



SAFELY STEPPING TO RECOVERY



Election results are in for 2020-21 Board

A special meeting of the GRF Board of Directors was held on Tuesday, Aug. 4, at 10 a.m. in Clubhouse 4 and via Zoom, for the purpose of starting the counting process for the election of GRF directors representing even-numbered Mutuels.

There were two contested elections with the results as follows (winners' names are in bold):

- **Mutual 8**  
**Larry Slutsky**, 136; Suzanne Fekjar, 73; Quorum only: 1. Abstain: 2.
- **Mutual 14**  
**Lee Melody**, 121; Barry Lukoff, 109; Quorum only: 1. Abstain: 2.

The following GRF Directors were returned to their seats on the Board, unopposed:

- **Mutual 2**  
Paul Pratt and Paula Snowden
- **Mutual 4**  
Marsha Gerber
- **Mutual 6**  
Susan Hopewell
- **Mutual 16**  
Janet Isom

The following GRF Directors were elected, by acclamation:

- **Mutual 10**: Carol A. Stern Levine
- **Mutual 12**: Carole Damoci

See page 2 for photos of all 18 Golden Rain Foundation Board members.

Mutuals 1 and 2 elect two directors because their mutuals are the largest of the 16 parcels. There is no Mutual 13.

**405 Freeway Update**

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, and projects are ongoing all along the construction corridor.

405, page 14

**WHAT'S INSIDE**

**COVID CHRONICLES || Page 4**  
Monarch Health Care hosted a special Zoom class on flower arranging. LW participants received hand-delivered blooms that they learned how to arrange in beautiful displays.

**GRAB AND GO MENU || Page 12**  
Skip lines at the grocery and grab a healthy meal any night of the week at the Clubhouse 6 parking lot. The weekly schedule includes other helpful information.



The LW Golf Course reopened on Aug. 3 and the newly formed GRF COVID-19 Ad Hoc Committee is set to consider the reopening of Veterans Plaza, Mission Park and other LW amenities in the near future. There are declining numbers of COVID-19 hospitalizations, according to the Orange County Health Care Agency. Seal Beach has 218 COVID cases.

Reopening Leisure World a step at a time

**DECIDING TO GO OUT—What You Need to Know**

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread, according to the Centers for Disease Control.

If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.

Keep these items on hand when venturing out: a cloth face covering, tissues and a hand sanitizer with at least 60 percent alcohol, if possible.

**Understand the Risks of Going Out**

As communities and businesses begin opening up, you may be looking for ways to resume some daily activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt

RISKS, page 15

**GOLF COURSE—New Operating Procedures**

The GRF Board of Directors approved the reopening of the LW Golf Course at its meeting July 28 meeting. The course opened on Aug. 3 under the Emergency Operational Procedures set forth and ratified at the meeting.

The reopening of Veterans Plaza for dance and exercise classes was voted down. But the reactivating of this and other amenities will be discussed at the newly formed COVID-19 Ad Hoc Committee meeting Aug. 13 (see page 5 for GRF schedule).

Golfers may request tee times for Monday or Friday by filling out the form available at <http://www.lwsb.com/reserve/>.

There are some changes in operations:

- You can now book up to four people per tee time.
- The course is open from 8 a.m.-7 p.m. daily.

GOLF, page 13



Nancy Ward of Mutual 5 (center) holds a meal kit delivered to LW by cheerful GD Bro Burger staffers who man the tent near Clubhouse 4 for Wednesday food pickups.

**Grocery/Meal Kit Delivery to LW**

Global Market Kitchen is now accepting orders for free weekly grocery and meal kit delivery to the Clubhouse 4 parking lot. Orders will be accepted until Aug. 5 for delivery to the parking lot in Clubhouse 4 on Wednesday, Aug. 12, from 2-4 p.m.

Residents can start their orders by visiting the company's easy-to-navigate website at <https://squareup.com/store/GDBROGMK/> or call (562) 661-9776. A free meal will be included with every order of at least \$50.

People can order from a wide selection of fresh produce, dairy products, pantry staples, deli meats, bakery goods, beverages and prepared meal kits updated regularly according to market availability.

For more information, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com) or the vendor at [gdbrox@gmail.com](mailto:gdbrox@gmail.com). Watch for vendor updates in the LW Weekly and menus by LW Live, the LWSB email blast that keeps residents in the know.

The Minibus and the on-call bus are available for those who prefer not to drive.



2020-21  
**GRF** Board of Directors



Susan Hopewell  
GRF President  
Mutual 6 Director



Linda Stone  
Vice President  
Mutual 3 Director



Marsha Gerber  
Corporate Secretary  
Mutual 4 Director



Phil Friedman  
Treasurer  
Mutual 15 Director



Leah Perrotti  
Mutual 1 Director



JoAnn St. Aubin  
Mutual 1 Director



Paul Pratt  
Mutual 2 Director



Paula Snowden  
Mutual 2 Director



William Thompson  
Mutual 5 Director



Kathleen Rapp  
Mutual 7 Director



Lawrence M. Slutsky  
Mutual 8 Director



Tony Dodero  
Mutual 9 Director



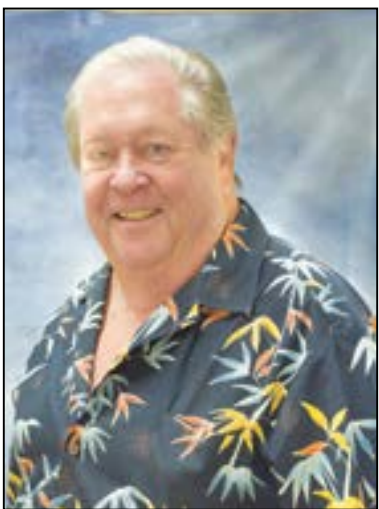
Carol A. Stern Levine  
Mutual 10 Director



Irma Heinrichs  
Mutual 11 Director



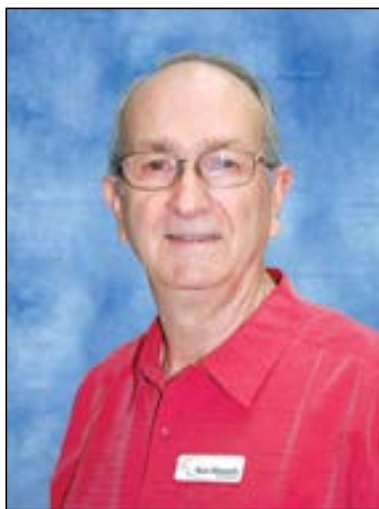
Carole Damoci  
Mutual 12 Director



Lee Melody  
Mutual 14 Director



Janet Isom  
Mutual 16 Director



Nick Massetti  
Mutual 17 Director

## At The Helm

Here is your 2020-21 Golden Rain Foundation Board of Directors. This term, GRF President Susan Hopewell will lead the 18-member board that oversees foundation business. It's a time-consuming job. Leisure World is fortunate to have had a steady succession of visionary board members over its 58-year history.



## Safety First



Caution signs, like this one in front of the GRF Administration Building, are placed around Leisure World to remind residents to be safe. The Orange County Health Care Agency reported Tuesday that Seal Beach has 218 cases of COVID-19. To keep everyone safe, the GRF requires face coverings when residents come in contact with staff and at GRF-sponsored events such as the weekly grab-and-go meal service. The best ways to prevent the spread of the virus are to maintain a six-foot distance between people who are not in your immediate family, wash hands frequently and wear a face mask.

## CALIFORNIA PHONES

### Learn how to use your smartphone with free training

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

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

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

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

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



Seal Beach residents gathered Friday in a rally supporting the SB Police Department. Margaret and Bruce Humes of Mutual 15 cheered on the supporters as they snapped this shot.

## Dial-A-Ride Service Available

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

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

Cindy Tostado, GRF member resources and assistance liaison, is available to help people register for the Senior Transportation Service by appointment. To make an appointment, call 431-6586, ext. 317.

For additional information on the program, contact Iris Lee at Seal Beach City Hall, (562) 431-2527, ext. 1322, [ilee@sealbeachca.gov](mailto:ilee@sealbeachca.gov) or [AskCityHall@sealbeachca.gov](mailto:AskCityHall@sealbeachca.gov). Other transportation options are available. The Orange County Transit Authority bus service is conveniently offered from the Leisure World Main Gate bus station.

## CITY OF SEAL BEACH

### New resource is launched to help connect seniors

The City of Seal Beach has launched SeniorCityzen, a senior resource started to support and check in with seniors who are socially isolated as a result of the COVID-19 stay-at-home orders.

The resource allows Seal Beach seniors to connect with city staff (volunteers) who may schedule a call to receive regular check-ins via telephone to chat and/or to receive referrals to community resources during this difficult time.

To participate, email [SeniorCityzen@sealbeachca.gov](mailto:SeniorCityzen@sealbeachca.gov) or call (562) 431-2527, ext. 1600. Seniors are asked to leave their name and phone number, and staff will return their email/call to set up a chat and/or answer any senior-resource related questions.

SeniorCitizen is geared for people 60 and above who are facing social isolation and are looking for someone to talk to, along with getting referrals to other senior-centric organizations.

For more information about SeniorCityzen, contact Assistant City Manager Patrick Gallegos at [pgallegos@sealbeachca.gov](mailto:pgallegos@sealbeachca.gov) or (562) 431-2527, ext. 1308.

### Neighbors app is new way SBPD will connect with LWers

The Seal Beach Police Department has joined Neighbors, a free app by Ring, as of July 21. The Seal Beach Police Department will now be able to use Neighbors as a new way to connect with residents at the local level to provide valuable safety information.

Neighbors is a free and simple app that helps community members stay informed of local inci-

NEIGHBORS, page 13

## 5 Ways to Cool & Brighten YOUR HOME

**HURRY**  
SALE ENDS SOON!



1

### Your home TOO HOT?

Whole House Fans cool & freshen your entire home in minutes for pennies a day.

- Improve your indoor air quality using clean air from outside
- Save huge on A/C costs with fresh cool ventilation
- Super quiet operation



2

3

### Your attic or garage TOO HOT?

Our solar & electric fans remove blazing hot air from your attic and/or garage; creating a cooler space.

- New advanced technology delivers exceptional power
- Save with a 26% Federal Tax Credit\*
- Available for all roof types and garages



4

### Your home TOO DARK?

Solatube, the modern skylight that brings natural light to every room in your home.

- Great for hallways, kitchens, bathrooms, closets, etc.
- Save with a 26% Federal Tax Credit\*
- **NEW-** Solar Daylight Dimmer and Low Profile Sun Collector



5

### Does your skylight refresh your home?

Our skylight replacement service will update your old, broken, leaking skylights fast.

- Energy Efficient & Solar options available
- Heat & UV blocking technology
- Save with a 26% Federal Tax Credit\*

Buy 2, Buy 3, Buy 4...

**SAVE MORE!**

APPLIES TO ANY COMBINATION OF PRODUCTS

Payment options available. Call for details.

\*applies to solar-powered products



**SOLATUBE**  
home

**714-418-4745**

[SolatubeHome.com](http://SolatubeHome.com)

Lic.# 847890 // ©2020 Solatube Home

• Virtual Design Consultations • Contactless Installation • CDC Safety Procedures



# Perspectives

## Letters to the Editor

Editor:

In her letter to the editor (July 30), Gloria Beech's criticism of the Security guards seems directed to LW's African American employees. She asks, "where are the old people in our community," meaning "white" folks. "They" had an interest in keeping "their" community safe, racial indication of a different culture. "We have our own Security Dept. that had residents working," she continued. But the majority of LW guards were elderly and white. "This new batch does not live here." No, these employees live in huts in Africa, where they grow in "batches."

"They're just not old enough," she continued. No, they're not. Now I get my guests' names on the board efficiently, without having to repeat everything.

Lastly, "they leave here after their shifts, so what do they care?" Yes, they have families to support. With this virus, jobs are hard to find; their health is also at risk.

As an African American women, I have endured more racism in Leisure World than throughout my 67 years. Here's one instance: I invited a few African American engineers from Boeing to see the gym and pool area. We approached the pool as 20-plus white residents frolicked. They "froze." One lady jumped out of the pool to retrieve her purse from the chair. It was so insulting we had to laugh!

If you have complaints, document it with proof of dates and incidents. Minorities face daily hurdles; it never ends. Instead of being critical, try lending constructive input to improve any situation.

Pamela McDougal  
Mutual 1

Editor:

My husband and I received face masks from a Sunshine Club impromptu giveaway on July 17. We would like to thank club president Anna Derby and donor Randy Oh for making this possible.

Anna even called us the day after the giveaway to confirm we received our masks.

We truly appreciate her volunteer spirit, time and effort to make our community safe and strong. Anna's kindness helps make this fight against the pandemic easier, and we will certainly put these masks to good use.

Siriporn Higgins  
Mutual 8

## COVID-19 Chronicles

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

### ZOOMING & BLOOMING

by Leila Claudio  
LW contributor

Zooming has become a way of life as we all stay home to help stop the spread of COVID-19. One of the best Zoom experiences I've had came by way of a flower arrangement class orchestrated by Grecia Nunez of Monarch Health Care through the Health

Care Center.

The class was announced for two consecutive weeks in the LW Weekly and through the LW Live! email blasts that keep the community connected.

I emailed Grecia right away that I wanted to be included in the class.

It made sense that there would be a limited number of people. How many can a zoom class accommodate? Grecia responded: I was in! Thursday, the day of the class, came. Can you believe that the flowers were delivered in a kit, including the vase, by Stacy Lemoine of Bougie Twigs + Blooms about one-and-a-half hours before the event?

Alton Smith, with the generosity of Scan Health Plan, sponsored the event. Stacy donated her time to teach the class. I couldn't believe that we didn't even have to go and buy the flowers.

Stacy had gone to the flower mart in downtown Los Angeles, bought the flowers, separated them into kits and hand-delivered the kits to us students in our homes!

As the class started, Stacy instructed everyone to fill their vases with water and preservative.

The white hydrangeas were the first to go in on three corners of the vase. The fourth one went in the middle. Three green hydrangeas were tucked between the whites. I trimmed the ends diagonally with a kitchen knife.

The cuts were so that the flower could absorb the water more efficiently.

Six white roses came next, then two pink flowers (I forget the



Leila Claudio with the flower arrangement she made during a Zoom class sponsored by Monarch Health Care.

name). The fillers were eucalyptus twigs. Lavender was interspersed throughout.

My little apartment is filled with the divine scent of the flowers! How lucky are we that we live in LW, where classes such as this are organized for us, even in the middle of a pandemic.

I will be enjoying my flowers for days to come. Thank you Grecia, Alton of Scan and Bougie Twigs and Blooms' Stacy for the joy and blessing that you've given.

Don't forget to look into the Healthy Cooking, Mask Making and Yoga classes that Monarch is also hosting. Enjoy!

*Bougie Twigs + Blooms by Stacy Lemoine creates custom flower arrangements, offers no-contact delivery and curbside pick up at her Orange County store. For more information, call (714) 485-5140 or email bougietwigsandblooms@gmail.com.*

## Letters Policy

Letters should be typed and delivered to LW Weekly; maximum number of words: 250. 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.



## Quality Care in the Heart of Los Alamitos

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

Residents at Katella Senior Living Community take comfort in knowing that they have come to the right place. Our commitment is to deliver a lifestyle of care, value and well-being amidst a beautiful setting. We help each resident lead a purposeful life and strive to deliver the highest quality of service. Katella Senior Living Community offers studio style apartments and convenient month-to-month rentals with no "buy-in" fees.

### COMMUNITY CAPABILITIES

- Personalized care services
- 24-hour on-site staffing
- Diabetic care

Ask about  
our Move-in Special

Call Anna for more information at 562-596-2773!



