 2 36L \$229,000
great buy, corner, highside expansion, drive-up

Mutual 7 157D \$229,000
Central Park, upgraded, dual pane, newer kit. counters

Mutual 1 13L \$229,500
Spectacular green, french doors, lam. floors, very nice

Mutual 15 32K \$239,000
1-3/4 baths, open balcony, skylights, double/triple pane windows

Mutual 7 153E \$254,900
1-1/2 baths, south facing, lam. floors, clean

Mutual 9 208L \$259,000
Fantastic greenbelt, turnkey, expanded, dual pane, fresh paint

Mutual 2 44K \$239,000
Full expan., skylights, double pane, wood flooring

Mutual 1 16A \$259,500
btfl. greenbelt, new paint, new lam. flooring, lovely patio

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

Mutual 15 21M \$285,000
2 baths, enclosed porch, greenbelt, trees, drive-up, nice

Mutual 1 70F \$299,000
Corner, washer/dryer, central & heat, turn key

Mutual 10 257G \$327,000
corner, full expan., cent. air, great condition, drive up

Mutual 9 226L \$399,000
Remod. corner, 2 full baths, washer/dryer, private

One-Bedrooms

Mutual 1 55I \$158,000
new lam. floors skylights, btfl. greenbelt, great location

Mutual 16 54E \$167,000
Full expan., hard wood floors, double insulation, great view

Mutual 3 11D \$174,000
south facing, gourmet kitchen, dual heat pumps

Mutual 1 38D \$174,900
expanded, south facing, great greenbelt

Mutual 3 11C \$179,000
expanded, cent. air, large bay windows, greenbelt



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



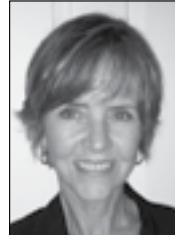
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Robin Gray

(562) 209-5605

rwgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team

BERKSHIRE HATHAWAY
HomeServices
California Properties



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 1-38-D \$174,900
1- bedroom, 1-bath south facing, fully expanded unit on an amazing greenbelt setting. Close to Medical Center, Amphitheater, pool, golf course and churches. L-shaped living room with huge closet. There is an A/C Heat Pump to keep you cool in the summer and warm in the winter, plus skylights that make this home light and bright.



Mutual 10-257-G \$327,000
Charming two bedroom 1 bath Spacious living room and dining room, built in china cabinet, granite counters, dishwasher, microwave, skylights, central heat/air, parking and laundry. **This is a must see call us today!**

Selling or Buying - We are here to help you - We have over 35 years combined Experience and Knowledge of this Unique Community!



Mutual 7-157-D \$229,000
NEW LISTING... Adorable Beach Cottage - 2 bedrooms, 1 bath, raised wall with double paned windows, plantation shutters, pretty wood-look floors, upgraded kitchen, heat-pump, ceiling fan, skylights, cut-down shower and a large patio to sit and relax and enjoy this gorgeous **CENTRAL PARK LOCATION!!** Call Today to See.



Mutual 6-136-C \$359,000
Fully expanded two bedroom - one bath, south facing courtyard. Remodeled kitchen and bathroom, fresh paint, skylights, dishwasher, pantry, newer appliances, microwave, Forced Air/Heating plus WASHER AND DRYER. Laminate flooring with tile in kitchen.



Mutual 1-40-B \$167,000
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.



Mutual 8-203-I \$249,900
Darling two bedroom "U-Shaped" expansion with Central Heat/Air, Stackable Washer/Dryer, large master bedroom with a walk-in closet, dining room, skylights, dual paned windows and a nice size tile patio with a gate and storage sitting on a green - plus close carport and street parking!! Be sure to check this out - it's a good one!!



Mutual 8-196-H \$219,000
NEW LISTING ... Catch the morning sun! Lovely setting, wide courtyard greenbelt, 2 bed, 1 bath, high side expansion. New paint and new beautiful waterproof vinyl plank floors, central heat/air and a patio to enjoy!



CAROL GASPER
REALTOR
Lic# 01276484
562.716.1547
carol@carolgknutson.com
sealbeach.retirementcommunity.info



FIRST TEAM®
REAL ESTATE

12501 Seal Beach Blvd. #100
Seal Beach, CA 90740

For 2020, I have a total of 16 Leisure World pending and closed sales.
I have buyers for yours too! Call me today for a free market evaluation!



