



Stay Safe & Have a Happy 4th of July!

COVID-19 UPDATE

First LW fatality has been reported

Please be advised that notification has been received that a resident of Seal Beach Leisure World has tested positive for the COVID-19 virus and has subsequently passed away at the hospital.

There is currently no information as to the source that exposed the resident to the virus, but it is GRF's understanding that the authorities will investigate further through contact tracing.

GRF considered whether or not to advise the residents of Leisure World out of concern that doing so could cause heightened anxiety.

This notice is provided with an abundance of caution. GRF has also elected (and is required) to maintain the confidentiality of the identity of the resident and to respect his/her family's privacy.

GRF reminds all occupants of the community to practice social distancing and to comply with all local government and state mandates and recommendations, including those directing "all individuals living in the state of California to stay home or at their place of residence except as needed to maintain continuity of operations of the federal critical infrastructure sectors..."

Each person is responsible for ensuring his or her own safety through proper social distancing and sheltering at home, whenever possible.

Please maintain a safe distance from others, wear face masks when outside your home, be mindful of any surfaces you come into contact with, and practice good hand washing.

Additional information regarding COVID-19 may be found on the California Department of Public Health website: cdph.ca.gov/covid19.

GRF thanks the residents of Leisure World Seal Beach for their continuing cooperation during these trying times and wishes you all good health as our community works together to help stop the spread of the virus.

—from the Golden Rain Foundation

Holiday Notice

In observance of Independence Day, all Golden Rain Foundation offices except Security will be closed Friday, July 3.

The Leisure World Maintenance Department will be on call for emergencies only and may be reached by calling 594-4754.

SAFETY FIRST

Golf Course, Vets Plaza are closed

Message to the Community: Amenities shut down after news of a COVID-19 death in Leisure World

by Linda Stone
GRF President

Residents often tell me how much they value the peace of Leisure World. The lawns and landscaping, and the protection and affection of neighbors, often make us forget we live in one of the nation's busiest, most densely populated spots.

We've now lost a bit of that sense of isolation from the world around us. In the last month we learned from an unauthorized source of positive cases of COVID-19 among our neighbors.

Then, last Wednesday, the GRF received word from a family member of a community resident that Leisure World Seal Beach had suffered its first known death from COVID-19.

Your collective strength in adhering to

STRENGTH, page 2

TOP AND ABOVE: The Leisure World Golf Course (top) and Veterans Plaza (above)—which was recently open for group exercise classes—were both closed starting Saturday after unofficial word from a family member that a LW resident has died of the COVID-19 virus.

CDC Guidance: It's safest to stay home, but if you are hosting a small group, here are prudent considerations

With the Fourth of July holiday this weekend, small gatherings are sure to occur even though health officials are advising people to resist the urge to visit friends and family, even from a distance of six feet.

The Centers for Disease Control offers the following principles to increase protection against COVID-19 (these considerations are meant to supplement—not replace—state and local health and safety laws, rules, and regulations with which gatherings must comply).

Guiding Principles

The CDC defines a gathering as a planned or spontaneous event, indoors or outdoors, with a small number of people participating.

The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential

GUIDANCE, page 18

FOURTH OF JULY ROUND-UP

JFTB DRIVE-UP FIREWORKS DISPLAY || page 2
The cities of Seal Beach and Los Alamitos will host a Drive-Up 4th of July Fireworks Spectacular at the Los Alamitos Joint Forces Training Base at 9 p.m., July 4.

WHERE TO WATCH NATION'S 4TH FESTS || page 2
July 4th festivities have been canceled across the nation, but there are some you can watch from home.

FIREWORKS ILLEGAL IN SB || page 2
It is illegal to sell, possess, or discharge, fireworks anywhere within the City of Seal Beach. The Seal Beach Police Department will deploy additional officers to patrol and enforce fireworks violations.



Celebrating the Fourth of July in 2020

Joint Forces Training Base: Drive-Up Fireworks

The cities of Seal Beach and Los Alamitos will host a Drive-Up 4th of July Fireworks Spectacular at the Los Alamitos Joint Forces Training Base. Similar to a drive-in movie of old, people will come to the base in cars to see one of the best fireworks shows in the area.

The show begins at about 9 p.m., Saturday, July 4. People should enter the base at the Lexington Gate (Lexington and Katella) or the Orangewood Gate (Orangewood and Los Al Boulevard) as a high volume of vehicles is expected, and a check-in procedure will be in place.

The check-in procedure will include an I.D. check, temperature check and health screenings for all individuals inside each vehicle.

Gates will open at 7:15 p.m. for vehicle entrance only. No pedestrians and bicycles will be allowed onto the installation. Follow exact instructions from parking attendants as they will direct vehicles on where to park. When parked, everyone needs to stay inside their vehicles and not walk around the event area with the exception of walking to and from the portable restrooms.

All adults and youth must wear face coverings and practice social distancing at all times.

No food will be available for purchase at the event, and no alcohol is permitted.

During the duration of the fireworks show, it is encouraged that you stay inside your vehicle or directly in front of your vehicle to view the show.

For the safety of your family, ensure that your entire party is in your vehicle and accounted for once the show is complete.

People are asked to be patient upon entry and exiting of the event as a large number of vehicles will be arriving and leaving at the same time. Suggested time of arrival is at least one hour prior to the start of the fireworks display.

Pets are not allowed. RVs are not allowed.
For more information, visit www.cityoflosalamitos.org.

The Nation Celebrates: Fireworks from Afar

Huntington Beach leaders have canceled the city's annual Fourth of July celebration that includes fireworks and the pier festival. People can stay safe at home and watch fireworks. Here are some options:

• A Capitol Fourth

When: July 4, 8 p.m. ET

How to watch: A Capitol Fourth is broadcast on PBS and can also be heard on NPR member stations nationwide.

This 40th annual event features a star-studded concert event and fireworks that go off above the National Mall in Washington, D.C. The event is covered from 20 cameras positioned around D.C., ensuring viewers are front and center for the greatest display of fireworks in the nation.

• Macy's 4th of July Fireworks

When: July 4, 8 p.m. ET

How to watch: This event is broadcast live on NBC. For those who don't have a television or cable subscription, NBC can be streamed online.

This year's event is slated to look a little different. Rather than a single 25-minute show on Independence Day, Macy's will instead hold several unannounced, smaller fireworks displays across New York City's five boroughs. The smaller displays, held June 29-July 4, are meant to reduce crowds and encourage social distancing.

The mini displays will build up to a televised finale July 4 featuring the Empire State Building.

• 94th Annual Virtual AmericaFest Celebration

The Rose Bowl will host a virtual celebration, and there'll be a flyover of a Pasadena, but no fireworks show this year. It will host a virtual event on the afternoon of Saturday, July 4, so Pasadena locals and international fans alike can tune in to the 94th Annual Virtual AmericaFest Celebration on Rose Bowl LIVE.

Focused around legacy and community-building, the one-hour virtual event will feature celebrations of the United States

ROSE BOWL, page 18

STRENGTH from page 1

safety rules helped keep this scourge at bay.

However, after four months of the virus battering against our walls, it was unlikely we could have completely avoided any such tragedy.

Through the media, we know about the significant outbreak in the assisted living facility just outside our gates.

In comparison with Los Angeles County, our county has fared relatively well. Still, Orange County deaths from COVID-19 have risen each week for the last five weeks.

Whether we want to be isolated from the world or not, we find ourselves on the front lines in helping ourselves, our neighbors and our beleaguered health system battle this disease.

Now we must urge you to redouble these efforts to further minimize the disease's spread.

After consulting with governmental and public health authorities concerning how to maximize the community's health and welfare, we have determined to again close our golf course, as well as Veterans Plaza's outdoor activities.

Our sole goal in these actions is to limit contact and to support necessary physical distancing.

We are ever mindful that our residents are in the greatest peril from COVID-19 as we make this decision.

According to the Centers for Disease Control, 80 percent of all Americans who have died from COVID have been over 65 years of age. So, what you may perceive as GRF's over-caution, looks like realism as the board and staff assess our response.

Members and residents must continue to adhere to the precautions that have been effective in limiting COVID's effects on our community. The GRF Board and staff, and each of the Mutuals have made the same commitment. We have implemented protocols to ensure near constant disinfecting of facilities and require staff members to employ masks and physical distancing to promote safety.

If a staff member suspects he or she may have encountered a person with a communicable disease, that employee must stay home for at least 14 days.

In addition to your continued adherence to the standards that public health authorities and the GRF have established for the community's safety, we ask for one additional measure of your commitment to your neighbors' security. All members and residents are encouraged to call or email GRF at COVID@LWSB.com if you have, or suspect you have, been infected by the COVID-19 virus. Within the extent possible, GRF will respect your privacy and identity, and will take steps to assist you and translate your experience into precautionary measures for the community as a whole.

We understand this is a rapidly changing environment of heightened anxiety and concern. We will keep you updated as new information arises and if protocols must be augmented or can be relaxed. At this point, when we are more exposed to the perils of the world than what we might prefer, let us find strength and safety in the collective efforts of our friends and neighbors who make up our precious community.

Remember the guidelines:

- Distance yourself at least six feet from individuals who are not members of your household.
- Wash hands with soap and water frequently for at least 20 seconds or use hand sanitizer containing at least 60 percent alcohol.
- Wear a cloth face covering, both indoors and outdoors, when you may possibly encounter others who do not live in your household, per the State's June 18 mandate.
- Avoid all physical interaction with people outside your household if you get sick with a fever or cough, except to seek medical care.

To learn more about the coronavirus, including ongoing updates, prevention tips and frequently asked questions:

- Center for Disease Control: www.cdc.gov/coronavirus/2019-ncov/about/index.html
- World Health Organization: www.who.int/emergencies/diseases/novel-coronavirus-2019

SB Blvd. Off-ramp Closed for Month

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

• I-405 Northbound Seal Beach Boulevard Off-ramp to Close

The northbound I-405 off-ramp to Seal Beach Boulevard was scheduled to close for approximately one month, starting June 29, to reconstruct the ramp as part of the freeway widening. Work includes demolition, excavation, grading, draining, electrical system installation, concrete pours and asphalt paving.

The ramp is scheduled to open July 29. Dates and times may change due to unforeseen operational factors or inclement weather.

• Bolsa Avenue Bridge closures are set to continue

Crews are installing a temporary waterline in the Bolsa Avenue bridge over I-405 requiring bridge closures from 9:30 p.m.-6 a.m.

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Debra Halvarson Groh, Esq.

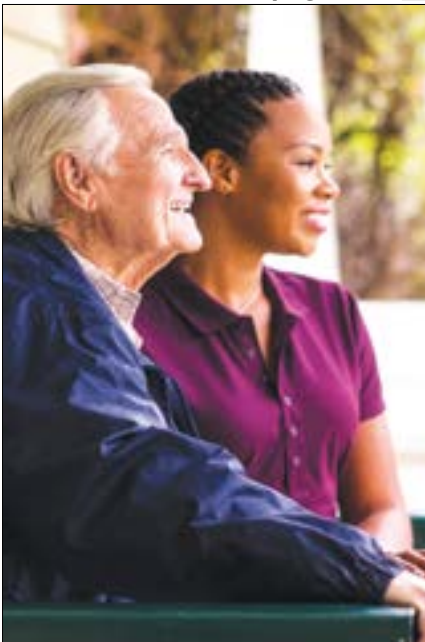


Justin M. Alvarez, Esq.

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

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The Seal Beach Pier, beach and lots were open as of press-time, but masks and social distancing are required.

CITY OF SEAL BEACH

People can stroll the pier this holiday but fireworks are illegal in the city

The City of Seal Beach would like to remind the community that it is illegal to sell, possess or discharge fireworks anywhere within Seal Beach.

Seal Beach Municipal Code §7.20.065 prohibits fireworks in Seal Beach. This includes fireworks sold as “safe and sane” in neighboring cities. Those who violate this section may be issued a misdemeanor citation and/or administrative fine. Additionally, any person who violates this section shall be liable to the City for the actual costs of seizure, impoundment, and disposal of such fireworks, in addition to any and all other penalties available under the municipal code.

The Seal Beach Police Department has received several complaints of fireworks being lit in multiple areas throughout the city and has increased patrols to address these issues.

On the Fourth of July, the Seal Beach Police Department will deploy additional officers to patrol and enforce fireworks violations.

According to the U.S. Consumer Product Safety Commission, about 180 people go to the emergency room every day with fireworks-related injuries in the month around the July 4 holiday. Even sparklers caused an estimated 500 emergency room visits in 2018 with the majority of injuries occurring on the hands, fingers and legs.

If you see or hear fireworks being used in Seal Beach, call the Seal Beach Police Department’s non-emergency line at (562) 594-7232.

ILLEGAL, page 18

ROLLIN’ THUNDER

Golf Cart parade set for July 4 has been canceled

The Rollin’ Thunder Fourth of July Parade has been canceled. It was scheduled to start at 9:30 a.m. departing from the Clubhouse 4 parking lot this Saturday.