KATELLA  
Senior Living Community

3952 Katella Avenue | Los Alamitos, California 90720 | 562.596.2773 | katellaseniorliving.com

RCFE License #: 300602548



MANAGED BY The Goodman Group





An Official Golden Rain Foundation Publication  
Serving the Shareholders of

LW Weekly

Leisure World Seal Beach

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

**Nataly Chigireva,**  
Communication & Technical Director  
ext. 384; natalyc@lwsb.com

**Katya Lukina,**  
Customer Service  
ext. 383; katyal@lwsb.com,  
Communications Coordinator  
ext. 266; katyal@lwsb.com  
Graphic Designer, Digital Media  
Classified Advertising

**Sylvia King,** Advertising Sales  
ext. 391; sylvia@lwsb.com

**Ruth Osborn,** Lead Editor  
ext. 388; rutho\_news@lwsb.com  
Page 1, General News, Perspectives,  
Arts&Leisure, Government

**Laurie Bullock,** Editor  
ext. 801; laurie@lwsb.com  
Religion, Obituaries, Community News

**Stephen Bannon,** Production Editor  
ext. 392; stephenb\_news@lwsb.com  
Pre-press, Online/Vision Impaired  
Editions, IT

**Dan Pomeroy,** Distributor  
Eagle Rock Services

**Deadlines:**  
Editorial: 4 p.m. Thursday  
prior to publication week  
Classified Advertising:  
2:30 p.m. Monday of  
publication week

**Office hours:**  
8 a.m. to 5 p.m.  
Monday-Friday

**Phone:**  
(562) 430-0534  
after-hours voice mail  
(562) 431-6586

**Missing LW Weekly Newspaper:**  
(562) 472-1284

**Mailing Address:**  
P.O. Box 2338  
Seal Beach, CA, 90740

**Delivery Address:**  
13533 Seal Beach Blvd.  
Amphitheater Building  
Seal Beach, CA, 90740

VOL. 44 NO. 28



# Government

## 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*). *Public health and safety measures will be in place to protect membership and staff with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask will be required:*

Fri., Aug. 7	<b>Special GRF Board Meeting</b> Clubhouse 4/Zoom/livestream ..... 1 p.m.
Fri., Aug. 7	<b>GRF Board Executive Session</b> Zoom ..... 2 p.m.
Thurs., Aug. 13	<b>COVID Ad Hoc Committee</b> Clubhouse 4, Zoom/livestream ..... 1 p.m.
Mon., Aug. 17	<b>Special GRF Board Meeting</b> Clubhouse 4/Zoom/livestream ..... 9 a.m.

## Schedule of Mutual Meetings

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

Thurs., Aug. 6	<b>Presidents' Council</b> virtual.....9 a.m.
Fri., Aug. 7	<b>Mutual 6, annual</b> CH 4/virtual..... 10 a.m.
Mon., Aug. 10	<b>Mutual 9</b> virtual.....9 a.m.
Mon., Aug. 10	<b>Mutual 1, annual</b> CH 4/virtual..... 10 a.m.
Tues., Aug. 11	<b>Mutual 5, annual</b> CH 4/virtual..... 10 a.m.
Wed., Aug. 12	<b>Mutual 4, open forum 9:15 a.m.</b> virtual..... 9:30 a.m.
Wed., Aug. 12	<b>Mutual 3, annual</b> CH 4/virtual..... 10 a.m.
Thurs., Aug. 13	<b>Mutual 12, annual</b> virtual..... 10 a.m.
Fri., Aug. 14	<b>Mutual 2, annual</b> CH 4/virtual..... 10 a.m.
Fri., Aug. 14	<b>Mutual 3</b> canceled .....9 a.m.
Mon., Aug. 17	<b>Mutual 15</b> virtual..... 1 p.m.
Tues., Aug 18	<b>Mutual 14</b> virtual..... 1 p.m.
Wed., Aug. 19	<b>Mutual 5</b> canceled .....9 a.m.
Wed., Aug. 19	<b>Mutual 7</b> virtual..... 1 p.m.
Thurs., Aug. 20	<b>Mutual 2</b> canceled .....9 a.m.
Thurs., Aug. 20	<b>Mutual 11</b> virtual..... 1:30 p.m.
Fri., Aug. 21	<b>Mutual 15, annual</b> CH 4/virtual..... 10 a.m.
Mon., Aug. 24	<b>Mutual 8, open forum, 9:15 a.m.</b> virtual ..... 9:30 a.m.
Tues., Aug. 25	<b>Mutual 17</b> CH 4/virtual..... 10 a.m.
Wed., Aug. 26	<b>Mutual 10</b> virtual.....9 a.m.
Thurs., Aug. 27	<b>Mutual 1</b> Administration .....9 a.m.

## Carport Cleaning Schedule 2020

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

- Labor Day - Monday, Sept. 7**  
Mutual 1, Carports 1-6, 9-10, and Mutual 17, Building 3, will be cleaned Monday, Aug. 31.
- Veterans Day - Wednesday, Nov. 11**  
Mutual 3, Carports 39-42, and Mutual 4, Carports 54-56, will be cleaned Friday, Oct. 30.
- Thanksgiving Day - Thursday, Nov. 26**  
Mutual 11, Carports 130-131; Mutual 15, Carports 3, 6-8, 10-13; and Mutual 16, Carport 9, will be cleaned Monday, Nov. 30.
- Christmas Day - Friday, Dec. 25**  
Mutual 14, Carports 150-157; Mutual 15, Carports 1-2, will be cleaned Thursday, Dec. 31.

## LW Live!

Sign up now for the GRF's one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about on-site restaurant services, and other useful information. To sign up, visit [lwsb.com](http://lwsb.com) and click on the LW Live button.

### Revised 2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JULY	7	384	193	5	Fri. 2/14	Mon. 3/16	Sun. 6/14	2 <sup>nd</sup> Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 <sup>rd</sup> Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 <sup>rd</sup> Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 <sup>th</sup> Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 <sup>th</sup> Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 <sup>th</sup> Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 <sup>th</sup> Wed.	7/22	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
AUGUST	11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 6/23	4 <sup>th</sup> Thurs.	7/23	10 a.m.	
	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 7/5	1 <sup>st</sup> Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/4
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
AUGUST	6	408	205	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 <sup>st</sup> Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 <sup>nd</sup> Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 <sup>nd</sup> Tues.	8/11	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 <sup>nd</sup> Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 <sup>nd</sup> Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 <sup>nd</sup> Fri.	8/14	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 <sup>rd</sup> Fri.	8/21	10 a.m.	
	17	126	95	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 <sup>th</sup> Tues.	8/25	10 a.m.	Staggered Terms.

NOTE:  
\* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.  
\*\* = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.  
\*\*\* = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.  
Revised 7/24/2020

### GRF Board Executive Session 2 p.m., Aug, 7, 2020

Virtual Meeting,  
in accordance with  
applicable codes

NOTE: This meeting is closed to Shareholders/Members per Civil Code §4935  
A. Call to Order  
B. Roll Call  
C. Legal  
D. Contracts  
E. Personnel  
F. Member Disciplinary Action  
G. Adjournment  
Agenda is subject to change.

### COMMUNITY ACTION

## Food delivery is Aug. 20 at the CH parking lot

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

The next food distribution will be Aug. 20.

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

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

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

People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID. People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

## GRF Meeting Agenda

### SPECIAL GOLDEN RAIN FOUNDATION BOARD OF DIRECTORS MEETING

Clubhouse 4 and Live Stream  
Friday, Aug. 7, 2020, 1 p.m.

View the meeting livestream:

- Navigate to [www.lwsb.com](http://www.lwsb.com)
- Click on the Watch BOD Meeting Live tab
- The live streaming uses YouTube live and terminates at the close of the meeting

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

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

- 4-minute limit per speaker, when there are no more than 15 speakers
  - 3-minute limit per speaker, 16- 25 speakers
  - 2-minute limit per speaker, over 26 speakers
5. New Business
    - a. Ratify Committee Assignments, Ad hoc Committee Assignments and Health Care Center Advisory Board Assignments
  6. Board Member Comments
  7. Next Meeting/Adjournment
    - a. Aug. 25, 2020, 1 p.m., Clubhouse 4 and live stream

10 years  
experience  
10 년 약사 경력!



Free prescription delivery, free home visit immunization.  
처방전 무료 배달, 무료 방문 예방접종

We promise personalized care and excellence in our service.  
친절, 정확, 신속, 그리고 정직한 서비스를 약속 드립니다.

- Shingles (대상포진)
- Flu (독감)
- Prevnar 13, Pneumovax 23 (폐렴)
- Hepatitis A, Hepatitis B (간염)
- M-M-R (홍역, 볼거리, 풍진)
- Meningitis (수막염)
- Tdap (파상풍, 디프테리아, 백일해)
- HPV – Human Papilloma (인간 유두종)



7002 MOODY ST. #106  
LA PALMA, CA 90623

T: 562.403.2332  
F: 562.403.2331

HONEYRX123@GMAIL.COM



This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.



# Health & Fitness

## Overcoming Roadblocks to Achieve Healthy Eating

Here are some suggestions for dealing with the common problems that can make it harder for older people to follow through on smart food choices.

### Food Tastes Different?

Are foods not as tasty as you remember? It might not be the cook's fault! Maybe your sense of taste, smell, or both has changed. Growing older, having dental problems, and medication side effects can cause your senses to change. Taste and smell are important for healthy appetite and eating. Try adding fresh herbs, spices, or lemon juice to your plate. If you drink alcohol or smoke, cutting back can improve your sense of taste.

### Feeling Sad and Don't Want to Eat?

Feeling blue now and then is normal, but if you continue to feel sad, ask your doctor for help. Being unhappy can cause a loss of appetite. Help might be available. You might need to talk with someone trained to work with people who are depressed.

### Just Not Hungry?

Maybe you are not sad, but just can't eat very much. Changes to your body as you age can cause some people to feel full sooner than they did when younger. Or lack of appetite might be the side effect of a medicine you are taking—your doctor might be able to suggest a different drug.

Try being more physically active. In addition to all the other benefits of exercise and physical activity, it may make you hungrier.

If you aren't hungry because food just isn't appealing, there are ways to make it more interesting. Make sure your foods are seasoned well, but not with extra salt. Try using lemon juice, vinegar, or herbs to boost the flavor of your food.

Vary the shape, color, and texture of foods you eat. When you go shopping, look for a new vegetable, fruit, or seafood you haven't tried before or one you haven't eaten in a while. Sometimes grocery stores have recipe cards near items. Or ask the produce staff or meat or seafood department staff for suggestions about preparing the new food. You can also find recipes online.

### Trouble Getting Enough Calories?

If you aren't eating enough, add snacks throughout the day to help you get more nutrients and calories. Raw vegetables with hummus, low-fat cheese and whole grain crackers, a piece of fruit, unsalted nuts, or peanut butter are good examples. You can try putting shredded low-fat cheese on your soup or popcorn or sprinkling nuts or wheat germ on yogurt or cereal.

If you are eating so little that

you are losing weight but don't need to, your doctor might suggest a protein nutrition supplement. Sometimes these supplements help undernourished people gain a little weight. If so, they should be used as snacks between meals or after dinner, not in place of a meal and not right before one. Ask your doctor how to choose a supplement.

### Weight Issues Adding to Frailty?

Some older adults do not get enough of the right nutrients. These problems can put you at risk of developing weak bones and muscles, which can make you frail and unable to do daily activities. Obesity is a growing problem in the United States, and the number of older people who are overweight or obese is also increasing. But, just losing weight is not necessarily the answer. That's because sometimes when older people lose weight, they lose more muscle than fat. That puts them at greater risk for becoming frail and falling. They also might lose bone strength and be at risk for a broken bone. Exercise helps you keep muscle and bone. Also, for some people, a few extra pounds late in life can act as a safety net should they get a serious illness that limits how much they can eat for a while.

-From www.nai.gov

## Meals on Wheels, Long Beach

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

**Thursday, Aug. 6:** Baked ziti with turkey, whole grain roll, broccoli and cauliflower, Jello with pineapple, roast beef and cheese sandwich with lettuce, tomato and pickle, homemade potato salad.

**Friday, Aug 7:** Rosemary chicken breast with creamy garlic sauce, wild rice, seasoned carrots, fruit cocktail, entree greek chicken salad, tomato, olives, cucumber, feta cheese, Vinaigrette dressing.

**Monday, Aug. 10:** Homemade meatloaf with mushroom gravy, garlic and chive mashed potatoes, Brussels sprouts, Ambrosia salad, tuna salad sandwich with spinach and tomato, homemade macaroni salad.

**Tuesday, Aug 11:** Vegetable fritatta, oven browned potatoes, seasoned cauliflower, pears with cinnamon, entree Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing, crackers.

**Wednesday, Aug. 12:** Oven roasted pork loin with honey and garlic sauce, barley pilaf, peas and onions, banana, turkey and cheese sandwich with lettuce, tomato and pickle, marinated confetti salad.

Finding new ways to stay healthy during quarantine?  
Email your **Health** stories to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)



**LW  
RESIDENTS ONLY**

**Free  
Flat  
Repair**

Expires: Two weeks from publication

**Super Works Lube, Oil & Filter**

- Drain, Refill with up to 5 qts. of Quality Valvoline Oil (5W30 wt)
- Install New Filter
- Tire Rotation
- Air Pressure Check
- Top off All Fluids
- 12 Point Visual Inspection
- Conventional oil only

**Havoline**

**\$14.99**

**Save \$15.00**

Expires: Two weeks from publication

**10%\*  
Senior  
Discount**

LW Residents only.



**3400 Cerritos Ave.**

**Los Alamitos**

**562-799-1777**

**Havoline**

**Mon. - Fri. 7:00 am - 6:00 pm**

**Sat. 7:00 am - 5:00 pm**

**CLOSED SUNDAYS**

**\*10% discount excludes tires**

**#1 In Tires! #1 In Service**



**Free LW Shuttle**



**www.coastlineautocare.com**



# Community



Grace Kim received the 2020 Outstanding Service Award from the Sookmyung Girls High School Alumnae Association. Grace taught high school students for 35 years, the last 24 years were at Northern California Davis Senior High School. She retired from Northern California Davis Senior High in 1996. Grace also served at Presbyterian Church, in Davis, California, as well as Leisure World Community Church and various community organizations in Northern California and Leisure World. She has served in the GAF Board, Korean American Association, Multicultural Council, Korean American Chorale, Korean American and the Classical Music Academy.

## LW BIRTHDAY



Photo by Shawn Lee

Mutual 1 resident Joann Mullins celebrated her 86th birthday on July 4, and had a socially distanced celebration with friends and neighbors. Joann was serenaded and presented with balloons and a Lynda Walker Original card. Those celebrating were Taylor White (l-r), Debbi Fudge, Joann Mullins, Lynda Walker, Pauline Fitzsimmons and Yoon Lee.

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

## AA Friends

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

The LW Weekly 430-0534

## SBTV Listings

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

### Thursday, August 6

4 pm Sailing, Sailing, Sails Aweigh  
4:18 pm LW Eric part 1 & 2  
5 pm LW Entertainment  
5:23 pm Suede Soul Dancers  
7 pm Back to Bourbon Steet  
7:40 pm Betty Price Chimes Soloist  
8:30 pm Cerritos Center-  
Matt Mauser

10:30 pm Bob Cole Conservancy

### Friday, August 7

4 pm LW- Eric and Sandy  
4:30 pm Anna Derby 71st Birthday  
4:45 pm Wally Schirra  
5:30 pm History of Las Vegas Part 1  
6:40 pm History of Las Vegas Part 2  
8 pm Seal Beach City Limits:  
Seal Beach Police Department  
9 pm Cerritos Center-  
Golden Dragon Acrobats  
10:37 pm Cerritos Center-  
The Four Tenors

### Saturday, August 8

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

### Sunday, August 9

4 pm Seal Beach City Council  
Meeting 8/3 Replay

5:05 pm Betty Price Chimes Solist  
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 Eric and Sandy-LW  
9 pm Betty Price Chimes Soloist  
10 pm Abilene Ampitheater  
11:35 pm Bob Cole Conservancy

### Monday, August 10

4 pm LW Entertainment  
4:30 pm LW Hula Dance Club  
4:45 pm LW Special Olympics  
5 pm Sailing, Sailing, Sails Aweigh  
5:18 pm LW- Eric Part 1 & 2  
6 pm History of Seal Beach  
6:30 pm Spirit of Seal Beach  
7 pm SB Planning Committee LIVE  
8 pm World's Fair Newsreel  
8:15 pm Beginning of LW

8:30 pm Suede Soul Dancers

9:05 pm LW Entertainment

9:30 pm Vinyl Rock Valentine Concert

11:40 pm National Parks/Drone Club

### Tuesday, August 11

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

10:30 pm Bob Cole Conservancy

### Wednesday, August 5

4 pm Eric and Sandy- LW  
4:30 pm LW- Anna Derby's  
71st Birthday  
5:30 pm History of Las Vegas Part 1  
6:30 pm History of Las Vegas Part 2  
8 pm Seal Beach City Limits:  
Seal Beach Police department  
9 pm Cerritos Center:  
Golden Dragon Acrobatics

10:30 pm Cerritos Center-  
The Four Tenors

11:30 pm Bob Cole Conservancy

\*All programming is subject to change.