1603 Monterey Road #22L | M2 | \$465,000
New construction: 2 bedroom, 1 ¼ bath. Gourmet kitchen with stainless steel appliances. Wall mounted fireplace, washer/dryer, dual pane windrows. Great location.



1601 Glenview Rd #64A | M12 | \$348,500
2 bedroom, 1 1/2 bath fully expanded unit on peaceful greenbelt. 4 skylights, walk-in closet, central A/C. Laminate flooring, granite counters, dishwasher, self-cleaning oven, soundproof wall between unit and laundry room, LAUNDRY IS FREE in this mutual..



1260 Oakmont Rd #53E | M6 | \$165,000
Fully Expanded 1 Bedroom, 1 Bath Surrounded by Greenbelts, Laminate Flooring, A/C Heat Pump, Sliding Glass Door, Two Skylights, Close to Laundry.



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. Drive-up location.



13741 Thunderbird Dr., #49L | M1 | \$195,000
Corner 2 bedroom, 1 bath overlooking beautiful greenbelt. Patio with storage unit. 2 Skylights, Dishwasher, New Oven, Ceiling Fan, A/C Heat Pump, Mirrored Closet Doors, Cut Down Shower. Close To Parking and Laundry.



1562 Golden Rain Rd #44G | M2 | \$225,000
RARE 2 BEDROOM, 2 BATHROOM, basic unit at a GREAT PRICE! New laminate wood flooring, large private patio. Wonderful downtown location. Walk to swimming, golf, exercise room, health care center and other amenities.



13800 Annandale Drive #39G | M1 | \$279,500
Corner, Fully Expanded 2 Bedroom, 1 Bath, 2 A/C Heat Pumps, Dual Pane Windows, Plantation Shutters, Remodeled Kitchen, Completely Remodeled Bathroom with Walk-In Shower, 2 Sinks in Bathroom, Stone Countertops. Large Storage Unit on Greenbelt.



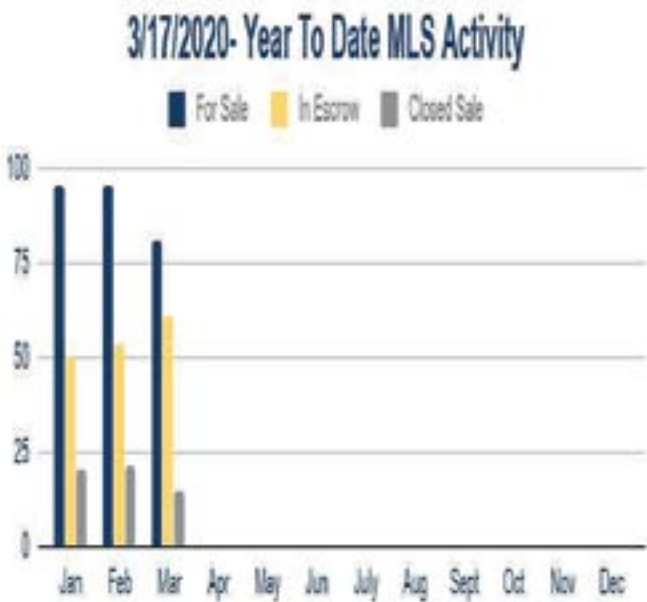
1622 Merion Way #38G | M2 | \$469,000
Completely remodeled 2 bedroom, 1 ½ bath corner unit. Designer kitchen w/ stainless steel appliances, large island, central A/C and heat, washer/dryer, marble tiled bathroom, walk-in closet, expanded master bathroom. HAS EVERYTHING!



1290 Northwood Rd #161A | M7 | \$310,000
Corner Fully Expanded 2 Bedroom, 1 ½ Baths. Remodeled Master Bathroom With Glass Enclosure, Tile and Corian Countertops. Laminate Flooring, A/C Heat Pump. 2 Skylights, Double Pane Windows. Steps to Parking.



1502 Golden Rain Rd #46K | M2 | \$254,900
2 Bedroom, 1 Bath Fully Expanded. Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



I have access to the total inventory!

On March 16th, 2020 a total of 88 units show as active listings on the CRMLS (this is where Realtors list property for sale).

7 - 1 bedroom/1 bath
from \$148,500 to \$189,000

43 - 2 bedrooms/1 bath
from \$175,000 to \$399,000

31- 2 bedrooms/2 baths from
\$225,000 to \$499,900

Please give me a call for detailed information on any of these properties!

