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SEAL BEACH
City sets public hearing to consider water rates

The Seal Beach City Council will hold a public hearing to consider adjusting Seal Beach's water and wastewater rates on Feb. 22 at 7 p.m. A Notice of Public Hearing explaining the proposed changes was mailed to all Leisure World residents earlier this month. The notice contained information on how to attend and participate remotely. The notice is available on the city's website at www.sealbeachca.gov or by calling (562) 431-2527, ext. 1321.

Seal Beach is considering increasing water rates for the first time since 2014. Rates are currently among the lowest in Orange County. Based on an independent financial consultant's analysis of the overall financial health of the city's water system, it was determined that the water utility revenues are insufficient to meet ongoing operating and infrastructure improvement, creating an operating deficit in the city's Water Enterprise Fund.

The financial consultant concluded that water rate increases would be needed over the next five years with the main cost drivers being the ever-increasing cost associated with purchasing/pumping water, chemicals, energy and personnel. Also the city must borrow approximately \$11 million over the next five years to construct needed water infrastructure projects to ensure water system reliability. The consultant's comprehensive rate study analysis can be viewed on the city's website at www.sealbeachca.gov.

The city is also looking to revise the water rate structure to yield make it more fair and equitable to all, as well as to be more consistent with the industry standard, according to Public Works Director Steve Myrter.

The proposed rate structure would group customers by "class," such as single family residential, multi-family residential, commercial, etc., because customers in the same class tend to use water similarly.

The Leisure World community would be included within the multi-family residential (MFR) customer class, and the proposed MFR class water rate would be assessed to the community as a whole accordingly. Currently, Leisure World is billed based on the size of its meter as well as volumetric rate.

Based on Leisure World's total average annual water usage last fiscal year, the proposed water rate increase for each of the 6,608 residential units is anticipated to be approximately \$2.44 per month, becoming effective in May. Subsequent water rate increases are planned to take effect on Jan. 1 over the next four years.

Adjustments to the city's wastewater

WATER, page 3



Ryan Farquhar of Care Ambulance Service administers the Pfizer COVID-19 vaccine to LWer Miko Im Sook Lee at a clinic on Monday. Leisure World's first COVID-19 vaccination clinic was held at Clubhouse 6. A total of 900 residents got their first of two shots on Monday and Tuesday. LWSB been designated as a Point of Distribution, paving the way for future allocations within the community. That means everyone who wants a shot can get one at some point. Currently only people 65 and older are eligible, according to guidelines set by the OC Health Care Agency.

COVID-19 vaccine rollout has begun

by Ruth Osborn
rutho_news@lwsb.com

When word came Friday that Leisure World would be given its first doses of the Pfizer COVID-19 vaccine, the GRF revved into high gear to get registration packets out to every unit over the weekend, set up an appointment call center and organize LW's first two-day vaccine clinic. It was held on Monday and Tuesday.

Care Ambulance, LW's 911 ambulance provider, and OptumCare at the HCC teamed up to ensure Leisure World residents would start getting the COVID-19 vaccine in community clinics.

The whirlwind rollout was not without obstacles, including jammed appointment lines and crashed Internet and phone systems, but 900 residents got their CO-

VID-19 vaccines. Since November, GRF Executive Director Randy Ankeny and his staff have been working with the Orange County Health Care Agency and other community leaders to designate LW as a Point of Distribution (POD) site for the COVID-19 vaccine. That designation paves the way for vaccine to begin flowing into LW as it becomes available. The GRF team working with OptumCare and others expected a February vaccine rollout.

But Friday, OptumCare told the GRF that vaccine was on its way to LW, and it had to be used by Tuesday. The scramble to make it happen was on.

Carriers for Eagle Rock Express, owned by Dan Pomeroy, usually deliver the LW Weekly on Wednesdays, but on Friday,

VACCINE, page 2



About the Pfizer Vaccine

The U.S. Food and Drug Administration (FDA) issued Emergency Use Authorization (EUA) to Pfizer-BioNTech's COVID-19 vaccine on Dec. 11. The vaccine is given in two doses that are 21 days apart. It is reported to be 95-percent effective at preventing COVID-19. Pfizer's vaccine is the first mRNA vaccine that received EUA by the FDA. mRNA vaccines do not contain live virus, so they cannot cause an infection. They cannot give someone COVID-19.

NORTH GATE ROAD

Stalled sewer project delays opening of road until May



Unforeseen soil conditions have delayed the project.

Late last year, the sewer construction on North Gate Road was suspended as a result of unforeseen soil conditions, which would require a project redesign, according to the 405 widening contractor, OC405. The project called for a sewer line to be built underneath the 405 Freeway.

The City of Seal Beach was recently informed by OC405 that the redesign of the freeway sewer crossing should be completed by the end of January, with construction anticipated to resume in February.

The sewer line project should be completed by May. To accommodate this construction, it is anticipated that North Gate Road will remain closed until the project is completed.

OC405 has also informed the city that the proposed new sound wall is currently in design. A construction start date has not yet been set.

Once construction of the new sound wall starts, OC405 anticipates it will take about 18 months to complete. The project, which includes demolishing the existing sound wall, will not require the closure of North Gate Road.



People line up at the registration table prior to getting their COVID-19 vaccinations.



Mercy Hightower, daughter of HCC nurse Jane Hightower, and several other young people volunteered to welcome residents and help them find their way.



GRF staffers Wendi Noble and Cindy Maiden spent much of a holiday weekend at the copy machines so residents would have the required registration packets in time for shot clinics.

VACCINE
from page 1

they were mobilized for a special delivery of COVID-19 registration packets, two to each unit. The five-page packets were printed in the GRF Copy and Supply Center by Distribution employees Wendi Noble and Cindy Maiden. They copied more 13,216 packets, working until after 11 p.m., Friday, and back at it on Saturday at 7:30 a.m., despite it being a three-day weekend.

After packets were bundled, Pomeroy trundled box after box to the Amphitheater, where 22 carriers, most of them LW residents, stood by to deliver them. Deliveries began Friday afternoon, went into the night and continued Sunday.

“People were waiting for

them,” said carrier Sybil Tanabe of Mutual 15. She delivers to mutuals 12 and 14. “They knew the packets were coming, and they were so happy to get them.”

At noon on Saturday, the call center was opened in Clubhouse 3. Within one minute, the system crashed as thousands of residents dialed and redialed hundreds of times. According to Assistant Recreation Manager Kathy Thayer, 83,000 calls were attempted; 20,000 of those made it through the system, which crashed immediately. “We could not capture the calls. It killed the Internet, burned up our modem and even shut down all GRF calls for a while,” she said.

Once Spectrum worked out

the kinks, three GRF staffers stayed to take calls till 10 p.m. Saturday, said Thayer. She and others were also “manually pulling numbers that we could see, trying to call them on our own cells to book appointments,” said Thayer.

GRF staff booked 200 appointments in two hours on Saturday night, completing the 400 slots allotted for Monday’s clinic. Staffers returned Sunday at 8 a.m. and booked 400 appointments in three hours for Tuesday’s clinic.

On Monday, residents began receiving the long-awaited vaccinations. Security and Seal Beach police officers were at the clinic to monitor traffic and confirm

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GAF President Anna Derby, GRF Recording Secretary Marcy Kmiecik and GRF Recreation Coordinator Andrew Delaney staffed the information booth at Monday’s clinic.

registrations. People who tried to enter without an appointment were turned away.

OptumCare and Care Ambulance worked together to facilitate what amounted to a flu clinic on steroids.

People could sit for their appointments under a canopy for shade, and then were called in to Clubhouse 6, where they were settled at a station to be vaccinated.

They were able to stay at the same table, some for up to a half-hour depending on his or her risk of having a possible adverse reaction. This way, residents didn’t have to move around and find new seating.

After the shots were administered, residents were given appointments for the second shot in three weeks.

Care Ambulance personnel administered the shots because Care procured the vaccine in partnership with OptumCare, according to Michael Gorman, CEO of Care Ambulance.

OptumCare provided nurses and doctors to observe residents for any side effects before release.

“We partnered with Optum to go after the most at-risk population,” said Gorman. “We want to see this community protected as soon as possible,” he said, noting that the complex nature of vaccine distribution makes for challenges.

Millions of doses must travel hundreds of miles from manufacturers to hospitals, doctor’s offices and pharmacies, which in turn must store, track and eventually get the vaccines to PODs all

across the country. The Centers for Disease Control and Prevention, along with state and local health departments, coordinates this process.

The vaccine can only be stored for five days at regular refrigeration temperatures, so clinics must be quickly organized at a moment’s notice, he said, noting that all LWers will have a chance to get a shot in the near future.

“We are very excited for this fantastic opportunity,” said Nancy Boerner, M.D., chief medical officer, Monarch HealthCare and Optum Care Pacific West Region. “As we get more vaccine in the pipeline, it won’t be so erratic. We are dedicated to pushing this out to LW. People need to be patient and do all the right things because it’s going to happen.”

COVID, page 16



LW Weekly distributor Dan Pomeroy with Julie Milburn of Mutual 5, one of his 22 carriers, worked all weekend getting COVID-19 registration packets out to each LW unit. People will need those packets for future shot clinics, so hold on to them.




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WATER

from page 1

rate structure will also be considered at the Feb. 22 public hearing. Leisure World owns and operates the wastewater collection system that serves the community; therefore, the city’s individual wastewater rates are not applicable. However, the city’s wastewater system does collect all of Leisure World’s wastewater flows at a single point on North Gate Road and conveys the flow to the Orange County Sanitation District.

To help offset the cost of owning and maintaining this wastewater pipeline, the city has established a new wastewater rate specific to Leisure World that equates to 17 cents per residential unit per month. In summary, the combined total for proposed water and wastewater increase per

Perspectives

Letters to the Editor

Editor:

Since 2017, I have been waiting for a Mini Farm plot, and GRF is dragging its feet.

No plots were assigned since the last quarter of 2020. In a January GRF meeting, I heard that the timeline for people to receive a plot is March.

A Zoom meeting on the Mini Farms is scheduled Jan. 21, so we can ask questions and get answers.

Maybe we should ask GRF what projects are Recreation Department employees and volunteers working on.

All 2020 concerts and those in 2021 are canceled due to COVID-19. All the clubhouses closed; no golf, no pool and no spa. But wait: a cardboard display happened Jan. 15.

Is it time to think about an "Amazon type" performance review?

Peter Meuter
Mutual 9

Editor:

I greatly appreciate the words that Brian Harmon expressed on behalf of the LW Republican Club (Jan. 14) regarding the horrible events of Jan. 7.

I also feel that all of us, myself included, could greatly heal ourselves within if we admitted to our innermost selves the simple words "the election was not stolen."

Stan Brinton
Mutual 3

Editor:

I wonder if anyone can tell me why my LW shareholder fees went up \$20 a month this year, especially when all our amenities, including all the clubhouses, the pool and Amphitheater, have all been shut down and will be closed for the foreseeable future.

Just to be logical, it seems to me that we should have had a big reduction in these fees.

Joan Rose
Mutual 12

MEMBER COLUMN

A culture of kindness helps people stay healthy

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in."

—Theodore Roosevelt

by Beverley Bender
LW contributor

David Hamilton, Ph.D, author of "The Five Side Effects of Kindness," says that we're genetically wired to be kind. When we're not being kind, it's unhealthy. We feel separate, disconnected and unhappy.

Kindness isn't just something we do or feel. It's something our bodies need. Being kind actually changes the internal biochemistry of the body. There's a physical effect, the opposite of stress.

A hormone called oxytocin is produced every time we do something kind. Hamilton calls this the "kindness hormone."

It softens artery walls. As we become softer toward people, we soften on the inside. And when that happens, the heart doesn't have to push as hard to get the blood through, so blood pressure drops.

You can get that healthy effect by doing nothing more than offering a smile. It's the consistency of doing small things that matter.

A couple decided to do one small act of kindness every day. A lot of their friends made fun of them. Hoping to inspire others, they posted their efforts on social media under hashtag #keepAmericakind. They put coins in expired parking meters, sent pizzas to sheriff's departments, made cookies for strangers, construction workers, crossing guards and UPS drivers.

After 365 days of doing small acts, they found that kindness was like a muscle. If it went unused, it would atrophy, and the urge to be kind would go away. The more you do acts of kindness, the more comfortable you are and the better you're become at doing it.

That seems to suggest that the earlier you start being kind, the better at it you will be.

Brian Williams, founder of Think Kindness, developed a program specifically for schools to teach kids that no kind act is too small.

His job is to go into a school, make kindness cool and then teach the benefits of acts of kindness.

It's super important that we start kids early, to train them to

say, "Every single day, you have an opportunity to make a difference in the world, but it's up to you as to whether you'll take actions."

He advised doing good deeds, such as writing a note telling a teacher that "you are awesome," and then delivering the message without anyone noticing.

When people see those acts of kindness, it reinforces the belief that our world is good and awesome, that people are awesome, and we can all band together to make a difference.

One middle school started a "kindness crew" made up of students, who organized a school-wide kindness campaign.

The students said that it changed their school culture. Bullying diminished and kindness prospered. Kindness begets kindness.

It's contagious in all the right ways. I urge you to add this to your New Year's resolution, to do some small act of kindness every day this year.

Maya Angelo said, "People will forget what you say; people will forget what you did, but people will never forget how you made them feel."

Letters to the Editor

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

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email (preferred), regular mail or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate.



Our dedicated team is here as you explore senior living options. We are committed to delivering a platinum lifestyle, while also focusing on health, safety, and well-being for residents. Foremost, we believe that community and connection with others are essential during this time. Looking ahead, we've taken steps that will allow residents, and new residents, to receive the COVID-19 vaccine when available. We invite you to join a senior living community that puts safety first and makes every effort to come out stronger on the other side.

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*Monthly rent refers to the monthly rate in effect January 1, 2021, for each unit type. Move-in special available when the residency agreement is signed by March 31, 2021. Move-in special does not apply to second person fee, pet fee, care services or packages, or a la carte service charges.





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Leisure World Seal Beach

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Ruth Osborn, Managing Editor 431-6586, ext. 388 rutho_news@lwsb.com Page One, General News, Perspectives	Deadlines <i>Editorial:</i> 4 p.m. Thursday prior to publication week <i>Classified Advertising:</i> 2:30 p.m. Monday of publication week
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Sylvia King, Advertising Sales 431-6586, ext. 391 sylviak@lwsb.com	Delivery Address 13533 Seal Beach Blvd. Amphitheater Building Seal Beach, CA, 90740
	Distribution Dan Pomeroy Eagle Rock Services

VOL. 45 NO. 3

Government

GRF BOD Meeting Agenda

Tuesday, Jan. 26, 10 a.m.
Clubhouse 4 and via Livestream

To view the live GRF Board meeting, go to www.lwsb.com. The livestreaming uses YouTube live and terminates at the close of the meeting.