## HUMANIST CLUB

### Club joins SPP in celebrating the life of Rep. John Lewis

By Dave Silva

LW contributor

Jackie Clarke, resident of the Senior Patriots for Peace, organized a demonstration held in front of the Leisure World Globe on July 29 between 4-5:30 p.m. The Leisure World Humanists joined the Senior Patriots in celebrating the life of John Lewis and his lifelong commitment to social justice.

The signs the groups displayed supported the Black Lives Matter movement for racial justice and equality, violence against peaceful protestors expressing their first amendment rights, demands for police reform to reduce excessive violence and advocating that everyone wear masks to protect themselves and others in the midst of the pandemic. Many of the cars passing by honked their horns in support of our commitment to a more peaceful and just society.

John Lewis served as Congressman in the House of Representatives from the 5th District in Georgia for over 30 years. He was known by his colleges as the Conscience of the Congress. Lewis was second only to Martin Luther King Jr. in his struggle to bring racial justice to these United States. Lewis adopted the non-violent methods of Mahatma Gandhi to overturn segregation and bring voting rights to Black citizens. In this he was not completely successful.

Lewis was perhaps the most vocal critic of racism and inequality at the March on Washington, where King gave his "I Have a Dream" speech.

There are many great quotes attributed to John Lewis. One of them being, "None of us will be free until all of us are equal." Under the guidance of Martin Luther King Jr., he adopted the non-violent method of dissent created by Mahatma Gandhi, that called upon the compassion innate within the human spirit to treat others as they would wish to be treated and to grant them the basic human right they would claim for themselves. Throughout his life John Lewis never wavered from these basic principles.

Although King and Lewis often sought these principles of equal justice for all under the law from the Bible and Christian teachings, the values are universal in their nature. Gandhi was a Hindu, who was deeply influenced by the Jain religion that practices complete respect for the sanctity of all life – not just human life. Much of Gandhi's success was built on his respect for the beliefs of other beliefs that embrace equality and justice for all.

Humanists believe all people are equal under the law regardless of the color of their skin, sex, sexual orientation or their nationality. We contend to believe otherwise can only result in discrimination and violence. The philosophical concept of equality doesn't need a religious foundation to support it.

## Community Strong

Diana Harrison would like to thank everyone who has donated and helped sew masks for the community and surrounding areas so far. She is still seeking homemade fabric masks to collect and distribute. If interested in helping, call Sharon Kohn at (562) 596-1969.

Tell our advertisers you saw them in the LW Weekly

## Podiatry House Calls

Foot care in the comfort of your home  
We treat and trim toenails, painful corns and calluses  
Medicare accepted and reasonable fees for self pay

Dr. Marc Spitz &  
Dr. Scott Whitmore



799-0656



REPUBLICAN CLUB

Michelle Steel to speak at club’s next Zoom meeting

By Brian Harmon  
LW contributor

Michelle Steel, Chairwoman of the OC Board of Supervisors and Seal Beach resident, will be the guest speaker at the Republican Club’s Zoom meeting on Wednesday, Aug. 12, a week earlier than the usual meeting day.

Steel is probably the most popular political figure in OC today and is running for Congress against Harley Rouda in the 48th District, which includes Leisure World. To join in on the meeting, contact the Republican Club President at davidharlow50@aol.com or (562) 335-0779.

Throughout her career, Supervisor Steel has focused on controlling government spending to prevent tax increases. As an elected member of the California Board of Equalization for eight years, she fought consistently, and sometimes successfully, to stop new taxes from being implemented.

Steel, a conservative, is also well known for leading the fight against making Orange County a “sanctuary” county, which would have prevented police from cooperating with Federal immigration officials and prevents the County from informing ICE when dangerous prisoners are released from jail.

Steel, as of press time, is the only serious candidate in the race to publicly oppose defunding the police.

She is endorsed by Orange County Sheriff Don Barnes, retired Sheriff Sandra Hutchins and Orange County Supervisors Lisa Bartlett, Andrew Do and Don Wagner. She is also endorsed by Orange County Assessor Claude Parrish, County Clerk-Recorder Hugh Nguyen and Treasurer-Tax Collector Shari Freidenrich.

Steel spoke previously to the club on Nov. 20, when she kicked off her campaign for Congress.

....

The Republican Club has a booth open near Clubhouse 6 every Monday in August from 11 a.m. – 2 p.m, where you can register to vote or pick up red, white or blue hats. Here are the top 10 reasons to come to the GOP booth:

1. Get a free face mask and water (stay safe!)
2. Register to vote
3. Join the Republican Club
4. Get a free Michelle Steel for Congress window/yard sign and campaign literature;
5. Sign the petition to recall Governor Newsom
6. Receive information on LW GOP Club positions on issues and candidates
7. Buy red USA hats for \$10, or shop for political lapel pins, hat pins, political buttons, hand fans, and scarves
8. Have fun conversations with some of your approximately 2020 fellow LW Republicans
9. Munch a free treat
10. Find out why they have a sign that says, “God is welcome here.”

The Republican Club information and voter registration booth will be open every Monday in August until further notice.



Michelle Steel

DEMOCRATIC CLUB

Comparing the events of the 1960s to today

By Mary Larson  
LW Contributor

While the nation continues to memorialize civil rights icon John Lewis, it feels appropriate to compare events of the 1960s with what is happening across the country today.

One such comparison comes from our close friend, the Rev. James (Jim) Lawson, Jr. Jim was the featured speaker at the January meeting of LW’s Senior Patriots for Peace. Jim’s elegy to John Lewis at his funeral services on July 30 is available to watch on Youtube at: <https://www.youtube.com/watch?v=Y0xpSPT5PnI&feature=youtu.be>.

As a young man, Jim Lawson was chosen by Rev. Martin Luther King Jr. to train young activists to fight racism non-violently. Jim had invited King to Memphis in 1968 and was standing beside him when he was assassinated on April 4.

David Halberstam, then a 25-year-old reporter, was assigned to cover the courage and



Rev. James Lawson Jr.

vision demonstrated by these young people – including Jim Lawson - who were changing history. In his 1998 book titled “The Children,” David covers Jim’s life extensively. This story of the early days of the civil rights movement is still available.

In a just released article, Rev. Lawson calls the Black Lives Matter campaign of today the most important nonviolent campaign since the movement that he, John Lewis and C.T. Vivian helped lead.

Jim writes, “As a student of nonviolence and history, this past spring I have said the 21st century has a chance to have movements like this one. To be far larger and more dynamic than anything we did in 20th century.”

In a June 24 article in Vox, American journalist Ezra Klein writes about the historically multiethnic nature of the Black Lives Matter protests, and the rapid change in polling around racial issues which have put African American in coalition with Hispanics, Asians, and white liberals. According to Ezra, the Democratic Party is increasingly a coalition of people who experience racism directly or base part of their identity on opposing it ideologically.

Recent polling following George Floyd’s death indicate a

big shift from the 1960s. A recent Monmouth survey found that 71 percent of Democrats thought the anger driving the protests was justified. A CNN poll found 92 percent believe the criminal justice system is biased against Black Americans. A CBS poll found that 76 percent believe African Americans face “a lot” of discrimination in daily life.

As one of the latest signs as to how the Black Lives Matter movement is reshaping politics, the San Francisco Chronicle reported that top CA Democratic leaders are demanding that the party stop accepting campaign contributions from law enforcement unions.

The San Diego County Democratic Party has published online an extensive list of articles, resources, and guides in support of the Black Lives Matter movement and other anti-racism efforts. Congressman Harley Rouda has participated in BLM protests.

....

Those who want to stay informed and are interested in receiving the Democratic Club’s electronic newsletter on a regular basis, should email [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com) or call (562) 296-8521 with your contact information.

Obituaries

Dao Thi (Nguyen) Trimble  
Sept. 1949 – July 2020

Dao Thi (Nguyen) Trimble, 70, of Moorpark and Seal Beach, California, passed away on July 14, 2020, in her daughter’s home, surrounded by family, after a courageous battle with uterine cancer.

She was born to Cung Nguyen and Mung Thi Nguyen, on September 13, 1949, in Hue, Vietnam.

Dao grew up the seventh of 10 children in the “Imperial City” of Hue, Vietnam, a prominent city known for its history as the nation’s capital under the Nguyen Dynasty.

From a devout Catholic family, Dao’s life was centered on the teachings and activities of the Roman Catholic church of Phu Cam in Hue. She attended the prestigious all-girls Dong Khanh High School located on the banks of the Perfume River. With her knowledge of English, she went on to work in the U.S. Military Post Exchange during the war.

After the fall of Saigon in 1975, Dao evacuated Vietnam for fear of persecution from the Viet Cong. Dao came to the United States with former husband, David F. Trimble with



whom she had one daughter, Jennifer Trimble. Her entrepreneurial spirit led to owning and operating a successful salon, Hair Concepts in Moorpark. During her 22 years at the salon, she developed lasting friendships with many of her clients and became a well-loved member of the community. Always guided by her faith, she regularly attended the Holy Cross Catholic Church in Moorpark. Over the years, she continued to support family and charities in her home country of Vietnam. In 2017, Dao purchased a home in Leisure World Seal Beach to fulfill her dream of retiring by the beach. Dao was a devoted grandmother, mother, sister, aunt, and friend to many. Her greatest joy was spending time with her grandchildren.

Dao is survived by her daughter Jennifer Jane Trimble (Jorge Altet); two grandsons Milo Altet and Luca Altet; three sisters, Lien Kim Nguyen, Tin Thi Nguyen and Hoa Thi Nguyen; three brothers, Chinh Nguyen, Lanh Nguyen and Dinh Nguyen; longtime companion Mike Butler, and many loving nephews and nieces. She is preceded in death by her mother and father, Mung Thi Nguyen and Cung Nguyen; sisters Luu Thi Nguyen and Dinh Thi Nguyen; and brother Hien Nguyen.

Dao touched the lives of many and will be greatly missed by all who knew her. She will especially be remembered for her generous, welcoming spirit and her passionate love of family.

In lieu of flowers, donations can be made to La Salle Vietnam

House/Christian Brothers, a non-profit Catholic organization that brings direct aid to poor and disadvantaged children in Vietnam: 1103 Maxey Ct., San Jose, CA, 95132-2868.

A celebration of life will be held at Crystal Cathedral in Garden Grove, California, at a later date due to COVID-19 restrictions.

—paid obituary

...

In Memoriam

Edgar Narmore 86  
Mary Gage 84  
Harold Newmark 84  
Marilyn Braaten 78  
Daryle Anderson 88  
Nancy McCarthy 81  
David Zuckerman 64  
Bernice Boykin 84  
Lila Lee Andersen 80  
Steohen Lsmbert 68  
Sylvia Hayes 73  
Maria Sanchez 72  
Ellis Hinman 94  
John Conway 90  
Margaret Duggan 58  
David Dominguez 66  
Marilyn Siler 84  
Darren Menefee 46  
Marvin Dunn 77  
Families assisted by  
McKenzie Mortuary,  
961-9301

—paid obituary

Email  
Obituary Notices  
to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)  
with photos attached as  
jpg files.

GOLDEN AGE FOUNDATION

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

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

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

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

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

E-mail COMMUNITY stories  
to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)





**Amir Abolhoda, M.D.,**  
cardiothoracic surgeon,  
uses the da Vinci® Xi™ –  
the latest robotic surgical  
system on the market.

## The Future of Heart & Lung Care is Here

We're here with the best technology that results in faster healing.

Cardiothoracic surgeons at the MemorialCare Heart & Vascular Institute at Long Beach Medical Center perform lifesaving procedures from thoracic cases to complex heart procedures using state-of-the-art technology, like the da Vinci® Xi™ Robotic Surgical System – the latest robotic surgery technology on the market. The da Vinci® Xi™ provides surgeons with real-time visualization and increased range-of-motion, resulting in minimal scarring and quicker recovery for patients. Why travel long distances when the future of heart care is here?



Recognized locally and  
nationally for clinical  
excellence.

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

  
**MemorialCare™**  
Long Beach Medical Center



# Religion



Fr. Juan Caboboy celebrating Holy Mass outside.

## Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The 19th Sunday in Ordinary Time on Sunday, Aug. 9.

The First Reading is 1 Kings 19:9A, 11-13A and the Second Reading is Romans 9:1-5. The Gospel reading will be from Matthew 14:22-33.

### Masses

Friar Juan's initiative to celebrate mass outside the church building has worked beautifully.

Saturday (Virgil Mass) at 5 p.m. in the back of the church and Sunday Mass will be at 8 a.m. in the front fo the chuch. There will not be noon Mass.

Those who attend must a wear a mask or face shield and remain socially distanced. Holy Family asks attendees to bring their own seat if possible.

## Faith Christian Assembly

Every Wednesday, members at Faith Christian Assembly get whisked away in the word of God during the 11 a.m Bible study.

Do you ever say to yourself, "life doesn't make sense?" For the month of August, Faith Christian Assembly's study will offer hope as

**FAITH CHRISTIAN, page 11**

## Assembly of God

By Norma Ballinger  
LW contributor

The book of Hebrews is filled with great history and hope! The first few verses of chapter 12 are often used to help us "stay the course," with the goal of staying on track and running the race with endurance.

The lives of Moses, Abraham, Isaac, Jacob and many others show us that they lived by faith in regards to their future and were looking forward to the city with foundations whose architect and builder is God. In Hebrews 11:40, the writer states that God has planned something better for us.

For us to fix our eyes on Jesus, who for the joy set before him endured the cross, scorned its shame and sat down at the right hand of the throne of God, we need to be aware of the obstacles that keep us from moving forward/running the race. Some of these obstacles are temptations that lure us into greener pastures, busyness that leads us down a rabbit trail that ends in exhaustion and worry and fear that grab hold of our minds. Anything that takes precedence over our relationship with God sends us down the wrong path.

**ASSEMBLY, page 11**



Community Church celebrated Thelma Kieffer's 100th birthday with a socially distanced celebration.

## Community Church

By Johan Dodge  
Reverend

Even in the new normal we have a reason to celebrate, after all, how often do we have the opportunity to celebrate the 100 year birthday of one of our Leisure World residents?

Community Church, through the efforts of congregant Sandy Walker and her family, wasn't going to let this big day for Thelma Kieffer pass without a proper celebration, even in this unsettling and uncertain time of the COVID-19 pandemic. The guest of honor, Thelma Kieffer, adorned with tiara and sash, was seated under a decorated arch. Party guests passed by on foot, scooter, golf cart, walker or car. Guests were able get out, chat with Thelma and see the masked faces of friends they had missed these past months. Thelma shared that she was overwhelmed by the outpouring of love and friendship.

I invite you to tune into worship Sunday morning at 9:50 on Facebook live, @communitychurchleisureworld. Those who want to join the virtual fellowship, will need to call the church office or email [leisurewccsue@yahoo.com](mailto:leisurewccsue@yahoo.com). Those who don't have a computer or Facebook, can still call in to the phone system at (562) 431-2503 and listen to the weekly message beginning Sunday evening.

