



COMMUNITY STRONG COVID 19



New battery recycling program is underway

The Golden Age Foundation sponsors a battery recycling program in Leisure World that used to have various drop-off locations. Since COVID-19 shut-downs in March, LWers have been unable to access those locations, which included the Clubhouse 6 Hospitality Center and GRF News office. After the GAF shredding service on July 9, it became clear that a new central location was necessary to help people recycle spent batteries. With the cooperation of GRF Recreation Department and GAF sponsors, shareholders can now bring household batteries to the back door of Building 5's Copy and Supply Center, which is in the alley outside (not inside the hallway). No ink cartridges or printer toners can be accepted. The GAF asks shareholders to hold following items until offices are open to the public again: Fluorescent/LED bulbs, computers and monitors, televisions, microwave ovens, hair dryers, telephones and other electronic waste. Ordinarily, the GAF would ask shareholders to drop off recyclables at the Maintenance Yard or a collection truck outside of Maintenance Yard, but due to COVID-19, these services have been suspended. Furniture, mattresses and other large items may be disposed of at bins located at the northwest corner of L.W Go North on Oak Hills Drive. Turn right into the Mini Farms and use the resident recycling containers. Make sure items are placed in the bins. There is a \$35-per-item fine for refuse left in and around bin areas. If in doubt, ask a building captain or a mutual director. More information, call Anna Derby at (562) 301-5339.

WHAT'S INSIDE

Active Living in LW || Page 3
Leisure World Seal Beach is an "Active Adult Community" that offers independent living options and more.

GRF Annual Meeting || Page 5
The Golden Rain Foundation's Annual Meeting was postponed this year due to COVID-19 restrictions; it has been rescheduled for Aug. 4; agendas and comment cards are included on pages 5-6.



Stop the Spread—We All Play a Part

CITY OF SEAL BEACH: Helpful PPE Videos

The City of Seal Beach has helpful face covering and glove safety tips in public service announcements on its website sealbeach.ca.gov. The announcements were made after the Centers for Disease Control recommended masks to slow the spread of COVID-19 and the City of Seal Beach amended its local emergency proclamation and have required them to be worn. Even if you are not showing signs or symptoms of the disease, you could be carrying the virus and spreading it to people around you. Wearing a face covering can help slow the spread. "People are required to wear face coverings such as fabric masks, scarves, neck gaiters or layered paper face coverings when they leave their homes for essential activities such as . . . going to the grocery store, pharmacy or medical office, picking up food, or simply taking a walk," according to Seal Beach Marine Safety Officer Nick Bolen. COVID-19 spreads mainly among people who are in close contact with one another (within about six feet), so the use of cloth face coverings is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. Leisure World residents constitute an especially vulnerable population as the virus tends to be more serious in older people and those with underlying conditions. To keep residents as safe as possible, the GRF is urging everyone to cover their faces and is working to ensure that outside visitors, such as delivery people, wear masks when in LW.

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CONTACT TRACING: How It Works

Contact tracing is an important step in slowing the spread of COVID-19, according to the Centers for Disease Control. It's when health workers notify you that you've been in contact with an infected person, and you should also get tested. Public health departments have used contact tracing for decades to fight infectious disease. **California Connected, the State's Contact Tracing Program** Under this program, health workers will talk to those who have tested positive. They'll alert anyone they may have exposed, keeping names confidential. They'll check symptoms, offer testing, and discuss next steps like self-isolation and medical care. By finding spread patterns quickly, we slow infection and help avoid outbreaks. This lets California keep healthcare needs below capacity and safely reopen business. **All You Have to do is Answer a Phone Call** Contact tracing is an anonymous way to do your part. The more people answer the call, the more lives and jobs California saves. Your information is always kept confidential. Early awareness helps you protect your friends and loved ones from exposure. And early medical care can improve your outcome. The sooner we can reach you, the sooner you can get advice, testing, and support. **How Does Contact Tracing Work?** If you test positive for COVID-19: • You will get medical care, regardless of income, health insurance, or immigration status.

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Delivery Drivers Must Be Masked—Here's a Customer Service Contact List

Deliveries are soaring during the coronavirus pandemic as people stay home from work and school, and otherwise avoid public shopping venues. Most drivers are provided protective gear, such as masks and hand sanitizer, and have "no contact" deliveries. But some Leisure World residents have reported seeing delivery personnel with no masks in Leisure World. The following is a list of customer service contact information for some of the most common companies coming into the community so people can report COVID-19 mask infractions: • **Amazon:** Employees sorting and moving packages must wear masks as do the people delivering the packages to your door; drivers have been told to reduce contact with customers;

(888) 280-4331. • **Grubhub:** Offers contact-free delivery at checkout, so people can safely support favorite local restaurants. For the safety of drivers and customers, drivers call/text when they arrive and drop off orders on patios or other areas designated by the customer. This option is available on the website and latest version of the app. Masks are required of delivery drivers; (877) 585-1085. • **Door Dash:** The food order delivery service has customers place an order at one of dozens of restaurants, and then they agree to a delivery fee and tip. The app then pushes orders to "Dashers" who are logged into the app. All the directions for the delivery are inside of the DoorDash app. The company has

DELIVERY, page 2

SHREDDING EVENT

60 barrels of sensitive papers were destroyed July 9

The Golden Age Foundation shredding service on July 9 was such a huge success that two trucks were needed to haul away LWer documents for disposal.

The event ran smoothly despite restrictions necessitated by COVID-19 mandates.

The Golden Age board members and volunteers were there to unload documents from the cars with GRF Security Officer Yong Kang directing traffic in and out of the Clubhouse 2 parking lot. Because of Security's traffic control, vehicles were able to enter and exit safely.

In most cases, shareholders didn't even need to get out of their cars. The seemingly never-ending line kept moving from 10 a.m.-noon.

Miguel Leon, the driver of Mobile Shred, helped shareholders with their bags and shredded nonstop for almost three hours, until the second truck arrived.

An estimated 450 shareholders were served, and according to the company's Certificate of Destruction, 60 barrels of sensitive documents were destroyed. Usually the GAF averages 25-28 barrels.

The nearly doubled number



LWers dropped off documents to be destroyed by the carload July 9. GAF volunteers helped haul the bags to the shredding trucks at Clubhouse 2. The next event will be in November.

suggests that LWers have been taking advantage of stay-at-home guidelines to clean out files.

People also brought used batteries to recycle. The GAF collected more than three buckets of batteries compared to the usual one bucket or less.

That's because since COVID-19 pandemic, there's no place shareholders can leave their old batteries in the community.

Thanks to five Golden Age

Foundation volunteers—Linda Johnson, Ren Villanueva, Geneva Potepan, Rosemarie Da Roza and event coordinator Anna Derby—for their drive-through customer service of shredding event. Thanks also to Paul Pridanonda, who carried bags from the huge pile to the shredder.

The Golden Age Foundation is grateful to the community for its continued support of GAF events.

During this lockdown period, Mobility Aids program director John Hlavac and phone volunteers have been able to supply the community with needed wheelchairs and walkers.

For information regarding a mobility aid, call (562) 431-9589 and leave a message.

The Golden Age Foundation looks forward to the next shredding event, which should be held in November.

The date will be announced.

—Anna Derby and Linda Johnson



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

I-405 Northbound Seal Beach Boulevard Off-ramp Opens Soon

The northbound I-405 off-ramp to Seal Beach Boulevard has been closed for nearly a month and is scheduled to reopen this week.

It was closed to reconstruct the ramp as part of the freeway widening. Work includes demolition, excavation, grading, draining, electrical system installation, concrete pours and asphalt paving.

Dates and times may change due to unforeseen operational factors.

A Message from the SBPD Chief-Part 2

Editor's Note: The following is Part 2 of an overview of the resources, training, services and statistics related to the Seal Beach Police Department. SBPD Chief Philip L. Gonshak submitted the comprehensive review to serve as context in the midst of nationwide calls to defund police departments. Most citizens don't understand the broad reach that local law enforcement provides in areas of community care or the extensive and specific training that officers receive. The first part of Chief Gonshak's overview was printed in the July 23 edition of the LW Weekly. It addressed SBPD programs and resources.

Due to the current calls for police reform and/or defunding in a number of communities around the nation, as chief of the Seal Beach Police Department, I felt it critical to share the following information with City of Seal Beach community partners.

The information below will give a general overview of what the SBPD has done in the past, continues to do today and plans on doing in the future.

The City of Seal Beach Police Department seeks to be aligned with community needs and expectations.

—Chief Philip L. Gonshak



Orange County Resources Used by SBPD

Families and Communities Together (FACT)

Families and Communities Together is a network of Family Resource Centers administered by over 100 community partners. They provide services, such as training and strategic planning, to their partners bolstering their work serving and strengthening families. Core services include counseling, parenting education, family support, domestic violence support programs, and youth programs.

National Alliance on Mental Illness (NAMI)

NAMI Orange County conducts free educational programs, meetings and support groups throughout the county, addressing every aspect of mental health. They offer free programs, educational meetings, support groups and advocacy for those families and clients dealing with the effects of mental illness.

A 2017 exhaustive countywide list named 157 resources readily available for SBPD use. For more information, contact the SBPD at www.sealbeachca.gov/Departments/Police

POLICE OFFICER TRAINING

Annual & Biennial Training for Police Officers:

- Tactical Communication and the de-escalation of force
- Taser use qualifications and refresher
- Blood Borne Pathogens
- Domestic Violence Complaints
- First Aid /CPR
- High Speed Vehicle Pursuits
- Arrest and Control Training (Weaponless Defense Training)
- Driver Training
- Force Options & Tactical Firearms (Use of Force Training)
- 24 hours minimum of Continued Education Training (multiple options that qualify)

Training as Available:

SBPD officers have a long list of training opportunities available to them, among them (this is a partial list):

- Racial and Cultural Diversity Training; Racial Profiling
- Mobile Field Force (riot control)
- Violent Crimes Seminar
- Drug Recognition Expert
- Search Warrant
- Active Shooter
- Supervisory Leadership Institute
- Supervisor School
- Hostage Negotiation
- Fraud Symposium
- Officer Involved Shooting Summit
- Emergency Management Conference
- Hostage Seminar
- Technology Summit
- Maritime Smuggling
- Crisis Communications
- Terrorism Liaison Officer Training
- Restraint System and Sudden Death
- DUI Checkpoint Management
- Coffee with a Cop/Community Oriented Events
- Homicide School
- Civilian Leadership for Public Safety
- Tactical Leadership
- Behavioral Analysis Training
- Academy Based Training (the following is a partial list):
- Child Abuse or Neglect
- Civil Disobedience
- Gang and Drug Enforcement
- Hate Crimes
- Persons with Mental Illness, Intellectual Disability, or Substance

DELIVERY from page 1

contact-free delivery and requires masks for its drivers; (855) 973-1040

•Uber: Uber riders, drivers and delivery people are required to wear face masks. The company also has an app to help keep drivers and riders safe. The app will require drivers and delivery drivers to take a selfie wearing a mask before they can start accepting trips. To make a complaint, sign into your Uber account on a desktop computer and go to "Report an Issue with the App" from the Help Center. In this form, fill in your device type, operating system version, and a description of the issue. To access the form on your phone app, tap your avatar in the top left hand corner to find the Help Center. Uber does not have an easily accessible customer service telephone number.

•Postmates: Postmates delivers goods with the help of its human courier networks that enable people to order anything from anywhere within the city. Just like Uber drivers, Postmates couriers get order notification on their mobile device and GPS is used by the company to match demand and supply in the shortest possible time. It has non-contact deliveries and requires drivers to adhere to customer mandates. It provides masks to drivers. To make a complaint, contact <https://support.postmates.com/buyer/contact-us/help>

•InstaCart: The grocery delivery company is providing its full-service shoppers with health and safety kits days, which include reusable cloth face masks, hand sanitizer and a thermometer; the company requires its shoppers to wear masks; (888) 246-7822.

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Justin M. Alvarez, Esq.

The Alvarez Firm congratulates Debra Halvarson Groh on her retirement. We are proud to be your successors in serving the Leisure World community in their Estate Planning and Trust Administration needs.

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LOCALLY DELICIOUS

Get a free meal kit with grocery order

Globally Delicious Burgers in Long Beach has created a grocery delivery service whereby LW residents can place their orders from an extensive list of goods online and have them delivered weekly to the parking lot at Clubhouse 4. This is a drive-up service, much like the monthly Orange County food distribution, but with no qualifications or requirements to purchase their goods.

In addition, they offer prepackaged meals a cut above the typical. Minibus service and the on-call bus are available for those who prefer not to drive.

You can sample one of their prepared, prepackaged meals for free when you purchase \$50 worth of groceries from the online service. Orders are accepted over the phone, as well.

“GDBRO Burger, a globally-conscious brand, is pleased to announce the launch of its Global Market Kitchen (GMK) especially tailored to the needs of the Leisure World community. Residents now have an option to order their grocery and household needs and healthy meal kits from the safety of their homes with free weekly delivery,” says owner, Hue Nguyen. “We are excited and grateful to serve your community.”

The first orders will be delivered today between 2-4 p.m. Residents who want to try out the service should place their orders as soon as possible. Orders will be accepted until Aug. 5 for delivery to the parking lot in Clubhouse 4 on Wednesday, Aug. 12. Residents can start their orders by visiting the company’s easy-to-navigate website at <https://squareup.com/store/GDBROGMK/> or call (562) 661-9776. A free meal will be included with every order of at least \$50.

Look for vendor updates in the LW Weekly and menus by LW Live, the LWSB email blast that keeps residents in the know, as well as further details on current food services offered.

For more information, contact kathyt@lwsb.com or the vendor at gdbrox@gmail.com.

MASKS

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LW Security provides handouts on face mask requirements to delivery personal, and most of the companies servicing LW have mandatory mask requirements. Residents are asked to report unmasked delivery workers to their customer service departments (see page 1 for contact list).

There are many kinds of face masks and coverings out there, but the most important thing is to make sure your mouth and nose are covered. Face shields alone are not a substitute for face coverings. According to the CDC, it is not known if face shields provide any benefit as source control to protect others from the spray of respiratory particles.

The CDC does not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings.

People should also avoid face masks with an exhalation valves. They don’t help protect others. The valve makes it easier for you to exhale, but it also lets your germs out into the air. When it comes to protecting others, a mask with an exhalation valve is like not wearing one at all, experts say.

People don’t need the professional N95 mask, which should be reserved for frontline health workers who have continual exposure to the virus. Studies have shown that a mask made of at least two layers of cloth will be effective as long as it is snug with no large gaps around the top or sides. The best material is a tightly woven cotton, which can include a bandanna.

With everyone working together, the spread of COVID-19 can be reduced. That means wearing cloth face coverings and being diligent about social distancing, frequent handwashing and cleaning and disinfecting frequently touched surfaces.

INDEPENDENT LIVING

Personal responsibility: What it means for you

Leisure World Seal Beach is an “Active Adult Community” that offers independent living options (co-op and condominium style housing) under provisions of an age restricted community of persons 55 of age and older. Leisure World, Seal Beach, does not offer any services associated with an assisted living or a skilled nursing facility.

Assisted Living facilities offer personalized supportive services and assistance with day to day living under one roof. All meals, snacks, housekeeping, laundry, medication and bathing assistance is provided for a fee. These are *not* services that are provided at Leisure World Seal Beach.