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

Note: Foundation Shareholders/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: four minutes when there are no more than 15 speakers; three minutes, 16-25 speakers; and two minutes, more than 26 speakers.
- 7) Consent Calendar
 - a) Committee/Board meetings for the Month of December 2020
 - i) Minutes of the Recreation Committee Board Meeting of Dec. 11, 2020
 - ii) Minutes of the Executive Committee Board Meeting of Dec. 21, 2020
 - b) GRF Board of Directors Minutes, Dec. 23, 2020
 - c) Special GRF Board of Directors Minutes, Dec. 30, 2020
 - d) January GRF Board Report, dated Jan. 26 , 2021
 - e) Accept Financial Statements, December 2020, for Audit
 - f) Approve Reserve Funds Investment Purchase
- 8) Reports
 - a) AB 3182 Ad Hoc Committee
 - b) Bulk Cable Services Ad Hoc Committee
 - c) COVID-19 Ad Hoc Committee
 - d) Strategic Planning Ad Hoc Committee
 - e) Website Ad Hoc Committee
- 9) New Business
 - a) General
 - i) Reopening—Amphitheater (for Religious Purposes)
 - ii) Reopening—Bocce Ball Court
 - iii) Reopening—Golf Course
 - iv) Reopening—Multi-Use Court
 - v) Reopening—Veterans Plaza
 - vi) Non-budgeted Funding, Fire Protection Service for Trust Property
 - vii) Emergency Reserve Funding—Sewer Lift Station, Clubhouse 2
 - viii) Non-budgeted Funding, COVID Vaccinations
 - b) COVID-19 Ad Hoc Committee
 - i) **FINAL VOTE:** Adopt 70-1448-3R, Emergency Operational Rule—Mission Park, Phase Two
 - c) Executive Committee
 - i) Amend 30-5093-1, Member Rules of Conduct
 - ii) Adopt 30-3182-1, Member/Owner (M/O) Responsibility for Renter/Lessee (R/L)
 - iii) Approve GRF Election Materials
 - iv) Award Election Provider Contract
 - e) Recreation
 - i) Amend 70-1445-1, Mission Park
 - f) Security, Bus & Traffic
 - i) Conceptual approval—Contracted/Off-site Bus Service
- 6) Board Member Comments
- 7) Adjournment

The next regular GRF Board of Directors meeting is scheduled for Feb. 23 at 10 a.m. in Clubhouse 4.

COMMENTS/QUESTIONS FROM THE MEMBERSHIP

Jan. 26 GRF Board of Directors Meeting

Submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA 90740, Mrs. Deanna Bennett, Executive Coordinator, no later than 4:30 p.m. on Friday, Jan. 22. You may also drop off your question/comment at the Stock Transfer Office, Attention Deanna Bennett or email your question/comment to grfboardaction@lwsb.com. **Comments received after the deadline will not be read during the meeting.**

Today’s Date: _____

Your Name (please print): _____

Mutual # _____ Apt# _____

My Subject is: _____

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits per speaker are limited to: four minutes for 15 or fewer speakers; three minutes for 16-25 speakers; and two minutes for more than 26 speakers.

Carport Cleaning Schedule 2021

Since most of the holidays in 2021 fall on workdays for LWSB’s cleaning contractor, all carports will be cleaned this year on the actual holiday, with the exception of Thanksgiving (Nov. 25). The following carports will be cleaned the morning of Nov. 30:
Mutual 11: Carports 130 -131
Mutual 15: Carports 7-8, 10 and 13
Mutual 16: Carport 9

The following carports will be cleaned that afternoon:
Mutual 15: Carports 3, 6, 11-12



Street Sweeping

GRF trust streets are swept on the fourth Thursday of the month. Parked vehicles must be removed from trust streets before midnight the night before. Contact Mutual directors to find out when your carports are scheduled for sweeping.

LW Community Guide 2021

The COVID-19 pandemic delayed the production of the LW Community Guide in 2020. If there are any changes to your information for the White Pages from 2019, or if you weren’t included in 2019 but want to be in 2021, contact pattym@lwsb.com with your name and address and/or phone number.

Connecting with the LW Weekly

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19. Editors can be reached by phone and email. See page 4 of any edition for editors’ addresses or send emails to rutho_news@lwsb.com. People may drop articles and classified ads into the letter slot at the front of the News Building. The editorial deadline is Thursday for the following Thursday’s edition. All classified and display advertising will be accepted by telephone at (562) 430-0534; deadline is Monday at 2:30 p.m.

LW Walking Trails

Regular brisk walking can help people maintain a healthy weight; prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes; strengthen bones and muscles; and improve mood, balance and coordination. The Recreation Department has a Leisure World Walking Trails brochure featuring seven measured trails throughout the community. Stop by the Downtown Café and pick one up. For more information, contact kathyt@lwsb.com.

Mutual Meetings

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

Thurs., Jan. 21	Mutual 2 virtual.....9 a.m.
Thurs., Jan. 21	Mutual 11 virtual..... 1:30 p.m.
Fri., Jan. 22	Mutual 6 virtual..... 9:30 a.m.
Mon., Jan. 25	Mutual 8 (open forum, 9:15 a.m.) virtual..... 9:30 a.m.
Wed., Jan. 27	Mutual 10 virtual.....9 a.m.
Thurs., Jan. 28	Mutual 1 virtual.....9 a.m.
Tues., Feb. 2	Mutual 16 virtual..... 9:30 a.m.
Tues., Feb. 2	Mutual 17 virtual..... 1:30 p.m.
Mon., Feb. 8	Mutual 9 virtual.....9 a.m.
Wed., Feb. 10	Mutual 4 (open forum, 9:15 a.m.) virtual.....9 a.m.
Thurs., Feb. 11	Mutual 12 virtual.....9 a.m.
Fri., Feb. 12	Mutual 3 virtual.....9 a.m.
Mon., Feb. 15	Mutual 15 virtual..... 1 p.m.
Tues., Feb. 16	Mutual 14 virtual..... 1 p.m.
Wed., Feb. 17	Mutual 5 virtual.....9 a.m.
Wed., Feb. 17	Mutual 7 virtual..... 1 p.m.
Thurs., Feb. 18	Mutual 2 virtual.....9 a.m.
Thurs., Feb. 18	Mutual 11 virtual..... 1:30 p.m.

COMMENTS/QUESTIONS FROM THE MEMBERSHIP

Jan. 29 Special GRF Board of Directors Meeting

Submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA 90740, Mrs. Deanna Bennett, Executive Coordinator, no later than 12 p.m. on Tuesday, Jan. 26. You may also drop off your question/comment at the Stock Transfer Office, Attention Deanna Bennett or email your question/comment to grfboardaction@lwsb.com. **Comments received after the deadline will not be read during the meeting.**

Today’s Date: _____

Your Name (please print): _____

Mutual # _____ Apt# _____

My Subject is: _____

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits per speaker are limited to: four minutes for 15 or fewer speakers; three minutes for 16-25 speakers; and two minutes for more than 26 speakers.

GRF Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule. 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 are required.

Tues., Jan. 26	GRF Board Monthly Meeting Clubhouse 4..... 10 a.m.
Thurs., Jan. 28	Strategic Planning Ad Hoc Committee Clubhouse 4..... 1 p.m.
Fri., Jan. 29	GRF Board Special Meeting Clubhouse 4..... 1 p.m.
Mon., Feb. 1	Recreation Committee Clubhouse 4..... 1 p.m.
Wed., Feb. 3	Governing Document Committee Clubhouse 4..... 10 a.m.
Wed., Feb. 3	Physical Property Committee Clubhouse 4..... 1 p.m.
Thurs., Feb. 4	COVID-19 Ad Hoc Committee Clubhouse 4..... 1 p.m.
Fri., Feb. 5	GRF Board Executive Session Clubhouse 4..... 1 p.m.

Health & Fitness

Answers to your COVID-19 vaccine questions

By CJ Blomquist
OptumCare

Vaccines for COVID-19 are finally available, which is exciting news. But you may be wondering if it's right for you. As with anything else about your health, you should check with your primary care providers first, as they are your partners in helping to make the best decisions for your needs. Here are answers to some of the

more common questions.

Are the vaccines safe? Yes! There are two vaccines approved by the FDA: one from Pfizer and one from Moderna. Both are recommended by the Centers for Disease Prevention and Control (CDC).

Can I get one today? Vaccines are finally becoming more readily available. Check with your primary care doctor to see when you can receive it, or visit Orange County's public health site at [https://occo-](https://occo-vid19.ochealthinfo.com/covid-19-vaccination-distribution)



[vid19.ochealthinfo.com/covid-19-vaccination-distribution](https://occo-vid19.ochealthinfo.com/covid-19-vaccination-distribution) for more information.

Will the vaccine give me COVID? No. The vaccines aren't made using the live virus.

I already had COVID. Should I get vaccinated? It's possible you could get COVID again, even if you have already had it. Here are some things to keep in mind:

- If you've been treated for COVID, the CDC recommends waiting at least 90 days before getting the vaccine. This is for both monoclonal antibody treatment and convalescent serum.

- If you're still recovering from COVID, you should talk to your doctor about the vaccine.

I can't get a vaccine right now. What should I do? Continue to follow all safety guidelines: Keep washing your hands, wearing your mask over your nose and mouth,

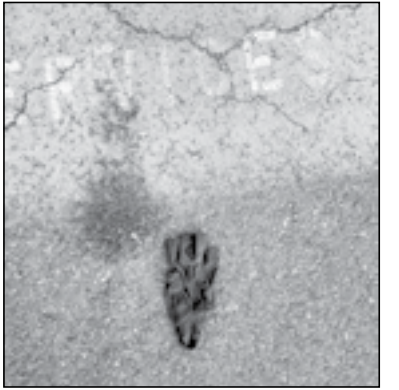
and practicing social distance guidelines. It isn't time to let your guard down.

I saw something about the vaccines being dangerous. Is this true? Some people have reported minor reactions, such as arm pain, some redness, body aches and low-grade fevers. These are common reactions to vaccines and usually go away in a few days.

There have been more serious reactions, but these are very rare. In December, there were nearly 2 million doses provided—and only 175 people reported a severe reaction, according to the CDC. Such reactions have been reported in people who have allergies to bee stings, shellfish and other foods.

I've been vaccinated. Do I need to still wear a face mask? Yes! It takes time for vaccines to be fully effective; for most people, that's 21-28 days after the second dose. This means you could still get COVID for a few weeks after your vaccine.

Even after you are fully vaccinated, you can catch and carry the virus—and spread it to people who haven't been vaccinated yet. This is why it's important to continue follow all safety guidelines. The more we do our part, the sooner we will get through this pandemic.



A used glove was left behind in an LW parking lot in January

How to properly dispose of PPE

As we use personal protective equipment (PPE) such as masks and latex gloves to avoid spreading COVID-19, the amount of debris littering our surroundings has increased. Discarded disposable masks and gloves have been spotted around LW property, near trash cans (but not in them) and in parking areas. While experts say the risk of catching coronavirus from used masks and gloves is minimal, the litter is cause for concern.

Casually discarded masks often end up in storm drains, from where they are swept into oceans. Many sources recommend cutting the ear loops and face-covering parts of masks before discarding them. All disposable PPE should be deposited into a trash bin with a liner that can be sealed. This can be your kitchen trash or a community waste can. For those on the go and concerned about safety, it's recommended to keep a disposable, sealable plastic bag for such items; the sealed PPE bag can then be disposed later.

For households with a suspected or diagnosed COVID-19 case, it is recommended that affected PPE and tissues be placed into a sealed plastic or paper bag before being deposited with general waste. As always, anyone touching the waste should wash their hands immediately afterward. PPE is never recyclable.

Leisure World Blood Drive

On Friday, Feb. 12, there will be a blood drive from 9 a.m.-3 p.m. at the Health Care Center. To make an appointment, call Lisa Love at (909) 282-6685.

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

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Meals on Wheels of Long Beach Inc. delivers freshly cooked meals Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet. Contact Caron Adler at (562) 439-5000, ext. 2, or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Adler before 9 a.m. the prior business day. Menu is subject to change without notice.

Thursday, Jan. 21: Baked ziti with turkey, peas and carrots, and green beans with pimentos; jello with fruit; roast beef-and-cheese sandwich, with lettuce, tomato and pickle, plus confetti slaw.

Friday, Jan. 22: Rosemary chicken breast with creamy garlic sauce, oven-roasted potatoes, and Brussels sprouts; fruit cocktail; entrée Greek chicken salad, with tomato, olives, cucumber, feta cheese and vinaigrette dressing, plus crackers.

Monday, Jan. 25: Homemade meatloaf with brown gravy, au gratin potatoes, and green beans with pimentos; oatmeal cookies; tuna salad sandwich, with lettuce and tomato, plus creamy coleslaw.

Tuesday, Jan. 26: Barbecue chicken leg and thigh; macaroni and cheese, and mixed vegetables; pears with cinnamon; Chinese chicken salad, with Mandarin oranges, cabbage, carrots, onion and Asian dressing; plus crackers.

Wednesday, Jan. 27: Oven-roasted pork loin with apple berry sauce, barley pilaf, and peas and onions; fresh banana; roast beef-and-cheese sandwich, with lettuce, tomato and pickle, plus homemade macaroni salad.

