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On the Road to Recovery

COVID-19

Bus service will be available all day during LW clinics

IMPORTANT: Before pre-registering for the COVID-19 vaccine, check with your personal physician on whether you are a candidate to receive it.

Parking is limited near Clubhouse 6, so people receiving vaccinations at shot clinics in LW are encouraged to use alternate means of transportation. Several options are available.

- LW Minibus—Regular route service is available from 8 a.m.-6 p.m. All blue-and-white Minibuses will stop at the Clubhouse 6 vaccination clinic. Call (562) 431-6586, ext. 372, for specific route instructions or more information.
- LW Access Bus—People with mobility issues can schedule service in advance by appointment only. Call (562) 431-6585, ext. 379, between 7:30 a.m.-5 p.m.
- LW On-Call Bus—Those whose vaccine clinic appointment times fall outside of regular Minibus service hours can call (562) 431-6586, ext. 379, and request the LW On-Call Bus. Appointments should be made in advance.
- Some medical insurance plans offer transportation services. Contact insurance providers to check on benefits for this service.
- Those who have complex medical needs and/or require transfer assistance should arrange transportation through a home care service.

If you need home care service options, contact Cindy Tostado, LCSW, at (562) 431-6586, ext. 317.

MIND BOOSTERS

Popular series will be offered online

The Alzheimer’s Family Center (AFC) is offering its popular Mind Booster series every Tuesday for five weeks from 1-3 p.m. starting Feb. 16. The AFC offered this series at a cost last year, and the program filled to capacity. Now it is offering it for free over Zoom. The series includes a variety of experts giving information on how to stay cognitively healthy despite the rigors of stay-at-home orders and the isolation they bring.

- The schedules is as follows:
- Feb. 16—Week 1: Dr. Joey Gee, neurologist
  - Feb. 23—Week 2: Dr. Nasira Burkeholder-Cooley, nutritionist
  - March 2—Week 3: Dr. Cheryl Alvarez, psychologist
  - March 9—Week 4: Fay Blix, elder law attorney
  - March 16—Week 5: Patrick Wallis, AFC activities director
- Register by emailing [josuna@afscen-ter.org](mailto:josuna@afscen-ter.org) or call (714) 593-9630.

COVID-19 CLINIC, PRE-REGISTRATION UPDATES



A LW resident waits for her turn at the Jan. 18 COVID-19 shot clinic held at Clubhouse 6. A second round of shot clinics are set for Jan. 30 and 31. People who will be vaccinated then have already been notified. If you need to pre-register and do not have online access, call (562) 286-6077 Jan. 30 and 31 between 8 a.m.-4:30 p.m. to be included in the database for a future clinic; pre-registration by email is preferred. This call center is for people who do not have computer access. Names are randomly selected from the pre-registration database, so people can call at their convenience over the two days.

Patience requested as COVID vaccine protocols fine-tuned

**How to Pre-Register for Vaccine Clinics by Phone**

In an effort to distribute the COVID-19 vaccine in a fair and orderly manner to all Leisure World residents at upcoming clinics, the following procedures are being implemented:

- Residents may sign up any time at <http://www.lwsb.com/vaccine/>. Those who do not have access to the Internet may call (562) 286-6077 to pre-register only on Saturday, Jan. 30, or Sunday, Jan. 31, between 8 a.m.- 4:30 p.m.

A special phone line has been set up for Korean speakers on the same days at (562) 296-4161. Online registration is highly recommended. Phone registrations will be spread out over the two days to avoid server issues.

REGISTER, page 3

**Second Vaccine Clinic is Jan. 30-31**

In addition to the pre-registration call center, the GRF with OptumCare is hosting Leisure World’s second COVID-19 vaccination clinic this weekend at Clubhouse 6.

Leisure World residents who will be getting the vaccine this weekend have already been notified. There will be future clinics for people who did not receive a notification.

Names were randomly selected from the pre-registration database, and GRF staffers have already contacted people to book their appointments for either Saturday or Sunday. If you did not receive an appointment confirmation, you will be notified when your turn comes at a future clinic.

CLINIC, page 3

IN MEMORIAM

Popular LW entertainer has died

Thomas “Tommy” Lee Williams, 60, a dynamic entertainer well known throughout LW for mesmerizing Leisure World residents on the Amphitheater stage and at dances, picnics and Toys for Tots Christmas shows, has died. He passed away unexpectedly of heart-related issues on Jan. 19, 2021, in his Mutual 2 home, according to his family.

