

QuaranTEAM STRONG

FROM THE GRF PRESIDENT



GRF settles wage lawsuit; no impact on shareholder fees

—from GRF President Linda Stone

The Golden Rain Foundation has settled a lawsuit that aligns with complicated employee meal and rest-break wage regulations. This settlement eliminates a potentially costly and uncertain legal fight and removes financial uncertainty for future budgeting.

The \$550,000 settlement will be paid from our capital budget and will have **NO** impact on shareholder and member fees or existing projects. Let me restate that this settlement will have **NO** impact on shareholder and member fees.

GRF was sued in October 2017 by a former employee who was joined later by a current employee for what they claimed were wage-and-hour violations. Their lawsuit, similar to almost 8,300 lawsuits filed in 2017, asserted that GRF had not provided proper meal and rest breaks to employees and failed to compensate employees for the resulting overtime.

In consultation with our previous labor lawyers, GRF, along with thousands of other big and small companies adhered to an interpretation of work rules that allowed employees to periodically work through their meal and rest breaks to leave work early. Recent court rulings now favor an expansive view of wage-and-hour rules.

Although the two plaintiffs initially demanded several million dollars to resolve the case, GRF was able to negotiate a much smaller settlement because we have a legitimate legal argument that our pay practices were lawful.

The \$550,000 is expected to be paid later this summer after final settlement documents are filed with the court and an independent payment administrator identifies and locates eligible employees. The plaintiffs’ lawyers will receive an estimated \$183,000, the

**UPDATE, page 4**



Get the real time information you need with LW Live.

See page 2 to sign up.



Beaches are empty as summer looms

The empty sand stretches to the sea (above) and orange barriers block the entrance to the closed Seal Beach Pier (left) due to coronavirus orders that banned public gatherings March 23. With the first heat wave of the year last weekend, Orange County officials decided to keep some beaches open but left in place parking restrictions to reduce access. Seal Beach remains off limits as does all 72 miles of L.A. County beaches. LW residents who are sheltering in place are reminded to drink lots of water and stay cool as summer heats up.

**WHAT’S INSIDE**

**LW Decals | Page 2**  
Security has a new way of issuing decals to observe distancing protocols and keep everyone safe. It starts May 4.

**Hof’s Hut, Naples Ribs in LW | Page 3**  
LWers have more and more options for good food right here in LW. Grab n Go meals are offered every day of the week.

CITIES OF SEAL BEACH AND LOS ALAMITOS

Flag-flying campaign honors essential workers

The Cities of Los Alamitos and Seal Beach, and the Los Alamitos Unified School District are joining together to thank and honor essential workers.

The “Red, White, Blue and YOU” campaign was designed to show appreciation for the essential workers who are putting their own safety at risk to help serve their communities.

Healthcare professionals, military personnel, firefighters, police officers, school employees, grocery and restaurant workers, the postal service, and bankers are working to provide vital service to the communities throughout this COVID-19 crisis.

Residents are encouraged to help honor local heroes by displaying an American flag, creating a “Thank You” sign to showcase in your window and tying red, white, and blue ribbons around the trees in front of your house or business and throughout your neighborhood.

Show your support and let everyone in the community know that we value their service and that we will get through this pandemic together.

“I am incredibly proud of this community,” said Seal Beach City Manager Jill Ingram. “I know the sacrifices that our essential workers are making. This showing of support will go a long way in letting them know they are appreciated.”



**STARS, page 3** A banner went up last week to honor the people on the frontlines of the battle against COVID-19.





SoCalGas is replacing a pipeline as part of the 405 Freeway Improvement project on North Gate Road. The project will upgrade the natural gas distribution pipelines in Seal Beach. Construction is expected to take approximately two months to complete, weather and other factors permitting. North Gate Road will be partially and intermittently closed. The 405 freeway on and off ramps near Seal Beach Boulevard will be also be intermittently closed. For more information, call (844) 765-9385 or write [projectinfo@socalgas.com](mailto:projectinfo@socalgas.com).

LW

Live

Sign up now for the GRF's one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about on-site restaurant services, and other useful information. Don't be left in the dark; fill out the form and deliver it to the News Office through the slot in the door, mail it to LW Weekly, PO Box 2338, Seal Beach, CA, 90740, or sign up at [lwsb.com](http://lwsb.com).

Name (first and last)
Mutual Number:
Email Address:

LW SECURITY

Decals are being issued in a new way starting May 4

To resume the decal issuing process while ensuring the health and safety of Leisure World Seal Beach residents and employees during the COVID-19 outbreak, the following procedures will be put into place regarding the issuance of decals.

Beginning on Monday, May 4, and continuing throughout the month:

- All decals will be issued by appointment only. Beginning today, April 30, you may call the Security Main Gate 24/7 at (562) 594-4754 to obtain an appointment to receive a decal.
- Appointments for the month of May are available Monday

through Saturday from 8 a.m.-4 p.m.

- To receive a decal for your vehicle, you must present the following documents:

- Valid proof of vehicle insurance
- Valid DMV vehicle registration (vehicle must be registered to the LWSB resident)
- Valid DMV driver's license
- GRF identification card

- When you arrive for your appointment at Building 5, a security officer will greet you and direct you to a designated parking space for those receiving decals.
- Please stay in your car. Do not enter the decal office area.

After receiving your paperwork, your information will be processed and you will receive a decal.

Be advised:

- The decal will be valid for up to two years after the date of issuance.
- If a resident's driver's license expires before the end of the two year period, a decal will expire in the same month the driver's license expires.
- Expired insurance, registration and/or driver's licenses are not valid documents and no decal will be issued.
- A DMV identification card is not a valid driver's license and

DECALS, page 5

FOR 35 YEARS, WE'VE BEEN BY YOUR SIDE, PROVIDING THE FINEST IN UROLOGICAL HEALTHCARE.

Now, we're all doing what we should do – staying at home, being safe and riding out the Covid 19 pandemic. In several weeks, we'll start getting back to a normal life - spending time with our families and friends, enjoying time together, like we've always done.



Now is the time to start focusing on important issues – like your health!

At Pacific Coast Urology Medical Center, Dr. Pugach and his staff are ready to welcome you back to our caring environment for all of your urological needs:

- Bladder Control for Women
- Benign Prostate Enlargement for Men (BPH)
- Prostate Cancer

Appointments for May and June are already filling quickly. If you'd like to schedule a time to see us, please call or email us. As always, we're here to help you!

Make an appointment TODAY  
CALL 888-735-4336



Dr. Robert Pugach  
Medical Director of Pacific Coast Urology Medical Center

Learn more about us at [www.pacificcoasturology.com](http://www.pacificcoasturology.com)  
Convenient offices in Los Alamitos and Huntington Beach





# Neighbor to Neighbor

Leisure World residents stick together in times of trouble. Residents are reporting acts of kindness, innovative ways to stay busy and resourceful ways to navigate the COVID-19 crisis. Send submissions to [rutho\\_news@lwsb.com](mailto:rutho_news@lwsb.com) for next week's column.



## Heart to Heart

Joanna Matos of Mutual 2 left a box of beautiful rocks, one for each member of the LW Weekly news team, with a note: "A rock, a paperweight, a stay-at-home craft made for all eight of you for being our LW news hounds during the COVID-19 pandemic. As an old newspaper photo-journalist, I want to thank you for the splendid work you are bringing to us residents covering the COVID-19 news. We can save our issues as a memento of this historic time in our lives." The news staff appreciates the gift and the sentiment that accompanied it.

## LW Sewing Brigade Update

Dean Jacobus, who is overseeing a grassroots effort in LW to make cloth masks for first responders (they use them to protect their M95 and surgical masks), reports that last week was an incredible one for the team. "Everything is kicking in," with a total of about 8,000 masks now finished and on their way to doctors and nurses helping COVID-19 patients. "These people are incredible," said Dean. "Thanks to the help of our mutual pick-up/drop-off team. On April 24, a shipment of masks was sent off to Hoag Memorial and Cedars-Sinai Medical Center. The brigade is working on a second request for 500 from the hospital ship, Mercy. It has also given masks to two Navajo nation hospitals that were in great need. "Hospital and nursing homes also have great need and what we are doing is a great help," said Dean. "This whole program shows what a caring talented community Leisure World is. Many are sewing because of family members in the fight. I have been told, no matter what or how long it goes, some will not stop until they are no longer needed. It takes a village to do this, and we, the LW community, are doing it. It's a special time, special place! Thank you to all the team members and donors. Stay the course, stay at home," said Dean.

## Thank You to a Kind Lady

Darlene Brideau of Mutual 12 wants to send a thank you out to the lady who found her wireless earbud. "I was walking the outer circle of our complex last Saturday morning. I was almost home when I realized I had lost my earbud. I immediately backtracked for a few blocks, to no avail. I returned home but decided to walk the complex a second time, but no luck. Later that day I tried one more time hoping to find it. I ended up walking a total of nine miles that day. I called Security and reported it lost hoping someone would find it." A woman did find it and turned it in. "Since I had no way to say thank you, I called the LW newspaper hoping to get this message out: Thank you to this very kind lady and God bless you for your thoughtfulness."

## A Stitch in Time

In light of a number of gracious volunteer shareholder/members desiring to help their neighbors by making masks for the community, the GRF will offer the use of the sewing room in Clubhouse 3 under these strict guidelines:

- Only two people at a time will be permitted in the Sewing Room.
- The hours will be between 8 a.m.-3 p.m. weekdays.
- Mask makers must reserve their time with the Reservations Office by emailing [kathyt@lwsb.com](mailto:kathyt@lwsb.com).
- Each mask maker will be permitted two hours of machine usage per shift unless there are no other reservations.
- If you have not purchased the required sewing kit, GRF will lend one to you.
- People must sign in and sign out with the custodian each time.
- Fifteen minutes between reservation slots are allotted for the custodian to sanitize the touch surfaces.

For more information, call (562) 431-6586, ext. 398.

## STARS

### from page 1

"There are times where we are different cities or districts, and there are times when we are one community," stated Los Alamitos City Manager Chet Simmons. "Along with the men and women on the frontlines, we are all in this fight together." "Our staff sprang into action to get online school going for our kids, provide childcare for families of essential workers and distribute meals to those in need," said Dr. Andrew Pulver, superintendent of the Los Alamitos Unified School District. "On behalf of the Board of Education and administration, we wish to thank the unwavering dedication, professionalism and commitment from our staff; they have remained determined and upbeat and truly demonstrate how, as a community, we are all Better Together in meeting this extraordinary challenge." For more information regarding The Red, White, Blue, and YOU campaign, visit [www.sealbeachca.gov](http://www.sealbeachca.gov).

# SIGNS OF THE TIMES



Jojo Weingart

Raffy and Daisy Ramos practice ballroom dancing at the empty Amphi Theater, getting ready for the day they can party again (above). Warm weather brings flowers like this vibrant belladonna lily (right). All GRF employees are wearing masks while in Leisure World to protect residents (lower right). And beak coverings are the rage on bird statuary in Mutual 15—all signs of the very strange COVID-19 times we find ourselves in.



David Wolfe



Jojo Weingart



David Wolfe

## Hof's Hut, Naples Rib Company are coming to LW

by Kathy Thayer  
assistant recreation manager

The word is out: Grab 'n' Go daily meals from various vendors have been a big success. Residents hunkering down at home can still get a fresh, hot meal to pick up and take home at the Clubhouse 6 parking lot seven days a week. Now, Naples Rib Company will be returning with a grab 'n' go option on Saturdays, replacing Lucille's BBQ for the month of May (see menu, page 12). Like its Monday night dinners in Clubhouse 1, all meals will be pre-ordered and prepaid via phone or their website, but pickup will now be at Clubhouse 6 parking lot. Joining the grab 'n' go lineup is Hof's Hut on Thursdays, beginning today, between 11 a.m.-1 p.m. (see menu, page 12). A popular Seal Beach dining spot for Leisure Worlders, Hof's and Lucille's are owned by the same company. Their new restaurant on Seal Beach Boulevard will be opening once restrictions are limited, but in the meantime, Hof's Hut will come to us at the Clubhouse 6 parking lot. Domino's Pizza will continue to serve on Thursday evenings. Menus and ordering instructions are sent out weekly by LW Live, so be sure you are kept in the know by signing up at [www.lwsb.com](http://www.lwsb.com) (see page 2 for sign-up form). Growing in popularity is the volunteer shopper program. Any resident who needs help with

shopping can contact the Recreation Department to be matched with a volunteer who will take their list over the phone and leave the groceries on the doorstep. Residents will be called with the total amount of the transaction and can leave an envelope for the shopper to pick up. Soon, a new option will be available. Globally Delicious Burgers in Long Beach is creating a gro-

cery delivery service whereby residents can place their orders from an extensive list of goods online and have them delivered here to LWSB weekly for pickup at Clubhouse 6. In some cases, home delivery may be arranged. In addition, they offer prepackaged meals a cut above the typical. The company is in the process of putting together a special website especially for Leisure FOOD, page 12



## THE SUPERWIRE TEAM IS HERE FOR YOU!

During the COVID-19 outbreak...

**WE ARE AVAILABLE AND  
READY TO ASSIST  
BY PHONE!  
562-735-0366**

Superwire Telecom is the exclusive cable television provider for Leisure World Seal Beach. Your price for "BULK" cable television service is only \$32.21!



# Perspectives

## UPDATE

from page 1

firm administering the settlement will receive about \$20,000, eligible former and current employees will receive payouts ranging between \$100 and \$1,900 and the two named plaintiffs will each receive an additional \$5,000.

There was a 400-percent increase in lawsuits leading up to 2017 associated with different interpretations of meal and rest-break wages with a total of more than \$2.27 billion in settlements. For comparison, Walmart has paid more than \$1 billion in wage-and-hour cases since 2008 and TGI Friday's paid \$19.1 million in a single judgment in 2017. Locally, a Brea-based car-wash company paid \$4.2 million, a Temecula nail spa paid \$1.2 million and an Anaheim auto-towing company paid \$4.9 million.