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Puzzles & Comics

Answers on page 15

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

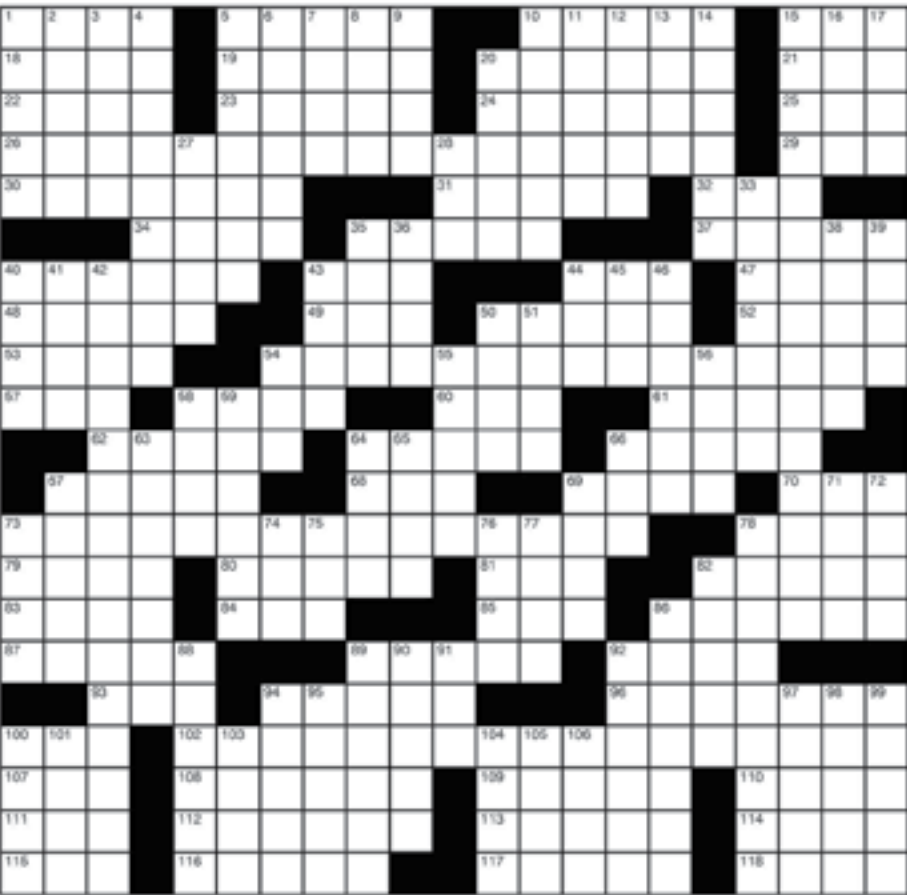


Film Favorite

Edited by Linda and Charles Preston

ACROSS

- 1 Hacks
- 5 Martin's "Laugh In" partner
- 10 Mockery
- 15 Pro ____
- 18 Oodles
- 19 Roman magistrate
- 20 Gold and silver
- 21 Biblical lion
- 22 Hitchcock's film "____ Window"
- 23 "I ____ letter to . . ."
- 24 Adjusts precisely
- 25 Novak, of "Vertigo"
- 26 Stewart film of suicidal family man
- 29 ____ out: economize
- 30 Pancake mixtures
- 31 "Waiting for Lefty" playwright
- 32 Morse sound
- 34 London gallery
- 35 Gladden
- 37 Part of an Italian opera
- 40 Stage settings
- 43 Homophone for air
- 44 Officeholders
- 47 Gator kin
- 48 Comedy King namesakes
- 49 Oolong, for one
- 50 Lindy or Earhart
- 52 Being, to Cato
- 53 Conifers
- 54 "____ Story": Stewart, Grant, Hepburn film
- 57 Bill
- 58 Tracy's Trueheart
- 60 Hilo fiddle?
- 61 Sooner's alternative
- 62 Foolish
- 64 Like some stadiums
- 66 Utopia
- 67 Wind: comb. form
- 68 Airport sched. heading
- 69 Bosc
- 70 Ed.'s reading matter
- 73 Stewart film about a fighter pilot
- 78 Central point
- 79 English poet laureate, Nicholas ____
- 80 Former srs.
- 81 Carpenter with six legs
- 82 Golf "army" leader
- 83 Friends, French style
- 84 Possessed
- 85 Regret
- 86 Deprecating comments
- 87 Free-for-all
- 89 Inventor ____ Howe
- 92 Catches
- 93 Advanced deg., in lib. sci.
- 94 Cyrus or Shirley
- 96 Charms
- 100 Asian people
- 102 "The ____": Stewart foreign intrigue film
- 107 WWII anti-inflation agcy.



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1/24/21

- 108 Lingerie
- 109 Crockett's last stand
- 110 Fashion magazine
- 111 ____ -dandy
- 112 Pasta
- 113 Stately dance
- 114 Audition
- 115 CIA, formerly
- 116 Coolidge's vice president
- 117 Sunday responses
- 118 Former Intl. jets

DOWN

- 1 Lesser Antilles native
- 2 Prince Valiant's bride
- 3 Crow
- 4 Gen. Tom Thumb and family
- 5 Spas
- 6 H.C. Andersen's birthplace
- 7 Propellant for some boats
- 8 "Der ____": Adenauer
- 9 Type of miss
- 10 Baseball's "Rapid Robert"
- 11 Listing ship
- 12 Sari wearers
- 13 Musical symbol
- 14 Ancient chariots

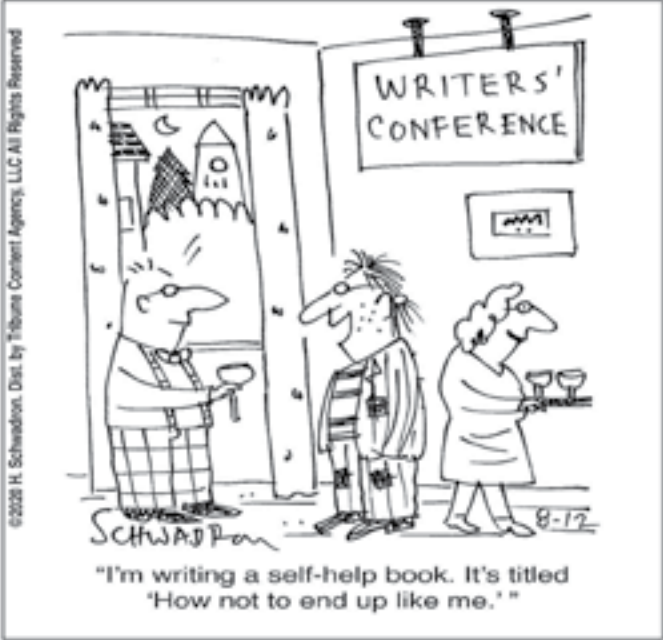
- 15 Stewart film about a lawyer-father
- 16 TV's Estrada
- 17 M. Marceau
- 20 Bea Arthur role
- 27 Deteriorates
- 28 Enemy
- 33 Consents to
- 35 Native American
- 36 Jalopy
- 38 Polite negation
- 39 Zoological suffix
- 40 Off one's rocker
- 41 Essayist Lamb
- 42 Stewart film about a gunsmith
- 43 Old English letters
- 44 Dockworkers org.
- 45 Assent
- 46 Leigh role in "Streetcar"
- 50 Expressway
- 51 "____ Three Lives"
- 54 Mao ____ -tung
- 55 Saroyan's "The ____ Comedy"
- 56 Refuge for Leo
- 58 ____ -shanter
- 59 "Eight Is ____"
- 63 Banes
- 64 Word with right or wrong
- 65 Elevator man

- 66 ____ of roses
- 67 "Give Me ____ Where . . ."
- 69 Hors d'oeuvre item
- 71 Direction from Julia Child
- 72 Females
- 73 Streetcar, in Soho
- 74 Pro gun lobby
- 75 Smidgen
- 76 ____ avis
- 77 Stigma
- 78 Expectant persons
- 82 ____ -Saxon
- 86 Beer parlors
- 88 Early English poet, ____ Spenser
- 89 Barrymore and Merman
- 90 Adrift
- 91 Sign
- 92 Joker's nemesis
- 94 Help to fund
- 95 Give ____ berth to
- 97 Decrees
- 98 Acclamation
- 99 Huts
- 100 WWII Japanese general
- 101 Sacred bull of Egypt
- 103 Dwarf buffalo
- 104 California wine valley
- 105 Ancient kingdom
- 106 Surfer's need

Sudoku 1

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

9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

SCRABBLE G R A M S

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E1	I1	O1	W4	L1	L1	F4	
A1	I1	D2	T1	R1	B3	C3	
A1	I1	M3	F4	L1	N1	T1	
E1	O1	O1	Y4	N1	R1	G2	

PAR SCORE 265-275
BEST SCORE 338
FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

JUMBLE

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

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

ZORRA
TIHAF
COREKT
ROMMEY



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

I am an actor born in England on June 1, 1996. I attended the BRIT School for performing arts and technology. Early in my career I was on stage as Billy Elliot. However, my acting web has now grown to include a popular superhero and many other notable roles.

Sudoku #2

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

Level: Intermediate

Puzzles & Comics

Answers on page 15

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to winter.
Each number corresponds to a letter.
(Hint: 26 = I)

A. 5 1 3 14
Clue: White precipitation

B. 16 21 26 8 8 6 24 18
Clue: Strong snow storm

C. 2 24 26 25 26 18
Clue: Very cold

D. 26 7 4
Clue: Frozen water



Boggle[®]
BrainBusters!

B	U	P	H
W	O	I	S
G	O	K	E
A	G	L	M

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.


By David L. Hoyt and Jeff Knurek

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



Boggle[®] BrainBusters Bonus

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

Find **AT LEAST NINE EVEN NUMBERS** in the grid of letters.

5-3-20
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WINTERTIME WORD SEARCH

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

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

WORDS

- BOARD
BUNDLED
CHILLY
COAT
DOWNHILL
DRIFT
FLUFFY
FLURRIES
FROSTBITE
FROSTY
GUSTS
HOCKEY
ICE
MITTENS
SCARF
SHOVEL
SKATING
SKIING
SLED
SNOW
TUBE
WARMTH
WINTER
WONDERLAND



Religion

LW Baptist

By Rolland Coburn
Pastor

Jesus' first recorded words were about doing the father's business. He was in the temple, the place of sacrifice, where believers meditated on God's unfailing love. Lambs were washed before sacrifice, because they substituted for sinners, who needed cleansing from sin. Which is why Jesus began his public ministry by being baptized, and the baptizer announces Jesus is God's lamb, who takes away the sin of the world. Jesus is the priest who offers sacrifice to God for us by being the substitute sacrifice himself.

Jesus consecrated himself by being washed for service as the priests and as the sacrifices were (Luke 3:21-38). Being a true man, he is like us so he can represent us; to pay for our sins and reconcile us to the father.

Jesus does what every priest is to do, he prays, and when he does, amazingly heaven opens. He is the intercessor we need, to whom heaven opens.

With heaven opened, Jesus' priestly anointing takes place, not with oil, as the Old Testament priests were, but with the Holy Spirit. Jesus is God's anointed savior-Messiah. The Holy Spirit appeared as a dove, a sacrificial bird of innocence, to anoint Jesus for sacrifice. The dove symbolizes Jesus' sinlessness, and the Holy Spirit's descending on him as a dove reminds us he is God's sacrifice who comes from above.

A voice from heaven says, "You are my beloved son." The father said, adding "In you I am well-pleased," confirming Jesus' spotless purity. He alone is fit to be our redeeming substitute.

Jesus' family line and true humanity fulfill prophecy. He was legally recognized to be Joseph's adopted heir with title to David's

throne. Jesus was a descendant of David also through Joseph's father-in-law Heli, Mary's father. Jesus' body was from his virgin mother. In his body he would carry our sins once for all on the cross.

Jesus was the chosen seed promised to David, Judah, Abraham and Eve. The woman's seed, God promised in the garden (Eden), would crush the serpent's head by his atoning work. Only God could pay for every human being's sin-debt; only man could die.

Jesus became man for us and our salvation. He is both a man and the Son of God, the Lord from heaven. The father sent the son to be the savior of the world, as a hymn celebrates: "God so loved the world that he gave us his son/Who yielded his life an atonement for sin/And opened the life-gate that all may go in."

First Christian Church

By Bruce Humes
Pastor



Bruce Humes

"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful." (Psalm 1:1 NKJV) It's also put like this in Proverbs 4:14: "Do not enter the path of the wicked, and do not walk in the way of evil."

Contrary to what the world would have you think about happiness and the source of it, we see from Scripture that the happy or blessed man is the one who steers clear of the ungodly and seeks the things of God, while he shuns sin and avoids fellowship with scorners, meaning those that scoff at the things of God.

Verse 2 says, "but his delight is in the law of the Lord, and in his law he meditates day and night." Happiness, joy and delight are in the law of the Lord and was something the psalmist pondered. Psalm 119:14 says it like this: "I have rejoiced in the way of your testimonies, as much as in all riches." Verse 16: "I will delight myself in your statutes; I will not forget your word," and verse 35: "Make me walk in the path of your commandments, for I delight in it."

Happiness, pleasure and joy doesn't come from worldly or earthly lusts and desires, wealth, and/or power. But from the testimonies, statutes, and commandments of God which is actually the word of God.

The Bible contains all the testimonies, statutes and commandments. **FCC, page 10**

Assembly of God

By Sheryl Franco
Co-pastor

As a child, I had the great blessing of belonging to a family who packed up the camper or RV in the summer and took extended road trips, visiting the well-known National Monuments, National Parks, and lesser-known campgrounds along the way. We gathered at the park ranger's nightly campfire lecture and shouted "Let the fire fall" in Yosemite and rolled down the dunes at White Sands. We visited the "Mystery Spot" and experienced our vehicle rolling uphill and ate our share of pecan logs from Stuckey's. Our family would always attend the Sunday morning worship service in the campground, conducted outdoors, in the majestic beauty of God's creation.

Like every family who has spent the night in a California campground, we have our bear stories. Anyone who has camped with little ones knows that the strongest urges to visit the rest rooms are experienced when the night is the blackest and you have to walk several hundred feet to get there. So, you pick up the

flashlight, put on the sweatshirts, take the little one's hand, pretend you're not afraid of the dark and the critters, and off you go.

It was on such an excursion, with the dim circle of illumination from the flashlight pointed at our feet, that my mother and I heard something rustling around off to the left of our path in the clump of pines and trash bins.

We hurried along toward the light of the building down the path in front of us. Then, we had to return along the same path to the safety of our campsite. Again, same clump of trees, same shadows, same rustling, bumping and thumping noises. We strained our eyes to see what was in there and could only distinguish vague movement from something large. We scurried along, keeping that little circle of light from the flashlight just ahead of our feet so we wouldn't be delayed by tripping and falling or turning down the wrong road. We made it back—a little breathless from the pace we walked—but safe. And we had a little adventure story to tell.

When you're walking in the dark, you must keep the light shining on the path just ahead of you. If you point the light

way out ahead of you or off to the sides, sweeping the forest for bears, you're more likely to trip on something right at your feet, missing the danger right in front of you. If you focus on taking one step at a time, you'll likely get to your destination safely.

In John 8:12, Jesus says, "I am the light of the world. If you follow me, you won't have to walk in darkness because you will have the light that leads to life." Follow Jesus. Put him right in front of you. His light leads to life. You don't have to fear what you can't see. Is it a bear, or is it just a shadow? The big spiritual lesson I've learned is that shadows can't hurt me. And if it is a "bear," if it is my own sickness, the sickness of a spouse or child, a broken relationship, financial insecurity or whatever I fear most, the best way to survive it is to follow Jesus, one step at a time, in the light of his word that is right in front of me.

