

TOP 10

Leisure World, Seal Beach, ranked No. 7 in a nationwide survey of best places to retire. Page 3



COMMUNITY UNITY

CALIFORNIA DMV Automatic one-year license extensions given to older drivers

The California Department of Motor Vehicles is providing an automatic one-year extension to Californians age 70 and older with a non-commercial driver's license with an expiration date between March 1-Dec. 31, 2020. This action delays the requirement for this population to visit a DMV office during the COVID-19 pandemic.

The DMV previously provided 120-day extensions to senior drivers with non-commercial licenses expiring in March-July. While the new extensions are automatic, drivers will not receive a new card or paper extension in the mail. As an option, drivers can now request a free temporary paper extension online through DMV's Virtual Field Office to document the extension, though it is not needed to drive. Californians with a suspended license are not eligible.

California law requires drivers age 70 and older to visit a DMV field office to renew their license but gives the DMV authority to issue extensions. The DMV has alerted California law enforcement of the extensions. The TSA accepts driver's licenses for a year after the expiration date.

Commercial licenses, including those for drivers 70 and older, expiring between March and September are extended through September 30, 2020, to align with federal guidelines.

The one-year extension for senior drivers is the latest action to help Californians avoid or delay a DMV office visit during the COVID-19 pandemic. The DMV has issued extensions for expiring driver licenses and permits, expanded eligibility to renew a driver license or identification card online or by mail, and created new digital options for transactions that previously required an in-person office visit. The DMV continues to streamline its processes to limit the time customers spend at an office. Customers are encouraged to fill out the online application and upload their documents before they come to the office.

The DMV is also contemplating other ways to safely serve seniors. For more information, visit [dmv.ca.gov](http://dmv.ca.gov).  
—from the California DMV

WHAT'S INSIDE

Page 2  
Someone fired a BB pellet gun at a GRF Service Maintenance cart on July 20. Anyone with information that may help the investigation is asked to contact GRF Director of Security Victor Rocha at [victorr@lwsb.com](mailto:victorr@lwsb.com).

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A Message from the Seal Beach Police Chief on how the SBPD seeks to be aligned with community needs.

SEAL BEACH POLICE REPORT



Ruth Osborn, photos

A driver who refused to yield to SBPD collided with a truck on Golden Rain Road July 20 after a short pursuit Monday (above). Traffic was diverted from Golden Rain Road as Seal Beach police conducted their investigation (below).

Suspect arrested after brief chase in LW

A 22-year-old Seal Beach man was arrested after leading Seal Beach police on a short vehicle pursuit that ended in front of Clubhouse 6 on Golden Rain Road on July 20. The suspect driver was identified as Gabriel Alejos. He was charged and taken into custody without further incident.

At about 11:01 a.m., a Seal Beach police officer in Leisure World to conduct traffic enforcement saw a Honda Civic turning onto Seal Beach Boulevard as it left the community. The officer attempted to stop the car after noticing a violation of the California Vehicle Code.

The driver refused to yield and led officers on a brief pursuit.

As the driver continued to attempt to evade officers, he drove back into Leisure World and ran the gate.

The pursuit came to an end when the Honda collided with a truck occupied by two people. The occupants in the uninvolved vehicle were unhurt, according to the police report. Just after the collision, officers with guns drawn exited their vehicles and ordered the suspect to surrender, according to a witness, and he was taken into custody without



incident, police reported.

The collision rendered the suspect's vehicle inoperable, and traffic was detoured off Golden Rain Road at St. Andrews for about an hour until the scene was cleared.

SBPD, page 20

ONSITE COVID-19 TESTING

OptumCare at the HCC will offer limited COVID-19 testing

The Health Care Center will begin offering COVID-19 testing to individuals who meet specific criteria. Dr. Al Pita, a medical director for Optum, asked Leisure World residents to be conscientious of the needs of the entire community due to the limited supply of tests. There are many residents who may not be able to access central Orange County testing sites, so the HCC seeks to offer appropriate testing within the community despite the current challenges in terms of test supplies and long delays in obtaining results.

"This is not open to everyone and we cannot test anyone that simply shows up without an appointment. We have a very limited number of tests, so we need to use them wisely," Dr. Pita

said. "You don't need to be a patient here at the HCC. But you need to have an order from your primary care doctor and meet our screening criteria."

Dr. Pita acknowledged the concerns many residents have about COVID-19, but urged everyone to exercise caution ahead of testing. "We don't have many tests, so we need to use them sparingly," Dr. Pita said. "We wish we could do more right now, but it was difficult to get a small supply." Testing is not widely available in general, and many labs are reporting long delays in processing results.

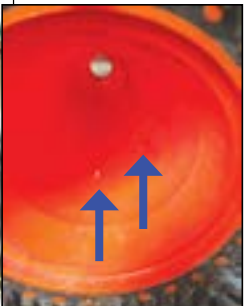
The most important thing for everyone to do is keep follow-

TESTING, page 6





BB gun impact points



A Service Maintenance worker was operating his cart when someone fired a bb or pellet gun at him on July 20. Although most BB guns fire low-velocity missiles, some can penetrate the body and cause serious injury.

## GRF Employee Reports BB Gun Attack

On July 20 at about 8:30 a.m., someone fired a BB or pellet gun at a Service Maintenance vehicle that was southbound on St. Andrews heading toward Golden Rain Road parallel to the Administration/ Clubhouse 6 parking lot. The Service Maintenance employee was not hurt but the vehicle had three hits on the driver's side storage area and one BB was embedded in an orange safety cone in the back.

The Seal Beach Police Department is actively investigating this attack on a GRF staff member.

Anyone with information that might be helpful to this investigation is asked to contact GRF Director of Security Victor Rocha at victorr@lwsb.com.

## NOCE Registration Online

The North Orange Continuing Education is hosting online classes for Fall 2020. To find out more, visit the website directly for information and registration. All in-person registration and classes in Leisure World have been canceled until further notice. For NOCE registration, [noce.edu/admissions](http://noce.edu/admissions).



North Gate Road officially closed on July 20 for work related to the 405 Improvement Project. The road and the bike path will be closed for about two-and-a-half months. Detour signs directing traffic away from the construction have been placed throughout the community and on North Gate Road itself (above). Several projects are underway, including the removal of a sound wall and the relocation of utilities. The Seal Beach 405 north off-ramp is also closed in connection with the 405 Freeway project.

## WNV Activity in Orange County

West Nile Virus positive mosquitoes have been detected in the following Orange County cities, according to OC Vector Control:

- Fullerton
- Huntington Beach
- Seal Beach
- Westminster

The virus has been confirmed in the following cities:

- Anaheim
- Cypress
- Garden Grove

To learn more about West Nile virus, visit [bit.ly/WNVinOC](http://bit.ly/WNVinOC).

Mosquito control is a shared responsibility.

Orange County residents need to do their part to control mosquito breeding around their properties and prevent bites. Eliminating mosquito breeding sources is critical to preventing

the spread of West Nile virus. To prevent mosquito bites, take action and follow these tips:

- Dump and drain containers filled with water at least once a week
- Clean and scrub bird baths

and pet water bowls weekly

- Dump water from potted plant saucers

For more information on how you can help reduce the risk of WNV in your community, visit [www.ocvector.org](http://www.ocvector.org).

## COVID-19: It's a Personal Responsibility

by Eloy Gomez  
GRF emergency/safety coordinator

The COVID-19 pandemic has created challenges in our everyday lives. As we each do our part to help slow the spread of coronavirus disease, we look to the helpers all around us and wonder how we too could do more.

### Everyone Has a Part

We all have a part to play in helping resolve this crisis. First, we must follow the practices recommended by the Centers for Disease Control and Prevention (CDC) to combat the spread of the virus.

This means maintaining a social distance of six feet whenever possible when you must go out; washing your hands often for at least 20 seconds with soap and warm water or using hand sanitizer; avoiding touching your eyes, nose or mouth with unwashed hands; and covering your mouth and nose with face mask, and what's even harder, we must stop socializing in person.

### No At-Home Gatherings

This includes stopping all in-person gatherings in your units to hold card games, book clubs or other meetings. Only socialize with members of your immediate household.

There are currently no vaccines to prevent or drugs to treat COVID-19 approved by the U.S. Food and Drug Administration and with the number of infected people increasing on a daily basis, Leisure World Shareholders must take COVID-19, pandemic illness caused by a coronavirus, seriously.

### Best Prevention is to Avoid Exposure

The best way to prevent illness is to avoid being exposed (or exposing others) to this virus. We are calling on every shareholder to do his or her part to stop the spread of COVID-19.

To that end, the Golden Rain Foundation has covered all public water drinking fountains throughout the community.

In addition, there has been an increase in the use of face shields without face masks. The CDC does not recommend the use of face shields for normal everyday activity or as a substitute for cloth face coverings. This is because face shields are designed to protect people from liquid splashes but may not offer much protection from the respiratory particles, which are the primary mode of transmission of COVID-19. Disposable face shields should only be worn for a single use. Reusable face shields should be cleaned and disinfected after each use.

The GRF recommends that people who wear face shields should also wear face masks that cover their nose and mouth.

It's true that face masks aren't always comfortable. Just ask the nurses and health care workers who've been wearing them for years. Face masks can fog up glasses, make it difficult to breathe and even cause painful friction behind our ears. There are solutions to make wearing masks more comfortable.

To avoid fogged glasses, make sure masks fit well to prevent your



Avoid behind-the-ear friction, try switching to a tie-back mask or wear a headband with buttons.



## Quality Care in the Heart of Los Alamitos

Katella Senior Living Community, a unique and exceptional senior living community located in the heart of Los Alamitos, offers assisted living, Pearls of Life® memory care, respite care and personalized care services that meet resident's continuing care needs. Our breadth of services provide residents with flexible, individualized care and higher levels of care, as needed.

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## A Message from the SBPD Chief-Part 1

*Editor's Note: The following is 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. Chief Gonshak's overview will be printed in two installments due to its length. Part II will run next week. It covers police officer training and statistics.*

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

The department offers many platforms and social programs to victims of crimes, the youth, the homeless population, the mentally ill, police department staff and/or any others who seek assistance from the City of Seal Beach.

We are extremely proud of the fact that our city has already taken a proactive approach, prior to recent events, and will continue to look into opportunities in which we can improve and progress.

Several of the programs below are either items already included in our budget or are offered by the county for free. We contract for these services to ensure we are providing our community with the resources necessary, regardless of whether the call is criminal in nature.

We ensure our officers receive the maximum amount of training our budget allows so they can utilize informed and well-practiced decision making under the most unusual of circumstances.

I cannot stress this enough: Your police department staff is comprised of highly compassionate and professional mothers, fathers, daughters, sons, sisters, and brothers, who are not only ready to take on this opportunity for change, but adapt to these times of increased accountability being requested of each of them. With that, I am certain we will all rise to this occasion.

—Chief Philip L. Gonshak

### SBPD Contracted/Regularly Used Resources

#### • Trauma Intervention Program (TIP)

TIP is a group of specially trained volunteers who provide emotional aid and practical support to victims of traumatic events and their families in the first few hours following a tragedy. TIP Volunteers are available 24 hours a day, 365 days a year. They are called by police officers, firefighters, paramedics and hospital personnel to assist family members and friends following a natural or unexpected death; victims of violent crime including rape, assault, robbery, or burglary; victims of fire; disoriented or lonely elderly persons; people involved in motor vehicle accidents; people who are distraught and seeking immediate support; and survivors of suicide. SBPD most frequently uses TIP when making death notifications and offers it to the families who have lost loved ones; budgeted by the SBPD.

#### • Peer Support Program

The Peer Support Team is an "in-house" resource/program consisting of sworn and professional SBPD and West-Comm employees. The purpose of the program is to provide all employees with personal, one-on-one peer support and referral assistance during time of personal or professional need.

#### • SBPD Chaplain Program

Police chaplains, composed of various faith-based leaders, assist the community by providing a more emotional, social or spiritual response while the officers handle the tasks that are directly related to law enforcement. By having the police and clergy working together during times of crisis or incidents, a more comprehensive response is provided to those in need. The police chaplain provides support for both police officer and civilians in their needs. Chaplains are there to provide appropriate assistance, advice, comfort, counsel and referrals to those in need who may request support.

#### • Psychiatric Emergency and Response Team (PERT)

PERT members are mental health clinicians who ride along with assigned law enforcement officers to address mental health-related calls in the assigned city. PERT conducts risk assessments, initiates involuntary hospitalizations when necessary and provides resources and education. The program also provides outreach and follow-up services to ensure linkage to ongoing services.

The Seal Beach Police Department was one of the earlier agencies in Orange County to take advantage of the PERT program. It currently has one PERT member ride along with officers one day each week, to assist with calls related to mental health. Additionally, the PERT member follow ups on individuals who officers have contacted on days when the PERT member is not present or individuals appear

MESSAGE, page 4



Leisure World, Seal Beach, makes the top 10 in a story on the nation's most affordable coastal retirement towns.