The parade was canceled in the wake of a COVID-19-related death in LWSB and as a precaution to help curb the spread of the virus here.

GAF

Shredding event is July 9 at CH 2

The Golden Age Foundation (GAF) will sponsor a free shredding service in the Clubhouse 2 parking lot on Thursday, July 9, at from 10 a.m.-noon. Because of COVID-19 restrictions, the following requirements are in place:

- People must social distance and wear masks when dropping off materials to be shredded.
- Shareholders will drop their papers and go; there will be no waiting.
- No cardboard boxes can be dropped off; put papers in plastic or brown paper bags.
- There will be no chairs to sit on; no line will be allowed to form.
- GAF volunteers will monitor bags until truck arrives to pick them up.

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



GAF Board member Anna Derby (l-r) is with Pathways Program Manager Tammie Ottenad and master social service worker Kaitlin Wood.

GAF/PATHWAYS

Collaboration yields masks for LWers

The Golden Age Foundation and Pathways, nonprofit community service organizations, are working together to give more services to shareholders, especially the homebound.

Pathways and GAF volunteers are partnering to make sure LW residents have what they need during the COVID-19 pandemic.

Pathways staff checks in weekly with clients and makes sure they have what they need to shelter in place.

In the last three months, volunteers have provided essential services such as getting prescriptions delivered and locating caregivers.

Being forced to stay at home has caused some residents to feel isolated and alone. Pathways’ weekly calls brighten their day and gives them a sense of peace simply by knowing someone is watching out for them.

This past week GAF contacted Pathways to assist it in delivering over 100 masks for their clients.

These masks were made by LW shareholders for their neighbors.

Pathways will distribute the masks to clients over the next few weeks. The collaboration is just one more way that the GAF builds partnerships to make sure LWers have what they need to be safe while sheltering at home.

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Perspectives

Letters to the Editor

Editor:

I would like to thank Maria Giegerich, a longtime member of our community who provided a service to my husband and me this week. Maria, whose ad is regularly in the LW Weekly, came to our home and provided tennis ball cushions for two of my husband's walkers.

She did this as a service, refusing all payment. All of LW can be reminded of the goodness of people, by her unselfish act of kindness.

Susan Dodson
Mutual 7

Editor:

Astronaut Frank Borman wrote this December 1968:

"Give us, O God, the vision to see thy love in the world, in spite of human failure. Give us the faith to trust the goodness in spite of our ignorance and weakness. Give us the knowledge that we may continue to pray with understanding hearts, and show us what each us can do to set forth the coming of the day of universal peace. Amen."

His words, while up there on the moon, are so remarkable in view of today's situations and problems.

Joanna Matos
Mutual 2

Editor:

With the recent upsurge in cases and the fact the LW is filled with high-risk occupants, I highly recommend that we ensure the safety of our residents with one simple step: Since all guests have to stop at the gate for entry, it takes two seconds to shoot a temperature gun and if they have a temperature, access would be denied.

Residents and people with passes, of course, would not be subject to this process, but all guests and most delivery and workman would have to get a pass and thus have their temperature taken.

Just a thought.

Adrianne Rosenfeld
Mutual 14

MEMBER COLUMN

Safe-at-Home project yielded a glass masterpiece

Fred and Linda Fenton of Mutual 12 have spent their time at safer-at-home by adding a hand-crafted stained glass window from the renowned Judson Studios, the oldest family-run stained glass studio in America, to their Interlachen Road home. The project exceeded their expectations and distracted the couple from COVID-19 concerns.

by Fred Fenton
LW contributor

My wife, Linda, and I decided to add a stained glass window to our Mutual 12 apartment after a tour of Judson Studios in Highland Park last fall.

Judson has been designing and fabricating art glass for churches and secular buildings around the globe since 1897. At the studios, we met David Judson, the fifth-generation family member to own and operate the company. Our tour covered the fascinating, age-old process by which stained glass windows are made.

Driving home to Leisure World, we began thinking about a stained glass window for our apartment. The question was, where could we put it? After looking around our home, as if for the first time, we decided on the short entrance wall which featured only the doorbell and a mail slot.

Next, we called Judson Studios, not sure they would consider doing a small job like ours. They seemed happy to oblige, especially when I told them we had already chosen a design for the window. Apparently, much of their time can be spent drawing something up for customers who are not quite sure what they want and can be difficult to satisfy.

Frank Lloyd Wright, our favorite architect, incorporated stained glass windows in his homes. I emailed a picture of his "Tree of Life" design to Judson. They were familiar with Wright's work and said they would be happy to use it in creating a window for us.

Linda met with our contractor, John Bergkvist, who ordered a framed, clear glass window for the wall we had chosen. It would provide a wooden frame in which to insert the stained glass window and also provide the protection of a clear glass pane on the outside. By the time the window arrived, the COVID-19 virus had come to Orange County. The workmen and we ourselves were masked like bandits and kept our distance.

Some weeks later, the stained glass window arrived from Judson. We opened the package to see it for the first time. We were thrilled. It was just as we had imagined. In



the lower right corner of the window it was signed "Judson Studios 2020." The workman returned to install our beautiful window, adding a narrow strip of wood on four sides to hold it in place. We had our stained glass window to enjoy for years to come.

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Perspectives Policy

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

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

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

Setting It Straight

A June 18 article about free audiobooks through the Orange County Library System had an incorrect email address. The correct address is ocpl.org.



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Serving the Shareholders of

Leisure World Seal Beach

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

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Government

STOCK TRANSFER

ID renewals due for Mutuals 2, 10, 16, 17

Residents of Mutuals 2, 10, 16, 17 must renew ID cards during their birth months.

GRF ID cards expire in 2020 for members in Mutuals 2, 10, 16 and 17.

Residents in these Mutuals need to stop by Stock Transfer during the month of their birthday to obtain a replacement card.

The expiration date for all ID cards is in the right bottom corner of the ID card.

Shareholders in other Mutuals should look at their ID card to see what year their cards expire.

New ID cards will be replaced upon surrender of an old card.

If a member has lost his or her card there will be a \$20 fee charged.

Per Policy 50-1201-1, GRF ID cards will be renewed every five years for all shareholders.

Physical distancing and wearing a face mask is required for service.

Schedule of Mutual Meetings

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

Tues., July 7	Mutual 16 Zoom conference call 9:30 p.m.
Tues., July 7	Mutual 17 Zoom conference call 1:30 p.m.
Wed., July 8	Mutual 4 (open forum, 9:15 a.m.) Zoom conference call 9:30 a.m.
Thurs., July 9	Mutual 12 Zoom conference call 9 a.m.
Fri., July 10	Mutual 3 Zoom conference call 9 a.m.
Wed., July 15	Mutual 5 Zoom conference call 9 a.m.
Thurs., July 16	Mutual 2 Zoom conference call 9 a.m.
Mon., July 20	Mutual 15 Zoom conference call 1 p.m.
Tues., July 21	Mutual 14 Zoom conference call 1 p.m.

GRF Board
Executive Session
1 p.m.,
July 2, 2020

Virtual Meeting,
in accordance with
applicable codes

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

A. Call to Order
President Linda Stone

B. Roll Call

C. Legal

D. Contracts

E. Personnel

F. Adjournment

Agenda is subject to change.

Dial-A-Ride

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.

For eligibility information, call California Yellow Cab (714) 427-2555 and ask for Melissa Gomez or Cristina Valle.

RIDE, page 18

Recap of Special GRF Board Activity June 30

General – Reserve and Capital Funding Requests – Replacement and Purchase of Fitness Center Equipment

MOVED and duly approved to accelerate Reserve funding, in the amount of \$286,699, and authorize Capital funding, in the amount of \$37,042, for a total funding authorization of \$323,741, and authorize the Executive Director to initiate the purchase of fitness equipment, from Out-Fit fitness company, in the amount of \$323,740.54.

General – Approve Sale of Existing Fitness Center Equipment

MOVED and duly approved a variance to Governing Document 40-3323-3, Disposition of Surplus Equipment, to dispose of surplus GRF property as Identified as the existing Fitness Equipment to K Allen Consulting, to seek the maximum financial return on the disposition of the property. K Allen Consulting shall provide a detailed inventory of all property consigned and shall provide to GRF a return of 30 % of the sale to GRF as a condition of the consignment of the property for sale.

General – Approve Opening of Mission Park, Stage 1 – Pickleball, Under Required COVID-19 Guidelines

The motion to open Mission Park, Stage 1, under the required guidelines and protocols, as presented, for active outdoor activities (Pickleball, beginning Monday, June 29) failed unanimously.

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*):

Thurs., July 2	GRF Board Executive Session Virtual..... 1 p.m.
Wed., July 8	Security, Bus and Traffic Clubhouse 4 1 p.m.
Fri., July 10	Executive Committee Clubhouse 4 1 p.m.
Mon., July 20	Finance Committee Clubhouse 4 10 a.m.
Tues., July 21	Website Ad Hoc Committee Administration 1 p.m.



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By **Rolland Coburn**
Pastor

What controls your thinking these days? “Out of the abundance of the heart, the mouth speaks,” Jesus said in Luke 6:45. The Bible applies this truth to believers’ lives, “Then those who feared the Lord spoke to one another” (Malachi 3:16). God’s people can have precious fellowship with each other, wonderful sharing in the midst of a fallen world.

The apostle Paul says that is what believers need to be doing all the time, esteeming the Lord’s name. “Finally, brethren, whatever is true, noble, right, pure, admirable, any excellence, anything praiseworthy, think on these things” (Phillippians 4:8).

Colossians 3:1-2 explains, “If you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God, not on the things that are on earth.”

The reason is that the Lord “is the only one worth meditating on and focusing on as the reference point for our life and our thinking.” Christ alone has all these wonderful qualities.

Colossians 4:6 says that followers of the Lord are to reproduce his example in their thinking and speaking. “Let your speech always be with grace, seasoned with salt, so that you will know how you should

BAPTIST, page 7

Faith Christian Assembly

Faith Christian Assembly is thrilled to announce that after more than three months, it is reinstating the Sunday Evening Celebration service at 5:30 p.m., beginning July 5. This one-hour service is a more informal time of worship, teaching and fellowship. Due to a drop-off in attendance over the past several years, many churches have cancelled their Sunday evening services. But Faith Christian Assembly is finding out more and more people who value this special time. It’s a great way to end the weekend and begin a new week. People can join the prayer time before the service at 5 p.m.

Out of an abundance of caution, as Faith Christian Assembly meets in person, all who attend will have their temperature taken at the door and asked to wear a mask and sit socially distant from others. Anyone who is uncomfortable venturing out can participate in the conference call during service times. To participate call (425) 436-6371 and dial access code 576671#.

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

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

St. Theodore's

St. Theodore’s Episcopal would like to share a prayer for the country this Fourth of July weekend from the Book of Common Prayer:

“Almighty God, who has given us this good land for our heritage: We humbly ask that we may always prove ourselves a people mindful of your favor and glad to do your will. Bless our land with honorable industry, sound learning, and pure manners.

“Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought from many lands and languages.

“O Lord, our Governor, bless the leaders of our land, that we may be a people at peace among ourselves and a blessing to other nations on earth. May we have justice and peace at home, and through obedience to your law, may we show forth your praise.

“In times of prosperity, fill our hearts with thankfulness, and in days of trouble, may our trust in you never fail; all which we ask through Jesus Christ our Lord. Amen.”

Assembly of God

By **Norma Ballinger**
LW contributor

“[Independence Day] ought to be commemorated as the Day of Deliverance by solemn acts of devotion to God Almighty.” This is a quote from John Adams, the first vice president of the United States. Oh, that we might be that devoted to the Lord who gives us such peace and grace!

Americans celebrate Independence Day and the birth of the United States on the Fourth of July with parties, family gatherings as permitted and fireworks - having been freed from the rule of England. This day means we should be taking care of our own needs, and that we assume responsibility for our own decisions while considering both the people around you and your environment. What a change would come over our country if everyone assumed that responsibility rather than demand it from others and then go our own way.

In Galatians 5:13-14 Paul tells the listeners that “it is to freedom that you have been called, my brothers. Only be careful that freedom does not become a mere opportunity for your lower nature. You should be free to serve each other in love. For after all, the whole Law toward others is summed up by this one command, ‘Thou shalt love thy neighbor as thyself.’”

There are great similarities between our national freedom and our spiritual freedom. We invite you to think about these things over this holiday weekend.

Pastor Sam Pawlak will bring the videotaped message this Sunday for the congregation and will lead in sharing the Lord’s supper, the ultimate celebration of our freedom in Christ. He gave his all, and therefore we can participate with him in giving to others. The DVD’s will be distributed to church members during the week and the packets will include the emblems for communion.

The LW Weekly: 430-0534

CHURCH OF LATTER DAY SAINTS

Experiencing God’s love

By **Jim Greer**
LW contributor

As a former physician, Elder Dale G. Renlund explained in a BYU devotional that “There is a type of receptor dysfunction that is eternally consequential: the inability to sense God’s love and feel his spirit. God’s love is infinite and perfect. There has never been, nor will there ever be, a deficiency of God’s love. The problem is with your receptors for his love. If you experience dysfunction of these receptors, God’s influence in your life is minimized.”

