



COMMUNITY UNITY

COVID-19
LWer has tested positive for virus

Dear Community Members,

Based on social media reports of a Leisure World member testing positive for COVID-19, an investigation was initiated this week.

As of Tuesday, May 26, non-official sources revealed that, yes, a community member has tested positive for COVID-19.

From the very limited information available, the individual is isolated at home under self-quarantine and reports relatively mild symptoms.

This is the first positive test result in the community that we have been informed of.

Since learning of this positive test result, we understand the individual's information is protected under HIPAA laws, and the person has followed directions in reaching out to those with whom there was recent contact. Testing is underway, and there may be more positive cases once results are in.

It is important for every member of our community, to seek medical attention by first calling their primary care physician if they experience fever or respiratory symptoms. Please continue to refer to the LW Weekly, LW Live and www.lwsb.com for updates and resources. It is essential that all members and staff who are tested, regardless of results, report the information to GRF via the confidential email grfboardaction@lwsb.com.

This improves our ability to trace cases through official resources of the virus to inform and protect our community.

We hope you will consider how important it is that we respect this individual's privacy and avoid speculation and rumors.

We all play a role in keeping our community healthy. Please practice preventive measures to reduce the risk of infection:

1. Minimize social interaction, practice social distancing and avoid being in large groups.
2. Wash your hands or use hand sanitizer, cough and sneeze into your elbow or tissue, and refrain from touching your face.
3. If you are sick, especially with respiratory symptoms, stay home and contact your healthcare provider if needed.

These are trying times.

Yet amid the challenges of this unprecedented crisis, we are inspired by the fortitude and resilience of our remarkable community.

By collectively working together, we will beat this disease.

—GRF Executive Director
Randy Ankeny



Tom and Jeanne Pontac have tried out virtual racing; it's different but satisfying.

LEISURE LEGGERS
Club reinvents itself via virtual racing

The Leisure Leggers, a longtime running club headed by Tom and Jeanne Pontac, is reinventing itself.

It is not alone. All over LW, clubs are changing. Some are conducting meetings via video conferencing apps like Zoom; book clubs are posting reviews in the paper and golfers are going solo on the course. Some clubs have switched their focus to a particular coordinated project, such as the Lapidary and Vietnamese clubs. They began a mask-making venture that yielded 20,000 masks given away for free to hospitals, nursing homes and more.

Even in these changing COVID-19 times, life does go on in Leisure World.

Everyone has to keep their distance and wear masks to protect others and themselves, but there are lots of creative ways

to enjoy recreation despite stay-at-home orders and the challenges they bring.

Tom and Jeanne, two longtime ultramarathon runners, just completed their first of many virtual races.

The 2020 OC marathon, half marathon and 5K scheduled for May was canceled, but people could choose to run virtually.

Running a virtual race allowed the Pontacs to pick their path and get their miles in on their own time.

Virtual races can be done around the neighborhood, a local course of choosing or even on the treadmill. The only rule is that the race must be completed in a single run (just like a real race).

It's considered an official race that is done by yourself rather than in a crowd.

VIRTUAL, page 2

Studies have shown

Walking helps reduce some pain due to chronic conditions like arthritis, according to many studies. Some seniors experience lower back pain, and walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain. And it's an exercise that can be done alone, in keeping with current distancing guidelines.



GRF PHASE 3 REOPENING
Veterans Plaza opens to some active groups

As part of the Phase 3 reopening of LW amenities, the Recreation Department will be soon be taking reservations for Veterans Plaza as of June 1 for certain dance and exercise clubs in good standing, where physical contact is not involved.

Clubs may book the space, which now sports shade cover, for one-and-a-half-hour sessions, once a week. Group sizes may have to be reduced to meet the social distancing guidelines.

Once this Phase is approved, the following rules will apply:

- All classes will be booked through the Reservations Office in the Recreation Department by email.
- No unscheduled event will be allowed at any time.
- Masks and six-foot distancing will always be required.
- All classes are self-managed and must provide their own equipment
- No tables or chairs can be provided
- Sign-in sheets will not be required at this point, but no non-residents may participate. Sign-in sheets may be reinstituted in the future.
- No tables or chairs will be provided.
- Clubhouse 3 restrooms will be available through the lobby; no more than two people in either restroom at a time.
- Bring your own sanitizer or wear gloves.
- Custodial service will sanitize the area at regular intervals.

By complying with the health and safety standards and restrictions set forth by GRF, in accordance with those recommended by the CDC as well as local authorities, clubs will be helping to facilitate the possibility of reopening more Outdoor Active Areas sooner. Failure to comply will not only affect the club's privileges, but may delay others' enjoyment of GRF recreation areas.

Questions? Email kathyt@lwsb.com.

—Kathy Thayer

Smizers Arise



Grace Holdaway of Mutual 11 has entered the Smizers Arise Contest. For more information, see page 6.



LW Golf Course is now open.

RECREATION

Course is open with limitations

On May 15, the GRF Board of Directors approved the reopening of the golf course, under the required COVID-19 guidelines. The areas now open include: Golf course, hitting cage and putting green. All participants are required to wear masks as well as maintain social distancing. Recreation has coordinated with ICS, the custodial contractor, to clean all touch surfaces at 20- to 30-minute intervals (depending on the area).

While some restrictions may seem cumbersome, GRF's priority will always be the safety of its members.

Golf Course Rules

- All rounds will be booked through the golf starter by email only, and no walkups will be allowed at any time. The hours of play will be from 8:15 a.m.-4:30 p.m.
- All golfers will be limited to one round per week with no exceptions.
- No tournament play will be allowed at this time.

GOLF, page 4

COVID-19 The Latest

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus 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, are provided in this column.

What Is It?

The World Health Organization describes the novel coronavirus as a member of "a large family of viruses" that cause everything from the common cold to Severe Acute Respiratory Syndrome (SARS). 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.

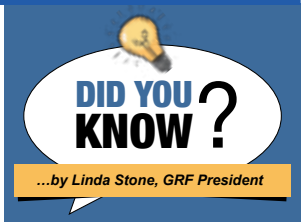
Seal Beach has 18 reported cases as of presstime, according to the Orange County Health Care Agency.

CVS on PCH has COVID-19

CVS, 921 Pacific Coast Highway, Seal Beach, now offers limited testing for the COVID-19 virus. Go online and schedule an appointment time. At the drive through, you will be given a self

COVID, page 20

Leisure World is
534.94 acres—
almost a mile square!



Trust Property (deeds held by GRF in Trust).....	37.20
Trust Streets	60.58
Mutual Property*	437.16

Mutual 1	52.19
Mutual 2	58.01
Mutual 3	25.18
Mutual 4	24.75
Mutual 5	30.52
Mutual 6	26.02
Mutual 7	27.36
Mutual 8	24.85
Mutual 9	27.62
Mutual 10	18.21
Mutual 11	22.92
Mutual 12	30.77
Mutual 14	22.67
Mutual 15	35.48
Mutual 16	4.96
Mutual 17	4.98

Governing Document 30-5041-5

*(Grant Deeds conveyed to Mutuals by GRF in exchange for money)

Food Resources during COVID-19 Crisis

The Leisure World Recreation Department has compiled the following information on senior grocery hours, grab 'n' go meals delivered daily onsite and local restaurants that deliver or have curbside pickup.

This information is updated weekly to help people stay home as much as possible during the COVID-19 crisis.

Grocery Store Hours for Seniors

• Gelson's Market is open from 7-8 a.m. for seniors 65 and older. One caregiver per shopper is permitted, proof of age required.

• Ralph's is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time so occasionally there are lines.

• Sprouts is currently restricting quantities of certain items and bulk items are now sold prepackaged. It doesn't have senior hours but delivers through Instacart or you can order ahead, and store staff will hand pick your order pick up.

• Trader Joes is open from 8-9 a.m. for people aged 60 and older. The store limits the number of shoppers inside to 50. It is well stocked but limits eggs, milk and paper products.

• Costco is open from 9-10 a.m., Monday-Friday, for members ages 60 and older, and people with disabilities effective May 4. Guests will not be admitted. Costco delivers through Instacart with store hours from 10 a.m.-6:30 p.m.

• 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.

• Stater Bros. Market is open from 7-8 a.m. for people 65-plus.

Other Local Food Options

The Farmer's Market is open at 9 a.m. on Tuesdays at Seal Beach Village parking lot.

The Primrose Restaurant in the same shopping center offers a pop-up mini market daily in the parking lot from 10 a.m.-2 p.m. It offers dairy products, eggs, fresh produce, paper goods and a few sundry items.

Grab 'n' go Onsite Food Options

There is onsite food service available daily at the Clubhouse 6 park-

FOOD, page 6

LEGION AUXILIARY

Fashion show tickets can be refunded

The American Legion Auxiliary has postponed its fashion show pending the reopening of LW clubhouses. Anyone with tickets may get refunds by calling Eloise Knoll at (562) 533-0773. Ticketholders can also wait until the show is rescheduled.

—Lorna Miller-Kaplan

VIRTUAL
from page 1

"We mapped out a 3.1-mile course here in Leisure World," said Jeanne, "and clocked out time from start to finish, beginning and ending at our front gate."

"Our first race was the Orange County 5K, and we enjoyed ourselves. Different yes, but still fun. Since we walked the course, our time was slow, but we did it."

"What is important is that each of us stay active and moving in a safe way," she said.

For more information on participating in virtual races, check out ocmarathon.com or google Virtual 5K, 1/2 marathon or marathon races in Orange County California. There are many to choose from.

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Ruth Osborn

Surfs up and the beach is open for active use.

CITY OF SEAL BEACH

Beach in Motion Phase 3 is underway

The Seal Beach City Council has authorized the City of Seal Beach to move forward into both Phase 2 and Phase 3 of the Beach in Motion reopening plan, and Phase 2 of the Gum Grove Nature Park reopening plan.

Beach in Motion: Phase 2 and 3 Reopening

As of May 21, the beach will be open from 4:30 a.m. - 10 p.m., seven days a week. Beachgoers will still be required to remain active; no passive use will be allowed.

The First, Eighth and Tenth Street beach parking lots will also reopen; however, to ensure social distancing requirements are being followed, 50 percent of the parking spaces will be closed. Beachgoers will be required to park in every other parking stall.

Phase 3 Allowed Uses: Active, Non-Gathering Uses Only

- Social distancing requirements will remain in place.
- Beaches and ocean are open to active, non-gathering recreation only (walking, running, swimming, surfing, paddle boarding, skimboarding, kayaking, fishing, kiteboarding, etc.), where the participant keeps moving along the beach or in the ocean.
- Parking with a vessel trailer/rack in boat launch lots only (Sunset Aquatic Park).

Phase 3 Prohibited Activities

- No gatherings of any kind, loitering, sunbathing or other passive activities.
- No blankets, easy-ups, tents, umbrellas, etc., will be allowed.
- No sitting or lying on the beach.
- No setting up chairs and staying in place.
- No picnics, coolers or tables.

The Seal Beach Police Department Community Oriented Policing (COP) Team and Marine Safety Department staff will be present to enforce the times and requirements of the beach reopening plan.

Those who violate the order can be cited with a misdemeanor, fined up to \$1,000, and/or arrested for violations of Seal Beach Municipal Code § 3.25.030 B – CIVIL DEFENSE AND DISASTER – Prohibitions.

Restrictions on beach activities are in place to encourage and

BEACH, page 20

SB Retail Recovery—Stage 2

On May 23, the State of California approved Orange County's strategic plan to allow local businesses to move into Stage 2 of California's Resiliency Roadmap. As a result, certain Seal Beach businesses will be allowed to reopen with specific restrictions to ensure the safety of both employees and customers.

The Orange County Health Care Agency also released a new order with information specific to local businesses.

In Stage 2, Seal Beach will be allowed to have certain businesses re-open with adaptations to their normal business practices. These businesses are:

- In-person dining with reservations
- Retail shopping with social distancing and curbside pickup
- Manufacturing
- Offices, where telework is not possible
- Outdoor museums
- Limited services

The Orange County Health Care Agency and the City of Seal Beach encourages local businesses to review the State's guidance specific to their industry.

Once businesses review this information, they should prepare a plan and put that plan into action. Once completed, the plan and any applicable checklists should be posted in the workplaces. For more information related to specific industries, visit <https://covid19.ca.gov/industry-guidance/>.

"We are extremely pleased that the State has allowed Orange County to move forward toward the next step in recovery," said Seal Beach Mayor Schelly Sustarsic. "With this weekend being the official start of summer, we are optimistic that our businesses will thrive this season and that our residents and visitors will get to enjoy our wonderful shops and restaurants."

RETAIL BUSINESS GUIDELINES

As Seal Beach retail businesses reopen under the Stage Two guidelines, certain practices should be followed to ensure the health

REOPEN, page 5

SEWING BRIGADE HAS YOU COVERED



Ruth Osborn

The LW Sewing Brigade in conjunction with the Vietnamese Club gave away 2,522 cotton face masks May 22 at Veterans Plaza. The event was orderly with everyone wearing face coverings. Security officers like Oscar Alcaino (above) handled crowd control, and lots of volunteers helped with a no-touch distribution. Sewing Brigade members were decked out in green t-shirts and matching red, white and blue masks. Brigade leader Dean Jacoby wanted to make sure LW residents were covered ahead of the Memorial Day holiday. Elsa Gildner of Mutual 15 (right) is shown with some of the 1,300 masks that were mailed to hospitals that day.

For more photos, see page 8.



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Perspectives

Letters to the Editor

Editor:

The LW library has taken excellent care of shareholder money. For 2019, they were \$47,000 *under* budget. The five years before that, they were a cumulative \$53,000 *under* budget.

How'd the GRF Board show its appreciation? They punished it and the shareholders. How? The *approved* 2019 budget included about \$8,800 to set up ebooks for shareholder use. (Ebooks are books that can be read on computers, tablets, and cell phones. They don't use any of the library's limited shelf space.)

This included a one-time setup cost of about \$2,800 plus \$6,000 to rent ebooks. For future years, the \$6,000 could be reduced if budgets were constrained. When the library was about to establish the program, the board took another vote—why? It was previously approved—and rescinded approval, \$47,000 under budget but they wouldn't let the library spend less than \$9,000.