Pastor Chuck Franco continues his series, "The Promises of God" this week with the promise that when we follow Jesus, we never walk in darkness. What a comfort to know we don't have to navigate the perils around us alone.

his disciples and follow him.

It can be helpful for us to know that Jesus can show up in our lives just when we think we have everything figured out. Jesus can show up and upend everything we thought we knew. At issue in the Gospel this week is the question of authority — who has it and what does having authority mean?

To join Community Church on Sundays for live worship at 9:50 a.m. Tune into Facebook live @communitychurchleisureworld.

To join the virtual fellowship, call the church office or email **COMMUNITY, page 10**

Community Church

By Johan Dodge
Reverend

As I write this on Jan. 13, there are days of potential and planned unrest between my writing this and your reading it. I do not know what will happen within the country in the interceding days, but I do know the Gospel message of Jesus. This week, we will be looking at the Gospel of Mark, specifically at Jesus calling his first disciples. Jesus didn't go about the normal practice of rabbis in his day. Normally when a rabbi graduated rabbinical school, they would yoke themselves to a rabbi

and then eventually they would start on their own and gather disciples of their own. Jesus doesn't go to the rabbinical schools to look for disciples; he goes to the sea and calls fishermen to become his disciples. Fishermen, would have been rabbinical school dropouts who had gone back to work with their fathers. All boys went to rabbinical school until they either graduated or they flunked out. There was no shame in flunking out, it just meant they would go and take up the trade of their fathers. What does stand out is Jesus going to this group of young men and inviting them to become

Faith Christian Assembly

Faith Christian Assembly adheres to the Scripture that says we must give honor to whom honor is due. The women's ministry, Touch of Love, under the direction of Linda Hernandez celebrated its 25th anniversary. The church recently honored Linda in its last service and presented her with a picture depicting Psalm 68:11: "The Lord announces the word, and the women who proclaim it are a mighty throng."

Out of an abundance of caution, all who attend services or events at Faith Christian Assembly will have their temperature taken at the door, be required to wear a mask before and after service, and have to sit socially distant from others. Those who are ill should remain at home.

Due to COVID-19, Faith Christian Assembly is not currently having all of its regular ministries at this time, but will resume as soon as possible. Call the church office for the most updated information on midweek Bible study, which is taught by Pastor Sheri Leming on Wednesdays at 11 a.m., and the weekly Grief Share meeting.

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

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Church of Jesus Christ of Latter-day Saints

By Jim Greer
LW contributor

Part of my Sabbath routine includes watching music and the spoken word from the Tabernacle Choir and Orchestra at Temple Square. The Jan. 10 message was “Seek Out the True and Trustworthy.”

The message, written and delivered by Lloyd Newell, gives inspired direction on how we may, during these confusing times, determine truth from falsehood. Brother Newell begins, “In our day, finding answers to questions has never been easier. When we have questions, we simply search the internet—which is now as simple as talking to a handheld device—and we expect immediate responses. And we often get them. But how often do we stop to consider if we are asking the right questions of the right sources—and if we are getting the right answers?”

This is perhaps the most important question we can ask as we have become dependent on the Internet for so much of

our pursuit of truth.

Newell went on to say, “In the information age, our problem isn’t that we have too many unanswered questions; it’s that our questions have too many answers. How can we discern between good and bad information, between truth and error, between fact and fiction? It’s one question that the internet isn’t really equipped to answer—the same question the Roman governor Pilate asked Jesus of Nazareth thousands of years ago: What is truth?” (John 18:38).

Newell explained how Sam Wineburg of Stanford University noted that researching any topic required that we reference numerous books in a well-stocked library in previous generations. We were confident that editors and respected publishers had carefully vetted those books. But now, personal research only requires that we type a phrase and click on the first web page that appears. Unfortunately, many websites may not have been scrutinized, or their data and articles subjected to peer review.

Just about anyone can create

a website or a blog and present themselves as someone with authority or expertise that they don’t necessarily have. Wineburg observes: “What once fell on the shoulders of editors, fact-checkers and subject matter experts now falls on the shoulders of each and every one of us.”

The internet relieves us of the need to go to a library. Still, it does not relinquish us from the responsibility of evaluating and vetting all information. To determine the truth of what we now find so quickly, we must “check and double-check sources, assess the author’s motive, and consider context.”

As it says in D&C 88:118, “Seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.” The Holy Ghost reveals all truth, and the source of all truth is our savior Jesus Christ. He is the way, the truth and the light. As he said unto Pilate, “To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth.” (John 18:37).

Congregation Sholom

Rabbi Eric Dangott streams services on Friday, Jan. 22 at 6:30 p.m. via Zoom. It will be a joint service between Congregation Sholom and Temple Isaiah. Their cantor will play the guitar. Rabbi Dangott will also be on Zoom for Saturday morning on Jan. 23 at 9:30.

New Congregation Sholom members who want to watch the livestream should contact Jeff Sacks to receive the Zoom invitation. Text Jeff at (714) 642-0122, or email him at jfsacks@gmail.com. The link will have the meeting ID and password embedded. Those who want more details or need to practice beforehand can call Jeff ahead of time.

To join the Zoom meeting, go to <https://us02web.zoom.us/j/3752519429?pwd=UDREWTA1N21jaXVUZUhyQmY1U01JQT09>. The meeting ID is 375 251 9429, and the passcode is 8ZYy69.

Congregation Sholom will have a Zoom game afternoon hosted by Sany Geffner this Sunday, Jan. 24, at 4 p.m. The group will play Scattergories, due to popular demand. Jeff Sacks will set up the Zoom session. Those who want to play should email Jeff (jfsacks@gmail.com) AHEAD of time so he can send a Zoom invitation link. Geffner will give the game rules after everyone has logged on at 4. Make sure to have a pencil and piece of paper ready.

Tu Bishvat, the New Year for Trees, is Jan. 28. It is traditional to plant a tree on this holiday and eat fruit such as dates, grapes and figs. If you want to plant a tree in Israel, contact Michele Vallens.

Those who want to participate in the livestreamed services on Zoom should call Ron Yaffee at (562) 430-7040.

Redeemer Lutheran & St. Theodore's

By Lisa Rotchford
Reverend

One Bible verse to remember is: “For God gave us a spirit not of fear but of power and love and self-control” (2 Timothy 1:7).

The words from Scripture help us to remember not to fear, but to trust in the power of God while living uneasily through a pandemic and a period of national unrest. We are called as God’s people to love one another in the midst of community; out of that love, we can come to a place of peace.

The words of the Rev. Dr. Martin Luther King Jr. ring across time to us especially this week as we honor his birth and we renew our democracy with the inauguration of a president. Below is a quote from the speech titled “The Role of the Church in Facing the Nation’s Chief Moral Dilemma,” at the Conference on Christian Faith and Human Relations on April 25, 1957, in Nashville, Tennessee.

“Our motto must be, ‘Freedom and justice through love.’ Not through violence; not through hate...but through love...the end is reconciliation; the end is redemption; the end is the creation of the beloved community. It is this type of spirit and this type of love that can transform opposers into friends. ...It is an overflowing love which seeks nothing in return. It is the love of God working in the lives of men. This is the love that may well be the salvation of our civilization.”

This week especially, when we remember his legacy of non-violent response, we pray for peace. We know of the difficulty King faced, even among his own followers, as they resisted hatred and physical violence with prayer, song and marches for justice. We are called to not be fear-filled or fearful, but to reach out to one another, embracing loving, peaceful words and actions that are non violent.

In our Christian Baptismal Covenant, we vow to “respect the dignity of every human being.” We remember that each person we meet is someone’s child, someone’s beloved, God’s creation. As the events of the week unfold, may we pause and pray not in fear, but knowing the power of God’s love and ways of peace as we practice mutual respect for one another in our beloved community.

Beit HaLev

Beit HaLev’s Coffee Chavurah on Zoom will celebrate the Sabbath evening, Friday, Jan. 22, at 5:30, followed by the evening service at 6. On Saturday, Jan. 23, the morning service begins at 10:30, followed by the Coffee Chavurah.

To join on Zoom, go to: <https://us02web.zoom.us/j/9152434704?pwd=THJGTE1OUXI5VXFDTWtuZHF4K3VxUT09>, The meeting ID is 915 243 4704, and the passcode is RavGalit.

Beit HaLev continues to livestream on Facebook as well. To attend, go to Rabbi Galit Shirah’s website at [Facebook.com/galityomtov](https://www.facebook.com/galityomtov).

Beit HaLev’s prayerbooks, “Lev L’Lev,” are shared onscreen on both Zoom and Facebook.

The Torah reading, “Bo” in Exodus 11:4-12:28, describes the final plague, the death of the

firstborn males of Egypt. After more than 400 years of Egyptian cruelty, the Israelites are set free. Pesach (Passover) refers specifically to the angel of death’s “passing over” the houses of the Israelites; the regulations regarding the Feast of Matzot (the Feast of Unleavened Bread) begin with the ritual slaughter of a yearling lamb, marking the doorframes of the Israelite houses in order that the angel of death “pass over” them, and then roasting and eating the entire lamb with bitter herbs; they must eat this meal hurriedly, with sandals on their feet and a staff in their hand in preparation of leaving Egypt.

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 dif-



Rabbi Galit Shirah

ferent rabbi each day. To say Kaddish, pray for healing and to hear a spiritual message, go to [SimShalom.com](https://www.simshalom.com).

Zoom classes for beginning Hebrew and Pirke Avot will begin in February. Classes have been delayed due to the postponement of Rabbi Galit Shirah’s cataract surgery. For information, please contact the rabbi at (562) 715-0888 or duets@icloud.com.

FCC from page 9

ments that God has set before us, but it also reveals to us God’s plan of salvation for mankind through his son Jesus Christ. That is where the greatest of all happiness, pleasure, joy and peace come from. It’s a spiritual happiness that surpasses what we experience in the flesh. We go through times of joy and happiness as we sojourn through our time here in our earthly tent, but true blessedness comes from that which we garner from God’s word.

Jesus put it like this in the “Beatitudes” or supreme blessings in Matthew 5:3-11:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they shall be comforted.

“Blessed are the meek, for they shall inherit the land.

“Blessed are those who hunger and thirst for righteousness, for they shall be filled.

“Blessed are the merciful, for they shall obtain mercy.

“Blessed are the pure of heart, for they shall see God.

“Blessed are the peacemakers, for they shall be called sons of God.

“Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

“Blessed are you when they persecute you and say all kinds of evil against you falsely for my namesake.”

Blessed with the promises of the kingdom of heaven, comfort, land, righteousness, mercy, seeing God, being a son of God, the kingdom of heaven again, and

oddly persecution, yes, we will see persecution for his name, but we will be blessed in doing it. These are the things that bring true happiness in a person’s life, the promises from the Lord Jesus Christ and his word.

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

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

COMMUNITY from page 9

leisurewccsue@yahoo.com. Those who don’t have a computer or Facebook can call (562) 431-2503 and listen to the weekly message beginning Sunday evening.

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

Religion Directory

The religion directory is to help LWers find out information about their church during the ongoing coronavirus situation. Pastors and church leaders can email laurieb@lwsb.com to submit contact updates or service livestream website addresses.

OBITUARIES deadline is 2 p.m.,
Monday, prior to publication.
Email **Obituary Notices** to
laurieb@lwsb.com
with photos attached as jpg files.

Arts & Leisure



Submissions to the Cool Creations Cardboard Contest were gathered in Clubhouse 3 in the days prior to display. Sal Herrera’s GRF maintenance cart (shown in foreground) won first place.

Cardboard creations given their moment to shine

The 25 entries in the Cool Creations Cardboard Contest were viewed by LWers on Jan. 15 in a drive-through/walk-up display in the roundabout beside the LW Library.

Sal Herrera of Mutual 4 won first place for his GRF maintenance vehicle, and Sally Fowler

of Mutual 8 placed second with her three-paneled farm. Tied for third were Judy Sherratt’s (Mutual 9) “Stairway to Heaven,” Mark Webb’s (Mutual 10) vase of roses and Susie Ralston’s (Mutual 15) picture frame.

Creative residents and some staffers were tasked with repur-

posing cardboard boxes and scraps; submissions had to be 95 percent cardboard, with additional acceptable materials including fasteners, glue, tape, nontoxic paint and recyclable decorations.

Projects were judged by Mutual directors based on originality and the use of cardboard.



Artists who contributed include (clockwise from top left): Judy Sherratt (Mutual 9), Carol A. Stern Levine (Mutual 10), Linda Frysinger (Mutual 6), Susie Ralston (Mutual 15), Mark Webb (Mutual 10), and Victoria Bowles (Mutual 15). Below: Sally Fowler (Mutual 8).



Grab 'n' Go Meals

Jan. 21-27
Clubhouse 6 Parking Lot

- **Thursday:** Domino’s Pizza—call ahead for special orders, wings and salads offered, 3:30-7 p.m., cash/cards, (562) 493-2212.
- **Friday:** Katella Deli—deli favorites, appetizers, salads, hot entrées; specials of the day available onsite, 3:30-5:30 p.m., cash/cards. Call ahead at (562) 594-8611, or order online at www.katellabakery.com.
- **Saturday:** To be announced; watch for updates via LW Live.
- **Sunday:** The Skewer—Middle Eastern and Mediterranean fare, shawarma, falafel, fries, hummus, and salads, 2-4 p.m. View all options at <https://skewerstruck.com/menu>.
- **Monday:** Messi Burgers—burgers, sausage, chicken, wings, fries and more, 4-6 p.m., cash/cards. For a full menu, go to messiburgers.com. Preorder online or via text at (714) 793-7369; be sure to indicate you are ordering for LW.
- **Tuesday:** Taco Tuesday—Mexican favorites, plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no preorders.
- **Wednesday:** Cousins Maine Lobster Truck—lobster rolls, seafood chowders and bisques, plus other specialties, 3-7 p.m., cards/cash. Full menu available at 162.243.145.7/menu/?location=orange_county_ca&type=truck.

...
All Grab 'n' Go events take place rain or shine. **Masks and 6-foot social distancing required and strictly enforced.** For more information or to offer feedback, call (562) 431-6586, ext. 398.
On-call bus service is available weekdays from 4:30 p.m., when regular service ends; weekends are on-call at any time. Call (562) 431-6586, ext. 379.
Watch for LW Live! alerts for daily menus. Vendors are subject to change. Sign up for LW Live at <http://www.lwsb.com/lw-live-sign-up/>.