A skilled nursing facility provides nursing and rehabilitation services to address medical issues. In some cases, persons may be admitted to a skilled nursing facility for long term custodial care. These are *not* services that are provided at Leisure World Seal Beach.

When you moved into this “Active Adult Community,” you moved into an Independent Living Community that provides a controlled gated community, centralized maintenance and a variety of amenities. You are self-responsible and independent to make decisions and choices for yourself and your independence.

So, what happens when your health or ability to function independently change? You as the responsible and independent adult get to make your own decisions and choices for assistance to maintain your independence.

Your Mutual Board is *not* responsible for your ability to get your food/meals, housekeeping, medication and bathing assistance. They are *not* responsible for setting up caregiving services, seeing to it that you have services in place, making sure you have a hot meal delivered to your door or managing your medical or mental health needs.

They are responsible for the buildings in their mutual. Period.

This also does not mean that the GRF is responsible for you. The GRF is responsible for maintaining trust property and its amenities.

To be self-responsible and maintain your independence is to do your very best in planning for the unexpected. Make decisions now that will help guide and support you when your health and independence changes.



Plan and discuss your wishes with your family and/or a trusted advisor. Planning lessens the burden on your family by outlining how and where your needs are met, while lessening the need for emergency assistance from community resources. Here are some practical tips in maintaining your independence:

- Put your wishes in writing, advance directives, trusts, powers of attorney, etc.
- Create a plan to have ready should you become sick or unable to manage your household needs.
- Familiarize yourself with resources that you may need before you need them.

GRF Member Resource & Assistance Liaison Cindy Tostado, LCSW, is an excellent resource available to you who can lead you to a variety of services and support. Call her at 431-6586, ext. 317.

Other resources for guidance:

- Orange County Council on Aging, (714) 479-0107
- Orange County Office on Aging, (714) 480-6450

Remember, you are an independent adult who will make independent decisions and choices for yourself. Please exercise your rights and plan accordingly.

—Cindy Tostado, GRF Member Resource & Assistance Liaison

Haynes Station Construction Update

The Los Angeles Department of Water and Power is dismantling four natural power generating units that are no longer in service at the Haynes Generating Station adjacent to Leisure World. The Haynes Generating Station Units 3-6 Demolition Project is part of LADWP’s effort to create more sustainable options at the plant to work toward a clean energy future. The project is scheduled to be completed by summer 2021.

Project Update Through August

- Power Units 5 and 6: The metal frame of Units 5 and 6 will be cut into pieces, lifted and carefully lowered to the ground for removal. The work will require the use of torches, excavators and a crane.
- Power Units 3 and 4: Removal of hazardous materials from Units 3 and 4 will be completed in preparation for dismantling in early 2021.
- Environmental Monitoring: Monitoring instruments will measure dust, noise and vibration levels during all work to maintain levels below the required limits.
- Traffic: There will only be a few trucks entering and leaving the plant during daytime hours. No traffic impacts are expected. Work hours are Monday-Friday from 7 a.m.-6 p.m.

LADWP is committed to completing this project as safely and as quickly as possible. The project information line is 1-800-531-6638.

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Perspectives

Credit & Kudos

Margie Thompson of Mutual 11 writes: “Thanks to Ken Goettsch of Mutual 4, who took it upon himself to tighten the clotheslines at every laundry room starting with his own mutual and working his way through Leisure World. He’s an Iowa boy who is handy at a lot of things and likes to keep busy. Thanks, Ken, the folks that use these clotheslines appreciate what you’re doing.

MESSAGE from page 3

use Disorders

- Missing Persons
- Racial and Cultural Diversity Training/Racial Profiling
- Sexual Orientation and Gender Minority Groups
- Sexual Assault Investigative Procedures
- Sexual Harassment in the Workplace
- Sudden Infant Death Syndrome
- Stalking
- Chemical Agents
- Law Enforcement Response to Terrorism
- Traffic Accident Investigation
- Becoming an Exemplary Peace Officer
- Leadership Professionalism and Ethics
- Criminal Justice System
- Principled Policing in the Community
- Victimology/Crisis Intervention
- Introduction to Criminal Law
- Property Crimes
- Crimes Against Persons
- Crimes against Children
- Sex Crimes
- Juvenile Law and Procedures
- Controlled Substances
- Use of Force/De-escalation
- Vehicle Pull-Overs
- Crimes in Progress
- Handling Disputes/Crowd Control
- Domestic Violence
- Crimes Scenes, Evidence, and Forensics
- Arrest and Control
- First Aid & CPR
- Firearms/Chemical Agents
- People with Disabilities
- Gang Awareness
- Crimes Against the Justice System
- Weapons Violations
- Hazardous Materials Awareness
- Cultural Diversity/Discrimination
- Emergency Management

IN ADDITION

In addition to this training and pending any COVID-19 restrictions, the SBPD will host “De-Escalation Strategies” and “Building a Safe, Respectful and Inclusive Workspace and Community: Implicit Bias” courses in 2020.

Furthermore, the Police Department offers simulation training, like the one the public accessed at its 2019 Open House.

Recently the SBPD analyzed the last three years of data comparing the total number of police department calls for service (CFS) and the total number of times a use of force (UOF) was applied by a police officer. This information is listed below:

2017
•Calls for Service: 29,078
•Use of Force: 12
•Carotid Restrain: 0
•Major Injuries: 0
•Fatalities: 0
In 2017: 12 UOF Incidents/29,078 CFS = 0.04 percent of all CFS resulted in a UOF

2018
•Calls for Service: 23,253
•Use of Force: 9
•Carotid Restrain: 0
•Major Injuries: 0
•Fatalities: 0
In 2018: 9 UOF Incidents/23,253 CFS = 0.039 percent of all CFS resulted in a UOF

2019
Calls for Service: 26,343
Use of Force: 8
Carotid Restrain: 0
Major Injuries: 0
Fatalities: 0
In 2019: 8 UOF Incidents/26,343 CFS = 0.03 percent of all CFS resulted in a UOF.

The department is currently working on a proposal to purchase body worn cameras for all police officers by August.

Letters to Editor

Editor:

Why is every golf course open in Orange County, except for the Leisure World’s Golf Course? Seniors have a need to get out, enjoy the fresh air and get in some exercise, especially in this time of COVID-19. Shouldn’t residents be able to use the benefits that they have already paid for? To say the decision is up to the GRF Board of Directors, which only meets once a month, is passing the blame. Perhaps now is the time for the Board to take the handcuffs off of the Executive Director, so that he can do his job. Leisure World needs to open its golf course immediately.

*Marv Jones, president
LW Men’s Golf Club*

Editor:

I live in beautiful Mutual 9, Leisure World, Seal Beach. There are not too many communities where you can buy around 1,100 square feet of living space for between \$150,000 and up to \$500,000 for a completely remodeled unit.

Plus, we are located in the gorgeous City of Seal Beach less than two miles from the ocean.

Leisure World has wonderful amenities if you choose to use them and is a 55+ Active Senior gated community.

All the HOA Board of Directors are hardworking senior volunteers.

Editorials have been printed about the troubles and woes of Leisure World but remember, there are always crabs on the beach but it is still a beautiful place to go.

*Debra Schnauffer
Mutual 9*

Editor:

The Seal Beach Police Department sent an e-mail press release reporting that a 22-year-old was the subject of a police pursuit after an alleged traffic violation. He was going out of Leisure World and subsequently re-entered during a chase.

My comment is not how he got into this secure community in the first place. I know the answer to that one.

My question is who are these traffic people at the front gate? They wave people through without thought. I hear comments about family members with visitor passes who do not even need to show them to be flagged in and about service people who need no identity check.

This is unacceptable. Who are these “guardians” put in place for our protection? In recent months we have had graffiti, destruction of property (white mail boxes) and I’d wager other incidents that have not been made public. Are the old people in our community

LETTERS, page 14

COVID-19 Chronicles

Leisure World residents are living in historic times as the COVID-19 pandemic unfolds around the world. Residents are welcome to share their experiences, observations, opinions and insight with their friends and neighbors in this occasional column. The deadline is Thursday for the following week’s publication. Email submissions to Ruth Osborn at ruthos_news@lwsb.com. Submissions are subject to editing for clarity and brevity.

Musing on Masks

by Joan Rose
LW contributor

I really never thought that I would be living in an age where most of the people you see on the street look like they belong to the Dalton gang. Because of COVID, face masks are now not only popular but mandatory. So everyone creeps around wearing their masks, showing only a worried look in their eyes while trying not to come within spitting distance of one another because we know that abiding by these new rules may save our lives. The only accessories missing from our outfits are spurs, low slung gun belts and cowboy hats.

It’s a hard time we are going through and who knows if we will ever be able to go back to our normal way, with no masks and with visible smiles on our faces. But for now, masks are in and I cannot fathom why they seem to be an arguable point with some people. Wear a mask, save your life—don’t wear a mask, take an awful chance. Seems simple to me.

I had to go to the Optum Health Care Center for my monthly finger stick this morning, so I drove to the nearly deserted parking lot, parked, donned my mask and ventured inside. What a shock. Optum is apparently revamping all its rooms, and construction is going on at full tilt. Tarps are hanging from the ceiling, the rugs

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News Deadlines

The Leisure World Weekly office is closed to the public. Editors can be reached by phone and email (see staff box below). The editorial deadline is Thursday for the following Thursday’s edition.

Setting It Straight

An article on the Sunshine Club mask giveaway misidentified people. Sunshine Club member Michael Oh was handing out masks at the table. His brother Randy Oh is a non-resident but donated masks for club members and friends.



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Serving the Shareholders of

Leisure World Seal Beach



LW Weekly is delivered every Thursday to every Leisure World residence. Opinions expressed in articles, columns or letters do not necessarily reflect the opinions or policies of the Golden Rain Foundation or Board of Directors, members and staff of this publication. The publishing of advertisements in any GRF publication does not indicate any recommendation or endorsement, nor any opinion of capability or quality of any advertiser’s work. GRF will not knowingly publish any advertisement it deems to be untruthful or misleading. GRF reserves the right to refuse any ad for any reason.

Nataly Chigireva, Communication & Technical Director <i>ext. 384; natalyc@lwsb.com</i>	Deadlines: Editorial: 4 p.m. Thursday prior to publication week Classified Advertising: 2:30 p.m. Monday of publication week
Katya Lukina, Customer Service <i>ext. 383; katyal@lwsb.com,</i> Communications Coordinator <i>ext. 266; katyal@lwsb.com</i> Graphic Designer, Digital Media Classified Advertising	Office hours: 8 a.m. to 5 p.m. Monday-Friday
Sylvia King, Advertising Sales <i>ext. 391; sylvia@lwsb.com</i>	Phone: (562) 430-0534 after-hours voice mail (562) 431-6586
Ruth Osborn, Lead Editor <i>ext. 388; ruthos_news@lwsb.com</i> Page 1, General News, Perspectives, Arts&Leisure, Government	Missing LW Weekly Newspaper: (562) 472-1284
Laurie Bullock, Editor <i>ext. 801; laurie@lwsb.com</i> Religion, Obituaries, Community News	Mailing Address: P.O. Box 2338 Seal Beach, CA, 90740
Stephen Bannon, Production Editor <i>ext. 392; stephenb_news@lwsb.com</i> Pre-press, Online/Vision Impaired Editions, IT	Delivery Address: 13533 Seal Beach Blvd. Amphitheater Building Seal Beach, CA, 90740
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Government

NOTICE OF ANNUAL MEETING OF MEMBERS OF THE GOLDEN RAIN FOUNDATION

Foundation members are advised that there will be limited seating at the Golden Rain Foundation Annual Meeting of the Members on Tuesday, Aug. 4, at 10:45 a.m. in Clubhouse 4. Members are encouraged to view the meeting via the live stream link on *lwsb.com*.

Remember to complete the “What is Your Question?” form (at right), to submit a question or comment to the Board during the Annual Meeting.

Suzanne Fekjar,
Corporate Secretary
Golden Rain Foundation Board of Directors

Golden Rain Foundation Agenda 57th Annual Meeting

CLUBHOUSE 4 -TUESDAY, AUGUST 4, 2020- 10:45 A.M.

View the meeting livestream:

- Navigate to *www.lwsb.com*
- Click on the Watch BOD Meeting Live tab
- The live streaming uses YouTube live and terminates at end of meeting

1. Call to Order
2. Pledge of Allegiance
3. Roll Call
4. Membership Participation by Pre-arrangement
5. Minutes of the Annual Meeting of June 11, 2019
6. Introduction of Present Directors
7. Introduction of Newly Elected Directors
8. A Year in Review
 - a. Architectural Design and Review Committee
 - b. Communications Committee
 - c. Executive Committee
 - d. Finance Committee
 - e. Mutual Administration Committee
 - g. Physical Property Committee
 - h. Recreation Committee
 - i. Security, Bus & Traffic Committee
 - j. Facilities and Amenities Ad hoc Committee
 - k. Management Services Ad Hoc Committee
 - l. Strategic Planning Ad Hoc Committee
 - m. Corporate Secretary
 - n. Health Care Center Advisory Board
 - o. All other Directors: Tony Doderio, Lucille Findlay, Phil Friedman, Barry Lukoff, JoAnn St. Aubin, William Thompson
9. President’s Report
10. Executive Director’s Report
11. Installation of the Newly Elected GRF Directors
12. Adjournment

Special GRF Board of Directors Meeting Agenda

CLUBHOUSE FOUR/LIVE STREAM
TUESDAY, AUGUST 4, 2020 – 10:00 A.M.

View the meeting livestream:

- Navigate to *www.lwsb.com*
- Click on the Watch BOD Meeting Live tab
- The live streaming uses YouTube live and terminates at the close of the meeting

1. Call to Order
2. Roll Call
3. Pledge of Allegiance
4. Announcements
5. Shareholder/Member Comments

NOTE: Foundation members are permitted to make comments before the business of the Board begins. Requests must be registered in advance of the meeting and comments are limited to **four** minutes.

6. Commence Counting Process
7. GRF Board Meeting Recess
8. GRF Board Meeting Call to Order
9. Announcement Results of Election Process
10. Adjournment

**GRF Board
Executive Session
1 p.m., July 31, 2020**
Virtual Meeting, in accordance with applicable codes.
NOTE: This meeting is closed to Shareholders/Members per Civil Code §4935
A. Call to Order
B. Roll Call
C. Legal
D. Contracts
E. Personnel
F. Member Disciplinary Action
G. Adjournment

CAP Food

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4.
The next food distribution will be Aug. 20.
Every third Thursday from 9-11 a.m., qualified people receive 40 pounds of food, including

CAP, page 6

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 8/4
	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	205	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	95	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 7/24/2020

WHAT IS YOUR QUESTION/COMMENT— GRF ANNUAL MEETING

Do you have a question, comment or a suggestion for GRF? In order to expedite the proceedings of the GRF Annual Membership meeting on Aug. 4, 2020, any member present who wishes to comment or ask a question on any matter is requested to fill out this form. This will allow the Board to prepare a response, if necessary. Because of limited seating in Clubhouse Four due to required physical distancing, you are encouraged to view the meeting via the live stream; your question or comment will be read aloud by the GRF President. Submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA 90740, to the attention of Ms. Suzanne Fekjar, Corporate Secretary, or Mrs. Deanna Bennett, Executive Coordinator, as soon as possible, but no later than 4:30 p.m. on Friday, July 31, 2020. You may also drop off your question/comment at the Stock Transfer Office, Attention Deanna Bennett.