Some say it's a duplication of the OC Library system's free ebook program, but OC's demographics are different from Leisure World, so they are unlikely to provide all the same books as our library. Further, public branches used to reduce wait times by ordering multiple copies of the same book. They're no longer allowed to do that. So unfortunately, the OC system is not a good substitute for having our own.

During these trying times, it would've been really nice if we had access to ebooks through our own library, no contact necessary. The Board should immediately re-approve our library adding ebooks.

Sam Jones
Mutual 12

Editor:

Given the facts provided about the wage/overtime lawsuit, settling seems like a prudent course. I am less happy about the letter from the GRF President. A casual reader will come away with the impression that there is no effect on us from the settlement. The words were carefully crafted to help us think that. However, that is not true. Someone elected to represent us should provide the *whole* truth and not commit sins of omission.

I am very happy the settlement will not increase our carrying charges and pleased that current projects won't be affected (so long as they are substantive and not more cosmetic fluffs that waste our money). However, the complete truth is that some future projects will, by necessity of a \$550k reduction, be delayed, reduced, and/or eliminated.

Why not be completely honest with us and say no effect on carrying charges or existing projects, but some future projects will be affected. It is our money, and we deserve the full story from our elected representatives, especially the President. I urge you, in the future, to be more forthright and tell the whole story.

Sandy Geffner
Mutual 3

Editor:

I know many of us have canceled our regular cleaning people for fear of contracting COVID-19 virus.

Question: If you cancelled your cleaning people and drivers, have you continue to pay them?

Most of us received a \$1,200 stimulus check from the U.S. Treasury and should certainly be able to continue paying low income independent contractors.

They usually have no other outside income.

Yesterday I was talking to my cleaning lady, and I was very surprised when she told me that I was the only one of her regular clients sending her regular checks. Be generous to your regular cleaning people and drivers.

Judy Carter-Johnson
Mutual 4

Scam Alert

by Seena Gressin

Attorney, Division of Consumer & Business Education, FTC

Do you think your economic impact payment has landed in the hands of an identity thief? You can report it to the FTC and the IRS at the same time. Here's what to do.

Visit *IdentityTheft.gov*, the government's one-stop resource for people to report identity theft and get a personal recovery plan. Click "Get started."

The next page asks, "Which statement best describes our situation?" Click the line that says, "Someone filed a Federal tax return—or claimed an economic stimulus payment—using my information." You're on your way.

IdentityTheft.gov will ask you some questions so that it can complete an IRS Identity Theft Affidavit (IRS Form 14039) for you, and submit it electronically to the IRS.

GOLF from page 2

- Golfers will be required to book the day before your actual tee date and time by email only.

- The email address is *events@lwsb.com*.

- Only rounds of one or up to three golfers will be permitted and the names of all golfers must be submitted at the time of booking with Mutual and apartment number.

- Golfers must state three tee times, in order of preference, in case their first choice is not available.

- Golfers may not arrive sooner than 10 minutes before their tee times, and all tee times will be spread 15 minutes apart.

- Masks and six-foot distancing will always be required.

- No gathering will be permitted before or after rounds have been played.

- No golfer may touch any other golfer's equipment, including golf balls.

- The Starter Shack will be closed to all gatherings and will only be available for restroom use.

- The starter can only be addressed through the protective window area.

- The hitting cage and putting green areas will also be open with all required restrictions.

- The golf starter will have the final say in all matters.

- The following are additional restrictions on the course:

- » No score cards will be provided.

- » No posting of scores.

- » Ball washers will be removed from the court.

- » Shoe cleaning station will be off limits due to touch surfaces.

- » Flag sticks to remain in the hole and a suitable method to fill the cups so that golf balls are readily accessible.

- » No food or beverage services allowed.

- » Patio chairs and benches will be removed to prevent gathering of groups and to maintain social distancing.

You can include a personal statement too, to tell the IRS details about how your identity was misused to claim your economic impact payment.

You also can download a copy of your completed Affidavit for your files. And, *IdentityTheft.gov* also will give you a recovery plan with steps you can take to help protect yourself from further identity theft.

Use *IdentityTheft.gov* to report suspected identity theft only.

If you have other concerns about your economic impact payment, visit the IRS's Economic Impact Payment Information Center and Get My Payment Frequently Asked Questions pages for detailed, and frequently-updated, answers to questions. You also can find information

here about payments that the IRS may have deposited to an account you don't recognize.

Whether you're waiting for your payment, or even if it's already arrived, keep alert for scammers trying to steal your personal information, your money, or both.

Remember, the IRS will not call, text you, email you, or contact you on social media asking for personal or bank account information – even related to the stimulus payments.

Also, watch out for emails and texts with attachments or links claiming to have special information about the payments. They're fake, and they may be phishing for your personal information or might download malware to your computer, tablet, or phone.

Perspectives Policy

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

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email preferred), regular mail, deposited in a white GRF drop box, or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community. Priority to first-time or less frequent writers. Some names will be left out to protect privacy.

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



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Leisure World Seal Beach



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GRF BOARD MEETING

Technical difficulties postpones meeting

The May 26, 2020, GRF Board meeting was held under strict public health and safety orders where virtual attendance by GRF Board members was highly encouraged.

Under applicable Civil and Corporations codes, board members virtually attending a board meeting must be able to hear all other board members, and all other board members must be able to hear the virtually attending director.

Due to technical issues that were not able to be resolved during the meeting, board members virtually attending were not able to hear the full deliberations or have the opportunity to fully participate in deliberations.

As such, the May 26, 2020, GRF Board meeting will be marked as canceled due to technical difficulties. The meeting will be rescheduled and the date will be publicized once it's determined.

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents.

The Administration Conference Room is upstairs in the Administration Building.

The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration (*meetings are dependent on orders related to COVID-19; check schedules for latest information*):

Thurs., June 4	ARDC Clubhouse 3 1 p.m.
Fri., June 5	GRF Board Executive Session Administration 1 p.m.
Tues., June 23	GRF Monthly Meeting Clubhouse 4 10 a.m.

Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards.

Due to the COVID-19 outbreak, meetings that were canceled or rescheduled via conference calls are slowly resuming.

Thurs., May 28	Mutual 1 open forum Zoom conference call 9 a.m.
Thurs., May 28	Mutual 1 meeting Zoom conference call 9:15 a.m.
Tues., June 2	Mutual 16 Zoom conference call 9:30 a.m.
Tues., June 2	Mutual 17 Zoom conference call 1:30 p.m.
Mon., June 8	Mutual 9 Zoom conference call 9 a.m.
Wed., June 10	Mutual 4 (open forum, 9:15) Zoom conference call 9:30 a.m.
Thurs., June 11	Mutual 12 Zoom conference call 9 a.m.

Carport Cleaning Schedule 2020

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

Independence Day - Saturday, July 4

No carports are affected

Labor Day - Monday, Sept. 7

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

Veterans Day - Wednesday, Nov. 11

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

Thanksgiving Day - Thursday, Nov. 26

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

Christmas Day - Friday, Dec. 25

Mutual 14, Carports 150-157; Mutual 15, Carports 1-2, will be cleaned Thursday, Dec. 31.

Need Help?

The Orange County Health Care Agency has a COVID-19 Hotline that can be reached at 833-426-6411 or visit www.ochealthinfo.com/novelcoronavirus for regular updates.

The statewide COVID-19 Hotline is 833-422-4255.

The statewide call center is open seven days a week.

Revised 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
JULY	7	384	193	5	Fri. 2/14	Mon. 3/16	Sun. 6/14	2 nd Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 rd Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 rd Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 th Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 th Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 6/23	4 th Thurs.	7/23	10 a.m.		
AUGUST	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 7/5	1 st Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/11
	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
AUGUST	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 st Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 nd Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 nd Tues.	8/11	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 nd Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 nd Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 nd Fri.	8/14	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 rd Fri.	8/21	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 th Tues.	8/25	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.
Revised 5/1/2020

REOPEN from page 3

and well-being of employees and customers.

They include regular safety evaluations, employee training on COVID-19 prevention, temperature and symptom screening for all workers, physical distancing guidelines and dedicated shopping hours for vulnerable populations should be considered.

To read the full details of these guidelines, which include helpful links and other information for retail businesses, visit <https://covid19.ca.gov/pdf/guidance-retail.pdf>.

DINE-IN BUSINESS GUIDELINES

Certain Seal Beach restaurants will now be allowed to reopen under the Stage 2 guidelines. Like retail businesses, specific practices should be followed to allow for the safety of employees and diners.

- Brewpubs, breweries, bars, pubs, craft distilleries, and wineries should remain closed unless they are offering sit-down, dine-in meals. Alcohol can only be sold in the same transaction as a meal.

- Bars that do not provide sit-down meals themselves, but can contract with another vendor to do so, can serve dine-in meals provided both businesses follow the State guidance and alcohol is only sold in the same transaction as the meal.

- Dine-in restaurants are encouraged to provide takeout and delivery service.

- Businesses that provide off-site sale of beer, wine, and spirits to be consumed off premises and do not offer sit-down, dine-in meals should follow the retail business guidelines and offer curbside service only.

- Restaurant employees should be trained on COVID-19 prevention strategies and the encouraged to stay home if they are sick, symptomatic, or have had contact with a potentially exposed person.

- Temperature screening should be conducted prior to the start of each employee's shift.
- High traffic areas and com-

monly touched items should be cleaned and disinfected often.

- Restaurants should increase fresh air circulation by opening windows or doors if possible. High-efficiency air cleaners with upgraded air filters should be installed if possible.

- Disposable menus or menus that guests can read on their own electronic devices should be created.

Restaurants should discontinue pre-setting tables with napkins and cutlery. No other items should be left on the tables such as condiment bottles, salt and pepper shakers, etc. Single service items should be provided to customers.

- Employees should pre-roll utensils in napkins prior to use by customers and must wash their hands before pre-rolling napkins. Reusable items such as utensils, food ware, breadbaskets, etc. must be cleared and disinfected before and after use. Dirty linens used at dining tables such as tablecloths and napkins should be removed after each customer and removed from dining areas in sealed bags.
- Takeout containers should only be filled by customers.
- Posting shall be visible at

the entrance of the business and specifically include an attestation by the business owner and/or operator that the business has performed a risk assessment and implement a site-specific protection plan, trained employees on how to limit the spread of COVID-19 and implemented disinfecting protocols among other precautions.

- Areas where customers may congregate or touch food such as self-service areas, machines, and buffets, salsa bars, etc. should be closed.

- Employees and customers should do their best to remain physically distant.


- Dine-in restaurants should encourage customers to call their order in ahead of time to minimize the time they spend inside the business.

These guidelines are not an all-inclusive list of the proactive measures that businesses should take to help stop the spread of infection.

To read the full details of these guidelines, which include helpful links and other information for dine-in restaurants, visit <https://covid19.ca.gov/pdf/guidance-dine-in-restaurants.pdf>.

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Arts & Leisure



Recumbent cyclists trek across the parking lot near the Amphitheater to practice going up and down a hill before tackling the San Gabriel Bike Path. And still they social distance and put up their masks when encountering folks. Cyclists are Roger Benrd (l-r), David Steffen, Midge Bash, Rita Laskey, Patricia Gambol, Frank Gambol and Laurel Land.

TECHNOLOGY CLASSES

Register for free tech meetings

You are invited to free technology classes by Bob Cohen. All classes are taught via Zoom. Register in advance for the meetings by emailing Bob Cohen at bob@bobology.com. After registering, you will receive a confirmation email containing information about joining the meeting.

- Basics of Home Networks, May 29, 10 a.m.
- Blogging Basics, June 5, 10 a.m.

For more information, email Bob Cohen.

FOOD from page 2

parking lot at a Grab n' Go event. In case of long lines or warm weather, lines will form inside Clubhouse 6. Vehicles should be parked; golf carts will not be permitted in line. Mobility aids are allowed:

- **Koffel's Taco Tuesday Truck**, 5-7 p.m., Tuesday and Friday; check menus via LW Live alerts (no pre-orders)
- **Viking Specialty Hot Dog Truck**, 4-6 p.m., Mondays; pre-orders accepted via LW Live! or email <https://squareup.com/store/thevikingtruck>
- **Gourmet Renee's** American cuisine, 4-6 p.m., Wednesdays. Pre-order and save time by calling or texting (323) 833-1213.
- **Domino's Pizza**, 3:30-7 p.m., Thursdays. Call ahead, (562) 493-2212, to have special orders delivered to the parking lot.
- **Naples Rib Company** barbecue, sandwiches and salads, 4-6 p.m., second and fourth Saturdays in June; online pre-orders only at ribcompany.com/LW.
- **Lucille's Smokehouse**, 4-6 p.m., first and third Saturdays in June (no pre-ordering)

All information is subject to change. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

Two new grocery delivery systems will be offered in June. Both are tweaking their websites and ordering processes to provide ready-to-serve meals as well.

All information is subject to change as the food services are dependent on their suppliers.

There may be longer wait times and a limited amount of meals. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

Downtown Cafe

The Downtown Café in Building 5 has vending machines that are restocked daily with food and drinks for take-out. Due to social distancing rules, the tables and chairs have been removed to discourage lingering.

Local Restaurant Delivery and TakeOut

Several local restaurants have reached out to us who now offer pickup and delivery service, some with specially priced menus with lower prices during this difficult time. Contact Recreation for more information on food options by emailing events@lwsb.com or calling (562) 431-6586, ext. 398.

—Kathy Thayer

VIDEO PRODUCERS

Club offers free daily meetings via Zoom video

Each day of the week, there is some kind of a free Zoom video conferencing meeting at 10 a.m. and at 2 p.m. for Leisure World residents.