To reiterate, this settlement will have **NO** impact on shareholder and member fees or existing projects.

I have provided some frequently asked questions (FAQ) below, If you have any additional questions, please send them to [questions@lwsb.com](mailto:questions@lwsb.com). Weekly we will compile all questions received, update the FAQ and post the answers on the GRF website, LW Weekly as well as send a LW Live email.

Typically, we would host a town hall for all shareholders and members to discuss this important issue. Since we remain under at COVID-19 shelter-in-place order we will rely on email (LW Live), the GRF website ([www.lwsb.com](http://www.lwsb.com)) as well as, LW Weekly to provide ongoing information to ensure the well-being of all of us.

### Frequently Asked Questions

#### Q1: Why was Golden Rain Foundation sued?

A1: Golden Rain Foundation was sued in October 2017 by a former employee and was joined later by a current employee for what they claimed were wage-and-hour violations. The lawsuit asserted GRF had not provided proper meal and rest breaks to employees and failed to compensate employees for the resulting overtime.

#### Q2: How did this happen to the Golden Rain Foundation?

A2: Golden Rain Foundation consulted with its previous labor lawyers routinely to ensure its employment procedures were in compliance with California's stringent and ever-changing workplace rules. Evolving judicial interpretations of employee meal and rest-break laws led to the lawsuit against GRF and nearly 8,300 similar wage-and-hour lawsuits against companies big and small in 2017.

#### Q3: Specifically, what did the lawsuit say Golden Rain Foundation did wrong?

A3: The primary claim is Golden Rain Foundation employees periodically did not receive or take mandated meal and rest breaks or worked through them to complete their shifts and leave work early.

#### Q4: Why is Golden Rain Foundation settling this lawsuit now?

A4: In consultation with our attorneys, the Golden Rain Foundation Board concluded that settling the lawsuit would eliminate a potentially costly, uncertain legal fight and remove the financial uncertainty that would complicate its future budgeting. It's important to know that courts have taken an expansive view of wage-and-hour rules. Recent rulings have held businesses liable for fees and damages even if the employer's mistakes were minor.

#### Q5: What is the amount of the settlement?

A5: Golden Rain Foundation will pay a settlement of \$550,000. The plaintiffs' lawyers will receive about \$183,000, the firm administering the settlement will receive about \$20,000, eligible former and current employees will receive estimated payouts ranging from \$100 to \$1,900 and the two named plaintiffs will each receive an additional \$5,000.

#### Q6: How does Golden Rain Foundation plan to pay the \$550,000?

A6: Golden Rain Foundation will use its capital budget to pay the settlement. The use of this fund will have **NO** impact on shareholder and members ship fees or existing projects.

#### Q7: Will the settlement impact residents' fees?

A7: No, we expect the settlement to have **NO** impact on shareholder and members fees.

#### Q8: Which employees are eligible for settlement payments?

A8: Approximately 400 hourly employees who worked for Golden Rain Foundation between Oct. 30, 2013 and July 16, 2019 are eligible for payments ranging from \$100 to \$1,900.

#### Q9: When will the payments be made?

A9: Once the settlement is finalized, a court appointed Payments Administrator will identify and locate eligible employees and we expect payments to be mailed beginning in late summer.

#### Q10: Have the underlying wage issues been resolved?

A10: Yes, upon receiving the lawsuit and in consultation with our attorneys, Golden Rain Foundation has ensured compliance with current interpretation of wage regulations for employee meal and rest breaks.

#### Q11: What did the plaintiffs initially demand in their lawsuit?

A11: The two plaintiffs initially demanded several million dollars to resolve the case. GRF negotiated a much smaller settlement because we have legitimate legal arguments that our pay practices were lawful.

#### Q12: How does the settlement compare with other companies?

A12: There was a 400-percent increase in lawsuits leading up to 2017 associated with different interpretations of meal and rest-break wages. Nearly 8,300 similar lawsuits were filed against companies big and small with settlements totaling \$2.27 billion in 2017. For comparison, Walmart has paid more than \$1 billion in wage-and-hour

**SETTLEMENT, page 7**

## PATHWAYS

# Pathways Care Navigation Program is here to help

The Pathways Care Navigation Program (CNP) continues to help many Leisure World neighbors stay safe, and independent, in their own homes.

What started out as a collaboration project funded in part by Archstone Foundation, a private nonprofit grant-making organization, has turned into a new way of delivering services for Pathways, along with their partners Meals on Wheels-Long Beach and the CSULB Nursing Department.

During these uncertain times, Pathways is continuing its CNP program just as if COVID-19 had never happened, except for one thing.

They cannot show up in person or send CSULB nursing students into the home.

Instead, they have developed six frontline teams of staff, interns and volunteers, who phone call *everyone* in the CNP program on an ongoing daily/weekly basis.

They take each person as unique and special, so if the client needs something "outside the box," they endeavor to fulfill that need, whatever it is.

Last week alone, Pathways delivered 25 "essential care packages" to those who were in critical need of food and supplies.

Local grocery stores have helped the Pathways team fill food and supply orders on a priority basis to avoid running into "empty shelves."

In addition, Pathways has



Master Social Worker Kaitlin Wood is delivering an Essential Care Kit to a Leisure World resident.

been accepting cash and product donations to help with this effort.

"We are so grateful for the donations of food and home supplies that have been collected and distributed so far to those most in need," says Pathways Executive Director Cindy Skovgard.

"Our goal is not to become a new meal delivery service like our partner Meals on Wheels-LB, but we find it hard to ignore the fact that there are many dire situations out there who need a helping hand."

You can follow Pathways on

Facebook (Pathways Volunteer Hospice) or visit its website at [www.pathwayshospice.org](http://www.pathwayshospice.org) to see how Pathways continues to make an impact in Leisure World.

For more information or to find out more about how the program can help you during the COVID-19 pandemic, call Pathways at (562) 531-3031, Monday-Friday between 9 a.m.-3 p.m.

Last year, the Golden Age Foundation donated \$5,000 to Pathways in recognition of the essential and ongoing service that Pathways brings to LW.

## Letter to the Editor

Editor:

I know we have a stay-at-home policy at the moment due to COVID-19, and we are very lucky that in Leisure World we have a lot of area to walk and ride bikes.

But we do need to realize that there are rules that still need to be followed.

As of late I've noticed residents walking in the middle of the streets instead of moving over onto the grass for six-foot distancing and fast bikes on sidewalks with pedestrians.

We all need to follow basic rules to stay safe on our streets and sidewalks. There is space for everyone—walkers, cyclists and cars.

A little social respect for others goes a long way.

Bert van der Veer  
Mutual 8

## Golf Course Name Contest Winner

The GRF Golf Course Naming Contest has ended and 95 entries were submitted. The Recreation Committee has reviewed them and will be voting for the winner once the committee meets and the GRF Board ratifies the decision. The lucky winner will be invited to the board meeting to receive their prize.

For more information, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com).



An Official Golden Rain Foundation Publication  
Serving the Shareholders of



Leisure World Seal Beach

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<b>Stephen Bannon,</b> Production Editor ext. 392; <a href="mailto:stephenb_news@lwsb.com">stephenb_news@lwsb.com</a> Pre-press, Online/Vision Impaired Editions, IT	
<b>Dan Pomeroy,</b> Distributor Eagle Rock Services	<b>VOL. 44 NO. 17</b>



# Government

## 2020-22 GRF Board of Directors Candidate Nominations

<b>Mutual 2</b> Paul C. Pratt Stephen Travis Brooks Paula Snowden	Lawrence M. Slutsky
<b>Mutual 4</b> Marsha Gerber	<b>Mutual 10</b> Carol A. Stern Levine
<b>Mutual 6</b> Susan Hopewell	<b>Mutual 12</b> Carole Damoci
<b>Mutual 8</b> Suzanne Fekjar	<b>Mutual 14</b> Lee Melody
	<b>Mutual 16</b> Barry Lukoff
	Janet Isom

## Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards. ***Due to the COVID-19 outbreak, meetings have been canceled or rescheduled via conference calls unless otherwise noted.***

Mon., May 11	<b>Mutual 9</b> Administration .....9 a.m.
Wed., May 13	<b>Mutual 4 (9:15 a.m., open forum)</b> Administration ..... 9:30 a.m.
Thur., May 14	<b>Mutual 12</b> Administration .....9 a.m.

## GRF Board Executive Session 1:15 p.m., Friday, May 1, 2020 Virtual meeting, in accordance with applicable codes

*NOTE: This meeting is closed to Shareholders/Members per Civil Code §4935*

- A. Call to Order  
President Stone
- B. Roll Call
- C. Legal
- D. Contracts
- E. Member Disciplinary Actions
- F. Personnel
- G. Adjournment

*“Agenda is Subject to Change”*

## 2020 Mutual Board of Director Candidate Nominations

<b>Mutual 1</b> 01-056G John Barreras - incumbent 01-024E Jill Brennan - incumbent 01-023L Ruben Collazo 01-025F Donna Gambol – incumbent 01-066I Saundra Luther Stark – incumbent 01-029E Kathleen Nadeau 01-029G Kathy Rose 01-022G Phillip Singer 01-011F George J. Tous Van Nijkerk - incumbent	09-228F Marjorie M. Dodero – incumbent 09-234A Beth Mayer – incumbent 09-217A Diane McFadden – incumbent 09-226H Willard Michlin 09-232G Lori Muller Gray - incumbent 09-223A Judith Sherratt 09-207L Pam Turner – incumbent 09-213I Bob Walz – incumbent
<b>Mutual 2</b> 02-015D Christopher Abel -incumbent 02-069A Travis Brooks – incumbent 02-015G Christine Harris – incumbent 02-069H Peggy Keller – incumbent 02-006C Marilyn Lester 02-014K Holly MacLaren - incumbent 02-006H Kathryn Mavar – incumbent 02-065J Teri Nugent - incumbent 02-069I Lori Schulte -incumbent	<b>Mutual 10</b> 10-249D Ruthann Arlart - incumbent 10-254A Esther Cummings - incumbent 10-248K Michael W. Depew – incumbent 10-248L Michael Giles - incumbent 10-248A John Stipcich – incumbent
<b>Mutual 3</b> 03-013A James E. Campbell - incumbent 03-030F Carol Ginthner - incumbent 03-001I Stephen Harris – incumbent 03-027H Dianne Hart – incumbent 03-009L Linda Jan Ledbetter - incumbent 03-006F Mike Turis - incumbent 03-009A Nancy Tye – incumbent	<b>Mutual 11</b> 11-279C Gary Adelman – incumbent 11-266C Guta Basner - incumbent 11-267G Denis Craig 11-262G Geoff Davies – incumbent 11-278A Brenda Hemry - incumbent 11-283C Patrick T. Henehan – incumbent 11-274J Leslie Martin Juchna 11-276K John W. Neal
<b>Mutual 4</b> 04-046E Jan Kuhl – incumbent 04-074J Mike Lessin – incumbent 04-074I Jon Russell – incumbent	<b>Mutual 12</b> 12-076B Tony L. Anderson – incumbent 12-072E Richard Carson - incumbent 12-042E Susan Ferraro - incumbent 12-078E Darlene Milek – incumbent 12-058B Cindy Mortesen – incumbent 12-035H Rose Marie Sprague - incumbent
<b>Mutual 5</b> 05-099F Kenneth E. Cude – incumbent 05-119J Kevin Powell – incumbent 05-113D Gloria Shannon 05-110F Debbie Tran - incumbent	<b>Mutual 14</b> 14-026D Valerie “Val” Jorgenson – incumbent 14-019L Barry Lukoff 14-049A Lee W. Melody – incumbent 14-003L Jack Nevin – incumbent 14-048K Adrienne Rosenfeld – incumbent 14-027C Susan D. Simon - incumbent 14-004H Robert “Bob” Stefun – incumbent 14-054C Susanne Worthington – incumbent
<b>Mutual 6</b> 06-053G Pennie Alberts 06-139K Nancy Barber 06-142B Teresa Boggs 06-137K Frank De Palma – incumbent 06-139G Marilyn Hewitt 06-140F Michael S. Simpson 06-055E Joan Tarro 06-056H Joe Traub 06-061D Evelyn Velez-Rosario - incumbent	<b>Mutual 15</b> 15-017F Ronald Beeler – incumbent 15-036B Bruce Bowles – incumbent 15-014Q Bob Crossley 15-002E Jackie Dunagan - incumbent 15-044C Ron Gildner – incumbent 15-021A David Harlow – incumbent 15-043A Michael Pahlow – incumbent 15-002B Joyce Reed – incumbent
<b>Mutual 7</b> 07-150A Roger Bennett – incumbent 07-156K JoAnn Fellows – incumbent 07-159A Pat Repasi – incumbent 07-169J Sue Rotter – incumbent 07-151L Lena Stevens – incumbent	<b>Mutual 16</b> 16-051H Marcia Clawson – incumbent 16-052A Loni Gardette - incumbent 16-050K Jon A. Gillespie – incumbent 16-053A Janet Isom 16-053J John Mayfield 16-053A Dale Watkins – incumbent
<b>Mutual 8</b> 08-200J Michael J. Banfield - incumbent 08-197J Jeri Dolch – incumbent 08-204E Camille Thompson – incumbent 08-196G Sandy Weisenstein – incumbent 08-186J Dorene Youngs - incumbent	<b>Mutual 17</b> 17-010A Catherine Gassman - incumbent 17-087A Keith Goodner 17-084C Peter Hayes - incumbent 17-024B Nick Massetti 17-048A Perry Moore, incumbent
<b>Mutual 9</b> 09-211F Robert “Bob” Croft - incumbent	

## GRF Mobility Aids

The Golden Age Foundation Mobility aids program is being offered on a limited basis.