The prophet Mormon described a similar condition in his people. “For behold, they are without Christ and God in the world. They were once a delightful people, and they had Christ for their shepherd; yea, they were led even by God the Father. But now, behold, they are led about by Satan, even as chaff is driven before the wind, or as a vessel is tossed about upon the waves, without sail or anchor, or without anything wherewith to steer her.”

Without the influence of Heavenly Father and Jesus Christ in our lives, there is no sail—meaning there is no power. There is no anchor—meaning there is no stability, especially in times of storm. Without their influence, there is nothing with which to steer—meaning there is no direction. No power, no stability, and no direction are all consequences of dysfunctional receptors for their love.

The inability to sense God’s love can stem from sin or from not pressing forward on the covenant path. Elder Renlund prescribes a three-fold prescription for dysfunctional receptors for God’s love.

The first is increased purity, exact obedience. This means repentance. Repentance is a joyful process. As President Russell M. Nelson has said, “repentance is not punishment: The feeling of being penalized is engendered by Satan. If you feel that you have done something unredeemable, that feeling is not coming from the Holy Ghost. It is engendered by faulty thinking or by Satan.”

The second portion of the prescription is “earnest seeking, daily feasting on the words of Christ. Feasting, not nibbling, on the words of Christ,” especially in the Book of Mormon, has the power to dramatically change receptors for God’s love. Studying the words of Christ will put you “in a position to begin having experiences with God.” All scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.

Third, make sure you never miss an opportunity to partake of the sacrament so that you can have the Holy Ghost with you. The Savior said, “And if ye shall always do these things blessed are ye, for ye are built upon my rock. If you do not,” then you “are built upon a sandy foundation; and when the rain descends, and the floods come, and the winds blow, and beat upon you, you shall fall.” Remember that he said when the rain, wind, and floods come, not if. If we have partaken of the sacrament conscientiously and worthily, then the blessings come

LDS, page 7

Congregation Sholom

Rabbi Karen Isenberg is streaming Friday night services at 6:30 on July 3 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 be on Facebook for Saturday morning services at 9:30 on July 4.

On Sunday, July 5, Congregation Sholom will host an online game night organized by Sandy Gefner at 4 p.m. To join, go to Facebook and search for Congregation Sholom, click on rooms and click on Bingo.

The book club is reading “The Weight of Ink,” by Rachel Kadish. It is a very long book, which is a perfect way to spend time while sheltering in place. The book club will virtually meet on July 21 at 1:30 p.m. in the “book club” room on Congregation Sholom’s Facebook page to discuss this book.

Congregation Sholom will have a membership drive in August. There will be masks and hand sanitizers handed out for those who join.

Anyone who wants to become a member so they can participate in the live stream services on the Congregation Sholom of Leisure World Group Facebook page should call Ron Yaffee at (562) 430-7040.



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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](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com/ShabbatShalomLIVE!) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayerbook is provided at each service.

This week, Shabbat and Independence Day are colliding. However, Shabbat doesn't "pause" for national holidays. This week's reading is a double parashah, "Chukat-Balak." "Chukat" (law) describes the ritual for purification following contact with a corpse, "Parah Adumah," the ritual of the Red Cow. The ritual has bewildered Jewish sages because it involves a seemingly endless process: the Kohein, who performs the purification process on the one who is impure then becomes impure and must therefore be purified by another Kohein, and so on, and so on. In the same reading we learn of the deaths of Miriam and Aaron.

In the reading of Balak, we read about the King of Moab, Balak, who hires the prophet Bilaam to curse the Israelites in order to demoralize them so that the Moabites can attack; the highlight of this reading is Bilaam's interaction with his talking she-donkey.

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](https://www.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.

BAPTIST

From page 6

respond to each person," Yes, "let no unwholesome word proceed from your mouth, but only such as is good for building up according to the need, so that it will give grace to those who hear" Eph 4:29.

What does our Lord do for such people? "And the Lord gave attention and heard it, and a book of remembrance was written before Him for those who fear the Lord and who esteem His name," Malachi 3:16. "Like the stars of the morning, his bright crown adorning, they shall shine in their beauty, bright gems for his crown."

FIRST CHRISTIAN CHURCH

A Prayer for Our Nation from 1774

By **Bruce Humes**
Pastor

This Saturday, July 4, our nation will celebrate America's "Independence Day." A day set aside to celebrate independence from the British. The Founding Fathers delivered a "Constitutional Republic" system of government that has been successful for 244 years. Not perfect by any means, for we certainly have had difficulties over those years, but successful. For most of those years, it was understood by most that the system of government was founded on Judeo-Christian principles. However, today many would argue differently. But, if one was to look closely at the writings of the founding fathers we would understand just how dependent they were on God. As an example the following is the first prayer offered in Congress on Sept. 7, 1774, by Rev. Jacob Duche, the first chaplain to the Continental Congress.

"O Lord, our Heavenly Father, high and mighty King of kings and Lord of Lords, who dost from Thy throne behold all the dwellers on earth and reignest with power supreme and uncontrolled over all the kingdoms, empires and governments; look down in mercy, we beseech Thee, on these American States, who have fled to Thee from the rod of the oppressor and thrown themselves on Thy gracious protection, desiring henceforth dependent only on Thee. To Thee have they appealed for righteousness of their cause; to Thee do they now look up for that countenance and support, which Thou alone canst give. Take them, therefore, Heavenly Father, under Thy nurturing care; give them wisdom in counsel and valor in the field; to defeat the malicious designs of our cruel adversaries; convince them of the unrighteousness of their cause and if they persist in their sanguinary purposes, of own unerring justice, sounding in their hearts, constrain them to drop their weapons of war from their unnerved bands in the battle!

"Be Thou present, O God of wisdom, and direct the councils of this honorable assembly; enable them to settle things on the best and surest foundation. That the scene of blood may be speedily closed; that order, harmony, and peace may effectively be restored, and truth and justice, religion and piety, prevail and flourish amongst the people. Preserve the health of their bodies and vigor of their minds; shower down on them and the millions they represent, such temporal blessings as Thou seest expedient for them in this world and crown them with everlasting glory in the world to come. All this we ask in the name and through the merits of Jesus Christ, Thy Son and our Savior. Amen."

This prayer clearly points to a people dependent on God for his divine intervention in their affairs. A prayer that I would offer up for our nation as we celebrate our independence on Saturday. I encourage you to also take a time this weekend to pray for our nation.

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

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The 14th Sunday in Ordinary Time on Sunday, July 5.

The First Reading is Zechariah 9:9-10 and the Second Reading is Romans 8-9, 11-13. The Gospel reading will be from Matthew 11-25.

Masses

Holy Family Church celebrates Sunday Mass at 8 a.m., 10 a.m. and noon; the Vigil Mass is 5 p.m. Saturday; daily Mass is 8:30 a.m., Monday-Saturday.

Confessions are Saturdays and eves of Holy Days: 4-4:45 p.m. First Fridays start at 9:15 a.m.

LDS

From page 6

so that we won't fall.

If we approach the sacrament with a broken heart and contrite spirit, God renews the blessings of baptism for us, including the cleansing effect.

Through the partaking of the sacrament, we will always have his spirit to be with us.

This three-part prescription for dysfunctional receptors for God's love restores power, stability, and direction in our lives. As we apply repentance, scripture study, and partaking of the sacrament to have the Holy Ghost with us, the prognosis when this receptor dysfunction is treated is excellent.

If you wish to receive the sacrament, contact me at (562) 344-5083.



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Community Church

By **Johan Dodge**
Pastor

The Welsh have a word for the unattainable yearning you feel for a place that no longer exists, or to which you can never return. "Hiraeth" is a homesickness you feel when home is years ago and far away, if it ever existed at all. For many of us, COVID-19 has been going on for so long we feel homesick for the way things were. In the Hebrew Scriptures, God's people turn to Moses while they are journeying in the Exodus and complain that their lives suffering as slaves in Egypt were better than their current reality. For us, our previous reality, the "home" that we remember from March—it too seems like a lifetime ago—was better than our current reality; except that it also wasn't.

The way we were living our lives—the consumption of fossil fuels and the production of greenhouse gasses has helped to propel the earth to a place where it is now 104 degrees in the Arctic. "The Great Pause" has shown us that we can live differently and make different choices. We can drive less, work from home, and we can even think about where we live differently if we're not physically commuting to an office.

Now, I know many of us in Leisure World have retired, but that isn't everyone; and I know that of those who are still working or trying to work, not everyone can work from home. All I am suggesting is that there is good that is coming from our current reality as well as a great deal of bad. There are 137 cases of COVID-19 at Seal Beach Health and Rehabilitation as of June 24. We may know someone inside, and some of us live just on the other side of the wall from the center. I know, because I deliver meals on Wheels around the North Gate. Clearly this is the bad side of our current reality. Wearing a mask outside of Leisure World has become a political statement — as if pretending the virus isn't knocking at our gates will make it magically go away. Here's a hint, it won't and you should be wearing a mask and doing everything you can to not expose yourself to other people, especially those who refuse to wear a mask. . The good is that with less driving we have been producing less greenhouse gasses. Fewer flights mean less fuel being burned in the atmosphere as well. All of these measures have given the earth a chance to catch its breath and to breathe anew. We are still living in the "Great Pause." We are still in the first wave of the virus — and we continue to need to live our lives differently even as we experience Hiraeth.

As the Pastor of Community Church it is my responsibility to share the good news of God's love and to boldly claim that while we cannot safely gather in person, we can continue to be the love of God in the world. In fact, we can use this time to become even more creative in how we share love and create community with those around us.

As always, if you are in need without another way to address that need, call the church office to leave me a message (562) 431-2503.

Tune into worship Sunday morning at 9:50 on the Facebook live page, [@communitychurchleisureworld](https://www.facebook.com/communitychurchleisureworld). Those who don't have a computer or Facebook can still call in to our phone system at (562) 431-2503 and listen to the weekly message beginning Sunday evening.

Redeemer Lutheran

Celebrate the Fourth of July with "Pick-up Prayers and Communion" with patriotic hymns on Sunday, July 5, from 10 a.m.–noon at Redeemer Lutheran (13564 St. Andrews Drive, across from the Administration building).

Organist Sharon Heck will play favorite hymns on Redeemer Lutheran's restored organ makes it sound like Leisure World has a musical cathedral for the community's spiritual enrichment. Anyone can stop by for socially distanced prayer and celebration of the Lord's day.



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Understanding caregiver burnout

Grecia Nunez
HCC Senior Ambassador

Caregiver burnout is a serious concern, but it affects people in different ways. You might become very impatient, overwhelmed by anxiety or hopelessness, or isolated – not seeing family or friends as much. You may also feel constantly tired. Maybe you gain or lose weight without trying. And sleep – that’s a whole different challenge.

You aren’t alone. There are more than 40 million adults caring for someone, according to Pew Research Center. Almost all feel caregiving is rewarding (88 percent), but nearly a third (32 percent) also feel it is stressful.

Caring for someone else means caring for yourself, too. If you’re starting to feel burnt out, remember the ABCs of caregiving:

- Ask for help. We can’t do it all on our own, nor should we. Your friend loves to cook. See if he’s willing to make a few extra dinners for you and your loved one. Your neighbor gets her groceries every Monday. Ask if she can pick yours up, too. Just be sure to pay her back!
- Be honest. Your loved one depends on you for a lot, and that can feel like a lot for you. Let them know if you’re feeling overwhelmed. If you need a friend or family member to help, have a conversation with your loved one to find someone they can trust while you take some time for yourself.
- Care for yourself. Taking medications, eating well, exercising – these are all important for you and your loved one. But caring for yourself includes having some “me time”: breaks from caregiving that you can spend on you. Watch a favorite movie, read a favorite book, take a long bath – whatever helps you relax and unwind.

By following these ABCs, you can hopefully focus on the meaningful aspects of caregiving and reduce the stress.

HEALTH TIPS

How to get the most out of your doctor’s appointment

Have you ever left your doctor’s office realizing you forgot to ask an important question? Or were you frustrated because you didn’t fully understand the doctor’s instructions? These tips may help.

Decide What Questions Are Most Important

Before your appointment, pick three or four questions or concerns that you most want to talk about with the doctor. You can address the questions at the beginning of the appointment, and then discuss each in turn.

Stay Focused on Why You Are There

Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best use of your time, stick to the point. For instance, give the

doctor a brief description of the symptom, when it started, how often it happens, and if it is getting worse or better.

Be Honest with Your Doctor

It is tempting to say what you think the doctor wants to hear, such as saying that you smoke less or eat a more balanced diet than you actually do. While this is natural, it’s not in your best interest. Your doctor can suggest the best treatment only if you say what is really going on. For instance, you might say: “I have been trying to quit smoking, as you recommended, but I am not making much headway.”