NAME _____
(Please print)

ADDRESS _____ MUTUAL ____ APT _____

PHONE NO. _____

Subject of question, comment or statement which I intend to offer is:

Member comments are limited to:

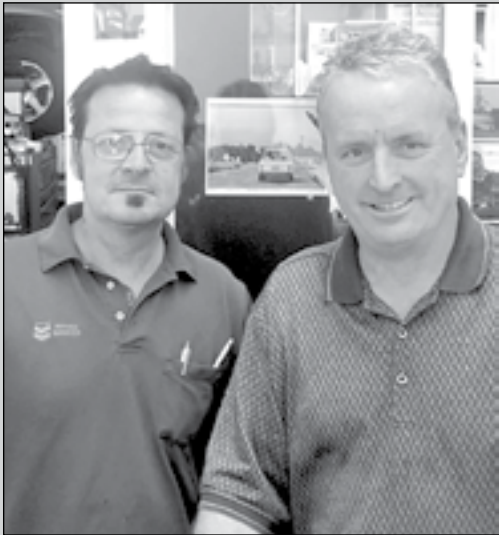
- 4-minute limit per speaker, when there are no more than 15 speakers
- 3-minute limit per speaker, 16-25 speakers
- 2-minute limit per speaker, over 26 speakers

The Annual Meeting of the members will be held on Tuesday, Aug. 4, 2020, at 10:45 a.m. in Clubhouse 4 and live streamed via You Tube.

Come in and see **Mike and Mike!**
Where Service means something.

Seal Beach Chevron
4000 Lampson Ave.
Corner of Lampson/Basswood—
Across from Old Ranch
Country Club Golf Course
562-430-2015

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COMMENTS/QUESTIONS FROM THE MEMBERSHIP
AUG. 4, 2020, SPECIAL GRF BOD MEETING

Do you have a question, comment or a suggestion for GRF? In order to expedite the proceedings of the GRF Annual Membership meeting on Aug. 4, any member present who wishes to comment or ask a question on any matter is requested to fill out this form. This will allow the Board to prepare a response, if necessary. Because of limited seating in Clubhouse 4 due to required physical distancing, you are encouraged to view the meeting via the live stream; your question or comment will be read aloud by the GRF President.

Submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA, 90740, to the attention of Ms. Suzanne Fekjar, Corporate Secretary, or Mrs. Deanna Bennett, Executive Coordinator, as soon as possible, but no later than 4:30 p.m. on Friday, July 31, 2020. You may also drop off your question/comment at the Stock Transfer Office, Attention Deanna Bennett.

TODAY’S DATE _____

NAME _____ MUTUAL# _____ APT# _____
(please print)

My subject is:

Member comments are limited to:

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

Recap of GRF Board Action-July 28

Approved Consent Agenda
MOVED and duly approved to adopt the Consent Agenda: minutes of the Finance Committee Board meeting of June 15, 2020, the minutes of the June 23, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD) regular meeting, as presented; the minutes of the June 30, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD) Special meeting, as presented accepted the financial statements, through June 30, 2020, for audit; and approved Reserve Funds Investment Purchase.

General – Establish a COVID-19 Ad hoc Committee
MOVED and duly approved and thereby established the COVID-19 Ad hoc Committee and grants to the Ad hoc Committee limited authority specifically stated within the GRF governing documents, and policies or other authority as granted by the BOD or as stated within this policy.

General – Reserve Funding Request – Trust Property Streets, Phase IV
MOVED and duly approved to award a contract to MJ Jurado to make paving repairs, as called out in Exhibit A, for a total cost not to exceed \$603,047, including a 10% contingency of \$54,822, Reserve funding, and authorize the President to sign the contract.

General – Reserve Funding Request – Fitness Center, Phase I – Floor Preparation
MOVED and duly approved to award a contract to Speedy Floors Removal & Dumpsters for the proposed repair work to the sub floor of the second floor of Clubhouse Six, in the amount of \$16,800, Reserve funding, and authorized the President sign any contract or change order.

General – Reserve Funding Request – Clubhouse Two – Landscaping Replacement
MOVED and duly approved to award a contract to Anguiano Lawn Care, for the replacment of landscaping around Clubhouse Two, at a cost not to exceed \$17,517, Reserves funding, and authorize the President to sign the contract.

General – Adopt 70-1448-3, Golf Course
MOVED and duly approved to adopt 70-1448-3, Golf Course, as amended.

Approve Re-opening of Golf Course
MOVED and duly approved to authorize the Executive Director to reopen the golf course no later than August 3, 2020, under governing document 70-1448-3, Golf Course. The Executive Director is further authorized to close the golf course to protect the general health and safety of the community and its members, should there be a failure of the membership to comply with governing document 70-1448-3.

General – Approve Re-opening of Veterans’ Plaza, Adopt 70-1449-3, Veterans Plaza
The topic was removed from the agenda and referred to the newly established COVID-19 Ad hoc Committee.

General – Accept Donation from the Golden Age Foundation for the Knowledge and Learning Center
MOVED and duly approved to accept a donation from the Golden Age Foundation, in an amount up to \$13,500, for the installation of hearing loops, as part of the Knowledge and Learning Center.

Carport Cleaning Schedule 2020

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

**Labor Day
Monday, Sept. 7**
Mutual 1, Carports 1-6, 9-10, and Mutual 17, Building 3, will be cleaned Monday, Aug. 31.

**Veterans Day
Wednesday, Nov. 11**
Mutual 3, Carports 39-42, and Mutual 4, Carports 54-56, will be cleaned Friday, Oct. 30.

**Thanksgiving Day
Thursday, Nov. 26**
Mutual 11, Carports 130-131; Mutual 15, Carports 3, 6-8, 10-13; and Mutual 16, Carport 9, will be cleaned Monday, Nov. 30.

**Christmas Day
Friday, Dec. 25**
Mutual 14, Carports 150-157; Mutual 15, Carports 1-2, will be cleaned Thursday, Dec. 31.

CAP from page 5
canned fruit, vegetables, meat, rice, juice, cereal and more.

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

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

People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID.

People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

LW Weekly
430-0534

Special GRF Board of Directors Meeting Agenda

CLUBHOUSE FOUR
TUESDAY, AUGUST 4, 2020 – approximately 1:30 p.m.
View the meeting livestream:
• Navigate to www.lwsb.com
• Click on the *Watch BOD Meeting Live* tab
• The live streaming uses YouTube live and terminates at meeting’s end.

1. Call to Order
2. Roll Call
3. Announcements
4. Shareholder/Member Comments

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

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

5. Election of Board of Directors’ Officers
6. Adjournment

GRF Committee Meetings	
Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (<i>meetings are dependent on orders related to COVID-19; check schedules for latest information</i>). <i>Strict public health and safety measures will be in place to protect membership and staff, there will be limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask will be required:</i>	
Fri., July 31	GRF Executive Session Zoom 1 p.m.
Tues., Aug. 4	Special GRF Board (election/ballot counting) Clubhouse 4, Zoom, live stream 10 a.m.
Tues., Aug. 4	GRF Annual Meeting Clubhouse 4/Zoom/live stream ..10:45 a.m.
Tues., Aug. 4	Special GRF BOD (election of officers) Clubhouse 4/Zoom/livestream ...1:30 p.m.
Fri., Aug. 7	Special GRF Board Meeting Clubhouse 4/Zoom/livestream 1 p.m.
Fri., Aug. 7	GRF Board Executive Session Zoom 2 p.m.
Mon., Aug. 17	Special GRF Board Meeting Clubhouse 4/Zoom/livestream 9 a.m.

Schedule of Mutual Meetings	
Mutual residents are invited to attend the open meetings of their mutual boards (<i>schedule subject to change</i>).	
Tues., Aug. 4	Mutual 16 virtual..... 9:30 a.m.
Tues., Aug. 4	Mutual 17 cancelled 1:30 p.m.
Thurs., Aug. 6	Presidents’ Council virtual.....9 a.m.
Fri., Aug. 7	Mutual 6, annual CH 4/virtual..... 10 a.m.
Mon., Aug. 10	Mutual 9 virtual.....9 a.m.
Mon., Aug. 10	Mutual 1, annual CH 4/virtual..... 10 a.m.
Tues., Aug. 11	Mutual 5, annual CH 4/virtual..... 10 a.m.
Wed., Aug. 12	Mutual 4, open forum 9:15 a.m. virtual..... 9:30 a.m.
Wed., Aug. 12	Mutual 3, annual CH 4/virtual..... 10 a.m.
Thurs., Aug. 13	Mutual 12 virtual..... 10 a.m.
Fri., Aug. 14	Mutual 2, annual CH 4/virtual..... 10 a.m.
Fri., Aug. 14	Mutual 3 canceled9 a.m.
Mon., Aug. 17	Mutual 15 virtual.....1 a.m.
Tues., Aug 18	Mutual 14 virtual.....1 a.m.
Wed., Aug. 19	Mutual 5 canceled9 a.m.
Wed., Aug. 19	Mutual 7 virtual..... 1 p.m.
Thurs., Aug. 20	Mutual 2 canceled9 a.m.
Thurs., Aug. 20	Mutual 11 virtual..... 1:30 p.m.
Fri., Aug. 21	Mutual 15, annual CH 4/virtual..... 10 a.m.
Mon., Aug. 24	Mutual 8 virtual9 a.m.
Tues., Aug. 25	Mutual 17 CH 4/virtual..... 10 a.m.



Religion

Redeemer Lutheran & St. Theodore

By Lisa Rotchford
Reverend

A virus cannot be seen, but we can see the effects of it on individuals and the community. How we respond to it is something we are all called to do – social distancing, wearing masks and staying home – our response is the only thing we can control in a spiraling pandemic.

Faith, too, cannot be seen, but we can see the effects of it on ourselves and those around us. Our response is the only thing we can control. How we respond to life — through our faith — is the only thing we can do at any time, especially times of uncertainty.

As a community we are called, like the people of ancient Corinth, to remember “we live by faith, hope and love, the greatest of these is love.” St. Paul wrote these words of encouragement 2,000 years ago for us to remember and read now.

Though things have changed — and we’ve seen the virus change our world these past few months — we have centuries of history to remind us that at all times we are called to share God’s love by our actions rooted in our faith and hope. Though faith and hope may be invisible, we live by faith, conduct our lives in hope, and know God’s love. Our loving, supportive responses to one another — especially in uncertain times — make the invisible, visible.

A strong “invisible” faith, hope in God who loves and cares for us, and our ability to care for one another in loving actions shows the world that no invisible virus can destroy our spirits. No virus can destroy our relationship with God.

The daily prayer — the Shema from Deuteronomy in the Old Testament and Jesus’ Great Commandment from the New — is proclaimed on the lips of the faithful daily: “Love the Lord your God with all your heart, mind, soul and strength.” (Deut 6; Mark 12, Matthew 22, and Luke 10.) When challenged by an invisible virus, respond with a very visible faith of hope and love!

Community Church

By Johan Dodge
Reverend

There are a lot of things to be down about lately, the news is often of no help as it tends to focus on the negative, and since we are unable to do much while social distancing, it can become all too easy to focus on the news.

The word “Gospel” translates to “Good News” and it describes the coming of God in human form in the person of Jesus to live and die as one of us. God came to show his love for us and to fundamentally change the relationship that we have with him. That relationship continues to be a work in progress, not because of God, but rather because we are constantly getting down on ourselves or those around us; our neighbors, our family, and our friends.

If you find yourself in a funk right now, I commend to you the book of Acts in the Bible. The Book of Acts describes the early work of the followers of Jesus who were facing persecution from all sides and yet they persevered in sharing the message of God’s love for the world — continuing the work that began with Jesus.

If you don’t own a Bible, we would be happy to loan you a Bible from our pews since they’re not being used at the moment. Our church office is open for brief interactions while wearing a face mask. The prayer chapel has been temporarily closed because of COVID-19. For the time being, the meditation garden is available for prayer and meditation.

As always, 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

I invite you to tune into worship Sunday morning at 9:50 on Facebook live @communitychurchleisureworld. If you want to join us for virtual fellowship you will need to call the church office or email

COMMUNITY, page 8

Beit HaLev

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

Beit HaLev is continuing to livestream on Facebook and YouTube as well. To attend, go to galitomtov.com, [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com/channel/UC...) search for the Shabbat Shalom LIVE! channel. Evening services begin at 6 p.m. and morning services begin at 10:30 a.m.

A link to the PDF version of each prayer book is provided at each service.

“I pleaded with Adonai.” Moses tells the Israelites of his plea to be able to see the ‘good land’ that God had promised. The Torah reading of “Va’etchanan” describes God’s impatience, but allowing Moses to climb to the top of Mt. Pisgah, to look in every direction and he would be able to see all of the land. Moses then must instruct the new, younger generation about all that had transpired: the Exodus from Egypt, the redemption at the Red Sea, the Decalogue, concluding with the purpose of following God’s Law: God’s love.

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

Rabbi Galit Shirah also teaches 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.

The LW Weekly
430-0534

Congregation Sholom

Rabbi Rachel Axelrad will be streaming Friday night services at 6:30 on July 31 on The Congregation Sholom of Leisure World Facebook page. To join, select the “rooms” tab, then click on “Jewish Activities” and “Join to Restart.” Rabbi Axelrad will also be on Facebook for Saturday morning services at 9:30 on Aug. 1.

On Sunday, Aug. 2, Congregation Sholom will host an online game night run by Sandy Gefner at 4 p.m. To join, go to facebook, search for Congregation Sholom, click on rooms, then click on Bingo.

Anyone who wants to participate in Congregation Sholom’s games, book club or live stream services should call Susan Michlin at 805 501 5268 to be added to the rooms.

Congregation Sholom will take a safe, socially distanced boat ride around Seal Beach. Those who are interested should call Willard Michlin at (805) 501-5268.

Congregation Sholom will have a membership drive in August. More information will follow in the weeks to come. Anyone who wants to become a member should call Ron Yaffee at (562) 430-7040.

Faith Christian Assembly

Faith Christian Assembly takes Communion on the first Sunday of each month at its 10:30 a.m. service. In the words of Jesus, believers are commanded in 1 Corinthians 11:25, “As often as you drink from it, keep doing this in memory of me.”

Pastor Vaughn gives valuable insights into Communion each month. It is something we never rush, and is always a special time for the community. Anyone is invited to partake in Communion, even if they’re not a member at Faith Christian Assembly, so long as the person has accepted Christ as their savior.

Those who cannot attend the live service can call in to the conference call at 10:50 a.m. To participate in Communion on the call, Dial (425) 436-6371, access code: 576671#.

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

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

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

First Christian Church

By Bruce Humes
Pastor

The 119th Psalm is all about the Bible, God’s word. It’s the longest psalm with 176 verses. F.W. Grant titles the first eight verses as “The Blessedness of Obeying God’s Word.” What better way to start a psalm than by recognizing the blessings we enjoy from being obedient to God’s word.