People who need walkers or wheelchairs can call the GAF answering machine at (562) 431-9589 and leave a message.

Volunteers will return calls and make appointments with residents to pick up equipment. Do not return equipment until further notice to minimize person-to-person contact.

The program loans walkers, both fold-up with tennis ball feet and deluxe walkers with four wheels, a seat and hand brakes, transport chairs and wheelchairs.

## 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	34	175	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 <sup>th</sup> Tues.	5/26	10 a.m.	Meeting moved from 4 <sup>th</sup> Mon. to 4 <sup>th</sup> Tues. due to Memorial Day
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 <sup>th</sup> Tues.	5/26	10 a.m.	Staggered terms
	16	60	132	3	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 <sup>th</sup> Wed.	5/27	10 a.m.	Election & Annual Meeting held in conf. Room
	11	60	132	3	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 <sup>th</sup> Wed.	5/27	10 a.m.	Election & Annual Meeting held in conf. Room
JUNE	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 5/3	1 <sup>st</sup> Tues.	6/2	10 a.m.	New directors will be installed at GRF Annual Meeting on 6/9
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 <sup>nd</sup> Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 5/10	2 <sup>nd</sup> Tues.	6/9	10 a.m.	Staggered Terms
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 5/11	2 <sup>nd</sup> Wed.	6/10	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 5/12	2 <sup>nd</sup> Thurs.	6/11	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 5/13	2 <sup>nd</sup> Fri.	6/12	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 5/20	3 <sup>rd</sup> Fri.	6/19	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 5/24	4 <sup>th</sup> 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.

## GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. ***Due to the COVID-19 outbreak, meetings have been canceled or postponed until further notice.***

## DECALS

from page 2

no decal will be issued.

Security understands that due to DMV office closures people may have expired DMV paperwork and/or licenses.

However, you must have valid documents to receive a decal. If you do not have valid documents or license, there will be a 30-day grace period after the DMV offices re-open to obtain the necessary documents required to receive a decal.



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# Religion

## REDEEMER LUTHERAN

### The cross remains standing

Rev. Lisa Rotchford  
Redeemer Lutheran

The cross still stands! Thanks to our wonderful neighbors, Redeemer's cross, which is a symbol of our crucified and our risen Lord every Easter, is getting an "encore!"

Usually, our darkened Good Friday cross stands from Good Friday through Easter Sunday, when it is turned around and gloriously-colorfully transformed by fresh flowers for Easter Sunday. The sun usually withers the flowers quickly and we take down the cross Easter Monday. This year, we had cloudy weather which allowed the flowers to last until Wednesday. And we received multiple requests to keep the cross up as a sign of hope.

The cross is now back up, and keep your eyes upon it as it transforms and changes into a colorful display as our Easter season—which is actually 50 days long—continues. Thank you LW neighbors for your requests and support as we look to Christ to help us through. May our spirits be uplifted as Jesus was upon the cross, and may our lives rejoice in the eternal life given to us by the beautiful cross of life which never comes down.



Redeemer Lutheran cross

REDEEMER, PAGE 15

## Beit HaLev

Beit HaLev offers interactive livestream services for Shabbat and Jewish holidays. To attend, go to [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com/channel/UC...) (the Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10.

"Acharei Mot" (after the death), this week's Torah reading details instructions for Aaron, the High Priest, on how to approach the holy sanctuary, where HaShem dwells, and avoid death. Last week, Aaron's two eldest sons approached the Holy of Holies with "alien fire," causing their deaths. This Torah portion also concerns laws of sexual purity, stressing the practices of the Egyptians and the Canaanites as what to avoid.

Rabbi Galit Shirah conducts a weekday Ma'ariv service every Thursday for Sim Shalom, the online Synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To say Kaddish, pray for healing, or to hear a spiritual message, go to [SimShalom.com](https://www.SimShalom.com).

Rabbi Galit Shirah also teaches prayer book and conversational Hebrew and Cantillation (Torah chanting) for anyone who wants to learn something new. Contact the Rabbi at (562) 715-0888 or [duets@icloud.com](mailto:duets@icloud.com).

## Holy Family

Holy Family Catholic Church wanted to share this prayer of protection with the Leisure World Community:

"Jesus Christ, the King of Glory has come in Peace.

God became man and the Word was made flesh.

Christ was born of a Virgin.

Christ suffered.

Christ was crucified.

Christ died.

Christ rose from the dead.

Christ ascended into Heaven.

Christ conquers.

Christ reigns.

Christ orders.

May Christ protect us from all diabolical attacks, wars, calamities, especially from plagues, and sicknesses leading to unprovided death.

Christ went through their midst in Peace, and the Word was made flesh.

Christ is with us with Mary.

Flee you enemy spirits because the Lion of the Generation of Judah, the Root of David, has won.

Holy God!

Holy Powerful God!

Holy Immortal God!

Have mercy on us."

Missing LW Weekly?

Please call

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between 9-10 a.m.

Thursdays

to have one delivered.

## COMMUNITY CHURCH

### Jesus has left the building, Have you seen him somewhere else?

Pastor Johan Dodge  
Community Church

As I write this we continue to be living "safer-at-home" and while we may be safer at home, we are also largely getting bored at home. This past week there have been protests all throughout the country, including next door to us in Huntington Beach. It is easy to give into the frustration. The minutes seem to tick by, hour by hour sometimes. Maybe you have even lost track of days. I saw a meme on Facebook the other day talking about the year of March being over just in time for the decade of April. In the midst of this April decade we have the season of Easter. Easter actually goes all the way through the week of May 24 — it's seven Sundays.

In the Gospels — time in this Easter season moves slowly. Time actually moves this slowly in every Easter season, we're just usually not focused upon it.

This past Sunday was when the risen Jesus was encountered by his disciples while they were walking along the road, but it was only when they invited Jesus in to share a meal with them that they recognized Jesus.

Now, spatial distancing means you shouldn't be inviting your neighbors over for a meal. But you might call to check in our neighbors and see if they need a meal. Maybe you are the risen Christ for a neighbor in need this week. If you find someone in need and don't have the resources to help them, you can always call the church office (562) 431-2503 to have one of our members drop off a meal. Who knows how and where the risen Jesus will appear in this decade of April. And here's to hoping that May doesn't last a century!

COMMUNITY, page 15

## LW BAPTIST

### Time with Jesus, then and now

Pastor Rolland Coburn  
Faith Christian Assembly

Our Lord loves his people and invites them to spend time with him, as John the Apostle writes in John 21:1-14. Knowing and experiencing his love strengthens us each day, amid the vicissitudes of life.

Appearing to his followers on resurrection evening and eight days later, Jesus told them next to meet him in Galilee. John recalls the meeting. Night fishing on the Sea of Tiberias, catching nothing, they were coming in at daybreak, when they see a figure on the beach, and it turns out to be Jesus

"Boys," Jesus calls, "no catch?" They answer, "No." He called back, "Cast to the right." They cast, and could not haul in because of the many fish. "Peter," John says, "It is the Lord." Hearing that, Simon Peter jumped into the water and swam to shore. The others followed in the boat, being about a hundred yards out, dragging the net of fish.

"When they landed, they saw a fire of burning coals there with fish on it, and some bread. Jesus said to them, 'Bring some of the fish you have just caught.' So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn."

The same power that brought the fish sustained the net. Jesus

LW BAPTIST, page 15

## Assembly of God

"Wash your hands and say your prayers, Jesus and germs are everywhere!" These words are from a plaque seen several years ago in a gift shop and are applicable to the current situation now more than ever.

There will always be a need for cleanliness and an even greater need for Jesus in our lives. No matter what happens, the promise, "I will never leave you nor forsake you" gives us assurance even though "the earth gives way and the mountains fall into the heart of the sea."

The steady diet of the media's fare will sicken us, so instead of focusing on fickle, ever-changing news broadcasts, try tuning in to the "Living Word." If we are saturated in mind and heart with the Scriptures, we will walk steadily along life's path even when we don't know what will happen tomorrow. We can be sure of our ultimate destination. "I hold you by your right hand and afterward I will take you into Glory" (Psalm 73:23,24).

Pastors Sam and Pat Pawlak share short messages of encouragement every Sunday at 10 a.m. on Facebook.

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

## First Christian Church

Pastor Bruce Humes  
First Christian Church

Romans 15:4 says, "For whatever things were written before were written for our learning, that we through the patience (perseverance) and comfort (encouragement) of the Scriptures might have hope." (NKJV)

In writing about things that were written before, Paul is speaking of the Old Testament canon of Scripture. Paul states that they were written for our learning. And I would add, for our spiritual well being. God wants us to learn and grow spiritually from reading and studying his written word. His word (scripture) speaks words of patience (perseverance, endurance) and comfort (encouragement) and through these comes hope.

From Genesis 1:1, "In the beginning God created the heavens and the earth." To Revelation 22:20-21, "He who testifies to these things says 'Surely I am coming quickly.' Amen. Even so, come, Lord Jesus. The grace of our Lord Jesus Christ be with you all. Amen." We get God's plan of salvation for mankind through his son, Jesus Christ.

The whole message of the holy Bible is one of hope. This hope is not of some uncertainty, for what kind of comfort would that bring anyone? But one of great expectation, anticipation and confidence that the word of God does for the believer, it gives us the strength to endure, brings a powerful sense of comfort, and hope (certainty) even during times of hardship.

FIRST CHRISTIAN, page 15

## Congregation Sholom

Rabbi Karen Isenberg will be streaming Friday night services at 6:30 p.m on May 1 on the Congregation Sholom of Leisure World Facebook page. Join Rabbi Isenberg on Facebook for Saturday morning services at 9:30 on May 2.

Rabbi Eric Dangott posted this message regarding our current pandemic.

"I hope each of you is doing well, along with the entire Congregation Sholom community. During these crazy times, if you are aware of anybody that needs some support, please let me know and I will do my best to meet with them by phone, or video conference when available.

I hope that no one in the community feels alone. Even when we are physically isolated, may we reach out, may we feel supported by a loving spirit, and may we persevere in strength."

More Religion stories on  
Page 15

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# COVID-19: The Latest

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus was was first detected in China late last year. Updated information from the CDC and other authorities, in addition to the latest guidance and reminders of how residents can protect themselves, will be provided in this weekly column.

What's known about COVID-19 is rapidly changing as scientists learn more.

### 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). COVID-19 is the disease caused by the coronavirus. For most people, the coronavirus causes mild or moderate symptoms, such as fever and cough that clear up in two to three weeks.

For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia and death. The vast majority of people recover. State and local officials have put social distancing policies in place to slow the spread of the virus. There are no known cases of COVID-19 in Leisure World; Seal Beach has 11 reported cases as of presstime, according to the Orange County Health Care Agency.

### CDC Adds 6 New Symptoms

The Centers for Disease Control previously listed fever, cough and shortness of breath as symptoms of COVID-19. The CDC has added six additional symptoms as people "have had a wide range of symptoms reported," according to its website.

New symptoms for the disease now include "chills, repeated shaking with chills, muscle pain, headache, sore throat and new loss of taste or smell," the CDC said.

There are more than one million confirmed cases of coronavirus and 57,900 deaths in the U.S., according to Johns Hopkins University. This is the first time the CDC has increased the number of signs of the disease.

### Seal Beach Advisory Reminder

The City of Seal Beach sent out the following advisory last week, reminding residents that everyone needs to be a partner in stopping the spread of COVID-19. Ask your family and friends to be patient and stay at home for now. As a reminder, all green spaces in Seal Beach remain open. However, the beaches, beach parking lots, park amenities, and the pier remain closed. Also, when in public interacting with essential workers, face coverings are required; NO face coverings are required for exercise, simply recommended.

### COVID-19:

### Help for Veterans

The federal Department of Veterans Affairs (VA) and other aid organizations have mobilized resources for veterans, active-duty military and their families. Here are resources available.

•VA Medical Appointments and Prescriptions

Here are options for telehealth

appointments and services:

—Use secure messaging through My HealtheVet to send a message to your provider. The My HealtheVet website offers tips and tools to help you partner with your health care team. Find useful resources when you need them. The support tools on this page are designed to help you make informed decisions.

—Use the VA appointments tool to request a telehealth appointment online.

•Options for obtaining prescriptions:

—Access the online prescription refill and tracking tool to refill or renew prescriptions.

—Call the phone number of your VA pharmacy on your prescription label. Have your RX number and your Social Security number ready.

For immediate assistance, contact the California Department of Veterans' Affairs (CalVet) at (213) 620-2755 or visit <https://www.calvet.ca.gov>.

### COVID-19 Testing and Screening

The OC Health Care Agency (HCA) now offers COVID-19 testing to Orange County residents who meet the criteria detailed below. The OC COVID-19 Testing Network was launched April 21.

The Network coordinates and expands testing across Orange County to create a safety net for any community member who is experiencing COVID-19 symptoms but is unable to receive testing through a health care provider.

"We have partnered with an initial set of community health centers who are performing FDA-approved PCR testing, the most reliable testing available to detect current infection," said Dr. Nichole Quick, county health officer. "The OC Health Care Agency will continue to work diligently to expand this network by bringing more locations online in the days and weeks to come."

The PCR test identifies if someone is currently infected from a sample taken with a swab. It is not a blood test, nor does it test for antibodies. Residents with symptoms of COVID-19, which generally include fever, cough, and shortness of breath, should first contact their medical provider to get guidance on testing and care. Individuals who are unable to be tested by their provider may schedule an appointment at any network test site to receive a medical screening and test. Initial locations include:

- AltaMed Medical Group, Anaheim
- AltaMed Medical Group, Santa Ana/Bristol
- Nhan Hoa Comprehensive Health Care Clinic, Garden Grove
- UCI Health, multiple locations

A continually updated list of test sites, with information on scheduling and the appointment process, can be found at [www.ocalhealthinfo.com/novelcoronavirus](http://www.ocalhealthinfo.com/novelcoronavirus) (click on COVID-19 Testing and Screening) or by calling the HCA's Health Referral Line at (800) 564-8448.