Technology Classes by Miryam

Miryam Fernandez’s technology classes are held every other Tuesday at 2 p.m. Topics change each session, all of which are closed captioned. For an invitation, email Fernandez at mzzmimm@gmail.com. If you need help setting up a microphone and/or video or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins. Registration is required 24 hours prior.

Feb. 2: Beginning iPhone
Feb. 16: How to Clean Up Your Gmail Inbox 6
March 2: Beginning Zoom and Closed Captions
March 16: Basic Privacy and Security on the Internet



On Jan. 13, the Leisure Bicyclists rode to Bolsa Chica Beach, and on the return, they stopped across from the water tower at Surf Cafe on PCH in Huntington Beach to enjoy delicious coffee, quiche and pastries. Members included Carl Kennedy, Susanna and Mike Hung, Anita Miller, Dolores Jaunzemis, Martha Valenzuela, and new member Sara Lloyd. On Jan. 10, some members drove to Manhattan Beach and rode down the bike trail to Hermosa Beach, then enjoyed lunch on the strand. Call Mary Romero at (562) 810-4266 for more information.



Marv Ballard tees off across the flooded riverbed at the Riverview Golf Course.

Men's Golf League Results for Jan. 4, 8, 11 and 15

After a 10-day break for the Christmas and New Year holidays, 12 men of the Monday Golf League met at Riverview Golf Course in Santa Ana on Jan. 4. A very bright but cold morning greeted golfers on the par-70, 5,800-yard, 18-hole course. The Santa Ana River runs through the middle and has been dry since last March, but after the previous week's rain, it had plenty of water. This course can be reconfigured when large amounts of rain flood several fairways and access roads to the back nine, making them unreachable. Though that was not the case this week, there had been some fairway flooding and significant riverbed erosion. The conditions led to more over par than under par scores, but there were seven birdies.

All scores are net (actual score minus handicap). A Flight handicaps range from 0-20; B flight is higher than 20.

A Flight Winners: First place: Sam Choi, 3 under 68, plus 2 birdies, fewest putts and closest to the pin on the 100-yard, par-3 ninth hole; second: tie between Bill McKusky, Larry Hillhouse and John Meyer at even par 71 (Hillhouse also had a birdie); third: tie between Dave LaCascia, Glenn Barry and Fujio Norihiro at 2 over 73 (LaCascia and Barry each had a birdie); sixth: Gary Stivers, plus a birdie; seventh: John Petersen, who was closest to the pin on the 150-yard, par-3 second hole.

B Flight Winners: First place: Bob Munn, 1 under 70, plus fewest putts; second: Gene Vesely, 3 over 74; third: Marv Ballard, 4 over 75.

On Jan. 8, 13 men and one woman of the Friday Golf League teed off at David L. Baker Golf Course after a two-week break. Baker is a par-62, 4,000-yard, 18-hole executive course, meaning it's shorter than the norm and has no par 5s. There are shorter hole lengths (although you can still hit your driver), so you hit less shots, and the game can be completed more quickly. These courses were once popular with businessmen who liked to do deals while getting in a quick round during their lunch breaks. A traditional course generally requires six to eight hours to complete, but you can shave at least a couple of hours off on an executive round.

An extremely foggy morning greeted the golfers. The fog did not burn off until three-quarters of the way through the round. It was only possible to see the direction shots went and not where they landed until about the 15th hole. The dampness and cold air led to more over par than under par scores but yielded four birdies. The course itself was remarkably busy.

A Flight Winners: First place: Norihiro, 2 under 60; second: Jim Goltra, 1 under 61, plus a birdie and closest to the pin on the 110-yard par-3 third hole; third: Hillhouse, even par 62; fourth: Petersen, 3 over 65, plus closest to the pin on the 120-yard, par-3 15th hole; fifth: tie between Ron Jackson and Stivers; sixth: McKusky, plus fewest putts; seventh: LaCascia, plus 2 birdies; eighth: Barry; ninth: Choi.

B Flight Winners: First place: Tom Ross, 3 under 59, plus fewest putts; second: Meyer, 2 over 64, plus a birdie; third: Munn; fourth: Dale Quinn.

A very bright but cool morning greeted golfers who convened at Willowick Golf Course in Santa Ana on Jan. 11. Willowick is a par-70, 6,000-yard, 18-hole course with two back-to-back par 5s over 520 yards, an exceptionally long par 3 and two par 4s that are barely reachable in regulation.

Once the sun came out, the temperature climbed, and it became a lovely morning to play golf. The conditions led to more over par than under par scores, but there were seven birdies. The course itself was quite full.

A Flight Winners: First place: Hillhouse, 1 over 71; second: Choi, 2 over 72, plus a birdie, fewest putts and closest to the pin on the 140-yard, par-3 12th hole; third: LaCascia, 3 over 73; fourth: tie between Norihiro and Meyer; fifth: McKusky; sixth: Petersen.

B Flight Winners: First place: Munn, 3 over 73; second: Ballard, 5 over 75; third: Ross, plus fewest putts; fourth: Vesely, plus closest to the pin on the 140-yard, par-3 fourth hole; fifth: Meripol.

On Jan. 15, 10 men and two women challenged the Meadowlark Golf Course in Huntington Beach. The par-70, 5,800-yard, 18-hole course has narrow, treelined fairways and many elevation changes; it was in excel-

lent condition and yielded several scores at or under par, as well as two birdies.

It was sunny at 7 a.m., and by 10 a.m., the temperature had climbed to 80 degrees; it was pushing 90 at the round's end.

A Flight Winners: First place: Hillhouse, 2 under 70, plus a birdie; second: tie between Norihiro and Meyer, even par 70; third: LaCascia, 1 over 71, plus a birdie; fourth: McKusky, 2 over 72, plus fewest putts; fifth: Petersen; sixth: Choi; seventh: Goltra. Norihiro had closest to the pins on the 140-yard, par-3 seventh hole and the 150-yard, par-3 16th hole.

B Flight Winners: First place: Munn, 6 over 76, plus tie for fewest putts; second: Ross, plus tie for fewest putts; third: Meripol; fourth: Keiko Sekino.

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. In general, masks are required at the pro shops, but optional while waiting to tee off. No masks are required on the putting greens, driving range or the course itself. Golfers are respectful of one other's personal space, social distancing is observed, and there is no contact with others' equipment. Golf carts are single person only unless riders are from the same household.

LW Men's Club membership is not required, and friends, ladies, spouses and family are all welcome to play and/or join. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in each flight, birdies, closest to the pin on two par-3s, and lowest number of putts in each flight. Holes-in-One and eagles, although infrequent, are generously rewarded. If interested, contact McKusky (562) 430-8618 or LaCascia (801) 674-5975.

Handicaps can be determined using local course handicap numbers and adjusted for the longer, more difficult courses outside Leisure World. Contact LaCascia for more information.

—Dave LaCascia

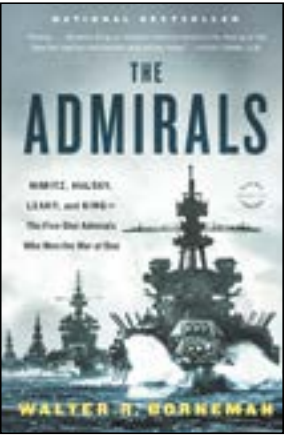
BOOK REVIEW

Honoring strength at sea

“The Admirals: Nimitz, Halsey, Leahy, and King—The 5-Star Admirals Who Won the War at Sea” by Walter R. Borneman
Nonfiction, May 1, 2012

by Maureen Habel
LW contributor

Who were the men who led the U.S. Navy to victory in World War II, the only men in American history promoted to the five-star rank of admiral of the fleet? Walter R. Borneman's book “The Admirals” details the lives of Chester Nimitz, William Halsey, William Leahy and Ernest King, who revolutionized naval warfare with submarines and aircraft carriers. Each of them followed a different path to the Naval Academy, graduating within years of one another at the turn of the 20th Century. They became both friends and rivals as they faced the extraordinary challenge of waging war on two fronts in the Atlantic and the Pacific.



Award-winning historian Borneman writes in a compelling and understandable style, using journals, ship logs and other primary sources to highlight the story of these four extraordinary men. Larger-than-life personalities such as FDR and General Douglas MacArthur (whose wife, Jean, even in private referred to her husband as “General”) spar with the admirals over how to turn the tide of war.

This is a great book for those who are interested in history or who have served in the Navy or Marine Corps. Many of us are proud of our relatives who have served in the armed forces, including two of my sons and my Marine Corps husband—although I am not yet ready to call him “Sergeant” at home.

All LW residents are invited to submit book reviews for publication in the LW Weekly. Email them to pattym@lwsb.com with your name, mutual and telephone numbers. Reviews are subject to editing and will run as space allows.



Steele's concert was recorded from the Festival of Arts stage.

FESTIVAL OF ARTS

Terry Steele sings Vandross tunes

Two-time Grammy nominee Terry Steele brings the music of Luther Vandross into homes via the Festival of Arts' “Concerts on the Screen” series at 5:30 p.m. on Jan. 29.

“Terry Steele is a phenomenal singer and incredible performer,” said Susan Davis, director of special events at the Laguna Beach arts institution. “We are elated to be able to bring a Festival favorite to our virtual stage and continue to offer online experiences that can help our community stay connected, entertained and enriched in the arts.”

The pre-recorded concert, filmed on the Festival of Arts grounds, features Steele performing the music of one of R&B's most beloved singers. Steele is

no stranger to the legendary Vandross, as he starred in the successful 2007 off-Broadway production of “Here and Now: The Legacy of Luther Vandross.” As an award-winning songwriter, Steele has written for and/or collaborated with such artists as Dionne Warwick, Patti LaBelle, Stevie Wonder and Diana Ross. He has also recorded three internationally released solo albums, plus six others with world-music band Hiroshima.

The virtual “Concerts on the Screen” series is presented in partnership with Yamaha. Tickets are \$25 per household (or, for Festival members, free) and are available via www.foapom.com/event/virtual-concert-steele. Pre-registration is required.

Where-We-Live Club

Learn about the concept of feng shui. “Let's Put Our Affairs in Order and Organize!” will concentrate on the art of placement and how it may change lives. New and previous members, as well as any curious shareholders, are welcome to join. Email wherewelcome@yahoo.com to be placed on a mailing list for future workshops, as well as updates to the club's calendar of activities, Zoom meetings and HomeWorks.

Community



GAF President Anna Derby (second from left) and LW Weekly distributor Dan Pomeroy (front, center) stand with volunteers and LW Weekly distributors holding masks donated to them by the GAF.



GAF President Anna Derby delivered masks to Security Services Director Victor Rocha to help protect his department.

SBTV-3 Listings

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

- Thursday, Jan. 21**
- 4 pm A COVID Christmas
 - 4:17 pm Christmas in Quarantine: The Pops
 - 5:01 pm Spider and Snakey Save Christmas
 - 5:08 pm Cabaret Music Around the World
 - 6 pm LW Tree Lighting Ceremony
 - 6:30 pm Dixieland Jazz Band
 - 7:35 pm Special Delivery
 - 8 pm Terry Otte's 75th Birthday
 - 8:15 pm Cabaret Variety Show 9/2020
 - 9 pm Ocean Perspectives
 - 10 pm Shakespeare in the Park: Cymbeline

- Friday, Jan. 22**
- 4 pm LW Menorah Lighting Presentation
 - 4:13 pm A COVID Christmas
 - 4:30 pm Special Delivery
 - 5:15 pm Golf Cart Christmas Caravan 2020
 - 5:30 pm SB Lions Club Veterans Day Car Caravan
 - 5:39 pm Fortunado Revilla Christmas Music
 - 5:50 pm LW Yoga
 - 6 pm LW Tree Lighting Ceremony
 - 6:30 pm Los Al Jazz Band 2018
 - 7 pm Seal Beach Christmas Parade
 - 8 pm Dove Sonza's 75th Birthday
 - 9 pm Shakespeare in the Park: Othello
 - 10:30 pm Cerritos Center- Golden Dragon Acrobats

- Saturday, Jan. 22**
- 4 pm Seal Beach Christmas Parade
 - 5 pm Special Delivery
 - 5:30 pm LW Menorah Lighting
 - 5:43 pm A COVID Christmas
 - 6 pm Christmas in Quarantine: The Pops
 - 6:45 pm Spider and Snakey Save Christmas
 - 6:53 pm LW Yoga
 - 7 pm LW Tree Lighting Ceremony
 - 7:30 pm Ocean Perspectives
 - 8 pm LAUSD
 - 11 pm Cerritos Center- Matt Mauser

- Sunday, Jan. 24**
- 4 pm Seal Beach City Council Meeting 1/19 Replay
 - 5 pm LW 50th Anniversary 2012
 - 5:45 pm Fortunado Revilla Christmas Music
 - 6 pm Dixieland Jazz Band
 - 7 pm Spider and Snakey Save Christmas
 - 7:07 pm Dove Sonza's 75th Birthday
 - 8 pm Life and Times in SB: Paula Thomas
 - 9 pm Cabaret Music Around the World
 - 10:20 pm LW Yoga
 - 10:30 pm LW Menorah Lighting
 - 10:45 pm Los Al Jazz band
 - 11:30 pm Bob Cole Conservancy

- Monday, Jan.25**
- 4 pm Spidey and Snakey Save Christmas
 - 4:07 pm LW Menorah Lighting
 - 4:30 pm Dove Sonza's 75th Birthday
 - 5:30 pm LW Tree Lighting Ceremony
 - 6 pm Dixieland Jazz Band
 - 7 pm Seal Beach Christmas Car Caravan
 - 8 pm Golf Cart Christmas Caravan
 - 8:15 pm LW Menorah Lighting
 - 8:30 pm LW Special Delivery

SAFER AT HOME

Golden Age Foundation delivers 10,000 masks throughout Leisure World

By Anna Derby
GAF President

The Golden Age Foundation received a generous donation of 10,000 disposable face masks. The group worked alongside the Golden Rain Foundation as well as the City of Seal Beach to distribute the face masks to the community, including some of essential workers around Leisure World.

- Some of the recipients include:
- Individuals who distribute/ deliver the LW Weekly.
 - Shareholders who participate

- with Meals On Wheels of Long Beach and/or Meals On Wheels of Orange County.
- Y's Service Club volunteers who perform small tasks in LW homes for people who are not able to do it themselves.
 - Leisure World bus drivers and mechanics, building inspectors, security and maintenance staff
- The GAF extends its deep gratitude to Frank Teng, representative of AOK Tooling LTD and Mandarin Baptist Church of Los Angeles, who generously donated the masks.



Service Maintenance Facilities Manager Ruben Gonzalez also received masks from the GAF.