### RANKED NO. 7

## Realtor.com story calls LW a seaside deal for retirees

Leisure World, Seal Beach, made the top 10 of great places to retire in a story called "The 10 Most Affordable Beach Towns in America for Retirees." The story, written by Sara Ventiera, was published on June 11 at [marketwatch.com](https://www.marketwatch.com) and originally appeared on [realtor.com](https://www.realtor.com).

There are more than 74 million boomers—of which 10,000 per day are hitting age 65, according to the Pew Research Center. And as they shift into retirement mode, many are migrating toward the beach. According to United Van Lines National Movers Study, in 2018, 39 percent of the retirees they moved had their GPS systems locked on to Florida.

And other warm, active-lifestyle destinations are also on the list, which was compiled by data experts looking more than

1,300 towns at the coast.

They cut the selections to one place per state, for a wider variety of options. The ranking was based on the population of residents aged 55 and over per capita, affordability based on median list price, access to hospitals and other health care facilities, the number of amenities like golf courses (for low-impact exercise) and country clubs (for the social scene), as well as marinas and water-recreation businesses like boating and fishing, for that all-around beach town experience.

Murrells Inlet, South Carolina, was named No. 1. Just 15 minutes south of the bustling tourist shops, boardwalks, and mini-golf courses of Myrtle Beach, Murrells Inlet offers retirees a quiet respite from that popular vacation town.

It was followed by Venice,

Florida; Morehead City, North Carolina; Lewes, Delaware; Toms River, New Jersey; Coos Bay, Oregon; and then Seal Beach, Leisure World.

Leisure World made the list because, contrary to popular belief, Southern California does have affordable retirement homes, and they are in Leisure World. The story says LW is "a gated retirement community located just 12 minutes from the sands of Seal Beach that offers some serious deals. A renovated one-bedroom cottage is listed for just \$199,999 and a two-bedroom at \$225,000.

"The large community has various purchase restrictions, including a minimum age, and in some cases requires all-cash transactions; but to buy in another part of the desirable beach town would cost at least \$700,000. And locals are willing to fork over that kind of money for a reason. The laid-back city boasts a restaurant—and shop-lined Main Street, which spills out to a nice pier and beach."

Leisure Worlders know all the other perks of living seaside. And now lots of other people do to.

Rounding out the list was New London, Connecticut; Rockport, Texas; and Hyannis, Mass. ext to downtown can be purchased for just \$249,900.

### NEW LOCATION

## GAF battery recycling program has changed since COVID-19 shut-down

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 (e-waste).

In ordinary times, 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 until further notice. Furniture, mattresses and

GAF, page 4

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# Perspectives

## Credits & Kudos

Susan Shaver of Mutual 11 writes: I would like to thank the GRF Recreation Department for all the wonderful food trucks they have procured for us.

They offer delicious and healthy choices at very reasonable prices. I know that any day of the week, I may chose not to cook!

I'm sure that many residents share in my appreciation, based on the lines I've waited in! Thank you for a job well done!

Linda Johnson of Mutual 15 writes: With all of the COVID-19 virus sheltering-at-home direction that we have been given, I would like to give a kudo to another "unsung hero." John Hlavac, a Golden Age Foundation volunteer, is the chair of the Mobility Aids program. During this difficult time, John and his phone volunteers have tried to keep up with the needs of the community. I think that we all know just how important volunteers are to our Leisure World community. Thank you to John and his volunteers for keeping this vital program working during this period of isolation.

## Scam Alert

Gail Morrison of Mutual 2 recently received a postcard that read:

"Dear Mercedes-benz Owner, Our records indicate that you have not contacted us to have your vehicle protection activated. This notice is to inform you that your 2010 Mercedes-benz is in need of vehicle protection in order to ensure its continued safe operation. Please Call us today at 1-888-642-9034. By neglecting to activate your protection program you will be responsible for paying out of pocket."

She doesn't have a warranty on her car, so she contacted her son, who advised her to disregard the message.

That's good advice for almost any unsolicited contact. The Federal Communications Commission warns people to watch out for predatory marketing that offers extended warranties over the phone and in the mail.

The FCC calls these aggressive tactics a scam. If you own a vehicle and a phone, you will likely receive calls from scammers posing as representatives of a car dealer, manufacturer or insurer telling you that your auto warranty or insurance is about to expire. The call will include some sort of pitch for renewing your warranty or policy.

Do not provide any credit card numbers, Social Security numbers, bank routing numbers or any other type of financial information, warns the FCC.

At best, you will have signed up for a service for which you already may be covered by the manufacturer's warranty. At worst, you could be providing credit card information to a criminal, according to the FCC. Criminals may engage in caller ID

SCAM, page 5

## Setting It Straight

An article on Zoom tips in the July 16 edition was incorrectly attributed. The OLLI National Resource Center should have been credited.

## Letters Policy

Submissions in each of the following categories may be published at the discretion of the Communications and Technical Director. **Letters to the Editor:** Maximum number of words: 250. Letters should be delivered to LW Weekly by email and must be of general interest to the community.

### GAF

from page 3

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.

## Letters to Editor

Editor:

(On July 20) at around 11:20 a.m., I was sitting in my patio, which faces Golden Rain Road across from Clubhouse 6, when I heard and saw the crash of a small gray vehicle being pursued by the SBPD.

The gray vehicle hit a white truck. Immediately the police took the appropriate position behind their car doors with their guns out and a loud speaker giving specific instructions to the driver. Not knowing if the driver was armed, I went inside my home right then. Viewing from inside I could see the driver was cooperating.

This occurred on Golden Rain right next to Clubhouse 6 so a number of people who happened to be in that parking lot up to the short block wall at the scene.

Am I shocked? No. Disappointed? Yes. Does anyone think the police can protect lookie-loo's and safely apprehend a suspect? What is the priority here? There were five police cars, and I believe I could hear one of the officers telling folks to get back. How about supporting the police doing their job safely and fairly by staying away and not compromising a potentially dangerous situation. They had cameras. If someone can't observe from a safe distance, then *please* stay away.

Kathy Almeida  
Mutual 1

Editor:

I was emptying my trash and wearing my mask. A man came around the corner with no mask on and I said "Stop, you don't have a mask. Please don't come any closer." He continued to come toward me as I backed up.

All residents living in Leisure World are in a high risk category just by virtue of our age. Many of us have other risk factors in addition to our age. If you choose not to wear a mask and ignore science, then please stay away from people that do and certainly honor their requests to keep your distance.

Jane Hamel  
Mutual 4

Editor:

A letter to the editor (July 2) to the LW Weekly suggested that visitors to Leisure World have their temperatures checked upon entering, as a simple precautionary measures against spreading the COVID-19 virus to our vulnerable population.

To this, I strongly concur with. Before entering my doctor's office yesterday for an appointment, a simple digital thermometer was placed to my forehead that gave an instant readout. I see this as a simple measure not unlike requiring a mask be worn to shop at our local stores. After all we are a particularly susceptible group and must take precautions that reflect that fact, whether we like it or not.

Stevin Cohen  
Mutual 14

## MESSAGE

from page 3

to exhibit signs of mental health distress.

### • Crisis Intervention Team (CAT)

CAT provides 24-hour mobile response services to any adult experiencing a behavioral health crisis. CAT conducts risk assessments, initiates involuntary hospitalizations when necessary, provides resources and linkage, and conducts follow-up contacts for individuals assessed.

Most often, CAT is utilized for individuals experiencing suicidal ideations or who may seem temporarily unable to properly care for themselves.

### • Waymakers

Works to build safer communities by helping individuals make their way through conflict and crisis to a place of strength. Waymakers assists with redirecting youth offenders, helping sheltered children get back on track, unifying troubled families, resolving community conflicts, and assisting victims of violence. Waymakers has been a great resource for the county as they offer resources to such a wide variety of clients.

### • 2-1-1

2-1-1 is an often-utilized resource by many of SBPD officers for citizens in need, as it is a comprehensive source of locally curated social services information, an all-inclusive resource guide. Citizens can call, text or chat online to speak with a community resource specialist who can assess the services and resources available for that individual and their specific needs.

They are able to make connections for almost any need, including but not limited to: supplemental food and nutrition programs, shelter and housing options, utilities assistance, employment and education opportunities, services for veterans, health care, vaccinations, health epidemic information, addiction prevention and rehab programs, re-entry help for ex-offenders, support groups for individuals with mental illness or special needs, domestic abuse assistance, disaster relief and emergency information.

### • Internet Crimes Against Children

A national network of 61 coordinated task forces representing over 4,500 federal, state and local law enforcement and prosecutorial agencies. These agencies are continually engaged in proactive and reactive investigations and prosecutions of persons involved in child abuse and involving the internet.

### • Casa Youth Center

Serves and nurtures youth in crisis with shelter, counseling, and support services, empowering them to come through their crisis with increased confidence, stability, and tools for continued growth.

### • Homeless Liaison Officers

Seal Beach co-founded the Orange County Community Officers Homeless Working Group workshop, which seeks the best ways for officers to deal with the homeless and their specialized needs. Additionally, Seal Beach has a Homeless Liaison Officer program, with several members dedicated to addressing the homeless needs in the community and resources with which to help those individuals – from meals, bus tickets, shelters, mental health programs, etc. Seal Beach has also reunited several homeless citizens with their family members, who often live out of state and would not have the resources or means to provide the assistance themselves.

### • Crisis Negotiation Team Officers

Seal Beach currently has two officers who maintain specialized training to assist in criminal, domestic or mental health incidents that require advanced expertise. These officers specialize in tactical communication with high risk individuals who may be threatening violence (workplace, domestic, suicide, etc.), including barricaded subjects and hostage takers, and/or who may be having a mental health crisis. These officers train regularly with the SWAT Team to ensure their readiness in the most extreme situations.

—Next week: More on Resources, and police training and statistics



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**Leisure World Seal Beach**



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# Government

## 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.

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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.**

## 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

### SCAM

from page 4

spoofing—deliberately falsifying information transmitted to your Caller ID display to disguise their identity.

Here are some general tips to avoid scam:

- Con artists force you to make decisions fast and may threaten you.

- Con artists disguise their real numbers, using fake caller IDs.
- Con artists sometimes pretend to be the government (e.g. IRS).
- Con artists try to get you to provide them personal information like your Social Security number or account numbers.

- Beware of free travel offers. Financial fraud targeting older Americans is a growing epidemic that costs seniors an estimated \$2.9 billion annually according to the Government Accountability Office (GAO) and this estimate is likely low as often seniors do not report fraud.

## 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.

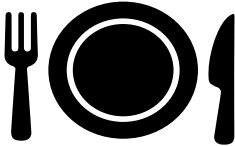
Suzanne Fekjar,  
Corporate Secretary  
Golden Rain Foundation Board of Directors

## Schedule of Mutual Meetings

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

Wed., July 22	<b>Mutual 16, annual</b> CH 4/virtual..... 2 p.m.
Thurs., July 23	<b>Mutual 1</b> Zoom conference call .....9 a.m.
Thurs., July 23	<b>Mutual 11, annual meeting</b> CH 4, virtual ..... 10 a.m.
Fri., July 24	<b>Mutual 6</b> canceled ..... 9:30 a.m.
Fri., July 24	<b>Mutual 9 annual</b> CH 4, virtual ..... 10 a.m.
Mon., July 27	<b>Mutual 8, annual</b> CH 4/virtual..... 10 a.m.
Tues., Aug. 4	<b>Mutual 16</b> Zoom..... 9:30 a.m.
Tues., Aug. 4	<b>Mutual 17</b> canceled ..... 1:30 p.m.
Thurs., Aug. 6	<b>Presidents’ Council</b> Zoom.....9 a.m.
Fri., Aug. 7	<b>Mutual 6, annual</b> CH 4/virtual..... 10 a.m.
Mon., Aug. 10	<b>Mutual 9</b> oom .....9 a.m.
Mon., Aug. 10	<b>Mutual 1, annual</b> CH 4/virtual..... 10 a.m.
Tues., Aug. 11	<b>Mutual 5, annual</b> CH 4/virtual..... 10 a.m.
Wed., Aug. 12	<b>Mutual 4</b> conference call .....9 a.m.
Wed., Aug. 12	<b>Mutual 3, annual</b> CH 4/virtual..... 10 a.m.
Thurs., Aug. 13	<b>Mutual 12</b> canceled .....9 a.m.
Fri., Aug. 14	<b>Mutual 2, annual</b> CH 4/virtual..... 10 a.m.
Fri., Aug. 14	<b>Mutual 3</b> canceled .....9 a.m.
Mon., Aug. 17	<b>Mutual 15</b> Zoom..... 1 p.m.
Tues., Aug 18	<b>Mutual 14</b> Zoom..... 1 p.m.