"Because of continued chal-

lenges of obtaining testing supplies and personal protective equipment (PPE) for health care providers, testing may be restricted at times to high priority groups as defined by the Centers for Disease Control and Prevention (CDC)," said Dr. Quick. "Residents must make an appointment for testing to assure eligibility and availability of testing."

### Coronavirus and the Economy

As of last week, unemployment in the U.S. was swelling to levels last seen during the Great Depression of the 1930s, with 1 in 6 American workers thrown out of a job by the new coronavirus. More than 4.4 million laid-off Americans applied for unemployment benefits last week. In all, roughly 26 million people—the population of the 10 biggest U.S. cities combined—have now filed for jobless aid in five weeks, according to AP reports.

### No Evidence that Pets Spread Virus

There's no evidence that pets are spreading COVID-19 to people. However, there have been a few cases worldwide where animals likely got the virus from humans, according to federal officials. A 4-year-old tiger tested positive at New York City's Bronx Zoo, and officials think a zookeeper with the virus got the feline sick. Two house cats in different homes in New York have also contracted the virus, likely from their owners or someone in the neighborhood.

### FDA Advisory

Two anti-malaria medications

being studied as a treatment for COVID-19 should not be taken outside a hospital or clinical trial because of the risk of severe heart problems, the Food and Drug Administration (FDA) warned Friday.

The FDA said it issued the warning because of reports about serious cardiac events and death in patients with COVID-19 receiving hydroxychloroquine and chloroquine, either alone or combined with the antibiotic azithromycin.

"Hydroxychloroquine and

chloroquine can cause abnormal heart rhythms ... and a dangerously rapid heart rate called ventricular tachycardia," the statement said.

"These risks may increase when these medicines are combined with other medicines ... including the antibiotic azithromycin."

The FDA emphasized that hydroxychloroquine and chloroquine are not approved for treating or preventing COVID-19. They are currently being studied in clinical trials.

## CITY OF SEAL BEACH

### Questions? Ask City Hall any time

During these challenging times, City of Seal Beach staff is working to ensure that essential community services are fully operational. To that end, the city is committed to keeping in touch with residents, albeit virtually at this time, to answer their questions.

These questions can be related to COVID-19 or how to fix a street light that is out.

The goal is to provide a response within 72 hours or sooner depending on the volume of inquiries and/or other emerging issues. Email [AskCityHall@sealbeachca.gov](mailto:AskCityHall@sealbeachca.gov) to ask a question.

## SETTLEMENT

### from page 4

cases since 2008; TGI Friday's paid \$19.1 million in a single judgment in 2017. Locally, a Brea-based car-wash company paid \$4.2 million, a Temecula nail spa paid \$1.2 million and an Anaheim auto-towing company paid \$4.9 million.

### Q13: Who may I contact if I have further questions?

A13: Please send your questions to [questions@lwsb.com](mailto:questions@lwsb.com). We will respond weekly to questions submitted through May 15, 2020, in the LW Weekly, LW Live and post Q&As on the Leisure World website ([LWSB.com](http://LWSB.com)). Typically, we would host a town hall for all residents to discuss this important issue. Since we remain under a COVID-19 shelter-in-place order, we are unable to do so at this time.



## ENHANCING PIPELINE SAFETY THROUGHOUT THE COMMUNITIES WE SERVE



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### TRAFFIC IMPACTS:










North Gate Road will be partially closed intermittently. 405 Freeway on and off ramps at Seal Beach Boulevard will be closed intermittently.

For more information about the project, visit [socalgas.com/SealBeach](http://socalgas.com/SealBeach)





# Health & Fitness

SYMPTOM CHART: WHAT TO WATCH FOR			
Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* <small>(usually dry)</small>	Mild	Common* <small>(usually dry)</small>
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

-From the World Health Organization, Centers for Disease Control and Prevention

## Recognizing the signs of a respiratory infection

**Grecia Nunez**  
*Senior ambassador*

Uh-oh. There’s a cough coming on. And you’re starting to feel a little run down. But is it cause for alarm? With COVID-19, influenza, and the cold all circulating, how do you tell the difference?

If you’re not feeling well, the first thing to do is stay home and stay away from others. A cough or sneeze could easily spread the germs to others.

If you’re feeling pretty miserable, it may be time to call your doctor. Write down a list of your symptoms and how long you’ve been feeling them, then give your doctor’s office a call. Your doctor may ask you to come in for a screening or recommend some ways to care for yourself at home.

If your symptoms are more serious, like a severe cough or constant shortness of breath, head over to the local emergency room.

## CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age two, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

—Centers for Disease Control and Prevention

### Share Your Stay-at-Home Coping Story

These are strange days. Across the country we’re all finding ways to cope with the national coronavirus quarantine. Maybe you are fostering a puppy, taking daily walks around LW, planting a garden or binge-watching every British mystery on Netflix. Or are you knitting crazy scarves? Reading a pile of detective stories? Having daily online coffee breaks with your pals?

Whatever it is, we want to see what you’ve been up to as you make the best of being at home.

Send in a photograph to [chrisw@lwsb.com](mailto:chrisw@lwsb.com) with a short description of how you have been keeping your mind and body busy and healthy.

## Eating healthy during isolation

1. Keep up fruit and vegetable intake.

Purchasing, storing and cooking fresh vegetables can be challenging in a lockdown, especially when advised to limit trips outside of the home. But wherever possible, it’s important to ensure you are still getting plenty of fruits and vegetables in your diet.

Whenever it is possible to get hold of fresh produce, do so. As well as being eaten fresh, fruits and vegetables can be frozen where possible and will retain most of their nutrients and flavor. Using fresh vegetables to cook large batches of soups, stews or other dishes will make them last longer and provide meal options for a few days.

2. Swap in healthy dried or canned alternatives when fresh produce is not available.

Fresh produce is almost always the best option, but when it is not available there are plenty of healthy alternatives that are easy to store and prepare.

Canned beans and chickpeas, which provide an abundance of nutrients, can be stored for months or even years, and can be included in meals in many ways. Canned oily fish such as sardines, mackerel and salmon are rich in protein, omega 3 fatty acids and a range of vitamins and minerals. These can be used cold in sandwiches, salads or pasta dishes, or cooked as part of a warm meal.

Canned vegetables, such as tomatoes tend to contain lower quantities of vitamins than fresh produce, but they are a great fallback option when fresh produce or frozen vegetables are hard to come by.

Dried goods like dried beans, pulses and grains such as lentils, split peas, rice, couscous or quinoa are also nutritious, long-lasting options that are tasty, affordable and filling. Rolled oats cooked with milk or water can serve as an excellent breakfast option.

3. Build up a stock of healthy snacks.

Most people often need to eat a snack or two during the day to keep them going. Rather than eating sweets or salty snacks, opt for healthier options like nuts, cheese, yogurt (preferably unsweetened), chopped or dried fruits, boiled eggs, or other locally available healthy options. These foods are nutritious, more filling, and help build healthy eating habits.

4. Limit highly processed foods.

While using fresh produce may not always be possible, try to limit the amount of highly processed foods in your shopping basket. Ready-to-eat meals, packaged snacks and desserts are often high in saturated fat, sugars and salt. If you do purchase processed foods, look at the label and try to choose healthier options containing less of these substances.

—Centers for Disease Control and Prevention

## Getting Medical Care in Your Home During the Pandemic

**By Seema Verma**  
*Administrator, U.S. Centers for Medicare & Medicaid Services*

At Medicare, we understand you may have concerns about going to your doctor’s office during the 2019 Novel Coronavirus (COVID-19) pandemic.

Like so many Americans, our Medicare beneficiaries are rightly observing social distancing guidelines to protect themselves and others from possible infection. We also recognize that our beneficiaries still need checkups, prescription refills, or other care from their doctors.

The good news is that President Trump dramatically expanded access to telehealth services for Medicare beneficiaries during the pandemic. Telehealth lets you communicate with your physician and other healthcare professionals using your phone, video chat, secure text messaging, email, or through a patient portal.

That means you don’t have to leave your home and risk exposure to the virus.

Medicare is paying for our 62 million beneficiaries to have at-home access to a broad range of telehealth services.

If you’re in a Medicare Advantage health plan, check with your plan. We recently authorized Medicare Advantage plans to offer expanded telehealth coverage to meet the needs of their enrollees.

Telehealth can be used for routine office visits, preventive health screenings, mental health counseling, and care that ordinarily would require a trip to an outpatient clinic or hospital emergency room.

In fact, Medicare recently added 80 more telehealth services, including radiation treatment management, therapeutic exercises, prosthetic training, assistive technology assessments, group psychotherapy, inpatient neonatal and pediatric critical care, and end-stage renal disease care.

I encourage Medicare beneficiaries to take advantage of these great new services. Contact your doctor or health plan about available telehealth options.

For people with Original Medicare, telehealth is covered under Part B. President Trump is allowing healthcare providers to reduce or waive the usual Part B coinsurance and deductible for these services, if they choose.

Doctors, nurse practitioners, clinical psychologists, licensed clinical social workers, and other clinicians are all eligible to provide telehealth services.

Medicare also pays for phone calls with your doctor. You can even get telehealth from a doctor with whom you don’t have an established relationship.

If you’re a senior, follow the federal recommendations – “30 days to slow the spread.” As President Trump has recommended, stay at home and away from other people for the next few weeks. This is especially important for older people with a serious health condition – such as heart or lung problems or a weakened immune system – that puts them at higher risk for the virus.

Medicare is offering these new telehealth options during the pandemic so you can get the care you need, and the peace of mind that comes with it, from the comfort of your own home.

For more information on Medicare coverage of telehealth, please go to: <https://www.cms.gov/newsroom/press-releases/president-trump-expands-telehealth-benefits-medicare-beneficiaries-during-covid-19-outbreak>

CMS actions in response to COVID-19 are part of the ongoing White House Coronavirus Task Force efforts. To keep up with the important work the Task Force is doing in response to COVID-19, visit [www.coronavirus.gov](http://www.coronavirus.gov).

### Self-Care During the Covid-19 Outbreak

#### Daily movement

Even though you are staying home, remember to keep moving. Back pain, muscle tension, weight management, blood pressure, blood sugar, and even your emotional health can improve with movement.

- Walk around your home
- Walk around your neighborhood (while physically distancing from others.)
- Sit down and stand up from a stable chair to keep your legs strong
- Dance to your favorite music
- Take advantage of free online resources and exercise videos

#### Stay connected

Although we can protect ourselves and others by staying six feet apart and not going to public places, we can and should still stay socially connected.

- Telephone calls.
- Talking with neighbors porch to porch or porch to sidewalk.
- Video calls via smart phones and computers.

—National Council On Aging



# Community

## LW BIRTHDAYS

### Birthday celebrations are not canceled



Ella V. Baker

#### Ella V. Baker - 100 Years Old

Ella V. Baker has been a long-term resident in Mutual 6. Some nice neighbors threw a social distancing party for her on her birthday April 4. Ella sat on her "throne" inside her patio as around 20 of her friends and neighbors cheered her on from six feet away on golf carts and lawn chairs. Ella opened up her birthday card from President Donald Trump and embraced a very delicious, nice looking "100 Years" Birthday cake.

Tell us how you are celebrating birthdays and anniversaries while social distancing! Email stories and photos to [laurie@lwsb.com](mailto:laurie@lwsb.com).

#### Betty Hobbs - 99 Years Old

Betty Hobbs (right) of Mutual 2 was surprised on her 99th birthday on April 21 by the Westside of Building 25 Masked Singers, her neighbors. Standing six feet apart, neighbors held up "happy birthday" plates and a balloon while singing loudly to celebrate Betty's 'lockdown' extraordinary birthday. (Bottom Left) She was born in Spokane, Washington and came to Leisure World 40 years ago. Although Betty walks daily, her daughter lives and cares for her mother. Betty's daughter took the photos behind their apartment gate to maintain a safe distance.



Betty Hobbs



Friends and neighbors celebrating Betty Hobb's birthday from a distance

#### Pauline Fitzsimmons - 94 Years Old

Mutual 1 resident Pauline Fitzsimmons celebrated her 94th birthday on April 17 (right) Part of Pauline's celebration day included a surprise social distanced birthday greeting from friends and neighbors. These friends and neighbors surprised Pauline with a "Happy Birthday" serenade, a bouquet of balloons, posters and a "Lynda Walker Original" birthday card. Also attending this celebration was Taylor White.



Yoon Lee (l-r), Joann Mullins, Pauline Fitzsimmons, Debbi Fudge and Lynda Walker.

## DEMOCRATIC CLUB

### Nursing home reform will be a top priority topic once meetings resume

The Leisure World Democratic Club is interested in hearing from its members and supporters as to how they are managing during this new reality of enforced isolation. Those interested can share their story by emailing the club president, Mary Tromp, at [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com).



Mary Tromp

Those who want to stay informed and are interested in receiving the club's newsletter on a regular basis should email the editor, Mary Larson, at [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com).

The club is thankful that, as of April 17, that although there are 1,501 confirmed cases of COVID-19 in Orange County, there are no known cases in Leisure World. Unfortunately, as of that same date, the Orange County Health Care Agency reported that the Alamitos West Health Care Center, located across the street from the hospital that services most LW residents, had more than one but less than 11 cases amongst its staff. There were no cases reported amongst the Center's patients as of that date.

When face-to-face club meetings resume, one of the first Voter Awareness sessions will be devoted to nursing home reform. In anticipation, members are urged to review a recent report by the California Advocates for Nursing Home Reform which was published just before the current pandemic. For a copy, email [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com).