SUNSHINE CLUB

Learn how to reach a healthier you at Friday's Zoom meeting

Everyone wants to be healthier, but it's hard to know where to start. It helps to have a plan of action. Join the Sunshine Club on Friday, Jan. 22 at 10 a.m. as Angeline Renfrow discusses how to set goals to help you to reach a healthier you!

To join the Zoom meeting, go to <https://us02web.zoom.us/j/82119904568?pwd=dkVmOVowRU1uQXRNb2QveFdFSHp4Zz09>. The meeting ID is 821 1990 4568. All shareholders are welcome to join the meeting.

Those who would like to get the Zoom link by email, text your name, Mutual number and email address to (562) 301-5339 by no later than Thursday, Jan. 21, at 5 p.m.

Renfrow is a Health Promotion Representative at Independence at Home. She delivers educational presentations in LA and Orange County to improve health and promote healthy lifestyles.

Renfrow graduated with her Master's of Science in Gerontology from the University of Southern California. In her free time, she enjoys spending time with her husband and one-year-old son.

Feel free to bring any questions that you may have for Renfrow for the questions-and-answers portion of the meeting.

The Sunshine Club often has LW leaders come to meetings to introduce their organizations to the group. It also invites a wide variety of specialists from outside to share their experiences and ideas with club members.

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



Angeline Renfrow

Find fresh fruit every week at the Seal Beach Farmers' Market

By Ellen Branningan
LW contributor

Make sure to go to the Farmers' Market, located in the Seal Beach Village at Seal Beach and Westminster Boulevards, for good food and camaraderie every Tuesday morning. The market is open from 9 a.m. - 1 p.m., rain or shine, according to owner and manager Aldo Flores.

One of the companies you'll see at the market, T.R. Cairns, whose motto is "We sell what we grow." The company has a wonderful variety of healthy and colorful fruit every week.

T.R. Cairns started business in 1894, 127 years ago, by raising Lindsay Olives, a brand still popular today.

You can purchase apples, pears, oranges, grapefruit and whatever else is in season from T.R. Cairns. They also sell cherries, peaches, plums or other fruit depending on ripeness.

One of the vendors, Josue Aguilar, drives about 120 miles each way from the Tehachapi/Sanger, California, area to bring fresh produce to the residents of Seal Beach. He has been driving and working in SB for over 12 years. He accepts cash, credit cards or VENMO.

Get out for some fresh air, safely see friends and have a cup of coffee while shopping for fresh food every Tuesday at the Farmers' Market.



Purchase delicious fruit from Josue Aguilar, a T.R. Cairns vendor, every Tuesday at the SB Farmers' Market.



Congregation Committee Chair Paul Im (l-r), GAF President Anna Derby and Senior Pastor Peter Kang.

GAF

Seal Beach Cornerstone Church donates \$1,000

Senior Pastor Peter Kang and committee chair Paul Im from Seal Beach Cornerstone Church donated \$1,000 to the Golden Age Foundation to help the LW community. Seal Beach Cornerstone Church has been a consistent donor since its founding in 2010, and GAF deeply appreciates its contribution especially during the pandemic.

Seal Beach Cornerstone

Church normally meets in Club-house 2 every Sunday for its service at 9:45 a.m., but due to COVID-19 restrictions, it now holds online services via YouTube at 10 a.m. The services can be found by typing in “Seal Beach Cornerstone Church” on the YouTube homepage.

The GAF is a nonprofit 501(c)(3) charitable organization dedicated to serving the special needs

of Leisure World shareholders and residents

Through the generosity of individuals in the community, the GAF is able to provide various free programs and projects to Leisure World shareholders. The foundation is entirely staffed by resident volunteers.

For more information, go to www.goldenagefdn.org or call Anna Derby at (562) 301-5339.

Republican Club

By Brian Harmon
LW contributor

The LW Republican Club booth will return to the parking lot next to Building 6 at noon on first Monday of February

One of the Republican Club’s current project is helping to elect state Sen. John Moorlach to the OC Board of Supervisors. He has served as the OC treasurer and county supervisor, as well as a state senator, so he will be able to “hit the ground running.”

Another thing the Republican Club members can do at the booth on Monday is to help gather signatures to recall Gov. Gavin Newsom. The Republican Club will discuss any questions about supporting the recall at the booth and in detail during

its monthly meeting. Visitors can get more information on how to attend the monthly meetings at the booth as well.

The California recall process was initiated in 1911 by members of what was then called the progressive movement.

Unlike the presidential impeachment process, which requires the accused be guilty of “high crimes and misdemeanors,” state office holders can be recalled for any reason the public chooses.

The last governor to be removed from office by the recall process was Gray Davis, in 2005, for his handling of the energy cost problem and his alleged policy of giving billions in government benefits to those groups who contributed millions to his political campaigns. He was defeated by

Republican Arnold Schwarzenegger, who served until 2011.

Although Newsom is not being accused of any crime, he has gone along with many of the liberal policies of the legislature, where one party has supermajorities in both the Assembly and the state Senate.

To many people, his policies regarding COVID-19 have seemed to be inconsistent and arbitrary. Many are also upset with him for supporting a dramatic increase in the gas tax, as well as the so-called “Bullet Train.”

Another reason why the LW Republican Club and California Republicans support the recall is the frustration that comes with a government completely domin-

REPUBLICAN, page 15

Democratic Club

By Mary Larson
LW contributor

Leisure World Democrats and their supporters are reminded that the District 2 election to replace outgoing board member Michelle Steel on the Orange County Board of Supervisors will take place on March 9. Vote-by-mail will begin on Feb. 8, with vote centers opening on Feb. 27.

On Jan. 9, Democratic supporters, volunteers and friends from around the county participated via Zoom in the official kickoff of the campaign to elect Costa Mesa Mayor Katrina Foley to represent District 2 on this county wide Board.

The gathering, led by California Assemblywoman Cottie Petrie-Norris, featured presenta-

tions by California senators Josh Newman and Tom Umberg as well as newly elected Sen. Dave Min, who had unseated Republican John Moorlach in the Nov. 3 election.

Petrie-Norris pointed out the incredibly high stakes involved in this special election, given what she called the current board’s “deep failure” during the coronavirus pandemic.

During the meeting, Foley described her priorities in office as overseeing COVID-19 vaccine distribution, getting businesses back up and running, and protecting public employees and essential workers, in part, by continuing to support mask wearing in public. She also said she would side with teachers on education and mental health is-



Cottie Petrie-Norris

sues, work with cities to reduce homelessness, and focus on creating a climate action plan to reduce greenhouse emissions.

During its Jan. 6 meeting, the

DEMOCRATIC, page 15

Humanist Club

By Dave Silvia
LW contributor

The American Humanist Association isn’t a partisan political organization. Humanists believe we should base our actions on evidence, not claims made by leaders and those who support them. The 2020 Presidential Election result was extremely accurate. There are countries where elections are rigged, but the evidence shows that our election result was fair. In 1789, the U.S. Founding Fathers wrote the Constitution as a blueprint for a workable democracy. Except for 1860, when Abraham Lincoln was elected while the nation was splitting apart, there has always been an orderly transfer of power in the U.S., which is a pretty good record for any diverse group of people coexisting together for 200 years.

From a Humanist perspective, social justice has been too long and too slow in coming. Past elections have been marred by voter suppression, racial discrimination, eliminating voting places and legal voters having to wait in lines for hours to vote. Also, there have been five times when the election went to a candidate who lost the popular vote.

The America Humanist Association, which advocates for the 22 percent of Americans who are not religious, has an executive director named Roy Speckhardt. Many Humanists in Leisure World and the U.S. may not even know his name because Humanist values are based on science and reason to guide us, not solely the words of a leader. Humanists believe in supporting democracy and resolving social problems without resorting to violence.

Humanists believe that it’s each individual’s moral obligation to determine whether they should follow a leader and what means are necessary to achieve certain goals. Those goals should be based on human need, not on prejudices or religious abstractions.

The Humanist Club is not meeting at this time. It hopes to start meeting regularly as soon as it is safe to do so.

SBTV

from page 13

- 9 pm Terry Otte’s 75th Birthday
- 9:30 pm Bob Cole Conservancy
- 10 pm Shakespeare in the Park: Taming of the Shrew
- Tuesday, Jan. 26
- 4 pm Golf Cart Christmas Parade
- 4:15 pm Christmas Quarantine Show: The Pops
- 5 pm Tree Lighting Ceremony
- 5:30 pm Special Delivery/LW Yoga
- 6 pm Fortunado Revilla Christmas Music
- 6:15 pm LW 50th Anniversary 2012
- 7 pm SB Planning Committee Meeting LIVE
- 8 pm Ocean Perspectives
- 8:30 pm Seal Beach Christmas Parade
- 9:30 pm Bob Cole Conservancy

- 10 pm Cerritos Center– Matt Mauser
- Wednesday, Jan. 27
- 4 pm Spider and Snakey Save Christmas
- 4:07 pm LW Yoga
- 4:15 pm Christmas Quarantine Show: The Pops
- 5 pm Dove Sonza’s 75th Birthday
- 6 pm Christmas Story Song By Revilla/Williams
- 6:24 pm Spidey and Snakey Save Christmas
- 6:32 pm Fortunado Revilla Christmas Music
- 6:45 pm Golf Cart Parade
- 7 pm Terry Otte’s 75th Birthday
- 8 pm Shakespeare in the Park: Merry Wives of Windsor
- 10 pm Cerritos Center– The Four Tenors

Obituaries

...

Lavon “Bonnie” Pullman
1925- 2021

Our mom, nana, grandma, sister and friend celebrated a wonderful Christmas before soon passing away.

Bonnie is survived by her sister, Shirley; children Kelly “Linda,” Kris, Randy and Danica; grandchildren Christian, Tia, Tyler, Travis and Jillian; and great-grandchildren Paige and Kyler.

Bonnie was preceded in death by her grandson Jabriel; her parents; and siblings Genie, Lester, Bill, Donny and Gary.

Bonnie was born in Spencer, Iowa. She spent many years in Ralston, Nebraska, and moved to Seal Beach, California, in 1996.

Bonnie was an amazing and supportive mother, grandmother, sister and friend. We are missing her terribly, but we are happy knowing she was not

pain, she passed peacefully and was surrounded by family.

Bonnie has been cremated, and a celebration will be planned at a later date.

To our mom, nana, grandma, sister, friend: “Love you more.”

-Danica Sorenson, daughter

....

In Memoriam:

Martin Snidow JR 76
Eugene Sibley 92
Cara Baker 63
Timothy Drake 66
Deborah Mendoza 58
Dolores Williams 78
Betty Irwin 91
Alejandro Depaz Jr 68
Judith Willis 80
Leonado Sueldo 67
Thomas LaBonge 67
David Johnson 63
Cathy Rand 72

Families assisted by
McKenzie Mortuary,
961-9301

—Paid obituary

Obituary Notices
laurieb@lwsb.com

DEMOCRATIC
from page 14

Leisure World Democratic Club board unanimously voted to endorse Mayor Foley for election to the Board of Supervisors. She will be the speaker at the club's next membership meeting on Wednesday, Jan. 27. All Leisure World Democrats are invited to participate in this meeting. However, non-club members will need to register in advance by calling (562) 296-8521.

For more information about this upcoming special election, readers are invited to email lwsbdemocraticclub@gmail.com.

....

Democrats are also reminded to vote in the California Democratic Party run election for the state party leadership body known as the California State Central Committee. All Democrats who had registered with the party for a mail-in ballot before Jan. 11 are eligible to vote in this election. Potential voters are once again invited to email lwsbdemocraticclub@gmail.com for more information about candidates running in this election.

....

If you are a Democrat or a supporter of Democratic principles and want to know more about the club, subscribe to the free electronic newsletter by emailing the editor, Mary Larson, at mlarson.telfords@gmail.com or calling (562) 296-8521. Remember to include your full contact information.

The Leisure Democratic Club always welcomes new members and friends. LW voters who are registered as Democrats are eligible for full voting membership. Those registered as No Preferred Party voters may join as "associate" members. All Club memberships are now calculated on a calendar basis. Join or renew your membership before the end of January if possible. Both new and renewal 2021 membership forms are available by calling (562) 431-7275 or at <https://sblwdems.wordpress.com/democratic-club-membership-2/>.

The LW Weekly 430-0534

REPUBLICAN
from page 14

ated by one party leadership representation in California. Replacing Newsom with a Republican could bring some balance to the state government.

For example, compiling and calculating how much money given to political candidates is spent on their behalf, and by whom, is legally the primary job of the state Fair Political Practices Commission (FPPC). This commission is non-partisan, but currently all of the members were appointed by Democrats.

Another result of single party control is having to deal with laws like AB5. AB5 requires that most independent contractors be hired as regular employees or laid off. Exemptions can be granted for any industry, business or job type chosen by the legislature. Having

more equal political representation on both sides would make sure that the exemptions were granted fairly and equally among the companies that qualify for it.

The editorial board of the Los Angeles Times published an article explaining how the recall should not be considered a coup, but rather part of the democratic process.

The editorial concluded with, "Like it or not, California's system of direct democracy provides a process for recalling sitting governors and other elected officials, and that is what is underway. That's no 'coup,' but it's no joke either."

Those who are interested in reading the article can do so by going to <https://www.latimes.com/opinion/story/2021-01-14/editorial-recall-is-not-a-coup-and-certainly-no-joke>.

Chess Club



The Chess Club publishes weekly puzzles to keep the love of the game alive since members can no longer meet to play in person.

This week's puzzle is checkmate in three moves.

White moves first. Any answer by black, the white's third move is checkmate.

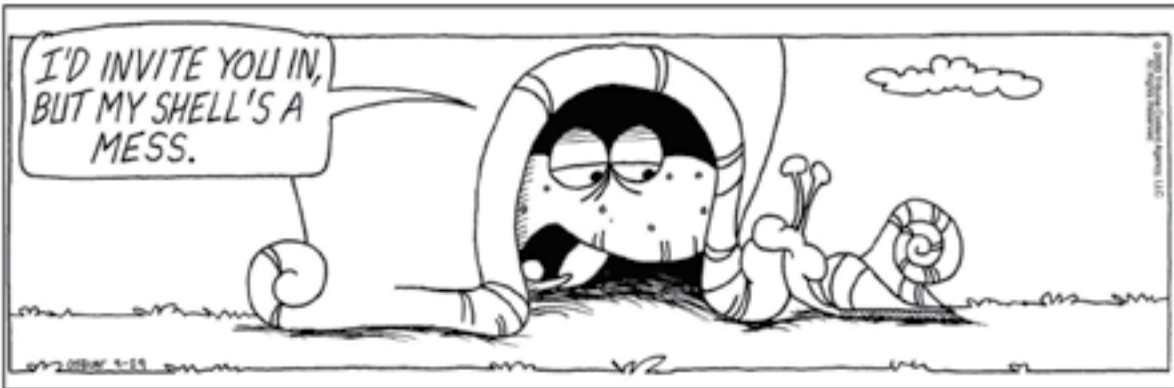
Solution to this week's puzzle is first move. Nc5 The white Knight moves from E4 to C5.