# FREE PRESCRIPTION DELIVERY!

## LEISURE WORLD PHARMACY

1661 Golden Rain Road • Seal Beach, CA 90740

Phone: (562) 795-6202 Fax: (562) 596-2625

Monday-Friday: 9am-5:30pm



### Get to know your neighbor

Located in and Committed to the Leisure World Community

- We Accept ALL Major Health Plans including Caremark and SCAN
- Mail Order is NOT Always Required by Insurance
- Let Our Friendly Staff Help You With Your Options
- We offer Durable Medical Equipment including Walkers, Lift Chairs, Wound Care Supplies and Stockings
- Fast & Friendly Prescription Service
- Contact Us for More Information

## 25% OFF!

Any One  
Good Neighbor  
Pharmacy Product



## FREE!

WITH ANY \$10 PURCHASE

Flexible Fabric  
Bandages



Valid only while supplies last. Not valid on prescription co-pay. Not valid with any other special, coupon or reduced price offer. Not valid on purchases reimbursed by Medicaid, Medicare, a Medicare Part D or Medicare Advantage plan, TRICARE, the Federal Employees Health Benefits program or any other state or federal medical or pharmaceutical benefit program or pharmaceutical assistance program, or where prohibited by law. Void if reproduced, altered or expired. Customer must pay any sales tax. Minimum purchase will be calculated prior to tax. Cash value 1/100¢.

Valid only at LEISURE WORLD PHARMACY • Valid 08/01/20 — 08/31/20  
Limit one item per customer. Non-prescription items only. Not to be combined with any other offers. Certain restrictions may apply. See store for details. No cash value.

Valid only at LEISURE WORLD PHARMACY • Valid 08/01/20 — 08/31/20  
Limit one item per customer. Non-prescription items only. Not to be combined with any other offers. Certain restrictions may apply. See store for details. No cash value.

MYGNP.com





# Church of Jesus Christ of Latter Day Saints

By Jim Greer  
LW contributor

The Guide to the Scriptures describes joy as “a condition of great happiness that results from righteous living.” Our testimony of the gospel reveals that joy is not a fleeting feeling or emotion. Instead, pure joy is a spiritual gift, a state of being, a becoming. That faithful sister was obviously filled with and radiated pure joy.

The Book of Mormon prophet Lehi taught that one of the purposes of mortal life is for all of God’s children to have joy. He declared, “Adam fell that men might be; and men are, that they might have joy.” Adam realized this truth after he partook of the fruit of the knowledge of good and evil: “Blessed be the name of God, for because of my transgression my eyes are opened, and in this life I shall have joy, and again in the flesh I shall see God.” Eve also testified: “Were it not for our transgression we never should have had seed, and never should have known good and evil, and the joy of our redemption, and the eternal life which God giveth unto all the obedient.”

God’s plan of happiness provides each of us with a mortal experience wherein we learn to choose righteousness in the presence of evil. And it is while living within this natural state that we may receive a fullness of joy.

The secular world often confuses joy with fun. But Elder Bednar affirms that “joy comes from exercising faith in the Lord Jesus Christ.” Fun is experienced through amusements or pleasurable diversions. A day at Disneyland may be fun, but worthily preparing for and participating in sacred ordinances is joyful. Joy is enduring; fun is temporary. Joy pertains to eternity; fun pertains only to mortality.

In a stirring address, King Benjamin eloquently called his people to repentance. Upon hearing his impassioned plea, “they all cried aloud with one voice, saying: ‘O have mercy, and apply the atoning blood of Christ that we may receive forgiveness of our sins.’ After they had spoken these words the Spirit of the Lord came upon them, and they were filled with joy.”

God’s Plan of Happiness invites us to obey the commandments and follow Jesus Christ, the real source of joy. As Christ declared: “If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in His love. These things have I spoken unto you, that my joy might remain in you and that your joy might be full.”

## Beit HaLev

Beit HaLev invites everyone to join its services on Zoom. Viewers can interact in real time with the rabbi and others. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons, can contact the rabbi at (562) 715-0888 for access and instructions on how to use Zoom.

Beit HaLev is continuing to livestream on Facebook and YouTube as well. To attend, go to [galitomtov.com](https://galitomtov.com), [Facebook.com/galityomtov](https://Facebook.com/galityomtov) or [YouTube.com](https://YouTube.com) and search for the Shabbat Shalom LIVE! channel. Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayer book is provided at each service.

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

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

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

## Congregation Sholom

Rabbi Karen Isenberg will stream Friday night services at 6:30 on Aug. 7 on the Congregation Sholom of Leisure World Facebook page. To join, select the “rooms” tab, then click on “Jewish Activities” and “Join to Restart.” Rabbi Axelrad will also be on Facebook for Saturday morning services at 9:30 on Aug. 8.

On Aug. 9, Congregation Sholom will host an online game night run by Sandy Gefner at 4 p.m. To join, go to Facebook, search for Congregation Sholom, click on rooms, then click on Bingo.

The book club has chosen a new book, “The Little Bride” by Anna Solomon. It is less than \$5 to purchase. A room has been added to the Congregation Sholom Facebook for the book club. The group will meet in the virtual room on Tuesday, Aug. 18, at 1:30.

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

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

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

## LW Baptist

By Rolland Coburn  
Pastor

Paul the apostle made a remarkable claim. He said, “I have learned to be content whatever the circumstances,” (Philippians 4:11). How is such contentment learned? Paul’s contemporaries, the Greek philosophers, claimed that a person must reduce or eliminate normal human desires, which of course are God-given. But the ancient Psalmist David gave another answer. “The Lord is my Shepherd, I shall not want,” that is not lack for anything (Psalm 23:1).

This is the promise of contentment for those who personally make the Lord their God.

David explains the contentment God gives as satisfying a person with good even in one’s senior years, “so that your youth is renewed like the eagle’s,” (Psalm 103:5).

Jesus also spoke of this satisfying content with life. “I have come that you might have life and have it abundantly. I am the good Shepherd,” (John 10:10-11).

Psalm 23 is the classic statement of the Lord giving full contentment in every circumstance by being our great shepherd. Often paraphrased and set to music through the centuries, perhaps none better than Ralph Carmichael’s “The New 23rd” helps show how to learn contentment.

“Because the Lord is my shepherd, I have everything that I need./ He lets me rest in meadows green and leads me beside the quiet stream./ He keeps on giving life to me, and helps me to do what honor him the most./ Even when walking thro’ the dark valley of death,/ I will never be afraid, for He is close to beside me./ Guarding, guiding all the way, He spreads a feast before me;/ In the presence of my enemies He welcomes me as his special guest./ With blessing ever flowing, his goodness and unfailing kindness/ shall be with me all of my life./ And afterwards I shall live with him forever in his home.”

What more could we ask than for our shepherd to supply all our needs, to refresh us with strength daily, physically and spiritually, to be our guide in the right way, and to be ever with us in sickness and in health, and ultimately to take us into his presence forever in heaven?

## ASSEMBLY From page 10

The goal of believers is not to focus on the path or try to find their own way; they are to fix their eyes on Jesus as he is the guide and destination. He will welcome us home when we cross the finish line.

Pastor Sam Pawlak will be live on Facebook this Sunday at 10 a.m. to deliver a brief devotion and a recorded service. DVD’s are then duplicated by Richard Ryals and distributed to members by Pastor Sam early each week. This method is a blessing to all during this pandemic.

## First Christian Church

By Bruce Humes  
Pastor

We will continue to look at the 119rd Psalm mentioned in last week’s issue. A psalm that clearly speaks of God’s word and the blessings received from listening to or heeding what he has to say to us.

The psalmist begins in verse eight by asking the question, “How can a young man cleanse his way?” The young man is admitting that his ways need to be cleaned up, and he realizes something is amiss in his life. The word “cleanse” means to be translucent, or innocent, clean or pure, and the phrase “his way” in the Hebrew language means rut or stuck in a rut. The question the young man is asking is “how do I clean myself up and get out of this rut? How do I bring myself to the place of moral innocence or purity?”

We get the answer in verse 8b, “By taking heed according to Your word.” We don’t just accidentally become innocent or pure, it’s impossible to cleanse ourselves and get out of the rut we are in unless we take heed, which means to “protect against,” those things which takes away our innocence and purity.

So where does that hedge of protection come from? The answer again is given to us, “according to Your word.” God’s word, the source of understanding, and foundation for answering the young man’s question and ours as well.

Verse 10a says, “With my whole heart I have sought You;” The psalmist has total commitment in seeking God. It wasn’t a part-time task that he undertook occasionally. Verse 10b goes on to say, “Oh, let me not wander from your commandments!” A by-product of not continually seeking God with our whole heart is walking away from his statues, and commandments, something we must guard against.

The psalmist continues in verses 12-16, “Blessed are you, O Lord! Teach me your statutes. With my lips I have declared all the judgments of your mouth (he recognizes the sovereignty of God in making judgements). I have rejoiced in the way of your testimonies, as much as in all riches. I will meditate on your precepts, and contemplate your way. I will delight myself in your statutes; I will not forget your word.” The psalmist is rejoicing, meditating and contemplating God’s commandments and makes a promise to “not forget your word.”

Can we make that same promise? If we pursue hiding God’s word in our hearts we will continue growing with him.

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.

## Redeemer Lutheran & St. Theodore's

By Lisa Rotchford  
Reverend

A daily prayer known throughout the history of the Christian church is “Love the Lord your God with all your heart, mind, soul and strength.” It is known as the Shema from Deuteronomy in the Old Testament and Jesus’ Great Commandment from the New Testament (Deuteronomy 6:1-19; Mark 12:28-34, Matthew 22:34-40, and Luke 10:25-28).

When we are challenged by an invisible virus, our call is to respond with all of our being — our heart, our mind, our soul and our strength — and make our invisible faith visible through our faith, hope and love.

But sometimes our hearts grow weary and our spirits sag. The Psalmist reminds us, “The Lord is close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18).

To strengthen our hearts and spirits, remember Jesus words from John 16:33: “Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

Sometimes our minds get overwhelmed. Look for clarity as Jesus told us “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid” (John 14:27).

Sometimes our souls need to be reminded what Isaiah speaks to those of us of a certain age, “I will be your God throughout your lifetime — until your hair is white with age. I made you, and I will care for you. I will carry you along and save you” (Isaiah 46:4).

Though many of us are called to be isolated during this quarantined time, remember you are never alone. Love the Lord your God with all you heart, mind, soul and strength and “you will live!” (Luke 10:28)

## FAITH CHRISTIAN from page 10

the group walks through these current times.

The group is journeying through 1 and 2 Thessalonians. The Apostle Paul’s purpose in writing these powerful books is to encourage persecuted believers and to exhort them to be steadfast in their work.

If you cannot attend the live service, call in to the Faith Christian Assembly conference call at 10:50 a.m. To participate in Communion on the call, dial (425) 436-6371 – Access Code: 576671#.

Out of an abundance of caution, all who attend will have their temperature taken at the door and must wear a mask before and after service and sit socially distant from others.

Faith Christian Assembly also has conference calls at 5:45 p.m. on Sunday evening and Wednesdays at 11a.m. for Bible Study.

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



# Arts & Leisure



After taking a well-deserved break in July, the Leisure World Sewing Brigade is ready to start up again. Cloth masks continue to be an important component in the fight against COVID-19. The brigade has an ample supply of elastic and a limited amount of recently donated fabric, and needs funding to continue its effort. To date, the group has made and given away 25,401 masks. Of those, 4,000 were given to Leisure World residents and 500 to the local Meals on Wheels. The rest were given to hospitals, doctors, nurses, first responders, frontline workers and women’s shelters. If you are interested in helping the effort by sewing, cutting fabric or elastic, being a runner or making a donation, call Yvette Louie at (562) 841-2166 (shown above at Brigade headquarters) or email Dean Jacobus at [Dean.Jacobus@gmail.com](mailto:Dean.Jacobus@gmail.com).

## Video Producers Club

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

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

—Joe Osuna

### Kill: Mold - Bacteria - Viruses

Everytime you use your heatpump!

The **GERM-KILLING** UV LED LIGHT for MINI-SPLITS

Available for ALL types of heaters and A/C

**GREENWOOD** HEATING & AIR INC.  
Lic. 945655  
Quality and Service First

**CALL 714-821-7070**

## RADIO CLUB

### Weekly drills set for FRS users

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

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

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

## LW BICYCLISTS

### St. Andrews Gate is new meeting spot

Join the Leisure World Bicyclists Monday, Wednesday, Friday and Sunday at 9 a.m. at the St. Andrews Gate.

The group used to meet at the North Gate, but it is closed due to 405 Freeway construction and other projects. All are welcome to go for a ride to Long Beach, Huntington Beach, El Dorado Park or Seal Beach Pier.

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

Safe distancing and masks are required.

Call Mary Romero at (562) 810-4266 for further information.

—Mary M. Romero



## Grab n Go Meals

Aug. 6-12  
Clubhouse 6 Parking Lot



- **Thursday:** Domino’s Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi’s Candies Ice Cream Truck, 4-7 p.m.
- **Friday:** Katella Deli; extensive menu—deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online [www.katellabakery.com](http://www.katellabakery.com), specials of the day available onsite, cash/cards.
- **Saturday:** Naples Rib Company; barbecue, salads, sandwiches; new hours, 3:30-5 p.m.; order ahead online for faster service, [www.ribcompany.com/LW](http://www.ribcompany.com/LW) or (562) 439-RIBS; cash/cards
- **Sunday:** Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at [www.bergcatering.com](http://www.bergcatering.com) (LW Menu) or buy onsite, PayPal, checks, cash, cards.
- **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., [www.kabobaholicft.com](http://www.kabobaholicft.com) or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards

...  
*All Grab ‘n’ Go events will take place, rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. People should keep a six-foot distance and masks are required. For information, call (562) 431-6586, ext. 398.*  
*On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379.*  
*For more information or to make a suggestion, call (562) 431-6586, ext. 379.*  
**Watch for LW Live! alerts for daily menus. Sign up for LW Live at <http://www.lwsb.com/lw-live-sign-up/>.**

## AQUARIUM OF THE PACIFIC

### Penguin Encounters is now open

The Aquarium of the Pacific is now offering its popular Animal Encounter program with Magellanic penguins. Participants will have the chance to sit next to a penguin as it waddles around outside the June Keyes Penguin Habitat before the Aquarium opens to the public in the morning.

An Aquarium educator will accompany participants and teach them about the Aquarium’s penguins, where this species lives in the wild, what they eat, and how the Aquarium cares for them.

Participants are encouraged to bring their cameras or phones to take photos. Meet with the Aquarium’s staff members who care for penguins and get up close to these fascinating birds during this 30-minute program.

Penguin Encounters require a minimum of two and a maximum of four participants, limited to one household group. Participants must be at least 7 years old. Advance reservations are required. Once booked, Animal Encounter

**PENGUINS, page 13**



Robin Riggs

**SRG SENIOR LIVING**

### That time Sunday became Sing-along Sunday.

**That’s the Power of WE.**

Imagine life offering everything you need to enjoy it to its fullest. It’s like being part of an extended family working together, supporting you and making life easier. Your meals, your prescriptions, your chores all looked after and taken care of. Smiles at every turn, a favorite tune drifting up from the courtyard. A life thriving through connection. That’s senior living at The Grove. That’s the Power of WE.

**Call 562.246.6939 today to experience the Power of WE!**

**The Grove**  
AT CERRITOS

INDEPENDENT & ASSISTED LIVING RESIDENCES

11000 New Falcon Way • Cerritos • **562.246.6939**  
TheGroveatCerritos.com

RCFE#198602608





A LW golfer wears his mask as he tees off at the newly re-opened course.

## GOLF from page 1

• You may call to see if any tee times are still available on the day of play or just walk up, but tee times pre-booked on the website will always take precedence.

• Any golfer who fails to abide by these rules is subject to losing their privileges.

• The golf course may be shut down at any time if multiple reports are received about violations.

*If you haven't played since the original shutdown, the following is a comprehensive list of the rules. The following procedures will be implemented to allow for GRF members, in good standing, to utilize the golf course:*

• All rounds will be booked through the Golf Starter by email only. The hours of play will be from 8 a.m.-7 p.m.

• Golfers may play more than once a week, providing there is space available. Email requests will always take precedence; however, golfers may call on the day of play to see if any openings are still available. Walk-ups may be permitted at the sole discretion of the starter under the same condition.

• A round is nine holes. At the discretion of the Starter, a second round during a tee time may be allowed if the schedule permits.

• No tournament play will be allowed.