Share Your Point of View About the Visit

Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer

to return for a second visit to discuss your concerns. Try to voice your feelings in a positive way. For example, you could say something like: “I know you have many patients to see, but I’m really worried about this. I’d feel much better if we could talk about it a little more.”

The Doctor May Not Be Able to Answer All of Your Questions

Even the best doctor may be unable to answer some questions. Most doctors will tell you when they don’t have answers. They also may help you find the information you need or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.

- From NIA.gov

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.

The donations are delivered to the Long Beach Beach Multi-Service Center, which provides a variety of services to homeless individuals and families, including shower services.

To learn more about HHUG, visit www.hhug.org.

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc. (MOWLb), delivers freshly cooked meals daily, Monday thru Friday, between 10:30 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 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 2: Chicken breast with capers in cream sauce, garlic and chive mashed potatoes, lemon pepper broccoli, watermelon, ham and cheese sandwich with lettuce, tomato and pickle, homemade potato salad

Friday, July 3: Closed for Fourth of July holiday.

Monday, July 6: Oven baked herb chicken, penne pasta with marinara, seasoned cauliflower, tropical fruit cup, egg salad sandwich with spinach and tomato, marinated beet salad.

Tuesday, July 7: Roasted pork loin with apple berry sauce, brown rice, zucchini medley, chocolate pudding, veggie pasta salad with cucumbers, cherry tomatoes, black olives, red onions, dressing and crackers.

Wednesday, July 8: Swedish meatballs with garlic cream sauce, oven-browned potatoes, broccoli and cauliflower, ham, turkey and cheese sandwich with lettuce, tomato and pickle, macaroni salad.

Kosher Meals on Wheels

Pirchei Kosher is serving through Orange County’s Great Plates program Kosher meal delivery for those who qualify. This is a meal delivery service providing three meals a day for the duration of the program. To enroll, call Pirchei at (949) 215-9995.

Other programs may be available for those who may not be able to qualify for this program. Contact us for more information or visit www.yppsshul.com/kosher.

Those who are over 65 may qualify for the Kosher meal service. This is a limited time program and to enroll you must contact us as soon as possible. Those who are 60-64 and have exposure to COVID-19, you may qualify under potential other categories.

This program is funded in part through a grant from the California Office of Emergency Services, as allocated by the Orange County Board of Supervisors and administered by the office of aging.

HCC 24-Hour Nurse: 795-6216

MENTAL HEALTH

Mindful breathing exercises can help relieve stress

News surrounding the coronavirus has brought on a multitude of new worries and anxiety. It’s important to try to take a moment to work on mindful breathwork when you find yourself feeling stressed or anxious. It’s simple, effective, and you can do it anywhere. Here’s how to implement this practice into your daily life:

Start with a few cleansing breaths with eyes closed, if you feel comfortable. Then, inhale deeply through the nose, and exhale through the mouth. Repeat until you’ve found the rhythm of your breathing and feel in-tune with your body.

Next, place your hands on your belly, rolling your shoulders back and down. Feel yourself fill with air from the lower belly to the shoulders as you inhale deeply.

On your next exhale, try to relax your shoulders, loosen your

jaw and empty the air by pulling your navel inward toward the spine. As your abdominal muscles relax, you’ll feel your stomach round with each inhalation.

When exhaling, try drawing your belly inward and up towards your heart. Continue these breathing techniques with a four-count inhale and a matching four-count exhale. With each exhale, your body gets more relaxed. Be mindful of how you feel as you continue breathing, paying attention to your body and relaxing your muscles.

You can also try to avoid stress with good posture. If you are unable to tame your tension on your own or you continue to experience stress symptoms, talk to your doctor about intervention strategies like therapy.

Practice these deep breathing techniques every day and see how

you feel. If you feel awkward or stuck your deep breathing exercises, websites and apps like Headspace.com and silversneakers.com can help you with guided meditations or general advice to make mindfulness come more naturally to you.

-Silver Sneakers

Finding new ways to stay healthy during quarantine? Email your Health stories to laurieb@lwsb.com

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Be sure to keep an eye out for mushrooms growing in the grass during a walk with your dog. Many wild mushrooms are toxic to dogs and can cause detrimental consequences if consumed.

PAWS CLAWS AND BEAKS

What you need to know about dogs and mushroom toxicity

What is mushroom toxicity in dogs? When you think of items that are toxic to your furry friends outdoors, there is an unlimited amount of poisons to keep in mind. Veterinarian Caroline Wilde explains mushroom toxicity in dogs and answers a key question:

“Certain types of mushrooms that grow in the wild can be toxic to dogs. There are many different species of mushrooms, and toxicity and their effects vary between mushrooms and species. They depend on the specific toxin consumed. The mushroom associated most with toxicity in dogs is the Amanita species, commonly known as the Death Cap.”

If your pet has ingested any type of mushroom while out in nature, seek medical care immediately. Naturally, as a seasoned or new pet owner, it may be hard to know which mushrooms are toxic.

How does mushroom toxicity occur? As we all know, pets have a way of getting into things they shouldn't. It's critical to note that, ingestion of a substance like mushrooms doesn't always occur at your campsite or on your hiking trail. For instance, “mushroom toxicity occurs when a dog eats a mushroom that contains a substance that is toxic to dogs. These mushrooms can grow in the backyard and in the wild and have a strong smell that attracts dogs. Most mushrooms that grow in the wild are not toxic, but those that are can have serious and life-threatening effects on dogs, and ingestion of just one mushroom can be fatal,” states Wilde. Consider looking out for mushrooms next time you are playing in the yard or walking the dog.

Common signs of mushroom toxicity:

While ingestion can occur at any time, how do you know if your furry friend is in jeopardy? Consider the following indications if something more is going on with your pup:

- Severe vomiting
- Severe diarrhea
- Your dog stops eating

In addition, “clinical signs depend on the specific mushroom ingested, and generally occur 6-12 hours after ingestion,” says Wilde. Because of this, if your pet is experiencing gastrointestinal issues, please seek veterinary care immediately.

Treatment Plans

Treatment plans are essential for the health of your dog.

Wilde weighs in on the importance of treatment and the best course of action when dealing with mushroom ingestion.

“If your dog eats a mushroom, assume that it is toxic until informed otherwise by your veterinarian. Don't wait for clinical signs to occur, because clinical signs indicate that absorption has already occurred, and the more time has passed between ingestion and treatment, the more difficult treatment becomes. For example, try to get a sample of the mushroom that was ingested, or at least take a picture of it so that the mushroom can be identified, and take your dog to the veterinarian immediately. Also, if ingestion was recent, the veterinarian will likely induce vomiting and may pump the stomach. Further, the

PETS, page 10

SBTV Listing

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

Thursday, July 2

- 4 pm K9 Corner
- 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 3

- 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 LW Mystery at the Theater
- 6:40 pm Abilene Ampitheater
- 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 4

- 4 pm Wally Schirra
- 4:15 pm Lyon Air Museum
- 4:30 pm K9 Corner
- 5 pm McGaugh Patriotic Show
- 5:45 pm McGaugh 1st Grade Show
- 6:30 pm McGaugh Go West!
- 7:17 pm LW Shelter at Home
- 7:30 pm Ocean Perspectives
- 7 pm LAUSD
- 10 pm Cerritos Center-Matt Mauser

Sunday, July 5

- 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 Shirra/Newsreel 1964
- 8:30 pm Cerritos Center: Riders in the Sky
- 10:15 pm Abilene Ampitheater
- 11:35 pm Bob Cole Conservancy

Monday, July 6

- 4 pm LW Entertainment
- 4:15 pm LW Hula Dance Club
- 5 pm Vintage Vehicles
- 6 pm McGaugh's 3rd Grade Show
- 7 pm History of Seal Beach
- 7:30 pm Spirit of Seal Beach
- 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 7

- 4 pm Beginning of Leisure World
- 4:15 pm World's Fair Newsreel 1964
- 4:30 pm Shelter at Home Entertainment
- 5:15 pm McGaugh - Go West!
- 4:45 pm LW Hula Dance Club
- 5 pm LW Entertainment
- 7 pm Abilene Amphitheater
- 8:30 pm Cerritos Center-Matt Mauser

Wednesday, July 8

- 4 pm LW's Special Olympics
- 4:15 pm Beginning of Leisure World
- 4:30 pm World's Fair Newsreel
- 4:45 pm McGaugh's 1st Grade Show
- 5 pm History of Las Vegas Part 1
- 6 pm History of Las Vegas Part 2
- 6:30 pm Spirit of Seal Beach
- 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



CARE EMTs Frank McCoy (l), and Zack Duncan-Taylor.

GRF

CARE Ambulance contract renewed

The Golden Rain Foundation entered into a five year contract from June 1, 2020– May 31, 2025 with CARE Ambulance. CARE will continue to provide basic life support and ambulance response and transportation services to the Leisure World Community.

As part of the agreement, CARE will continue to lease the apartment area on the first floor of Clubhouse 6 and have two dedicated ambulance parking spaces adjacent to its main office.

CARE's presence in Clubhouse 6 allows for its EMTs and ambulance services to provide quick response times to the Leisure World community. The room CARE is renting in Clubhouse 6 provides basic living accommodations for on-duty CARE staff.



LW BIRTHDAY

Marge Novak turns 105 years old

On June 20, Marge Novak of Mutual 15 and six of her immediate neighbors celebrated Marge turning 105 years old. Her neighbors and canine accompaniment got together outside her apartment to sing a chorus of “Happy Birthday” to her while maintaining social distance except when taking a quick photo. Marge is center, and looking at her dog, who is happily barking in excitement.

Celebrate Your Birthday With Us!
Email laurieb@lwsb.com
with photos attached as jpg files.

FALW

July 4 picnic canceled indefinitely

Due to the recent death related to COVID-19 in the community, the Filipino Association of Leisure World has had to cancel its annual Veterans Fourth of July picnic that had been rescheduled to take place in Veterans Plaza. The plaza is now closed to the public to ensure safety for all of the LW Community.

For Your Information:

When there is doubt about LW policy or rules and regulations, residents should refer to their Occupancy Agreement, or direct questions to their mutual directors or GRF representatives.

Email COMMUNITY stories
to laurieb@lwsb.com



Republican Club

By Brian Harmon
LW contributor

What does the flying of the American flag, fireworks, parades, barbecues, hot dogs, carnivals, fairs, picnics, concerts, baseball games, family reunions and political speeches all have in common?

The Fourth of July, Independence Day, of course!
On July 4, 1776, the Continental Congress declared the United States were free and independent from Great Britain and no longer subject to the rule of the British King George III.

Most people don't know that two days earlier, the Congress had actually "voted" to declare Independence, although Independence was not officially "declared" until two days later.

John Adams predicted fairly accurately how Independence Day would be celebrated, although his prediction missed by two days. Writing to his wife, Abigail, on July 3 of that year, he said, "July second, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more."

The most contentious issue debated in Independence Hall at the Continental Congress in Philadelphia were federalism and slavery. The problem of slavery and equal rights for all were not easily solved. The southern states refused to support independence if it included the abolition of slavery. The representatives of the central and northern states, although they were committed to abolishing slavery, they felt that defeating the British was not possible without the south. So they voted for an independence that allowed slavery to continue.

The issue of slavery was finally solved by the Civil War, in which over 600,000 Americans died. That death total is greater than all of the other wars combined. That war was followed by the 13th, 14th and 15th Amendments to the Constitution guaranteeing, in theory, equal rights of all Americans. The Civil Rights Act of 1964 and the Voting Rights Act of 1965 brought the U.S. closer to reaching the ideal of equal rights for all.

The struggle to achieve the goal of a fair and just society a reality has continued over the past 55 years, with many bumps along the road. It obviously took a major step backward this year when a police officer in Minneapolis killed George Floyd, an unarmed black man, by pressing his knee to the innocent man's throat for nearly nine minutes while three other officers looked on and did nothing.

Unfortunately, the outrage that led to lawful and peaceful demonstrations also led to violent demonstrations, rioting, and calls for defunding the police and reducing their ability to fight crime. In my opinion, doing so would result in increases in crime including murder, which has been falling since the 1990s. The challenge now is to push forward together, working for a fairer and more just society, without significantly reducing the power of the police to fight crime.

The Republican Club booth will reopen from 11-2, Monday, July 6, in the parking lot near Building 6 (the gym and table tennis place) every Monday though August. We hope to be open three days a week in September. Every Monday will be Red, White and Blue Hat Day. If you don't have any hats of one of those colors, any patriotic, Republican or conservative hat will do.

Hats and other election paraphernalia will be available for sale, and 600 masks will also be available.

LIONS CLUB

Free reading glasses available for those in need

The Lions Club of Seal Beach has been distributing free reading glasses in Leisure World for the past several weeks. Over 200 pairs of glasses have been handed out to 50 plus residents so far.

There are still readers available with various strengths and

an eye chart available in the Leisure World Health Care Center.