Verse one says, “Blessed (Greek meaning happy, or happiness) are the undefiled (blameless) in the way, who walk in the law of the

FIRST CHRISTIAN, page 8

Medicare Questions?

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Church of Jesus Christ of Latter Day Saints

By Jim Greer
LW contributor

Elder David A. Bednar reminds us that “in our personal lives, in our families, and in the Church, we can and will receive the blessings of spiritual strength, direction, and protection as we seek by faith to obtain and apply spiritual knowledge.” The leveraging of faith in pursuit of spiritual knowledge is an often-misunderstood process that Elder Bednar explained in a satellite broadcast to Church Education System educators in February 2006.

He noted that in defining faith, three prophets provided profound insight. First, the Apostle Paul described faith as “the substance of things hoped for and the evidence of things not seen.” The Book of Mormon prophet Alma declared that faith is not a perfect knowledge; instead, if we have faith, we “hope for things which are not seen but are true.” In his Lectures on Faith, the Prophet Joseph Smith taught that faith is “the first principle in revealed religion and the foundation of all righteousness.” Brother Joseph went on to identify faith as “the principle of action in all intelligent beings.”

As a principal of action, faith permits us to “walk to the edge of the light and take a few steps into the darkness—expecting and trusting the light to move and illuminate the way.” As we step with faith into the darkness clinging to assurance and hope, we receive evidence and confirmation as the light moves with us and provides the illumination we need. These steps taken in darkness are our trials of faith. As we know, it is after the trial of faith that learning occurs with the Spirit providing a witness of the truth.

This learning by faith requires spiritual, mental, and physical exertion and not just passive reception. The sincerity and consistency of our faith-inspired action indicate to the Lord, our willingness to receive further light and knowledge from the Holy Ghost.

An example of enlarging and strengthening assurance is evident in the first vision account of the young Joseph Smith. After reading verses about prayer and faith in the New Testament book of James, Joseph was inspired to pray in a grove of trees near his home. His question focused not just on what he needed to know but also on what he needed to do. His question of faith was which church he should join, fully intending to take action after receiving further light and knowledge.

Joseph taught, “the best way to obtain truth and wisdom is not to ask it from books, but to go to God in prayer, and obtain divine teaching.” It’s the action of seeking the truth for one’s self, the Prophet Joseph explained, not “reading the experience of others or the revelation given to them” that gives us “a comprehensive view of our condition and true relation to God.”

“Learning by faith involves the exercise of moral agency to act upon the assurance of things hoped for,” explained Elder Bednar. Active faith reveals “the evidence of things not seen from the only true teacher, the Spirit of the Lord.” This type of learning causes us to put off the natural man. To change our hearts, to be converted unto the Lord, and to never fall away. Learning by faith requires both “the heart and a willing mind.” Learning by faith occurs when the Holy Ghost carries the power of God’s word unto and into our hearts. Learning by faith requires faithful action. And, faithful actions qualify us to receive through the Holy Spirit that further light and knowledge that we seek from the source of all truth, our Heavenly Father.

COMMUNITY

From page 7

leisurewccsue@yahoo.com. 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.

LW Baptist

By Rolland Coburn
Pastor

God has a wondrous purpose for us, expressed in a promise worth meditation. The promise is “And we know that to those who love God, all things work together for good, to those who are called according to His purpose,” (Romans 8:28).

First, God’s people—who are they? God and the Holy Spirit helps us know who they are, and we understand his word by faith. God’s people are those who love God. There are only two people-types, those who love him, and those who do not. God’s promise is only for those who do. They are reconciled to God by faith in Christ’s blood. We respond to his love.

Another feature is the “all things”—what are they? They are our individual experiences, part of God’s complex plan known as providence. The term means that God provides for our every need in all life situations. It is not just a popular saying. It is God’s promise. Some people do not believe it, but their unbelief cannot cancel God’s faithfulness.

God’s purpose for us has parts. “For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren” (verse 29). The words show his loving purpose for us and for himself with us. He foreknew, or named us and claimed us, before we were born. His salvation is by his grace; we don’t earn it. We love him because he first loved us. God is the hero, not us. Jesus made it clear: “You did not choose Me but I chose you” (John 15:16). This purpose includes us becoming like himself, like Christ, both spiritually and physically, the transformation when we are glorified at the resurrection. All this is not for our preeminence, but for Christ’s.

God’s detailed planning also shows his love. “And those whom he predestined, he also called; and whom he called, he also justified; and whom he justified, he also glorified,” (verse 30). I tell my wife I appreciate her planning of our day, meals, our week and our lives together. It shows me her love; she is thinking about us. God has effectively called us his people into fellowship with himself and his son, the Lord Jesus Christ. He justifies us, declares us righteous, opens our hearts, renews and writes on them his call. He has many good thoughts about us.

The last word in our promise is the word glorified. It describes God’s preservation of His people. Paul the apostle said, “The Lord will rescue me from every evil deed, and will bring me safely to His heavenly kingdom; to Him be the glory forever and ever, amen” (2 Timothy 4:18).

Where would we be if Jesus hadn’t loved us, cared and sacrificed his life? So glad that he did!

Assembly of God

By Norma Ballinger
LW contributor

Become friends with Pastor Sam Pawlak on Facebook and then tune in each Sunday at 10 a.m. as he brings a message of hope and encouragement. In addition to the Facebook service, a DVD will be handed out each Sunday morning of the full worship service with Pastor Sam preaching and Denise Smith leading the praise songs. This unique method allows church members to have a copy of the DVD at the first of the week so that they will still feel a part of the congregation.

The book of Lamentations, most likely written by the prophet Jeremiah, states that he is grieving over the destruction of Jerusalem. Even though the entire city, including the temple have been torn down, he recognizes that all of this is a judgment of a righteous God. Knowing that God is merciful, he appeals for that mercy in his prayer.

Chapter three includes thoughts of suffering and hope in God. This is the first time in the book that hope is allowed as the writer had sunk low in his soul. It’s all about yielding to the Lord. The Cape of Good Hope around South Africa was once named The Cape of Storms but as bold navigators rounded this difficult spot, the sailing became smoother. As beat down as the people of Jerusalem and Judah were, they were not completely consumed. There was still a remnant with a promise of restoration, because wherever God leaves life, he also leaves hope.

It’s this mercy and hope that we need to concentrate on every day. Verse 23 says that God’s compassion is new every morning—each dawn gives mankind hope in fresh mercies and compassions. We need a constant supply, because every morning is a new day. He gives new provisions and new forgiveness, new strength for temptations that come our way.

The prophet addresses God directly, “great is your faithfulness” and he is drawn back into fellowship and communion with God.

Yes, the Lord is good to those whose hope is in him, to the one who seeks him, and it is good to wait quietly for the salvation of the Lord.

Writings such as the Book of Lamentations give great assurance that in times of testing and troubles, there is nothing greater people can do than to put our hope in God and then let him lead.

FIRST CHRISTIAN

from page 7

Lord!” Those who conform, or live their life in obedience, to God’s word are promised happiness. God’s word provides provision through confession, repentance and restoration by nothing other than belief in Jesus Christ.

Verse two continues with, “Blessed are those who keep His testimonies, who seek Him with the whole heart.” The psalmist may have had Deuteronomy 6:5-6 in mind when he penned this verse which states, “You shall love the Lord your God with all your heart, with all your soul and with all your strength. And these words which I command you today shall be in your heart.” God wants us to seek him with our whole heart not just when it’s convenient, or on Sunday.

Verse three says, “They also do no iniquity; they walk in His ways.” Iniquity speaks of perversion, mischief, evil and sin. All those things that are in direct opposition to the way God wants us to live our lives for him. Verse four continues this thought with, “You have commanded us to keep your precepts diligently.” Here the psalmist recognizes the command from God to keep His precepts, statutes, and commandments, and not only that, but to be diligent about it. It’s not something we should approach hap-hazardously, but with diligence and enthusiasm. God wants us to actively seek after him.

Verses 5-6 state, “Oh, that my ways were directed to keep your statutes! Then I would not be ashamed, when I look into all your commandments.” In all we do and say each day, our thoughts and actions should be directed towards God’s commands, living our lives for the Lord.

Jesus had a lot to say about following God’s commandments. In Mark 12:29-31, Jesus answers a question asked by a scribe asking what the greatest commandment was. Jesus answered him, “The first of all the commandments is; Hear O Israel, the Lord our God, the Lord is one, and you shall love the Lord your God with all your heart, with all your soul, and with all your mind and with all your strength. This is the first commandment. And the second, like it, is this; you shall love your neighbor as yourself. There is no commandment greater than these.”

In verse seven, the psalmist goes into an attitude of praise, “I will praise you with uprightness of heart, when I learn your righteous judgments.” The psalmist recognizes the righteousness of God’s judgments and still praises Him with his whole heart.

Verse 8 says, “I will keep your statutes; Oh, do not forsake me utterly!” Here the psalmist commits to keeping God’s commandments, precepts, and statutes, and ends with a prayer. The psalmist may have forgotten that in Deuteronomy 31:6, God had made a promise to Moses and the Israelites that they should “Be strong and of good courage, do not fear nor be afraid of them, for the Lord your God, He is the one who goes with you. And He will not leave you nor forsake you.” This message is as good for us today as it was for the Israelites, if we diligently seek him with our whole heart, with all our soul, with all our mind, and all our strength, he will not leave us or forsake us. What a comforting promise for those who believe, even as we go through these very difficult and trying times.

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

Law Offices of: John E. Trommald, APC

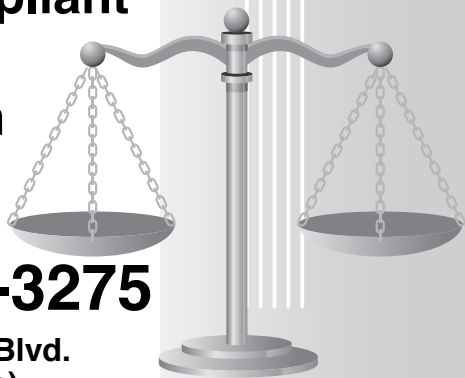
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Community



Republican Club Treasurer Elsa Gildner shows a few items being sold at the Republican booth.

Republican Club

By **Brian Harmon**
LW contributor

Volunteers at the Republican Club booth in the parking lot by Clubhouse 6 are giving away reasonably comfortable masks to all who request them. The booth is open every Monday from 11 a.m. – 2 p.m. until further notice.

The masks are made available courtesy of OC Board of Supervisors President Michelle Steel, a candidate for United States Congress in this district. As with most masks, putting tissue between the mask and one’s face will generally make it more comfortable as well as increasing its effectiveness.

In addition to giving away free masks, volunteers are selling flags, political campaign buttons, pens, tee shirts and red and blue hats.

“The really popular items are selling out fast,” said Republican Club Treasurer Elsa Gildner.

Volunteers are also giving away window signs that say, “Taxpayer Advocate Michelle Steel for Congress.”

Some people have expressed concern about hearing negative comments related to the growing support for a fresh look at policing in the United States. Some are also upset at those who believe recommendations being made by Black Lives Matter such as defunding the police will result in more crime, including murders. The LW Republican Club and the Republican Party favor reforms in the way policing is done, but what we do not support is defunding the police.

Reforms that the Republican Club supports include:

- More intensive police officer training in how to use less deadly methods to deal with suspects
- The use of realistic virtual simulators would increase the officers’ ability to know when, and when not, to shoot
- Research and training in better non-lethal methods of stopping criminals
- Getting officers to know their neighborhoods better through Community Oriented Policing

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HHUG

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

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

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

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.

Celebrating your anniversary, birthday, or other special event? Let us know about it!
Email Community stories to laurieb@lwsb.com with photos attached as jpg files.

SBTV Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule. Have Roku? Go to <http://roku.streamsource.tv/add/sbtv>. The playback schedule is available at Sbtv3.org.

Thursday, July 30

4 pm Beginning of LW
4:15 pm LW Hula Dance Club
4:30 pm LW Entertainment
4:41 pm Lyon Air Museum
5 pm Life and Times: Seal Beach Police Department
6:30 pm The History of Seal Beach
7 pm The Spirit of Seal Beach
7:30 pm World’s Fair Newsreel
7:45 pm Wally Schirra
8 pm On Q—8bit Jazz Heroes
9 pm Cerritos Center-Matt Mauser

Friday, July 31

4 pm Beginning of Leisure World
4:30 pm Lyon Air Museum
4:45 pm Wally Schirra
5 pm Beginning of Leisure World
5:15 pm LW Hula Dance Club
6 pm Harmonn Islanders
6:30 pm Back to Bourbon Street
7:10 pm Velvetones
8 pm Life and Times: Seal Beach Police Department
9 pm Cerritos Center-Golden Dragon Acrobats
10:37 pm Cerritos Center-The Four Tenors

Saturday, August 1

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

Sunday, August 2

4 pm Seal Beach City Council Meeting 7/27 Replay
6 pm Aquarium of the Pacific
7 pm Spirit of Seal Beach
7:30 pm History of Seal Beach
8 pm Wally Schirra/Newsreel 1964
8:30 pm Eric and Sandy-LW
9 pm Betty Price Chimes Soloist
10 pm Abilene Ampitheater
11:35 pm Bob Cole Conservancy

Monday, August 3

4 pm LW Entertainment
4:30 pm LW Hula Dance Club
4:45 pm LW Special Olympics
5 pm Sailing, Sailing, Sails Awakeh
5:18 pm LW- Eric Part 1 & 2
6 pm History of Seal Beach
6:30 pm Spirit of Seal Beach
7 pm SB Planning Committee LIVE
8 pm World’s Fair Newsreel
8:15 pm Beginning of LW
8:30 pm Suede Soul Dancers
9:05 pm LW Entertainment
9:30 pm Vinyl Rock Valentine Concert
11:40 pm National Parks/Drone Club

Tuesday, August 4

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

Wednesday, August 5

4 pm Eric and Sandy- LW
4:30 pm LW- Anna Derby’s 71st Birthday
5:30 pm History of Las Vegas Part 1
6:30 pm History of Las Vegas Part 2
7:30 pm Seal Beach City Limits: Seal Beach Police department
8:30 pm Cerritos Center: Golden Dragon Acrobatics
10:07 pm Cerritos Center-The Four Tenors
11:30 pm Bob Cole Conservancy

**All programming is subject to change.*

PAWS, CLAWS AND BEAKS

20 Types of Food that are Poisonous to Dogs and Cats

Certain foods that are good for humans can be dangerous and even toxic to pets – leading to a variety of health problems. Protect your dog or cat by not letting them get their paws on these dangerous foods.

Chocolate

When you ask someone “What foods are toxic to dogs?” chocolate is often the first to come to mind. Chocolate toxicity can cause vomiting, diarrhea, heart arrhythmias and seizures, and can even be fatal. This is due to an ingredient in chocolate called theobromine, which can be poisonous to pets. The darker the chocolate and the smaller the dog, the greater the danger. Consult your veterinarian if your dog eats any.

Fatty Foods

Tails wag at the scent of greasy and high-fat cheeseburgers, bacon and fried foods, but don’t give in to their begging. While these foods aren’t toxic, consumption can lead to vomiting, diarrhea and gas, and can result in pancreatitis and gastrointestinal issues.