• Golfers are required to book the day before their actual tee date and time by emailing <http://www.lwsb.com/reserve/>

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

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

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

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

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

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

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

• The Starter can only be addressed through the protective window area.

• The putting green area will also be open with all required restrictions.

• The hitting cage will remain closed.

• The Golf Starter will have the final say in all matters.

*The following are additional restrictions on the course:*

• No score cards will be provided.

• No posting of scores.

• Ball washers are not available.

• The shoe cleaning station will be off limits due to touch surfaces.

• Flag sticks to remain in holes.

• No food or beverage services allowed.

• Patio chairs and benches have been removed to prevent gathering of groups and to maintain social distancing.

## Balance & Stability Class

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

Instructor Adrienne Rosenfeld teaches the free 40-minute class that focuses on balance, shifting weight and cognizant activities.

The class is now being broadcast from around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390, right after the Queen Kong interview and is available on [youtube.com](https://www.youtube.com).

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

To join email her at [arosenfeld1@verizon.net](mailto:arosenfeld1@verizon.net) and she will send you the link to join to group.

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

## Men's Golf Club

The Men's Friday Golf Club played at Meadowlark Golf Course in Huntington Beach July 31. Ten men and one woman tested the par 70, 5800-yard course. The weather was overcast early; when the sun came out, the wind rose making the last few holes extra challenging. The grounds are in particularly good shape, and the greens, well taken care of. With a few large water hazards and smaller, rolling greens, course conditions were ripe for excellent scores. Not surprisingly, there were seven birdies, but only three sub-par rounds. Meadowlark has lovely tree-lined fairways and numerous elevation changes adding to the challenge.

All scores are net (actual score minus handicap).

### A Flight Winners:

First Place: Jim Goltra, 6 under 64 plus 3 birdies and closest to the pin on the 130-yard par 3 seventh hole; second: Dave LaCascia, 4 under 66 plus 2 birdies and closest to the pin on the 150-yard par 3 sixteenth hole; third: Bill McKusky; 1 under 69 plus 2 birdies; fourth: Sam Choi and fewest putts for A flight; fifth: Fujio Norihiro.

### B Flight Winners:

First Place: John Meyer, 3 over 73 plus tied for fewest putts for B flight; second: Lowell Goltra, 5 over 75 plus tied for fewest putts for B flight; third: Bob Munn, fourth: Gene Vesely.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove. LW Men's Club membership is not required. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, although infrequent, are generously rewarded. If interested, contact Bill McKusky, (562) 430-8618, or Dave LaCascia, (801) 674-5975.

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

**GOLF, page 14**

## PENGUINS

### from page 12

participants must complete a waiver and release form. Participants must wear closed-toe shoes and face coverings, social distance from staff members at all times and will have their temperatures taken prior to entering the Aquarium. For more information about the Aquarium's safety protocols, visit [aquariumofpacific.org/visit/aquarium\\_safety](https://aquariumofpacific.org/visit/aquarium_safety).

**WHEN:** Offered daily at 8:30 a.m. Penguin Encounters must be booked at least 48 hours in advance.

**WHERE:** 100 Aquarium Way, Long Beach, CA 90802

**COST:** \$150 per person, \$135 per Aquarium member. Includes Aquarium admission (currently only outdoor exhibit areas are open).

**INFO/RSVP:** (562) 590-3100 or visit [pacific.to/penguinencounter](https://pacific.to/penguinencounter)



Eva Kanagusuku of Mutual 8 shares her garden of amazing lilies at her home on Oakmont Road. "I'm very proud of it," she said.

## Friday Tech Talk

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

- Aug. 7: Finding and Using Stock Images from the Web
- Aug. 14: Zoom for Hosts: Creating and Using Polls
- Aug. 21: Zoom for Hosts: Using Annotations and Whiteboard

• Aug. 28: Creating a Facebook Page for a Business, Club, Organization or Pet

To register, contact [bob@bobology.com](mailto:bob@bobology.com) or subscribe to the newsletter at [www.bobology.com](http://www.bobology.com).

—Bob Cohen

## NEIGHBORS

### from page 3

dents and share neighborhood safety updates, while keeping their privacy protected.

Neighbors brings residents together to have safety conversations and engage with their local public safety agencies on the app in their area to make their neighborhoods safer.

The app is available for anyone to use with or without a Ring device.

Having an effective and easy means of hyper-local communication with residents is central to public safety and why the Seal Beach Police Department has decided to join Neighbors in its effort to serve the community.

The Seal Beach Police Department is now even better positioned to notify residents of a nearby safety incident, or share proactive tips and emergency preparedness information ahead of time.

It's important to note that local public safety officials do not have access to user cameras, live streams or personal information when using Neighbors.

When an individual user chooses to post a video or comment on the app, they are identified only as "Neighbor #" and the location of posts are obscured to protect user privacy.

Public safety officials are always identified by their last names and agencies when using Neighbors, and can view and comment as well as share posts to the app in their jurisdiction.

Residents can learn more about the Neighbors app and how public safety agencies use the Neighbors Public Safety Service by visiting Ring's website and the Neighbors Public Safety Service homepage.

### How to Use Neighbors

• **Download the Neighbors app:** Residents do not need a Ring device to join Neighbors and can text "JoinToday" to 555888 or visit the app store from their smartphones to download the Neighbors app for free on iOS, Android and FireOS devices.

• **Join Your Neighborhood:** Once downloaded, users can join their neighborhood, share crime and safety-related videos, photos and text-based posts; and receive safety alerts and updates from their neighbors, local police and fire departments as well as from the Ring team.

• **Customize Alerts:** Users can adjust their settings and select the alert categories most relevant to them.

• **Join the Conversation:** Users decide what content to share and whether or not they wish to engage with other users, including local police and fire departments, on the app.

"We're excited to use this application to help keep the community safe," said Seal Beach Chief of Police Philip L. Gonshak. "If a crime or other incident is captured on video, this will make it easier for the community to share that evidence with our investigators."

### About Ring

Since its founding in 2013, Ring has been on a mission to make neighborhoods safer.

The home security and smart home company is owned by Amazon. Ring manufactures home security products that incorporate outdoor motion-detecting cameras, including Ring Video Doorbell. It hosts the app, Neighbors, for online social sharing of captured footage among users.

For questions about this app or other innovative ways that the Seal Beach Police Department uses technology to keep the community safe, contact Sgt. Nick Nicholas at (562) 799-4100, ext. 1160, or [nnicholas@sealbeachca.gov](mailto:nnicholas@sealbeachca.gov).



405  
from page 1

Construction updates are as follows:

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

The northbound I-405 off-ramp to Seal Beach Boulevard has been closed for nearly a month and is scheduled to reopen this week. It was closed to reconstruct the ramp as part of the freeway widening. Work includes demolition, excavation, grading, draining, electrical system installation, concrete pours and asphalt paving.

• **Southbound I-405 Loop Off-Ramp to Westminster Boulevard to close for one year**

The southbound I-405 loop off-ramp to Westminster will close for approximately one year. The ramp is being reconstructed as part of the freeway widening. The closure is set for 7 a.m. Aug. 17.

Crews built a temporary traffic signal for the southbound I-405 off-ramp to Springdale Street. It is anticipated that the signal will be turned on the morning of Tuesday, Aug. 11.

• **I-405 Southbound Loop**

**Off-ramp to Beach Boulevard to Close**

The southbound I-405 loop off-ramp to northbound Beach Boulevard is anticipated to permanently close in early August. Motorists will use the Beach Boulevard/Center Avenue off-ramp from now on to access northbound and southbound Beach Boulevard.

The loop off-ramp is being eliminated to accommodate the widening of Beach Boulevard and the freeway. The Beach Boulevard/Center Avenue off-ramp and Center Avenue are being reconstructed to accommodate the change in traffic volume.

• **NBI-405 Loop Off-ramp to Westminster Boulevard Closed**

Crews closed the northbound I-405 loop off-ramp to Westminster Boulevard. The ramp will be closed for approximately 12 months to allow construction of new walls and ramps at this location in one stage, eliminating multiple traffic shifts and confusion for motorists.

• **NB I-405 Loop On-ramp from Goldenwest Street is Closed**

The NB I-405 loop on-ramp from Goldenwest Street is closed for approximately three months. The ramp is being reconstructed as part of the freeway widening. The ramp is scheduled to reopen Oct. 2.

The duration of this work may change depending on site conditions.

**Construction Activities**

**Navy Railroad:** Crews are installing piles for the foundation of the freeway bridge over the railroad near the Westminster Mall. The work is ongoing from 7 a.m.-4p.m. for approximately one month. This work may be loud.

**Beach Boulevard:** Full northbound and southbound Beach Boulevard closures continue for falsework construction.

• Crews are constructing falsework for the widened freeway over Beach Boulevard.

• This work requires full ramp, lane and Beach Boulevard closures between Center Avenue and the freeway ramps.

• This work also includes closing eastbound Center.

• Nightly closures are ongoing, 9:30 p.m.-6 a.m.

• This work may be loud.

**East Garden Grove Channel:**

Crews are continuing construction on the East Garden Grove Channel near the Newland Avenue bridge. Activities include installing shoring by vibrating in steel beams, excavation, demolishing concrete and hauling materials. Crews will also begin pile driving for the widened I-405 bridge over the channel.

**Neighboring Projects**

**Southern California Edison:**

Crews will close northbound and southbound I-405 lanes from Harbor Boulevard to Euclid Street. The closures are needed for overhead utility relocation.

**Orange County Sanitation District:**

Crews are replacing sewer lines on Westminster Boulevard between Seal Beach Boulevard and Bolsa Chica Road. The project will replace and reconstruct nearly three miles of two parallel 36-inch diameter sewer pipelines on Westminster Boulevard between Seal Beach Boulevard and Rancho Road/Hammon Place in the cities of Seal Beach and Westminster.

For more information on the

I-405 Freeway Project, email [405project@octa.net](mailto:405project@octa.net) or call (888) 400-8994. There's a mobile app to help residents and commuters navigate construction on the I-405.

The app includes quick access to current traffic conditions, closures and detours, along with project updates and links to contact the project team. It is available for Download on the Apple Store or Google Play.

**55 on the 405**

The speed limit on I-405 between I-605 and SR-73 has changed from 65 mph to 55 mph.

The new speed limit was implemented in 2018 for the safety of the traveling public and crews during construction of the I-405 Improvement Project.

**GOLF**  
from page 13

or join. If you are a LW Men's or Women's League member, 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.

SCRABBLE G R A M S							SOLUTION		
P <sub>3</sub>	E <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>59</u>	
D <sub>2</sub>	I <sub>1</sub>	P <sub>3</sub>	O <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	RACK 2 =	<u>60</u>	
E <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	L <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	F <sub>4</sub>	RACK 3 =	<u>63</u>	
U <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>	RACK 4 =	<u>60</u>	
M <sub>3</sub>	E <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	G <sub>2</sub>	A <sub>1</sub>	P <sub>3</sub>	RACK 5 =	<u>89</u>	
PAR SCORE 255-265								TOTAL	<b>331</b>

**Crossword Answers**

RABID	HEIST	CIRAC	FOB
ELENA	ERNIE	YODA	MOLE
SANCHOPANZA	ROAR	AREA	
REALM	SEE	LAD	BARTOK
INGER	IAN	BASIS	
DETAIL	SCHOPENHAUER		
REMO	ORATOR	RAZE	MME
ACCRA	SETON	LOGO	STEN
JOEYBISHOP	COWL	SCENT	
AYE	ANYA	WOOD	EDWARDS
MSG	BOBHOPE	OER	
MCQUEEN	PAY	MEGA	ASS
ALUMS	ELAN	CHOPSTICKS	
CEES	JAIL	HAITI	SPRAT
HAS	LATE	PASTEL	SETS
ORTHOPEDISTS	OPPOSE		
IOWAN	MAE	LEGAL	
CLOVEN	APT	TEX	LISZT
HONE	EMMA	SHOPKEEPERS	
EVER	SAIL	CANEA	RATIO
WED	EDNA	ITALY	STAMP

**Sudoku 1 Answers**

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

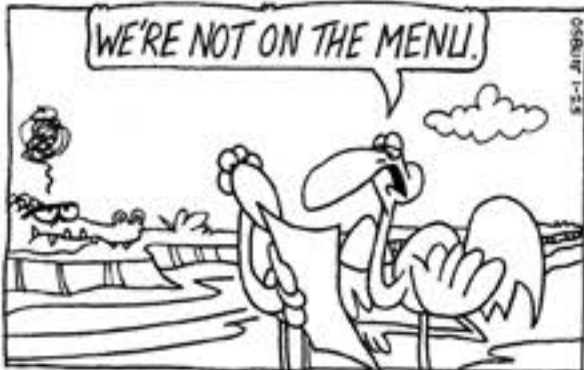
The Basic Rules of Sudoku  
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.  
• When you start a game of Sudoku, some blocks will be pre-filled for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

MIGHT FAINT BUCKLE NUMBER  
They drove at 60 MPH, and his annoying passenger was talking a — MILE A MINUTE

**Puzzle Answers**

Puzzle page 18-19



**Sudoku 2 Answers**

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

Guess Who?  
Tom Brady

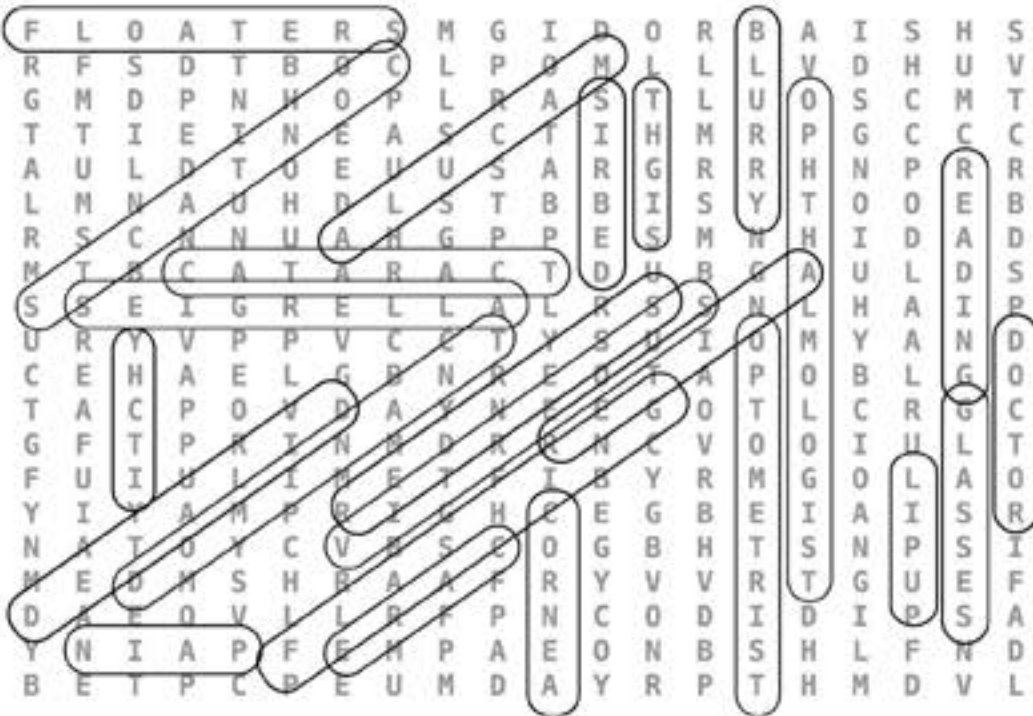
**Crypto Fun Answers**

A. vision B. retina C. clarity D. distance

**Boggle BrainBusters Answers**

TIN GOLD ZINC IRON LEAD SILVER NICKEL PLATINUM

**Word-Find Answers**





## RISK from page 1

different types of prevention measures to protect yourself and to help reduce the spread of COVID-19.

The risk of an activity depends on many factors, such as:

- Is COVID-19 spreading in your community?
- Will you have potential close contact with someone who is sick or anyone who is not wearing a face covering (and may be asymptomatic)?
- Are you at increased risk of severe illness?
- Do you take everyday actions to protect yourself from COVID-19?

The CDC cannot provide the specific risk level for every activity in every community. That's why it's important for you to consider your own personal situation and the risk for you, your family and your community before venturing out.