Tommy was born on May 28, 1960, in Bellflower, California. His lifelong passion was entertaining others with his phenomenal singing voice. For more than a decade, he has been a mainstay of the Leisure World entertainment circuit, most recently as president of the Cabaret Entertainers Club. In addition to the Cabaret Entertainers, he

was associated with the Velvetones big band group and the Vinyl Rock Classic Rock & Pop Band, among many others.

He will be best remembered on-stage, wearing a sparkly costume with a microphone in his hand and a signet ring on his finger. He was known for his elaborate sets and costumes, not to mention over-the-top Halloween and Christmas decorations at the home on El Dorado Road that he shared with his mother, Helen Schultz. She never missed the chance to cheer him on at LW shows and events.

Tommy put in countless hours coordinating, decorating, emceeing and performing for the grateful residents

APPRECIATION, page 10 Tommy Williams at a July 4 event.







A bird's eye view of the Naval Weapons Station Wharf area, which is undergoing construction.

NAVAL WEAPONS STATION

New civilian boating channel opened Jan. 21

After a nine-month-long construction period, a new civilian boating channel through the Anaheim Bay was opened to the public on Jan. 21.

Once the new channel is opened, the old channel will become part of the Naval Weapons Station Seal Beach restricted area and will be blocked off.

The new channel will provide a simpler, more direct route between the ocean and Huntington Harbour while improving safety for both the boating community and the Navy.

Work on armoring the sides of the new channel will continue for several more months.

The new channel is part of a five-year-long Navy project to build a replacement ammunition pier and improve the safety, security and efficiency of Navy operations inside Anaheim Bay.

Commencing operations in 1944 as a U.S. Naval Ammunition and Net Depot, Naval Weapons Station, Seal Beach, is the Pacific Fleet's premier munitions loading installation. The base serves an average of 40 United States Navy warships annually.

Scam Alert

Hacked email accounts used to scam friends

Most people get emails every day from friends and family, and never think twice that they could be phony.

But beware of suspicious emails from someone you know asking for help or money.

Fake emails look like they are coming from friends' actual email addresses, with scammers asking for loans or other "help" that could cost you.

Don't immediately follow instructions in the email, especially if they ask you to wire money anywhere.

Call your friend first to verify their whereabouts before sending money.

Scammers can hack into email accounts and take control of them. The emails are infected with a virus, and when someone opens the infected email attachment, the hacker is able to send out a mass email to all the person's friends.

According to experts, scammers are also hacking into people's Facebook accounts and asking their Facebook friends to wire money to foreign countries.

Many people who fall for these scams lose thousands of dollars.

Email companies like Yahoo advise people to have the most updated anti-virus software available on their computers.

SMARTPHONE HELP

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Let the expert trainers at California Phones help you make the most of your SmartPhone. Android and iPhone webinar trainings are offered free from the comfort of your own home. Space is limited.

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This is a two-part online training. To participate, you will need a computer, Internet service and a valid email address.

For more information or to sign up, call 1-866-271-1540 or email [smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org).

CERT

Heavy equipment expertise needed

LW's Community Emergency Response Team (CERT) is seeking retired heavy equipment operators to help in the event of an emergency. The West County CERT program's primary purpose is to educate people about disaster preparedness for hazards that may impact them at home. Training covers basic disaster response skills, such as fire safety, light search and rescue, team organization and triage. For more information, contact [phillip.mandeville@gmail.com](mailto:phillip.mandeville@gmail.com) or (562) 879-0120.

STATE WATER CONTROL BOARD

Avoid backups by using only toilet paper

The Public is Advised to NOT Flush Disinfecting Wipes, Paper Towels Down the Toilet — Throw Them Away Instead

The State Water Board and other public agencies encourage Californians to follow the Centers for Disease Control recommendations to clean surfaces with disinfecting wipes to reduce the spread of COVID-19. But it is important to discard those items in the trash, not the toilet.

Flushing wipes, paper towels and similar products down toilets will clog sewers and cause backups and overflows at wastewater treatment facilities, creating an additional public health risk in the midst of the coronavirus pandemic. Even wipes labeled "flushable" will clog pipes and interfere with sewage collection and treatment throughout the state.