Fat Trimmings and Bones

No more rewarding your pet with fat trimmed from your steak, chicken or pork. You run the risk of causing pancreas and liver problems. Be cautious of leftover bones, too; cooked bones are more likely to splinter, and the sharp pieces of bone can tear digestive organs and cause internal bleeding.

Onions and Garlic

Onions and garlic can be lethal because of an ingredient called thiosulphate, which can damage your pet’s red blood cells and cause anemia. Thiosulphate is found in onions, shallots, chives and onion powder. It’s especially potent in garlic.

Nuts

If your dog is experiencing seizures, lethargy, vomiting or loss of muscle control, nut toxicity may be the cause. Macadamia nuts are a food especially toxic to dogs and cats. Many nuts are also high in fat and salt, which can cause a variety of health issues.

Raw Eggs

Cooked eggs can make a healthy addition to your dog or cat’s diet, if eaten in moderation. Excessive consumption of raw eggs, however, can lead to a biotin deficiency that is bad for dogs’ skin and fur.

PETS, page 10

DEMOCRATIC CLUB

What you should know about Prop. 15

By **Mary Larson**
LW contributor

The LW Democratic Club wants to highlight the California Schools and Local Communities Funding Act that will appear on voter’s Nov. 3 ballot as Proposition 15. This proposition promises to be the most contentious of the 12 that voters will be considering. It seeks to change the property tax law enacted under Proposition 13 as it applies to commercial and industrial properties.

If Proposition 15 passes, commercial properties in California would still pay one of the lowest property tax rates in the nation due to the 1 percent tax limit. In addition, under the 2017 Tax Cuts and Jobs Act, businesses may fully deduct the property tax from their federal taxes.

In order to be fully aware of what is involved in Proposition 15, it is important to first review what happened when Proposition 13 passed 42 years ago with 64 percent voter approval.

Most Leisure World residents will remember that 1978 was a time of increasing property values which in turn resulted in a higher tax burden on property owners, including homeowners. Between the years of 1970 and 1980, the median property value increased by 250 percent while the median household income remained largely stagnant. This led to growing concern among homeowners whose incomes did not increase with the sudden rise of housing prices but

DEMOCRATIC, page 10



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REPUBLICAN
From page 9

• Better tracking of crime so that more police can be dispatched to areas where the most crimes are being committed.

These steps could dramatically reduce the number of innocent people being harmed or killed as well as reduce crime. But they all would cost money.

One of the things that the Republican Club does oppose is publishing the personal information of police officers who are accused of misconduct because it fears it could result in vigilante retribution against these officers.

We will probably never fully understand all of the factors that have caused the dramatic decreases in violent crime we have enjoyed over the last few decades. One thing we can be sure of is that defunding the police will not reduce crime rates or make people safer.

DEMOCRATIC
From page 9

who were subject to higher property taxes.

Unfortunately, after Proposition 13 passed, local communities and schools saw a drastic drop in funding. According to the Legislative Analyst’s Office report, local revenue fell by nearly 60 percent, leaving cities and counties to rely heavily on other sources of revenue such as local sales taxes to compensate for the loss. Despite the state’s efforts to intercede and support cities and counties with additional funding, schools and cities have remained chronically underfunded compared to the years before 1978.

USC’s Program for Environmental and Regional Equity estimates that Orange County would receive \$1.1 billion of the revenue generated by the passage of Proposition 15. It also estimates that more than 75 percent of the projected \$3.6 billion in state-wide revenue will come from the largest and wealthiest corporations in the state.

Facts included in this article come from an analysis by Southern California Grantmakers (SCG). SCG is the regional association where family, private, independent, community and public, corporate foundations come together with corporate giving programs, individuals, and government agencies to make a difference in our communities and around the world.

For more information about what both supporters and opponents have to say about Proposition 15, visit www.socalgrantmakers.org/resources/analysis-california-schools-and-local-communities-funding-act

The LW Democratic Club will continue to provide information about other propositions on the Nov. 3 ballot as the election inches closer.

Those who are interested in receiving the Democratic Club’s electronic newsletter on a regular basis can email the editor, Mary Larson, at mlarson.telfords@gmail.com or call (562) 296-8521 with your contact information. There’s also information available on the LW Democratic Club website at www.sblwdems.wordpress.com. Email lwsbdemocraticclub@gmail.com for information about how to become a club member.



John Gilpin (l) Tiffany Tipton, Christian Barrera, Andrea Barrera and Tim Tipton drop off care packages to Lakewood police officers that LWER’s helped make

Community Strong

Elaine Tabyanau of Mutual 17 has been working with her sister, Marina Tesla, on making care packages for front-line workers since the start of the COVID-19 pandemic.

Every week they pack 100-200 snack bags and deliver to

local employees of police departments, grocery stores, hospitals, health clinics, senior homes and sheriff stations.

These care packages are delivered by Destiny Church, South bay in conjunction with Destiny Church in Palm Desert, California.

Since the start of the pandemic in March, the total number of care packages delivered locally is 35,700.

To learn more about the church or to volunteer, visit www.destiny.online/watch or etabyanan@yahoo.com.

PETS
From page 9

Raw fish

While not inherently a food poisonous to dogs and cats, raw fish may contain harmful bacteria that can lead to food poisoning in your pet. In addition, your pet may also be at risk of catching “fish disease” due to a parasite commonly found in salmon, trout, sturgeon and other upstream-swimming fish. Be sure to monitor your pet closely during fishing trips or at the beach.

Salt

A pretzel here or a potato chip there is mostly harmless. But large quantities of salt can lead to salt poisoning, which has severe neurological symptoms, including seizures and brain swelling. Be sure to monitor your pooch at the beach, since drinking salty ocean water is a common cause of salt poisoning.

Mushrooms

If your dog or cat can roam your yard, remove any wild mushrooms. The wild variety typically causes the most harm, as opposed to grocery store mushrooms. Even a few bites can cause seizures and vomiting.

Avocado

The large seeds found in avocados can become lodged in your pet’s stomach, esophagus or intestinal tract. If you live near avocado trees, be sure to monitor your pet to prevent choking.

Grapes and Raisins

Grapes and raisins can cause kidney issues in dogs and cats. Even small amounts can result in lethargy, shivers and a decreased appetite. More extreme cases of grape poisoning can cause kidney failure and even death.

Cherries

These fruits are toxic to dogs and cats, causing dilated pupils, breathing problems and, in extreme cases, shock or even death. Beware of cherry trees and shrubs

as well. With the exception of the ripe pulp around the seeds, these plants are poisonous to pets, as the non-pulp parts contain cyanide.

Fruit with Pits

Beware of fruits with pits. They can cause your pet to choke or obstruct their intestines, particularly plum and peach pits, which also contain poisonous cyanide.

Beverages Can be Hazardous, too

• Alcohol, even in small amounts, can lead to poisoning. And it’s not just cocktails you should steer your pet clear of. Mouthwash and fermented foods can be poisonous to dogs and cats, as well. Symptoms range from loss of coordination, drowsiness and vomiting to seizures, respiratory failure and even death.

• Caffeine is a stimulant that can damage your pet’s nervous system, heart and other organs. In addition to coffee and tea, soda, ice cream and medications should be off-limits.

• Milk wouldn’t necessarily count as a food poisonous to cats, but it’s definitely not the prized treat most people think it is. In fact, most cats’ and dogs’ ability to digest milk decreases as they grow, making them lactose intolerant as adults. Consuming milk, cheese or yogurt can result in diarrhea and other issues for both cats and dogs.

Ingredients that Can also Cause Illnesses

• Yeast is a common ingredient in bread dough that is dangerous for dogs, as it can expand in their stomach and cause organs to tear or twist. Symptoms of yeast consumption include vomiting, diarrhea and stomach bloating. If you detect any of these symptoms, call your veterinarian. Some yeast dough also ferments, which can lead to alcohol toxicity.

• Rhubarb can be bad for pets’ kidneys and digestive organs, so be careful what jams and jellies your pet can get ahold of.

• Nutmeg, a spice often found in desserts, can cause tremors and seizures in your pet.

• The sugar substitute xylitol can cause your pet’s insulin to spike, so keep sugarless chewing gum, candy, medicines, vitamins, condiments, some peanut butters and even mouthwashes locked away.

Help avoid toxic mold by storing pet food in an airtight container in a cool, dry place.

If your dog or cat consumes any of these potentially dangerous foods, contact your veterinarian immediately. It’s also a good idea to stay on the safe side with pet insurance coverage, which can cover unexpected costs. In the event something does happen, you can take comfort in knowing your pet is protected.

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

Main Gate
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Obituaries

Jo Gordon
July 1933 - June 2020

Jo Gordon passed peacefully into the next life a few weeks ago, after losing the battle with congestive heart failure.

Jo was a friend of the Mutual 7 gang and was grateful to all of those who her made her feel welcome in LW. She enjoyed the many outings and gatherings with friends and family. She also traveled for years in her RV with her motor coach clubs, touring the USA.

She has left us to join her husband Ken who preceded her. She is survived by her daughter Jodie Jenkins and her husband Bob; her son Robert Gordon and his wife Cary; her grandson Bryan Gordon and his wife Tiffany; two great grandsons and her sweet pup Coco.

Due to the unusual situation of the coronavirus there



will be no formal service. She will be missed and her wish is that you will think of her fondly when you see the ocean where her remains have been laid to rest. Until we meet again... Bon voyage and RIP!

...
Bob Thompson
Celebration of Life
August 4

Bob Thompson’s Celebration of life will be on Tuesday, Aug. 4 at 11 a.m. Call Jim Yoshioka for details at (562) 296-5644 and leave a message.

...
In Memoriam
Paul Zibits 68
Richard James 79
Eric Webb 43
Eun Kim 60
Joseph Johnson 58
Judy Plunkett 76
Nancy Newell 67
Ana Solana 54
Peter Chhun 72
Julie Christian 53
Remell Booker 67
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—paid obituary

Arts & Leisure



California Phones Smartphone Training

A free online training session sponsored by California Phones is available for people who are having difficulty hearing or seeing on their smartphones. Learn how to:

- Make your smartphone louder and easier to hear
- Send text messages
- Connect Bluetooth devices
- Operate the basic functions of your smartphone and much more.

This is a two-part online training. To participate, you need a computer, Internet access and a valid email address. A staff member will contact you to review the registration process. iPhone and Android training is offering as follows:

iPhone Training is from 2:30-3:30 p.m. on Aug. 17-18 and Android training is from 2:30-3:30 p.m. on Aug. 26-27.

Space is limited. Register now by calling (866) 271-1540 or emailing smartphonetraining@ddtp.org.

NOCE Registration

Registration for NOCE online classes is now available.

North Orange Continuing Education (NOCE) is hosting online classes for Fall 2020. Visit the website for class and registration information. All in-person registration and classes in Leisure World has been cancelled until further notice.

For NOCE registration, visit:

• <https://noce.edu/admissions-registration/about-admissions-registration>

For NOCE Fall 2020 Catalog and the Leisure World Classes located on pages 56-61, visit:

• https://noce.edu/application/files/2515/9502/7552/NOCE_Class_Schedule_2020_Fall_v7c.pdf

Balance and Stability Class

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

The instructor teaches the free 40-minute class that focuses on balance, shifting weight and cognizant activities.

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

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

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

Family Radio Service User Drills

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

- Call-in time is from 9:30-9:45 a.m.
- Use Channel 13/0.

Be sure to wait until the radio is clear and call in stating your first name, last name initial and mutual, example “John S., Mutual 13, checking in.” Remember to press the side button to speak and release when finished.

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

Connecting with the LW Weekly

The Leisure World Weekly office is closed to the public but staff is working on-site to produce the paper. Editors can be reached by phone and email. See page 4 of any edition for editors’ addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor. All classified and display advertising will be accepted by telephone at (562) 430-0534.

LEISURE BICYCLISTS

Meeting place has moved from North Gate to St. Andrews

Join the Leisure Bicyclists Monday, Wednesday, Friday and Sunday at 9 a.m. at the St. Andrews Gate (the North Gate is closed due to 405 Freeway construction) for a ride to Long Beach, Huntington Beach, El Dorado Park or Seal Beach Pier.

Ride at your own safe speed and use any make of bicycle. Treks, recumbents, electric bicycles, etc., are all welcome. Helmets and safe shoes are a must.

Safe distancing and masks are required. Call Mary Romero at (562) 810-4266 for further information.

—Mary M. Romero

Zoom Classes

The following classes are offered through the Zoom platform. If you are a beginner to Zoom, download the Zoom App to make logging into the session easier. If you need help setting up microphone and/or video or have any other connectivity issues, call Bonnie Z. Cooper at (562) 822-6358 before the class begins.

For an invitation, email Miryam Fernandez at mzzmimm@gmail.com and include what device you’re using.

Class Schedule:

• Tuesday, Aug. 4, 10 a.m.—Zoom on iPad

Instructors: Miryam Fernandez, Bob Cohen, Fred Carpenter

• Tuesday, Aug. 11 10 a.m.—Email Basics

Instructors: Miryam Fernandez, Bonnie Cooper, Virginia Olejnik

—Miryam Fernandez

Men’s Golf Results

The Men’s Monday Golf League played on July 20 at Riverview Golf course in Santa Ana. Nine men and one woman challenged the par 70, 5800-yard 18-hole course. Riverview parallels and crosses the Santa Ana Riverbed several times.

There are significant elevation changes and deep valleys for a golf ball to traverse. There are many scenic views from the elevated tees and greens.

With a lovely morning and the course in great shape, there were mostly below par scores were carded plus 5 birdies.

All scores are net (actual score minus handicap).

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

A Flight Winners:

• First Place: Dave LaCascia, 4 under 66 plus a birdie and closest to the pin on the 100-yard par 3 ninth hole; second: tie between Ron Jackson and Fujio Norihiro, 3 under 67 and Fujio had a birdie; third: Sam Choi, par 70 plus 2 birdies; fourth: Bill McKusky, plus a birdie and fewest putts.

B Flight Winners:

First Place: John Meyer, 1 over 71 plus fewest putts; second: Liz

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COVER COVER

In these times of COVID-19, people have a lot of time to read books. LW residents are invited to submit reviews of their favorites for publication in the LW Weekly. Include your name and mutual and telephone numbers. The reviews are subject to editing and will run as space allows. Email them to rutho_news@lwsb.com. For more information, call (562) 472-1277.

“The Secrets We Kept,” by Lara Prescott

Fiction, Sept. 3, 2019

by Gail Morrison

LW contributor

“The Secret’s We Kept” is a fictional account on a true historical development of Boris Pasternak’s writing of “Doctor Zhivago,” during the Cold War of the 1950s in Russia.

It reveals the turmoil in Russia that prohibited publishing the book as it was considered anti-Russian. It tells the story of the typists who worked with the CIA to get the book published for all Russians and the world to see what went on behind the scenes in political Russia.

The typists also provided a go-between, carrying secret messages to promote publication. It touches on Boris’s mistress, Olga, who becomes Lara to Yuri, the main characters in “Doctor Zhivago.” It also shows the horrors of Olga’s imprisonment in the Gulag because she would not reveal the plot of Boris’s book to the Russian government.

This book is a grim account and not the kind I usually read. It is the author’s debut novel and it is beautifully written with scenes transporting you inside the characters. Each chapter began with a new character speaking in first-person, making it difficult to know who was speaking.