The club sends their congratulations to Garden Grove City Councilwoman Diedre Nguyen, the Democratic Party's endorsed candidate for election to the California Assembly from District 72. She will face Republican Janet Nguyen in the November General Election. Congratulations also go to Congressman Harley Rouda who will be facing Michelle Steel in that same election. Plans are still underway for a possible LW Townhall in September to which all voters, regardless of party, will be invited to come hear from their Congressman.

Readers should email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com) or go to the newly updated website, [sblwdems.wordpress.com](http://sblwdems.wordpress.com) for more information about ways they can be involved in getting prepared for the November General Election, regardless of when regular Club meetings are resumed.



FALW's Picnic to honor veterans has been going on for around 10 years.

## FALW

### Seats for Veteran's picnic on July 4 available to RSVP now

FALW will hold a picnic to honor all US veterans living in Leisure World on Saturday, July 4, at 11:30 a.m., in the Clubhouse 1 picnic area to show their unfaltering gratitude for their great sacrifices for our freedom which we are enjoying today.

This event was started by a few Filipino residents in Leisure World about ten years ago to let the veterans know they are not forgotten. The first picnic was attended by a few veterans. Last year, the attendance was over 150 including their guests.

All veterans and widows of veterans living in Leisure World are invited to join this event. Call to register is a must, those interested should include their name, branch of service, phone number and number of guests. First 75 callers will receive a token gift. For further information call Ren Villanueva at (323) 854-6209 or (562) 493-1406; Ric Dizon at (714) 225-3597; Ed Bolos at (551) 998-4223 or Eileen Merritt at (562) 486-1252.





Anna Derby’s Mini Farm plot has carrots, Korean zucchini, wild sesame seeds, broccoli and more

MINI FARM

Growing vegetables gives mini farmer a deep respect for food

Anna Derby  
LW Contributor

Growing my own vegetables wasn’t my favorite thing to do until I was granted a small plot at the Mini Farm site about three years ago. I went from not knowing what to do and not having any farming experience to calling myself a farmer and growing my own vegetables and produce.

Organic vegetables are essential for a balanced diet. I’ve realized that there is so much joy and satisfaction to be found in working in the dirt to get those essential nutrients on your plate.

Normally during the spring we get a lot of sun to help our vegetables grow for the spring harvest. But it has been an unusually wet and chilly spring this year, which slows growth down a bit.

One of the biggest challenges during the COVID-19 pandemic has been going to the store to get some groceries. I go to the Mini Farm every other day to check on my vegetables to see how much they have grown. I planted pieces of garlic so that I can harvest them instead of buying them at the store. They came out nicely and it gave me satisfaction to know what dirt can do for me. If you put in the time and attention to take care of your plot, you will be rewarded with a nice harvest.

I can’t wait to see the crops of carrots, spinach, lettuce, green onion and broccoli that I planted in February, but it will probably be another month or more until they are ready. The Korean zucchini, wild sesame seed plant, leaf mustard and leaf radish will be ready before summer.

Farming has been a wonderful and soothing experience for me and has been a nice distraction from the stress we’re going through. There have been many times that I go to the Mini Farm just to get fresh air, nice sun, and watch lovely vegetables to forget about these terrible numbers we hear from daily news.

I’ve also noticed that the Mini Farm looks neat and clean compared to what it used to look like due to GRF Mini Farm Subcommittee’s hard work to get everything arranged in order to get those who would like to take care of these precious land they have for shareholders.

I hope to continue this immensely enjoyable hobby for a long time.

SUNSHINE CLUB

May meetings canceled, speakers rescheduled to later in the year

In response to the ongoing COVID-19 (coronavirus) issue, the Sunshine Club canceled all scheduled meetings for the entire month of May. The club believes in following local, city and government instructions to practice social distancing in order to prevent the virus from spreading.

The four speakers scheduled for May will be moved to December and January, which is the earliest time slots the speaking schedule allows. The Sunshine Club hopes to return to its Friday meetings back soon and will announce the meeting schedule through LW Weekly.

The Sunshine Club is designed to help all people get along in the community and to get the best out of living in Leisure World by learning how to use the available information.

The club invites many of the LW community leaders and club representatives to introduce their organizations. A wide variety of specialists from “outside the wall” also are invited to share their experiences and ideas with club members.

The topic of each guest speaker’s presentation will be announced through LW Weekly with details of the meeting topic.

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

AA Friends

AA Friends meetings are continuing in Leisure World during the shutdown. If you would like to get the online zoom meeting codes, call (562) 500-5105 or (213)248-0539.

PAWS CLAWS AND BEAKS

How to keep your bird healthy

It’s easy for bird owners to fail to notice early clues of illness because their pets are skilled at hiding these signs. It’s important to know what’s normal for your bird so that you can spot any changes that allude to illness so that you can call your veterinarian immediately.

A healthy bird:

- Perches without problems, moves with coordination and uses its full body without favoring one side or the other with all four toes present on each foot and in proper position
- Is alert and responsive.
- Breathes easily, with no sign of laboring or tail-bobbing.
- Has eyes, ears, and nostrils that are free of debris.
- Feathers have normal color and structure, with no signs of improper development or excessive wear. No evidence of damage from feather-picking, improper housing, or other trauma.
- Has well-muscled body of appropriate weight, not obese. Skin is smooth and translucent without excessive amounts of fat showing underneath or excessive flakiness or crustiness.

**Routine Care to Ensure a Bird’s Good Health**

Putting yourself on a schedule is a great way to make sure your bird’s basic needs are covered. While your avian veterinarian may have specific recommendations for your bird, here’s a general outline of a good routine:

- **Daily (or even more frequently):** Clean food



and water dishes and refill them; change cage papers. Most importantly, provide attention and interaction and keep an eye out for changes in behavior, routine, or appearance.

- **Weekly:** Scrub cage where feces have accumulated. Rotate toys for variety, if your bird is comfortable with changes.
- **Monthly:** Blunt toenails; check wings for new feathers that need to be trimmed. Check toys; replace any worn ones. Get a feel for body mass — has your bird gained or lost weight or muscle tone? Scrub and disinfect the entire cage.
- **Annually:** Schedule a

“well-bird” exam by an avian veterinarian, possibly including some baseline laboratory tests.

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Tell Them You Saw Them In the  
LWWeekly

Obituaries

- In Memoriam**
- Jo Koenig 88
  - Darlene Kean 81
  - Njoku Iwuoma 81
  - Concepcion Duran 90
  - Abigal Smith 84
  - Jeffrey Werton 55
  - David Sanchez 60
  - Ada Protti 95
  - Bonifacio Ochoa-Navarro 82
  - Juanita Diaz 95
  - Jose Martinez Jr. 51
  - Beatrice Burdine 92
  - John Garcia 87
  - Joshua Barendrecht 35
  - Barbara Huber 85
  - Ronald Shapiro 77
  - Anne Barnard 93
  - Timothy Paul 57
- Families assisted by McKenzie Mortuary, 961-9301
- paid obituary

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 ad-

vertising 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.

The LW Weekly  
430-0534

The OBITUARIES deadline is 4 p.m., Monday, prior to the Thursday publication.  
Email **Obituary Notices** to **laurieb@lwsb.com** with photos attached as jpg files.



COMMUNITY STRONG

Thank you mask-makers

Dianna Harrison wanted to send a big “thank you” to all of the fabric and elastic cutters, sewers and delivery people on her team of mask makers.

The group has 100 masks ready to give out and will continue until there is no longer a reason to wear masks.

Donations are needed in order to continue the groups needs are sewers, fabric cutters, 100 percent cotton fabric, elastic, thread, and monetary donations to purchase essentials.

Non-sewers can cut fabric and or put together face mask kits.

A couple of machines are available; inquire if needed.

Contact Diana Harrison at (714) 497-6642 for more information.



Joyce Lamm



Bernie Goossens

LWWeekly

Send your pictures of what you are doing to keep yourself entertained during quarantine to [laurie@lwsb.com](mailto:laurie@lwsb.com)

SCRABBLE GRAMS							SOLUTION
S <sub>1</sub>	A <sub>1</sub>	W <sub>4</sub>	D <sub>2</sub>	U <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 1 = <u>61</u>
H <sub>4</sub>	A <sub>1</sub>	U <sub>1</sub>	G <sub>2</sub>	H <sub>4</sub>	T <sub>1</sub>	Y <sub>4</sub>	RACK 2 = <u>84</u>
C <sub>3</sub>	O <sub>1</sub>	M <sub>3</sub>	P <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	Y <sub>4</sub>	RACK 3 = <u>68</u>
C <sub>3</sub>	H <sub>4</sub>	U <sub>1</sub>	T <sub>1</sub>	Z <sub>10</sub>	P <sub>3</sub>	A <sub>1</sub>	RACK 4 = <u>73</u>
C <sub>3</sub>	R <sub>1</sub>	E <sub>1</sub>	W <sub>4</sub>	M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	RACK 5 = <u>64</u>
PAR SCORE 280-290							TOTAL 350

Crossword Answers

DOWN	STEM	ABOLD	ALSO
ERIE	PEAL	ANOMIE	CATS
CAST	ENVIED	THAN	RICHES
OLD	RATE	SHORN	INERT
ODORS	STENS	ASAS	
AMASS	CHARY	SPINSTER	
BLISS	ELATE	TAHOE	HIE
RASH	SLAKE	LATIN	CEDE
ARM	SCENE	RAPID	MOREL
EMOTION	SPOKEN	MANORS	
RITUAL	ABE	STEREO	
STELAR	ARTIST	ONESTEP	
EATER	GREEN	RENDS	ONA
CLOD	MAKER	AIRES	EFTS
COB	DELES	CROSS	START
ONESIDED	GLIDE	ITALY	
OTIS	LEASE	TRILL	
SPIRE	SOMME	LAIR	ESS
THELOVE	OFMONEY	IS	AVOW
EIRE	AVATAR	LOGE	LISA
AMID	LAPSE	INAS	PLOY

5/3/2020

Sudoku 1 Answers

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

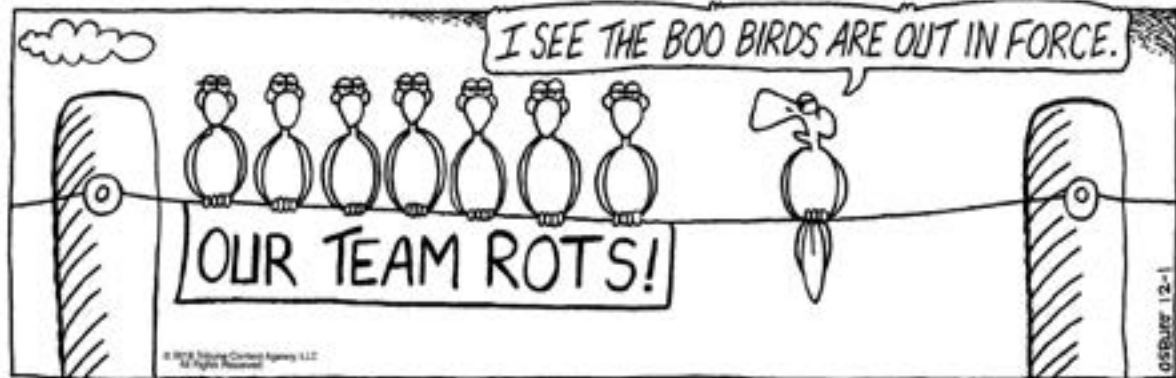
The Basic Rules of Sudoku:  
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.  
• When you start a game of Sudoku, some blocks will be pre-filled for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

Jumble Answers

LINER    HENCE    ACQUIT    ACIDIC  
The reindeer ate the growth on the tree bark and were — “LICHEN” IT

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

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

Guess Who?

Answer: Carol Burnett

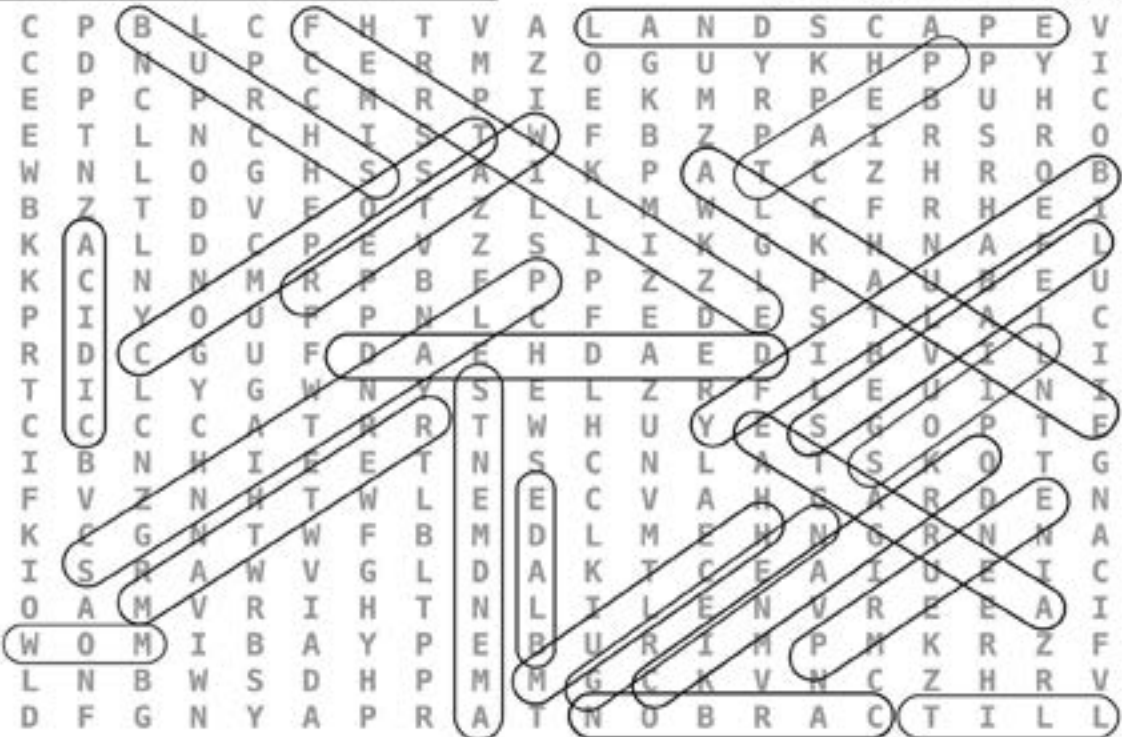
Crypto Fun Answers

A. humor B. laugh C. joke D. comedy

Boggle BrainBusters Answers

POLECAT MANATEE PANTHER HAMSTER DOLPHIN CARIBOU

Word-Find Answers





# Arts & Leisure



## COVID-19 Cancellations

### OC Fair Board cancels 2020 Fair due to pandemic

The OC Fair & Event Center Board of Directors voted unanimously last week to cancel the 2020 OC Fair, one of the most anticipated and enduring summer celebrations in Southern California for 130 years. The action comes amid unprecedented community stay-at-home and social distancing orders and will protect guests, vendors and staff during the COVID-19 crisis. The 23-day OC Fair welcomes more than 1.3 million fairgoers each year and has an estimated economic impact of \$350 million annually. The Fair was canceled 1942-1947 during wartime, but otherwise has been a summer staple since 1890. Information on refunds for concert tickets and Super Passes that have already been purchased can be found at [ocfair.com/refunds](http://ocfair.com/refunds).