Wastewater treatment facilities around the state have reported issues with sewer management collection systems. These facilities are asking state residents to not discard wipes in the toilet, but instead to throw them in the trash to avoid backups and overflow.

A majority of urban centers are on centralized sewage collection systems depend on gravity and enough water flow to move along human waste and biodegradable toilet paper. The systems were not designed for individual nylon wipes and paper towels. The wipes and paper towels do not break down like toilet paper, and therefore clog systems very quickly.

Leisure World is especially vulnerable as many of its pipes are more than five decades old.

Wipes are among the leading causes of sewer system backups, impacting sewer system and treatment plant pumps and treatment systems. Many spills go to the state's lakes, rivers and oceans where they have broad ranging impacts on public health and the environment. Preventing sewer spills is important, especially during this COVID-19 emergency, for the protection of public health and the environment.

Pedestrian Safety Tips

by Eloy Gomez  
safety/emergency coordinator

- Pedestrian safety tips are for people who walk on foot while on the road/street as they are exposed to certain forms of risk. People have different preferences when it comes to transportation, but at one time or another, everyone is a pedestrian, so these tips are for you.
1. Carry a flashlight when walking at night.
  2. Cross the street in a well-lit area at night.
  3. Always walk on the sidewalk, never on the roadway.
  4. Stay sober. Walking when drunk increases your chance of being struck.
  5. Don't assume vehicles will stop. Make eye contact with drivers. Don't just look at the vehicle.
  6. Look left, right and left again before crossing a street.
  7. Don't wear headphones or talk on a cell phone while crossing.
  8. Never dart or dash out into the street.
  9. If walking in the dark, wear light-colored clothes and, if possible, reflective stripes.
  10. Know and follow all traffic rules, signs and signals. You need to be aware of the rules vehicles around you must follow to properly anticipate what drivers will do.
  11. Use crosswalks. If a crosswalk is unavailable, be sure to find a well-lit spot on the road to cross and wait for a gap in traffic to make it safely across the street.
  12. Pedestrians should be especially careful at intersections, etc.
- To stay safe, never neglect these safety tips any time you are walking on foot on the road.
- For your safety, and in an effort to reduce the spread of COVID-19, all high-visibility pedestrian flags have been temporarily removed. So people need to use extra caution when using crosswalks.
- For more information, contact 431-6586, ext. 356.

Economic Impact Debit Cards Explained

Did you receive a letter and debit card labeled "Economic Impact Payment" from the U.S. Department of Treasury? Millions of second-round stimulus payments sent by the Treasury Department and Internal Revenue Service as prepaid debit cards are arriving now, and the LW Weekly has had some calls from residents who suspect the cards could be a scam. People are rightly suspicious of unsolicited cards through the mail; scammers are always waiting to take your money from you.



DEBIT, page 19

# Alpine

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Sign Up for LW Live

Sign up for the GRF's one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about safety, recreation and governance issues. To sign up online, log onto [www.lwsb.com](http://www.lwsb.com) and click the "LW Live" icon to the right.





J&J Landscaping has taken over the golf course maintenance and landscape contract.

## New Service Provider Pledges Excellence

The GRF has awarded J&J Landscaping, owned by Jose Anguiano, the contract for golf course and community facilities landscaping effective this month. J & J Landscaping also services Mutuals 1, 2, 5, 8, 10, 14 and 17. Jose's brother John of John's Landscape held the contract prior to January. The GRF wants to thank John for his many year's of excellent service to the community.

John and his younger brother, Frank, began work in the community in the early 1970s, when landscapers were GRF employees.

When GRF disbanded the landscaping team and hired outside landscape companies, John and Frank started their own companies and began obtaining contracts.

Frank Anguiano has worked for Mutuals and independently on smaller projects for many years.

John's Landscape began upkeep on the golf course and community facilities in 2015, a contract held by Associated Landscape Management (ALM) for many years.

In February 2018, John changed the name of his company to Anguiano Lawn Care in keeping with its focus on grounds maintenance, rather than tree and arbor work.

The company installed many sprinkler systems and, most recently, the foliage at the Main Gate globe area. He also beautified trust medians and flower bed areas. He and his staff have been very responsive over the years to the needs of the various boards of directors when choosing landscaping options and responding to issues that arise in the field.

John Anguiano's company has been beautifying Leisure World for more than 40 years. His company currently services Mutual 6.