- On Monday at 10 a.m., regular Zoom users meet with Joe Osuna hosting. Email joosuna29a@gmail.com for an invite if needed.
- On Monday at 2 p.m., Fred Carpenter hosting a Mac and iPad computer training meeting on Zoom. Email sail1942@gmail.com for an invite.
- On Tuesday, a beginner's Zoom class starts at 10 a.m. with Miryam Fernandez and Bonnie Zelda Cooper; class limit: 25 (the class is full but people can get on a waiting list by emailing learnzoom101@gmail.com).
- On Wednesday, a beginner's Zoom class starts at 10 a.m. with Joe Osuna. Email joosuna29a@gmail.com for an invite. Class size is limited to 15.
- On Thursday at 10 a.m., a Windows and Android-only class on Zoom and videoing is hosted by Joseph Valentinetti. For invite, email 0501042@gmail.com.
- On Friday, an advanced Google Search class on Zoom starts with Bob Cohen at 10 a.m. For class reservation email bob@bobology.com.
- On Saturday, a Zoom social hour starts at 5 p.m. with Joseph Valentinetti. For invite, email 0501042@gmail.com.

LWWeekly
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.

Reading in the Time of Isolation

Letter to the author:

Although you have a way with words,
I must say I'm terribly disappointed
by *Romantic Destiny* for which I paid 25 cents
the second day of an estate sale in Leisure World.
(Before the pandemic, of course.)
My neighbor Phoebe recommended you.
I should have known better—
she thinks her garden is the best in Leisure World,
though she doesn't know enough
to trim her rose bushes in January. Obviously
doesn't know what makes a good book, either.
Why doesn't "Romantic Destiny" have a happy ending?
Emily walks off down the beach and leaves Jeff
staring at the waves?!?
What IS that?

Reply:

I'm sorry you were disappointed.
I myself am unhappy with Emily.
I'm pretty sure she'll come to regret it.

Enclosed find a quarter.

—Fred Wind

SMIZERS ARISE

Tomorrow is last day to enter contest

It's a new norm: Leisure World residents are required to wear masks when conducting essential business. And wearing a mask can seriously disrupt non-verbal expression. It's time to master the art of "smizing," or smiling with your eyes and enter the GRF Smizers Arise photo contest, which is open to all residents, HCC members and GRF staff.

There will be prizes for the most creative way to say hello, for the best smizer overall, and for the most imaginative mask.

Once all submissions have been catalogued and indexed, the Video Producers Club will take over and create a slideshow for the LWSB website and other community outlets. The LW Weekly will do a photo spread of the best entries before the Recreation Committee chooses the winners (prizes tbd).

The Video Producers Club is holding Zoom meetings to brainstorm ideas for the GRF Smizers Arise photo contest. The meetings are Mondays and Tuesdays throughout May at 1:30 p.m. To join one or more of the meetings, contact GRF Assistant Recreation Manager Kathy Thayer at kathy@lwsb.com.

Contest winners will be honored at a GRF Board meeting, where the winning entries will be ratified, and prizes presented.

Here are the rules:

- Selfie must be taken wearing a face covering
 - If you are technologically challenged, a friend may take your photo for you
 - No more than two submissions per household or one per employee
 - Photos must be emailed to events@lwsb.com. Hardcopies not acceptable.
 - Entries must be received by the close of business on May 29.
 - Entries must conform to the GRF Code of Conduct (nothing crude or vulgar)
 - GRF Board members are not eligible as they serve as judges
- For more information, email kathyt@lwsb.com.

RADIO CLUB

Family Radio Service drills held

The Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate. Use the following guidelines:

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

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

—Kathy Almeida, Emergency Information Council Chairperson

Meals At-A-Glance

Grab ‘n’ Go Schedule Clubhouse 6 Parking Lot

- **Monday:** Viking Dog Truck—Gourmet hot dogs, brats and loaded tots, 4-6 p.m., pre-orders accepted; <https://squareup.com/store/thevikingtruck>
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., no pre-orders
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-7 p.m., pre-order by calling (323) 833-1213
- **Thursday:** Domino’s Pizza – Call ahead for special orders; wings and salads offered; 3:30-7 p.m., (562) 493-2212
- **Friday:** Koffel’s Food Service –special Friday menus weekly, cash, cards accepted, 5-7 p.m.
- **Saturday:** Lucille’s Smokehouse- Barbecue, salads, sandwiches, no pre-orders, 4-6 p.m.
- **Sunday:** Food service to be determine. Watch LW Live! for updates.

All Grab ‘n’ Go events will take place, rain or shine. If it rains or too hot, people will line up in Clubhouse 6. People are asked to keep a six-foot distance and wear a mask. For information, call (562) 431-6586, ext. 398.

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

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

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

RECREATION DEPT

Sewing Room is open only to make masks

The GRF is offering the use of the Sewing Room in Clubhouse 3 to make face coverings under 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.
- Each person will be permitted two hours of sewing machine use 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.

LW Walking Trails

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.

The Safe at Home order has suspended most activities, 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. For more information, contact kathyt@lwsb.com.



This LW resident picked up a couple of free masks last week at Veterans Plaza. On May 23, the OC Health Care Agency ordered that residents must wear face coverings at retail stores and when dining out.

OC HEALTH CARE AGENCY

Cloth face coverings required in public

On May 23, the Orange County Health Care Agency released a new order with specific information for all areas of Orange County.

Cloth Face-Covering:

• All Orange County residents and visitors shall wear a cloth face-covering when in a public place; visiting a retail, commercial or other place of business; or at work, and when the resident or visitor is not able to maintain at least six feet of physical distance from another person who is not a family/household member or live in the same living unit.

• A cloth face-covering is a material that covers the nose and mouth; it can be secured to the head with ties or straps or simply wrapped around the lower face; it can be made of a variety of materials, such as cotton, silk or linen; and a face covering may be factory-made or sewn by hand, or can be improvised from household items such as scarfs, T-shirts, sweatshirts, or towels.

• The cloth face-covering Order **shall not apply** to children under the age of two; anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face-covering without assistance; persons with a medical or mental health condition, or development disability that prevents wearing a cloth face-covering.

Residents are encouraged to read the Health Officer’s Order and strong recommendations in its entirety by visiting <https://ocovid19.ochealthinfo.com/article/oc-health-officers-orders-recommendations>, as there is greater detail that will help provide necessary clarification.

To find out more about California’s Resiliency Roadmap and the metrics that were used to determine when Orange County could move into Stage 2, visit <https://covid19.ca.gov/roadmap/>.

For questions about these guidelines and the County health order, the public should visit <https://ocovid19.ochealthinfo.com/> or call (833) 426-6411.

ROLLIN’ THUNDER

Golf Cart Club to hold service day

The Rollin’ Thunder Golf Cart Club has scheduled its quarterly Air & Water Day on Saturday, June 6, but not at the usual place.

In keeping with safety guidelines to maintain social distancing, the popular maintenance event will be held in the parking lot of Clubhouse 4.

Entrance to the cart line-up will be on the exit/alley roadway that connects Northwood Road and North Gate Road on the east side of Clubhouse 3.

People must wear face coverings to receive cart service.

Cart inspections will begin at 9 a.m. and conclude at 10:30 a.m. Even though our lives are different right now, cart maintenance is required for safety.

Volunteers will check cart batteries, tires and look for other safety issues.

These is never a charge for this valuable service, and all LW cart and scooter owners are welcome to participate, whether or not they are club members.

For further information, call club president Tom Davis at 431-6859.

—Mike Levitt
publicity director

Readers Write Book Reviews

Books can be great insulation from the far-reaching impacts of stay-at-home orders in the time of COVID-19. Have you just finished reading an earth-shattering novel and are itching to let others know what you thought about it?

You are not alone. The LW Weekly is calling all bookworms to write interesting and engaging reviews for fellow readers.

Send your reviews to rutho_news@lwsb.com, and we will run them as space allows. Reviews will be edited for brevity and clarity. Books can be ordered from the LW Library as part of its curbside pickup program or digitally through the OC County Library System.



OC Library Free Audio/Ebooks

All branches of the Orange County Library System are closed due to the coronavirus emergency. But the library’s website offers a treasury of resources online.

Free Audio and Ebooks

Free audio and ebooks are available as the community bunkers down to prevent the spread of COVID-19.

Overdrive and Libby apps are now available to everyone who has an Orange County library card. (To get a card, log on to <https://www.ocls.info/using-library/get-or-replace-your-card>)

Find audiobooks and e-books, check them out, download them, and access them through the easy-to-use Libby app from OverDrive. People can borrow thousands of ebooks and audiobooks instantly for free, using their cell phones.

Just get the app for your phone or tablet; download it from either the Apple App Store for iPhones or Google Play for androids.

With the app you can keep track of your reading history, all your loans and holds are consolidated in a single place and positions and notes are synced across all your devices.

Libby can send books to Kindle for people who like to read on that device.

LW Library Curbside Pickup

LW residents can now order materials for curbside pick-up. To request materials, call the library at (562) 598-2431, Tuesday-Friday, from 10 a.m.-to 2 p.m., or email LWLibrary@lwsb.com; 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 or select similar items. The library is closed but staff is available to answer questions via phone or email Tuesday-Friday from 9:30 a.m.-3:30 p.m.

LW Weekly Information

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19 in the community.

Staff is working on-site and remotely to produce the LW Weekly. Editors can be reached by phone and Internet.

See page 4 of any edition for editors’ addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor.

People may drop hard copy into the letter slot at the front of the News Building. The editorial deadline is Thursday for the following Thursday’s edition. For more information, call (562) 472-1277.

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

Friends of the Library

Friends of the Leisure World Library volunteers will deliver a bag of books for \$5 to residents upon request. People can ask for their favorite authors or genre and volunteers will deliver them. To order a bag of books, contact floconley@gmail.com or call (714) 350-7682 and let her know your favorite authors and genres.



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Sewing Brigade Mask Give-Away



Ruth Osborn, photos



The Vietnamese Club (photo above) and the LW Sewing Brigade, led by Thuy Ngoc and Dean Jacobus (photo at left), handed out more than 2,500 masks Friday at Veterans Plaza. The Brigade wanted to schedule the giveaway ahead of the Memorial Day weekend so everyone would be covered. On May 23, the Orange County Health Care Agency ordered that masks must be worn in public places, such as when people go shopping or out to dine. More than 100 LWrers have been sewing cloth masks since March to give away to first responders and LW residents. People are wearing all sorts of colorful face coverings these days, including the bright floral one worn by a LWer in a big straw hat (photo lower left). The Brigade's event marks the beginning of the end of the group. As it nears its 20,000-mask goal, members are winding down. The Centers for Disease Control (CDC) has officially recommended that people wear cloth face masks in public, especially when proper social distancing isn't possible. Experts estimate that it's going to be quite some time before we can safely head out the door without donning protective face coverings.



Don and Harriet Roseworm of Mutual 14 have spent their stay-at-home time making a beautiful garden for everyone to enjoy.

HOUSEHOLD HAZARDS Guide to OC waste collection centers

What is Household Hazardous Waste?
Leftover household products that contain corrosive, toxic, ignitable, or reactive ingredients are considered to be "household hazardous waste" or "HHW." Products, such as paints, cleaners, oils, batteries, and pesticides that contain potentially hazardous ingredients require special care when you dispose of them.

Improper disposal of household hazardous wastes can include pouring them down the drain, on the ground, into storm sewers or in some cases, putting them out with the trash. The dangers of such disposal methods might not be immediately obvious, but improper disposal of these wastes can pollute the environment and pose a threat to human health.

Household Hazardous Waste Collection Centers can only accept waste from Orange County residents. Waste will not be accepted from businesses, churches, schools, nonprofit organizations or government agencies. Guidelines are as follows:

- A maximum of 15 gallons or 125 pounds may be transported per vehicle, per trip (Department of Transportation requirement). It is illegal to exceed these limits.
- Containers larger than five gallons will not be accepted.
- Containers will *not* be returned, except for oil containers, upon request.
- Materials must be in original containers (except motor oil, fuels and antifreeze).
- All containers must have lids, be sturdy, non-leaking, labeled and protected from breakage.
- Do not combine different types of waste.

People can recycle the following:
Workshop/Painting Supplies

Adhesives and glues Aerosol cans, fixatives and other solvents furniture strippers, oil- or enamel-based paint, paint strippers and removers, paint thinners and turpentine, photographic chemicals, and stains and finishes

Other Flammable Products
CO2 cartridges (lecture bottle or smaller), diesel fuel, fire extinguishers under 40 lbs., gas/oil mix, Helium tanks, home heating oil, kerosene, lighter fluid, propane tanks (5-gallon or smaller)

Cleaning Products
Bleach (laundry), drain cleaners, oven cleaners, pool chemicals, toilet cleaners, tub, tile, shower cleaners, wood and metal cleaners and polishes

Lawn and Garden Products
Fungicides/wood preservatives, herbicides, insecticides

E-Waste (remove data before discarding)
Alarm clocks, blood glucose monitors (sterilized), camcorders, CD, DVD and VCR players, cell phones, computer monitors (CRTs and flat screens), computers/CPUs/laptops, display boards on exercise equipment, hand-held electronic devices, home-use medical monitors, tablets and MP3 players, microwave ovens (home use), programmable kitchen appliances, printer/scanner/fax/copiers (desktop), radios of all types (car and home), stereos (no speakers), telephones and answering machines, televisions (CRTs & flat screens), video game consoles and accessories, and walkie-talkies

Miscellaneous
Batteries, compact fluorescent tubes, driveway sealer, fluorescent light bulbs, Mercury thermostats or thermometers and sharps in puncture-proof containers (hypodermic needles, pen needles, intravenous needles, lancets)

Automotive Products
Air conditioning refrigerants, antifreeze, automotive batteries, carburetor and fuel injection cleaners, fuel additives, motor oil, starter fluids, and transmission and brake fluid

Collection Centers cannot accept:
Asbestos, ammunition, biological waste, commercial waste, marine flares, explosives, radioactive materials, smoke detectors pharmaceutical waste, tires, and high-pressure cylinders (acetylene, oxygen, air tanks— SCUBA or SCBA)

Visit www.oclandfills.com for disposal information of these items

In addition:
Most medicines used in a home are not considered hazardous

We're Here.