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LWWeekly

Puzzle Answers

Puzzle page 7-8



Sudoku 2 Answers

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

Guess Who?

Answer: Tom Holland

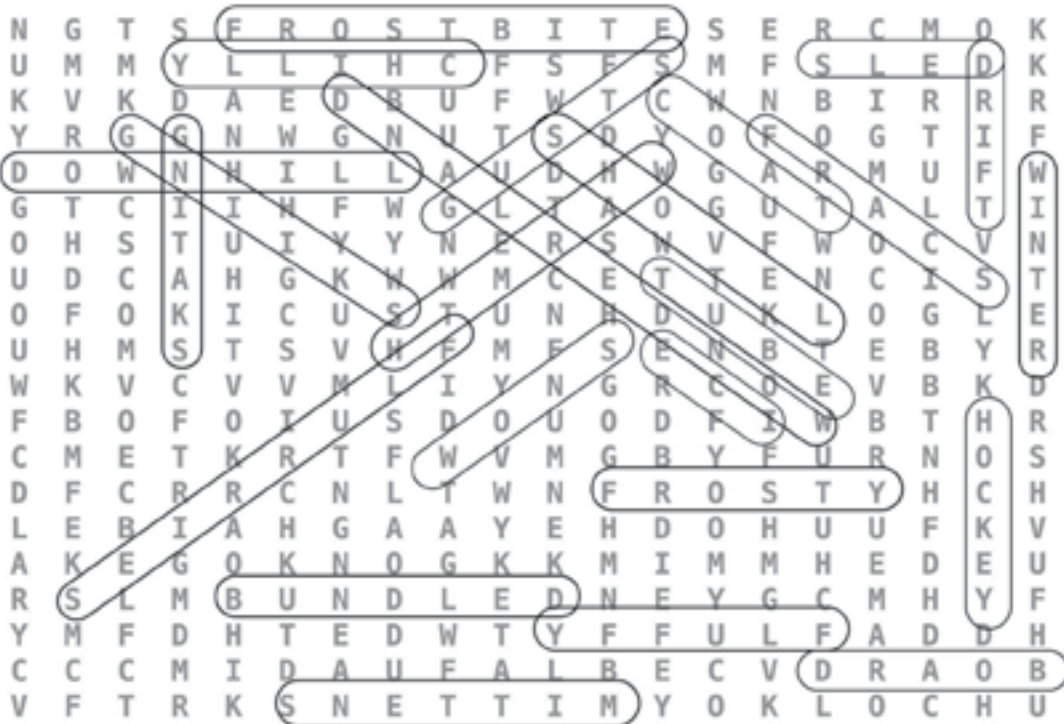
Crypto Fun Answers

A. snow B. blizzard C. frigid D. ice

Boggle BrainBusters Answers

TWO FOUR EIGHT TEN TWELVE TWENTY THIRTY FORTY FIFTY

Word-Find Answers



SCRABBLE G R A M S							SOLUTION	
L ₁	O ₁	W ₄	L ₁	I ₁	F ₄	E ₁	RACK 1 =	<u>63</u>
C ₃	A ₁	T ₁	B ₃	I ₁	R ₁	D ₂	RACK 2 =	<u>62</u>
L ₁	I ₁	F ₄	T ₁	M ₃	A ₁	N ₁	RACK 3 =	<u>62</u>
F ₄	I ₁	R ₁	E ₁	A ₁	R ₁	M ₃	RACK 4 =	<u>86</u>
G ₂	O ₁	O ₁	N ₁	E ₁	R ₁	Y ₄	RACK 5 =	<u>65</u>
PAR SCORE 265-275							TOTAL	338

Crossword Answers

CABS	ROWAN	FARCE	TEM
ALOT	EDILE	METALS	ARI
REAR	SENTA	ALINES	KIM
ITSAWONDERFUL	LIFE	EKE	
BATTERS	ODETS	DAH	
TATE	CHEER	SCENA	
DECORS	ERE	INS	CROC
ALANS	TEA	PILOT	ESSE
FIRS	THEPHILADELPHIA		
TAB	TESS	UKE	LATER
INANE	DOMED	BLISS	
ANEMO	ETA	PEAR	MSS
THEMOUNTAINROAD	PITH		
ROWE	GRADS	ANT	ARNIE
AMIS	HAD	RUE	SNEERS
MELEE	ELIAS	BAGS	
LSD	EATON	ALLURES	
TAI	MANWHOKNEWTOOMUCH		
OPA	UNDIES	ALAMO	ELLE
JIM	NOODLE	PAVAN	READ
OSS	DAWES	AMENS	SSTS

Sudoku 1 Answers

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

Jumbles: RAZOR FAITH ROCKET MEMORY
Answer: After realizing how much corn he had for sale, the farmer was grinning — FROM EAR TO EAR

COVID
from page 3

The companies also supplied support personnel to staff registration check-ins, information booths, waiting areas and the clinic itself.

Dr. Nancy Smith of the HCC even brought her daughter Chloe, who, along with other young people, welcomed LWers and answered their questions.

This week's delivery of vaccine began the process of inoculating every LW resident who wants a shot.

Currently, only those 65 years and older are eligible.

To expedite the process, residents are asked to fill out registration packets they received last weekend and keep them ready for vaccine availability.

People will need to bring them to their shot appointments.

People do not need to be members of OptumCare at the HCC to receive the vaccine.

As additional developments, news and updates occur, residents will be notified via LW Live, the communitywide email communication; lwsb.com; and the LW Weekly.

Residents are asked to be patient as GRF staff works to facilitate ongoing clinics. There are other options for finding vaccination sites.

Vaccination Options Outside Leisure World

Residents may choose to wait until vaccines are available to them in Leisure World, or they can try to find a faster route at other Orange County outlets. To find out more about outside options, visit <https://occovid19.ochealthinfo>.

According to OCHCA, as of Jan. 11, only those in Phase 1A are currently eligible for vaccination, but the the situation is rapidly evolving.

For now, if you fall within Phase 1A guidelines, contact your physician or register online through www.Othena.com.

Also, at Othena.com, users can find a full description of the state-mandated phases and eligibility requirements, as well as other requirements for vaccination.

LW residents can find more information about getting an appointment on Othena's site and can download the app at the App Store.

Patience is Key

A nationwide vaccination rollout is a massive undertaking that relies on a complex chain of companies, organizations and individuals—starting with the vaccine manufacturers themselves.

LW residents are asked to be patient as GRF staff and its partners at OCHCA, OptumCare and Care Ambulance Service work overtime to get them protected.

Sign Up for LW Live

Leisure World residents are urged to sign up for the GRF's one-way, real-time community notification system via email. LW Live is designed to keep people informed during emergencies and get the word out about safety, recreation and governance issues.

Last week, it was used to keep residents apprised of a hastily scheduled COVID-19 vaccination clinic. And alerts were sent out over the weekend when the call center crashed, when additional vaccination doses became available on Monday and when all appointments were filled.

To get this valuable information, all you need is an email address. To sign up online, log onto www.lwsb.com and click the "LW Live" icon to the right.

Don't be left in the dark; sign up today for LW Live.

OCTA 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. Construction updates are as follows:

Bolsa Avenue Full Closure

Crews will continue concrete work for a retaining wall along eastbound Bolsa Avenue. This work requires full closures of Bolsa between Goldenwest Street and Chestnut Street.

405, page 19

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Recognizing Elder Abuse

by Cindy Tostado, LCSW
GRF member resource and as-
sistance liaison

The abuse of elders and dependent adults occurs at all income levels, gender, race, ethnicity, educational background and geographic locations. Older adults age 65 and up and dependent adults age 18 to 65 are often targeted. Victims will often live in silence, unwilling to seek assistance for fear of retaliation, embarrassment, fear that nobody will believe them or fear of being alone.

Unfortunately, more and more older and dependent adults are falling prey to being victimized and abused.

The Orange County Health Care Agency reports that over 225,000 Californians become victims each year, but experts believe the problem to be much larger.

Many times, victims remain unnoticed and untreated because they are isolated. Abuse is often divided into four main categories: physical, neglect, psychological or emotional, and financial. Other types of abuse may include isolation, abandonment or abduction. Self-neglect can be detrimental to an individual's well-being and should also be reported. Individuals are most often the victims of multiple kinds of abuse.

Recognizing the Warning Signs of Abuse:

Physical Abuse

- Injuries that are incompatible with explanations.
- Bruises, scratches or other injuries.
- Inappropriate use of a physical restraint or medication.
- Neglect and Self-Neglect
- Poor hygiene, dirty or torn clothes or lack of appropriate shelter.
- Medical conditions that go untreated.
- Malnutrition and dehydration.

Psychological or Emotional Abuse

- Elderly or dependent adult is withdrawn, secretive or hesitant to talk freely around caregiver.
- Family members or caregivers isolate the elder or dependent adult, restricting contact with other family members or friends.
- Financial Abuse
- Unusual bank account activity including unexplained ATM withdrawals.
- Unpaid bills, eviction notices or discontinued utilities.
- Implausible explanations given about an elder or dependent adult's finances.
- Changes in spending patterns often accompanied by the appearance of a new "best friend."
- It is very difficult to tell if a telemarketing call is legitimate. Be cautious and do not let any caller intimidate you. Do not ever be afraid to hang up.
- Legitimate companies and organizations will not request payment in the form of gift cards. If you receive an unsolicited call from a bank, Apple, Amazon, SCE, etc. requesting payment or sensitive information, such as Social Security numbers or passwords, hang up and call the company directly.

If you suspect elder abuse, call Orange County Adult Protective Services' 24-Hour Hotline at (800) 451-5155.

- After the report, a social worker will respond immediately



Approximately 1 in 10 Americans aged 60 and above have experienced some form of elder abuse, according to the National Council on Aging. According to some estimates, up to 5 million elders are abused each year. One study estimated that only one in 14 cases of abuse are reported to authorities. Abusers are both women and men. In almost 60 percent of elder abuse and neglect incidents, the perpetrator is a family member. Two-thirds of perpetrators are adult children or spouses.

- in an emergency or within 10 calendar days of the report.
- Names of reporting parties are confidential and will not be revealed to the victim, their family, or the alleged abuser.
 - The elder or dependent adult will be given options to keep him/her safe from harm.
 - The victim and their family members can be linked with appropriate community resources.
 - Unaware family members and friends can be alerted to step in and help.
 - The APS social worker can assist victims and their families in developing individualized care plans.
 - The reporter can feel relief in knowing that a professional is assessing the situation.
 - APS social workers cannot remove clients from their homes.
 - APS social workers do not provide psychiatric assessments.
 - For psychiatric emergencies, call police and/or the Centralized Assessment Team at (714) 517-6353.
- Mandated Reporters**
Under California law, certain individuals are legally mandated to report known or suspected instances of elder abuse.
- Prevention is Key**
Protect yourself and those you love by recognizing the signs of abuse and reporting suspicions to Adult Protective Services.
- Whether you are a victim or suspect the abuse of someone you know, you are not alone when seeking help.
- Remember: If you suspect abuse, report it. In an emergency, always call 911.

SB Registration Software Update

On Jan. 20, the City of Seal Beach's recreation registration site (register.sealbeachca.gov) was down for maintenance. The website was expected to become available by today, Jan. 21. The Community Services and Recreation Department will be upgrading the recreation registration software, which will introduce a brand new registration portal. The implementation of an updated, modernized version of the registration software will help enhance the user experience, give internal staff more flexibility and capabilities, and will resolve recurring issues associated with the older software. The portal was redesigned with user experience in mind. The new registration portal will also be mobile-friendly, which will be helpful for the growing number of users who are using smartphones to manage their lives. Additionally, staff plans to implement the new software at the Seal Beach Tennis Center later this year. This will permit users to utilize the registration portal to reserve tennis and pickleball courts online, as well as manage membership payments within their household account. Recreation staff worked with the City Manager's office, the Finance Department and the city's information technology contractor (Synoptek) in coordinating the implementation of this new portal. For more information, contact the Community Services & Recreation Department at communityservices@sealbeachca.gov or by calling (562) 431-2527, ext. 1344.

Call 211 for Help

211 OC is a free, confidential hotline that connects people across North America with the local resources they need. By calling 2-1-1, 888-600-4357 (toll free) or (949) 646-4357 (local), you will be connected to a trained Information and Referral Specialist to help you.

405
from page 16

Nightly closures are set to begin as early as Tuesday, Jan. 19, from 9 p.m.-5 a.m., on weeknights, for approximately two weeks. Additionally, crews will pour concrete for the Bolsa bridge over the I-405. This work will require a full 12-hour closure of Bolsa between Goldenwest Street and Chestnut Street. The closure is set for as early as 7 p.m., Monday, Jan. 25, to 7 a.m., Tuesday, Jan. 26. A detour will be in place for pedestrians and bicyclists to navigate around the closure.

Westminster Boulevard Traffic Shift

Crews will shift traffic to the new Westminster bridge over I-405. The shift will occur in three phases and will require lane reductions. Eastbound Westminster was reduced to one lane between Springdale Street and Willow Lane, and eastbound traffic was shifted onto the new bridge Jan. 12.

Crews will be constructing the center median on weekdays and Saturdays for approximately two weeks.

Westminster will then be reduced to one lane in each direction between Springdale Street and Willow Lane from 9:30 p.m., Monday, Jan. 25, to 6 a.m., Tuesday, Jan. 26. Westbound traffic will be shifted onto the new bridge at 6 a.m. Tuesday, Jan. 26.

Crews may mobilize equipment as early as 6 a.m., and some activity may occur at night.

Fairview Road Traffic Shift

Crews also will soon shift traffic to the new half of the Fairview bridge over I-405 and begin working on the second half of that bridge. The traffic shift is set for early-to-mid February and will require bridge and ramp closures.

Demolition of the second half of the bridge will occur over two weekends, under full freeway closures and is set for late February.

The 405 Community Outreach Team will provide detailed schedule, closure, detour information in future alerts.

Off-Ramp to Beach Boulevard is PERMANENTLY CLOSED

The southbound I-405 loop off-ramp to northbound Beach Boulevard is permanently closed. Motorists will use the Beach Boulevard/Center Avenue off-ramp from now on to access north- and southbound Beach Boulevard.