Now the youngest brother will take over. Jose Anguiano was able to retain two of the existing golf maintenance crew and pledges to work hard to keep Leisure World beautiful. He wrote the following letter to introduce himself to LW residents.

Dear Leisure World Residents,

First, we as a company wanted to say thank you for choosing us as your landscaping company to take care of your golf course and community facilities from now on.

We look forward to providing the best service possible. Our customer service is a top priority. We are always one phone call away to fix any situation.

Many Mutual presidents will tell you that we try to be the most responsive company out there.

We currently work in seven Mutuals and take pride in doing our utmost to improve the community. Leisure World residents will not have to worry about our work ethic declining.

On the contrary, we will do whatever we can to improve together as a team. We have been in charge of the community facilities and golf course for only three weeks, and a lot of work has been done already.

We currently have three workers maintaining the golf course and three working in the community at large.

These are extra workers that we hired before the new year started so we wouldn't be short on staff. We have a total of 25 employees working in designated locations, and the more we grow, the more employees we will hire.

Since taking over the contract, we have already checked the whole irrigation system at the golf course and are currently working on fixing faulty sprinklers and pipes. We have also lowered, aerated and fertilized the whole golf course.

As for community facilities, in two weeks, we have cleaned up the entire street side along Seal Beach Boulevard and Westminster Boulevard. The LW globe area has been cleaned as well as the planters along St. Andrews Drive.

My crew worked hard on a Saturday to lower all the grass areas at the clubhouses so we can fertilize them and have them looking nice and green again at no cost.

At Clubhouse 2, we weeded the lawn, which has also been fertilized. All the roses have been pruned at the clubhouses, and the Administration area near the LW Pharmacy has been cleaned.

We have been doing a lot of labor out of our own pocket because we want the same as many of you, the best for this community!

So look for many changes and more improvements as we work to provide one of the nicest golf courses around. Our goal is to have the people who drive by the community say, "WOW!"

As residents, you deserve the best, and we will do our best to deliver.

Sincerely,

Jose Anguiano

owner of J&J Landscaping Inc.

Jose Anguiano Jr.

co-owner of J&J Landscaping Inc.

## Rain is Coming— Here's What to do

A storm system bringing significant rainfall is predicted to blow through Seal Beach on Thursday and Friday.

Here are some tips to stay safe.

Water can pool on Seal Beach and LW streets during a down-pour, so avoid driving in heavy rain, and never drive through a flooded roadway (or walk across a flowing stream of water).

Park your car in a safe spot. Avoid gutters that could flood during high water volume.

Watch for utility workers working near roadways during storms. Slow down at intersections, especially those with non-working signal lights, and treat them as stop signs.

Stay clear of trees that may have weak limbs, making them susceptible to breaking off in a storm.

Make sure skylights are securely closed to avoid leaks.

Keep pets inside.

To report a fallen tree or traffic signal outage, call Security at (562)594-4754. In an emergency, always call 911.

## CLINIC

from page 1

Clinics will be scheduled as soon as vaccine becomes available.

People with confirmed appointments should bring their completed registration forms (packets were delivered to every door on Jan. 16-17), a GRF ID and an insurance card if available to Clubhouse 6.

Come 10 minutes before the scheduled time.

Parking is extremely limited, so avoid driving if possible (see *transportation options, page 1*). People with medical concerns about taking the vaccine should consult their doctors.

The post-vaccine observation time could be as long as 30 minutes, so plan accordingly.

Follow-up shots, to be administered in three weeks, will be scheduled before residents leave, so make sure to wait until a health provider releases you and gives you an appointment card.

Residents are asked to be patient as OptumCare and other health providers procure vaccine for this community; everyone who wants one will get a vaccine in due time.

In the meanwhile, continue to wear masks, keep a safe distance from non-family members and stay home as much as possible.



Susan Richardson (center) accompanied her mom, Oek Yang of Mutual 7, to the Jan. 18 COVID-19 shot clinic.

## REGISTER

from page 1

- For faster registration, have the following information ready:
  - » Name
  - » Name (living in same unit)
  - » Mutual number
  - » Unit number
  - » Email
  - » Phone number
  - » Date of birth
- Before pre-registering for the COVID-19 vaccine, check with your personal physician to make sure you are a candidate to receive the vaccine.