Asthma, Back Pain, Bleeding, Broken Bone, Bruising, Chest Pain, Confusion, Dizziness, Extreme Abdominal Pain, Fainting, Fatigue, Fever, Joint Pain, Labor and Delivery, Loss of Balance, Mammogram, Muscle Weakness, Nausea, Prenatal Care, Seizures, Severe Headache, Shortness of Breath, Unexpected Lump, Asthma, Back Pain, Bleeding, Broken Bone, Bruising, Chest Pain, Confusion, Dizziness, Extreme Abdominal Pain, Fainting, Fatigue, Fever, Joint Pain, Labor and Delivery, Loss of Balance, Mammogram, Muscle Weakness, Nausea, Prenatal Care, Seizures, Severe Headache, Shortness of Breath, Unexpected Lump, Asthma, Back Pain, Bleeding, Broken Bone, Bruising, Chest Pain, Confusion, Dizziness, Extreme Abdominal Pain, Fainting, Fatigue, Fever, Joint Pain, Labor and Delivery, Loss of Balance, Mammogram, Muscle Weakness, Nausea, Prenatal Care, Seizures, Severe Headache, Shortness of Breath, Unexpected Lump, Asthma, Back Pain, Bleeding, Broken Bone, Bruising, Chest Pain, Confusion, Dizziness.

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Community

TRAVELING TIGERS



John Guidi enjoying two fried-bananas on a stick on the street of Cebu island, with Debra Fudge (center) and Johanna Brilma.

Club treasures memories from the last trip before the global shutdown

by Joanna Matos
LW contributor

Nine members of the Traveling Tigers club set upon a 14-day land tour of five Philippine islands at the start of COVID-19. They didn't know the virus would reach the proportions that it is today, three months after the trip. The experienced travelers were prepared to use recommended N95 masks for the 14-hour flight from Los Angeles to Manila on Feb. 16. All visitors may enter the country without visas; only a valid passport is required. The five airports were easy to navigate, especially when the group learned of the "seniors only" check in counter. Members who wanted to shop were able to find great deals because the value of the Philippine peso to the U.S. dollar was in their favor. Credit cards and American dollars are widely accepted in malls and restaurants. The Philippine peso is preferred at souvenir shops and street vendors stalls. Member John Guidi had two fried bananas on a stick on the street of Cebu island, with Debra Fudge and Johanna Brilman. They found the secret to an enjoyable shopping spree is go where the locals go. Among their finds were pearls and shell jewelry, weavings, wood carvings and the Filipino island clothing.

Every American must visit the Manila American Cemetery and Memorial. The museum details World War Two operations in the Pacific from Dec. 7, 1941–Sept. 2, 1945. The Cemetery covers 152 acres with 17,097 headstones; 16,931 Latin crosses; 166 Stars of David; 36,286 Walls of the Missing; 20 Sets of Brothers; 29 Medal of Honor recipients. The American Battle Monuments Commission is dedicated to the beautiful remembrance of Dec. 8, 1960.

The Traveling Tigers travelers loved their experiences of the warm engaging people and the natural wonders of the Philippines.

Editor's note: For the next few weeks, the Community section will highlight past trips from the Traveling Tigers Club. All trips were taken before the stay-at-home orders were in place. The club does not encourage traveling at this time, but looks forward to when they can explore new places with friends once again.



The Traveling Tigers Club members toured Cebu, the Philippines second biggest metropolis, political, economic, educational, cultural tropical island. Cebu's most historical landmark is Magellan's Cross.

Relive past memories of **TRAVEL** stories by sending an email to Laurieb@lwsb.com



Doris Smith holding the Union Jack flag.

LEISURE WORLD ALLIES

75th anniversary of V-E Day

Victory in Europe Day, generally known as VE Day in the United Kingdom or V-E Day in the U.S., commemorates the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its armed forces on May 8, 1945.

Doris Smith of Mutual 3 hosted a get-together on May 8 to celebrate the 75th anniversary of VE Day. Englishwomen Doris Smith, May Iles and Liz Buck were joined by Polish-born Daniela Kupiec and Doris's daughter Kathy Tipoti and neighbor Kathy Stoddard. The group enjoyed a socially distanced picnic lunch while reminiscing and celebrating the end of WWII in Europe 75 years ago.

A highlight of the lunch happened when Doris held aloft the Union Jack, with everyone is giving a "V" for victory sign.

FALW

Spots for Veteran's Day picnic on July 4 still available for purchase

FALW will hold a picnic to honor all U.S. veterans living in Leisure World on Saturday, July 4, at 11:30 a.m., at the Clubhouse 1 picnic area to show gratitude for their great sacrifices for our freedom, which Americans enjoy today. This event was started by few Filipino residents in Leisure World some 10 years ago to let them know they are not forgotten. The first picnic was attended by a few veterans. Last year, the number was over 150 with their guests. All veterans and widows of veterans living in Leisure World are invited to join this event.

To attend the picnic, residents must RSVP; when placing the call, include your name, branch of service, phone number and number of guests. The first 75 callers will receive a token gift. For more information, call Ren Villanueva, (323) 854-6209, or (562) 493-1406; Ric Dizon, (714) 225-3597; Ed Bolos, (551) 998-4223; or Eileen Merritt, (562) 486-1252.

COMMUNITY STRONG

Opportunities to sew still available

Diana Harrison wanted to thank the Golden Age Foundation for its help in distributing masks to LWer's on May 15. She wanted to thank everyone for donating their time and assisting in making masks for all shareholders.

There is still opportunities for those who want to sew masks for those in the community that still need one, Diana said.

Shareholders that need masks or are willing to sew, please contact Sharon Kohnat (562) 596-1969.

The LW Weekly 430-0534

DEMOCRATIC CLUB

Interview with Congressman Rouda

by Mary Larson
LW contributor

Preparing for a national election in the midst of a total clubhouse shutdown, plus social distancing on the part of its members has led the Democratic Club leadership to revamp its plans for the coming months.

Regretfully, the club has had to cancel a Leisure World Town Hall originally scheduled for September. In its place, we will be periodically using this space to bring reports from our elected representatives and/or candidates. This week we asked Congressman Harley Rouda to elaborate on a brief presentation he recently made on MSNBC relating to opening up the economy. His reply is below:

“I applaud Gov. Newsom and his team for their work in successfully flattening the curve in most of California. We need to find ways to recreate and work in a safe, sustainable way if we are to protect the gains we have made. Our hard work and sacrifice were all for nothing if we don’t adjust to the ‘new normal’ in the weeks and months to come.

“Unfortunately, the discussion on the economy has become political and polarizing and there are two extremes to this debate. Many leaders are pushing to reopen as soon as possible, despite inadequate testing and tracing methods, which is irresponsible. The other side is to continue the lockdown with no end in sight.

“This is no time for extremism of any kind, we need common sense and science to guide us through the next few months. Just like we can’t reopen without a comprehensive plan, we also cannot continue ‘locking down’ for the next 18 months until a vaccine is developed. I worry people will get restless, quickly undo the gains we’ve made, and catalyze the dreaded second wave of this virus months ahead of schedule.

“It is clear that some areas of the state are doing better than others and are more ready to start easing stay-at-home orders.

“At minimum, reopening means establishing clear time intervals and benchmarks in addition to the increased testing and contact tracing capabilities. That’s why I’ve put out a call to businesses and chambers throughout Orange County, to hear what they’re hoping reopening looks like. I am also discussing next steps with the various scientists and public health officials I meet with practically daily.”

Congressman Rhoda has also joined other Orange County members of congress in formally asking the Orange County Health Care Agency why OC trails so far behind its neighbors in testing. He has also joined 43 other House colleagues in calling on the Federal Reserve to join the Network for Greening the Financial System (NGFS). The NGFS was established in 2017 by eight central banks to meet the goals set forward in the Paris agreement and to protect the financial system against risks associated with the climate crisis.



Congressman Harley Rouda

SBTV Listing

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

Thursday, May 28	
4 pm	Dr. Chung COVID info-LW
4:12 pm	Tina and Tommy sing -LW
5 pm	SB City Council Budget Session
7 p.m.	Life and Times: Lawhead Brothers
8 pm	On Q—8bit Jazz Heroes
9 pm	Americana Awards
10 pm	Bob Cole Conservancy
Friday, May 29	
4 pm	LW’s Rollin’ Thunder
4:10 pm	Velvetones Concert
5 pm	Beginning of Leisure World
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 30	
4 pm	LW’s Rollin’ Thunder
4:10 pm	LW’s Velvetones Concert
5 pm	McGaugh Patriotic Show
6 pm	LW’s Tina and Tommy Sing
6:45 pm	Dr. Chung COVID info
7 pm	Ocean Perspectives
8 pm	LAUSD
10 pm	Cerritos Center-Matt Mauser
Sunday, May 31	
4 pm	SB City Council Meeting replay 5-26
5:30 pm	SBCC Budget Workshop Replay 5-28
8:30 pm	Cerritos Center- Riders in the Sky
10:15 pm	Americana Awards
Monday, June 1	
4 pm	LW’s Sewing Brigade
4:35 pm	Aquarium of the Pacific
5 pm	Vintage Vehicles
6 pm	Ocean Perspectives
7 pm	SB Planning Committee Meeting LIVE
8 pm	Beginning of Leisure World
8:15 pm	World’s Fair Newsreel 1964
8:30 pm	LW Special Olympics
8:45 pm	Aquarium of the Pacific
9 pm	Cerritos Center- In the Mood
11:10 pm	National Parks/Drone Club
11:30 pm	Vintage Vehicles
Tuesday, June 2	
4 pm	Harmonizing Humanity
4:30 pm	Beginning of Leisure World
4:45 pm	World’s Fair Newsreel 1964
5 pm	Shelter at Home Entertainment
6 pm	McGaugh - Go West!
7 pm	Abilene Amphitheater
8:30 pm	Cerritos Center-Matt Hauser
10:30 pm	Bob Cole Conservancy
Wednesday, June 3	
4 pm	LW Special Olympics
4:15 pm	Beginning of Leisure World
4:30 pm	World’s Fair Newsreel 1964
4:45 pm	McGaugh 1st Grade Weather Show
5 pm	National Parks/Drone Club
5:30 pm	Aquarium of the Pacific
6 pm	On Q-8bit Jazz Heroes
7 pm	Seal Beach City Limits- Richard Hastings
8 pm	Cerritos Center- Golden Dragon Acrobatics
9:37 pm	Cerritos Center- The Four Tenors
11 pm	Bob Cole Conservancy
<i>*All programming is subject to change.</i>	

HCC 24-Hour Nurse
795-6216

GOLDEN AGE FOUNDATION

Ralph’s Reward Program can now be completed over the phone

In order to provide services, the Golden Age Foundation needs to raise funds. There are two easy ways to donate funds to GAF without any cost to donors.

Since March 16, the LW community has been asked to stay home and practice social distancing due to the COVID-19 virus. It made cooking from home an essential way of life and now there’s a bigger need for grocery shopping than before for each household. While many shareholders spend a lot of money on groceries, there’s a way to help to donate to GAF while grocery shopping without having to pay extra to GAF.

One of the ways that people can help GAF is through the Ralph’s Community Rewards Program. Sign up on www.ralphs.com. People will need their Ralph’s Rewards Card number to register or the phone number associated with the account.

Those who don’t have access to the Internet can sign up by phone registration. Ralph’s Rewards registration number is (800) 443-4438. Be sure to let them know the GAF non-profit organization (NPO) number with Ralph’s is FS 519.

This is a great opportunity for residents to help GAF as it works to enrich the lives of other Leisure World residents. Ralphs has announced that it is committed to giving \$2 million to NPOs over the next 12 months through their Community Contributions program. Just by signing up and doing their normal grocery shopping at Ralph’s, LWers can help GAF obtain a portion of these funds at no additional cost.

The *Smile.Amazon.com* program is another unique, charitable award program for qualified non-profit organizations like the GAF.

By enrolling in *Smile.Amazon.com* and indicating the charitable organization as the Golden Age Foundation Seal Beach, every time someone shops on Amazon, the company will donate a percentage of the purchase to GAF without any additional cost.

Here’s how to sign up for the Smile.Amazon.com program

1. Go to smile.amazon.com
2. Sign in with your existing Amazon account information. If you don’t have an Amazon account, you can create one at www.amazon.com. It’s easy and free!
3. Type in Golden Age Foundation, Inc. as the charity you’d like to support.
4. Make sure the location is Seal Beach, CA.
5. Click save, and then you’re done!
6. Once completed, make sure to type in www.smileamazon.com each time you want to order something from Amazon when you shop.

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

The Golden Age Foundation (GAF) is a non-profit 501(c)(3) charitable organization dedicated to making the Leisure World Seal Beach community a better and happier place in which to live.

AA Friends

AA Friends meetings are continuing in Leisure World during the shut down of its clubhouse meetings. Those who would like to receive the online Zoom meeting codes, call (562) 500-5105 or (213) 248-0539.

For your information:

All mail left at the LW Post Office by the Amphitheater or any LW postal box prior to the last pick-up of the day will be processed the same evening at the main Long Beach Post Office.

AMERICAN LEGION AUXILIARY

Yarn donations needed for blankets

American Legion Auxiliary Unit 327 is in need of yarn to crochet lap blankets for Veterans. The Auxiliary distributes these blankets to any Veteran who may need one. The blankets are distributed in Leisure World as well as the spinal ward and Blind Rehap Center at the VA Medical Center in Long Beach.

Consider donating unused yarns during spring cleaning. Call Sandy or Lee Esslinger at 562-430-2891 and they will arrange a “contact free” pick up. Any veteran who needs a lap blanket should also call Sandy or Lee Esslinger and they will arrange contact free drop off.

Tell Our Advertisers
You Saw Them in the



REPUBLICAN CLUB

Club will now offer blue and black hats in addition to red

In its second virtual meeting ever, the Republican Club discussed new procedures for the booth, Red Hat Day and other club-approved political principles.

The group discussed its hopes to be approved to open the GOP booth every Monday in July and August. If approved, it will sell black and blue hats in addition to the usual MAGA red hats.

The club also discussed certain issues of the GOP’s interests such as:

- God and the Bible – Freedom of Religion includes the right to freely discuss God and the Bible, including in public schools.
- Capitalism – Small businesses and independent contractors should have the same rights as large corporations.
- Small Government – Non-essential government spending should be eliminated.
- U.S. Constitutional Republic – Checks and balances in the Constitution should be retained, including the rights of small states.
- Legal immigration
- Secured Borders
- Pro Life—Even tiny little humans should have the right to live.