### Musical Theater West cancels “Mame” and “Treasure Island”

Due to the closure of the Carpenter Center for the Performing Arts through Aug. 24, Musical Theatre West (MTW) is postponing its summer productions of “Mame” and “Treasure Island.” New dates will be announced. Patrons are requested to hold their tickets to assure their selected seating is maintained. Once announced, MTW will offer ticket exchanges and refunds as needed. Patrons will be notified by email as dates are secured and information will be updated at [www.musical.org](http://www.musical.org). Patrons will be able to reach Box Office staff through email ([tickets@musical.org](mailto:tickets@musical.org)) and phone (562) 856-1999 during this time and is committed to responding to inquiries within 48 hours. In the meantime, MTW is offering “Free 4 All” performances with MTW artists and “Songs That Make Us Happy” programming, offering insights to classic musicals. For the full line up of free online programming, go to [www.musical.org](http://www.musical.org).

## Walking Routes in LW

Regular brisk walking can help people maintain a healthy weight, prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes; strengthen bones and muscles; and improve mood, and balance and coordination. The Safe at Home order has suspended all club activity and closed LW amenities, but people can still go walking. To that end, the Recreation Department has a Leisure World Walking Trails brochure featuring seven measured trails throughout the community. Stop by the Downtown Café and pick one up or see below for one of the trail print-outs. For more information, contact [kathytl@lwsb.com](mailto:kathytl@lwsb.com).



## FOOD

**from page 3**  
World orders. GD BRO Burger was started by a former Wall Street executive who believes in giving back to the community. Currently, we are working together to craft a free meal giveaway to 200 lucky residents to kick off their relationship with us. Food vendors appreciate feedback, so please let us know what you think. GRF appreciates these essential workers bringing services to us (*see the complete Grab and Go schedule, page 14*). We appreciate our residents keeping a distance and wearing masks at these events to comply with CDC guidelines. On-call bus service is available from 4:30 p.m. on weekdays and any time on weekends. Call (562) 431-6586, ext. 379. For more information on food, contact [kathytl@lwsb.com](mailto:kathytl@lwsb.com).

**Grocery Store Senior Hours**  
• Gelson’s Market is open from 7-8 a.m. exclusively for seniors 65-plus. One caregiver per shopper is permitted. Proof of age is required.  
• Pavilions opens at 7 a.m. and asks that non-seniors stay home until 9, but they do not specially reserve the time for seniors.  
• Ralph’s is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time.  
• Sprouts has no senior hours. Bulk items are now sold prepackaged and the store has plenty of fresh produce.  
• Trader Joes has senior hours from 8-9 a.m. for people aged 60-plus. It controls shopper entry if the store gets too full.  
• Costco is open from 10 a.m.-6:30 p.m. with senior hours from 9-10 a.m. on Tuesday, Wednesday

and Thursday for shoppers 60-plus. Costco warehouses will allow no more than two people to enter the warehouse with each membership card. Target is open on Wednesdays from 8-9 a.m. for seniors only. The store has reduced hours and closes by 9 p.m. daily to deeply clean stores. Smart & Final stores are open 30 minutes early, from 7:30-8 a.m. to accommodate seniors 65 and older, those with disabilities and pregnant women. ID may be requested. **Downtown Café** The Downtown Café in Building 5 has fully stocked vending machines. Sandwiches, snacks and drinks are available for take-out. Tables and chairs have been removed to prevent lingering.

## Hof’s Hut

*Hof’s Hut will be at the Clubhouse 6 parking lot today, April 30, Thursday, from 11 a.m.-1 p.m.*  
**Hof’s Hut Menu for April 30**  
**Soup/Salad/Bakery Combo**—Chicken Tortilla Soup, Garden Salad, Blueberry Muffin or Cornbread  
Salad Dressing Choices: Ranch, Creamy Bleu Cheese and 1000 Island  
**Hot Turkey Sandwich**—Served open-face on buttered garlic sourdough with mashed potatoes, gravy and cream corn  
**Meatloaf Sandwich**—Served open-face on buttered garlic sourdough with mashed potatoes, gravy and cream corn  
**Meatloaf Dinner**—Hand cut slices of meatloaf with beef gravy. Served with bread, cream corn, mashed potatoes and gravy  
**Cup Chicken Tortilla Soup** - Add on to Entree  
**Cup Chicken Tortilla Soup** - A la carte  
**Side Coleslaw**  
**Side Fruit**  
**Side Mashed Potatoes**  
**Side Cream Corn** -  
**Side Garden Salad** - Add on to Entree  
**Side Salad with Bread**  
Cards and cash accepted.  
Questions or feedback? Call (562) 431-6586 ext. 398



## Radio Club Drills

The Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate. Use the following guidelines:  
• Call-in time begins at 9:30-9:45 a.m.  
• Use Channel 13/0.  
• Be sure to wait until the radio is clear and call in stating your first name, last name initial, and mutual: example John S. Mutual 13 checking in. Remember to press the side button to speak and release when finished. If you are not sure how to call in and would like additional instruction on use of the FRS radio, contact Leisure World Radio Club President Rich Erickson, [rjexrn@yahoo.com](mailto:rjexrn@yahoo.com), or call (562) 431-6586, ext. 409, to leave a message. —Kathy Almeida, Emergency Information Council chairperson

## Video Producers Zoom Classes

The Video Producers Club is using Zoom videoconferencing to conduct free classes for residents and to enjoy a social hour. You are welcome to join a virtual social hour using Zoom every Saturday from 5-6 p.m. hosted by Joseph Valentinetti. For a personal invitation, email [0501042@gmail.com](mailto:0501042@gmail.com) to secure space in the room. Bring your own drinks. Join iPad expert Fred Carpenter every Monday at 2 p.m. for a free online virtual meeting. Learn how to use all the features of your iPad including Zoom videoconferencing. Contact Fred Carpenter at [sail1942@gmail.com](mailto:sail1942@gmail.com) for more information and to reserve a virtual seat in his class. Join Joe Osuna every morning at 10, Monday-Friday, for a free one-hour session to learn Zoom with your Windows laptop or Android cellphone. There are also participants who can share their experiences with iPads and iPhones. Contact Joe Osuna at [joosuna29a@gmail.com](mailto:joosuna29a@gmail.com) to reserve a virtual seat in his class or for more information.

## NAPLES RIB COMPANY Leisure World Clubhouse 6

Saturday, May 2nd 4pm-6pm

**PRE-ORDER BY**  
**Friday, May 1st**  
**at 4pm**

**ORDER ONLINE ANYTIME AT**  
[Ribcompany.com/LW](http://Ribcompany.com/LW)  
**OR CALL**  
**(562)439-RIBS**  
**ORDERS CAN BE PLACED**  
**BETWEEN 10AM-4PM DAILY**

<b>Appetizer</b>	
Shrimp Cocktail (6) Served with Cocktail Sauce	\$12
<b>Salads</b>	
Garden Salad with Ranch or Italian Dressing	\$6
Add Diced Chicken (6 oz)	\$3
Cobb Salad	\$12
<b>Sandwiches (Served on a French Roll)</b>	
Choose 1 Side (add 2nd Side for \$2)	
Chopped Beef Brisket - Served with BBQ Sauce	\$14
Pulled Pork - Served with BBQ Sauce	\$12
<b>BBQ Combos (Served with Mini Cornbread Loaf and Honey Butter)</b>	
Choose 1 Side (add 2nd Side for \$2)	
Basket of Baby Back Ribs (10 Bones)	\$17
Basket of Beef Ribs (3 Bones)	\$18
Basket of Sausage Bites (2 links)	\$10
Basket of Chicken (1/2 chicken)	\$10
<b>Sides (\$2.50 each)</b>	
Coleslaw	\$2
Potato Salad	\$2
Macaroni & Cheese	\$2
Roasted Vegetables	\$2
BBQ Beans	\$2
Garlic Mashed Potatoes	\$2
Cornbread (2 Loaves)	\$2

<b>Beverages</b>	
Coke	\$2
Diet Coke	\$2
Sprite	\$2
Bottled Water	\$2
Lemonade	\$3



# Macramé Knot Guide

# DIY Macramé Hanging Planter



Macramé can seem daunting, but most projects can be completed with a few simple knots. Here's a guide for the most useful and basic knots and a project to try once you've mastered them.

Materials

- Scissors
- Rope



Reverse Larkshead Knot



This knot is most often used for attaching a piece of rope to a base rod or handle. Fold your rope or string in half, then, using the mid-point of the rope, create the loop around your rod or handle and thread the tail ends into the loop before tightening it. The knot will look different depending on which direction you thread the loop through.

Half Knot



This is one of the most basic macrame knots. Create variations using the half knot by mixing up the directions or the order.

Using two middle cords as the base, tie the outer two pieces of rope around the middle cords and tighten. The knots will begin to naturally spiral downward as you continue knotting.

To make the macrame piece spiral in the other direction, simply reverse the order of tying (put the right cord in front and the piece will spiral left in a clockwise direction. If you put the left cord in front, it'll spiral right in an anti-clockwise direction). One thing to be aware of is that the outer cords will shorten after knotting, while the length of the center cords will remain unchanged. So you may have to leave an extra allowance for the outer cords.

Square Knot



The square knot is a variation using the half-knot method, basically half knots tied in an alternating order. If you begin tying the knot with the right cord in front (left photo), tie the next knot with the left cord in front (right photo). Reverse the order and repeat the knots again. The knots will develop in a flat weave instead of the spiralling half-knot weave. The outer cords will shorten after tying, so leave extra shortening allowance.



Materials

- Gold jump ring
- 20M thin rope
- Large metal ring

The first step is to cut your rope to size. Cut 4 lengths of rope at 2m (2.2 yards) each. Then, cut one extra piece of rope at around 1m each (1.1 yard). This is the rope you will need for your project.

Now follow the steps at right to make a simple hanger for your planter.



## Macramé At A Glance

Macramé was a specialty of Genoa, where, in the 19th century, towels decorated with knotted cord were popular. Its roots were in a 16th-century technique of knotting lace known as punto a groppo. In the 1960s macramé became a popular craft and creative art technique in America and in Europe. Once you learn the basic knots, you can make shopping bags, hats, wall hangings and so much more.

Have fun learning a new craft during these days of COVID-19 quarantine.



1 Fold 4 pieces of rope in half, and pass them through the ring.



2 Take a leftover piece of rope and tie it around the other ropes, below the ring. Let that rope hang down to join the bundle. You now have nine pieces of rope.



3 If you have a thicker ring, you can use it to cover up the tie. Or use additional rope to wrap around.



4 Bring the right piece of rope over the tail of the 'four' and pass under and the cross section and through the loop. Pull the knot tight.



5 Gather the 9 pieces of rope into 3 bundles of three ropes each. You will create half knots using these sections. Leave a handspan of gap below the ring before doing your knots. First, create a 'four' shape with the left piece of rope over the middle piece of rope.



6 Bring the right piece of rope over the tail of the 'four' and pass under and the cross section and through the loop. Pull this tight for your first knot.



7 Continue doing half knots all the way down for 8 knots, do that on all three bundles.



8 This is what it should look like once you have done the 8 sets of half knots.



9 Leave another half a hand-span of space before starting another row of knots. Tie a square knot here in each of the three bundles.



10 The rest of the planter is fairly simple. Making sure to grab two ropes from adjacent bundles, you are going to tie a simple overhand knot. Leave the middle rope free. It helps to grab ropes that are naturally next to each other.



11 Tie all the three bundles like this.



12 Tie off the bottom of the planter. You can tie all the rope together or can do three separate square knots and then tie those together.



13 Wrap the bottom with another piece of rope so it looks really nice and tidy. Finally, add a loop of rope through the top ring and insert your pot.

This is one in an occasional series of DIY projects that LWers may want to try as they shelter at home. To suggest other hobby ideas, email [rutho\\_news@lwsb.com](mailto:rutho_news@lwsb.com).