All entries will be added to the database of those who want the vaccination. People aged 65 and older are currently eligible to receive the free vaccine. If you are under 65, you will be entered into a separate database to be used once the vaccine is made available to you. If one person in a couple is under 65, it is preferable to register together for the later date or to register separately if the older person needs to be vaccinated sooner.

Each time the GRF is advised of a vaccine allocation and another clinic can be held, the system will randomly select names of people to receive vaccinations. Those people will then be contacted with an assigned appointment time and day.

People who called to register will be notified by phone; those who registered online will be emailed.

Because there was only 12 hours' notice prior to the last vaccine clinic and that trend is expected to continue, people won't be able to select preferred times and dates for vaccines. Residents must show up for appointments assigned to them. Bring the COVID-19 registration packet that was delivered Jan. 16-17.

Of importance:

- Multiple submissions from the same person in an effort to improve his or her chances of being chosen will be automatically removed from registration.
- A family member may register a resident who is unable to do so.
- Residents must be available to take the second dose three weeks after the first dose.
- Couples will be scheduled together by completing the one form with both names.
- If you are unable to complete registration by email or telephone, contact Cindy Tostado at (562) 431-6586, ext. 317, for a copy of the form.

This pre-registration form places residents on a registration list only. You will be contacted once an appointment date and time have been assigned for you.

The GRF intends to conduct vaccination clinics until every resident who wants to be vaccinated has received the vaccine. Being the first to complete the form, whether online or on the phone, has absolutely no bearing on which clinic you will attend.

The process is completely random, and everyone who wants the vaccine will get it at some point.

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# Perspectives

## Letters to the Editor

Editor:

The Cool Cardboard Contest was a success, and the GRF is to be credited for the great idea and promotion during the sheltering-in-place COVID-19 crisis.

I was reluctant to enter the contest, but the Holy Spirit instructed me to create my entry, using my talents, skills and abilities in making Snoopy, the Flying Ace; Woodstock, the yellow canary; and myself on a biplane flying around a large rainbow over Leisure World, delivering COVID-19 vaccine, for God's glory.

When I was 10 years old, I read my favorite magazine Model Airplane News at the Van Nuys Library. I made several model airplanes that I had tethered with a string on the wing tips to fly around in wide circles over my driveway.

It has been nearly 70 years since I have created a model airplane, but I had 29 years as an aerospace engineer as well as 14 years as a certified occupational therapist. In creating my entry this month, I was inspired by the work of Charles Shultz, a Christian cartoonist and evangelist on the streets of his hometown, Minneapolis, Minnesota, to re-create Peanuts' characters for my cardboard creation.

On Jan. 15, I went to Veterans Plaza to see the 31 entries. I was disappointed that some entries were very amateur. In future contests, there should be categories from expert to beginning, for people with no model-making experience.

I also suggest that the contest judges should closely examine each entry to ensure as fair a competition as possible.

Jim M. Yoshioka  
Mutual 7

Editor:

I am a true testament to the efficiency of LW Live. I followed the phone instructions of GRF vaccine appointments, with 40 calls on Saturday and 20 early Sunday morning.

I went to church on Facebook before I received a LW Live email that all appointments were filled. Then I received a LW Live email at 12:03 p.m., reporting that extra doses were available.

The email provided a time for a shot on Jan. 19. Immediately I filled out the simple form, and within 10 minutes, I got an emailed confirmation. LW Live is a tremendous asset for shareholders. It keeps me up-to-date within my wonderful retirement community. My advice to all neighbors is sign up for LW Live (see page 2 for information on how to sign up).

Joanna Matos  
Mutual 2

Editor:

Leisure World, Seal Beach, is the luckiest place in the world, and I love it! I was treated to a gracious and easy vaccine experience at Leisure World on Jan. 18. After watching the news with hundreds of cars lined up and hearing about appointments at 3 a.m., I was afraid that my vaccine experience would be a long and uncomfortable one. Instead, I was treated to a warm, friendly, organized, efficient, professional, caring experience, and I felt safe.

Thank you GRF Recreation Department, GRF Security Department, OptumCare medical staff, CERT and Care Ambulance Service, GRF staff, all medical volunteers, and all volunteers and employees of Leisure World who make life so good!

Teri Subia  
Mutual 17

Editor:

On Saturday, I got the forms to sign up for the COVID-19 vaccine. I called and finally got the message that all appointment slots were full and to check with our LW Weekly.