### Close Contact with Other People Increases Risk

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

### How many people will you interact with?

- Interacting with more people raises your risk.
- Being in a group with people who aren't social distancing or wearing cloth face coverings increases your risk.
- Engaging with new people (e.g., those who don't live with you) also raises your risk.
- Some people have the virus

and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

### Can you keep six feet of space between you and others? Will you be outdoors or indoors?

- The closer you are to other people who may be infected, the greater your risk of getting sick.
- Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions.
- Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.

### What's the length of time that you will be interacting with people?

- Spending more time with people who may be infected increases your risk of becoming infected.
- Spending more time with people increases their risk of becoming infected if there is any chance that you may already be infected.

### What Makes Activities Safer

- Activities are safer if:
  - You can maintain at least six feet of space between you and others. COVID-19 spreads easier between people who are within six feet of each other.
  - They are held in outdoor spaces. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky.
  - People are wearing cloth face

coverings. Interacting without wearing cloth face coverings also increases your risk.

### Stay Home if You Are Sick

If you have COVID-19, have symptoms consistent with COVID-19, or have been in close contact with someone who has COVID-19, it is important to stay home and away from other people.

When you can leave home and be around others depends on different factors for different situations. Follow CDC's recommendations for your circumstances.

### Consider the Risks Before You Go

Asking these questions can help determine your level of risk.

- Is COVID-19 spreading in my community?

Find out by viewing the latest COVID-19 information and a map of states with reported COVID-19 infections. As of May 26, a COVID-19 case was reported in the LW community. In Orange County, all positive cases are reported to the Public Health Department and the individual is given detailed instructions to follow in regards to self-quarantine. As of now, the city has 212 cases and Orange County is under CDC thresholds. You can check the daily numbers at <https://oc-covid19.ocalthinfo.com>.

- What are the local orders in my community?

Review updates from your local health department to better understand the situation in your community and what local orders are in place in your community.

Also find out about school closures, business re-openings, and stay-at-home orders in your state. For the latest information, check the City of Seal Beach website at [www.sealbeachca.gov](http://www.sealbeachca.gov).

### Will my activity put me in close contact with others?

Practice social distancing because COVID-19 spreads mainly among people who are in close contact with others.

It's important that you and the people around you wear a cloth face covering when in public and particularly when it's difficult to stay six feet away from others consistently.

Choose outdoor activities and places where it's easy to stay six feet apart, like parks and open-air facilities.

Look for physical barriers, like plexiglass screens or modified layouts, that help you keep your distance from others.

Use visual reminders—like signs, chair arrangements, markings on the floor, or arrows—to help remind you to keep your distance from others.

- Am I at risk for severe illness?

Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

While the risk for severe illness is lower for others, everyone faces some risk of illness. Some people have no symptoms, others have mild symptoms, and some get severely ill.

- Do I live with someone who is at risk for severe illness?

If you live with older adults or someone with certain underlying medical conditions, then you and all family members should take extra precautions to minimize risk.

- Do I practice everyday preventive actions?

Continue to protect yourself by practicing everyday preventive actions, like monitoring yourself for symptoms, not touching your face with unwashed hands, washing your hands often, social distancing, disinfecting surfaces, wearing cloth face covers, and staying home if you are sick.

- Will I have to share any items, equipment, or tools with other people?

Choose places where there is limited sharing of items and where any items that are shared are thoroughly cleaned and disinfected between uses.

You can also choose to visit places that share, post, or announce that they have increased cleaning and disinfection to protect others from COVID-19.

- Will I need to take public transportation to get to the activity?

Public transit can put you in close contact with others. When using public transportation, follow CDC's guidance on how to protect yourself when using transportation

- Does my activity require travel to another community?

Before considering trips outside your community, consult CDC's travel considerations.

—from the CDC

# Professional Services

Debra Halvarson Groh and The Alvarez Firm  
**Attorneys At Law**  
*Complimentary Initial Phone Consultation*



- LIVING TRUSTS & WILLS
- PROBATE, TRUST ADMINISTRATION
- LONG-TERM CARE & MEDI-CAL PLANNING
- CONSERVATORSHIPS
- CONTESTED WILLS AND TRUSTS




3030 OLD RANCH PARKWAY, SUITE 160, SEAL BEACH  
**(562) 684-2400**

MEMBER  
National Academy of  
Elder Law Attorneys, Inc.™

**Closets & More by John Mercurio**  
Serving Leisure World  
Exclusively Since 1983  
**Specializing in:**

- Wardrobe Closets
- Organizers & Door Replacements
- Office Furniture & Bookcases
- Pull-out Drawers in Kitchen & Pantry
- Add Additional Cabinets in Kitchen & Bath



**Call (562) 598-4552 or (949) 378-0616**  
**or go online at [customsbyJohn.com](http://customsbyJohn.com)**

**G.L. Gunderson**  
CARPETS & INTERIORS




- CARPET
- LAMINATE
- ENGINEERED HARDWOOD
- VINYL WOOD PLANK (waterproof)
- NO WAX VINYL FLOORS
- WOOD BLINDS (verticles)

GGunderson1@verizon.net  
**(562) 434-3775** Lic. #629553



**RYDEN CONSTRUCTION**  
Est. 2001  
QUALITY SERVICE

Lic# 981264  
Specializing in  
**Window & Door**  
Replacements.  
*Free In-Home Consultations*  
714-373-0011  
[RYDENWINDOWS.COM](http://RYDENWINDOWS.COM)

**Advertise here**  
**for \$60 per week**  
10 consecutive weeks, minimum  
**Call 430-0534**

**GREENWOOD**  
HEATING & AIR INC.  
[www.GreenwoodHeatandAir.com](http://www.GreenwoodHeatandAir.com)

**Sales — Service — Repair**  
“Your Leisure World Specialists”



**\$150<sup>00</sup> off**  
New Heat Pump  
or Air Conditioner

FUJITSU  
THE POSSIBILITIES ARE INFINITE

All makes and models of Heat Pumps  
**714-821-7070**  
Lic. # 945655



# Professional Services

Room Additions / All Improvements



OUR 27th YEAR

Family Owned & Operated  
LW References Available

714-282-0559

St. Lic. # 1060993



(714) 379-3500

Experience Our Experience

Remodeling Leisure World For Over 30 Years

Carlos Ayala

www.LosAlBuilders.com

Income Tax

• Financial Planning and Bill Paying  
• Trust Administration



(562) 594-9729

Leisure World Shopping Center  
13924 Seal Beach Boulevard, Suite C  
\*\*Same location since 1979\*\*

Advertise here  
for \$30 per week

10 consecutive weeks, minimum

Call 430-0534

Advertise here  
for \$30 per week

10 consecutive weeks, minimum

Call 430-0534



Alpha Master Builders Inc.

BUILDING RELATIONSHIPS THROUGH QUALITY AND INTEGRITY

For all of your  
home remodeling needs.

(562) 208-5526

thedreamkitchen4u@gmail.com

#B921621

In-home care for a  
better quality of life.



Right at Home

In Home Care & Assistance

562.653.4480 | www.rahwestoc.com

Serving Leisure World since 1989



Residential Custom Design Installation

Free Installation • Free Estimates

Vertical Blinds, Cell Shades

2" Blinds & Shutters

562 493-4228

Lic. #1057064

Katherine A. Brennan

Insurance Agency

Condos • Home • Auto • Business • Golf Carts

(562) 594-8787  
(562) 706-5879



Proudly Serving LW for 22 years

sealbeachinsurance@gmail.com

2999 Westminster Ave. #225 - Seal  
Beach Village Shopping Center

Use North Lobby Entrance elevator

License # 0C69869



D B Handyman

Available for Outside Projects

Patio Enhancements • Haul-Away  
Plumbing Upgrades • Carpentry  
Painting • Senior Living Modifications

21 Years Serving LW

562-841-3787

SB Lic # BRA0002



CANNON LEGAL FIRM

Dana M. Cannon, Esq.

(562) 543-4529

FREE CONSULTATION - WILL COME TO YOU

ESTATE PLANNING & ADMINISTRATION

Living Trusts • Probates • Trust Administration

Litigation • Pet Trusts • Conservatorships

www.CANNONLEGALFIRM.COM

DANA@CANNONLEGALFIRM.COM

Advertise here  
for \$30 per week

10 consecutive weeks, minimum

Call 430-0534

PHIL CLEANS

WINDOWS • WALLS • FLOORS

MOVE-IN • MOVE-OUT

7 DAYS A WEEK • 1-2 MAN TEAM

OVER 40 YEARS EXPERIENCE

(562) 881-2093

SB LIC. #ABL0001

Advertise here  
for \$30 per week

10 consecutive weeks, minimum

Call 430-0534

Safety First Service

Grasp, LLC

Technology Services



Grasp Technology

(714) 263-6240

Technology Services

David Wooten

Computer, TV, and Devices

Grasptv.services@gmail.com

Troubleshooting and Setup

Advertise here  
for \$60 per week

10 consecutive weeks, minimum

Call 430-0534



Bruno H. Alvarez

Lic. #1020244

SPECIAL INSTALLATION

WASHER & DRYER

\$5,975

• Electrical • Room Additions  
• Plumbing • Storage Closets  
• Skylights • Remodeling  
• Kitchens • Counter Tops  
• Washer/Dryer • Bathrooms

562.755.7472

Alpine

Heating & Air Conditioning

Specializing in Serving Leisure World Residents

We service & install  MITSUBISHI HEAT PUMPS

Free Installation Estimates

Sales • Repair • Installation

Lowest Prices In Town

All Work Guaranteed

714-901-0552

Cal. St. Lic. # 719734





# Professional Services

Room additions  
Remodeling  
Skylights  
Kitchens  
Bathrooms  
Countertops  
Storage closets  
Washer/Dryer  
FREE ESTIMATES  
LW REFERENCES

**John M. Bergkvist**  
GENERAL BUILDING CONTRACTOR  
State Lic. #638079  
**562 - 433-3052**



**LIVING TRUSTS  
ESTATE PLANNING  
PROBATE  
CONSERVATORSHIPS**

House Calls - Free Consultation  
**(562) 280-0999**  
**James E. Foden, Attorney at Law**

**WINDOW · DOOR · SKYLIGHT**  
**LW Resident providing  
personal service at  
the lowest price.**  
**SWENMAN CO.**



We Accept Credit Cards  
**562- 430-2265**  
St. Lic. 413207 · Seal Beach Swe001

**562-596-0559 LW Decor, Inc.** Renovations Contractor  
St. Lic. 723262

Kitchen/Bathroom Remodeling New Shower / Tub-tiled Granite / Quartz Counter Tops Dishwasher / Microwave Cabinet Refacing Painting / Make Ceilings Smooth	Laminate Patio Tile / Patio Carpet Vinyl Plank Shutters / Blinds	Built a Second Bathroom Sound Proof Walls Triple-pane Windows Washer / Dryer
---	---	---

**LEISURE WORLD DECORATORS** 40+ Years in LW **562-596-0559**

**KK**  
Konrad Konstruktion

•Kitchens •Bathrooms •Room Additions •Flooring  
General Contractor  
• Counter Tops  
• Home Remodel  
• Patio Enclosures

Lic.945818 **Call for FREE Estimates**  
kkonstruktion@gmail.com **562-715-3821**



**Chris Kim (김인철)**  
Berkshire Hathaway HomeServices  
Realtor® DRE #00996404  
**www.LWChris.com**  
**(424) 247-4542**

*Chris can find the best one for you!*  
원하시는 최상의 집과 구입자를 찾아드립니다!  
Woodbury Univ. BS, Cal. Theo. Seminary M.Div.  
인천교대부국 상도중학교 경기고등학교 졸업

*Laundrylicious*  
**Laundry Service**  
**FREE PICKUP FREE DELIVERY**

At Leisure World every Monday, Wednesday & Saturday  
**15% off Weekly Service**  
**10% off Bi-Weekly Service**  
\$30 per load. Each 10<sup>lb</sup> is considered a load. That's about the same as what fits in a 13 gallon kitchen trash bag.  
**Laundry • Dry Cleaning • Alterations**  
Book Online at [Laundrylicious.com](http://Laundrylicious.com)  
Or Call 714-576-8656

**Are you Frustrated  
With Your Computer?**

PC, MAC, Cell Phone, Tablet, TV or Stereo  
I will come to you.  
Call Me... Let me help you.  
**Tina Schaffer**  
**(562) 755-6199**  
Serving residents for 14 years



You Need It, We Can Do It!

Church Stage Design  
Lighting  
Electrical Repair  
Patios & Decks  
Fan Installations

TV Entertainment  
Drywall Repair  
Doors & Windows  
Picture Hanging  
Minor Plumbing  
And MORE...

**(888) 320-5558**

[www.KleinsHandyman.com](http://www.KleinsHandyman.com) Licensed and Insured

**GRECO  
CONSTRUCTION**  
GRF Approved Contractor  
Excellent LW Referrals  
**714-330-3523**

LIC # 992336 [grecoesigndev@gmail.com](mailto:grecoesigndev@gmail.com)

**WATCH & JEWELRY REPAIR**

**ROLEX**  
INDEPENDENT  
SERVICE

**CLOCK  
REPAIRS**

**Watch  
Batteries  
\$15<sup>00</sup>**  
Most watches  
Old Coupons  
Are Cancelled

**FREE Pick-up & Delivery**  
SAVE this coupon  
Fanny & Luis (LW residents) **562-799-9934**



Style and service for every budget.®

**Blinds  
Shutters  
Shades  
Draperies  
Home  
automation**



Budget Blinds of Huntington Beach  
North and Seal Beach/Buena Park

**Cindy Brunner**  
Owner, Design Consultant  
Cell: 714-658-1813  
HB Office: 714-840-8540  
SB/BP Office: 714-486-1440  
Fax: 714-242-1866  
Email: [cbrunner@budgetblinds.com](mailto:cbrunner@budgetblinds.com)  
Website: [budgetblinds.com/huntingtonbeachnorthandsealbeach](http://budgetblinds.com/huntingtonbeachnorthandsealbeach)  
An independently owned and operated franchise.

**J&J'S 24 HOUR HOME CARE  
ELDERLY CAREGIVING SERVICES**

**714-724-0554**  
Helping Seniors live Independently in their Own Homes!

**L&S** core construction inc.  
**Remodeling**

• Kitchen & Bath • Room Additions • Washer/Dryer Enclosures • Flooring • Painting • Patio

English **714-900-0307** Korean 한국어

**FREE Estimates**

[LNScoreconstruction@gmail.com](mailto:LNScoreconstruction@gmail.com) ~ Lic. 1026807



**MP CONSTRUCTION**

[mp.construction2@aol.com](mailto:mp.construction2@aol.com)

**562-746-5400**

Lic.# 954725

**FIBRENEW**

Experts in Leather, Plastic & Vinyl Restoration

Repair and Restoration for:

• Leather • Plastic • Vinyl  
• Automotive Interiors • Furniture • RVs

Virus Disinfecting & Sanitizing for Home & Auto  
PPE Used & Distancing Respected  
Friendly, Mobile Service - We Come to You!

**FREE Estimates! Call 562.821.3070**

See Our Work at [fibrenew.com/longbeachsouth](http://fibrenew.com/longbeachsouth)  
Email: [lbsouth@fibrenew.com](mailto:lbsouth@fibrenew.com)

Ask  
For LW  
Resident  
Discount

**Advertise here  
for \$30 per week**

10 consecutive weeks, minimum

**Call 430-0534**

**LIVING TRUSTS**

**\$499<sup>00</sup> SINGLE** **\$699<sup>00</sup> MARRIED**

First Time Clients. Simple Estates.

**Living Trust & Pour-Over Will  
Home Transferred to Trust  
Power of Attorney Documents**

**OTHER SERVICES**

+ Probate Administration  
+ Trust Modification  
+ Small Estate Affidavits  
+ Legal Name Changes

**Service Includes:**  
• Two visits w/Attorney

• FLAT RATES  
• AFFORDABLE FEES  
Web site: [www.amstrustlaw.com](http://www.amstrustlaw.com)



**10 Minutes from  
Leisure World**

**[714]899-9671**

Initial consultation free to establish a trust.