The Lions Club also has a collections box in the Health Care Center for any old/used prescription glasses that are no longer needed. The Lions Club recycles these and they are given

Democratic Club

By Mary Larson
LW contributor

The Democratic Club joins other residents in expressing appreciation to GRF for its ongoing efforts to ensure that our Leisure World community is as safe as possible from the spread of the COVID-19 virus. It would also like to thank Gov. Newsom for his new order mandating the use of masks throughout the state, with few exceptions.

Unfortunately, the Orange County Sheriff, Republican Don Barnes has issued a statement saying ,he will not enforce the Governor's order. County Board of Supervisor Michelle Steel, who has questioned the effectiveness of wearing masks in the past.

Congressman Rouda, , has issued a statement saying that "masks are a proven way to drastically reduce the chances of spreading coronavirus, allowing people to stay safe and our economy to reopen sustainably."

Rouda has also been working

KACMA

Music books available July 3

During this difficult COVID-19 period, many people continue to worry. The world is still uncertain when things go back to normal.

On the bright side, The Korean American Classical Music Academy received the new books they have been expecting.

KACMA music illustrator Ken Chong made the book with great deal of effort and energy. Compared to the other previous books that many of older members have, this new one is packed with more pages, improved color photo inserts, better quality over all.

"I personally feel very lucky to have it, and want to recommend to every classical music lovers to get one," said member Angel Joh, "I am sure that they will love it."

Since COVID-19 restrictions still discourage meeting in person, the books will be distributed on July 3 from 2-4 p.m. at 1791 St. John Road, Mutual 16, 50-A.

Books will be given to the registered members only. There will be one book per a household, with a minimum \$10. Masks will also be given out with each book.

To pick up the book, maintain social distancing and wear a mask. For more information, call Angel Joh at (714) 873-6774.

t to assist local health care workers to get the protective equipment they need. He urged his supporters to donate money to the NAACP Legal Defense Fund as one small step in addressing deeply embedded and challenging societal issues like systemic racism and police brutality that still exist in society. He also hosted a blood drive in Costa Mesa to help ensure that the American Red Cross had enough blood to support patients across the country.

Congressman Rouda has also been reaching "across the aisle" to lead on commonsense, business-friendly policies. As a result, the US Chamber of Commerce is awarding him the Abraham Lincoln Leaders for America Award. At the federal level, the Congressman has called on the Senate to pass the Natural Disaster and Emergency Ballot Act of 2020 in order to make sure all Americans can vote safely.

Leisure World residents can be thankful that, due to the

forward thinking on the part of the State's political leadership, none of us will need to expose ourselves to the virus by having to stand in long lines and enduring extended delays in order to vote in November.

The Democratic Club stands ready to assist anyone who needs help in this process of casting their mail-in ballot. As soon as it is safe to do so, Club members will also be available at Clubhouse 6 to assist would be voters to register or reregister to a different party. In the meantime, you can email lwsbdemocraticclub@gmail.com or call Vice President Kathy Moran at 5(62) 596-0450 for assistance.

If you want to stay informed and are interested in receiving the Democratic Club's electronic newsletter on a regular basis, email the editor, Mary Larson, at mlarson.telfords@gmail.com or call (562) 296-8521 with your contact information.

PETS

from page 9
veterinarian may administer activated charcoal to help prevent further absorption of the toxin."

The reality of mushroom toxicity in dogs The scary reality to pet owners is the after-effects of the toxicity on your furry family members. Most importantly, "there is no cure for mushroom toxicity, so after attempts to minimize absorption of the toxin, treatment consists of supportive care, with monitoring, fluid therapy, and management of symptoms such as GI signs, low blood pressure, low blood sugar, and treatment to minimize and prevent further liver toxicity," says Wilde.

-Trupanion.com

Obituaries

...
In Memoriam
Karol Quinn
Katherine Harrison
Gail Cooper
Deborah White
Douglas Brown
Tunalei Filo
Frederick Krapp
Shana Schmoller
Efren Jacinto
Toni Corathers
Judith Quigley
Charles Henry Jr.
John Zitzer
Marcellina Azinger
Sarah Graeber
Joan Schnars
Linda Roland
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. Addi-

tional 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.

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

Arts & Leisure



Grab n Go Meals

Weekly Schedule
Clubhouse 6 Parking Lot

Special July 4 Barbecue: Berg Catering will offer barbecue beef and chicken and pulled pork dinners with sides and desserts to celebrate July 4 from 3:30-5:30 p.m.; **pre-orders only** at (562) 663-2038 or online at bergcatering.com (LW Menu). See menu below.

- **Monday, July 6:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., www.kabobaholicft.com or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.
- **Tuesday, July 7:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders
- **Wednesday, July 8:** Special Day: Lucille's Smokehouse - barbecue, salads, sandwiches – **no pre-orders**, just show up between 4-6 p.m., cash/cards (*Gourmet Renee returns next week*)
- **Thursday, July 9:** 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, July 10: NEW DAY!** Katella Deli, extensive menu—appetizers, salads, hot entrees, 4-6 p.m. Call ahead at (562) 594-8611 or order online www.katellabakery.com, specials of the day available onsite, cash/cards.
- **Saturday, July 11:** Naples Rib Company, barbecue, salads, sandwiches —order ahead online for faster service, www.ribcompany.com/LW or (562) 439-RIBS; cash/cards; **new hours:** 3:30-5 p.m.
- **Sunday, July 12:** Berg Catering – Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at www.bergcatering.com (LW Menu) or buy onsite, PayPal, checks, cash, cards.

...

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/>.

Berg Catering

4th of July Menu

Grab n Go

Pre-orders only
To place orders, call (562) 663-2038
Clubhouse 6, 3:30-5:30 p.m.

Meals, \$14:

- Barbecue Beef Sandwich
choice of coleslaw or potato salad, chips
- Pulled pork sandwich
choice of coleslaw or potato salad, chips

Drinks, \$2:

Diet Coke, Coke, Dr. Pepper, lemondade, bottled water

Desserts, \$3.50

Apple crisp, triple chocolate brownie, lemon poppy seed cake
Cash and credit cards accepted.

View the menu online, www.bergcatering.com

Golf Clubs

Men's Friday Golf

The Men's Friday Golf played at David L. Baker Executive Golf Course in Fountain Valley on June 26. Eleven men and two women challenged the par 62, 3800-yard course. The weather was cool and overcast but when the sun came it became hot and humid. The course was in fairly good shape and was a challenge to the competitors. Even with the tee boxes all the way back there were many low scores and 5 birdies for this round.

All scores are net (actual score minus handicap).

Winners

A Flight:

First Place: Bill McKusky, 8 under 54; second: Fujio Norihiro, 1 under 61 plus a birdie and closest to the pin on the 120-yard par 3 hole No. 3; third: Paul Cose, 1 under 61; fourth: tie between Jim Goltra, Ron Jackson and Dave LaCascia, 2 over 64; fifth: Sam Choi and two birdies.

Bill and Ron tied for fewest putts and Fujio was closest to the pin on the par 3—150-yard third hole.

B Flight:

First Place: Bob Munn, an exceptional 12 under 50; second: Lowell Goltra, 3 under 59; third: tie between John Meyer and Jerry Hore at 1 under 61; fourth Liz Meripol. Bob had fewest putts and a birdie plus closest to the pin on the 120-yard, par 3 No. 15. Jerry Hore also had a birdie.

Men's Monday Golf

The Men's Monday Golf League continued on June 22 at the Riverview Golf Course in Santa Ana. Eleven men, including our newest member, and one woman challenged the par 70, 5,600-yard 18-hole course. A cool, overcast start turned into a lovely late morning. The course, which parallels and crosses the Santa Ana River several times, is in excellent shape and there were several low scores plus a few birdies.

Winners

A Flight:

First Place: Fujio Norihiro, 4 under 66, plus a birdie, closest to the pin on the 150-yard par 3 #2, and fewest putts; second: Bill McKusky, 3 under 67 and a birdie; third: Sam Choi: par 70; fourth: Dave LaCascia; fifth: Jerry Hore.

B Flight:

First Place: Tom Ross: 6 under 64; second: tie between Bill Zurn and Bob Munn, one over 71; third: John Meyer, 2 over 72; fourth: Lowell Goltra plus closest to the pin on the 100-yard par 3 #9; fifth: Liz Meripol.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove. Membership is not required. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in each



Rancho Los Alamitos, a place of peace and natural beauty.

RANCHO LOS AL

Historic barnyard and gardens are open

The historic barnyard and gardens at Rancho Los Alamitos are a peaceful place of respite during challenging times. The volunteers and staff at the Rancho will welcome visitors back to these outdoor spaces beginning on Saturday, June 20. Guests are invited to take a leisurely stroll through the green open spaces of the Rancho, enjoying the seasonal blooms in the gardens and communing with the livestock in the barnyard. Admission is free-of-charge.

Reservations to visit the Rancho are organized by time and date so that distancing protocols may be observed, ensuring a relaxed experience for all visitors. Reservations may be made at the Rancho's website at <https://www.ranchosalamitos.com> or via email at info@RanchoLosAlamitos.org. All visitors over 2 years of age must wear a face covering.

Rancho Los Alamitos is located at 6400 East Bixby Hill Road in Long Beach. Enter the Rancho via the Bixby Hill residential guard gate located at the intersection of Palo Verde Avenue and East Anaheim Road. As the health and safety of the Rancho's visitors, volunteers, and staff are a top priority, the site will reopen with new protocols.

Rancho Los Alamitos, the "Ranch of the Little Cottonwoods," is a Long Beach City Landmark and is twice listed on the National Register of Historic Places.

The Rancho has a continuous history that stretches back for more than 1,500 years and reflects the many people who have called it home – from the first people, the Tongva-Gabrielino, to the European colonists to the American ranchers and farmers of the 19th and 20th centuries.

The 75-acre historic site includes four acres of nationally significant historic gardens, a ranch house (1790-1933), and restored barnyard of the early 20th-century working ranch. In 1968, the children of Fred and Florence Bixby, the last private owners, donated the family ranch to the City of Long Beach, transforming what had been a working ranch to a public oasis and setting the stage for what Rancho Los Alamitos is today—a place for all time and for everyone.

People can tour the spacious historic site and gardens and visiting with the farm animals (horses, sheep, goats, chickens, ducks, and rabbits) in the barns area. The Rancho is open to the public by reservation from Wednesday-Sunday, 1-5 p.m. Admission and parking are free. For more information, call (562) 431-3541. The not-for-profit Rancho Los Alamitos Foundation operates the facility.

Video Producers Club

The Video Producers Club is offering free Zoom classes at 10 a.m., Monday-Friday, and a Zoom Party Social on Saturday at 5 p.m. Classes are as follows:

- Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.
- Monday, 2 p.m., Zoom class for iPad and Mac users with Fred Carpenter, host. For an invite to his class, email sail1942@gmail.com.
- Tuesday, 10 a.m., Zoom on Windows with guest lecturer Miryam Fernandez with Bonnie Cooper. Email mzzmimm@gmail.com for an invitation.
- Wednesday, 10 a.m., beginners Zoom class Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.
- Thursday, 10 a.m., beginner's Zoom class for Windows and Android users and for beginning Video Producers with Joseph Valentinetti, host. For an invite to his clas, email 0501042@gmail.com.
- Friday, 10 a.m., guest lecturer Bob Cohen in Friday Morning Tech Talk; learn more about technology each week. Email bob@bobology.com for an invite or visit the calendar at www.bobology.com.
- Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501042@gmail.com.

—Joe Osuna

OC LIBRARY SYSTEM

Get a card to access huge e-library

The Orange County Library System has an entire electronic library to offer digitized resources to its patrons and that includes Leisure World residents.

All you need is a library card.

Go to ocpl.org and complete the online library card application or download the application.

Once you have a library card, there are ebooks and audiobooks galore to choose from.



What do you get when you give 2,500 yards of cotton fabric and 350,000 inches of thin elastic to 120 Leisure World residents? Exactly 24,547 masks, according to Dean Jacobus of the LW Sewing Brigade. “There are still about 200 more masks coming in, so we will not hit 25,000 masks but close. We are not stopping the sewing brigade but we are taking a break through July,” he said. Yvette Louie (above) headquarted the operation out of her house. She is standing in front of one of the last shipments. They thank all the heroes who helped with the project for a job well done.

LW BICYCLISTS

Pedal with friends

Bored at home? Not getting enough exercise? 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

FRIENDS OF THE LIBRARY

Bookstore cannot accept donations

The Friends of the Library Bookstore has been closed since mid-March. This week, it suspended donations as it is at capacity and has no more space. Residents are asked to hold onto their donations until the Bookstore reopens.