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COMMENTS/QUESTIONS FROM THE MEMBERSHIP  
July 28, 2020—GRF Board of Directors Meeting

Today’s Date: \_\_\_\_\_

Your Name (please print): \_\_\_\_\_ Mu # \_\_\_\_\_ Apt. # \_\_\_\_\_

My Subject is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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

To submit comments, email them to [deannab@lwsb.com](mailto:deannab@lwsb.com) or to turn into the Stock Transfer Office, addressed to Deanna Bennett, no later than Friday, July 24, noon.

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 <sup>nd</sup> Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 <sup>rd</sup> Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 <sup>rd</sup> Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 <sup>th</sup> Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 <sup>th</sup> Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 <sup>th</sup> Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 <sup>th</sup> 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 <sup>th</sup> 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 <sup>st</sup> Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/11
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
AUGUST	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 <sup>st</sup> Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 <sup>nd</sup> Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 <sup>nd</sup> Tues.	8/11	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 <sup>nd</sup> Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 <sup>nd</sup> Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 <sup>nd</sup> Fri.	8/14	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 <sup>rd</sup> Fri.	8/21	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 <sup>th</sup> Tues.	8/25	10 a.m.	Staggered Terms.

NOTE:  
\* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.  
\*\* = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.  
\*\*\* = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.  
Revised 5/1/2020

TESTING  
from page 1

lowing public health guidelines. “Wear a face mask if you are out in public. Wash your hands frequently. Keep distance between yourself and others. It should be part of our new normal now,” Dr. Pita said. “If you think you have been exposed to the virus, but you don’t have any symptoms,

stay home for at least 14 days and call your primary care provider if you have any questions.” Testing also isn’t a clean bill of health. “All the test does is tell you if you do or do not have the virus at that particular time,” Dr. Pita said. “A negative test result doesn’t mean you are safe.

You can still get the virus at any time. That’s one of the reasons we strongly encourage everyone to take precautions and only get tested if they have symptoms.”

If you believe you have been exposed to Covid-19, call your primary care doctor immediately. “Please don’t show up to your doctor’s office and ask for a test,” Dr. Pita said. “If you do have the virus, you could risk spreading it to others by entering your doctor’s office.” Dr. Pita said the HCC is trying to get more tests: “We are trying to get more so we can meet the community’s needs, but at this point, we only have so many tests. And once we’re out, we’re out.”

GRF Board  
Executive Session  
2 p.m.,  
Friday, July 28, 2020

Virtual Meeting,  
in accordance with with  
applicable codes  
NOTE: This meeting is closed  
to Shareholders/Members per  
Civil Code §4935  
A. Call to Order  
President Linda Stone  
B. Roll Call  
C. Legal  
D. Contracts  
E. Personnel  
F. Adjournment  
Agenda is subject to change.

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (*meetings are dependent on orders related to COVID-19; check schedules for latest information*). *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:*

Tues., July 28	<b>GRF Monthly Meeting</b> Clubhouse 4/Zoom/live stream ..... 10 a.m.
Tues., July 28	<b>GRF Board Executive Session</b> Zoom ..... 2 p.m.
Tues., Aug. 4	<b>Special GRF Board (election/ballot counting)</b> Clubhouse 4, Zoom, live stream .... 10 a.m.
Tues., Aug. 4	<b>GRF Annual Meeting</b> Clubhouse 4/Zoom/live stream ..10:45 a.m.
Tues., Aug. 4	<b>Special GRF BOD (election of officers)</b> Clubhouse 4/Zoom/livestream ...1:30 p.m.
Fri., Aug. 7	<b>Special GRF Board Meeting</b> Clubhouse 4/Zoom/livestream ..... 1 p.m.
Fri., Aug. 7	<b>GRF Board Executive Session</b> Zoom ..... 2 p.m.
Mon., Aug. 17	<b>Special GRF Board Meeting</b> Clubhouse 4/Zoom/livestream ..... 9 a.m.

GRF Board Agenda

GRF Board of Directors  
Agenda  
Clubhouse 4  
Tuesday, July 28, 2020, 10 a.m.  
Via Live Stream

- To view the live GRF Board meeting:
- Go to [www.lwsb.com](http://www.lwsb.com)
  - Click on the Live GRF Board meeting tab.
  - The tab will be active at 9:45am on the day of the meeting
  - The live streaming uses YouTube live and terminates at the close

of the meeting

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

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

- 4-minute limit per speaker, when there are no more than 15 speakers
  - 3 – minute limit per speaker, 16 - 25 speakers
  - 2 – minute limit per speaker, over 26 speakers
- 7) Consent Calendar
    - a) Committee/Board meeting for month of June
    - i) Minutes of the June 15, 2020, Finance Committee Board meeting
    - b) GRF Board of Directors Minutes, June 23, 2020, GRF Board of Directors Minutes, June 30, 2020 (Special)
    - d) Accept Financial Statements, through June 30, 2020, for Audit
    - e) Approve Reserve Funds Investment Purchase
  - 8) New Business
    - a) General
    - i) Establish an Ad hoc Committee
    - ii) Reserve Funding Request-Trust Property Streets, Phase IV
    - iii) Reserve Funding Request – Fitness Center, Phase I – Flooring Preparation
    - iv) Reserve Funding Request – Clubhouse Two – Landscaping Replacement
    - v) Approve Opening of Golf Course
    - vi) Approve Opening of Veterans Plaza
    - vii) Accept Donation from the Golden Age Foundation for the Knowledge and Learning Center
  - 9) Board Member Comments
  - 10) Next Meeting/Adjournment  
Next regular GRF Board of Directors meeting, Tuesday, Aug. 25, 10 a.m., Clubhouse 4

OC Ramps Up COVID-19 Testing

In a collaboration with 360 Clinic and the City of Anaheim, Orange County significantly increased its COVID-19 testing capacity with the opening of large scale drive-through testing at Anaheim Convention Center as of last week.

“This is really helpful in our fight to get the novel coronavirus under control in Orange County,” said Orange County Board of Supervisors Chairwoman Michelle Steel, District 2. “Ramping up testing

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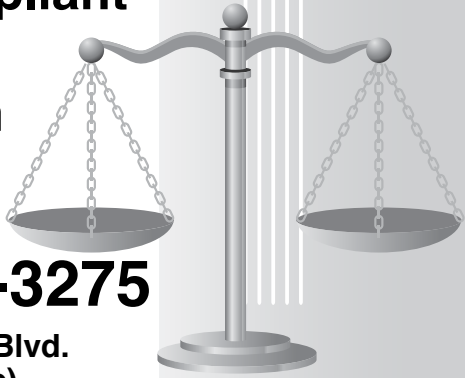
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# Religion

## Redeemer Lutheran & St. Theodore's

By Lisa Rotchford  
Reverend

Summertime childhood memories of playtime outside during long sun-filled days might include games of tag, races and other pastimes that began with the phrase "Ready....Set...Go!" As the worldwide battle with a relentless coronavirus continues, our summer days may also be sun-filled, but now long and not always joy-filled. We are ready to get back to a sense of "normalcy." We are set in our sanctuary to worship God together again. Yet we are called to wait! As Christians we are called to remember that there is joy that can be found in waiting.

When we turn to Scripture, we are often told to "wait upon the Lord." It is a consistent theme of both our Old and New Testaments. Human beings are naturally an impatient lot who don't like to wait. So we join our biblical ancestors in trying to wrap our minds and our hearts about living through this time when our lifestyles are asked to slow down, hold on, and pause. We are all, worldwide, being called to be quiet. Can we use this time to listen to what the Lord may be saying?

As we sit and wait in this pandemic, we can turn to the prophet Isaiah's well-known encouragement for solace and strength, "but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." (Isaiah 40:31) All of us can use a little time to recharge our batteries and rest. What if God is using this time to strengthen us so we are prepared for whatever lies ahead? The Lord is with us; fighting for us.

One of my favorite promises of God is found in Isaiah's writings 10 chapters earlier: "Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!" (30:18)

Isaiah reminds us in both of these passages that we get our strength from our Lord. In addition to his resolve which can get us through anything, we are shown God's grace and compassion and we are called to know and demonstrate that same grace and compassion to one another. Be strengthened and ready. Be set in compassion and grace. And be blessed in waiting.

## Community Church

By Johan Dodge  
Reverend

As I write this, the governor has ordered churches to close again and so I take this time to remind us that the church is not the building. There is an old children's song I have been playing over and over in my head these past months; "I am the Church, You are the Church, We are the Church together. The church is not a building. The church is not a steeple, the church is not a resting place, the church is a people."

The church is a people and as such it is never closed. Our virtual worship service has now grown to include a virtual fellowship time and we have been blessed to have the fellowship of church members who have moved out of Leisure World and even out of state. Our worship on Facebook continues to grow and we are drawing worshippers from around the globe. If you have not yet worshipped with us, this is a great time to try it out. We also have the announcements, Scripture, message and anthem available on our phone system to listen to. While we are safely worshipping in our homes we enjoy the opportunity to worship and fellowship with a church community that is now spread all over the globe. I wonder, in the midst of openings and closings where have you found new and even surprising blessings?

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 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.

## Faith Christian Assembly

Faith Christian Assembly is happy to have the ability to reach out to its congregation as well during the recent lockdown orders for churches and other indoor activities through its Sunday morning conference calls at 10:30 as well as a brief call on Sunday evening at 5:30. Faith Christian Assembly has also hosted calls on Wednesday mornings at 11 a.m. for its Bible studies. Faith Christian believes that these calls are its congregation's lifeline to one another as it walks through these days.

To participate, call (425)436-6371, access code: 576671#. Out of an abundance of caution, when it is safe to meet in person, all who attend will have their temperature taken at the door, and will be asked to wear a mask and sit socially distant from others.

FCA, page 8

## Beit HaLev

Beit HaLev is now conducting services on Zoom. 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, 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 Facebook.com/galityomtov or YouTube.com (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30.

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

"Devarim," (Words) Deuteronomy 1:1-2:1, is the first chapter in the final book in the Torah; it is all the Hebrew name for the Book of Deuteronomy. It includes the setting and introduction of Moses' final address to the Children of Israel; a review of their journey from Mt. Sinai, the appointments of tribal leaders, the episode of the scouts and peaceful encounters with the tribes of Edom, Moab and Ammon. This Shabbat is also Shabbat Chazon, the Sab-  
BEIT HALEV, page 8

## ASSEMBLY OF GOD

## God gives comfort to his people

By Norma Ballinger  
LW Contributor

Comfort is certainly something we crave during these trying times. The 40th chapter of Isaiah is remarkable in that the prophet is offering comfort to God's people and the promise of deliverance; these verses are so applicable today.

The first is a reminder that God is eternal, (verses 6-8). He is unchanging with no beginning and no end, providing us abiding fellowship with him.

God is also sovereign, the supreme ruler, the ultimate power. One definition of this word is "the absolute right to do all things according to his own good pleasure." No power on earth—whether it's a pandemic or Satan's attacks—will be able to take control of our lives (verse 10).

The tenderness of God is noted in Isaiah 40:11, "He tends his flock (that's us) like a shepherd, He gathers the lambs in his arms and carries them close to his heart, he gently leads those that have young."

And, finally, in this chapter, is God's assurance that he will definitely "... give strength to the weary, and increase the power of the weak. Even youths grow tired and weary and young men stumble and fall, but those who hope (wait on) the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint."

Live each day with these promises in mind.

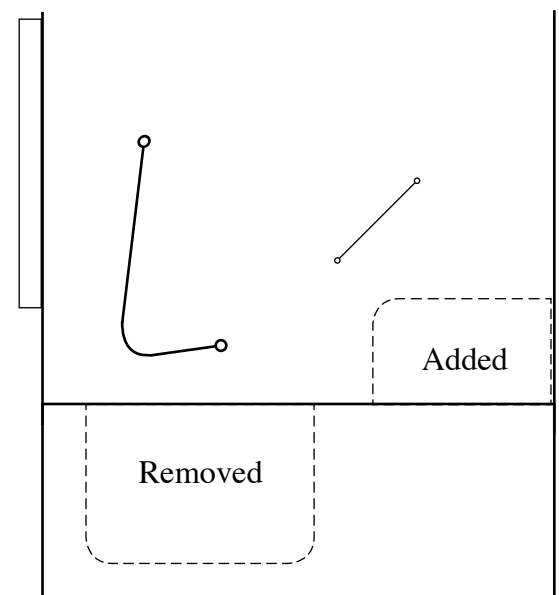
Pastor Sam Pawlak is diligent each Sunday at 10 a.m. in delivering a message of love and hope on Facebook. Special thanks goes to Richard Ryals, who faithfully videotapes each worship service as Pastor Sam preaches from God's word.

This Sunday Associate Pastor Dan Ballinger will lead the worship and singing a solo. The DVD's are duplicated and delivered to each member's home at the first of the week.