Rich Carson, president of the LW American Legion, wants to remind all residents that the old or damaged American flags are not to be thrown in the trash or treated disrespectfully in any way. If you have a flag you need to dispose of, contact the American Legion or call (562) 335-0779.

TRAVEL STORIES

Seeing North and South Korea

In 2013 Edward Hickman, president of the Traveling Tigers Club, toured North Korea. He had a chance to stay in hotels, ride the subway, visit a school and see the many monuments and museums. At one point, his North Korean guides drove him down to the DMZ and they had a chance to look across the border into South Korea, a country he hadn't yet visited.

Fast forward to 2020, Hickman got a chance to complete the journey. Prior to joining the Traveling Tigers on their Philippine trip, he departed the U.S. early and spent time in Seoul.

In addition to taking several day tours around Seoul, enjoying the wonderful street food and crowded markets, he signed up for a tour of the DMZ. The tour drove up to the heavily-fortified border and he got a chance to look across the border again, this time from the other side.

In mid-February, the pandemic had just begun. South Korea had only a handful of cases but the government acted fast. Almost everyone wore masks and they were for sale everywhere, along with bottles of hand sanitizer. They did temperature checks whenever someone entered the hotel or the shopping malls and had thermal imaging cameras stationed at the entrances for extra protection.

Hickman was struck by how friendly and welcoming everyone was and said it was an wonderful trip. He then flew off to Manila to join the Traveling Tigers on their tour of the Philippines.

At the end of the trip, everyone returned home. The airplane left on February 29. The Traveling Tigers Club flew overnight, crossing the International Date Line and arrived home the next day, February 29 again. They got to experience Leap Day all over again!

Editor's note: For the next few weeks the community section will highlight past trips from community members. All trips were taken before the stay-at-home orders were in place. LW Weekly and the Traveling Tigers club does not encourage traveling at this time, but looks forward to when everyone can explore new places with friends once again.

The OBITUARIES

deadline is 4 p.m.,

Monday,

prior to the

Thursday publication.

E-mail

Obituary Notices to

laurieb@lwsb.com

with photos attached

as jpg files.

Relatively Speaking



Mutual 14's Grace Kim (center) with her two grandsons, Jeffery (l) and Luke Kim.

Luke Shinwoo Kim, the youngest grandson of Grace Kim from Mutual 14, received a big award from his high school. He received the Principal's High Honor Roll Award, which is awarded to students who have a 4.5 GPA or higher. Luke is a junior at Foothill High School and football player and top student. Grace says he is also a very thoughtful, loving, friendly, and caring person. When her husband was in the hospital, he came often and gave his grandpa a massage and fed him dinner. Grace says she is so happy that she has four grandchildren who are healthy, bright, and thoughtful.



Luke Kim

Have a relative who did something newsworthy?

Email **Relatively Speaking** stories to

laurieb@lwsb.com

with photos attached as jpg files.

Obituaries

In Memoriam

Charles Marra 73

Walter Roach 85

William Cameron 91

Rebekah Doane 29

Joseph DeFelice 23

Luis Berneo Cueva 63

Phoeung Meas 72

Norman Fraser

Gina Joya 32

Joseph Grasty 89

Theresa Odenigbo 79

Glen Rogers 86

Mary Taylor 79

Olivia Jaspar 73

Ruby Polizzi 79

Sondra Sapolsky 87

Benjamin Prado 67

Frances Harding 97

Narcisa Williams 78

Mary Carron 78 Families as-

sisted 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 advertising rate.

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

The LW Weekly

430-0534



Helene and Mort Goldberg at their home in LW.



Helene and Mort on their wedding day, June 4, 1950.

LW ANNIVERSARY

Goldbergs celebrate 70 years together

When Helene and Morton Goldberg moved to Leisure World 30 years ago, they didn't know what to expect. Now they know that they made the right choice. They live on Golden Rain Road in the home they made comfortable for their needs, surrounded by wonderful neighbors. On June 4 they will be celebrating their 70th anniversary together with their family by way of Zoom. If everyone is able to attend, there will be 27 people joining them from all over the country. Mort and Helene belong to Congregation Shalom and for the time being look forward to spending time with their friends and family by way of Facetime and Facebook.

Celebrating an anniversary?

Email your love stories to

laurieb@lwsb.com

with photos attached as jpg files.

LW BIRTHDAY

Harold Weinger will celebrate his 90th birthday with his family

Harold Weinger was born in Detroit, Michigan, on June 24, 1930. Harold spent several years in the Army serving in the military and earned the exclusive privilege to protect President Truman. Harold managed many groceries stores and bakeries and was also a food broker throughout his successful career.

Harold married his wife, Marion, in 1954, and they have two children, five grandchildren, and three great granddaughters.

Their son, Steve Weinger, lives in Michigan and he has three sons (Justin, Hayden, and Zachary). Their daughter, Marsha Guttentag, is married to Michael Guttentag, and lives nearby in Rossmoor, California, and they have a son, Brad; a daughter, Krista; and a granddaughter.

Harold is looking forward to celebrating his 90th birthday with his family at his daughter's house.



Harold Weinger

Send birthday notifications to laurieb@lwsb.com

with photos attached as jpg files.

HOME COOKING

Calling for recipe submissions

Since most people are not eating out anymore, many people have used the opportunity to sharpen their home cooking skills.

Do you have a favorite recipe that is requested at every party or event? Have you finally mastered a once-intimidating recipe during quarantine? Or are you needing some inspiration to start cooking new meals for you and your household?

Share your favorite recipe with your neighbors by emailing laurieb@lwsb.com with photos attached as jpeg files.

Golden Rain Foundation

Employment Phone Line

562-286-6074

Up-to-date information on all open positions.

Religion

Redeemer Lutheran & St. Theodore

by Lisa Rotchford
Reverend

It is with great thanksgiving that we welcome the Holy Spirit on Pentecost on May 31. The 50th day following our Lord's resurrection at Easter is the birthday of the church. You may have seen more about Pentecost in the media during this pandemic than any other year, as many churches want to open their doors on the "church's birthday."

This year, we will be having a unique way of honoring the day by maintaining social distance and wearing masks. With our new cross decorated for the coming of the Holy Spirit, we will gather for our biweekly “Pick up your Spirit and Pick up Communion” from 10 a.m. – noon. Beginning at 10 a.m., we will also gather in socially distanced small groups to say prayers and bless the cross that oversees our revitalized space that includes the cross, river rock garden and a planned Bible plant garden.

The new blessed garden is a gift from St. Theodore's as a continuing remembrance to Ken Kneble, a longtime beloved member of St. Theodore's Episcopal church and his extended Leisure World Family. As many of our Leisure World neighbors have commented how much they appreciate our new "refreshed" landscaping, it's due to Ken's generosity that a design team of Anne Walshe from St. Theodore's, and Sylvia Makus and Carmen Leslie from Redeemer designed and chose the Long Beach Plant Doctor to do the artful and tough physical work. They, along with the church contractors, are bringing Redeemer's outdoor spaces and indoor sanctuary back to restored glory. We hope that everyone in the community appreciates the new look and knows that it is by honoring God on the birthday of the church that we also honor the memory of Ken Knebel.

Assembly of God

This coming Sunday, Pastor Sam Pawlak will conclude the series, "Social Spacing and Closeness to God" with a message titled "Social Spacing and Closeness to God through Submission." The message will be videotaped and distributed to members of the congregation.

When someone hears the word “submission” some negative thoughts could automatically come to mind. It means being ready to conform to the authority of another; to put personal desires lower than the person to whom we submit; to obey someone without arguing. Submitting to God takes on a whole new meaning—it means to be freed from sin’s power.

Some have to learn to submit the hard way as Peter did. He had his own agenda for Jesus' Messiahship and it took him a few years to grow in grace so he could deny himself of his self-assertion. I Peter 5:6 says, "So, humble your

ASSEMBLY, page 14

COMMUNITY CHURCH

We are our brother's keeper

by Johan Dodge
Reverend

There has been a lot of talk recently about our personal freedoms — and I love that this is a country built on freedom, I really do. But what I have not been hearing as much about recently is responsibility.

In the book of Genesis, Cain kills his brother Abel and is immediately asked by God where his brother Abel is, to which Cain responds, “I do not know; am I my brother’s keeper?” The answer as a Christian is yes! Yes we are our brother’s and our sister’s keepers. Jesus commands us as his followers to love the Lord our God with all our heart, soul, mind and strength and then he follows it with the command to love your neighbor as yourself.

Our freedom doesn't excuse us from caring for our neighbors as we care for ourselves. The things that we do—like wearing masks and staying home—masks are uncomfortable and annoying and staying home has gotten old—we do these things because that is how we love our neighbors as we love ourselves right now.

Our worship is focused on the love of God and all are welcome to participate and attend. I invite you to tune into worship Sunday morning at 9:50 on Facebook live. *@communitychurchleisureworld*. If you don't have a computer or Facebook, you can still call in to our phone system at (562) 431-2503 and listen to the weekly message beginning Sunday evening as 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

SCRABBLE GRAMS SOLUTION

T	A	N	K	F	U	L	RACK 1 =	<u>64</u>
C	A	L	Y	P	S	O	RACK 2 =	<u>78</u>
D	O	O	R	W	A	Y	RACK 3 =	<u>64</u>
U	N	C	L	E	A	N	RACK 4 =	<u>65</u>
C	A	M	P	H	O	R	RACK 5 =	<u>65</u>
PAR SCORE 270-280								337

Crossword Answers

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

Sudoku 1 Answers

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

ADAGE: ICILH: TUNNEL: EXPORT
With so much dental work needed, they joked
about having an orthodontist — ON HLAIRLH

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

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

Guess Who?

Answer: Norman Reedus

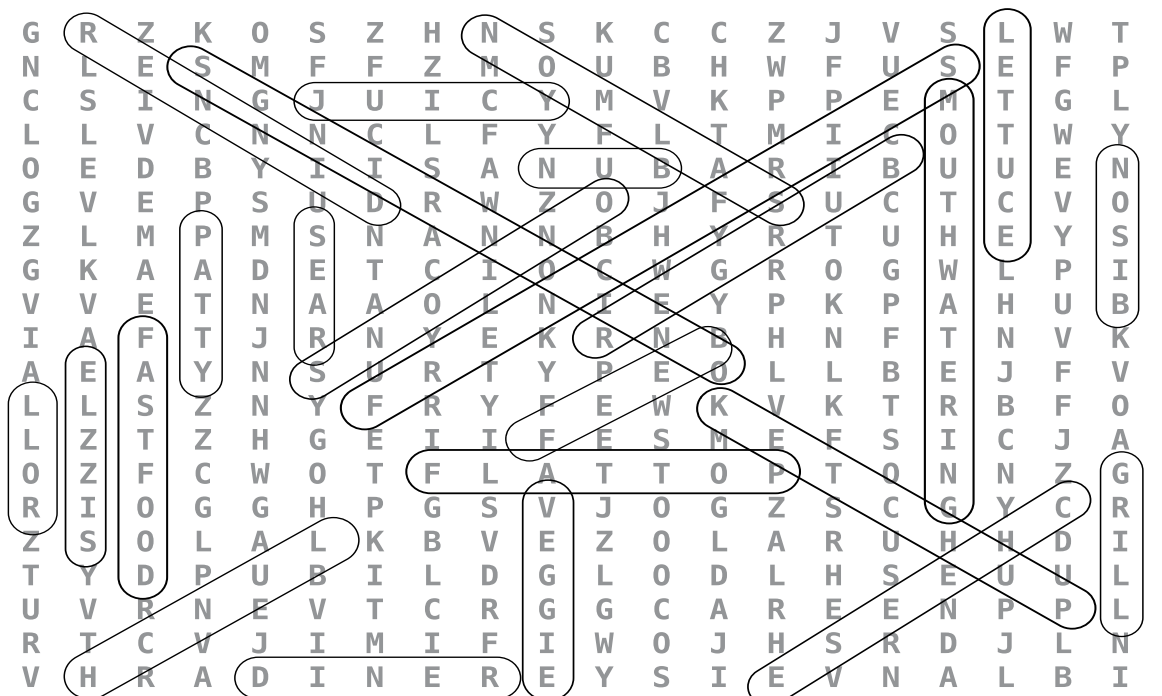
Crypto Fun Answers

A. hamburger B. topping C. bun D. food

Boggle BrainBusters Answers

SALAD PASTA BREAD HONEY STEAK FRUIT PIZZA

Word-Find Answers



FAITH CHRISTIAN ASSEMBLY

Anyone can find a place in our community

by Gywn Vaughn
Pastor

Statistics tell us that loneliness is chronic among seniors. These past few months have surely shown us the great blessing of having other people in our lives. If social distancing in your house or apartment has been difficult for you, we invite you to join Faith Christian Assembly’s weekly calls. We are currently reaching out to our congregation as well as to those outside of our congregation through our Sunday morning conference calls at 10:30 and evenings at 5:30. We also have calls on Wednesday mornings at 11 for Bible study. These calls are our lifeline to one another as we walk through these days. Anyone can join in on the call. We know you will be encouraged. To participate, dial (425) 436-6371 – access code: 576671#.

When the day comes when we are able to meet in person, out of an abundance of precaution for all who attend, we will be taking your temperature at the door, and you will be asked to wear a mask, and sit socially distant from others. Due to COVID-19, Faith Christian Assembly is not currently having regular ministries at this time, but it will resume as soon as possible.

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

Church of Jesus Christ of Latter-day Saints

God, our heavenly Father, knows that when we are surrounded by uncertainty and fear what will help us the most is to hear from his son, Jesus Christ. This was the message given recently in General Conference by President Russell M. Nelson. Certainly as we have endured two months of quarantine with its isolation, fear and economic cruelty, and as we look to a still-uncertain future, this reminder to “hear him” is a soothing salve. “But churches are closed,” you say, “how can we hear him?”