Meals At-A-Glance

**Grab ‘n’ Go Schedule**  
**Weekdays, Monday-Friday**  
**Saturday Lunch**  
**Clubhouse 6 Parking Lot**

- **Monday:** Viking Dog Truck—Gourmet hot dogs, brats and loaded tots, 4-6 p.m.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m.
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-7 p.m.
- **Thursday,** Hof’s Hut, lunch and dinner selections, 11 a.m.-1 p.m.; can pre-order online
- **Thursday:** Domino’s Pizza – Call ahead for special orders; wings and salads offered; 3:30-7 p.m.
- **Friday:** Koffel’s Food Service – Special Friday menus weekly, 5-7 p.m.
- **Saturday Lunch:** Domino’s Pizza – Call ahead for special orders, (562) 493-2212; wings and salads, too, noon-2 p.m.
- **Saturday Dinner:** Naples Rib Company, barbecue, salads, sandwiches, 4-6 p.m., order ahead online, <http://www.ribcompany.com/leisure-world-menu.asp>
- **Sunday:** Koffel’s Food Service – Special Sunday menus weekly, 5-7 p.m.

*All Grab ‘n’ Go events will take place, rain or shine. If it rains, Clubhouse 6 will be open. People are asked to keep a six-foot distance and wear a mask. All vendors accept cash and cards. On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379.*

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

LW Library Curbside Pick-up Program

Leisure World Library staff is receiving dozens of requests each day—and has served around 200 residents so far—with its new curbside pick up program that started a couple of weeks ago.

Essentially, Leisure World library card holders can call in or email an order for library materials, and in 48 hours, library clerks will have the order ready at the library curb for pick-up.

“Our most popular requests are the newer items, but we don’t always have them available because of the demand.” said Library Operations Assistant Taylor Greene.

He wants everyone to know they aren’t limited to books. They can also check out magazines, movies, TV series and audio materials. Almost everything is available.

He recommended that people search the catalog before placing an order. The catalog is located at <https://www.lwsb.com/lwcommunity/library/>.

To request materials:

- Call the library at (562) 598-2431, Tuesday-Friday, from 10 a.m.-to 2 p.m..
- Email [LWLibrary@lwsb.com](mailto:LWLibrary@lwsb.com) and include your name, library card number, phone number and what kinds of materials you like to read and/or watch.

Library staff will accommodate specific requests whenever possible. If the requested material is not available, library clerks will use their expertise to find similar items and put together a bag of materials for you to borrow from the library.

Due to limited staffing, it will take 48 hours, excluding weekends, to fill orders.

You will receive a call when your order is ready for pick up at the library between Tuesday-Friday.

If you need a library card number, call for a temporary card number that will be good until the library re-opens.

The library building is closed to the public but staff is available to answer questions via phone or email Tuesday-Friday from 9:30 a.m.-3:30 p.m.

LB POPS!

Discount tickets available through LWer

Jeannie Berro from Mutual 2 is accepting a limited number of new members into her long-standing POPS season ticket group for 2020-2021 season. Seats are in the center loge, Section 111, and are \$95 for five concerts. They can be exchanged for floor seats if you are handicapped at no extra charge. The regular season ticket is \$208. Carpools will be arranged.

Dancing downstairs is allowed during concerts.

The schedule is

- Oct. 17: Elton John Tribute with Craig A Meyer on piano and vocals
- Dec. 19, Holiday Pops
- Feb. 20, 2021, Paul Shaffer (David Letterman’s sidekick) presents his favorite pop, R&B and jazz favorites with special guest and Motown legend, Valerie Simpson
- March 20, 2021, Hollywood Sings with vocalist Lori Zabka
- May 8, 2021, Musical Legacy of Chicago by Brass Transit.

See [longbeachsymphony.org](http://longbeachsymphony.org) for subscriber-only benefits including flexible ticket exchanges and dining discounts for restaurants on concert and non-concert nights.

Call Jeannie at (562) 284-6054 between 9 a.m.-8 p.m. for more information; seats limited.

SBTV-Channel 3

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at [sbtv3.org/schedule](http://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, April 30**

4 pm Dr. Chung COVID Info-LW

4:12 pm Tina and Tommy Sing-LW

5 pm Harmonizing Humanity

5:45 pm Sewing Brigade-LW

6:20 pm Shelter at Home Entertainment

6:31 pm Sea Inside

7 pm Life and Times: Lawhead Brothers

8 pm On Q—8bit Jazz Heroes

9 pm Americana Awards

10 pm Bob Cole Conservancy

**Friday, May 1**

4 pm LW’s Rollin’ Thunder

4:10 pm Velvetones Concert

5 pm Beginning of LW

5:15 pm Shelter at Home Entertainment

6 pm Mystery at the Theater

6:32 pm Sea Inside

7 pm Seal Beach City Limits Richard Hastings

8 pm Life and Times-Lawhead Brothers

9 pm Cerritos Center-Golden Dragon Acrobats

10:37 pm Cerritos Center-The Four Tenors

**Saturday, May 2**

4 pm Rollin’ Thunder-LW

4:10 pm Velvetones

5 pm McGaugh Patriotic Show

6 pm Tina and Tommy Sing

6:45 pm Dr. Chung COVID Info-LW

7 pm Ocean Perspectives

8 pm LAUSD

10 pm Cerritos Center-Matt Mauser

**Sunday, May 3**

4 pm SB City Council Meeting replay April 27

5:45 pm McGaugh First Grade Concert

6:30 pm McGaugh Go West!

7:30 pm Life and Times-Lawhead Brothers

8:30 pm Cerritos Center-Riders in the Sky

10:15 pm Americana Awards

**Monday, May 4**

4 pm LW Sewing Brigade

4:35 pm Aquarium of the Pacific

5 pm Vintage Vehicles

6 pm Ocean Perspectives

7 pm SB Planning Commission Mtg Live

9 pm Cerritos Center-In the Mood

11:10 pm National Parks/Drone Club

11:30 pm Vintage Vehicles

**Tuesday, May 5**

4 pm LW Sewing Brigade

4:35 pm National Parks/Drone Club

5 pm Tina and Tommy Sing

5:45 pm Shelter at Home Entertainment

6 pm McGaugh Go West!

7 pm McGaugh Patriotic Show

8 pm Cerritos Center-Matt Hauser

10 pm Cerritos Center-In the Mood

**Wednesday, May 6**

4 pm LW Sewing Brigade

4:35 pm Shelter at Home Entertainment

5 pm Beginning of Leisure World

6 pm Drone Club/National Parks

6:30 pm Aquarium of the Pacific

7 pm On Q-8bit Jazz Heroes

8 pm Seal Beach City Limits-Richard Hastings

9 pm Cerritos Center-Golden Dragon Acrobatics

10:37 pm Cerritos Center-The Four Tenors

*\*All programming is subject to change.*

LW Weekly  
430-0534

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.*

**The Locksmith**

Creaking timbers beneath the steps  
of the Hidden Hollows Shop of Locks  
signal our arrival.

The bell on the doorway serves no needed purpose;  
its friendly tinkle only adds to its charm.

Magnified visions of intricate patterns  
appear in the locksmith’s spectacles  
as he closely examines our key.

He pauses briefly while he reads the words  
“Do Not Duplicate”  
that are firmly stamped into its metal.  
Yet he shows no reaction  
and he offers no comment.

I just stood there, motionless and silent,  
just hoping for a new key,  
while my sweetheart stood there beside me.  
She was beginning to look exceptionally cute.  
That is a thing she does extremely well.  
Yet the locksmith paid her no notice.

He held a pallor that was somewhat dreary,  
on a face that showed no form of expression,  
while he chose the proper blank  
to make our new key.

With a non-descript saunter,  
neither casual nor deliberate,  
he coursed through his narrow shop,  
weaving through the clutter,  
toward his modern key machine  
in the far corner.

The man’s stature was about average.  
His age was difficult to judge.  
He was wearing clothing that was neither new,  
nor especially worn.

Its colors were muted, yet not exceptionally so,  
and their features were notably lacking  
in any familiar label  
of uniqueness or style.

We wait by his battered display case  
that doubles as a counter.  
It is stacked high with unopened mail  
and piles of assorted clutter.

Inside the case,  
a collection of older items  
invites a closer look.

A curious selection of lock picks and files  
is bound in patent leather.  
The small black kit  
can be folded to resemble the likeness  
of a Holy Bible.

Its slender tools are dusty and tarnished now,  
yet they still hint of intrigue and danger  
from the earlier days of their craft.

The locksmith switches off his modern machine  
and examines our new key.

Standing there motionless with his back toward us,  
he exhibits his one exceptional feature.  
He is able to blend in with his surroundings,  
unnoticed and nearly invisible.

Our new key has met his approval.  
As we wait there by his counter,  
the creaking boards beneath our feet  
reveal our slightest shift in posture,  
while the master of locks  
glides across the wooden floor,  
scarcely making the sound  
of a church mouse.

—David Chute, Mutual 14





# Faith Christian Assembly

**Pastor Gwyn Vaughn**  
Faith Christian Assembly

It is our prayer that we will be able to meet together at Faith Christian Assembly on May 3 for our 10:30 a.m. service. However, we will be adhering to governmental guidelines, so please call Faith Christian Assembly's office for the most updated information at (562) 598-9010. Due to the demand for social distancing, we are creating a reservation list of those who want to attend the service, so call the office to add your name if you are planning to attend.

We partake in the holy Communion on the first Sunday of each month at our 10:30 a.m. service. In the words of Jesus, we are commanded in 1 Corinthians 11:25, "As often as you drink from it, keep doing this in memory of me." You don't have to be a member to join with us, as long as you have accepted Christ as your Savior.

If you are ill, or uncomfortable getting out as yet, we invite you to participate in our all-church conference call on Sunday, May 3, at 10:30 a.m. Dial (425) 436-6371, access code: 576671#.

Please be advised, out of an abundance of precaution, for all who attend in person, we will be taking your temperature at the door, and you will be asked to wear a mask, and sit socially distant from others.

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

## LW BAPTIST from page 6

shows his followers his risen life, power, love and care. Being with him, love, peace, joy and hope fill their hearts.

John treasures Jesus' words. "Jesus says to them, Come, have breakfast. None of the disciples ventured to question him, who are you, knowing that it was the Lord."

Jesus invites them to his table, and us too, through his word and spirit. It is a fellowship meal, sealing forgiveness and acceptance. His disciples needed this restoration. The church also shares his table, and enjoy the forgiveness and fellowship corporately and individually.

John notes though, that for the moment their times together are about to change. He explains, "This was now the third time Jesus appeared to his disciples after he was raised from the dead." This fellowship meal ended, but not the next one. That is another promise: "I go to prepare a place for you" and "I will come again and receive you to myself, that where I am, there you may be also" (John 14:2-3), seated with him in glory.

Tell our advertisers you saw them in the LW<sup>Weekly</sup>

## FIRST CHRISTIAN From page 6

Romans 5:1-5 says, "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope (certainty) of the glory of God. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope (a certainty of things to come). Now hope does not disappoint, because the love of God has been poured out in the hearts by the Holy Spirit who was given to us."

The hope that believers have in Christ will not disappoint, take comfort in that.

## COMMUNITY from page 6

You can find our online worship on Facebook by searching for @communitychurchleisure-world. We worship live on Facebook on Sundays starting at 9:50 a.m. If you don't have a computer or Facebook, you can still call in to our phone system and listen to the weekly message beginning Sunday evening—it takes me a minute to edit and post the audio.

As always, our mission is still active and if you are in need without another way to address that need, you may call the church office to leave me a message (562) 431-2503

Main Gate: 594-4754

## St. Theodore's

**Rev. Lisa Rotchford**  
St. Theodore's Episcopal

The month of May in England is a time of many outdoor festivals as people emerge from rain-soaked winters to celebrate the green fields and flowering spring! Let us join everyone throughout the world who seek comfort from God's beauty in brightly colored potted gardens, bird feeders and green spaces, especially taking time to notice the beauty in Leisure World.

"All Things Bright and Beautiful" is a traditional English hymn written by Cecil Frances Alexander that celebrates God's beautiful creation at all times, but especially in the hope-filled month of May.

"All things bright and beautiful,  
All creatures great and small,  
All things wise and wonderful,  
The lord God made them all.  
Each little flower that opens,  
Each little bird that sings,  
He made their glowing colours,  
He made their little wings.  
The purple headed mountain,  
The river running by,  
The sunset and the morning,  
That brightens up the sky.  
The cold wind in the winter,  
The pleasant summer sun,  
The ripe fruits in the garden,  
He made them every one.  
The tall trees in the greenwood,  
The meadows where we play,  
The rushes by the water,  
We gather every day."

Let us pray For Joy in God's Creation O heavenly Father, who has filled the world with beauty: Open our eyes to behold thy gracious hand in all thy works; that, rejoicing in thy whole creation, we may learn to serve thee with gladness; for the sake of him through who things were made, thy Son Jesus Christ our Lord. Amen.

## REDEEMER From page 6

If you would like a Sunday celebration packet — Holy Communion and prayers—join us on May 3 from 10 a.m.– noon for a socially-distanced distribution. We'll be by the cross distributing sanitized packets for your spiritual enrichment.