Email Religion updates  
to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)

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First Christian Church

By Bruce Humes  
Pastor

Paul’s letter to the believers in Rome, specifically chapter 12:9-11, gives believers clear instruction on what their conduct should look like when it comes to fellow believers and also those in unbelief. Let’s review those verses. “Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord.” Paul continues in verse 12 saying, “rejoicing in hope, patient in tribulation, continuing steadfastly in prayer.”

The apostle Paul speaks to us of rejoicing, or being joyful in our hope. What hope are we taking joy in? In Luke 10:20 we get the answer, “Nevertheless do not rejoice in this, that the spirits are subject to you (Jesus had given the apostles authority over all the powers of the enemies) but rather rejoice because your names are written in heaven.” The hope believers have is not simply hoping for something, yet further, of a surety, a confidence of our place in heaven. Remember in John 14:2b, Jesus told us, “I go to prepare a place for you.” This is the hope that we rejoice in, that brings great joy despite our tribulations.

Paul continues by instructing us to be “patient in tribulation” meaning to “persevere” through those difficult times. In Romans 5:3-4, Paul tells us not only to be patient in our troubles, but to also glory in them. Let’s look at those Scriptures, “And not only that, but we also glory in tribulations, (why?) knowing that tribulation produces perseverance, (endurance, patience) and perseverance, character, and character, hope.” The hope, a surety of that heavenly mansion Christ promised us in John 14:1-2, “Let not your heart be troubled; you believe in God, believe also in me. In my Father’s house are many mansions (dwellings); if it were not so, I would have told you. I go to prepare a place for you.”

Then Paul tells us to “continue steadfastly in prayer.” Prayer is a personal link we have as believers with the Lord who sits at the right hand of God, interceding for each one of us to the Father. Prayer is the process that gives us the power to preserve and endure the difficult trials, tribulation, and testing we will encounter as believers in Christ.

In verse 13 the apostle Paul continues his instruction, “distributing to the needs of the saints, (fellow believers) given to hospitality.” Remember in verse 10, Paul wrote, “Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.” Being hospitable to one another in the faith is the message here, but we as followers of Jesus must take these instructions from the apostle Paul beyond the body of believers, and to those in unbelief also, how else are we to fulfill the great commission of taking the gospel, the good news to those who need to hear. Jesus, just before he ascended to heaven spoke these words to his disciples, “Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, and that repentance and remission of sins should be preached in his name “to all the nations,” beginning in Jerusalem. And you are witnesses of these things,” (Luke 24:46-48).

Rejoicing in our hope, showing patience in tribulations, praying continually, meeting the needs of others first, and being given to hospitality are all traits that born again believers should exhibit, but our greatest love for others is exhibited in us taking the good news to those who haven’t heard.

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

BEIT HALEV  
From page 7

-bath of Vision; it is the Sabbath that precedes Tisha B’Av, the mournful fast day upon which every catastrophe that befell the Jewish people occurred. Tisha B’Av eve is Wednesday, July 29; Rabbi Galit Shirah will conduct a special livestream observance at 6 p.m.

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

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

Main Gate: 594-4754



Pastor Bruce Humes

LW BAPTIST

The Lord will sustain you

By Rolland Coburn  
Pastor

A school friend reading the Psalms once commented, “This guy sure had a lot of problems!” “Can’t you identify?” I asked.

“I definitely can,” he replied. Discouragement is not unusual in the Christian life. Great people of faith like David, the psalmist, experienced it. So did Peter and Paul in the New Testament. Each of these believers had words of help for us when we feel down.

For example, Psalm 46:1 says, “God is our refuge and strength, a very present help in trouble.” Yes, God is near, with you, always there.

More help comes in Psalms 40:1 and 145:18. “I waited patiently for the Lord; and He inclined to me and heard my cry. The Lord is near to all who call upon Him, to all who call upon Him in truth.” The Bible says he wants us to come to him at the throne of grace. He is ready and waiting, and hearing every prayer.

The New Testament reinforces these promises with the assurance that God is faithful and true to his Word. “Faithful is He who calls you, and He also will bring it to pass” 1 Thessalonians 5:24.

Both testaments remind us of our Lord’s tender care. “Casting all your care on Him, because He cares for you,” 1 Peter 5:7. “Cast your burden upon the Lord and He will sustain you; he will never allow the righteous to be shaken,” Isa 55:22. “The Lord sustains all who fall, and raises up all who are bowed down,” Psalm 145:14.

One of the church’s songwriters lyricizes these thoughts: “He is always there hearing every prayer faithful and true/ Walking by our side in His love we hide, all the day through/ When you get discouraged just remember what to do/ Reach out to Jesus, he’s reaching out to you,” (Ralph Carmichael).

If you know the tune, sing it to yourself. We all need the promise.

FCA

From page 7

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.FCA-church.net*.

HCC  
24-Hour  
Nurse  
795-6216

Church of Jesus Christ of Latter Day Saints

July 24, 2020, marks the 173rd anniversary of the Saints entering the Salt Lake Valley. President Thomas S. Monson explained, “that first trek of 1847, organized and led by Brigham Young, is described by historians as one of the great epics of United States history. Mormon pioneers by the hundreds suffered and died from disease, exposure, or starvation. There were some who, lacking wagons and teams, literally walked the 1,300 miles across the plains and through the mountains, pushing and pulling handcarts.

“We each can learn much from our early pioneer ancestors, whose struggles and heartaches were met with resolute courage and abiding faith in a living God. Youth and children were among the thousands who pulled and pushed handcarts or walked along that pioneer trail, just as they are among the Saints today who are pioneering in their own areas throughout the world. I think that there is not a member of this Church today who has not been touched by the accounts of the early pioneers. Those who did so much for the good of all surely had as their objective to inspire faith. They met the goal in a magnificent manner.

“Time-marked pages of a dusty pioneer journal speak movingly: ‘We bowed ourselves down in humble prayer to Almighty God with hearts full of thanksgiving to him, and dedicated this land unto him for the dwelling place of his people.

“The crude homes were described by one who was there as a small boy: ‘There was no window of any kind whatever in our house. Neither was there a door. My mother hung up an old quilt, which served as a door for the first winter. This was our bedroom, our parlor, our sitting room, our kitchen, our sleeping room, everything in this room of about 12 by 16 feet. How in the world we all got along in it, I do not know. I recollect that my dear old mother stated that no queen who ever entered her palace was ever more happy or proud of shelter and the blessings of the Lord than was she when she entered that completed dugout.’

“Such were the trials, the hardships, struggles, and heartaches of a former day. They were met with resolute courage and an abiding faith in a living God.

“We honor those who endured incredible hardships. We praise their names and reflect on their sacrifices.

“What about our time? Are there pioneering experiences for us? Will future generations reflect with gratitude on our efforts, our examples? You can indeed be pioneers in courage, in faith, in charity, in determination.

“You can strengthen one another; you have the capacity to notice the unnoticed. When you have eyes to see, ears to hear, and hearts to feel, you can reach out and rescue others.”

“Turning the pages of scriptural history from beginning to end, we learn of the ultimate pioneer—even Jesus Christ. His birth was foretold by the prophets of old; his entry upon the stage of life was announced by an angel. His life and his ministry have transformed the world.

“One sentence from the book of Acts speaks volumes: Jesus ‘went about doing good for God was with him’.

“His mission, his ministry among men, his teachings of truth, his acts of mercy, his unwavering love for us prompts our gratitude and warms our hearts. Jesus Christ, savior of the world—even the Son of God—was and is the ultimate pioneer, for he has gone before, showing all others the way to follow. May we ever follow him.”

-Reprinted from *www.churchofjesuschrist.org*

Congregation Sholom

Rabbi Karen Isenberg will stream Friday night services at 6:30 on July 24 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 Isenberg will also be on Facebook for the Saturday morning services at 9:30 on July 25.

Congregation Sholom will host a special game of Scattergories on Sunday, July 26, at 4 p.m. with Sandy Geffner. The game will be hosted in the Bingo room on Facebook. To participate in the game, go to Facebook, search for Congregation Sholom, click on rooms, then click on Bingo. Do not go directly to Congregation Sholom, because there will not be a way to access the rooms. After logging in at 4 p.m., Sandy will give game rules, directions for making a game card and how to play Scattergories in an online environment. You will need a paper (8½ x 11 is probably best) and a pencil.

To participate in Congregation Sholom’s games, book club or live streamed services, call Susan Michlin at (805) 501-5268 to be added to the rooms.

Those who are interested in taking a safe, socially distanced boat ride around Seal Beach 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.

Those who want to become a member to participate in the live streamed services on the Congregation Sholom of Leisure World Group Facebook page, can call Ron Yaffee at (562) 430-7040.

The LW Weekly: 430-0534





**Marc Sakwa, M.D.**, cardiac surgeon (right), collaborates with **Ali Khoynzhad, M.D.**, cardiovascular surgeon, to provide least invasive cardiovascular treatments.

# The Future of Heart Care is Here

We're here with the least invasive approaches for complex heart conditions.

Advanced technology, like high-definition cameras, provides physicians from the MemorialCare Heart & Vascular Institute at Long Beach Medical Center with real-time 3D imaging for unparalleled accuracy. Utilizing the least invasive surgical techniques available in the region and specialized equipment to care for complex cardiovascular conditions, we replace valves with small incisions or with catheter-based approaches to treat patients as an alternative to traditional open-heart surgery. Why travel long distances when the future of heart care is here?



Recognized locally and nationally for clinical excellence.

Your health won't wait. Seek care when you need it.  
**800-MEMORIAL (636-6742) | [memorialcare.org/ComplexHeart](https://www.memorialcare.org/ComplexHeart)**





# Community



The Zoom Club has given Lwers a place to connect every Thursday morning while observing social distancing guidelines.

**ZOOM CLUB**

## Virtual Meeting Continues Growing as Clubhouse Gathering Suspension Stretches on

The Zoom Club started in April, right after all gatherings were suspended with an expectation that things might return to normal in a few months. The meeting has now become a staple for socializing for club members as gatherings in person continue to be restricted.

An average of 16 people participate in the online meeting every Thursday at 10 a.m. to talk about COVID-19, local news, and how they are spending their time at home. The participants are also advising each other what to do during and after they go out in public for essential errands.

The meeting usually runs about 90 minutes long. The attendees say that the meetings provide them the same camaraderie as when they are in a pub or in a salon. The group even sets aside a 10-minute break in the middle so that members can have a chance to make and bring their beverages from the kitchen.



The Republican Club wants to help clear up some of the confusion at the voting booth.

**REPUBLICAN CLUB**

## Booth helps register its 100th voter

By Brian Harmon  
LW contributor

For the past month, the LW Republican Club's booth has been distributing free, comfortable face masks every Monday courtesy of Michelle Steel, President of OC Board of Supervisors and candidate for Congress. The club reached a milestone when this year's 100th voter was registered. The Republican Club has raised over \$600 overall in the last four weeks.

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The Republican club sent out an email to all members covering its position on a number of issues, including ballot propositions. Historically, voters have complained about ballot propositions being confusing. An example would be when a proposition was to eliminate a program such as rent control, voting "yes" meant you

**REPUBLICAN, page 11**

## SBTV Listings

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

**Thursday, July 23**

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 24**

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, July 25**

4 pm Wally Schirra

4:15 pm Lyon Air Museum

4:30 pm Harmonn Islanders

5 pm McGaugh Patriotic Show

5:40 pm McGaugh 1st Grade Show

6:30 pm McGaugh Go West!

7:15 pm Back to Bourbon Street

7 pm LAUSD

10 pm Cerritos Center-Matt Mauser

**Sunday, July 26**

4 pm History of Las Vegas Part 1

5 pm History of Las Vegas Part 2

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 Cerritos Center: Riders in the Sky

10:15 pm Abilene Amphitheater

11:35 pm Bob Cole Conservancy

**Monday, July 27**

4 pm LW Entertainment

4:15 pm LW Hula Dance Club

5 pm Vintage Vehicles

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 Life and Times: Seal Beach Police Department

9:30 pm Cerritos Center-In the Mood

11:40 pm National Parks/Drone Club

**Tuesday, July 28**

4 pm Beginning of Leisure World

4:15 pm World's Fair Newsreel 1964

4:30 pm Shelter at Home Entertainment

4:45 pm LW Hula Dance Club

5 pm LW Entertainment

5:15 pm McGaugh - Go West!

7 pm Back to Bourbon Street

7:40 pm Velvetones

8:30 pm Cerritos Center-Matt Mauser

10:30 pm Bob Cole Conservancy

**Wednesday, July 22**

4 pm LW's Special Olympics

4:15 pm Beginning of Leisure World

4:30 pm World's Fair Newsreel

4:45 pm Lyon Air Museum

5 pm History of Las Vegas Part 1

6 pm History of Las Vegas Part 2

7 pm Seal Beach City Limits: Seal Beach Police department

8 pm Cerritos Center: Golden Dragon Acrobatics

9:37 pm Cerritos Center-The Four Tenors

11 pm Bob Cole Conservancy

*\*All programming is subject to change.*

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

**LW ANNIVERSARY**



Al and María Gómez from Mutual 2 happily celebrated their 50th anniversary earlier this year on April 26.