OLLI SUMMER SESSION

Zoom Medical Cannabis class offered

Holly Weber, RN, LCSW, psychoanalyst and certified brain nutrition counselor, will teach the course “Healthy Not High” through the Osher Life Long Learning Institute (OLLI) at California State University, Long Beach, on Wednesdays, July 10 - Aug. 12, from 10 a.m.-11:30 a.m. (six weeks). Using the solid research of Bonni Goldstein, M.D., Raphael Mechoulam, Ph.D., and many others, this course will highlight the details of cannabis history and cover marijuana research that has been done in the U.S. and throughout the world. Historically, recorded as early as 2350 B.C., cannabis (marijuana) was used to successfully treat a myriad of medical and psychological conditions. Unfortunately it became illegal in the United States in the 1930s. Class topics include the endocannabinoid system present in your body; demystifying the plant, anti-viral properties of cannabis (especially important during the COVID-19 pandemic);



Holly Weber

and vaping cannabis. Weber will also discuss when cannabis should not be used and give specific conditions for which research demonstrates cannabis to be beneficial. Weber provides customized wellness consultations and counseling. She may be reached for an appointment at (562) 430-8245.

LWWeekly
430-0534

SCRABBLE GRAMS SOLUTION

D	R	U	T	H	E	R	RACK 1 =	61
R	E	F	U	G	E	E	RACK 2 =	61
R	E	G	A	U	G	E	RACK 3 =	59
N	O	N	I	P	E	A	RACK 4 =	76
R	E	F	U	S	I	A	RACK 5 =	68
PAR SCORE 260-270								TOTAL 325

Crossword Answers

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

7/5/2020

Sudoku 1 Answers

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

SWUNG MOUTH COSTLY WEAKLY
They studied the attractive properties of certain metals at the — MAGNET SCHOOL

Puzzle Answers

Puzzle page 16-17



Sudoku 2 Answers

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

Guess Who?

Answer: Post Malone

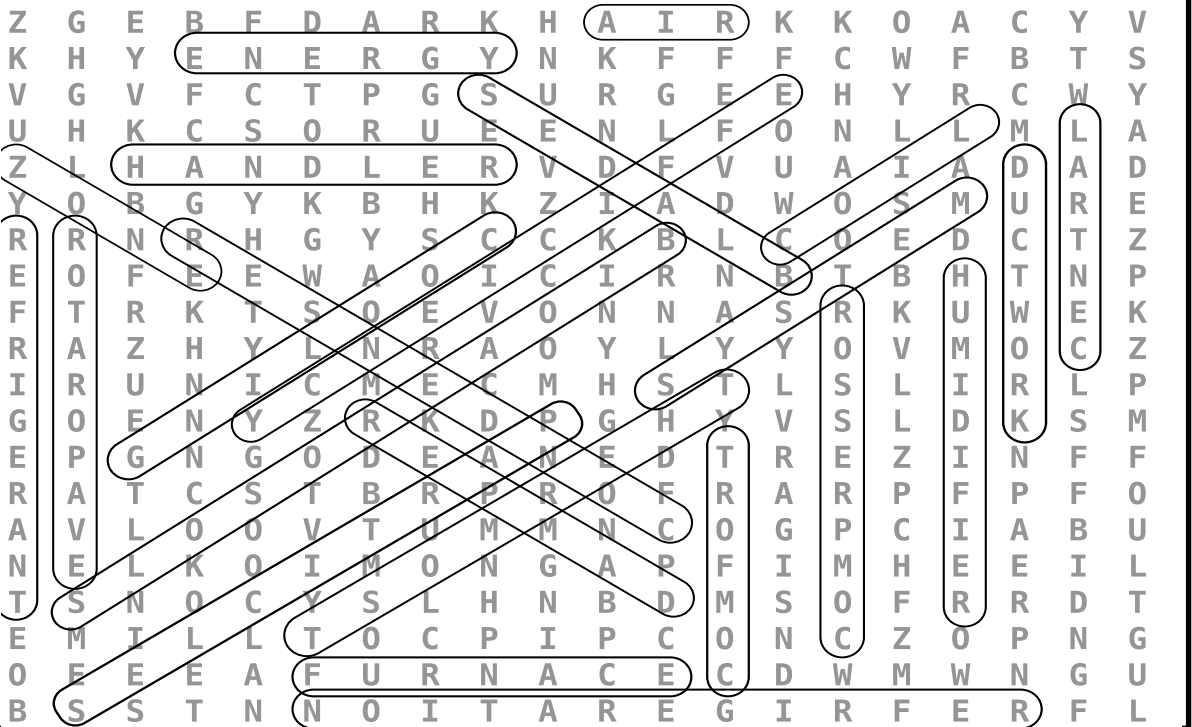
Crypto Fun Answers

A. cooling B. thermostat C. degree D. house

Boggle BrainBusters Answers

IN LEAD FIVE HOW GOOD COULD SUDOKU BE? HAHAM

Word-Find Answers



MONARCH & ALIGNMENT

Gentle Flow Yoga series will be held for four weeks on Mondays

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.

Classes will be held from 2-3 p.m. on Mondays, July 6, July 13, July 20 and 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. Include the day you would like to attend and we will send you your Zoom link.

RADIO CLUB

Family Radio Service drills are weekly

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, rjexn@yahoo.com, or call (562) 431-6586, ext. 409, to leave a message.

Senior Shopping Shuttle

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. For eligibility information, call California Yellow Cab (714) 427-2555 and ask for Melissa Gomez or Cristina Valle.

For additional Information, contact Iris Lee at Seal Beach City Hall, (562) 431-2527, ext. 1322, ilee@sealbeachca.gov or AskCityHall@sealbeachca.gov.



The Los Alamitos Joint Forces Training Base partnered with the Orange County Fire Authority to support its wildfire drills and exercises.

JFTB DRILLS

OC firefighters prep for wildfire season

With the 2020 California wildfire season fast approaching, the Joint Forces Training Base (JFTB) hosted the Orange County Fire Authority (OCFA) for a full day of battalion-level wildland firefighting drills and training exercises on May 28.

The agenda included practice filling the 360-gallon belly tank of the OCFA's Bell 412 EP water dropping helicopter when the only available “water point” is a fire engine or water tender.

Progressive hose-laying drills prepared responders to create their own water pipeline in the wildland by progressively adding 100-foot intervals of hose to at-

tack a fire at its perimeter when natural water sources are lacking. Drills included rehearsing communication plans, radio procedures and fire shelter deployment.

“OCFA conducts wildland refresher training annually to remind our staff of the dangers and threats that come with the season” said Joe Smith, OCFA fire captain and assistant fire training officer. “Conducting these exercises at JFTB provided an opportunity for our responders in the northern part of the county to receive this critical training near their stations, and avoid service interruptions to the community.”

The training marked the lat-

est building block in a growing partnership between OCFA and the California National Guard. In September, OCFA initiated a 150-day pilot program for Fire Integrated Real-Time Intelligence System (FIRIS) and installed in a turboprop aircraft that was based at Los Alamitos Army Airfield during the program duration.

Equipped with infrared and radar sensors, the aircraft generates accurate, real-time, wildfire perimeter mapping of the size and scope of developing fires. Negotiations are in progress to permanently base the aircraft at JFTB.

—from a JFTB release

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Puzzles & Comics

Answers on page 12

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

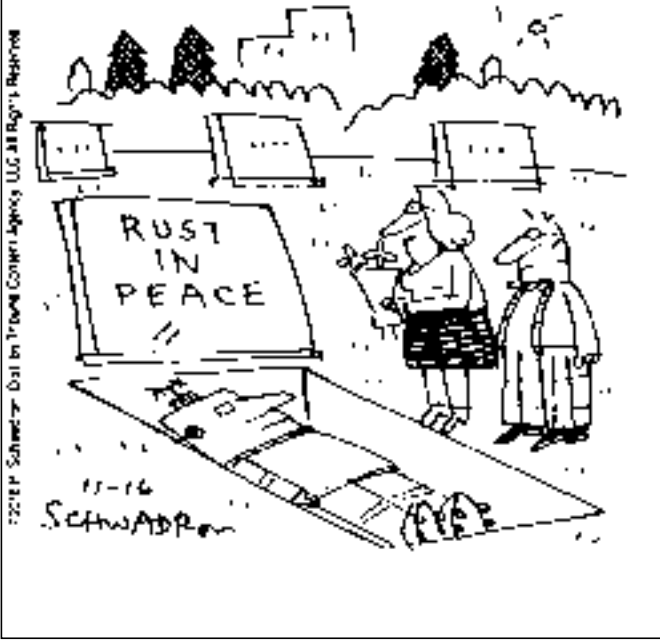
By Raph Dunagin & Dana Summers



Sudoku 1

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

9 To 5 By Harley Schwadron

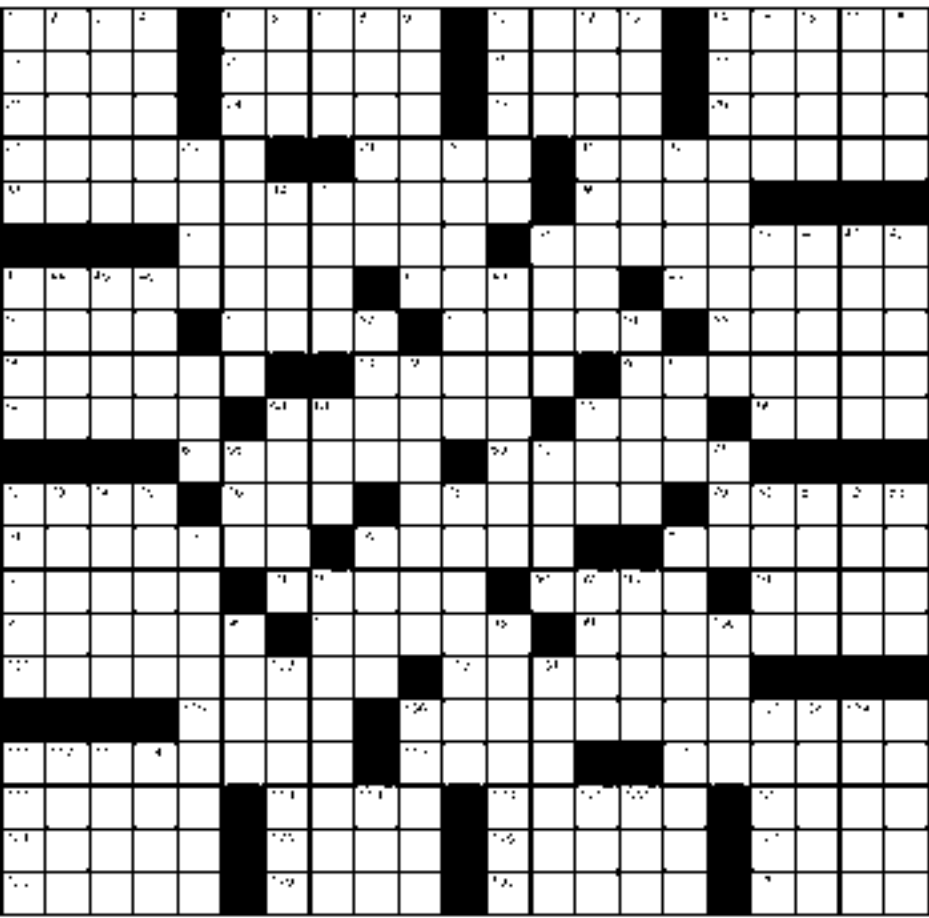


Today's Special

Edited by Linda and Charles Preston

ACROSS

- 1 Infantile
- 5 Greens
- 10 Downsweller
- 14 Identifies
- 19 French composer
- 20 Take a lot
- 21 Terges's action
- 22 Banning
- 23 Excavator's exit
- 24 Jotted down
- 25 Seizes
- 26 Out of date
- 27 Certain oranges
- 29 Snapped
- 31 Newspaper
- 33 Swiss liqueur
- 36 Russian island sea
- 37 Concentrates
- 38 Budget movement
- 43 Man of best
- 47 Vice
- 49 Australia's Boner
- 50 Napoleonic victory
- 51 Brother's knock
- 53 Carrot family pair
- 55 Scruffs
- 56 Unwilling
- 58 Tested
- 60 Pay attention
- 62 Crowded
- 63 Preeness in style
- 65 then
- 66 Twice NW at Padua
- 67 Pretty products
- 69 Stunt speakers
- 72 Baseball call
- 76 Say it
- 77 In a private way
- 79 Pass over
- 84 Dings into being
- 86 Special Forces wear
- 87 Tropical fruit
- 88 Supermarket actor
- 89 Bridges
- 91 Earplugs's sound
- 94 Altum
- 95 Unhappy
- 97 Budget relative
- 99 Karate master
- 101 Afterdinner at 77 Down
- 103 Naps
- 105 Greek god
- 106 Tall lanterns
- 111 Knocks out
- 115 Hebrew's direction
- 116 Ogled
- 117 6 full dwelling
- 118 been internally
- 120 Cowpunker's need
- 123 Suspended
- 124 Carpet
- 125 Buffalo's lake
- 126 Part of CSI
- 127 Descartes
- 128 Translate the letter



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7.5:20

- 129 Lairs
- 130 Carpet fiber
- 131 Caribbean lizards

DOWN

- 1 Mount in the Alps
- 2 Airport construction
- 3 Arrived
- 4 Chamberlain
- 5 Certainists to Jacques
- 6 Bustle
- 7 Desury
- 8 Betel palm
- 9 Reasons
- 10 River part
- 11 Solitary
- 12 Race participants
- 13 Monks
- 14 Rich pastries
- 15 Come across
- 16 Grizzle
- 17 Ureac
- 18 Wise guy
- 28 Fire at the end
- 30 Scandal's

- 32 Parisian restaurant area
- 34 Lace shade
- 35 Proust's words
- 38 Childhood
- 39 Lately
- 40 Expectations
- 41 Concerning
- 42 Cup to eat
- 43 Dressed
- 44 Meander
- 45 Abel's land
- 46 Pretenses
- 48 Sea flower
- 52 Enigma
- 54 Poetic form
- 57 Match part
- 59 Caval
- 61 Phalar
- 63 Medium for 31 Across
- 64 Shimmer
- 65 Charm
- 68 He obligated
- 70 T and S
- 71 Reason of cost
- 72 Backdrop fabric
- 73 Cliché
- 74 Serpents
- 75 Mantis-like features

- 80 Strife
- 81 Buffing for October
- 82 Rats' behavior
- 83 Halcyon
- 85 Char Jr
- 86 Range ones
- 87 Told the chops
- 90 Part of heart on
- 92 Part of
- 93 Albert of France's
- 96 Positive
- 98 Ring size
- 100 Wings
- 102 Preened
- 104 Gets something at cheap
- 106 Court business
- 107 Job in statesman
- 108 Aul
- 109 Hair dye
- 110 S-P's
- 111 Downside Walter
- 112 News source
- 113 Song for Netherland
- 114 Nuncio
- 119 Cacophony
- 121 Rose
- 122 L's follower

The Observer Crossword Puzzle

SCRABBLE GRAMS

SCRABBLE GRAMS

Use the letters in the words below to form new words. Each letter can only be used once.