It's wonderful that LW is providing this, as so many don't drive. (I still do, thankfully!)

And it's a bonus that you (LW Weekly) are providing a contact for information. I would think that it will be awhile before more openings are available with 9,000 residents here, but any information will be promising.

Gail Morrison  
Mutual 2

## COVID Chronicles

by Joan Rose

LW contributor

During this pandemic and lockdown, I've had time to think of many things, and one of the things I think about is my memory. The brain is an organ that scientists are still learning about, and the mind is one of the most amazing computers ever designed.

However, I don't think of the mind as a computerized machine, but rather a memory keeper. In my mind, the memory keeper is an older woman who wears her dark hair in a bun. Her name is Doris, and she works in the Memory Unit of my mind, keeping everything shipshape with her wonderful filing system.

At first, she would sit at her desk wearing her no nonsense blouse and skirt and sensible black shoes, waiting to take the call from Central, which would ask her to find a memory for me. Since I was busy making memories when I was younger, Doris didn't have much to do, and she would sit at her desk playing crossword puzzles. Central sent all these memories I was making into numerous files in the filing cabinets that took up large sections of a great warehouse in the Memory Unit.

As I got older, I would try to think of something, and Doris would run to the filing cabinet, find the right file and instantly send the memory to me with a touch of a button on her desk.

The system worked fine until I reached age 50, and Doris found that she was working harder to find those memories for me. Instead of an instant response,

## Perspectives Policy

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

**Letters to the Editor:** Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email (preferred), regular mail or hand-delivered.

Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate.

The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

**Member Column:** At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community.

Priority goes to first-time or less frequent writers. Some names will be left out to protect privacy.

**Contributor:** Restaurant review, theater review or travel journal submissions welcome.

it took Doris a little longer to go through those files to find the correct memory.

Just as a hobby, Doris had a wonderful record collection and a trusty old record player. Since I was musically inclined, my memories of music were forever saved.

The records she played contained most of the hit songs from the '40s and '50s, along with various show tunes, operas and classical music.

During those times when I wasn't looking for a memory, Doris would get bored and play those songs in my head. If I was idle, Doris would begin to play old Broadway songs or even music from operas like "Carmen," sung by an amazing soprano or a wonderful tenor. One morning I awoke to the opening trumpet blasts from the "William Tell Overture," and the overture was then played with full orchestra accompaniment. It was astonishing!

As time went on, I found that selecting memories from my mind took Doris a little longer. She was probably getting older, like me, and she wasn't as spry as she once was.

When I was in my 60s, I was in my yard talking to my neighbor, Carol. I had known Carol since I first moved into the neighborhood years ago. Barbara, another neighbor, came up to us, and we nodded. She had just moved into the neighborhood and I didn't think she knew Carol, so I thought I would introduce them.

I smiled and said, "Barbara, this is my neighbor..." all I could draw up from my memory was a

blank. A BLANK!

Finally, Carol put out her hand and shook Barbara's hand and said, "I'm Carol." Of course, I was mortified and apologized to both of them, but it was a strained moment, and I wondered what on earth was happening to my memory. Thinking back to that time, I think Doris may have been out to lunch during that fateful moment. Or perhaps she was taking a little nap.

But I soldiered on, and when I reached my 80s, I realized that things had really gotten out of hand. Sometimes I would look at a photo of a famous actor or actress and couldn't remember his or her name. Try as I might, I couldn't remember it, but I knew that if I waited a few hours, the name would suddenly pop up in my mind.

Doris was probably now using a walker, and the file cabinets had doubled in the last few years, so it took her a long time to find the right file.

Now we are into the computer age, and of course, I could probably cheat (which I sometimes do) and look up anything I want on Google. But I know that if I have patience, the name will come to me.

Doris is still playing the old songs in my mind, and they only stop if I am watching television, reading or sleeping. I don't mind it, and I sometimes sing along.