Celebrate Your Anniversary With Us!  
Email [laurieb@lwsb.com](mailto:laurieb@lwsb.com)



DEMOCRATIC CLUB

Voting registration booth moves to individual appointments

The SBLW Democratic Club board held its first meeting by Zoom on July 14. The meeting focused on developing plans for involvement in the upcoming Nov. 3 General Election. Membership meetings, which will resume via Zoom in August, will feature programs relating to candidates running for election to the Seal Beach City Council, Los Alamitos Unified School District Board, House of Representatives and California Assembly. The 12 propositions that will appear on the ballot will also be addressed. Club members without access to computers should contact Mary Tromp at (562)-412-0898 for information as to how they can participate in the meetings by phone.

Members are also looking forward to the possibility of a series of debates between the candidates vying for election. Congressman Harley Rouda has urged his challenger to engage in eight debates between mid-August and late October. Constituents would be allowed to physically



Harley Rouda

attend such debates only if it is deemed safe under COVID-19 prevention safety measures. The debates would be open to the public through television or live-streaming services. Rouda has outlined other conditions that would need to be agreed to before he would participate. They include having no debates occurring in the same city over three times; a neutral and agreed to moderator; and agreement as to topics to be covered. He also wants at least two debates to focus on issues facing the Vietnamese and Latinx communities, respectively.

Congressman Rouda has continued to work tirelessly to assist local health care workers to get the protective equipment they need. He has also been reaching “across the aisle” to lead on common-sense, business-friendly policies. As a result, the U.S. Chamber of Commerce has awarded him the Abraham Lincoln Leaders for America Award in June.

During its recent meeting, the Democratic Club’s board also agreed that it would be extremely difficult to maintain COVID-19 prevention safety measures if they opened the voter registration booth at Clubhouse 6 during this period of self-isolation.

In its place, board members are available to assist anyone on an individual basis who wants to register for the first time, change address or register in a different party. Call Kathy Moran at (562) 596-0450 for details and/or an appointment. The Board also adopted a number of new policies and procedures, copies of which are available to any member requesting them. Email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com).

Board members are closely watching a number of bills working their way through Congress, including S.1397, which would amend the Help America Vote Act of 2002 to provide for a national Federal absentee ballot. Sen. Amy Klobuchar has introduced S. 3529, which revises and establishes voting procedures for federal elections. Specifically, her bill requires each state and jurisdiction to establish and publish a contingency plan to enable voters to vote in federal elections during an emergency.

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Anyone who wants to stay informed and is interested in receiving the Democratic Club’s electronic newsletter on a regular basis can email the editor, Mary Larson, at [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com) with their contact information.

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

GOLDEN AGE FOUNDATION

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

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

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

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

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

REPUBLICAN

**From page 10**

don’t want rent control and voting “no” meant you do.

Another example of a confusing proposition in a California ballot was Proposition 6 in the 2018 election.

Proposition 6 would have eliminated the gas tax increase enacted by the state legislature the previous year. That increase had raised the gas tax to 95 cents a gallon.

The official ballot summary stated that the proposition “Repeals a 2017 transportation law’s tax and fee provisions that pay for repairs and improvements to local roads, state highways, and public transportation” and “Requires the Legislature to submit any measure enacting specified taxes or fees on gas or diesel fuel, or on the privilege to operate a vehicle on public highways, to the electorate for approval.”

This happened because all statewide positions are held by members of the same party, as is a wide supermajority in both houses of the legislature. When one party has complete control of a government, it makes it difficult to see issues from every angle.

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](http://www.hhug.org).

**Golden Rain Foundation**  
**Employment Phone Line**  
**562-286-6074**  
*Up-to-date information on all open positions.*

Obituaries

**Shirley Harper**  
**Feb. 1935 - June 2020**

Shirley Harper passed away on June 28 after a 25 year long battle with dementia and Alzheimer’s. She was born and raised among 17 brothers and sisters in farm country in Butler, Pennsylvania. She was the 14th sibling and is survived by two older and two younger siblings. She was a graduate from Bulter High School and Muskingum College.

Shirley’s first job was at Joseph Horne Department store in Pittsburgh, Pennsylvania, as an assistant buyer in housewares and jewelry.

Her plan was to marry neither a doctor nor a traveling salesman, but she married a salesman once she met John Harper. They were married in Pittsburgh on Sept. 12, 1959 and drove through Route 66 to California for their honeymoon, stopping to visit the Grand Canyon on the way.

Soon after Shirley became



pregnant with the couple’s first child, John D. III, and then their daughter Cynthia. Shirley became a stay-at-home mom. Twice during their childhood, the family would spend a month traveling by car on the east coast visiting the Pittsburgh area and John’s hometown in Rochester NY. The family moved to Seal Beach around 1972, where both kids would graduate from McCaugh Grade School.

Around the time the kids were in high school, college, Shirley decided to open up The Wishing Tree, a children’s clothing store on Main Street in Seal Beach. The store lasted for some time but she finally closed it when the “big box” stores commanded retail sales. After The Wishing Tree closed, she continued to work in retail sales in department stores. Shirley was always pleased that she was able to help put her son through Occidental College and her daughter through Pepperdine College, just as it opened in Malibu.

The couple moved into a condo in Huntington Beach after their children had left for college and moved to Leisure World in 2003 after Shirley could no longer climb the stairs. She and

John enjoyed their time living in Leisure World and found plenty of things to do.

When Shirley was 60 she was diagnosed with dementia and five years later she suffered a stroke. The two diagnoses were the beginnings of her health struggle for 25 years.

Unfortunately her dementia evolved into Alzheimer’s and five years ago she moved into Seal Beach Health & Rehabilitation where she lived until her passing.

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**Bob Thompson**  
**Sept. 1932-June 2020**

Bob Thompson passed away on June 24 at the age of 87 in Los Alamitos.

He was a staple at the gym, he also loved yoga, biking, the library, and getting lunch with friends.

There will be a celebration of life on Aug. 2 in a shaded area near Leisure World. Call and leave a message for Jim Yoshhawk at (562) 296-5644 by Aug. 1 if interested in receiving more information or an invitation to



the ceremony.

...

**In Memoriam**  
Leland Brown  
Edna Copeland  
Daniel Juremka  
Howard Wills  
Rita Ellithorpe  
Emerald Touya  
David Ward  
Paul Albus  
Howard Wills Jr  
Jose Farjas Prieto  
Maria Aniceto Ibanes  
Families assisted by  
McKenzie Mortuary,  
961-9301  
—paid obituary

...

Space is available for obituaries of residents and former residents.

- An “In Memoriam” column is available free of charge. Limited to name, mutual number and date of death.
- An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.
- Notices from mortuaries and non-GRF members will be printed exactly as submitted and

charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.

- Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.
- Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.
- A “Card of Thanks” section is available in the classified section of LW Weekly at the member classified advertising rate, \$8 for the first 12 words and 25¢ per word thereafter, for persons wanting to express their thanks for help during bereavement, sickness, etc.

**OBITUARIES**  
deadline is  
4 p.m., Monday,  
prior to publication.  
Email  
[laurieb@lwsb.com](mailto:laurieb@lwsb.com)



# Arts & Leisure



Members of the Sunshine Club held an impromptu mask giveaway in Mutual 5 last week. Randy Oh is handing out the masks.

## SUNSHINE CLUB

### Club makes sure LW is covered in show of community unity

The Sunshine Club gave away cotton face masks on July 17 as part of its effort to support Leisure World's "Community Strong" campaign encouraging everyone to wear a face covering in public.

Hundreds of masks were handed out in the Mutual 5 greenbelt in the impromptu giveaway, which only publicized by word-of-mouth.

A week ago, Gov. Newsom announced he was requiring all counties to close their restaurants, movie theaters, family entertainment centers, wineries, zoos and bars for indoor service.

In June, he required all Californians to wear face coverings in high-risk settings as the state seeks to slowly reopen amid the coronavirus pandemic.

To that end, the Sunshine Club is working to make sure everyone has a mask. The club thanks Randy Oh, Michael Oh's brother, for his generous donation that allowed the club to provide the masks. Michael Oh is a longtime member and supporter of the Sunshine Club.

And thanks to the Mutual 5 Board, which allowed the Sunshine Club host the event.

People should wash masks before using. Masks may have a pocket on the inside to accommodate a coffee filter. Using a filter may increase the effectiveness of the mask. Paper towels or napkins can be used in place of coffee filters.

Masks should be washed daily.



Randy Oh, the brother of LWer Michael Oh, made a donation to allow the Sunshine Club to give away the masks.

If you are not using a washing machine, the easiest way is to put very hot water and soap in a baggie with your mask. Agitate by hand. Let your mask sit in the baggie for five minutes. Rinse in hot water and hang to dry.

Event coordinator Anna Derby asked shareholders to honor social distancing while in line and everyone who came to this event covered their mouth and nose with scarves or handkerchiefs if they didn't have masks.

The Sunshine Club began January 2012 to read the LW Weekly for information about the community. Members use the newspaper as a text book to review all the community news and happenings.

The club is designed to help different ethnicities get along and

for neighbors to have better communication to get the best out of living in Leisure World.

LW community leaders and club representatives give presentations when the club is able to meet in person. Guest speakers from outside LW are also invited to share.

With the continuing shutdown of clubhouses, Zoom meetings will begin at 10 a.m. on Friday, July 31. The first presenter will be Beatriz Nunez.

Her topics will include Medicare coverage related to COVID-19, expansion and relaxing of benefits, fraud and scams targeting beneficiaries and how to protect oneself. There will be time for questions and answers.

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



The bocce ball court at Mission Park is a popular attraction when it is open. If you're missing your bocce ball friends, check out this Zoom class just for you on July 28.

## Bocce Ball

It seems that a lot of veteran and new bocce ball players are suffering from bocce cabin fever. Many cases have been reported and a cure is now in sight. If you're missing Bocce or want to learn more about the game, veteran player and Zoom master Fred Carpenter will be hosting a Zoom meeting to talk about all things bocce and how much players miss their tournaments.

The virtual meeting will be held Tuesday, July 28, at 5 p.m. Feel free to send your e-mail address to Fred at [sail1942@gmail.com](mailto:sail1942@gmail.com), and he'll send you an invite to the meeting.

## Video Producers Zoom Meetings

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

Classes are as follows:

- Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email [joosuna29a@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:0501042@gmail.com).

—Joe Osuna

## Gentle Flow Yoga

Join Monarch Healthcare and Alignment Healthcare for a virtual Gentle Flow Yoga series via Zoom. Certified yoga instructor Holly Robinson will guide participants through a series of poses and stretches to help feel more at ease. This class is suitable for all levels and abilities. All you need is a mat and an open mind.

A class will be held from 2-3 p.m., Monday, July 27.

All Leisure World residents are welcome to attend at no cost.

RSVP for Gentle Flow Yoga by emailing Grecia Nunez, senior ambassador at the Health Care Center, at [gnunez@mhealth.com](mailto:gnunez@mhealth.com). Include the day you would like to attend and we will send you your Zoom link.

## Balance & 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](mailto:arosenfeld1@verizon.net) and she will send you the link to join to group.

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

## Friday Tech Talk

Join Bob Cohen for a one-hour Zoom class on a technology topic every Friday at 10 a.m. On July 24 the topic will be "Organizing Files on Windows and Macs." To register, contact [bob@bobology.com](mailto:bob@bobology.com).

## Men's Golf

The Men's Monday Golf League played on July 13th Meadowlark Golf course in Huntington Beach. Nine men, and one woman challenged the par 70, 5600-yard 18-hole course. A warm start turned into a hot late morning and the wind picked up dramatically. Meadowlark has several water hazards and tricky, sloping greens. The course is in great shape which promoted several low scores and 2 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: Bill McKusky, 3 under 67; second: Dave LaCascia, 2 under 68 plus a birdie; third: Fujio Norihiro; fourth: Sam Choi; fifth: Gary Stivers. Bill had fewest putts. Sam had closest to the pin on the 150-yard par 3 sixteenth hole and Gary was closest on the 140-yard par 3 seventh hole.

### B Flight Winners:

- First Place: Bob Munn, 1 over 71 and fewest putts; second: a three-way tie between Bill Zurn, Liz Meripol and John Meyer, 2 over 72; fourth: Tom Ross; fifth: Lowell Goltra. John also had a birdie.

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## LW Weekly Contacts

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19. Staff is working on-site to produce the LW Weekly. Editors can be reached by phone and email. See page 4 of any edition for editors' addresses. People may drop hard copy into the letter slot at the front of the News Building. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277. All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly can accept credit or debit payments over the phone or people can put checks through the slot.