**Law Offices of Allan M. Soto, Inc.**

7960 W. McFadden Ave. • Westminster, CA 92683



Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

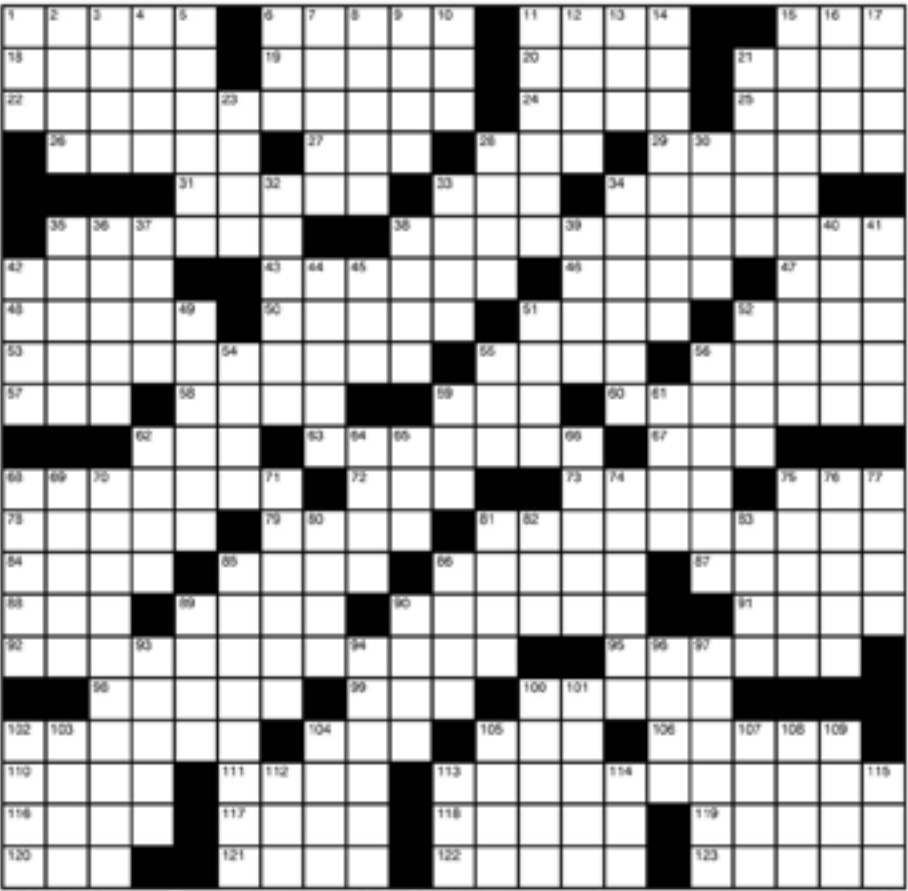


Hop to It

Edited by Linda and Charles Preston

ACROSS

- 1 Like some raccoons
- 6 Robbery
- 11 Rough rock
- 15 Watch chain
- 18 Actress Verdugo
- 19 Kovacs or Pyle
- 20 Jedi instructor
- 21 "The Wind in the Willows" character
- 22 Don Quixote's sidekick
- 24 Laugh loudly
- 25 Length x width
- 26 Domain
- 27 So there!
- 28 Little guy
- 29 Hungarian composer
- 31 Late actress Stevens
- 33 Holm, of "The Hobbit"
- 34 Foundation
- 35 Duty assignment
- 38 German philosopher: 1788-1860
- 42 San \_\_\_\_, NW Italy
- 43 Windy instrument?
- 46 Bring down the house
- 47 Married Mlle.
- 48 Ghana's capital
- 50 See 58 Across
- 51 Trademark design
- 52 WWII gun
- 53 "Rat Pack" member
- 55 Monastery garb
- 56 Whiff
- 57 Assent at sea
- 58 With 50 Across, "My Theodosia" author
- 59 Wine and dine
- 60 Anthony, of "ER"
- 62 Flavor enhancer: abbr.
- 63 Burbank's airport
- 67 Above, to Shelley
- 68 Steve, of "The Blob"
- 72 Salary
- 73 Powerful, in combinations
- 75 Burro
- 78 Reunion attendees, for short
- 79 Spirited style
- 81 Won-Ton utensils
- 84 Chubby Checker has three
- 85 Monopoly destination
- 86 Port-au-Prince's location
- 87 Small herring
- 88 Contains
- 89 Tardy
- 90 Soft color
- 91 Groups
- 92 Medical specialists
- 95 Stand in the way
- 98 Davenport denizen
- 99 \_\_\_\_, West
- 100 Authorized by law
- 102 Like a goat's hoof
- 104 Fitting
- 105 John Ritter's dad
- 106 Piano virtuoso Franz
- 110 Use a whetstone
- 111 Madame Bovary



©2020 Tribune Content Agency, LLC. All rights reserved.

8/9/20

- 113 Main Street merchants
- 116 Always
- 117 Cruise
- 118 Crete's capital
- 119 Proportion
- 120 Tie the knot
- 121 \_\_\_\_, St. Vincent Millay
- 122 Where to find Siena
- 123 Philatelist's purchase

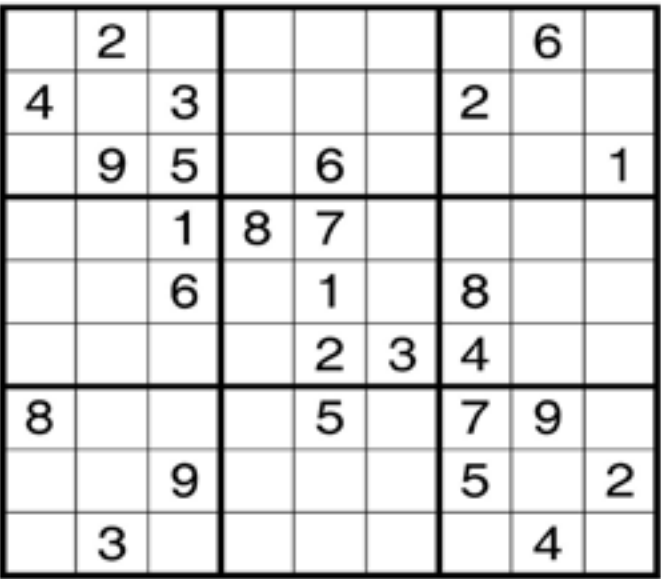
DOWN

- 1 \_\_\_\_, gestae: L.
- 2 Winged: L.
- 3 Soul singer \_\_\_\_, King
- 4 Machu Picchu native
- 5 Showy perennial flower
- 6 Drill-sergeant's shout
- 7 Clear the slate
- 8 Private
- 9 Label number
- 10 Afternoon delight?
- 11 Rostand hero
- 12 Crucifix
- 13 Nabokov novel
- 14 Chickpea
- 15 Civil War site
- 16 Spread in a tub
- 17 Hummingbird's honker

- 21 Diva Callas
- 23 Hawks' home, once
- 28 Oz's cowardly Lion actor
- 30 1975 Wimbledon winner
- 32 Highly varnished
- 33 Orthodox image
- 34 Snoopy, for one
- 35 Sitting duck?
- 36 Host a roast, e.g.
- 37 British pol
- 38 Knock it off!
- 39 Freighter front
- 40 Edit a text
- 41 Landlord's collections
- 42 Punjabi prince
- 44 Change for the better, for short
- 45 From \_\_\_\_, Z
- 49 Takes down a peg
- 51 Lariat part
- 52 Ahab's mark
- 54 "Picnic" playwright
- 55 Pigeon English?
- 56 Joggers' wear
- 59 Youngster's query
- 61 Follows closely
- 62 \_\_\_\_, the word
- 64 Autumn birthstone
- 65 Prohibit
- 66 Overact
- 68 "\_\_\_\_ Man": 1978 song
- 69 Unequivocal

- 70 Cross-examined
- 71 Tidy up
- 74 Author's afterthought: var.
- 75 Farmland measure: pl.
- 76 Ray fish
- 77 Fast fliers
- 80 Didn't come clean
- 81 Singer Mama \_\_\_\_
- 82 Gold record
- 83 \_\_\_\_ facto
- 85 Hailing from Honshu
- 86 Feel animosity
- 89 Rob, of "Wayne's World"
- 90 H.S. exam
- 93 Suspend a chopper
- 94 Serengeti speedster
- 96 Wan
- 97 "Home Improvement" prop
- 100 Soprano Mitchell
- 101 Dismiss from school
- 102 Enjoy toffee, say
- 103 Mike of the Beach Boys
- 104 Infamous Idi
- 105 "\_\_\_\_ Touch of Mink"
- 107 Mini-misunderstanding
- 108 Sixth Greek letter
- 109 Hang tinsel
- 112 Beyond batty
- 113 Biol. or chem.
- 114 Actress Lenz
- 115 Soak (up)

Sudoku 1



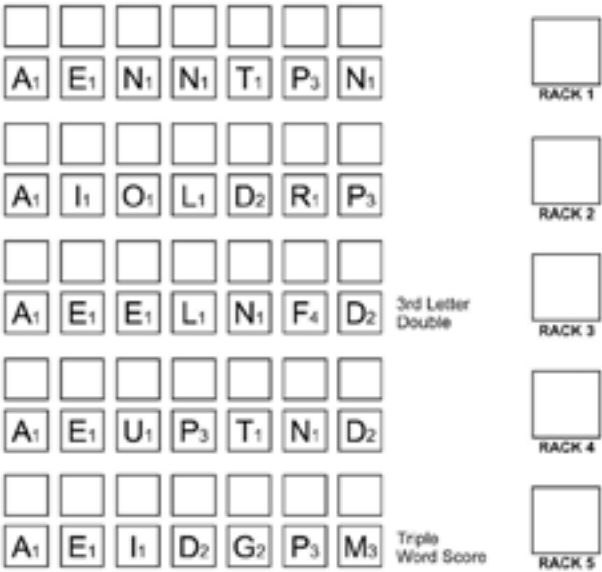
9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

SCRABBLE G R A M S

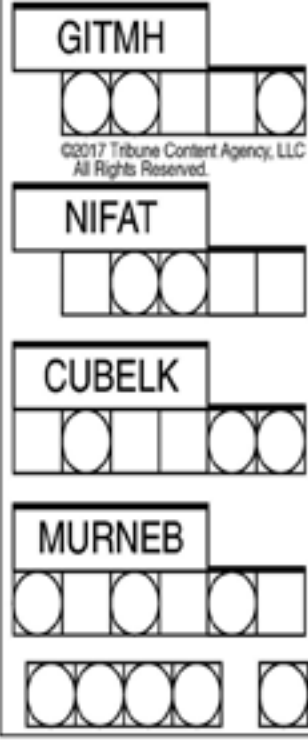
Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2019 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.



PAR SCORE 255-265 BEST SCORE 331 FIVE RACK TOTAL TIME LIMIT: 25 MIN

JUMBLE

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



THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek





Guess Who?

I am an athlete born in California on August 3, 1977. I watched the 1981 NFC championship game at age 4 and got hooked on football. As a quarterback, I have won six Super Bowl Championships and recently agreed to play for a new team.

Sudoku #2

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

Level: Advanced

Puzzles & Comics  
Answers on page 14

ⓐ ⓑ Ⓒ Ⓓ Ⓔ ⓓ ⓔ ⓕ ⓖ ⓗ ⓘ ⓙ ⓚ ⓛ ⓜ ⓝ ⓞ ⓟ ⓠ ⓡ ⓢ ⓣ ⓤ ⓥ ⓷ ⓸ ⓹ ⓺ ⓻ ⓼ ⓽ ⓾ ⓿

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

ⓐ ⓑ Ⓒ Ⓓ ⓚ ⓔ ⓕ ⓖ ⓗ ⓘ ⓙ ⓚ ⓛ ⓜ ⓝ ⓞ ⓟ ⓠ ⓡ ⓢ ⓣ ⓤ ⓥ ⓷ ⓸ ⓹ ⓺ ⓻ ⓼ ⓽ ⓾ ⓿

Determine the code to reveal the answer!

Solve the code to discover words related to eye health and safety.  
Each number corresponds to a letter.  
(Hint: 15 = I)

A. 26 15 17 15 2 4  
Clue: Ability to see

B. 21 10 18 15 4 24  
Clue: Part of the eye

C. 3 6 24 21 15 18 7  
Clue: Sharpness of image

D. 19 15 17 18 24 4 3 10  
Clue: Length between objects

Boggle®

BrainBusters!

BUPH

WOIS

GOKE

AGLM

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

BOGGLE®

POINT SCALE

3 letters = 1 point

4 letters = 2 points

5 letters = 3 points

6 letters = 4 points

7 letters = 6 points

8 letters = 10 points

9+ letters = 15 points

YOUR BOGGLE®

RATING

151+ = Champ

101-150 = Expert

61-100 = Pro

31- 60 = Gamer

21- 30 = Rookie

11- 20 = Amateur

0 - 10 = Try again

GUMDS

NOLIZ

IRVNC

DTEKE

GALPL

BOGGLE is a trademark of Hasbro, Inc. © 2019 Hasbro, Inc. Distributed by Tribune Content Agency, LLC. All Rights Reserved.

Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT METALS in the grid of letters.

EYE HEALTH WORD SEARCH

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

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

WORDS

ALLERGIES

BLURRY

CARE

CATARACT

CONTACTS

CORNEA

DEBRIS

DILATED

DOCTOR

DOMINANT

FLASHING

FLOATERS

GLASSES

ITCHY

MACULA

OPHTHALMOLOGIST

OPTOMETRIST

PAIN

PUPIL

READING

REDNESS

RETINA

SIGHT

VITREOUS



# Classifieds

GENERAL

AVON

Lenora Browning, LW Resident. Phone 562-493-5457. Seal Beach Business License #BRN000. 12/31/20

PERSONAL

I am a 78 yr. old man seeking a female companion. I am a widower, a Christian, father and grandfather. I am retired from the Air Force and a retired school teacher. I am a Trump supporter, and from conservative. I am a saxophonist, singer, and favor music of Senatra, Tony Bennett, etc. Seeking a Christian female, intelligent, warm, gentle, sweet, loving, thoughtful, affectionate and kind. I enjoy swimming, golf, tennis, long walks & movies. If interested, call (562) 650-5528. I live at 13701 Annandale Dr. 08/06

GARDENING

FRANK’S GARDENING SERVICE

Complete maintenance and landscape. Serving Leisure World since 1978. Planting, clean-ups, fertilization. New lawns, etc. Offering my services to all Mutual’s. Honest and reliable. State Contractor’s License #779462. Call 562-863-7739, 562-743-3832 or 714-527-1172.