WORDS: E, U, R, R, H, D, T

WORDS: E, E, E, U, R, F, G

WORDS: A, E, E, U, R, G, G

WORDS: A, E, O, K, N, N, P

WORDS: A, E, U, L, R, S, F

PAR SCORE 260-270
BEST SCORE 325

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

JUMBLE

THAT SCRAMBLED WORD GAME

JUMBLE

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

GWUNS

THUMO

SLCOTY

KAWYEL

Now try putting the north pole into another north pole.

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

Guess Who?

I am a rapper/singer born in New York on July 4, 1995. I taught myself to play guitar through the game "Guitar Hero" and YouTube tutorials. I was in a high school hardcore band at age 16. I have collaborated with Quavo and dated Ashlen Diaz.

Sudoku #2

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

Level: Intermediate

Puzzles & Comics

Answers on page 12

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to air conditioning.
Each number corresponds to a letter.

(Hint: 26 = e)

- A. 5 13 13 10 6 11 24**
Clue: Heating and _____

- B. 16 12 26 17 9 13 2 16 1 16**
Clue: Measures temperature

- C. 4 26 24 17 26 26**
Clue: Unit of temperature measurement

- D. 12 13 19 2 26**
Clue: Residence

HVAC WORD SEARCH

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

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

WORDS

AIR
BIOAEROSOLS
BLADES
CENTRAL
COIL
COMFORT
COMPRESSOR
CONDENSER
COOLING
DAMPER
DUCTWORK
EFFICIENCY
ENERGY
EVAPORATOR
FURNACE
HANDLER
HUMIDIFIER
PARTICLES
REFRIGERANT
REFRIGERATION
SYSTEM
THERMOSTAT
ZONE

Revised 2020 GRF & Mutual Election and Annual Meeting Schedule											
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JULY	7	384	193	5	Fri. 2/14	Mon. 3/16	Sun. 6/14	2 nd Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 rd Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 rd Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 th Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 th Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 6/23	4 th Thurs.	7/23	10 a.m.		
AUGUST	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 7/5	1 st Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/11
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
AUGUST	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 st Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 nd Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 nd Tues.	8/11	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 nd Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 nd Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 nd Fri.	8/14	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 rd Fri.	8/21	10 a.m.	
17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 th Tues.	8/25	10 a.m.	Staggered Terms.	

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

GUIDANCE from page 1

risk of becoming infected with COVID-19 and COVID-19 spreading. Virtual get-togethers carry the lowest risk of COVID-19, followed by smaller, outdoor gatherings with members from different households spaced at least six feet apart and wearing cloth face coverings. People should not share objects, and come from the same community. Risk increases as more people are added.

Questions To Ask Your Potential Guests Before They Arrive

- *Do you feel sick?*

Remind guests to stay home if they are sick especially if they have or recently had a fever, cough and shortness of breath.

- *Have you been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms?*

Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider staying home to minimize the potential risk to their loved ones.

- *Are you comfortable wearing a mask and maintaining a six-foot distance?*

Communicate the ground rules in advance. Gatherings should be outdoors with tables arranged to allow for social distancing. People from the same household can be in groups together and don't need to be six feet apart—just 6 feet away from other families. It's easier to let people know what will be expected before they arrive. Consider having people bring their own everything, even utensils, have disposable towels in the bathroom and hand sanitizer readily available.

ROSE BOWL from page 2

veterans and military personnel, messages from the local community thanking first responders, frontline workers and their personal heroes for their work during COVID-19, and a salute to America with a message for why we celebrate the 4th of July.

At the culmination of the online-based event, there will be a flyover of Pasadena and its most historic landmarks.

The flyover will be viewable from many Pasadena resident's homes, as well as streamed online, providing equal access to this free event for all.

- Link to tickets - <https://www.rosebowllive.tv/events/rose-bowl-july-4th>
- Link to submit a video - <https://www.rosebowllive.tv/submit-your-video>

Food Resources

The Leisure World Recreation Department has compiled the following information to help residents stay home as much as possible during the COVID-19 crisis.

Grocery Store Hours for Seniors

- Gelson's Market is open from 7-8 a.m. for seniors 65 and older. One caregiver per shopper is permitted, proof of age required.
- Ralph's is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time so occasionally there are lines. People can order online for store pickup.
- Trader Joes is open from 8-9 a.m. for people aged 60 and older. The store limits the number of shoppers inside to 50. Lines move quickly and the wait is usually only a few minutes. It is well stocked but limits eggs, milk and paper products; ask if shelves are not stocked.
- Costco is open from 9-10

FOOD, page 19

RIDE from page 5

For additional Information, contact Iris Lee at Seal Beach City Hall, (562) 431-2527, ext. 1322, ilee@sealbeachca.gov or AskCityHall@sealbeachca.gov.

Sewing Room

The CH 4 Sewing Room is open to make face coverings; make reservations by emailing kathyt@lwsb.com.



Fernando and Maria Castro, in front of their newly rehabbed bathroom.

BATHROOM ACCESSIBILITY

Grant available for bathroom rehabs

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

Any Leisure World resident who has trouble stepping into the shower for any reason is likely eligible for a free bathroom upgrade.

The Leisure World Bathroom Accessibility Grant converts the tub/shower combination into a shower-only unit for safer access. The fiberglass is refinished to look like new, and a new glass shower door enclosure is installed. Toilets can be replaced with high-boy models and grab bars may be added as needed.

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.

"Many residents get confused on the application process," said Monique Miner, program administrator. "Others don't realize you can have substantial savings and still qualify for the free upgrade. We are just a phone call away and can help residents apply for the completely free upgrade. But don't delay completing your application, because funds are limited."

For more information, email monique@civictone.com or call (909) 364-9000.

ILLEGAL from page 3

Officers will be dispatched to check the area in search of those responsible. The officers will make every effort to respond to reports of illegal fireworks; however, in order to make an arrest, officers must witness the illegal activity. Community members who witness illegal fireworks activity may sign a private person's arrest form that will allow officers to take action, if appropriate, after investigating an incident.

For additional information, follow the Seal Beach Police Department on Facebook, Instagram, and Twitter. Sign up for Nixle alerts by texting your zip code to 888777.

CalFresh Benefits

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

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Infrequently driven cars need a different kind of maintenance

As more people are sheltering at home, residents may find that their vehicles being driven far more infrequently than usual. Leaving cars parked for long periods of time can have unforeseen consequences that can impact both the reliability and potentially safety of the vehicles.

To make sure your car will be ready to get moving again when the time comes, follow these tips from AAA, the Automobile Club of Southern California. This advice pertains to cars that have been idle for less than 45 days.

- Add a fuel stabilizer and preservative such as STA-BIL® - this can be done by anyone and is as simple as fueling up a vehicle. Also, make sure to fill the gas tank to help minimize condensation. Drive the car for five to 10 miles to ensure that the stabilized fuel is circulated throughout the fuel system.

- Make sure the battery terminals are clean, tight and free of corrosion. People can take vehicles to a AAA-Approved Auto Repair facility for this service. To find one near you, visit aaa.com/autorepair. Be sure to call ahead to your mechanic to make sure they are open.

- If possible, use a Battery Tender or other maintenance-type battery charger to keep the battery at a full state of charge and prevent deterioration. The Battery Tender should remain connected to the vehicle while it is being stored.

- Add an additional 10 psi of pressure to each tire to help prevent flat spots from forming on the tires. This occurs when the area of the tire touching the ground becomes rigid due to sitting in one position for an extended period. You can also move the vehicle periodically, or if you have the appropriate equipment, place the car on jack stands with the tires off the ground. Storage pads with semi-circular shapes that support the tire over a wider area are also available.

- If the car is due for an oil change, have it done to remove any acids and contaminants. Be sure to call ahead to your mechanic to make sure they are open.

- Prop up the wiper arms so the blades are off the windshield and won't get stuck to the glass.
- Don't use the parking brake

when storing the vehicle. Depending on the vehicle and storage conditions the brake could become frozen, brake pads could rust to the rotors, or brake shoes could distort the drums. With an automatic transmission simply place the vehicle in park. If the car has a manual transmission, place it in first or reverse gear and use wheel chocks to help hold the vehicle in place.

- Keep your vehicle insured. This protects against claims due to unforeseen circumstances and can also prevent increases in premiums if there is a lapse in coverage.

- Make a list of everything you did to prep the vehicle for storage so you will be sure to undo all of the appropriate steps when putting the vehicle back on the road. Leave the list in the car to prevent it from being lost.

Other common trouble spots:

- Rats and other pests can damage vehicles in long-term storage. Take reasonable steps to protect your parking area from common pests, and if your car has been parked for more than a few weeks, we recommend popping the hood and taking a look for any evidence that wires or belts have been chewed on. Also keep an eye out for furry stowaways in your engine compartment and around the top of your tires in your wheelwells.

- Your local car wash may not be open, and if your vehicle is parked outside it's likely to accumulate dust, bird droppings and other contaminants such as tree sap or water spots from nearby sprinklers. Over time, exposure to the elements can damage your vehicle's paint. If you can, we recommend parking under cover or using a weatherproof car cover. If droppings or other localized contaminants do get on your paint, you can use a spot cleaner and a soft cloth.

- The simple solution to almost all of the troubles facing your car as it languishes in its parking spot is to drive it. Experts recommend driving your car for at least 20 minutes once every two weeks. That's enough time to warm up your tires and protect from flat spots, return some charge to your battery, wear surface rust off your brake disks, and keep the fluids in your car moving and everything

properly lubricated. It's a simple solution, but it works. Cars are designed to be driven, so it's easier to keep them healthy by putting them to regular use.

Make sure to call your service shop or dealership. It may have limited hours during the pandemic, and you should set an appointment rather than just walking in to cut down on the time you'll need to spend checking your vehicle in.

There's also a chance that if you need scheduled maintenance, it may be worth postponing until after social-distancing measures are no longer necessary. If you're not driving much, or if the maintenance is relatively minor, it might be able to wait. Your service associate can help you make that decision.

Once service has been completed, sterilize your vehicle after pickup.

Your car may be returned to you clean, and extra attention may have been paid to the interior by conscientious service people, but for your own safety and peace of mind we recommend sterilizing common touch points inside your vehicle.

CAP Food

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be July 16.

Every third Thursday from 9-11 a.m., qualified people receive 40 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more.

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. To sign up, bring a photo ID, and proof of income (Social Security/SSI Statement, letter or bank statement or paycheck stub).

People who are unable to apply themselves may send a proxy with appropriate ID. For more information, call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

FOOD
from page 18

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

- Target is open on Wednesdays from 8-9 a.m. for seniors only. The store has reduced hours and closes by 9 p.m. daily to deeply clean stores.

- Smart & Final stores are open 30 minutes early, from 7:30-8 a.m. to accommodate seniors 65 and older, those with disabilities and pregnant women. ID may be requested.

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

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

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

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

Grab n Go Meals
A variety of mobile restaurants are in the Clubhouse 6 parking lot providing to-go meals every evening. For the weekly schedule, see page 11.

Volunteers Available
Volunteers have offered to assist residents with their shopping and errand needs. Contact the Recreation office for more information on this or other food options by emailing events@lwsb.com or calling (562) 431-6586, ext. 398.

—Kathy Thayer

GOLF
from page 11

flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, although infrequent, are generously rewarded. If interested, contact, Bill McKusky (562) 430-8618 or Dave LaCascia (801) 674-5975.