## Grab n Go Meals

July 23-29  
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](http://www.katellabakery.com), specials of the day available onsite, cash/cards.
- **Saturday:** Naples Rib Company, barbecue, salads, sandwiches; new hours, 3:30-5 p.m.; order ahead online for faster service, [www.ribcompany.com/LW](http://www.ribcompany.com/LW) or (562) 439-RIBS; cash/cards
- **Sunday:** Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at [www.bergcatering.com](http://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](http://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 wear a mask.** For information, call (562) 431-6586, ext. 398.

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

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

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

## RADIO CLUB

### Family Service radio users have practice 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, [rjexrn@yahoo.com](mailto:rjexrn@yahoo.com), or call (562) 431-6586, ext. 409, to leave a message.

## ZOOM CLASSES

### Calling all beginners

#### 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](mailto:mzzmimm@gmail.com) and include what device you're using.

#### Class Schedule:

- Tuesday, July 28, 10 a.m.—Learn Zoom on PC or MAC  
Instructors: Miryam Fernandez, Bonnie Cooper, Virginia Olejnik
- 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

## Senior Transportation

The Senior Shopping Shuttle to Ralphs, Target and Sprouts has been canceled until further notice. Dial-A-Ride service is available for shopping rides to any location within the City of Seal Beach.

Service is available at no cost Monday-Friday, 7:30 a.m.-2:30 p.m. Advance reservations are required by calling (877) 224-8294.

Cindy Tostado, GRF member resources and assistance liaison, is available to help people register for the Senior Transportation Service by appointment.

To make an appointment, call 431-6586, ext. 317.

For additional information on the program, contact Iris Lee at Seal Beach City Hall, (562) 431-2527, ext. 1322, [ilee@sealbeachca.gov](mailto:ilee@sealbeachca.gov) or [AskCityHall@sealbeachca.gov](mailto:AskCityHall@sealbeachca.gov).

—Dave LaCascia



Global Market Kitchen delivers groceries and meal kits to Leisure World.

## Global Market Kitchen Delivery

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

**WHAT:** Grocery, household necessities and meal kit delivery

**WHERE:** Clubhouse 4 Parking lot drive-through

**WHEN:** Thursday, July 30, between 2-4 p.m.

**HOW:** Order online at <https://squareup.com/store/GDBROGMK/> or by phone at (562) 661-9776 by tomorrow, July 24.

There is a 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 [kathytlwsb.com](mailto:kathytlwsb.com) or contact the vendor at [gdbrox@gmail.com](mailto:gdbrox@gmail.com).

## LW Poetry

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members.

### Heavenly Lights

It's night and all around the misty clouds hang low,  
brushed ruddy from the city's glow.  
But standing beside my Leisure World home  
the night sky blooms with stars,  
Orian's belt and Venus, ages old, brilliant still.  
And were that not enough  
a new light shines in the Western sky,  
The International Space Station glows.

—Phyllis Poper

## Bicycle Club

Join the Leisure Bicyclists Monday, Wednesday, Friday and Sunday at 9 a.m. at the North Gate for a ride to Long Beach, Huntington Beach or Eldorado Park.

Ride at your own safe speed and use any make of bicycle: Treks, recumbents and 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 details.

—Mary M. Romero

## Bathroom Access Grant

The City of Seal Beach Bathroom Accessibility Program has been approved for another cycle of funding. This means that from July 2020-June 2021, the City can spend \$145,000 on grants to Leisure World residents to continue the Bathroom Accessibility Program.

For over 14 years, the City of Seal Beach has offered the Seal Beach Bathroom Accessibility Program to help residents in Leisure World modify their bathrooms for safer access.

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

Due to the threats of COVID-19, CivicStone, the administration of the program, will be changing the way it operates. It will not hold a workshop in any clubhouse for Leisure World residents this year. Instead, individual appointments can be made via phone, FaceTime,

**GRANT, page 20**



TESTS  
from page 6

testing particularly among front-line workers and hard-hit communities is essential as we work to better understand the spread of the virus in our communities and work to make better policy that will protect the public while also allowing our residents to go to work, pay their bills and put food on the table.”

360 Clinic is conducting no-out-of-pocket cost testing leveraging personal insurance reimbursements and federal government assistance for the uninsured, with additional financial support from the county.

Tests will be available for individuals prioritized for testing by the California Department of Public Health:

- People with symptoms
- Close contacts to people known to have COVID-19
- Healthcare workers and first responders
- Residents and employees of congregate living facilities
- Essential workers (grocery store, food supply, utility workers and public employees)

The initial target is to conduct 600-800 tests per day, five days

per week with a goal of reaching 1,200 per day within two weeks. 360 Clinic and the convention center have the capacity to expand volume depending public health recommendations as well as lab and supply capacities.

Orange County residents who have insurance are requested to contact their medical providers first about getting tested prior to registering for an appointment at the Anaheim Convention Center site; and most HMO's request that members obtain testing through their own provider.

Orange County residents who meet the aforementioned criteria may register online starting today in the evening at <http://occovid19.ochealthinfo.com/supersite>.

Participants will be asked to provide their contact information along with their health insurance information (if they have it) while selecting their appointment date and time.

Once an individual has successfully registered, they will receive a confirmation text or email.

They will be required to show this confirmation on the date and time of their registration in order

to be tested.

More information about the Anaheim Convention Center testing site process may be found at: <http://occovid19.ochealthinfo.com/supersite>.

The Anaheim Convention Center site will operate Wednesdays-Sundays from 8 a.m.-3 p.m. For more information, contact a 360 Clinic representative at (800) 446-8888.

More information about testing as well as other testing sites across Orange County may be found at: [ochealthinfo.com/covidtest](http://ochealthinfo.com/covidtest).

Orange County has conducted more than 359,900 PCR tests as of July 21 with 29,986 people testing positive.

More than 493 people have died from the disease in Orange County—more than half of that number at skilled nursing facilities, according to numbers from the Orange County COVID-19 Dashboard from the OC Health Care Agency.

For more information, contact the OC Health Care Agency Network of Testing at [ochealthinfo.com/covidtest](http://ochealthinfo.com/covidtest).

Drinking Fountains are Closed

As part of the ongoing effort to make Leisure World as safe as possible against the spread of COVID-19, all public water fountains have been closed until further notice. Residents are asked to maintain distance and wear masks in public areas where they might come into contact with others. As of July 21, the City of Seal Beach had reported a total of 163 COVID-29 cases, according to the Orange County Health Care Agency.



SCRABBLE G R A M S							SOLUTION	
A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	U <sub>1</sub>	M <sub>3</sub>	RACK 1 =	83
D <sub>2</sub>	E <sub>1</sub>	F <sub>4</sub>	L <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 2 =	61
O <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	RACK 3 =	60
V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 4 =	62
S <sub>1</sub>	U <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 5 =	58
PAR SCORE 250-260							TOTAL	324

Crossword Answers

BASS	SHARI	AGED	PRONE
ACUT	HELEN	EAVE	REPEL
THERA	INO	TERROR	ASHES
SEDIMENT	EVAD	CLUED	
DELA	ORATE	SHILL	
OSTEND	KLINE	PLANTING	
CAHNS	TEEMSS	SQUARE	AIL
TRET	THAI	UNTO	SCI
EAR	DRENCH	COATS	DOMED
THEROAD	YOURS	DEMURE	
IONIA	SPIRIT	OILED	
ABSENT	STEED	REINSIN	
MANSE	POUR	RATINGS	CHA
ANT	MAUD	IDIO	PEAT
STA	DAMPY	ANKES	PANDA
SUNLAMP	LONGA	CEREAL	
YERBA	PETES	LOST	
AMARA	DENSE	CONTESSA	
BRINY	WET	COLLAR	WORKER
ENROL	HERO	EARN	RYAN
TEENS	ODIN	DELAY	EERO

Sudoku 1 Answers

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

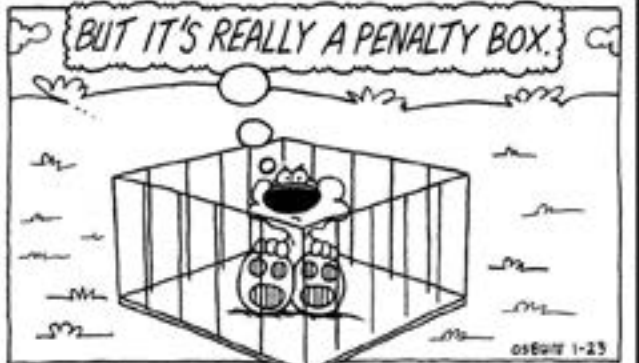
The Basic Rules of Sudoku  
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.  
• When you start a game of Sudoku, some blocks will be pre-filled for 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

THYME RATIO KARATE BUREAU  
After scuba diving for hours, they were ready to — TAKE A BREATH

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

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

Guess Who?

Answer: Bindi Irwin

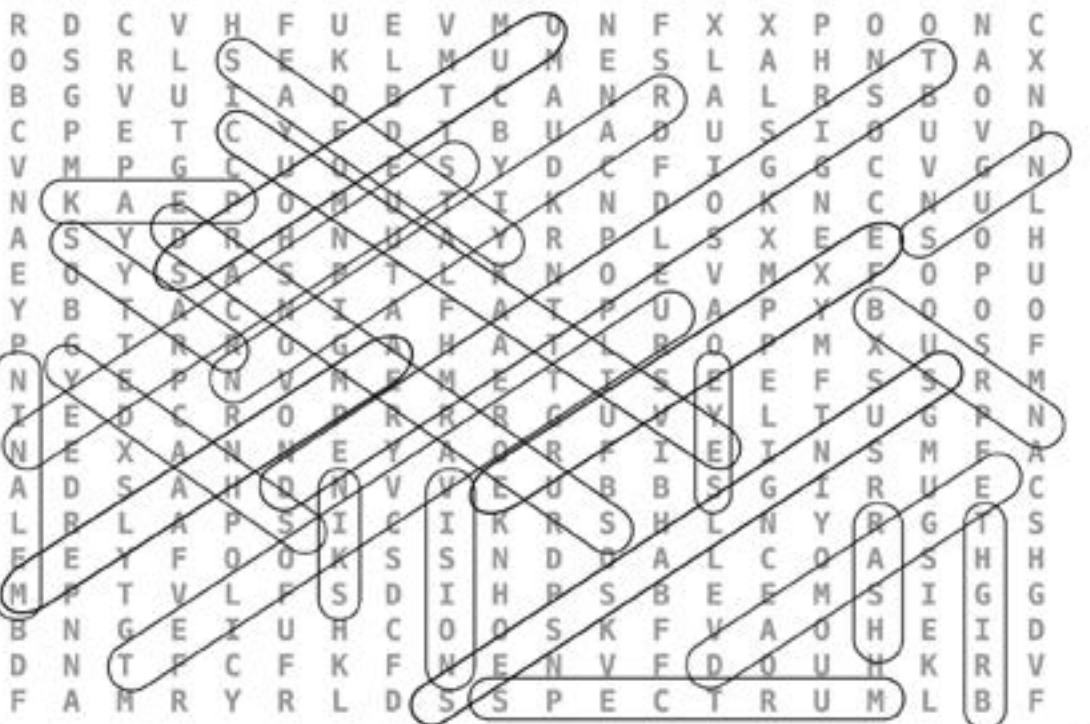
Crypto Fun Answers

A. radiation B. tanning C. protection D. solar

Boggle BrainBusters Answers

DOLPHIN GAZELLE GIRAFFE LEOPARD BUFFALO

Word-Find Answers





# Health & Fitness

## SLEEP WELLNESS

### Tips to help you get better and deeper sleep

Getting enough sleep helps you stay healthy and alert. However, many older adults don't sleep well. Waking up every day feeling tired is a sign that you are not getting the rest you need and might need to speak with a doctor.

#### Sleep and Aging

Older adults need about the same amount of sleep as all adults, 7-9 hours, each night. There are many reasons why older people may not get enough sleep at night. No matter the reason, if you don't get a good night's sleep, the next day you may feel irritable, have memory problems or be more forgetful, start feeling depressed or have more falls or accidents.

#### Getting a Good Night's Sleep

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

**Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.

**Avoid napping in the late afternoon or evening,** if you can. Naps may keep you awake at night.

**Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music,

or soak in a warm bath.

**Try not to watch TV or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.

**Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.

Exercise at regular times each day but not within three hours of your bedtime.

**Stay away from caffeine and alcohol late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake. Remember, alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

#### Insomnia is Common in Older Adults

Insomnia is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep and staying asleep. Those who have insomnia may experience taking a long time to fall asleep, waking up many times in the night, waking up early and being unable to go back to sleep, waking up tired or feeling sleepy during the day.

Often, being unable to sleep becomes a habit. Some people

worry about not sleeping even before they get into bed. This may make it harder to fall asleep and stay asleep.

Some older adults who have trouble sleeping may use over-the-counter sleep aids. Others may use prescription medicines to help them sleep. These medicines may help when used for a short time. But remember, medicines aren't a cure for insomnia. Developing healthy habits at bedtime may help you get a good night's sleep.