1. Create a sacred space in your apartment, or make the entire apartment feel sacred—your own personal sanctuary. This will require periodically turning off and shutting out the billions of bits of information (often negative, contempt-filled, and fear-inducing) that bombard us hourly. It’s difficult to hear the “still, small voice” with the noise of the world shouting at us.
2. We can go to the scriptures. The Lord told the prophet Joshua, “Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go” (Joshua 1:9, NIV). Christ tells his disciples, “Peace I leave with you, my peace I give unto you. Let not your heart be troubled, neither let it be afraid” (John 14:27, KJV). “Come unto me all you who are weary and burdened, and I will give you rest” (Matthew 11:28, NIV). And the apostle Paul declared, “I can do all things through Christ, which strengtheneth me” (Phillip 4:13 KJV). As we immerse ourselves daily in the word of God, we “hear him” and will be spiritually strengthened and awakened to navigate through these difficult times.
3. Recognize the whisperings of the Holy Ghost. This third member of the Godhead is the spirit that comforts, guides, and testifies of the truth of God and Jesus Christ and their teachings. As we recognize the spirit, we “hear him.”
4. We can reflect on the temple. All things done in the temple point to and draw us, unto the Savior. In his holy house we “hear him.” Although currently closed, we can ponder the power we received there through his teachings and our promises.
5. Fill your heart and home with uplifting and encouraging music to “hear him.”
“Fear not, I am with thee; oh, be not dismayed,
For I am thy God and will still give thee aid.
I’ll strengthen thee, help thee, and cause thee to stand,
Upheld by my righteous, omnipotent hand.”
(How Firm A Foundation; Hymn, Robert Keen)

Though we may not be able to go to a building or meet together, we can still be reassured of God’s love for each of us as we hear his Son in personal ways. President Nelson promises us that as we are ever more intentional in our efforts to hear Christ, we will be blessed with additional power to overcome our struggles and weaknesses, as well as receive a greater capacity to feel joy—even in these turbulent times. General Conference can be found at www.churchofjesuschrist.org

-Kim Ellison

Assembly
From page 13

-selves under God’s strong hand, and in His own good time he will lift you up.”

Pastor Sam is on Facebook every Sunday at 10 a.m. with a brief devotion, commenting on the present situation and what people in the congregation can do to better endure by staying close to others and to God.

Carolyn VanAalst will gladly listen to prayer needs and praise reports, and share them with others through email and phone calls.

The LW Weekly 430-0534

Beit HaLev

Rabbi Galit Shirah is exploring the “Zoom” world. The coronavirus has opened up a new method of communication for those who are sheltering in place. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons, contact the rabbi at (562) 715-0888 for access.

Beit HaLev offers interactive livestream services for Shabbat and Jewish holidays. To attend the service, go to [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com/Shabbat Shalom LIVE!](https://www.youtube.com/channel/UCShabbatShalom) channel). Evening services begin at 6 and morning services begin at 10:30.

This evening begins the first day of the Festival of Shavuot. We have counted 49 days, using the word “Omer,” a form of measuring barley, to allow us to grow spiritually from Passover to redemption at the Red Sea, to the arduous trek to the base of Mount Sinai where we are to receive the Torah. Upon our arrival, the mountain bursts into blooms of flowers. In the weeks leading up to this moment, we have complained and argued, but when we finally reach the Mountain of God, we encamp as one unified people, with one mind and one purpose: to accept Adonai as the one God and the instruction manual for the world.

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 count the Omer, say Kaddish, pray for healing or to hear a spiritual message, go to SimShalom.com.

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

HOLY FAMILY CATHOLIC
Resources to
receive prayer

The Spiritual Guidance and Prayer Helpline is a free service that is provided across the Diocese of Orange and provides support and prayerful accompaniment during these difficult times. Callers can share and pray with volunteers from religious communities, priests, deacons and other lay spiritual guides.

Feeling down? Have a need for prayer? Maybe a desire for a spiritual guide at this time? Or maybe just want to pray with someone? Call the Spiritual Guidance and Prayer Helpline to talk and pray with a religious, priest, deacon or other lay spiritual guides.

Call (844) 279-0105
Press 3 for English
Press 4 for Spanish
Press 5 for Vietnamese

LW Baptist

by Rolland Coburn
Pastor

May 31 is Pentecost Sunday. Pentecost, is the birthday of the church. Jesus promised, “I will build my church.” Forty days after his resurrection, he commanded the believers not to leave Jerusalem, but to await the father’s promise, “which, he said, you heard from me. For John baptized with water, but you will be baptized with the Holy Spirit not many days from now. You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth” (Acts 1:4,8). Then Jesus ascended into heaven before their eyes.

Ten days later was Pentecost (meaning “fifty”), the Jewish first fruits wheat festival. Pentecost came exactly fifty days after Jesus’ resurrection from the dead. The Lord sent the Holy Spirit from heaven to help his followers and unite them into one body. The Bible refers to believers in Christ “having the first fruits of the Spirit” (Rom 8:23). The Holy Spirit bonds together the church body and enables God’s people to live the Christian life and to enjoy their sonship as God’s children through faith in Jesus Christ.

Jesus gave his apostles signs to perform: “In my name they will cast out demons, they will speak with new tongues” (Mark 16:17). It came true. “And they went out and preached everywhere, while the Lord worked with them, and confirmed the word by the signs that followed” (Mark 16:19).

Luke gives details in Acts 2. Hundreds of thousands thronged Jerusalem from the Mediterranean world at Pentecost. Luke names 15 language groups. He says a sound like a rushing wind and little flames appearing over the apostles’ heads brought people crowding around in the temple courts. People asked, “How is it that we each hear them in our own language . . . in our own tongues telling the mighty works of God” (Acts 2:8,11).

Peter explained. “God has raised this Jesus to life, and we are all witnesses of it. Exalted to the right hand of God, he has received from the Father the promised Holy Spirit and has poured out what you now see and hear . . . Therefore let all the house of Israel know for certain that God has made Him both Lord and Christ—this Jesus whom you crucified. And it shall be that everyone who calls on the name of the Lord will be saved” (Acts 2:32-33,36,21). 3,000 people were saved that day and became members of the body of Christ.

Paul speaks of believers’ union in Christ, the church being Christ’s body: “In order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we would receive the promised Spirit through faith” (Gal 3:14). “For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit.” (1 Cor 12:13). The church worldwide exists because of “the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit” (2 Cor 13:13).

First Christian Church

by Bruce Humes
Pastor

Pentecost is a Jewish feast which was held 50 days after Passover and the Feast of First Fruits which was a week long celebration in commemoration of the Israelites miraculous exodus from Egypt and bondage from the Egyptians, (Passover) and a thanksgiving offering made to God for the first fruits of the spring harvest (Feast of First Fruits). These celebrations were then followed by the Feast of Weeks or Pentecost (meaning fiftieth). The Passover speaks of Christ’s death and the Feast of First Fruits speaks of Christ’s resurrection.

Christ fulfilling both Passover through his death and the First Fruits through his resurrection leads us to the Day of Pentecost, a great day of celebration for all the Israelites as they gathered in Jerusalem for the feast. After forty days, Jesus commanded his apostles and others to remain in Jerusalem and wait for the promise of the Father. Jesus earlier had promised a helper to come to them. Verse 26 in John 14 identifies this helper as the Holy Spirit.

The apostles waited for 10 days until the 50 day from the offering of First Fruits and the resurrection of Christ. As they were waiting, a supernatural event occurred as recorded in Acts 2:2-4, “And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them. And they were filled with the Holy Spirit and began to speak with other tongues (languages) as the Spirit gave them utterance.” This supernatural event came suddenly. It was from heaven; not of earth, created or manipulated or produced here. It sat upon each one of them, each individual was filled with the Holy Spirit. Then they spoke in languages they themselves didn’t know or understand, a miracle only God could produce. This was done so all those who had come to Jerusalem from different nations could understand the message.

From 120 to the present day number of believers that only God knows, who have heard, received, trusted, believed, and have been sealed with the promised Holy Spirit. Paul said in Romans 8:22-23, “For we know that the whole creation groans and labors with birth pangs together until now. Not only that, but we (believers) also who have the first fruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.” The best is yet to come!

If you wish to speak to someone or if you have a need, call the First Christian Church office at (562) 431-8810. Leave a recorded message and someone will return your call as soon as possible.

Health & Fitness

Great Plates now delivered by Meals on Wheels Orange County

Meals on Wheels is excited to announce "Great Plates Delivered by Meals on Wheels Orange County," a new initiative in response to COVID-19 to provide older residents with much-needed meals during the Governor's stay-at-home order.

This new initiative is part of the State of California's "Great Plates Delivered: Home Meals for Seniors," a public-private partnership to support older adults as well as local restaurants and caterers needing assistance during the COVID-19 crisis. Meals on Wheels OC recently was selected by the Orange County Office on Aging to serve as a local administrator for the program.

The partnership teams Meals on Wheels OC with restaurants and caterers to prepare and deliver three nutritious meals a day to adults 65 and older and adults 60-64 who are at high-risk from COVID-19, to support staying home and healthy.

Launched on May 19, more than 230 eligible seniors in North and Central Orange County are being served through Great Plates Delivered. The program is adding participants daily as provider capacity expands.

To enroll, a senior or helper must successfully complete an online application at www.MealsonWheelsOC.org, using the Great Plates button. If a senior is unable to use a computer and does not have help, he or she may call the Great Plates enrollment number at (714) 263-1425. Due to high call volumes, we recommend completing the application directly on our website.

CEO Holly Hagler, shared, "We are excited about this opportunity to partner with local restaurants and caterers who are eager to get back to work and help us provide nutritious meals to even more seniors than the record-breaking numbers we are serving due to COVID-19."

Older adults who are not eligible for Great Plates Delivered may still qualify for our COVID-19 Grab & Go meals at participating senior centers or traditional home-delivered Meals on Wheels. Information is available at www.mealsonwheelsoc.org

"When Great Plates Delivered was announced by the State, it was a framework, not a program," said Hagler. "We have now turned a concept into a viable program that helps older adults in our community. It has been gratifying to collaborate with the Office on Aging and our colleagues at Age Well Senior Services, the South County administrator for this program, to create a seamless Great Plates Delivered solution for Orange County."

Anxiety in Seniors

Have you ever suffered from excessive nervousness, fear or worrying? Do you sometimes experience chest pains, headaches, sweating or gastrointestinal problems? You may be experiencing symptoms of anxiety. Between 3-14 percent of older adults meet the criteria for a diagnosable anxiety disorder.

Generalized Anxiety Disorder is described as chronic, exaggerated worry about everyday routine life events and activities. It may be accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache, or nausea.

The good news is anxiety is common and treatable, and the earlier it is identified and addressed, the easier it is to reverse the symptoms.

The most common and effective treatment for anxiety is a combination of therapy and medication, but some people may benefit from just one form of treatment.

If you or someone you know is experiencing symptoms of any form of anxiety, you should seek professional help immediately.

If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

- from www.mhanational.org

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc. (MOWLb), delivers freshly cooked meals daily, Monday thru Friday, between 10:30 am to 12:30 pm. Deliveries include a Hot Dinner, Cold Lunch, Dessert and 8oz. carton of 1% Milk. Cold lunch may be an Entree Salad or a Sandwich with a small side salad. A Diabetic Dessert is available for those in need. Contact Caron Adler at (562) 439-5000, ext. 2 or visit www.mowlb.org to complete an online application. To cancel a meal for the following day or any future days in the month, you must contact Caron before 9:00 am the prior business day. Menu is subject to change without notice.

Thursday, May 28: Sweet & Sour chicken, wild and brown rice, green beans with pimentos, fresh banana, turkey, ham and cheese sandwich with lettuce, tomato and pickle, creamy cole slaw.

Friday, May 29: Homemade meatloaf with mushroom gravy, garlic and chive mashed potatoes, peas and carrots, entree chef's salad with turkey, ham, egg, tomato, bacon and blue cheese dressing and crackers.

Monday, June 1: BBQ chicken leg and thigh, mashed sweet potatoes, cauliflower, pears with cinnamon, egg salad sandwich with spinach and tomato, creamy cole slaw.

Tuesday, June 2: Roasted pork loin with honey and garlic sauce, barley pilaf, seasoned broccoli, fresh banana, entree greek chicken salad, tomoato, olives, cucumber, feta cheese, vinagrette dressing and crackers

Wednesday, June 3: Chicken cop suey, brown and wild rice, oriental vegetables, fresh cantaloupe, ham and cheese sandwich with lettuce, tomato, and pickle, three been salad.

Email Health & Fitness articles to laurieb@lwsb.com with photos attached as jpg files.