The Men's Monday/Friday League is looking for golfers (men and women) to join the league during the local course shutdown. Handicaps can be determined using our local course handicap numbers and adjusted for the longer and more difficult courses outside Leisure World. Contact Dave for more information.

LA Beaches Closed

Los Angeles County beaches will be closed to the public for the Fourth of July holiday weekend in an effort to prevent gatherings and crowds that may spread COVID-19, County officials announced Monday evening. Under the modified order from the Health Officer, all beaches, beach parking lots, beach bike paths, beach facilities and beach accessways will be closed from 12:01 a.m., Friday, July 3, until 5 a.m., Monday, July 6.

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PAN0003 09/24

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CA BAR #0262439. After 9:00 a.m.
Local. (562) 306-2686. 07/02

Need Help?
See Classifieds

MISCELLANEOUS
WANTED

Looking for a man's bicycle. Hybrid
or mountain bike style. Contact Jim
(562) 537-1298. 07/02

MISCELLANEOUS
FOR SALE

White shell shaped counter size bar
stools, two lamps gold base, TV table
with pull out shelf. Small George
Foreman grill, various sizes of vases,
3 drawer plastic storage chest. 2 lane
cedar chests, adult diapers.
Call (562) 843-6963. 07/02

For sale Jazzy Elite power chair,
original price \$5,750, must sacrifice,
never used \$850. Twin size extra long
electric bed w/frame Tempur-pedic -
medium firm, must sell \$500, sheets
& electric blanket also available. Call
714-745-1687. 07/02

One bicycle, ladies' beach cruiser &
one tricycle, Schwinn Meridian for
sale. (213) 248-0539. 07/02

Jim Beam Decanter Collection. 20+
decanter. Make me an offer.
901-335-1649. 07/02

Beautiful oak hutch & dining room
table. Hutch 6.5' x 6.5' feet w/etched
glass doors. Table 14' feet w/5 leaves
& 10 chairs. \$995.00 OBO.
(714) 615-0072. 07/02

CARPORTS WANTED

I would like to rent a carport in
Mutual 15. (714) 552-6631. 07/02

LW REAL ESTATE
FOR LEASE

Condo for Lease, Mutual 17, 2 Bed-
room/2 Bath, 1160 SF. Top Floor w/
AC, Full Kitchen. Deck/Balcony,
Storage & Parking. \$2100/month,
Call 562-714-4790. 07/02

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

Security
(562) 594-4754

Want to place a classified ad?
The deadline is **Monday 2:00 p.m.**
for Thursday's publication



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





New Listing:
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

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





Country Cottage
Fully expanded 2 BDR, 1 Bath, lovely green-
belt. Double pane windows, plantation shut-
ters, Central A/C Heat, and much more
Mutual 4 -46K \$259,000

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

Drive-up Corner, Side Mansion
Fresh Paint, Laminate
flooring, A/C Heat Pumps
Mutual 5 - 106F \$255,000

Greenbelt Location
Fully expanded 2 BDR, 1 Bath, Side entry, bay windows,
double pane, 3 skylights, in closet and shower,
small ceilings with can lights
Mutual 8 - 183C \$279.000

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a Classified ad
or Renew your
current one?
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katyal@lwsb.com



Joanie Korman
LW Resident,
Real Estate Specialist
BRE#01937786
(714)
308-8034

Hello All! I am working in the office Wednesdays again and hope you can stop by to say Hi! Business is good and more importantly I pray you are Healthy. This is a great time to list your home as I have buyers. And I provide masks and gloves when previewing properties. Let's work and Stay Safe Together.

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

Beautiful Remodel 2 Bed 2 Full Bath Fully Expanded Large Greenbelt
M9 226L \$385,000

2 Bedroom 1 Bath Centrally Located Fully Expanded, Kitchen Island
M5 114K \$265,000

2 Bedroom 1 Bath Fully Expanded Light and Bright, Morning Sun
M6 64C \$250,000

Corner 2 Bedroom 1 Bathroom Fully Expanded
M12 57F \$299,000

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Asking \$489,000
M-5 98L
Beautiful Corner, Many Features
Two Bedrooms, Two Baths, AC,
Designer Kitchen and Bathroom,
Beautiful Greenbelt,
Appointment Only.
Call Hank at 562-743-8473



Come say "Hello" To Gina Rojas
Our New Agent. A 20 year LW Specialist
562-533-3190

2 Bed, 2 Bath, M15 -29J \$329,000
2 Bed, 1 Bath M7-159I \$259,000
Drive up Corner M5-106F \$255,000
Reduced Corner , 2 bed, 1.5 Bath M2-19F \$309,000
2 Bed, 1 Bath M4-46K \$259,000
M8-183C, 2 Bed, 1 Bath \$279,000
Coming Soon 1 Bed Basic M7 (Hank)
Expanded Corner, 2 Bed, 1.5 Bath
All New Kitchen, Bathroom, Fireplace AC., and more! M5 -98L



Erika — M17
562-208-5223



Yong Pyon — M1
(310) 658-0379



Young Ro — M7
(714) 504-2541




Carl Kennedy
M14 (661) 810-9410



Mr. Hank
(562) 743-8473

Mutual 15-7L 13300 Del Monte



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


Now Offered at \$335,500

Sold in 2 Days



Mutual 1 Unit 7D 13631 Annandale
Offered at \$159,000

Coming Soon!
Lovely one bedroom on a big beautiful greenbelt



Estee Edwards
Senior Real Estate Specialist
562.208.2540
estee.edwards@mac.com
DRE # 01870445



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God Bless America

ONE BEDROOM

M1 44i	\$149,500
M3 2J	\$155,000
M6 138D	\$159,000
M2 32D	\$162,000
M11 269C	\$169,000

TWO BEDROOM/ONE BATH

M1 21A	\$169,000
M9 207K	\$195,000
M5 108K	\$229,000
M10 238F	\$230,000
M2 44K	\$239,000
M4 51K	\$249,900
M9 220A	\$259,000

TWO BEDROOM/TWO BATH

M15 29R	\$219,000
M15 41K	\$235,000
M15 23K	\$239,000

PENDING

M1 23K	\$155,000
M3 33C	\$159,000
M1 11D	\$165,000
M1 22H	\$165,000
M1 42B	\$184,900
M6 55B	\$249,000
M15 41P	\$259,000
M7 175F	\$269,000

COMING SOON

M1 21H	\$209,000
M6 139L	\$225,000
M14 3G	\$459,000
M15 43A	\$549,000

M7 165J	\$260,000
M2 10i	\$264,999
M7 175E	\$265,000
M7 145G	\$269,000
M10 257D	\$271,000
M2 12F	\$299,000
M5 91L	\$310,000
M12 69H	\$339,000
M14 27D	\$349,000
M7 155F	\$369,000
M12 58H	\$394,900
M5 114B	\$399,000
M2 9L	\$469,000
M2 62A	\$475,000
M2 20F	\$499,000
M7 159G	\$339,000
M12 8A	\$399,000
M5 111G	\$425,000
M15 31B	\$425,000
M3 23G	\$479,000
M15 31C	\$539,000

									
Dawn Januszka	June Stokoe	Verna Chumley	Realtor®	John Webster	Sally Angell	Realtor®	Terri Walters	Elana Altman	Maryann Shaddow
Broker	Escrow Officer	Realtor®		Realtor®	Realtor®		Realtor®	Realtor®	Realtor®

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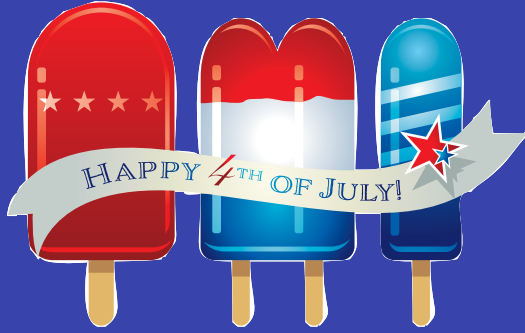


Kathy Guppton
Associate Broker
DRE # 00744676

562 618-9940

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Gloria Hadley
Realtor®
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562 884-3594



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 chandelier. Kitchen has white cabinets, newer counter, built-in electric appliances including cooktop, wall oven, microwave, dishwasher, refrigerator, ceiling fan and plenty of room for table and chairs. Master bedroom is expanded with mirrored closet doors and also has extra storage closet, second bedroom also spacious with built-in shelving. Bathroom with large skylight that opens and cut-down shower. Other features include, newer carpet in living room and bedrooms, laminate in kitchen, bathroom, entry and dining area, white blinds throughout unit and central heat and air conditioning. This home is move-in ready, has lots of natural light, so come take look!



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.



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!



Elegantly upgraded and expanded 2 Bedroom, 1 3/4 Bathroom, Formal Dining Room home located on a beautiful greenbelt. This lovely home has a spacious 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. This lovely home is ready to move in and is a must see.



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 Storage Closet and Over-Looks Lots of Greenery. Kitchen has Built-In LW Appliances and a Skylight that Opens. Master Bathroom Has Cut-Down Shower and Skylight That Opens. This Home Also Features Blinds in Both Bedroom, Flooring That is Luxury Vinyl Planks Throughout, and an Added Side Patio Room That May Serve as a Dining Room, Den, Office or Craft Room, etc. In Addition to Beautiful Green Belt This Home Offers Drive-Up Parking. A Must See!



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.



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



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

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DRE 01027333



Barbara Diette-Dobias
(562) 754-5628
barbaradobias@gmail.com
DRE 00887640



New Listing

Mutual 8-204-J

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 and close parking makes this the perfect place to call home!



TAKING BACK-UPS

\$219,000



SALE PENDING

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.



SALE PENDING

Mutual 8-203-I \$249,900

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



Mutual 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 \$339,000

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.



Sold in 1 Day

**Mutual 15-9-D
\$529,000**

This GORGEOUS ATRIUM has
it all with 1600 sq. ft. of living
space, a pretty setting on a
green, plus close parking,

See more at www.sealbeachleisureworld.com

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Edwina DiMario
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Seal Beach, CA 90740
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Two-Bedrooms

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13926 Seal Beach Blvd.
Seal Beach, CA 90740



Joanie Korman
714-308-8034



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583

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

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

Mutual 8 204J \$219,000
shade trees, washer/dryer, cent. air,
dual pane, lam. floors

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

Mutual 1 25L \$225,000
corner, greenbelt, double pane, lam.
floors, nice unit

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

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

Mutual 2 45F \$239,000
high side expan., faces south,
screened in patio

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

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

Mutual 7 155G \$254,000
expanded, granite counters, sky-
lights, heat pump

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

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 9 208L \$259,000
Fantastic greenbelt, turnkey, ex-
panded, dual pane, fresh paint

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

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

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

Mutual 11 277A \$282,000
drive-up, large skylight bath, cent.
air, natural light

Mutual 9 228E \$299,000
1 3/4 baths, large skylights, washer/
dryer, lush greenbelt, nice

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 6 136C \$339,000
full expansion, remod. kit. and bath,
large skylight, washer and dryer,
forced air, scraped ceiling

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

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

Mutual 6 57D \$185,000
Full expan., bay windows,
granite counters, high end flooring



Claudette "CC" Cooley
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Diana Flores
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Chris Kim
424-247-4542



Gail Alonzo
562-673-6703



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For 2020, I have a total of 47 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!



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



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



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



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!



13170 Seaview Lane, #248F, M10 \$425,000
Fully Expanded Corner Location. 2 Bedroom, 1 1/2 Bath with Views of Greenbelt and Trees. Dual Pane Windows, Central A/C, Stainless Steel Appliances, Wine Refrigerator, Microwave, 3 Skylights, Walk-In Closet, Washer/Dryer Hookups.



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



1351 Oakmont Rd #148H | M7 | \$449,000
MAGNIFICENT VIEWS from every room of this 2 Bedroom, 2 Bath completely remodeled unit. Central A/C Heat, Stainless Steel Appliances, Washer/Dryer, Island Kitchen, Dual Pane Windows, Luxury Vinyl Flooring, 3 Large Skylights, Custom Tile and so much more!



1651 Interlachen Rd., #281A, M11 \$425,000
Corner Unit with Lovely Location. 3 Bay Windows, Dual Pane, Laminate Flooring, Central A/C Heat, Open Floor Plan, 2 Full Bathrooms, Close to Parking and Laundry.

6/30/2020- Year To Date MLS Activity



Month	For Sale	In Escrow	Closed Sale
Jan	95	50	20
Feb	95	55	20
Mar	90	50	30
Apr	90	30	25
May	100	20	15
Jun	90	65	15
July			
Aug			
Sept			
Oct			
Nov			
Dec			

On June 30th, 2020 a total of 94 units show as active listings on the CRMLS (this is where Realtors list property for sale).

9 - 1 bedroom/1 bath
from \$149,500 to \$199,999

49 - 2 bedrooms/1 bath
from \$169,000 to \$389,000

36- 2 bedrooms/2 baths
from \$219,000 to \$499,900

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