#### Tips to Help Fall Asleep

You may have heard about some tricks to help you fall asleep. A classic trick you could try is counting slowly to 100. Some people find that playing mental games makes them sleepy.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.

- from [www.nia.gov](http://www.nia.gov)

### 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 diabetic dessert is available for those in need. Contact Caron Adler at (562) 439-5000, ext. 2 or visit [www.mowlb.org](http://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 23:** Roast turkey with sage gravy, herb and cornbread stuffing, Brussels sprouts, fresh banana, roast beef and cheese sandwich with lettuce, tomato and pickle, tri-color coleslaw.

**Friday, July 24:** Curry chicken, oven browned potatoes, zucchini medley, fresh orange entree chicken taco salad, tomato, corn, black beans, cheese, cilantro, salsa dressing and crackers.

**Monday, July 27:** Beef Teriyaki, brown and wild rice, Oriental vegetables, fresh plum or peach, chicken salad sandwich with spinach and tomato, homemade potato salad.

**Tuesday, July 28:** Baked chicken leg and thigh, mashed sweet potatoes, seasoned green beans, vanilla and chocolate swirl pudding, Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers.

**Wednesday, July 29:** Stuffed bell pepper, garlic and chive mashed potatoes, seasoned carrots, fresh pear, turkey and cheese sandwich with lettuce, tomato and pickle, carrot and raisin slaw.

Finding new ways to stay healthy during quarantine?

Email your **Health** stories to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)

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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

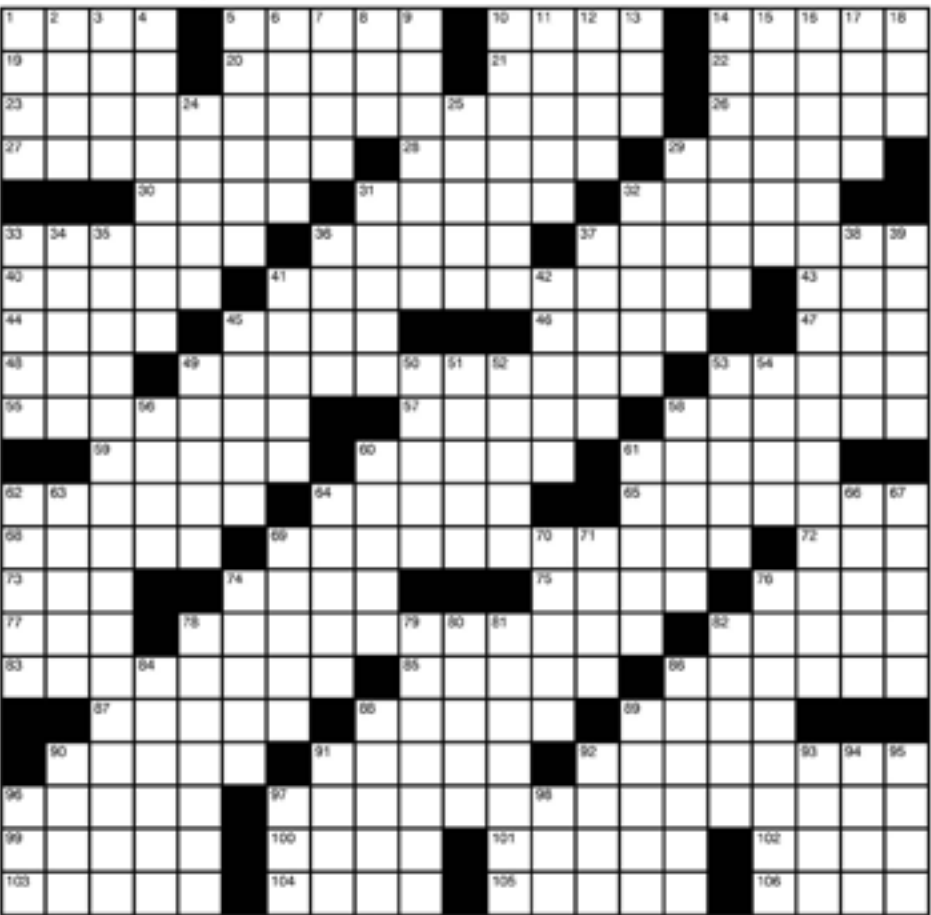
By Raph Dunagin & Dana Summers



Word Play

Edited by Linda and Charles Preston

- ACROSS
- 1 Large-mouthed fish
  - 5 Viacom's Redstone girl
  - 10 Ripened
  - 14 Likely
  - 19 \_\_\_ above the average: better
  - 20 She's Reddy to sing
  - 21 Roof overhang
  - 22 Cause distaste
  - 23 Historic April shower?
  - 26 Pompeii's blanket
  - 27 Dregs
  - 28 Duck
  - 29 Given a hint
  - 30 Designer Oscar \_\_\_ Renta
  - 31 Declaim
  - 32 Huckster's helper
  - 33 Belgian city
  - 36 Actor Kevin of "Sophie's Choice"
  - 37 Garden activity
  - 40 Songwriter Sammy and family
  - 41 Manhattan area in an April shower?
  - 43 Feel poorly
  - 44 Waste allowance
  - 45 Siamese
  - 46 Golden Rule word
  - 47 \_\_\_ -fi: Ray Bradbury's forte
  - 48 Pinna is its outer part
  - 49 Appropriate April wear?
  - 53 Like an igloo's roof
  - 55 Hit \_\_\_: start traveling
  - 57 Letter sign-off
  - 58 Coyly decorous
  - 59 Ancient Aegean region
  - 60 Mast spar
  - 61 Lubricated
  - 62 Not in attendance
  - 64 Rosinante or Traveller
  - 65 Slows the horses
  - 68 Rectory
  - 69 Nielsen gives April showers?
  - 72 Half a dance name
  - 73 Hill dweller
  - 74 Tennyson poem
  - 75 Peculiar to one: Comb. form
  - 76 \_\_\_ moss
  - 77 RR stop
  - 78 Northerners in April?
  - 82 Zoo favorite
  - 83 Tanning equipment
  - 85 "Ars \_\_\_, vita brevis"
  - 86 Grain product
  - 87 \_\_\_ Buena, in San Francisco Bay
  - 88 "For \_\_\_ sake!"
  - 89 Misplaced
  - 90 Soprano Lucine of the Met
  - 91 Obtuse
  - 92 Ava's was barefoot



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- DOWN
- 1 Cave dwellers often
  - 2 Hurt all over
  - 3 Pressed charges
  - 4 Thrill
  - 5 Sheriff's badge
  - 6 Would-be redhead's rinse
  - 7 "Thanks \_\_\_!"
  - 8 Ump's counterpart
  - 9 Meantime
  - 10 Introduces oxygen
  - 11 En \_\_\_!: fencing cry
  - 12 Olive's first press
  - 13 Strauss's "\_\_\_ Rosenkavalier"
  - 14 Pecan confection
  - 15 Outcome
  - 16 "Hamlet" highlight in April?
  - 17 Require
  - 18 High transits
  - 24 Positive responses
  - 25 Linda or Dale
  - 29 Lively Latin bombshell
  - 31 Fatty acid-related
  - 32 Thin one's nickname
  - 33 Eight maids a-singing
  - 34 Caldwell or Bernhardt
  - 35 Ethel Barrymore's April fib?
  - 36 New Jersey governor, 1982-90
  - 37 Kicks a pigskin
  - 38 More pleasant
  - 39 Move smoothly
  - 41 Bygone Bara
  - 42 Beverage unit
  - 45 Characteristic
  - 49 "Death Be Not Proud" poet
  - 50 Excessive: Prefix
  - 51 Kitchen gadget
  - 52 Ramé's pen name
  - 53 Fleur \_\_\_
  - 54 Premonitory signal
  - 56 Fish eggs
  - 58 Muralist Rivera
  - 60 Book repository
  - 61 Avifauna
  - 62 Pile up
  - 63 African people
  - 64 Minestrone, et al.
  - 66 "\_\_\_ dream. . ."
  - 67 Birth-related
  - 69 Argentinean plain
  - 70 Model/actress Cheryl
  - 71 Brainstorm
  - 74 Cobra's cousin
  - 76 Parquet circle
  - 78 "Newhart" brothers
  - 79 Fine French lace
  - 80 \_\_\_ hot: so-so
  - 81 Prepared to propose
  - 82 Popular pasta sauce
  - 84 Use as a prop
  - 86 TV comedian Tim
  - 88 Laboratory dish
  - 89 Blackmore's Doone
  - 90 "Rule Britannia" composer
  - 91 Mortgage paper
  - 92 Sandburg or Reiner
  - 93 Terrier type
  - 94 Car slightly
  - 95 Cartoonist Peter
  - 96 Gambler's act
  - 97 "The \_\_\_", of rock 'n' roll
  - 98 New Guinea seaport

Sudoku 1

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

9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

**SCRABBLE G R A M S**

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A1 E1 U1 D2 N1 M3 G2 Triple Word Score RACK 1

A1 E1 E1 D2 T1 L1 F4 RACK 2

A1 E1 O1 N1 R1 R1 V4 RACK 3

A1 E1 D2 N1 T1 R1 V4 2nd Letter Double RACK 4

A1 I1 U1 D2 L1 N1 S1 RACK 5

PAR SCORE 250-260  
BEST SCORE 324

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

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

TYHEM

TAIRO

TRAEAK

ARUBUE

Check out the new, free JUST JUMBLE app

Let's take a break and go back down after lunch.

I'll be ready to dive after a bit.

AFTER SCUBA DIVING FOR HOURS, THEY WERE READY TO \_\_\_

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



Guess Who?

I am a TV personality born in Australia on July 24, 1998. I come from a famous animal activist and education family. I grew up in the spotlight thanks to my father's very popular television series.

Sudoku #2

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

Level: Advanced

Puzzles & Comics  
Answers on page 14

☺☼☽☾☿♈♉♊♋♌♍♎♏♐♑♒♓♈♉♊♋♌♍♎♏♐♑♒♓

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☼☽☾☿♈♉♊♋♌♍♎♏♐♑♒♓

Determine the code to reveal the answer!

Solve the code to discover words related to sun safety.  
Each number corresponds to a letter.  
(Hint: 16 = a)

A.    10   16   1   25   16   13   25   24   26  
Clue: Energy waves

B.    13   16   26   26   25   26   23  
Clue: Darkening skin

C.    21   10   24   13   9   3   13   25   24   26  
Clue: Prevents injury

D.    14   24   4   16   10  
Clue: From the sun

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BUPH

WOIS

GOKE

AGLM

By David L. Hoyt and Jeff Knurek

EZAGB

LOEDU

PLDFE

HARFL

GINAO

BOGGLE POINT SCALE

3 letters = 1 point

4 letters = 2 points

5 letters = 3 points

6 letters = 4 points

7 letters = 6 points

8 letters = 10 points

9+ letters = 15 points

YOUR BOGGLE RATING

151+ = Champ

101-150 = Expert

61-100 = Pro

31-60 = Gamer

11-30 = Rookie

0-10 = Try again

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

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11-3-19

SUN SAFETY WORD SEARCH

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

WORDS

- BRIGHT
- BURN
- CUMULATIVE
- DAMAGE
- DANGEROUS
- DERMATOLOGIST
- EXPOSURE
- EYES
- MELANIN
- MELANOMA
- OUTDOORS
- PEAK
- RADIATION
- RASH
- RAYS
- SAFETY
- SHADY
- SKIN
- SPECTRUM
- SUN
- SUNGLASSES
- SUNSCREEN
- ULTRAVIOLET
- VISION

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



SBPD  
from page 1

A search of the vehicle revealed the suspect was in illegal possession of marijuana for sales. He was charged with transporting marijuana for sales, possession of marijuana for sale, felony evading, being an unlicensed driver, and several other California Vehicle Code violations.

He was later transported to the Orange County Jail for booking.

The driver complained of pain as a result of the collision and was transported to a local hospital for medical evaluation.

Anyone with information regarding this incident is encouraged to contact Detective J. Ainley at (562) 799-4100, ext. 1113, or [jainley@sealbeachca.gov](mailto:jainley@sealbeachca.gov).

GRANT  
from page 13

Zoom or Google Hangouts to ask questions and get individualized advice on how to complete applications. Simply email [monique@civicstone.com](mailto:monique@civicstone.com) for an appointment. Residents can also call (909) 364-9000, but email is preferred. All information is kept strictly confidential.

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The program is made possible through a grant from HUD, Orange County and the City of Seal Beach. To qualify, applicants must be over 55 years of age and have an annual income as follows: One person, \$71,750; two people, \$82,000; and three people, \$92,920.

The City of Seal Beach hired CivicStone 14 years ago to administer this program.

For more information, email [monique@civicstone.com](mailto:monique@civicstone.com) or call (909) 364-9000.