I learned a lot of Russian history at this time and especially the great difficulty of the book’s publication. I haven’t read “Doctor Zhivago,” but now, it’s at the top of my reading list!

It’s also interesting that the author, Lara Prescott, is named after Lara in “Doctor Zhivago!”

Virtual Classes Hosted by HCC

All are welcome to join virtual classes hosted by the Leisure World Health Care Center. Have some fun learning new skills and seeing friendly faces, all from the comfort of your home.

• Healthy Cooking

Whether you’re new to cooking or a seasoned chef, discover how to make a simple and delicious dish with Chef Pablo; sponsored by Anthem.

Dates: Wednesday, Aug. 5 and Aug. 19

Time: 2–3 p.m.

• Flower Arranging

Brighten your home with beautiful flower arrangements. Our guest speaker will show you simple, lovely ways to bring some color to your day. RSVP quickly; only 15 spots available; sponsored by SCAN Health Plan.

Date: Thurs., July 30

Time: 1–2 p.m.

To RSVP for these events, email Grecia Nunez, HCC senior ambassador, at GNunez@mhealth.com. In your email, include your name and the event series you’d like to attend. She will send you a link if the class is still open.

Friday Tech Talk

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

- July 31: Scheduling and Inviting people in Zoom Meetings
- Aug. 7: Finding and Using Stock Images from the Web
- Aug. 14: Zoom for Hosts: Creating and Using Polls
- Aug. 21: Zoom for Hosts: Using Annotations and Whiteboard
- Aug. 28: Creating a Facebook Page for a Business, Club, Organization or Pet

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

—Bob Cohen

Sign Up For LW Live

Leisure World residents are invited to sign up for the GRF’s one-way, real time community notification system. Visit www.lwsb.com and click the “LW Live” icon at the right of the screen. Don’t be left in the dark, sign up today.



SEAL BEACH

Temporary outdoor dining program is underway

In an effort to assist local Seal Beach businesses with the challenges and concerns associated with the COVID-19 pandemic, the City Council has approved a temporary provision to allow for outdoor dining and other activities.

Recent mandatory closures of indoor dining and other businesses by the State of California have threatened small business and the city is seeking to mitigate the impact.

Outside business opportunities include the temporary expansion of outdoor dining at restaurants throughout the community, the use of dining parklets in association with restaurants on the Main Street business corridor, and the ability for businesses to provide merchandise displays,

activities and services outdoors.

With proper precautions, outdoor locations carry less risk of transmission of the coronavirus than indoor locations, making outdoor dining a safer option for the gradual resumption of restaurant services.

Without these measures, most restaurants would see their capacity drop to a point where it would be difficult, if not impossible, to make a profit, making re-opening moot.

Moving tables and chairs to the sidewalks, parking lots or other outdoor locations could help these establishments re-open with close to as many tables as before the pandemic, so they can begin to rebuild their businesses.

“Our local restaurants and businesses need our assistance

during this time and the City is doing all we can to ensure our local economy can effectively recover from the coronavirus impacts.

This temporary measure balances a variety of safety and economic interests while adding an enhanced experience for our community and visitors,” said Mayor Schelly Sustarsic.

For more information on the Temporary Outdoor Dining Program or to download a Temporary Dining Permit Application, visit the Business and Employee Resources tab on the City’s website at www.sealbeachca.gov or submit inquiries to Community Development Director Les Johnson at ljohnson@sealbeachca.gov.

—Patrick Gallegos,
Assistant City Manager

Video Producers Club Zoom Classes

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

- Classes are as follows:
- Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.
 - Monday, 2 p.m., Zoom class for iPad and Mac users hosted by Fred Carpenter. For an invite to his class, email sail1942@gmail.com.
 - Wednesday, 10 a.m., beginners Zoom class Windows and Android users with host Joe Osuna. For an invite to his class, email joosuna29a@gmail.com.
 - Thursday, 10 a.m., beginner’s Zoom class for Windows and Android users and for beginning Video Producers with host Joseph Valentinetti. For an invite to his class, email 0501042@gmail.com.
 - Friday, 10 a.m., guest lecturer Bob Cohen hosts Friday Morning Tech Talk on a variety of topics. Email bob@bobology.com for an invite.
 - Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501042@gmail.com.

—Joe Osuna

Free Grocery/Meal Kit Delivery to LW

Global Market Kitchen is now accepting orders for free weekly delivery to the Clubhouse 4 parking lot. First orders will be delivered today, July 30, between 2-4 p.m. Future orders will be delivered on Wednesdays.

Each \$50 order will include a free, ready-to-eat meal kit.
WHAT: Grocery, household necessities and meal kit delivery
WHERE: Clubhouse 4 parking lot drive-through
WHEN: Wednesday, Aug. 5, between 2-4 p.m.
HOW: Order online at <https://squareup.com/store/GDBROGMK/> or by phone at (562) 661-9776

Selection of fresh produce, dairy products, pantry staples, deli meats, bakery goods, beverages and prepared meal kits updated regularly according to market availability.

For more information, contact kathyt@lwsb.com or the vendor at gdbrox@gmail.com.



On July 27 at about 5:25 p.m., a 31-year-old, unlicensed non-resident driver lost control of his vehicle and struck two parked vehicles on St. Andrews Drive near Building 55, according to Security. Seal Beach police were called to the scene. There were no injuries, but the parked vehicles were heavily damaged. One of the vehicles was partially blocking the sidewalk. Security placed cones to warn pedestrians.

GOLF
from page 11

Meripol, 2 over 73 plus closest to the pin on the 140-yard par 3 hole; third: Tom Ross; fourth: Lowell Goltra; fifth: Bob Munn.

Men’s Friday Golf League

The Men’s Friday Golf League played at David L. Baker Golf Course in Fountain Valley on July 24. Eleven men and 3 women challenged the par 62, 4000-yard executive course.

The weather was overcast early and although it warmed up some, the sun never did come out.

The grounds are in particularly good shape and the fairways neatly mowed.

Even with six large water hazards and large, undulating greens, course conditions were ripe for excellent scores.

As a result, there were 12 par or sub-par rounds and 7 birdies—an unusually high number.

In addition, a special challenge was instituted where anyone shooting a “greenie” (land and stay on green) on the tough 130-par par 3 twelfth where the flagstick was guarded by a large and deep sand trap.

Three players overcame the challenge—Liz Meripol, Fujio Norihiro and Dave LaCascia.

The three were rewarded appropriately.
All scores are net (actual score minus handicap).

A Flight Winners:

• First Place: Bill McKusky, a splendid 7 under 55 plus closest to pin on the 110-yard par 3 third hole, a birdie, and fewest putts; second: Paul Cose; a nice 5 under 57 plus 2 birdies; third: Fujio Norihiro, a superb 4 under 58; tie for fourth between Sam Choi with 2 birdies, Jim Goltra with a birdie and Cindy Cooper each with an outstanding 3 under 59; fifth: Ron Jackson at even par 62; sixth: Dave LaCascia, 2 over 64.

B Flight Winners

• First Place: Liz Meripol, a well-played 16 under 46 plus a birdie; second: Keiko Sekino, a fantastic 15 under 47, plus a birdie and fewest putts; third: Bob Munn, an excellent 7 under 55 plus closest to the pin and the 110-yard par 3 fifteenth hole; fourth: John Meyer, a very good 4 under 58; fifth: Bill Zurn, great 3 under 59; sixth: Lowell Goltra at even par 62.

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

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays.

The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove.

LW Men’s Club membership is not required.
There is a prize pool for each round that players are not obligated to enter.

Prizes are awarded for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, although infrequent, are generously rewarded.

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

The Men’s Monday/Friday League is looking for golfers (men and women) to join the league during the local course shutdown.

Handicaps can be determined using the local course handicap numbers and adjusted for the longer and more difficult courses outside Leisure World. Contact Dave for more information at (801) 674-5975.

—Dave LaCascia

GRF Sewing Room

The GRF is offering the use of the Sewing Room in Clubhouse 3 to make face coverings under certain guidelines, including that only two people at a time will be permitted in the room for two hours at a time. Reservations are required by emailing kathyt@lwsb.com. For more information, call (562) 431-6586, ext. 398.

CALFRESH

Get help qualifying

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

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

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

- ID
 - Green Card or Citizenship Certificate
 - Social Security Card
 - Proof of Income
 - Rent Receipt and Bills
- Ways to apply:
- By Appointment in LW: Call 431-6586, ext. 317
 - Online: GetCalFresh.org
 - Phone: (800) 281-9799
 - Walk In: 1928 S. Grand Ave., Santa Ana, 92703

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



Grab n Go Meals

July 30-Aug. 3
Clubhouse 6 Parking Lot

- **Thursday:** Domino's Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi's Candies Ice Cream Truck, 4-7 p.m.
- **Friday:** Katella Deli; extensive menu—Deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online www.katellabakery.com, specials of the day available onsite, cash/cards.
- **Saturday:** Lucille's Smokehouse, barbecue, salads, sandwiches; no pre-orders, just show up between 4-6 p.m.
- **Sunday:** Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at www.bergcatering.com (LW Menu) or buy onsite, PayPal, checks, cash, cards.
- **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., www.kabobaholicft.com or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards

...

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

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

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

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

TRACING from page 1

- You will get advice on how to separate yourself from others to avoid spreading the disease.
- You will be asked basic questions like your name and age, the places you've been, and the people you've spent time with.
- Those people will be contacted and told they may have been exposed to COVID-19.
- They will be offered testing and medical care.
- Your personal information is confidential.

If you are Exposed to COVID-19:

- You'll get a call, text or email from your local public health department to inform you of this exposure.
- They will not share information about who may have exposed you. This information is confidential.
- You'll get free, confidential testing, regardless of income, health insurance, or immigration status.
- They will help you understand your infection risk. They'll tell you what to do immediately to prevent further spread.
- They will stay in touch to see if you develop symptoms.
- If you have symptoms, they will get you tested quickly. You will get resources to self-isolate.
- They may ask questions about the places you've been and the people you've spent time with.
- Your personal information is confidential and will not be shared.

Is the information I provide confidential?

- Yes. Your identity and health information is always kept private. It will not be shared with anyone who may have been exposed.
- No one will ask about your immigration status during testing, care or follow-up calls.
- You will never be asked for your Social Security number or payment information.
- California's strict privacy laws protect all your information. California Connected maintains data with strict privacy and security storage standards.
- The data is only collected and stored for use by local and state public health departments.

If you find out you have COVID-19, it's important to quarantine yourself from others so they don't get sick.

People you live with are close contacts and should get tested.

To learn more, visit californiaconnected.ca.gov

REFRIGERATOR SAVVY

When temps rise, don't overstuff freezers and other helpful tips

A refrigerator that hums along when the weather is fine may start to stress out when temperatures rise. Residents should make sure not to overstuff their freezers when temperatures soar because their appliances will have to work harder to hold temperatures and that can overtax them, causing early breakdowns.

Zero degrees (or even lower) is the best temp for long-term frozen food storage, so set your freezer as low as it will go. And if you find that your ice cream gets too hard to scoop, store it on the door where the temperature will be the highest.

To keep food safe, refrigerators should maintain a temperature between 35 and 38 degrees F, according to energystar.gov. Setting the temperature too high puts your food at risk of spoiling and setting it too low wastes energy. If your refrigerator doesn't

RED CROSS

Support offered

The American Red Cross Los Angeles Region has launched a Virtual Family Assistance Center to support families struggling with loss and grief due to the ongoing coronavirus pandemic.

People can visit redcross.org/get-help to access a support hub with special virtual programs, information, referrals and services to support families in need. People without internet access can call (833) 492-0094 for help.

"This is an incredibly difficult time for everyone, but especially for those who have lost a loved one due to COVID-19," said Carol Bamesberger, disaster spiritual care regional advisor for the Red Cross in Los Angeles. "Not only have these families experienced the unexpected passing of a loved one, but they are also facing additional challenges caused by this public health emergency. We want them to know that the Red Cross is here to provide compassion and support as they grieve."

Many families have experienced a disrupted bereavement and grief process due to restrictions related to COVID-19. To help, the Red Cross has set up a virtual team of specially trained mental health, spiritual care and health services volunteers who are:

- Connecting with families over the phone to offer condolences, support and access to resources that may be available
- Providing support for virtual memorial services for families, including connecting with local faith-based community partners
- Hosting online classes to foster resilience and facilitate coping skills
- Sharing information and referrals to state and local agencies as well as other community organizations including legal resources for estate, custody, immigration or other issues

All Family Assistance Center support will be provided virtually and is completely confidential and free.

For more information, visit redcross.org/la or cruzrojaamerica.org, or visit us on Twitter at @RedCrossLA or @CruzRojALA.



have a built-in thermometer, use an appliance thermometer.

Here are some other tips from the U.S. departments of Energy and Agriculture.

- Set the appropriate temperature.
- Allow air circulation behind the fridge.
- Leave a few inches between the wall and the refrigerator, and keep the condenser coils clean if you have an older model. Read the user's manual to learn how to safely clean coils. Coil cleaning brushes can be purchased at most hardware stores.
- Check the door seals. Make sure they are airtight. If not, replace them.
- Keep the door closed.
- The front grill should be kept free of dust and lint to permit free air flow to the condenser.
- Keep food covered. Cover liquids and wrap foods before storing them. Uncovered food

and beverages release moisture into the unit making the compressor work harder.

• Watch door storage. The temperature of the storage bins in the door fluctuate more than the temperature in the cabinet so don't store perishable foods in the door. Eggs should be stored in the carton on a shelf, according to Consumer Reports.

• Don't overload it. Adding too many room-temperature items such as cans of soda or bottles of juice causes your refrigerator to work harder at cooling. Just add enough to cover your needs for a day or two.

• Defrost often. If you have a manual defrost don't allow the frost to build up more than a quarter of an inch.

Following these simple guidelines can help your refrigerator perform at it's best and maintain temperatures that keep your food safe.



Employment Opportunity Security Officers Full-Time

The Leisure World Seal Beach Security Department is currently seeking FULL TIME Security Officers to join our team.

This is an active position which includes nights, 'graveyard' shifts, weekends and holidays and requires walking and standing for the majority of your scheduled shift.

Your work week will consist of 40 hours a week, 8 hours in any given shift (please note there are no part-time positions available).

Starting Pay - \$15.00 per hour.

Your responsibilities will include:

- Entry control into the community (various entry gates, traffic control and customer service)
- Incident reporting
- Patrol

Qualified candidates will have:

- Minimum HS Diploma or equivalent
- Valid and unrestricted California Drivers' License
- Great attitude and ability to learn
- Positive interaction with community members, staff and visitors
- Excellent oral and written communication skills
- Ability to successfully pass a pre-employment physical, criminal background and drug screening.

If this sounds good, we invite you to apply online at www.lwsb.com/careers.

MUSING
from page 4

are ripped up, and there are muffled sounds of hammers and electric saws coming from the back. The Health Care Center seemed fine the way it was, but not being consulted about the reconstruction, of course, I could only guess at their reasons for the change.

Right inside the door, I was met by an Optum team member, dressed in blue and wearing a mask and face guard. She gently held a temperature gauge to my forehead and since she did not gasp and throw me in a wheel chair, I assumed that I did not have a temperature.

Then she asked, "Ot twer rodum tu stemlt?"