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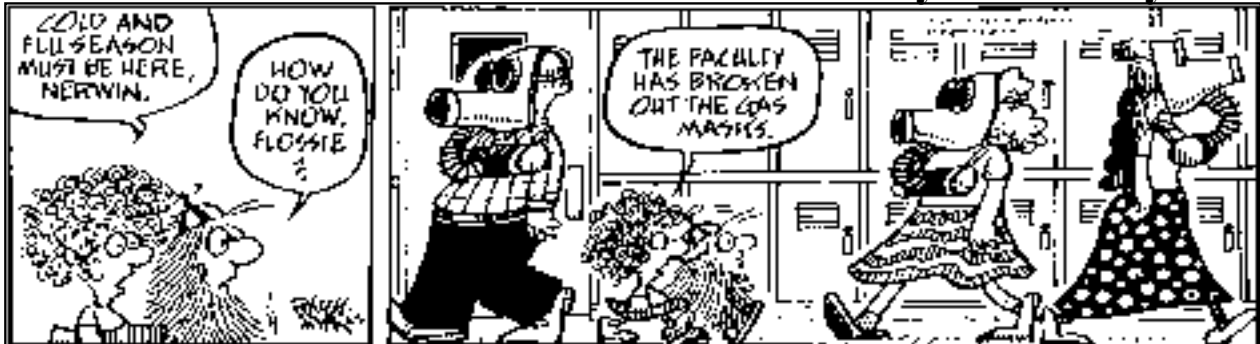
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Answers on page 13

By Jim Scancarelli



By Russell Myers

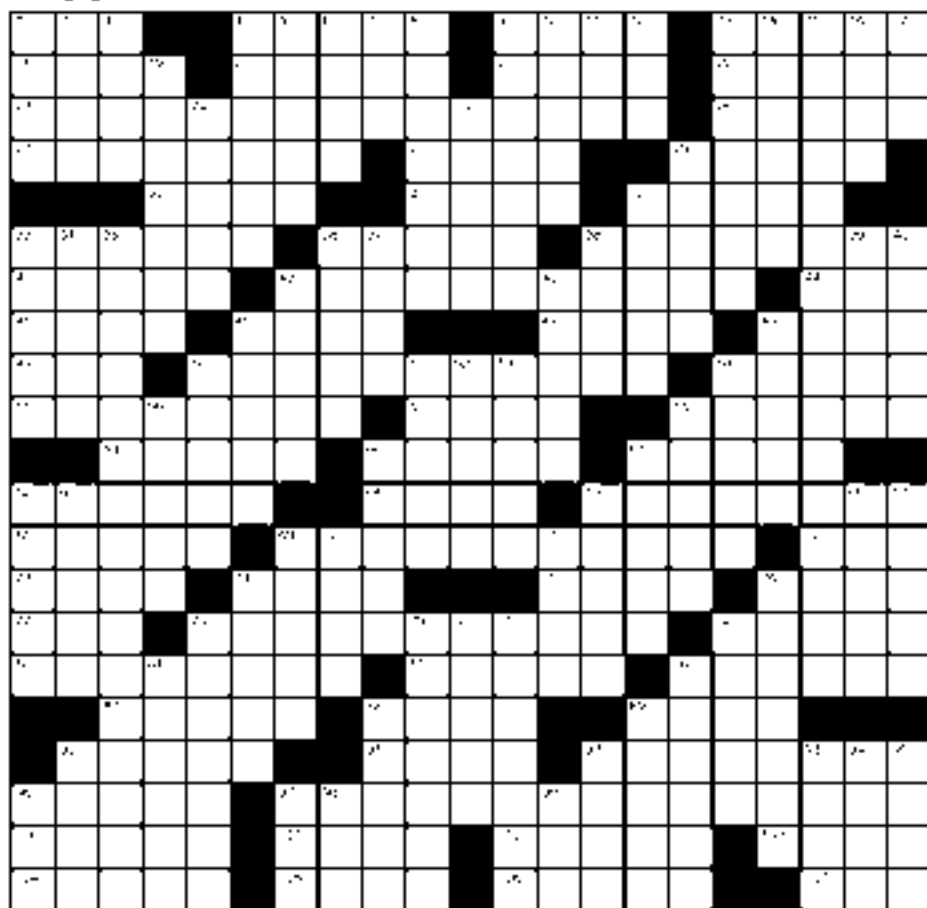


By Raph Dunagin & Dana Summers



Lahiri, B. Lahiri and U. L. Ghosh, Editors

- 1 Twist
- 4 To faintly
- 9 Electromotive
- 13 Partially
- 18 Shekin to deliver
- 20 Fleve's school
- 21 Out-learn
- 22 Bring to bear
- 23 Headgear
- 26 Eleanor Roosevelt's column
- 27 N. Atlantic sea
- 28 Minor work
- 29 Followed
- 30 Tropical scrubby tree
- 31 "Ivyless" author
- 32 Jim Nabors's PC
- 33 Discarded
- 36 Actor's sees him
- 38 Strange
- 41 Despreux's son
- 42 Salam head protectors
- 44 Offspring
- 45 Swenson of "Barnet"
- 46 Miss Lee of "Wood and Sand"
- 47 Sucker
- 48 Political distrust
- 49 setting
- 50 Mock peasant
- 54 Lee's Bagdad
- 55 "The Land"
- 57 Work one week
- 58 Burn needle
- 59 Style of London
- 60 Controls
- 61 Actress Debra
- 62 Memorable Eddie
- 64 Fly sauce
- 65 Reservoir below Tampa
- 68 Value quality
- 69 Scott's camp
- 72 Lip dry for short
- 73 Foot speak
- 74 Living pretty
- 75 Cattle for sale
- 76 Actor word
- 77 Philippine motel
- 78 Type of lot
- 82 Reginald Anthony Herbert
- 83 Part of "Across
- 85 Kind of space
- 86 Monks watch lake
- 87 "Book of
Illuminated text
- 88 Lot of longer
- 89 Cross-sailed pole support
- 90 "Love Story" writer
- 91 Lake cover
- 92 Put out on the sea
- 96 Set of of cassation
- 97 Headgear showplace
- 100 Once upon "
- 101 Ends poorly
- 102 Line of opera
- 103 Driveway Kneel



5.31.20

- 1 Keep _____ my watch
- 2 Buy in thought
- 3 Singer Vicks
- 4 Abuse
- 5 Have _____ be infuriated with
- 6 Sunday or Christmas
- 7 Four years
- 8 Improved photo
- 9 Add to our collection
- 10 The up
- 11 No only "pungy"
- 12 Prosperous times
- 13 Meanings of neophemes
- 14 Word with attack in text
- 15 Hays
- 16 Surf _____ suspect de phony
- 17 Parker's place

- | | | | |
|----|------------------------------|----|------------------------|
| 19 | Trappings of Royalty | 63 | United |
| 24 | Captained | 65 | Show scorn |
| 26 | IX's Wishes | 66 | Upper body |
| 29 | Small cabinet | 67 | Truth's light color |
| 32 | Stations of "Craggs & Lacey" | 69 | "... of Inducement" |
| 33 | Cat and the fish | 70 | Perseus' arm harnesses |
| 34 | Arbitration failed | 71 | Corvus, Robinson |
| 35 | Upper | 74 | Central |
| 36 | Irish emigration | 76 | Lead and zinc |
| 37 | Heist effort | 78 | Emulated |
| 38 | Last of a gentleman | 79 | Most singular |
| 39 | Richesse | 80 | Ramirez's pen name |
| 40 | Historical witch's home | 81 | Days without |
| 42 | Cheapskate's | 82 | Protest, Pyle |
| 43 | Wish-fulfilling | 84 | Flamethrower |
| 46 | Perennial absorption | 86 | Mr. Miquelot |
| 48 | Losses in literary | 88 | Has been "sponged" |
| 50 | Can take a joke | 89 | Very many, Perso |
| 51 | Eye, Phebe's | 90 | "And... Red" |
| 52 | Roll call features | 92 | Pom's patience |
| 53 | One way to keep score | 93 | Shark on the sun |
| 54 | Carachio prop | 94 | Henry James' biography |
| 56 | The dog's headgear | 95 | Farmer's place |
| 58 | Crave a fruit | 96 | Lost |
| 60 | Can the law pay out | 97 | Playing match |
| 61 | Londoner's child | 98 | Stage tracks |
| 62 | Amused, but one | 99 | Can one better |

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

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SCHEIDT

11-9

"My taste in music?
I like heavy metal."

A	U	K	F	T	N	I	
							RACK 1
A	O	Y	S	L	P	C	
							RACK 2
A	O	O	Y	W	R	D	
							RACK 3
A	E	U	N	L	N	C	
							RACK 4
A	O	R	C	M	P	H	
							RACK 5

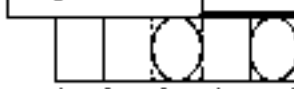
PAR SCORE 270-280
BEST SCORE 337

FIVE RACK TOTAL _____
TIME LIMIT 25 MIN

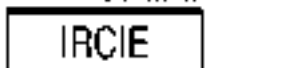
DIRECTIONS: Place the letters in the rack in front of you in the order shown. Then, place them in the holes in the board in the order shown.

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Kinarek

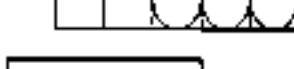
GADEA



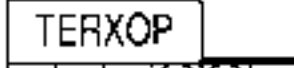
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LNUTEN



--	--	--	--



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

**Answer
here:**

I am an actor born in Florida on January 6, 1969. I worked as a painter, photographer and video artist before making my film debut in 1997. These days you'll find me battling the undead on a cult TV show.

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

Puzzles & Comics

Answers on page 13



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

BEEF
BISON
BUN
BURGER
CHEESE
DINER
DINNER
FAST FOOD
FLAT TOP
FRENCH FRIES
GRILL
JUICY
KETCHUP
LETTUCE
LUNCH
MOUTH WATERING
ONION RINGS
ONIONS
PATTY
ROLL
SALMON
SEAR
SIZZLE
VEGGIE

CalFresh Benefits

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

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

Have access to the following required documents to assist in the application process: ID, Green Card or citizenship certificate, Social Security card, proof of income, and rent receipt and bills

Ways to apply:

- By Appointment in LW: Call 431-6586, ext. 317
- Online: *GetCalFresh.org*
- Phone: (800) 281-9799

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

WASTE from page 8

waste. They can be disposed of in the trash after being secured in durable packaging. Specific disposal instructions can be found at www.oclandfills.com.

The closest HHW center to Leisure World is located in Huntington Beach at 17121 Nichols St., Gate 6, Huntington Beach, CA, 92647. It is open from 9 a.m.-3 p.m., Tuesday-Saturday. In response to the COVID-19 Pandemic and in conformance with guidance and recommendations from the California Department of Public Health and Orange County Health officer, face covers and appropriate social distancing must be observed by anyone entering county landfills or working with OCWR employees. Also, the HHW center is:

- Closed major holidays and rainy days.
- To confirm if centers are open during rain events call (714) 834-4000.
- For recorded information, call (714) 834-6752.

BEACH from page 3

maintain social distancing, protect all members of the Seal Beach community, protect all city staff and to help stop the spread of infection.

“We’ve been so proud of this community’s patience, dedication, and understanding as we navigate this difficult time” said Seal Beach Mayor Schelly Sustarsic. “We are very excited to move into Phase 3 and look forward to being able to enjoy our beaches more. Phase 3 is the next step in moving toward returning to normal.”

Gum Grove Park – Phase 2

As of May 22, the Gum Grove Nature Park is open from dawn until dusk seven days a week for Phase 2 activities.

Phase 2 Allowed Uses: Active, Non-Gathering Uses Only

- Social distancing requirements will remain in place.
- Park open to active recreation only (walking, running, biking, hiking, dog walking, bird watching, photography, etc.).
- Park closed to passive uses such as picnicking, loitering, sitting, standing or stopping.
- Parking is open at both entrances, one off Avalon Drive and the other, at Seal Beach Boulevard at Heron Point.

Phase Two Prohibited Activities

- No gatherings of any kind, loitering, sunbathing or other pas-sive activities.
- No blankets, easy-ups, tents, umbrellas, etc. will be allowed.
- No sitting or lying on the park grounds.
- No setting up chairs and staying in place.
- No picnics, coolers, or tables.

Adaptive Management Plan

This is an adaptive re-opening plan and each phase will be enacted as warranted on a trial basis. The city will advance to the next phase only if the city council believes the activities can be managed to comply with current directives regarding social distancing and large gatherings.

The City will consistently reassess and may consider reverting to a previous phase that corresponds with the current public health guidelines by closing the beaches and/or parks until compliance can be attained.

If at any time the beaches and/or parks are recognized as a public health hazard or if required by applicable state or county public health orders, the city manager, as the director of emergency services, may rescind the beach and/or park reopening order, and these areas will be closed until further notice.

For more information about this plan, visit www.sealbeachca.gov.

For more information about the Beach in Motion plan or other beach-related activities, call the Seal Beach Marine Safety Department at (562) 431-2527, ext. 1202.

For information about city parks or other recreation activities, contact Seal Beach Recreation Manager Tim Kelsey at (562) 431-2527, ext. 1341, or tkelsey@sealbeachca.gov.

COVID from page 2

test to take and then return it to a kiosk outside the store.

People must follow online instructions, register, schedule a time for the drive through and then follow instructions for the self test.

Limited appointments are available to patients who qualify. Patients being tested are required to stay in their vehicles and surfaces are sanitized after each visit. To learn more, visit <https://www.cvs.com/minuteclinic/covid-19-testing>.

Classifieds

GENERAL

JAFRA
By Helen
LW Resident. (562) 419-3557
www.jafra.com/hwells
Cosmetics, fragrances,
Hand sanitizers available.
Business License #WEL0015. 05/28

PAINTING

Bel-Rich Painting - Free estimates, Apartments, room by room, small jobs, colored walls. Contractor's License #705131. 714-220-9702. 06/04

Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call Jerry (714) 826-8636. CA State License #675336. 08/06

562-596-0559
LW DECOR INC.
Only premium paints,
Ceilings made smooth.
New handles-hindges
Cown moulding installed.
License #723262.
LW DECOR INC
40 years in LW.
562-596-0559. 07/02

FLOOR COVERINGS

562-596-0559
LW Decor Inc.
Laminate, Vinyl, Plank, Patio tile and Patio carpet.
License #723262.
40 years in Leisure World.
562-596-0559. 07/02

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

CARPET & UPHOLSTERY CLEANING & REPAIR

All Year Carpet Cleaning
We just cleaned your neighbor's house in Leisure World...
Would you like yours cleaned too?
Call Tito (562) 658 - 9841. 07/30
Since 1988.
State Contractors Lic. #578194.

SKYLIGHT SERVICES
SKYLIGHTS
CLEAN, REPAIR, REPLACE.
Licensed and insured.
Dan (562) 841-3787.
Seal Beach License #BRA0002. 07/02

WINDOW COVERINGS

LW DECOR INC.
Blinds, shutters, shades, 40 years serving Leisure World. Contractor's License #723262.
LW DECOR INC.
562-596-0559. 07/02

WINDOW WASHING

WANT CLEAN WINDOWS?
Clean Outside Only and Save \$\$\$.
(562) 600-0014. LW Resident,
Rich Livitsky. Seal Beach
Business License #LIV0004. 05/28

LEISURE WORLD HELPING LEISURE WORLD

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

"ROLLIN THUNDER" GOLF CART CLUB
Offers FREE advice on buying and selling of your golf cart. 562-431-6859.