HANDYMAN SERVICES

Additions & Remodeling, Kitchen & Bath Remodeling, Windows, Tile & Stonework. State Contractor's License #393071. OGAN CONSTRUCTION, INC. (562) 596-7757. 03/31/22

562-596-0559

LW DECOR INC.  
Remodeling/Renovations  
New triple pane windows,  
laminare flooring, carpet patio  
tile/carpet. Painting ceilings  
made smooth, ceiling lights.  
Exterior windows,  
refaced kitchen cabinets,  
refaced granite quartz  
countertops.  
Lic. #723262. 07/02  
LW DECOR INC.  
562-596-0559. 09/24

JRHOMEREPAIRS. Quality work. Perfectionist, honest & reliable. Call JR 562-519-2764. SB Business License #JRH0001. 07/08/2021



**MP CONSTRUCTION**  
General Contractor  
Specializing in remodeling,  
Additions, Reconstruction,  
Window replacement and more!  
Call for a free estimate.  
562-746-5400.  
License #954725. 04/22/21

BATHTUB & SHOWER REFINISHING

We refinish your **TUB/SHOWER** to look brand new.  
Convert to a **WALK-IN SHOWER** and/or raise seat.  
Nu Kote 562-833-3911  
License #699080  
Serving LW since 1999. 09/17

Classified deadline  
is 2:00 p.m., Mon-  
day,  
for Thursday’s publi-  
cation

PAINTING

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

562-596-0559

LW DECOR INC.  
Only premium paints,  
Ceilings made smooth.  
New handles-hindges  
Cown moulding installed.  
License #723262.  
LW DECOR INC  
40 years in LW.  
562-596-0559. 09/24

FLOOR COVERINGS

562-596-0559  
LW Decor Inc.  
Laminate, Vinyl, Plank, Patio tile  
and Patio carpet.  
License #723262.  
40 years in Leisure World.  
562-596-0559. 09/24

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

CARPET & UPHOLSTERY CLEANING & REPAIR

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

SKYLIGHT SERVICES

SKYLIGHTS  
CLEAN, REPAIR, REPLACE.  
Licensed and insured.  
Dan (562) 841-3787.  
Seal Beach License #BRA0002. 09/24

WINDOW COVERINGS

LW DECOR INC.  
Blinds, shutters, shades, 40  
years serving Leisure World.  
Contractor’s License #723262.  
LW DECOR INC.  
562-596-0559. 09/24

WINDOW WASHING

WANT CLEAN WINDOWS?  
I Clean Inside & Outside Or...  
Clean Outside Only and Save \$\$\$.  
(562) 600-0014. LW Resident,  
Rich Livitsky. Seal Beach  
Business License #LIV0004. 08/20

LEISURE WORLD HELPING LEISURE WORLD

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

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

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



Read the paper online!  
www.lwsb.com/newspaper

HOME CARE PERSONAL ASSISTANT

Maria's experieced caregivers, run errands, Dr's appointments, cleaning, cooking, part-time, full-time, live-in. (562) 230-4648. Seal Beach Business License #CAM0006. 12/31/20

I am an experienced caregiver available to assist with daily care, doctor's appointments, and errands. Available 24/7. 949-899-7770. 10/01

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

EXPERIENCED CAREGIVER  
Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please Call Pampet: 562-371-4895. Seal Beach License PAN0003 09/24

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Licensed by the state.  
Gloria 949-371-7425. 09/17

MOST AFFORDABLE RATE af-fordable rates with optimum service, 23 years experience LW, reliable, honest caregivers. Licensed, 24 hour, part time, doctors, appointments, references, fluent English. Ann 714-624-1911, Heidi 562-277-3650. Seal Beach License #HYC0001. 12/31/20

**DO YOU NEED HELP GETTING THINGS DONE?**  
Call “your personal concierge”.  
Home organization, running errands, house/pet sitting, personal shopper, post office services and more! Reasonable rates.  
Call or text Lisa (949) 432-1877. 08/06

BEAUTY SERVICES

Tammy Nguyen Phenix Salon - Service in private suite. One customer, one hairstylist. Sanitized & professional. Haircut for men & women, shampoo, set, color, highlights, perm, nails & toenails. In-house service available. Tammy Nguyen. 13944 Seal Beach Blvd, #116. (714) 425-4198. 09/03

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 08/20

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

HOUSE CLEANING

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 10/08

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

Dial Direct,  
Save Time!  
(562) 430-0534

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

COMPUTERS

**FRUSTRATED**  
(562) 755-6199  
Everything for your computer  
(PC or Mac), cell phone, TV,  
stereo, any electronic device.  
Tina Schaffer. Seal Beach Bus.  
License #CIP0001 08/20

John’s Computer Services  
562-733-9193  
Virus removal, Repair, Training,  
Software, Wireless, Internet  
Security. LW Resident  
SB License FUH0001. 08/06

AUTOS WANTED

ANY KIND OF CAR  
Cars, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 10/22

Auto wanted. Student needs Toyota Prius. 2005 or up. Has cash. Call Terry (562) 577-4921. 08/06

ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

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

2015 Scooter 3 WHL Victory 2015. New battery 2-1-2020. Price \$400. 760-567-1965. Interlachen, LW. 08/06

TRANSPORTATION

Need a lift? Pam Miller. LW Resident. 310-227-1258. 08/20

Rides by Russ,  
With the personal touch.  
For over 5 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands.  
I also make & sell face shields for \$6. Russ 714-655-1544. 08/13

AUTOS/BOATS/RV'S TRAILERS FOR SALE

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

5th wheel trailer, 94 Savana, 2 new batteries. 4 new tires. 5 yr roof. Side rm & skirting. Everythign works. Excellent shape. \$5,000 OBO. Call 562-714-4648 Mike. 08/06

1994 Buick Skylark, 1008 miles. Blue Book price \$1,500. Good condition. (562) 598-6290. 08/06

1998 Volkswagen Rialta, 22 ft. mo-torhome. 128K miles, \$20,000. (562) 594-7549. 08/06

LW Weekly accepts  
Credit Cards  
for Classified ads.  
Call  
(562) 430-0534

MOVING, HAULING & STORAGE SERVICES

J&D HAUL AWAY AND CLEAN-UP SERVICE

No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 09/24

A FRIEND AND A TRUCK  
Your moving service, any size job. Call 310-387-2618. Business License RO263644. 09/17

MISCELLANEOUS FOR SALE

GE Electric sliding range, 4 yrs old. Like new. \$600. (562) 431-3193. 08/06

Private Sale - August 6-9. Col-lection of precious moments, willow tree figurines, Christmas in lindshorg, cut glass, roll top desk, dining table, sofa, ladies clothing. Call Glind Davis (714) 943-1818 for appointment. 08/06

GENERATOR 2000 Watt, like new. Only has 5 hrs, 3HP engine. Runs great. Very quiet. \$150. LW Resident. (808) 339-9591. 08/06

7-piece patio table & chairs. Wrought iron style. Ceramic tile top, no cush-ions. Cost \$600, asking \$250. (714) 272-7448. 08/06

MISCELLANEOUS WANTED

Wanted late model working stack-able electric washer & dryer. (310) 650-0029. 08/06

WOODEN JIGSAW PUZZLES  
I’m looking to buy some for my aunt. Puzzles with character-shaped “whimsey” pieces. Please call or text (805) 861-7132 or email at margaret.mau@gmail.com. 08/06

FREE ITEMS

I have a couch, dining room set, brass headboard, 2 green lounge chairs and a glass/wood coffee table avail-able. Also, various books, bedding, kitchen items and knickknacks. Lo-cated in Mutual 3, 13800 Canoe Brook #15L. Please call to set time to meet, Bev Airhart (714) 337-6487. 08/06

CARPORTS WANTED

Seeking carport in Mutual 2 by Monterey Rd or Merion Way. Bar-bara (661) 496-7708. 08/27

LW REAL ESTATE FOR SALE

LW Real Estate for sale: Mutual 5-98L, 2 bed, 1.5 ba, corner. AC/ Greenbelt, designer kitchen. Call Hank by appt. only (562) 743-8473. 08/06

Mutual 1-54H Fully expanded one bed. Approximately 900 sq ft. AC, washer, dryer, nice greenbelt, great location. \$190,000. Call Hank for appt. (562) 743-8473. 08/06

One bed basic Mutual 7-160B. \$179,000. Driveup, AC. Call Hank for appt. (562) 743-8473. 08/06

Want to  
Place a classified ad  
or Renew your  
current one?  
Call  
(562) 430-0534  
or send an e-mail to  
katyal@lwsb.com





**Erika Shapiro**  
BRE # 01448494

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

**Coming Soon**

1 BDR, 1 Bath  
Laminate flooring, beautiful green belt location, new windows  
**Mutual 1 - 29H \$175,000**

1 BDR, 1 Bath  
Laminate flooring, skylights, A/C heat pump  
**Mutual 1 - 63B \$167,500**

**2 BDR/2 Bath Mut 15**  
West Facing Upstairs Corner, Fully expanded with Lots of upgrades. New Kitchen, Laminate flooring, Central A/C Heat And more.  
**Mutual 15 - 29J \$329,000**





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

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





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

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

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

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



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

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

**High End Remodel**  
Two Bedrooms  
2 Full Bathrooms  
Gorgeous Kitchen, Oversized Peninsula  
A Stunning Home  
**M15 34L \$368,000**

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

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

**2 Bedrooms 1 Bath**  
Centrally Located  
Fully Expanded  
Kitchen Island  
**M5 114K \$265,000**  
Berkshire Hathaway Home Services

**Mutual 1-61J 13860 St. Andrews**

Enjoy the serenity of this one bedroom unit located on a lovely greenbelt near the heart of Leisure World. Among the features are:

- laminate flooring
- heat/cooling pump
- skylights in kitchen and bath
- dishwasher
- shutters in bedroom
- tile floors in bathroom and on patio.

Close to parking and laundry and just a short walk to golf, pool, amphitheater, health and fitness centers!

**Offered at \$167,500**



**Sale Pending**

**Mutual 15-7L 13300 Del Monte**

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

**Offered at \$289,500**





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



The Januszka Group, Inc.  
**Leisure World**  
**ON-SITE**  
HOME SALES

**(562) 598-1388**

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

**www.LeisureWorldHomeSales.com**





**ATRIUMS**


**WHAT ARE THEY AND WHERE ARE THEY LOCATED?**

Atrium units were added to Mutual 15 only. An atrium according to its definition means "central room of the home--Open to the sky". And way back in the 1960s they were just that. Now there are endless possibilities with this atrium space. Only a few remain "open to the sky". More and more original atrium spaces are disappearing completely to add additional sq. ft. to the rest of the home. There are 144 atrium units and 18 double atrium units in Mutual 15. The original atrium units were 1300 sq. ft. not counting the atrium space.




**Atrium 43A**  
Here is a fabulous remodeled atrium currently listed at the On-Site Home Sales Office for \$549,000. It is 1400 sq. ft. with a private courtyard patio.







**Dawn Januszka**  
Broker  
DRE #02110501



**Ginni Houck**  
Escrow Officer




**Verna Chumley**  
Realtor®



**Marsha Gerber**  
Realtor®



**John Webster**  
Realtor®



**Sally Angell**  
Realtor®




**Suzanne Fekjar**  
Realtor®



**Terri Walters**  
Realtor®



**Elana Altman**  
Realtor®



**Maryann Shaddow**  
Realtor®





**Kathy Gupton**  
Associate Broker  
DRE # 00744676

# Specializing in the LW Community

We are **SISTERS**



**Gloria Hadley**  
Realtor®  
DRE # 01057681

562 618-9940

562 884-3594

## Buying or selling...

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



**Mutual 9-222I**  
**\$257,000.00**

This lovely 2 bedroom 1 bath unit has a really nice greenbelt view, wrap around pebble tech patio, leaded glass entry door with patio skylight. Open floor plan, living room with smooth ceilings and crown molding. Kitchen has white cabinets, built-in electric appliances including refrigerator, cooktop and wall oven and ceiling light fixture. Bathroom with stone counter, large walk-in shower with sliding door and nice light fixture. Both bedrooms have smooth ceilings with crown molding. Other features include laminate flooring, drapes in every room, dual pane windows, heat pump and laundry is just steps from unit. This unit has an abundance of natural light, newer paint throughout. It is a must see to appreciate the upgrades!



**Mutual 2-19L**  
**\$349,900**

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



**Mutual 6-127L**  
**\$349,000**

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



**Mutual 12-9D**  
**\$339,000**

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



**Mutual 1-47D**  
**\$175,000**

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

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

**GIVE US  
A CALL**



**Mutual 11-277A**  
**\$282,000**

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



**Mutual 7-172K**  
**\$279,000**

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



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

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



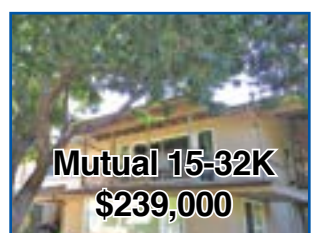
**Mutual 4-51J**  
**\$229,000**

Charming Beach Cottage featuring 2 Bedrooms 1 Bathroom, Private Patio in a Lush Garden Setting. This Lovely Home is Light Bright 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!



**Mutual 4-85G**  
**\$459,000**

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



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

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

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

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

*Members of M.L.S.*

**Visit Our Website: [www.thesealbeachsisters.com](http://www.thesealbeachsisters.com)**

**13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.)**

**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties





# Robin Gray & Barbara Diette-Dobias

Your Leisure World Sales Team

**Robin Gray**  
(562) 209-5605  
rwgraysales@verizon.net  
DRE 01027333



Together WE Have  
Over 30 Years of LW Experience  
**CALL ROBIN & BARBARA**  
"Double the Effort, Double the Results"



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



## NEW LISTING - One Bedroom, One Bath



**Mutual 3-33-E**



**\$182,000**

ADORABLE BEACH COTTAGE on a Beautiful Green with Shade Trees! You will absolutely love the view and this home with gorgeous laminate floors, white kitchen, kitchen, bath and patio skylights, heat-pump, dual pane windows/slider, glass inlaid front door and a STACKABLE-WASHER DRYER!! Relax and enjoy the ocean breeze under the comfort of you own covered patio ... walking distance to Clubhouse #2, drive-up, and lots of guest parking! Ready to look - CALL US TO SEE!!

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

## LISTINGS WANTED!

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



**Pending**

**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.



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



**Pending**

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

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



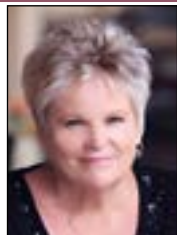
**Jim Duncan**  
714-356-6717  
Broker/Manager



**Susie Allen**  
562-338-3833



**Robin Gray**  
562-209-5605



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



**Kathy Guppton**  
562-618-9940



**Gloria Hadley**  
562-884-3594



**Edwina DiMario**  
562-706-7999



**Vickie Van Ert**  
310-220-1407



**Mary Chittick**  
562-882-2804



**Rosie Wang Davis**  
626-623-9929



**Joanie Korman**  
714-308-8034

**(562) 594-0515**  
1900 St. Andrews Dr. , Suite C  
Seal Beach, CA 90740  
BRE 00338699



**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties

**(562) 431-2149**  
13926 Seal Beach Blvd.  
Seal Beach, CA 90740



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



**Linda Patton**  
562-522-3364



**Adrian Villarreal**

### Two-Bedrooms

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

**Mutual 3 28L** \$219,000  
corner unit, enclosed patio, plantation shutters, side parking, tub

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

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

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

**Mutual 7 155G** \$244,000  
expanded, granite counters, skylights, heat pump

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

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

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

**Mutual 5 70C** \$269,000  
cent. air, 3 skylights, lam. floors, partial expan.

**Mutual 15 7L** \$289,500  
2 bath, cent. air, large open patio, dual pane, upgraded

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

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

**Mutual 6 127L** \$339,500  
btl. corner, bay windows, smooth ceiling, cent. air, nice

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

**Mutual 15 34L** \$368,000  
2 baths, remod. kit., granite, enclosed patio, greenbelt kit.

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

**Mutual 4 85G** \$439,999  
expanded corner, 2 baths, washer/dryer, special, must see

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

### One-Bedrooms

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

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

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



**Conrad Rodriguez**  
562-746-1960



**Leah Perrotti**  
310-889-6583



**Hanna Rubinstein**  
562-900-4243



**Jay Cho**  
714-944-4998



**Estee Edwards**  
562-208-2540



**Philip Bak**  
213-550-9991



**Irv Hart**  
562-296-5619



**Fay Wescott**  
562 242-6162



**Tim Kearns**  
714-293-3950



**Diana Flores**  
949-212-8748



**Chris Kim**  
424-247-4542



**Gail Alonzo**  
562-673-6703





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



**FIRST TEAM®**  
REAL ESTATE

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

For 2020, I have a total of 55 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 | \$465,000**  
Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!



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



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



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



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



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



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



**1382 El Dorado Dr #10A | M3 | \$289,900**  
Fully Expanded 2 Master Bdrms, 1 Bth. Additional room added and could be used as a Third Bdrm or Office. Brand New Vinyl Flooring Throughout, Freshly Painted, New Baseboards. Greenbelt Location.



**13922 El Dorado Dr., #58D | M2 | \$243,000**  
Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.

On August 4th, 2020 a total of 81 units show as active listings on the CRMLS (this is where Realtors list property for sale).

8-1 bedroom/1 bath  
from \$155,000 to \$190,000

40 - 2 bedrooms/1 bath  
from \$189,000 to \$364,900

33- 2 bedrooms/2 baths  
from \$225,000 to \$549,000

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