No, she was not speaking in a foreign language. Being a little hard of hearing, I could not understand what she said through the mask, but I assumed that she was asking if I had any COVID symptoms.

I smiled through my mask (a smile which she could not see, of course) and I said, "No, I am fine; no symptoms."

I was relieved to see that this answer apparently satisfied her,

and she motioned for me to sit down in a well-spaced chair, which I did.

The rest of the visit went fine; the nurse came out and motioned me into a small examination room, she tested my blood and pronounced me fit to venture forth for another month.

Then I got into my car and drove to my bank which was another interesting COVID-19 adventure.

I parked in front of the bank, put on my mask and walked to the door.

A masked policeman was outside the door, and I discovered that his function was to let only six people in at a time. Fortunately, it was early, so he ushered me right in. Once I was inside, a masked lady in a blue smock came over to me and said, "Ot twer rodum tu stemlt?"

Again, I assumed she was asking how I felt, and I told her that I was fine. Then she pointed to the painted yellow footprints on the floor that were leading up to the tellers' cages. I dutifully went and put my feet on the first two available footprints, and I felt like

Dorothy, happily following the yellow brick road.

No, Dorothy, we aren't in Kansas anymore, but I'm sure the good people of Kansas are going through the very same thing that we are.

There were only four teller cages open, and the masked tellers were busily helping their customers.

So I stood and waited. While waiting, I noticed a little girl sitting by one of the cages, and she wore no mask. I saw that she had a mask, but it was hanging around her neck.

She smiled at me through missing teeth and I thought gloomily, "I wonder if she has the virus."

Her mother was standing nearby and was apparently oblivious to her daughter's serious infraction.

I wanted to march right over to them and correct the situation. However, before I could react, it became my turn to approach the teller's cage.

I simply wanted to deposit some checks, so I handed the teller the checks, deposit slip and

my driver's license and prayed that she would not talk to me through her mask. She began to process the checks and I was sorely disappointed when I realized that she wanted to chat. She said, "Wu twy lso wky us tday?" I assumed she was asking how my day was going, and I said, "Just fine, thank you."

She crinkled her eyes (which I assumed meant she was smiling) and she said, "Ist mein yerg doy brts goig?" Stumped, I finally said, "Just fine, thank you." She crinkled again and handed me my receipts. I left quickly, got in my car, tore off my mask and drove home.

How I long for the good old days when we weren't paranoid, we didn't have to wear masks and we could easily mix and visit with other people without fear. How I hope that those golden days will return to us soon.

I miss my kids, my grandkids and friends. We are all strangers wandering in a strange land right now, but if we honor the new rules, I know that we will get through this.

Dorothy would agree.

LETTERS
from page 4

responsible for these things? Now seriously...

So how are people with ill intent coming into our community?

They are being waved through. I say stop it. We have our own Security Department that had residents working.

Where are they? They had an interest in keeping their community safe.

This new batch does not live here.

First of all, they're just not old enough.

Secondly, they leave here after their shifts, so what do they care?

This needs to be recognized as the security problem it is. It needs to be addressed.

Gloria Beech
Mutual 11

According to Golden Rain Foundation Security Director Victor Rocha, the suspect who re-entered the community July 20 did so while being chased by four Seal Beach Police Officers. The suspect did not stop when ordered and proceeded past the Security officers at the gate in an attempt to evade Seal Beach police.

SCRABBLE G R A M S SOLUTION

R ₁	E ₁	D ₂	R ₁	A ₁	W ₄	N ₁	RACK 1 =	61
W ₄	A ₁	R ₁	M ₃	E ₁	S ₁	T ₁	RACK 2 =	62
W ₄	I ₁	N ₁	D ₂	A ₁	G ₂	E ₁	RACK 3 =	66
F ₄	E ₁	D ₂	E ₁	R ₁	A ₁	L ₁	RACK 4 =	61
O ₁	V ₄	O ₁	I ₁	D ₂	A ₁	L ₁	RACK 5 =	72
PAR SCORE 260-270								TOTAL 322

Crossword Answers

BRIC	ODD	MAMAN	GRAIL
LENO	LAIC	ATOMS	RONDO
ANDA	ELLE	EONIC	ASTOR
DAISY	GILLESPIE	STEELE	
ELATE	SLAT	ESTEEM	
ASTO	ASRED	RESALES	
DAHLIA	APARTON	DAD	COLT
ERE	TESS	STRIDE	DIKE
LINA	ANT	REFER	ONER
LENSES	IFISEE	ISON	
SLATE	IRISLEVIN	HALTS	
ELLS	LOOSER	ASLEEP	
SEER	ASSET	WET	DONE
CLAW	CUSOR	TILL	ROC
ASTI	TEA	PETUNIA	CLARK
REALTOR	GETON	ASIA	
LESSER	UNIT	EVANDE	
LABINE	PEONY	SINGLETON	
AREAS	SCALE	IGOR	RIND
GORME	TOSIR	AERO	NODE
SWISS	STENS	RAW	ENID

Sudoku 1 Answers

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

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

EXCEL CLAMP OPPOSE EXEMPT
The new apartment buildings were very confusing. It was a — COMPLEX COMPLEX

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

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

Guess Who?
Lisa Kudrow

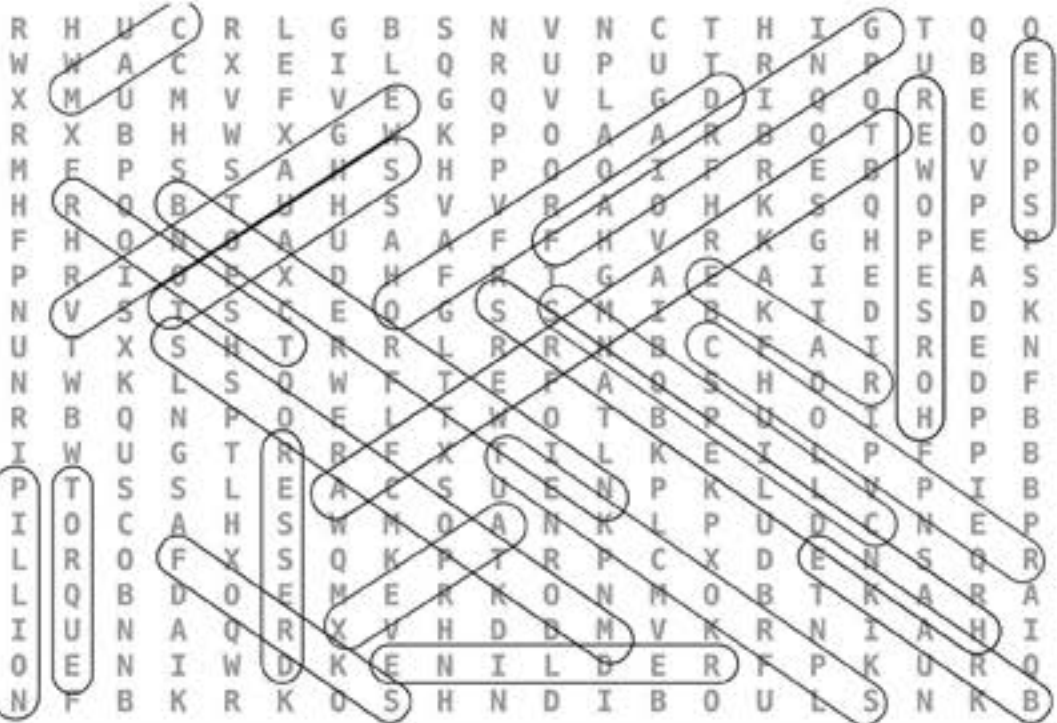
Crypto Fun Answers

A. engine B. helmet C. bike D. roadway

Boggle BrainBusters Answers

CUBA CHAD CHINA CHILE CANADA CROATIA COLOMBIA

Word-Find Answers



Health & Fitness

Meals on Wheels, Long Beach

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

Thursday, July 30: Beef stroganoff, mushroom and barley rice, zucchini medley, tropical fruit salad cup, ham and cheese, sandwich with lettuce, tomato and pickle, marinated cucumber and onion salad

Friday, July 31: Breaded oven baked fish with tarter sauce, macaroni and cheese, lemon peppered broccoli, lemon cake, Caesar chicken salad with Romaine lettuce, shredded cheese, croutons, Caesar dressing, crackers.

Monday, Aug. 3: Chicken Mole (leg and thighs), au gratin potatoes, green beans with pimentos, fresh orange, egg salad sandwich with spinach and tomato, carrot and raisin salad.

Tuesday, Aug 4: Oven roasted pork loin with honey mustard sauce, barley pilaf, zucchini medley, cantaloupe, entree turkey and ham cobb salad with egg, tomato, bacon, blue cheese dressing.

Wednesday, Aug. 5: Beef Picado, Spanish rice, black beans, pineapple with mango, turkey and cheese sandwich with lettuce tomato and pickle, creamy coleslaw.

Finding new ways to stay healthy during quarantine?

Email your **Health** stories to laurieb@lwsb.com

Tips for keeping skin looking and feeling healthy

Your skin changes with age. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. However, there are things you can do to protect your skin that will make it feel and look better.

Dry Skin and Itching

Many people suffer from dry spots on their skin. Dry skin patches feel rough and scaly. There are many possible reasons for dry skin, such as not drinking enough liquids, spending too much time in the sun or sun tanning, smoking, feeling stressed or losing sweat and oil glands, which is common with age. Dry skin also can be caused by health problems, such as diabetes or kidney disease. Talk to your doctor if your skin is very dry and itchy.

Here are two ways to help dry, itchy skin:

- Use moisturizers, like lotions, creams, or ointments, every day.
- Try using a humidifier, an appliance that adds moisture to a room.

Skin Cancer

Skin cancer is very common in the United States. The main cause of skin cancer is the sun along with sunlamps and tanning booths. Anyone can get skin cancer. People with fair skin that freckles easily are at greatest risk. Skin cancer may be cured if it is

found before it spreads to other parts of the body.

There are three types of skin cancers. Basal cell carcinoma and squamous cell carcinoma grow slowly and rarely spread to other parts of the body. These types can grow anywhere but are usually found on parts of the skin most often exposed to the sun, like the head, face, neck, hands, and arms. The third and most dangerous type of skin cancer is melanoma. It is rarer than the other types, but it can spread to other organs and be deadly.

Check your skin once a month for things that may be signs of cancer. Check moles, birthmarks, or other parts of the skin for the "ABCDE's"

A = Asymmetry (one half of the growth looks different from the other half)

B = Borders that are irregular

C = Color changes or more than one color

D = Diameter greater than the size of a pencil eraser

E = Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

See your doctor right away if you have any of these signs to make sure it is not skin cancer.

Keep Your Skin Healthy

Some sun can be good for you, but to keep your skin healthy, fol-

low these general practices:

Limit time in the sun. It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are strongest. For example, during the summer, try to stay out of the sun between 10 a.m. – 4 p.m. Don't be fooled by cloudy skies. The sun's rays can go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake or the ocean.

Use sunscreen. Look for sunscreen with an SPF number of 30 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every two hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.

Wear protective clothing. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Your skin may change with age. But there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

- www.nia.gov

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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku 1

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

9 To 5 By Harley Schwadron



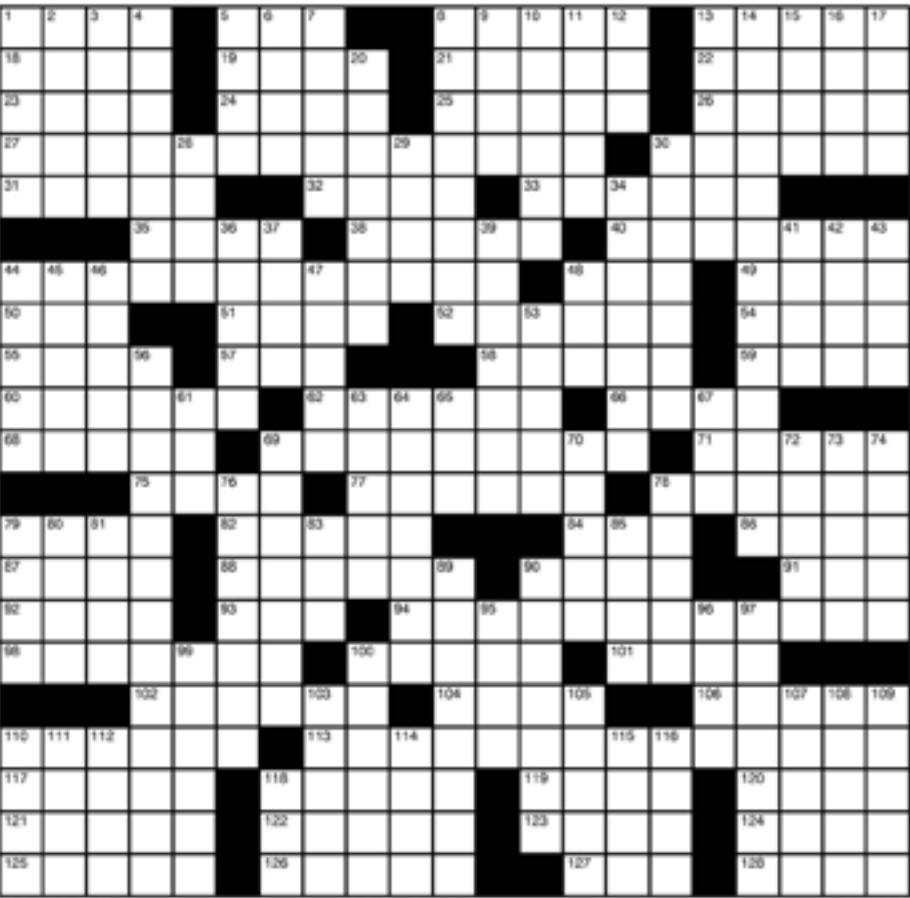
"I was voted least likely to succeed. But if you give me a raise, you can prove an entire graduating class wrong."