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Puzzles & Comics

Answers on page 11

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku 1

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

9 To 5 By Harley Schwadron

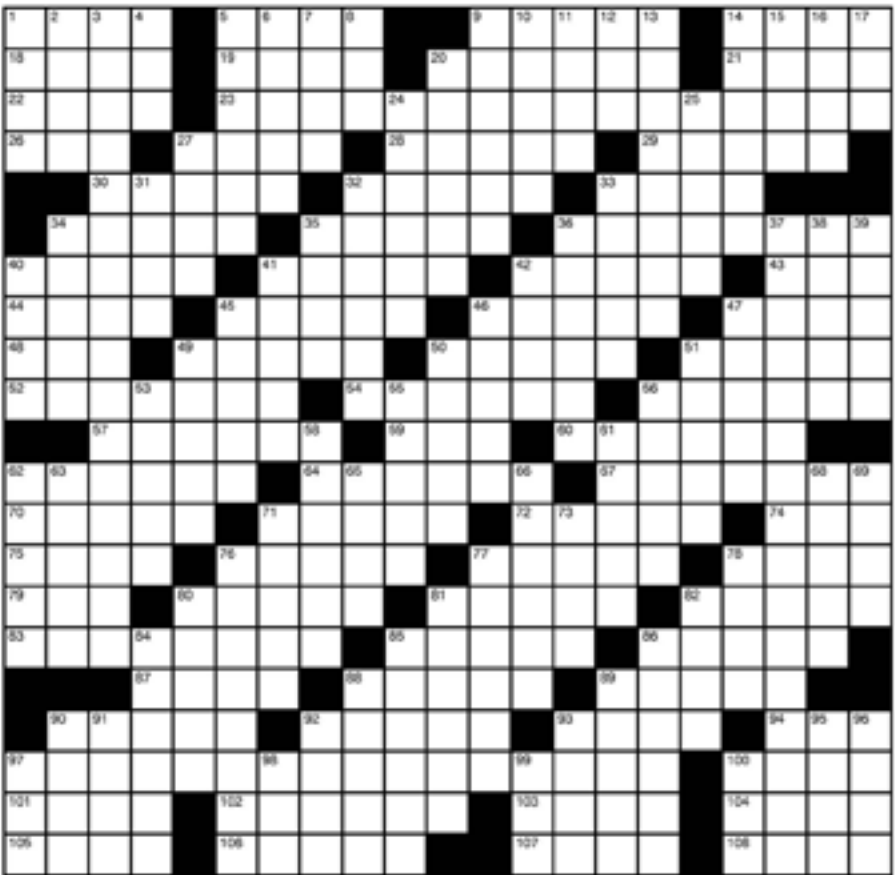


Words to the Wise

Edited by Linda and Charles Preston

ACROSS

- 1 Soft plumage
- 5 Watch part
- 9 "\_\_\_ bad man": Spenser
- 14 \_\_\_-ran (loser)
- 18 Border lake
- 19 Bell sound
- 20 State of lawlessness
- 21 Rice-Webber hit
- 22 Performers
- 23 See 3 Down
- 26 Too often told
- 27 Speed
- 28 Minus wool
- 29 Languid
- 30 Redolences
- 32 Tommys' guns
- 33 A King of Judah et al.
- 34 Accumulate
- 35 Circumspect
- 36 Bachelor girl
- 40 Utter joy
- 41 Uplift
- 42 Another border lake
- 43 Speed
- 44 Impulsive
- 45 Quench
- 46 \_\_\_ Quarter
- 47 Surrender
- 48 Limb
- 49 Spectacle
- 50 Fast
- 51 Edible fungus
- 52 Love or hate
- 54 Oral
- 56 Grand homes
- 57 Ceremony
- 59 Ribicoff or Burrows
- 60 Sound equipment
- 62 Botany's \_\_\_ theory
- 64 Goya, for one
- 67 Ragtime dance
- 70 Gourmand
- 71 Verdant
- 72 Sunders
- 74 Out \_\_\_ limb
- 75 Lump of clay
- 76 Producer
- 77 Buenos \_\_\_
- 78 Tritons
- 79 Cygnet's parent
- 80 Takes out: abbr.
- 81 Petulant
- 82 Sudden jump
- 83 Partial
- 85 Move smoothly
- 86 "The Boot"
- 87 Elevator man
- 88 Space contract
- 89 Sing like a bird
- 90 Malice
- 92 Amiens' river
- 93 Retreat
- 94 Tee leader
- 97 Fiscal proverb, with 37 Down
- 100 Declare
- 101 Green land
- 102 Hindu incarnation



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5/3/20

- 103 Theater location
- 104 Mona \_\_\_
- 105 Surrounded by
- 106 Terminate
- 107 Actress Claire and namesakes
- 108 Stratagem
- 16 Manuscript mark
- 17 CIA's predecessor
- 20 Stick
- 24 House and grounds
- 25 Vacuous
- 27 Antarctic sea
- 31 Track meet event
- 32 Quivers
- 33 Plant pest
- 34 Eyeopener
- 35 Scottish family group
- 36 Fabulous fabrics
- 37 See 97 Across
- 38 Downy duck
- 39 Spools
- 40 Hillside, in Dumfries
- 41 Turgenev heroine
- 42 Ticker \_\_\_
- 45 Apply elbow grease
- 46 "Great" components
- 47 Geometric figures
- 49 Shankar's instrument
- 50 Hood or Williams
- 51 Stable mates
- 53 Hard-surfaced
- 55 \_\_\_ Noster
- 56 Gets better
- 58 Went on a spree
- 61 Sounds
- 62 Fresco \_\_\_; painting technique
- 63 Condor's claw
- 65 Roger of "Cheers"
- 66 Electron tube
- 68 Way in
- 69 Elapsed
- 71 Storm and Sayers
- 73 Gaelic
- 76 Pre-Renaissance
- 77 Emerged
- 78 Last wds., often
- 80 Same
- 81 Noise
- 82 Bustle
- 84 Smudged
- 85 Botanical cells
- 86 Showy flowering plants
- 88 Attics
- 89 Subarctic evergreen forests
- 90 Leveler of a sort
- 91 Persian fairy
- 92 \_\_\_ opera
- 93 City on the Rhone
- 95 Indifferent
- 96 Influence
- 97 Reception beverage
- 98 Actress Longoria
- 99 Actor Wallace
- 100 Mont Blanc, for one

The Observer Crossword Puzzle

SCRABBLE G R A M S

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SCRABBLE G R A M S

PAR SCORE 280-290  
BEST SCORE 350

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

JUMBLE THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

NIRLE

NECHE

TUACIQ

CICIAD

Print your answer here: " " " " " "



I am a comic actress born in Texas on April 26, 1933. I once lived in a boarding house for women pursuing careers in acting. I have earned a Tony, Emmy and Golden Globe for my work in various genres.

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

## Puzzles & Comics

### Answers on page 11

**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to humor.  
Each number corresponds to a letter.  
(Hint: 20 = O)

**A.**     **7   19   23   20   25**  
*Clue: Quality of being amusing*

**B.**     **10   18   19   6   7**  
*Clue: React to humor*

**C.**     **22   20   13   2**  
*Clue: Funny tale*

**D.**     **12   20   23   2   3   26**  
*Clue: Professional entertainment with jokes*

---

**Boggle BrainBusters!**

By David L. Hoyt and Jeff Knurek

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

R	U	P	H
W	O	I	S
G	O	K	E
A	G	L	M

**BOGGLE POINT SCALE**

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

**YOUR BOGGLE RATING**

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

**Boggle BrainBusters Bonus**

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SIX SEVEN-LETTER MAMMALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8-11-19

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## YARD CARE WORD SEARCH

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

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

## WORDS

- ACIDIC  
AERATE  
ALKALINE  
AMENDMENTS  
BEAUTIFY  
BLADE  
CARBON  
COMPOST  
DEADHEAD  
FERTILIZE  
GREEN  
LANDSCAPE  
LEAVES  
MATTER  
MOW  
MULCH  
ORGANIC  
PEAT  
PLANTINGS  
PRUNE  
SHRUB  
SOIL  
TILL  
WATER





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M15 - 29R  
M9 - 220A



M7 - 165J  
M7 - 145G  
M10 - 257D  
M8 - 178E  
M5 - 91L



M12 - 8A  
M5 - 111G  
M11 - 281A  
M2 - 62A  
M3 - 23G



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



**Mutual 15, 32K \$239,000**

Eloquent traditional home featuring 2-bedroom, 1-3/4-bathroom, spacious living room and formal dining room with ceiling fan. Living room has custom draperies framing triple-pane windows and overlooks 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.



**M1-16W \$218,000**

Lovely 2 Bedroom 1 Bathroom Cottage. Built-in stove, oven, refrigerator, breakfast bar with storage, added shelving above sink, vinyl flooring and ceiling fan. This home has skylights in the kitchen, bathroom, side patio, front patio, carpeting in the living room and both bedrooms. Large wrap-around tiled and screened patio.



**M12-9D \$339,000**

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



**M3-16F \$375,000**

Beautiful corner 2 Bedroom 1 3/4 Bathroom home with formal dining room is a fully expanded home with many upgrades. It features a corner living room with two double pane Bay Windows that offer an open all-around view including a side green belt. The entry way has a leaded glass door with retractable screen and entry closet. The formal dining room has a ceiling fan. The fully remodeled kitchen has beautiful custom wood cabinets, all built-in electric appliances including free standing range, refrigerator, dish washer, microwave, added pantry with pull out shelves, added china cupboard and Corian counters. The Master Bedroom has a walk-in closet, double pane bay windows, and is extra wide with storage added. The Master Bathroom has custom wood cabinets with added linen cupboard, stacked washer dryer and large skylight. The second bedroom/den has added 3/4 bath and storage closet. This lovely home also features laminate floors, crown molding, blinds, central heat/AC, brick lined walk way, and outside storage closet. Don't miss seeing this lovely move-in home that is in move-in condition.



**M1-47D \$175,000**

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

### 2020 Sales

M14-23F  
M9-234I  
M15-25F  
M2-48H  
M7-176E  
M2-29D  
M4-78B  
M14-23D  
M11-277A  
M12-62F

### Pendings

M3-21K  
M8-189J  
M1-55J

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## Two-Bedrooms

**Mutual 8 189J \$179,000**  
w great location, large skylight,  
great potential for remodel

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

**Mutual 1 16W \$218,000**  
enclosed patio, patio tiled, 3  
skylights, great greenbelt

**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 1 25L \$235,000**  
corner, greenbelt, double pane,  
lam. floors, nice unit

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

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

**Mutual 8 203I \$249,900**  
washer/dryer, cent. air, dual pane,  
move-in-ready

**Mutual 6 64C \$250,000**  
full expan., faces so./east,  
skylights, gorgeous lam. floors

**Mutual 7 155G \$259,000**  
expanded, granite counters,  
skylights, heat pump

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

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

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

**Mutual 15 44A \$279,999**  
atrium, fresh paint, wood lam,  
floors, new carpeting

**Mutual 15 21M \$285,000**  
2 baths, enclosed porch, green-  
belt, 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 12 9D \$339,000**  
washer/dryer, cent. air, double pane,  
trees, nice

**Mutual 6 136C \$359,000**  
full expansion, remodel kit. and bath,  
large skylight, washer and dryer,  
forced air, scraped ceiling

**Mutual 3 16F \$375,000**  
corner. 1 3/4 baths, bay windows,  
remod. kitchen, washer and dryer,  
cent. air

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

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## One-Bedrooms

**Mutual 1 23K \$165,000**  
screened in porch, btl. green-  
belt, skylights kit. and bath

**Mutual 1 40B \$167,000**  
expanded, huge greenbelt, lam.  
floors, skylight

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

**Mutual 3 11C \$179,000**  
full expan., bright, cent. air, lam  
floors, nice

**Mutual 6 57D \$185,000**  
Full expan., bay windows, gran-  
ite counters, high end flooring



**Claudette "CC" Cooley**  
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**Linda Patton**  
562-522-3364



**Adrian Villarreal**



**Jay Cho**  
714-944-4998



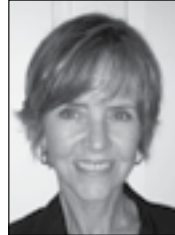
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**Mutual 7-157-D \$229,000**

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.



**Taking back ups**

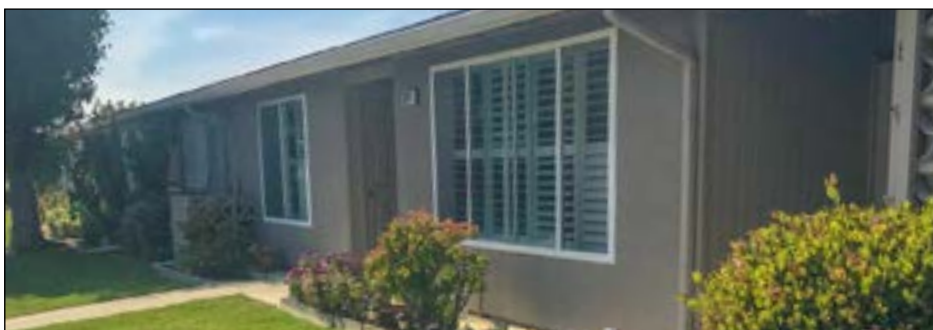
**Mutual 1-38-D \$154,900**

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. 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 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 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 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!**



**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.





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For 2020, I have a total of 28 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



**1261 Oakmont Rd. #177B | M8 | \$239,000**  
DRIVE-UP Location, Partially Expanded 2 Bedroom, 1 Bath, A/C Heat Pump, Washer/Dryer Combo, Laminate Flooring, Expanded Master, Designated Dining Area, Move Right In!



**1502 Golden Rain Rd #46K | M2 | \$239,500**  
2 Bedroom, 1 Bath Fully Expanded, Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



**13131 Shawnee Ln, #268E | M11 | \$349,000**  
Bright, South Facing, Fully Expanded 2 Bedroom, 1 1/2 Bath, Central A/C, Washer/Dryer Hook Ups, Scraped Ceilings, Dual Pane Windows, Laminate Flooring, Dishwasher, Granite Countertops.



**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.



**13741 Thunderbird Dr., #49L | M1 | \$190,000**  
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 BDRM, 2 BTHRM, 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, etc.



**1290 Northwood Rd #161A | M7 | \$310,000**  
Corner Fully Expanded 2 Bedroom, 1 1/2 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.

On April 28th, 2020 a total of 91 units show as active listings on the CRMLS (this is where Realtors list property for sale).

11 - 1 bedroom/1 bath  
from \$159,000 to \$185,000

52 - 2 bedrooms/1 bath  
from \$169,000 to \$384,900

28- 2 bedrooms/2 baths  
from \$225,000 to \$499,900

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-Betty McEntire