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

LW Weekly
(562) 430-0534

HOME CARE PERSONAL ASSISTANT

Just Like Your Daughter
Personal Assistant/
Girl Friday
Available for:
errands, scheduling and transportation for medical appointments,
patient advocate, shopping, domestic organization,
paperwork, bill pay
All with compassion and care.
Just Like Your Daughter
Call Janice, 714-313-4450
SB Lic. #JUS0006/Bonded 05/28

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

EXPERIENCED CAREGIVER
Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please **Call Pampet: 562-371-4895.** Seal Beach License PAN0003 06/11

BEAUTY SERVICES

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 06/11

HOUSE CLEANING

MOVE-IN, MOVE-OUT
WINDOWS,
HOUSECLEANING
CALL PHIL AT
562-881-2093
Over 30 years Experience!
Seal Beach Business
License #AB0001. 07/02

GRACIAN'S HOUSECLEANING & WINDOWS.
Windows 10% off first cleaning
General housecleaning
Excellent referrals in LW
(562) 307-3861.
20 years experience.
Seal Beach Business License gra0006. 06/25

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 07/16

Maria House Cleaning
We'll make your house look as nice as possible! 15 years of experience, We can work with your schedule. Bi-weekly or monthly. Deep cleaning.
Call or text 714-496-2885.
Bus. Lic #HER0008. 07/16

COMPUTERS

FRUSTRATED (562)755-6199
Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 05/28

John's Computer Services 562-733-9193
Virus removal, Repair, Training, Software, Wireless, Internet Security. LW Resident SB License FUH0001. 06/25

Classifieds

AUTOS WANTED

ANY KIND OF CAR

Cars, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 07/30

ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Cart, Sales, parts and services. 714-292-9124. 05/13/2021

Used 3-wheel motorized Pride scooter; Celebrity X, 350 lbs. \$500. Call John at (562) 506-7843 for details. 05/28

TRANSPORTATION

Inexpensive shuttle, airports, markets, doctors, etc. 562-881-2093. SB License #ABL0001. 07/02

Need a lift? Pam Miller. LW Resident. 310-227-1258. 05/28

Rides by Russ, With the personal touch. For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes. Russ 714-655-1544. 05/21

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 05/14

MOVING, HAULING & STORAGE SERVICES

J&D HAUL AWAY AND CLEAN-UP SERVICE

No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 07/02

A FRIEND AND A TRUCK

Your moving service, any size job. Call 310-387-2618. Business License RO263644. 06/25

CEMETERY PLOTS FOR SALE

Three plots, Inglewood Cemetery, Avalon section, \$6,200 each, includes transfer fees. (714) 595-1312. 05/28

MISCELLANEOUS FOR SALE

Excellent wig by "Naturalle"; worn only twice; streaked honey brown. \$75.00 O.B.O. Call Rachel: 818-321-2575. 05/28

Japanese Samurai Sword. High quality. For sale or for trade for computer technician to help me on eBay. (562) 594-3975.

Household miscellaneous items. Men's & Women's clothing. Call for an appointment (562) 596-1415. 05/28

For Sale: La-Z-Boy beige sofa \$250 and 2 hunter green recliners \$150 each. Queen bed \$250, tan leather sofa \$400, bistro set \$50. Call 714-514-8232. 05/28

MISCELLANEOUS WANTED

Wanted kayak. (562) 458-9384. 05/28

Looking for a women's trike, treadmill, and exercise bike. (208) 269-6241. 05/28

FREE ITEMS

Antique coins (100 years old & under) or comic books. Call between 10 a.m. - 3:00 p.m. for appointment. LW residents only. (562) 594-3975. 06/04

Free - Beautiful coffee table & room divider. (562) 799-9310.

Affectionate cat needs a home. Jane (562) 598-3924.

LW APTS. FOR LEASE

Condo for Lease - Mutual 17, 2 Bedroom/2 Bath, Top Floor with AC. Fully Equipped Kitchen. Sliding Doors to Balcony/Deck. Available 6/1. \$2,200/month. Call Andee (562) 714-4790. 05/28

LW APTS. WANTED

Senior, mature, independent woman seeking co-occupancy in Leisure World. Healthy nonsmoker. Tidy, comes with no clutter. Respectful and helpful with good personality. Seeking a roommate with same type of qualities. (562) 400-1736 Betty. 05/28

Want to place a classified ad? The deadline is Monday, 2:00 p.m., for Thursday's publication. Call (562) 430-0534 or email katyal@lwsb.com



Mutual 15-7L 13300 Del Monte

Enjoy the ocean breeze from this light and bright 2 BR 2 BATH upper level CORNER unit! Southeastern exposure, central heat/air, upgraded kitchen & baths, dual pane windows, crown molding, open air balcony, 3 ceiling fans and a great location near entry gate and just steps from carport and guest parking.

Offered by Estee at \$349,500



Estee Edwards
Senior Real Estate Specialist

562.208.2540

estee.edwards@mac.com
DRE # 01870445



Erika Shapiro

BRE # 01448494

Resales Specialist
Mut. 17 Resident

**Traveling Notary
562-208-5223**

New Listing:

Drive-up Corner, Side Expansion, Fresh Paint, new hi-end laminate flooring, 2 A/C Heat Pumps
Mutual 5 - 106F \$255,000

Reduced

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

New Listing - Country Cottage

Fully expanded 2 BDR, 1 Bath, lovely greenbelt. Double pane windows, plantation shutters, Central A/C Heat, and much more
Mutual 4 -46K \$259,000

New Listing

Greenbelt Location
Fully expanded 2 BDR, 1 Bath, South facing, bay windows, double pane, 3 skylights, walk-in closet and shower, smooth ceilings with can lights
Mutual 8 - 183C \$279,000

Condo for Lease 2 BDR/2 Ba
First floor, laminate flooring
Fully equipped kitchen & more
Mutual 17 \$2,200 mo

**Service Is My Priority!
Call me for a FREE market evaluation**

Leisure Living Resales



The Januszka Group, Inc.

Leisure World

ON-SITE
HOME SALES

(562) 598-1388

See All Our Listings, Prices and Photos at Our New Website:

www.LeisureWorldHomeSales.com

NEW LISTINGS:

Mutual 3 - 33C
Mutual 4 - 51K
Mutual 6 - 55B
Mutual 7 - 175E
Mutual 1 - 11D
Mutual 1 - 21A
Mutual 1 - 22H
Mutual 1 - 42B
Mutual 1 - 44I
Mutual 2 - 9L
Mutual 2 - 10I
Mutual 2 - 62A
Mutual 3 - 2J
Mutual 3 - 23G
Mutual 5 - 91L

Mutual 5 - 108K
Mutual 5 - 111G
Mutual 7 - 145G
Mutual 7 - 165J
Mutual 8 - 195A
Mutual 9 - 207K
Mutual 9 - 220A
Mutual 10 - 238F
Mutual 10 - 257D
Mutual 11 - 281A
Mutual 12 - 8A
Mutual 15 - 23K
Mutual 15 - 29R
Mutual 15 - 31B
Mutual 16 - 54G

**We have 10 Listings in "Pending"
Sold in last 2 weeks. Let us sell yours!!**

TIRED OF BEING SHUT IN?

HERE ARE SOME THINGS WE CAN ALL LOOK FORWARD TO:

The beautiful new swimming pool will be done by the end of summer. It will have 5 lap lanes and a designated water exercise area. (That will help us lose the "quarantine 15" we all have gained!) Let's do this together! The Leisure World Fitness Center is being expanded and enhanced. We will possibly have a free personal trainer provided to teach us the proper way to use equipment and what equipment would benefit us the most. Just in time! The new Learning Center will be finished soon including our new Kitchen Classroom. We can all learn how to cook healthy and delicious meals. No more nightly take out food!

**THE FUTURE LOOKS GOOD IN SEAL BEACH
LEISURE WORLD**



Dawn Januszka
Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
Realtor®



Terri Walters
Realtor®



Realtor®



Elana Altman
Realtor®



Maryann Shaddow
Realtor®



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Kathy Gupton
Associate Broker
DRE # 00744676

Kathy & Gloria Gupton & Hadley



Gloria Hadley
Realtor®
DRE # 01057681

We are **SISTERS**

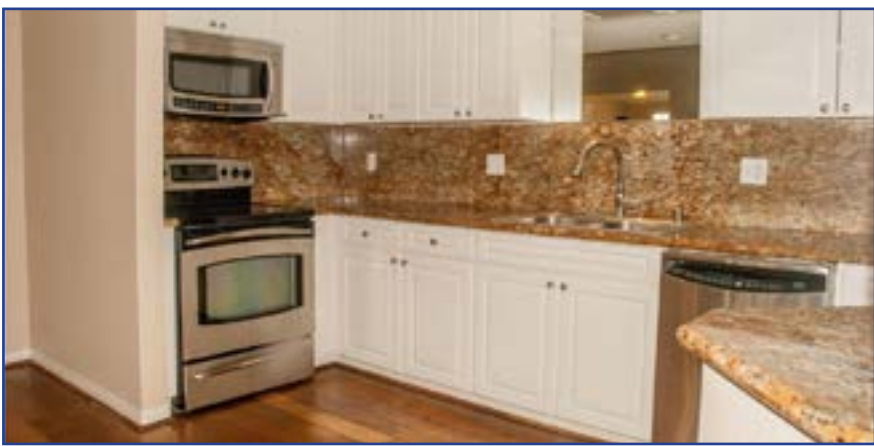
Specializing in the
LW Community

562 **618-9940**

562 **884-3594**

Buying or selling...

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



Mutual 12-9D \$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.



Mutual 4-85G \$459,000

This lovely fully expanded 2 bedroom, 2 full bath home has so many great features, stacked stone trim with side drive-up, stone patio with outside storage, leaded glass entry door with sidelite, patio off second bedroom with glass entry door, both patios with decorative metal enclosures. Built in white appliances including range with microwave, dishwasher, side by side refrigerator and pantry. Expanded master bedroom with built-in shelves and granite insert that may be used as media center or desk. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio, second bath with tiled full shower and stone counter. Other features include dual pane windows, bay windows in living room and bedrooms, tile flooring in kitchen and bathrooms, new carpet in living area and bedrooms, recessed lighting with smooth ceilings and crown molding throughout, plenty of extra storage, central heat and air conditioning. If you are looking for a home that is move in ready and has everything you could possibly need then this is a must see!



Mutual 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 over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



Mutual 1-47D \$175,000

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

2020 Sales

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

**GIVE US
A CALL**

Pending

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



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Barbara Diette-Dobias
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Kathy Guppton
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Gloria Hadley
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Edwina DiMario
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Vickie Van Ert
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Mary Chittick
562-882-2804



Rosie Wang Davis
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BRE 00338699

(562) 431-2149

13926 Seal Beach Blvd.
Seal Beach, CA 90740

Two-Bedrooms



Joanie Korman
714-308-8034



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583



Hanna Rubinstein
562-900-4243

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

Mutual 3 28L \$229,000
corner unit, enclosed patio,
plantation shutters, side
parking, tub

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 \$269,000
2 baths, enclosed porch, green-
belt, trees, drive-up, nice

Mutual 6 65A \$315,000
bright corner, washer/dryer, new
lam. floors, fresh paint

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, remod. kit. and
bath, large skylight, washer and
dryer, forced air, scraped ceiling

Mutual 7 161L \$389,000
Gorgeous remod. corner, washer/
dryer, cent. air, drive up parking

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

Mutual 11 262I \$449,000
btl. remod on greenbelt, washer/
dryer, cent. air, must see

Mutual 4 85G \$459,000 full
expan., granite, large skylight,
washer/dryer, 2 bath, super

Mutual 15 9D \$529,000
gorgeous, atrium, fully remod-
eled, must see

One-Bedrooms

Mutual 1 40B \$159,000
fully expanded, lam. floors,
light and bright, fresh paint

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,
granite counters, high end
flooring



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal



Jay Cho
714-944-4998



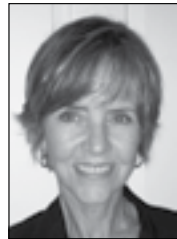
Estee Edwards
562-208-2540



Philip Bak
213-550-9991



Irv Hart
562-296-5619



Fay Wescott
562 242-6162



Tim Kearns
714-293-3950



Diana Flores
949-212-8748



Chris Kim
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Gail Alonzo
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STUNNING - ONE-OF-A-KIND - CUSTOM CORNER!

This **GORGEOUS ATRIUM** has it all with 1600 sq. ft. of living space, a pretty setting on a green, plus close parking, a formal living room, gourmet kitchen with granite counters and stainless steel appliances, large family room and dining area, 2 large master bedrooms - both with their own bathroom, office, indoor laundry room, central heat/air, 4 bay windows that allow the natural light to shine in, tile and laminate floors through out and fresh paint! If you are looking for the perfect retirement home, then look no more - this is it!! For more information give us a call today



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.

See more at www.sealbeachleisureworld.com



Mutual 10-257-G \$318,000

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 \$159,000

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



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!!



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!!

Check out our website sealbeachleisureworld.com for more listings and how to purchase in Leisure World Seal Beach



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



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For 2020, I have a total of 32 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.



13481 Fairfield Lane, #59H | M6 | \$255,000
Remodeled 2 Bdrm, 1 Bth unit. This move-in ready unit includes, dual pane windows, A/C Heat Pump, Laminate Floors, Corian Countertops, 3 Skylights, Convection Cooktop, Matching White Appliances!



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.



1382 El Dorado, #10B | M3 | \$210,000
CLEAN 2 Bdrm, 1 Bth Quaint Greenbelt Location. Freshly Painted Throughout, Oversized Skylights in Living Room and Bathroom, New Light Laminate Flooring Throughout, Close to Laundry and Parking.

On May 19th, 2020 a total of 91 units show as active listings on the CRMLS (this is where Realtors list property for sale).

13 - 1 bedroom/1 bath
from \$155,000 to \$190,000

48 - 2 bedrooms/1 bath
from \$169,000 to \$389,000

30- 2 bedrooms/2 baths
from \$236,818 to \$499,900

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

Client Testimonial:

"Of all the realtors I've dealt with in the past, Carol is one of the best. She is nice, friendly, professional and a pleasure to be around. She showed me a lot of units on our first day of looking and I had a contract on one that day. She answered all my questions and everything went smoothly. She is very knowledgeable about Leisure World and I would highly recommend her. "

-Sandra Schildknech