Flowering Names

Edited by Linda and Charles Preston

ACROSS

- 1 ____-a-brac
- 5 Unusual
- 8 Parisian parent
- 13 Holy cup
- 18 "Tonight Show" host
- 19 Nonecclesiastic
- 21 Particles
- 22 Reiterative composition
- 23 "... on a wing ____ prayer"
- 24 Women's magazine
- 25 Of the ages
- 26 John Jacob ____
- 27 Floral trumpeter?
- 30 "Remington ____": TV series
- 31 Delight
- 32 Blind feature
- 33 Respect
- 35 Regarding
- 38 ____ as a beet
- 40 Second transfers
- 44 Floral country singer?
- 48 June celebrant
- 49 Young horse
- 50 Before, poetically
- 51 Tracy's Trueheart
- 52 Long step
- 54 Water barrier
- 55 Director Wertmuller
- 57 Busy bug
- 58 Allude to
- 59 Standout: sl.
- 60 Bifocals: e.g.
- 62 Not ____ you first!
- 66 "His eye ____ the sparrow"
- 68 Roof topping
- 69 Floral "Stepford" novelist?
- 71 Puts a stop to
- 75 Home extensions
- 77 More relaxed
- 78 Dreaming, maybe
- 79 Palm reader
- 82 Belonging of value
- 84 Dew-covered, say
- 86 Completed
- 87 Talon
- 88 Computer pointer
- 90 Cache box?
- 91 Bird of legend
- 92 Sparkling wine
- 93 Afternoon social
- 94 Floral pop singer?
- 98 40 Across broker
- 100 Move along
- 101 Singapore's continent
- 102 ____ Antilles
- 104 Component
- 106 Steer clear of
- 110 Ex-Dodgers ace Clem
- 113 Floral "Blondie" actress?
- 117 Sections
- 118 Dieter's nemesis
- 119 Prince of opera
- 120 Outer coating
- 121 Lawrence's other half
- 122 "____ With Love"



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8/2/20

- 123 Space or stat start
- 124 Stem protrusion
- 125 Good cheese or chocolate
- 126 British 9mm automatic weapons
- 127 Unprocessed
- 128 Geraint's beloved

DOWN

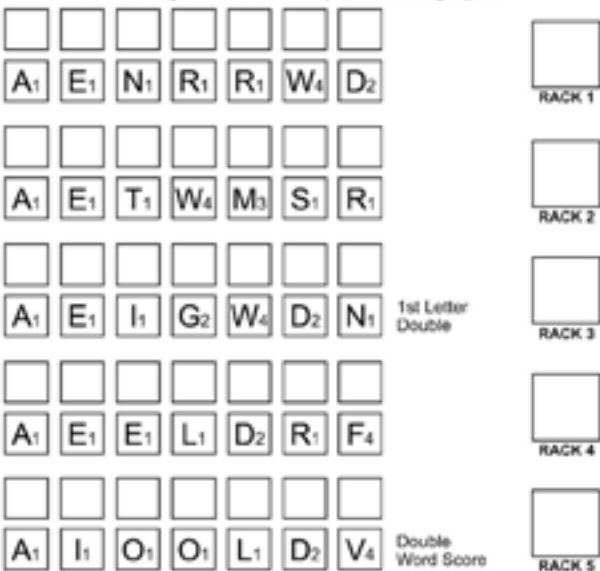
- 1 Knife edge
- 2 Kidney-related
- 3 Land of curry cuisine
- 4 By the sea
- 5 Designer Cassini
- 6 Spanish surrealist
- 7 Pickle herbs
- 8 Conductors
- 9 Upon
- 10 Wealthy
- 11 Francois's girlfriends
- 12 Pres. security forum
- 13 Rasps
- 14 Floral mystery writer?
- 15 Poker stake
- 16 English rocker Billy

- 17 Traditional learning
- 20 Wine storage areas
- 28 "____ Can"
- 29 Where the sun rises
- 30 Sowing tools
- 34 40 Across transaction
- 36 British farewells
- 37 Ready for business
- 39 Main dishes
- 41 Chop choice
- 42 Sommer of films
- 43 After lob or mob
- 44 Hollows
- 45 Shakespearean sprite
- 46 Hair rinse
- 47 Up and about
- 48 Dissimilarity prefix before "f"
- 53 "Superman" Christopher
- 56 Floral aquatics star?
- 61 Moray
- 63 Records
- 64 21 Across item
- 65 Kind of motion?
- 67 Sounds of surprise
- 69 Release sources
- 70 Author Shaw
- 72 Dana of films
- 73 Carnegie Hall performer
- 74 Tiny spot
- 76 Milk sugar
- 78 Map collection
- 79 Wound mark
- 80 "What ____ can I say?"
- 81 "I could ____ horse!"
- 83 Mexican Mrs.
- 85 Kazan of Hollywood
- 89 Preconcert musicians
- 90 Mediterranean republic
- 95 Martin or Randall
- 96 The sky over Paris
- 97 Shirley's pal
- 99 Gets uptight
- 100 John Travolta musical
- 103 Florida theme park
- 105 Calvin's Hobbes
- 107 Suffix for fix or flirt
- 108 Comic strip war orphan
- 109 Finished
- 110 Falls behind
- 111 "pretty maids all in ____"
- 112 Reiterative ailment half
- 114 Ken, of "Thirty-something"
- 115 Nick Charles's spouse
- 116 Mature
- 118 Aves.

The Observer Crossword Puzzle

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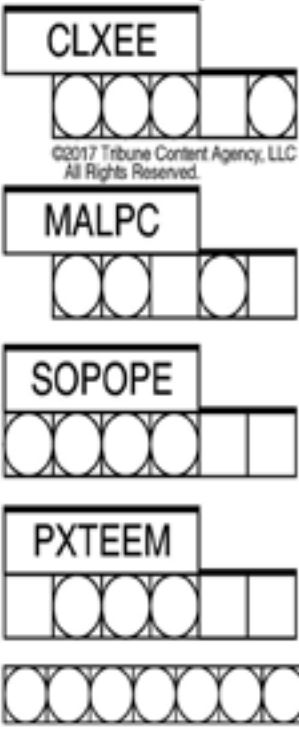


PAR SCORE 260-270
BEST SCORE 322

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JUMBLE

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



THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Guess Who?

I am an actress born in California on July 30, 1963. Prior to my acting career, I worked with my father studying headaches. I rose to fame on a popular TV sitcom playing a quirky “friend” with a penchant for songwriting.

Sudoku #2

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

Level: Beginner

Puzzles & Comics
Answers on page 14

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to motorcycles.
Each number corresponds to a letter.
(Hint: 23 = e)

A.

23 3 15 2 3 23

Clue: Powers a vehicle

B.

12 23 25 13 23 20

Clue: Protective device

C.

14 2 17 23

Clue: Motorcycle

D.

16 11 19 6 24 19 5

Clue: Surface for vehicles

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

A	B	M	A	C
D	I	E	O	N
A	T	D	L	I
B	N	A	O	H
U	C	H	C	R

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3 letters = 1 point

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6 letters = 4 points

7 letters = 6 points

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101-150 = Expert

61-100 = Pro

31-60 = Gamer

21-30 = Rookie

11-20 = Amateur

0-10 = Try again

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

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

WORDS

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and a glass/wood coffee table avail-
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cated in Mutual 3, 13800 Canoe
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08/06

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new windows
Mutual 1 - 29H \$175,000

1 BDR, 1 Bath
Laminate flooring,
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Mutual 1 - 63B \$167,500

2 BDR/2 Bath Mut 15

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



2 BDR, 1 Bath,
Partially Expanded, Greenbelt View,
Newer kitchen, granite counter top.
Smooth ceilings, double pane windows,
3 skylights, shower over a real Bath
tub, fresh paint, and more.....
Mutual 7 - 159I \$239,000

Reduced Move-In Ready

2 BDR/1 1/2 bath
Fully expanded corner
drive up, washer/ dryer, dishwasher
& more
Mutual 2, 19F \$309,000



Country Cottage
Fully expanded 2 BDR, 1 Bath, lovely green-
belt. Double pane windows, plantation shut-
ters, Central A/C Heat, and much more
Mutual 4 -46K \$249,000

Condo for Lease 2 BDR/2 Ba

First floor, laminate flooring
Fully equipped kitchen & more
Mutual 17 \$2,000 mo

Drive up corner **IN ESCROW** expansion
Mutual 5 - 106F \$255,000

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2 Bed, 1 Bath, M7-159I \$239,000

In Escrow Drive up Corner M5-106F \$255,000

**Reduced Corner, 2 bed, 1.5 Bath
M2-19F \$309,000**

2 Bed, 1 Bath M4-46K \$249,000

In Escrow M8-183C, 2 Bed, 1 Bath \$279,000

**New Listing 1 Bed Basic
M7 160B (Hank)**

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All New Kitchen, Bathroom,
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M1 -23k

M1-11D

M1 - 54A

M1 - 44I

M1 - 21A

M1 - 21H

M2 - 20F

M2 - 32D

M2 - 44K

M3 - 23G

M5 - 91L

M6 - 55B

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M6 - 138D

M7 - 155F

M7 - 175E

M7 - 159G

M7 - 145G

M9 - 220A

M10 - 246A

M11 - 269C

M12 - 69H

M14 - 52G

M15 - 41K

M15 - 1L



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Mutual 7-172K
\$279,000

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

Properties are selling...
Call The **SISTERS**
if interested in
listing or buying



Mutual 11-277A
\$282,000

Nicely expanded 2 bedroom 1 bath home on greenbelt with convenient drive-up, patio out front, tiled entry into unit. Once inside there is a large entry leading to a spacious living area and separate dining area with chairs. Kitchen has white cabinets, newer counter, built-in electric appliances including cooktop, wall oven, microwave, dishwasher, refrigerator, ceiling fan and plenty of room for table and chairs. Master bedroom is expanded with mirrored closet doors and also has extra storage closet, second bedroom also spacious with built-in shelving. Bathroom with large skylight that opens and cut-down shower. Other features include, newer carpet in living room and bedrooms, laminate in kitchen, bathroom, entry and dining area, white blinds throughout unit and central heat and air conditioning. This home is move-in ready, has lots of natural light, so come take look!



Mutual 2-19L
\$349,900

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



Mutual 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. 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. 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 9-228E
\$299,000

Elegantly upgraded and expanded 2 Bedroom, 1 3/4 Bathroom, Formal Dining Room home located on a greenbelt. This lovely home has a Living Room, Formal Dining & Master Bedroom each with charming French Doors. The Kitchen has built-in appliances including a Refrigerator, Glass Top Stove, Oven, Dishwasher, Microwave, Corian Counters, Breakfast Bar also with Corian Counters & extra storage space. Kitchen also offers an extra-large skylight that opens, ceiling fan and tile flooring. The Master Bathroom has walk-in custom shower, Corian counters, large skylight. The second bedroom has large skylight, ceiling fan, full bathroom, & large walk-in laundry room offering additional closet and storage space with tile flooring in laundry room and full bath. Additional features are smooth ceilings, Heat Pump/ AC and laminate flooring in Living Room, Bedrooms and Formal Dining Room. The Living Room leads to private front tile porch.



Mutual 6-127L
\$349,000

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



Mutual 4-51J
\$229,000

Charming Beach Cottage featuring 2 Bedrooms 1 Bathroom, Private Patio in a Lush Garden Setting. This Lovely Home is Light, Bright, Cheerful and Ready to Move In. The Spacious Living Room Over-Looks the Garden. The Master Bedroom has a Walk-In Closet and Over-Looks Lots of Greenery. Kitchen has Built-In LW Appliances and a Skylight That Opens. Master Bathroom Has Cut-Down Shower and Skylight That Opens. This Home Also Features Blinds in Both Bedroom, Flooring That is Luxury Vinyl Planks Throughout, and an Added Side Patio Room That May Serve as a Dining Room, Den, Office or Craft Room, etc. In Addition to Beautiful Green Belt This Home Offers Drive-Up Parking. A Must See!



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 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 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.

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Mutual 10-257-6 \$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, drive-up
parking and close carport
and laundry.



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Knowledge
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a Pleasant Event



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 6-136-C \$319,000
Fully expanded two bedroom - one bath,
south facing courtyard. Remodeled
kitchen and bathroom, fresh paint,
skylights, dishwasher, pantry, newer
appliances, microwave, Forced Air/
Heating plus WASHER AND DRYER.
Laminate flooring with tile in kitchen.



Mutual 8-204-J \$219,000
Two bedrooms, one bath with so
much to offer and just the right
upgrades! Dual pane windows
and raised walls, laminate floors,
tiled patio with storage, sky-
lights, central heat/air, washer/
dryer and a Jacuzzi walk-in tub!!
Beautiful shade trees to enjoy



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Seal Beach, CA 90740



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Conrad Rodriguez
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Mutual 1 8A \$198,500
corner, greenbelt, skylights, double
pane, tiled patio

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

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

Mutual 7 175H \$220,000
btl. area, new lam. floors, 3 sky-
lights, private

Mutual 1 25L \$225,000
Fixer, great for remodel, good loca-
tion, great price

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

Mutual 7 155G \$244,000
expanded, granite counters, sky-
lights, heat pump

Mutual 3 32L \$249,000
fully expanded corner, washer/dryer,
lam. floors, greenbelt

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

Mutual 15 21M \$259,000
2 baths, enclosed porch, greenbelt,
trees, drive-up, nice

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

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

Mutual 15 7L \$335,500
2 bath, cent. air, large open patio,
dual pane, upgraded

Mutual 12 9D \$339,000
washer/dryer, cent. air, double pane,
trees, nice

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

Mutual 15 34L \$373,000
2 baths, remod. kit., granite, enclosed
patio, greenbelt kit.

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

Mutual 4 85G \$429,999
expanded corner, 2 baths, washer/
dryer, special, must see

Mutual 11 262I \$449,000
2 baths, cent. air, washer/dryer,
really nice

One-Bedrooms

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

Mutual 1 61J \$167,500
large greenbelt, lam. flooring,
skylights, fresh paint

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



Adrian Villarreal



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Estee Edwards
562-208-2540



Philip Bak
213-550-9991



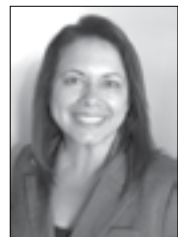
Irv Hart
562-296-5619



Fay Wescott
562 242-6162



Tim Kearns
714-293-3950



Diana Flores
949-212-8748



Chris Kim
424-247-4542



Gail Alonzo
562-673-6703



CAROL GASPER
REALTOR
Lic# 01276484
562.716.1547
gcarol1966@gmail.com
www.sealbeach.retirementcommunity.info



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

For 2020, I have a total of 54 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



13962 El Dorado Dr., #60G | M2 | \$470,000
Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!



1562 Golden Rain Rd., #44G, M2, \$225,000
Centrally Located, Basic 2 Bedroom, 2 Bath. Walk to All Amenities. Lrg. Private Patio Surrounded by Greenery, 2 Skylights, Expanded Bedroom to Include Desk Nook. New Golden Oak Flooring.



13481 Fairfield Lane, #59H | M6 | \$255,000
2 Bd/1 Bth, New Appliances, Luxury Vinyl Flooring, LED Lighting Throughout, Quartz Countertops in Kitchen and Bath, Tiled Backsplash, New Sinks, Faucets and Fixtures. PARADISE AWAITS YOU!



1120 Northwood Rd #186L | M8 | \$269,000
Corner unit, 2 bedroom, 1 bath. Expanded master and living area. Oversized skylights in kitchen and bathroom. A/C heat pump, refrigerator with bottom freezer. Plantation shutters, laminate flooring and carpet.



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



1981 McKinney Way, #14H | M15 | \$218,500
2 Bedroom, 2 Bath, Enclosed Patio, Corner, Dual Pane Windows, 2 A/C Heat Units. Great Private Location.



1520 Northwood #244J | M10 | \$229,500
Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.

On July 28th, 2020 a total of 77 units show as active listings on the CRMLS (this is where Realtors list property for sale).

6 - 1 bedroom/1 bath
from \$155,000 to \$175,000

36 - 2 bedrooms/1 bath
from \$189,000 to \$364,900

35- 2 bedrooms/2 baths
from \$219,000 to \$549,000

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

7/28/2020- Year To Date MLS Activity



“My purchase of a property in Leisure World with Carol was a great experience. From the initial contact to the final closing. Carol was patient, accommodating, and helpful to my sensitive situation. She was readily available on very short notice and very beneficial in obtaining the best price for my extremely needed, quick, purchase.

I would definitely recommend Carol, as it was my pleasure doing business with her.”

-Debbie Martinez