I am always surprised when some of the old songs from movies made by Jeanette McDonald and Nelson Eddy come on - beautiful songs from the movies "Girl of

MEMORY, page 19



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LWWeekly

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VOL. 45 NO. 4

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# Government

## GRF Board of Directors Special Agenda

Friday, Jan. 29, 1 p.m.  
Clubhouse 4 and Via Livestream

To view the live GRF Board meeting, go to [www.lwsb.com](http://www.lwsb.com) and click on the “Live GRF Board” meeting tab. 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) Shareholder/Member Comments

a) Written, submitted prior to meeting

b) Verbal, via live streaming

Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to: 4-minute limit per speaker, when there are no more than 15 speakers; 3-minute limit per speaker, 16 - 25 speakers; 2-minute limit per speaker, over 26 speakers.
- 5) New Business

a) Consent Calendar: AB 3182 Committee

i) Adopt 50-1641-4A, Seal Beach Mutual Lease Agreement

ii) Amend 30-1001-5, Glossary of Terms

iii) Amend 50-3182-1, Member/Owner (M/O) Renter/Lessee (R/L)—Rules

iv) Amend 40-3182-2, Member/Owner (M/O) and Renter/Lessee (R/L)—Fees, Fines and Deposits

v) Amend 70-1480-1, Arts and Crafts Festival

vi) Review 50-1641-4, Seal Beach Mutual 17—Lease Agreement

b) COVID-19 Ad hoc Committee

i) FINAL VOTE: Adopt 70-1448-3R, Emergency Operational Rule—Mission Park, Phase Two
- 6) Board Member Comments
- 7) Next Meeting/Adjournment

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

## 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.

## Mutual Meetings

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

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

## Recap of GRF Board Activity—Jan. 26

**Approved Consent Agenda:** MOVED and duly approved the Committee/Board meeting minutes for the month of December 2020: the minutes of the Dec. 11, 2020, Recreation Committee Board meeting; the minutes of the Dec. 21, 2020, Executive Committee Board meeting; the minutes of the GRF Board of Directors meeting, dated Dec. 23, 2020; the minutes of the Special GRF Board of Directors meeting, dated Dec. 30, 2020; the GRF Board Report, dated Jan. 26; acceptance of the Financial Statements, December 2020, for Audit; and the Reserve Funds Investment Purchase.

**General—Reopening—Amphitheater (for Religious Services):** MOVED to approve the reopening of the Trust Property amenity identified as Amphitheater (for religious purposes) under emergency action 70-1448-3D and provisions of prevalent Orange County public health and safety orders.

**General Reopening—Mission Park (Bocce Ball and Multi-Use Courts):** MOVED to approve the reopening of Trust Property amenity identified as Mission Park, including the Bocce Ball and Multi-Use Courts, under emergency action 70-1448-3C, and provisions of prevalent Orange County public health and safety orders.

**General Reopening—Golf Course:** MOVED to approve the reopening of Trust Property amenity identified as Turtle Lake Golf Course under emergency action 70-1448-3T, and provisions of prevalent Orange County public health and safety orders.

**General Reopening—Veterans Plaza:** MOVED to approve the reopening of Trust Property commonly identified as Veterans Plaza under emergency action

70-1448-3P and provisions of prevalent Orange County public health and safety orders.

**General Non-budgeted Funding, Fire Protection Service for Trust Property:** MOVED to terminate the contract with National Fire Protection for failure to provide services and award a three-year contract, for a total not to exceed \$24,192, with All American Fire Systems, Operating funding, and authorize the President to sign the contract.

**General Emergency Reserve Funding—Sewer Lift Station, Clubhouse 2:** MOVED to ratify the emergency action and relative Reserve expenditures, in the amount of \$25,547, for the replacement of critical components of the Sewer Lift Station at Clubhouse 2, per Pumpman proposal 18115R1, dated Jan. 13.

**General Non-budgeted Funding, COVID Vaccinations:** MOVED to approve \$50,000 of non-budget operational funding for the sole purpose to support actions of OC Heath Care Agency and Optum to dispense the COVID-19 vaccine to community members on-site.

**Executive Committee Amend 30-5093-1, Member Rules of Conduct:** MOVED to amend 30-5093-1, Member Rules of Conduct, clarifying prohibited behaviors, adding Member/Owner and Renter/Lessee wording, and adding wording applicable to GRF staff and GRF-contracted service providers while in the Mutuals.

**Executive Committee Adopt 30-3182-1, Member/Owner (M/O) Responsibility for Renter/Lessee (R/L):** MOVED to adopt 30-3182-1, Member/Owner (M/O) Responsibility for Renter/Lessee (R/L).

**Executive Committee Approve GRF Election Mate-**

**rials:** MOVED to approve the 2021 election materials and the election process for the 2021 GRF Board of Directors election.