MASKS  
from page 2

exhaled breath from reaching your glasses and misting them up. Try placing a folded tissue between your mouth and the mask.

The tissue will absorb the warm, moist air, preventing it from reaching your glasses. Also, make sure the top of your mask is tight and the bottom looser, to help direct your exhaled breath away from your eyes.

As for behind-the-ear friction, try switching to a tie-back mask, which won't pull at the backs of your ears.

Or try a headbands, caps and strap extensions made with buttons that are placed just behind your ears, then slide your face mask's elastic ear straps over the buttons, alleviating the pressure that normally would be applied behind your ears.

Additionally, there are S-hooks and plastic clips that you can place at the back of your head and hook your straps onto. There's even one with a hole for your ponytail. You can make your own headbands or buy them from a variety of sellers, including at [Etsy.com](https://etsy.com) for about \$8-12 each.

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highlights, perm, nails & toenails.  
In-house service available. Tammy  
Nguyen. 13944 Seal Beach Blvd,  
#116. (714) 425-4198. 09/03

In home hair care, serving the men  
and women of Leisure World for  
36 years. Mel, cell: 562-480-9341.  
License #KCT75538. 07/16

Get the beautiful hair at home.  
Countless happy clients with good  
referrals. Gabriel (562) 708-3170  
License #B50551. 08/06

HOUSE CLEANING

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

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

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

GRACIAN'S  
HOUSECLEANING &  
WINDOWS.

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

COMPUTERS

FRUSTRATED  
(562)755-6199

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

John's Computer Services  
562-733-9193

Virus removal, Repair, Training,  
Software, Wireless, Internet  
Security. LW Resident  
SB License FUH0001. 08/06

AUTOS WANTED

ANY KIND OF CAR

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

ELECTRIC CARTS/  
SCOOTERS/MOBILE  
CHAIRS FOR SALE

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

Pride Go-Go mobility scooter.  
4-wheels. New batteries. \$450.  
(562) 431-6859.

TRANSPORTATION

Need a lift? Pam Miller.  
LW Resident. 310-227-1258. 07/23

Rides by Russ,

With the personal touch.

For over 5 years I have been giving  
all types of rides to Leisure World  
residents. Rides to the airports,  
doctors, cruise ports, shopping  
and errands I also enjoy helping  
my neighbors with chores and  
maintenance around their homes.  
Russ 714-655-1544. 08/13

AUTOS/BOATS/RV'S  
TRAILERS FOR SALE

ELECTRIC CAR PADS

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

5th wheel trailer, 94 Savana, 2 new  
batteries. 4 new tires. 5 yr roof. Side  
rm & skirting. Everythign works.  
Excellent shape. \$5,000 OBO. Call  
562-714-4648 Mike. 08/07

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BRA0002. Dan: 562-841-3787 09/24

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Your moving service, any size  
job. Call 310-387-2618. Business  
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Want to place a  
Classified or renew  
your existing one?  
Turn it in by  
**2:00 p.m., Monday,**  
for Thursday's  
publication



# Classifieds

## MISCELLANEOUS FOR SALE

For Sale - Queen La-z-Boy sofa bed, recliner, full size headboard, curio, tiffany style lamps, trumpet, vintage typewriter, Dyson and Roomba. Call to see (714) 514-8232.

Women's 26" silver bicycle w/thorn proof tire & tube liner. Also has basket & padded seat. Like new. \$140. (562) 230-5302.

Bike for sale. Red tricycle, Summit, very clean. Kept inside the house, like new. Has a basket on the back & the front. \$275. (714) 315-1472.

Antique hat rack/umbrella tree. 27" wide by 6' tall. \$70. Wall mirror 2' by 3' w/stained glass. \$30 OBO. (562) 879-1494.

Stand-up paddle board. Great shape, w/paddle & bag. For sale. Call John (562) 761-0465.

Christmas decorations, Collectible Starbucks and many Mugs, Lenox and Crystal items, Clocks, framed Pictures, Toys Cars, and other fun items. Couch 6 foot, Bedroom set. After 8:00am. 714-749-4932.

2 Blue swivel armchairs for sale \$30.00 each. Brighton jewelry for sale also. 562-596-1432.

## MISCELLANEOUS WANTED

3-wheel adult bike. Older model preferred. Ok if needing TLC. Susan (LW Resident). (213) 265-5568.

## FREE ITEMS

I will be replacing my motorized retractable patio awning within the next few weeks. It is about 10 feet wide, and it extends out about 9 feet. It is in good working condition. It is about 9 years old, so it is soiled with the dust of Leisure World.

If you would like to have this awning, call me, come take a look, and I will then notify you when the installers take it down. Phil (562) 936-0150

Free TV armoire, solid wood. Has 3 glass shelves with cabinet doors on the bottom. Sofia (714) 317-4864.

## LW REAL ESTATE FOR LEASE

Condo for Lease, Mutual 17. 2 Bedroom/2 Bath, 1160 SF. Top Floor w/AC, Full Kitchen. Deck/Balcony, Storage & Parking. \$2100/month, Call 562-714-4790. 07/23

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



**Joanie Korman**  
(714) 308-8034

LW Resident, Real Estate Specialist  
BRE#01937786  
"Where Life Just Got Easier"

**New Listing**  
High End Remodel  
2 Bed 2 Full Bath  
Gorgeous Kitchen,  
Oversized Peninsula  
A Stunning Home  
**M15 34L \$373,000**

Beautiful Remodel  
Two Bed  
Two Full Bath Fully  
Expanded Large  
Greenbelt  
**M9 226L \$385,000**

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

Centrally Located Fully  
Expanded,  
Kitchen Island  
**M5 114K \$265,000**  
Berkshire Hathaway Home Services



**Erika Shapiro**  
BRE # 01448494

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



**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 1/2 Bath**  
Greenbelt and Drive-up convenience.  
New windows, plantation shutters,  
new flooring, new appliances,  
washer/dryer,  
central A/C heat and more..  
**Mutual 11 - 284F \$379,000**



**Reduced Move-In Ready**  
**2 BDR/1 1/2 bath**  
Fully expanded corner  
drive up, washer/ dryer, dishwasher  
& more  
**Mutual 2, 19F \$309,000**



**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 \$259,000**



**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 \$259,000**

**Condo for Lease 2 BDR/2 Ba**  
First floor, laminate flooring  
Fully equipped kitchen & more  
**Mutual 17 \$2,000 mo**

**Drive up Expansion**  
**Mutual 5 - 106F \$255,000**

**Service Is My Priority!**  
**Call me for a free market evaluation**  
**Leisure Living Resales**



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HOME SALES

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Photos at Our New Website:

**www.LeisureWorldHomeSales.com**

Realtor.com Published July 11, 2020

**THE 10 MOST AFFORDABLE BEACH TOWNS IN AMERICA FOR RETIREES**  
**#7 Seal Beach, Calif.**

**This is not a typo: Southern California does, in fact, boast affordable retirement homes right near the coast. Leisure World, a gated retirement community located just 12 minutes from the sands of Seal Beach, offers some serious deals. This renovated one-bedroom cottage is listed for just \$199,999 and this two-bedroom at \$225,000.**

**The large community has various purchase restrictions, including a minimum age, and in some cases requires all-cash transactions; but to buy in another part of this desirable beach town would cost at least \$700,000. And locals are willing to fork over that kind of money for a reason. Seals actually galumph around on the shore. The laid-back city boasts a restaurant-and shop-lined Main Street, which spills out to a nice pier and beach.**

**On-Site Home Sales (just inside the entrance gate).**  
**Specializes only in Leisure World Seal Beach**



**Dawn Januszka**  
Broker  
DRE #02110501



**June Stokoe**  
Escrow Officer



**Verna Chumley**  
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**Kathy Gupton**  
Associate Broker  
DRE # 00744676

# Specializing in the LW Community

We are **SISTERS**



**Gloria Hadley**  
Realtor®  
DRE # 01057681

**562 618-9940      562 884-3594**

## Buying or selling...

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



**Mutual 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 for light, entry with built-in 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 room with charming 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 beautiful 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 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 Front Patio That Has a Walk-In Closet and Over-Looks Lots of Greenery. Kitchen has Built-In 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 cabinets, built-in electric appliances and double pane windows. Master bedroom has double-pane window, 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.

**GIVE US  
A CALL**

**We can show ALL property in the LW community**

*Call and let us present our extensive marketing program.*

*Members of M.L.S.*

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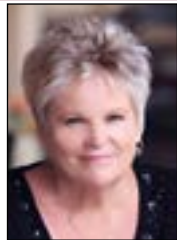
**Jim Duncan**  
714-356-6717  
Broker/Manager



**Susie Allen**  
562-338-3833



**Robin Gray**  
562-209-5605



**Barbara Diette-Dobias**  
562-754-5628



**Kathy Guppton**  
562-618-9940



**Gloria Hadley**  
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**Edwina DiMario**  
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**Vickie Van Ert**  
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**Mary Chittick**  
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**Rosie Wang Davis**  
626-623-9929



**Joanie Korman**  
714-308-8034

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Seal Beach, CA 90740  
BRE 00338699



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## Two-Bedrooms

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13926 Seal Beach Blvd.  
Seal Beach, CA 90740



**Claudette "CC" Cooley**  
310-484-9600



**Linda Patton**  
562-522-3364



**Adrian Villarreal**

**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, plantation shutters, side parking, tub

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

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

**Mutual 4 51J** \$229,000  
added patio room, bright, btl. greenery, move in ready

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

**Mutual 7 155G** \$254,000  
expanded, granite counters, skylights, heat pump

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

**Mutual 1 16A** \$259,000  
btl. greenbelt, new paint, new lam. floor, skylights

**Mutual 3 32L** \$259,000  
fully expanded corner, washer/dryer, lam. floors, 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 7 161L** \$389,000  
Gorgeous remod. corner, washer/dryer, cent. air, drive up parking

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

**Mutual 4 85G** \$459,000  
expanded corner, 2 baths, washer/dryer, special, must see

## One-Bedrooms

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

**Mutual 1 147D** \$175,000  
black pearl counters, new paint, large skylight, lam. floors



**Conrad Rodriguez**  
562-746-1960



**Leah Perrotti**  
310-889-6583



**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

# Robin Gray & Barbara Diette-Dobias

Your Leisure World Sales Team

**Robin Gray**

**(562) 209-5605**

rwgraysales@verizon.net  
DRE 01027333

Together WE Have

Over 30 Years of LW Experience

**CALL ROBIN & BARBARA**

"Double the Effort, Double the Results"

**Barbara Diette-Dobias**

**(562) 754-5628**

barbaradobias@gmail.com  
DRE 00887640



## LISTINGS WANTED!

We have SOLD ALL of our listings!  
We can SELL Yours too!!  
And ... Please know, we have implemented  
ALL COVID-19 Guidelines  
to keep everyone safe as  
possible - call us for details!

See more at [www.sealbeachleisureworld.com](http://www.sealbeachleisureworld.com)



**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, skylights, central heat/air, washer/dryer and a Jacuzzi walk-in tub!! Beautiful shade trees to enjoy



**Mutual 10-257-G \$318,000**  
Charming two bedroom 1 bath. Spacious living room and dining room, built in china cabinet, granite counters, dishwasher, microwave, skylights, central heat/air, drive-up parking and close carport and laundry.



**LET OUR**  
Community  
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Knowledge  
Make Your Move  
a Pleasant Event



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





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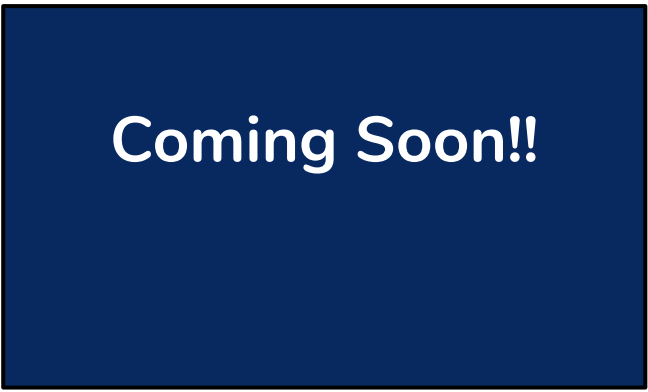
For 2020, I have a total of 53 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



**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!



**1125 Northwood Rd., #235J | M9 | \$234,900**  
2 Bedroom, 1 Bath with Washer/Dryer. Great interior location.



**1382 El Dorado Dr #10A | M3 | \$289,900**  
Fully Expanded Unit. 2 Large Bedrooms with an Office that could be used as 3rd Bedroom. New Vinyl Flooring, Paint, Baseboards. Close to Laundry.



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



**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!



**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.



**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.

“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



On July 21st, 2020 a total of 77 units show as active listings on the CRMLS (this is where Realtors list property for sale).

5 - 1 bedroom/1 bath  
from \$155,000 to \$178,000

37 - 2 bedrooms/1 bath  
from \$190,000 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!