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

Email 405project@octa.net or call (888) 400-8994 for more information. The I-405 Improvement Project mobile app provides quick access to current traffic conditions, closures and detours, along with project updates and links to contact the project team. Download it from the Apple Store or Google Play.

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Mutual 8-203G
\$279,000

Elegant Expanded 2 Bedroom, 1 Bath Corner home. This lovely home has several upgrades including a spacious Living Room with double pane sliding glass doors overlooking a private front patio and pretty green area. Extended side patio room is carpeted and has tiled front entry and may also be used as a formal dining room, den, office or bonus room. Kitchen has white cabinets, granite counters, breakfast bar with extra storage, tile floors, ceiling fan and built-in appliances including dishwasher, and microwave. Master bedroom is carpeted with sliding glass door to the patio. Second bedroom is also carpeted. Bathroom has tile flooring, granite counter tops, washer/dryer and added linen closet. Also featured are heat pumps in the living room and second bedroom, plantation shutters throughout, convenient Drive-Up parking and is close to carport. This is a lovely Must See home!



Mutual 1-52A
\$222,500

2 Bedroom, 1 Bath Cottage with a spacious Living Room and tile entry that overlooks a private patio and lovely greenbelt. Kitchen has a skylight, ceiling fan and built-in appliances including the refrigerator, stove, oven and microwave. Master bedroom is carpeted and also overlooks the patio and beautiful greenbelt. Bathroom has tile flooring, cutdown shower and skylight. Second bedroom has carpeting. Patio has walk-in storage and entry gate. Convenient location with just a walk to downtown Leisure World, golf, gym, healthcare facility, amphitheater and shopping center.



Mutual 1-37F
\$273,500

Delightful Corner 2 Bedroom, 1 Bath home with side expansion. This lovely home is light and bright and features a spacious living room with vertical blinds, kitchen with new custom cabinets, skylight, built-in stove, oven, refrigerator, dishwasher and microwave. Side expansion may be used as dining room, den, office, etc. Bathroom has newer countertops and cutdown shower. This comfortable home has a heat pump/AC and laminate floors throughout and is in Move-In condition. Private patio has walk-in storage cabinets. Walk to shopping center and downtown Leisure World. Carport 9, Space 6.



Mutual 2-40L
\$298,000

Warm and Cozy Fully Expanded 2 Bedroom, 1 Bath 1,150 square ft. home. The spacious living room is carpeted and has vertical blinds, heat pump with A/C, ceiling fan, leaded glass entry door, tile entry and storage cabinet. Master bedroom has walk-in closet, carpeting, heat pump with A/C, ceiling fan and vertical blinds. Second bedroom is carpeted, has vertical blinds and radiant heating. Kitchen has built-in Leisure World appliances, dishwasher, breakfast bar with extra storage, pantry and skylights that open. Bathroom has cut-down shower, washer/dryer, skylight that opens, upgraded countertops and tile flooring. This lovely home has double pane windows throughout and enjoys Drive-Up parking. Walk to downtown Leisure World, gym, swimming pool, golf and shopping center.



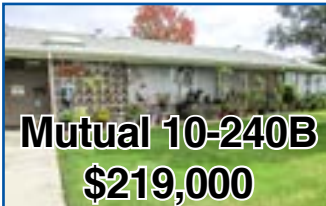
Mutual 1-30D
\$179,000

Leisure living is at it's best in this beautifully maintained and cared for home. The living room has laminate flooring, vertical blinds, heat pump and A/C. Kitchen features natural wood cabinets, ceiling fan, skylight, mirrored back splash and built-in appliances including stove, oven and refrigerator. Bathroom has a cut-down shower, light bar and skylight. Master bedroom, living room and patio all have walk-in storage and overlook a beautifully dramatic greenbelt. This is a great location, has close parking and laundry. Walk to downtown Leisure World, golf, swimming pool, community center, gym, health care center, post office, Amphitheater and Leisure World shopping center. This special home is ready to move in, faces South and enjoys beautiful sunsets and ocean breezes. Carport 12, Space 34.



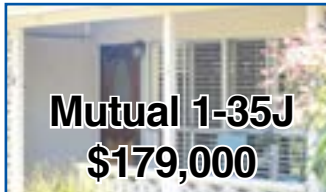
Mutual 8-202J
\$249,000

This 2 Bedroom 1 Bath home feature's a washer dryer and additional living space with an enclosed side patio room and front screened patio room. Living Room has laminate floors, heat pump, and over-looks both patio's with sliding glass doors front and side. Kitchen has natural wood cabinets, newer counters, built-in appliances including stove, oven, refrigerator, dishwasher, microwave, and skylight. Master bedroom has laminate floors, mirrored wardrobe closet doors, added storage above closet, and sliding glass door to patio. Second bedroom has laminate floors and mirrored wardrobe closet door. Bathroom has walk-in jacuzzi tub, washer/dryer, vinyl flooring and skylight. Enjoy convenient drive-up parking.



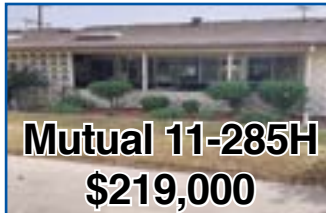
Mutual 10-240B
\$219,000

Drive up to this 2 Bedroom, 1 Bath Cottage that features a very private large wrap around patio that offers additional indoor/outdoor living space. Living Room has laminate flooring and beautiful leaded glass entry door and overlooks inviting patio. Kitchen has white cabinets with built-in Leisure World stove, oven, & refrigerator, skylight and vinyl flooring. Both Bedrooms have laminate flooring and overlook lovely patio with walk-in storage closet and an additional storage cabinet. This is a charming home and is in walking distance to Library, Friends of Book's bookstore and clubhouses 3 and 4 that feature many activities.



Mutual 1-35J
\$179,000

Warm and cozy 1 Bedroom 1 Bath home is located on a beautiful greenbelt. The lovely home has been newly painted and is ready to move in. Living Room has laminate wood floors, plantation shutters, and leaded glass entry door. The kitchen has extra-large skylight, ceiling fan and built-in Leisure World stove, oven, and refrigerator. Bathroom has extra-large skylight, and newly installed vinyl flooring. Bedroom has laminate flooring and Plantation Shutters. Private Patio has walk in storage cabinet and overlooks beautiful greenbelt with lovely trees. This property is close to downtown Leisure World, golf, swimming pool, gym and shopping center.



Mutual 11-285H
\$219,000

Charming describes this 2 Bedroom 1 Bath home. This adorable cottage features a living room with carpeting, window AC, and Leaded Glass Entry Door with Side Light Panel. The Kitchen has a ceiling fan, built-in Leisure World stove, oven and refrigerator. Bathroom has Sola Tube and cut down shower. Both Bedrooms have carpeting and overlook a wrap-around patio that has a large skylight on side patio, and walk-in storage cabinet. Spacious wrap-around patio has new indoor-outdoor carpeting added and is perfect for entertaining. This property has been newly painted and is in move in condition. A must see!



Mutual 2-19L
\$318,000

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.



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

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

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 And... Please know, I have
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Mutual 3-22-D



Cute one bedroom basic with new paint, new laminate flooring and new carport carpeting! Southwest facing on a courtyard - let the sun shine in and get that wonderful added ocean breeze! Close carport and guest parking!

Mutual 5-119-E



SIDE BY SIDE

Drive-up to this Adorable 1 bedroom with an expanded bedroom - giving extra room for office space plus has an extra wardrobe closet! Laminate wood look floors, rich looking stained kitchen cabinets, newer heat-pump, upgraded glass shower enclosure, patio with an ocean breeze!

Mutual 5-119-D



UNITS AVAILABLE!

Darling one bedroom drive-up in Downtown Leisure World! Pretty floors, updated kitchen, nice windows, great patio that catches the ocean breeze with plenty of guest parking! Be sure to check this one out. Call Robin to see!!

Mutual 6-58-A



Taking Back-Ups!

OPPORTUNITY KNOCKS! This is a great fully expanded corner with 2 beds and 1.5 baths! Needs TLC and some repairs - but, has all the right amenities! Central Heat/Air, Washer/Dryer, Bay Windows, Skylights, Smooth Ceilings, a side green, and with Mutual approval you can add a patio!



NEW LISTING
\$158,000



NEW LISTING
\$179,000



\$183,000



\$345,000



See more at www.sealbeachleisureworld.com



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 California Properties

Two-Bedrooms

Mutual 9 228K \$219,000
 wrap around patio, skylights, dual pane, heat pump, nice

Mutual 10 240B \$219,000 large
 wrap around patio, lam. floors, white kitchen

Mutual 11 285H \$219,900
 new paint, solar, cut down shower, skylights, nice

Mutual 1 52A \$225,000
 corner, btl., greenbelt, private patio, skit. skylight

Mutual 5 93A \$299,000
 cent. air, 2 patios, dual pane, skylights that open

Mutual 8 202J \$249,000
 washer/dryer, enclosed side patio, lam. floors, skylight

Mutual 15 1B \$240,000
 2 baths, scraped ceilings, move in condition, lam. floors

Mutual 5 114K \$265,000
 full expan., oversize skylight, expanded master, new paint

Mutual 1 37F \$273,500
 corner, side expansion, new counter tops, lam. floors, new custom cabs.

Mutual 8 203G \$279,000
 corner, double pane, granite counters, washer/dryer

Mutual 8 203 G \$279,000
 corner, double pane, granite counters, washer/dryer

Mutual 15 13L \$285,000 2 bath,
 very clean, double pane, enclosed patio, lam. floors

Mutual 2 40L \$298,000
 expanded, heat pump, skylights that open, washer/dryer, double pane

Mutual 5 93A \$299,000
 corner, cent. air, large skylights, move in condition

Mutual 5 126A \$315,000
 expanded corner, vaulted ceilings, lots of natural light

Mutual 2 19L \$318,000
 full expan., 1 1/2 baths, cent.air, smooth ceilings, greenbelt

Mutual 1 63F \$358,000
 corner, expanded, remodeled, cent.air, skylights, smooth ceiling, much more

Mutual 1 46G \$477,700
 This has it all. You must come and see. cherry kit. cabinets, granite counters. 2 baths, washer/dryer, cent. air and heat. dual pane, crown molding, smooth ceilings walk to golf course and town center.

Mutual 1 35J \$179,000
 btl. greenbelt, new paint, 2 extra large skylights, lam. flooring, nice

Mutual 1 30D \$179,000
 btl., natural wood cabinets, great green belt, Hurry on this one

Mutual 2 22D 179,900
 expanded, 2 skylights, cut down shower, great condition

Mutual 5 119D \$183,000
 located downtown, upgraded windows, kit, and bath skylights, very nice

Claudette "CC" Cooley
 310-484-9600



Linda Patton
 562-522-3364



Bill Berman
 714-606-5258



CAROL GASPER

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<http://www.sealbeach-retirementcommunity.info>



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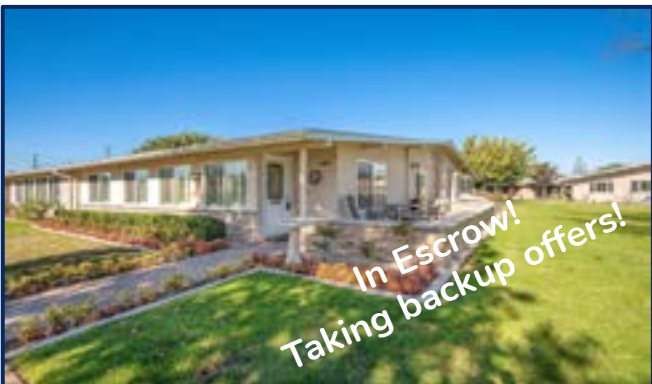
12501 Seal Beach Blvd. #100
Seal Beach, CA 90740

For 2021, I have a total of 1 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 | \$455,000

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!



1080 Brookline Road #213A | M9 | \$499,000

Gorgeous Fully Expanded Corner Unit with Large Side Patio overlooking Beautiful Greenbelt. 2 Bedrooms, 1 1/4 Baths, 3 Heat Pump Systems, Washer/Dryer, Granite Countertops, Engineered Wood Flooring, Dual Pane Windows, Plantation Shutters and Much More!



13044 Del Monte Dr #44G | M15 | \$549,000

CUSTOM REMODELED ATRIUM with 2 Patios! Has Every Bell and Whistle Desired. Gourmet Kitchen that has been Opened Up to the Living Room. 2 Bedroom with 2 Full Baths!



1861 St., John Rd., #38C, | M15 | \$429,000

Corner Atrium Unit with Large Fenced Front Patio with Storage Units. Great drive-up location, 2 Bedroom, 1 Bath, Dual Pane Windows, Stainless Steel Micro & Refrigerator, Mirrored Closet Doors, Cut Down Shower.



1700 Tam O'Shanter #2J | M14 | \$445,000

Fully Remodeled. 2 Bedroom, 2 Full Bath. Wood Flooring, Central AC/Heat, Full Size Washer/Dryer. Stainless Steel Appliances. Granite Countertops. Custom Cherry Wood Cabinets.



1800 Sunningdale Rd., #18H | M14 | \$279,500

2 Bedroom, 1 Bath with Private Entrance. Located on a Nice Greenbelt with Drive-Up Parking. High Side Expansion, Large Patio Storage Closet, Laminate Flooring, 3 Skylights, Central A/C. Great Location!



13381 El Dorado Dr. #202B | M8 | \$245,000

Nice Private Location. Charming 2 Bedroom, 1 Bath with High Side Expansion. Washer/Dryer Combo, Heat Pump, Fireplace, 2 Skylights, Cut Down Shower and Close to Parking.



1671 Interlachen Rd., #285i | M 11 | \$385,000

One Of a Kind, Completely Remodeled 2 Bedroom, 1 1/2 Bath. New Vinyl Flooring, Quartz Countertops, Central A/C Heat, Washer/Dryer, Dual Pane Windows, Smooth Ceilings, Cam Lights. Parking Spot Close by.

"Carol was a knowledgeable and dependable representative in our real estate transaction involving a Leisure World unit. She worked tirelessly to make sure that a rather complex buy went through without a hitch. We are grateful for the time she spent and how she kept us informed every step of the way. Go Carol!"

-BONNIE (AND KEN)
MORIMOTO

On January 19th, 2020 a total of 74 units show as active listings on the CRMLS (this is where Realtors list property for sale).

15 - 1 bedroom/1 bath
from \$150,000 to \$214,000

38 - 2 bedrooms/1 bath
from \$199,000 to \$429,500

21- 2 bedrooms/2 baths
from \$240,000 to \$485,000

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!

01/19/2021- Year To Date MLS Activity