**Executive Committee Award Election Provider Contract:** MOVED to approve a three-year contract with Accurate Voting Services Inc. as Inspector of Elections under Civil Code §5110, in the amount of \$121,552, per proposal dated Jan. 14, and authorize the President to sign the agreement.

**Recreation Committee Amend 70-1445-1, Mission Park:** MOVED to amend 70-1445-1, Mission Park, adding renters/lessees as users of the multi-use facilities and indicating that 911, rather than GRF Security, be contacted when persons are injured, as presented.

**Security, Bus & Traffic Committee Conceptual approval—Contracted/Off-site Bus Service:** MOVED to conceptually approve contracted off-property bus service, one day per week, for seven operational hours of service and authorize the Security, Bus & Traffic Committee to fully develop the necessary agreements and to seek the Finance Committee’s determination if sufficient non-budgeted operational funds would be available. The Security, Bus & Traffic Committee shall return to the Board a formal request upon satisfying the following conditions: Finance Committee determination on the availability of non-budget operational funding to support the proposed transportation service, with possible cost-recovery options, public health and safety orders would allow for the full use of a 16-passenger bus, complete contract for the proposed service, and compliance to insurance provisions as approved by the carrier.

## 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.

Thurs., Jan. 28	<b>Strategic Planning Ad Hoc Committee</b> Clubhouse 4 ..... 1 p.m.
Fri., Jan. 29	<b>GRF Board Special Meeting</b> Clubhouse 4 ..... 1 p.m.
Mon., Feb. 1	<b>Recreation Committee</b> Clubhouse 4 ..... 1 p.m.
Wed., Feb. 3	<b>Physical Property Committee</b> Clubhouse 4 ..... 1 p.m.
Fri., Feb. 5	<b>GRF Board Executive Session</b> Clubhouse 4 ..... 1 p.m.
Mon., Feb. 8	<b>Mutual Administration Committee</b> Clubhouse 4 ..... 9 a.m.
Wed., Feb. 10	<b>Security, Bus &amp; Traffic Committee</b> Clubhouse 4 ..... 1 p.m.
Thurs., Feb. 11	<b>Communications/IT Committee</b> Clubhouse 4 ..... 1 p.m.
Fri., Feb. 12	<b>Finance Committee</b> Clubhouse 4 ..... 10 a.m.
Fri., Feb. 12	<b>Executive Committee</b> Clubhouse 4 ..... 1 p.m.
Tues., Feb. 16	<b>Website Ad Hoc Committee</b> Clubhouse 4 ..... 1 p.m.
Tues., Feb. 23	<b>GRF Board Monthly Meeting</b> Clubhouse 4 ..... 10 a.m.
Mon., March 1	<b>Recreation Committee</b> Clubhouse 4 ..... 1 p.m.
Wed., March 3	<b>Governing Document Committee</b> Clubhouse 4 ..... 10 a.m.
Wed., March 3	<b>Physical Property Committee</b> Clubhouse 4 ..... 1 p.m.
Thurs., March 4	<b>COVID-19 Ad Hoc Committee</b> Clubhouse 4 ..... 1 p.m.
Fri., March 5	<b>GRF Board Executive Session</b> Clubhouse 4 ..... 1 p.m.
Mon., March 8	<b>Mutual Administration Committee</b> Clubhouse 4 ..... 9 a.m.
Wed., March 10	<b>Security, Bus &amp; Traffic Committee</b> Clubhouse 4 ..... 1 p.m.
Thurs., March 11	<b>Communications/IT Committee</b> Clubhouse 4 ..... 1 p.m.



# Health & Fitness



## Start a new F.I.T.-ness routine

By CJ Blomquist  
OptumCare

“New year, new me.” How many times have we said that to ourselves on New Year’s Day? It’s easy to set a goal, but then not follow through. This is especially true for exercise (at least for this writer). We’re almost into the second month of 2021, so if you’re struggling to keep up with your resolutions, try using the F.I.T. formula.

F.I.T. stands for Frequency, Intensity and Time. Frequency is how often you exercise. Intensity is how hard you work out. Time is for how long you work out each session. These elements are good for everyone, no matter their fitness level. And you can update them as your fitness changes.

If you’re just getting started, you may decide to walk three times a week (Frequency) at a slower pace (Intensity) for 30 minutes (Time). This can help you get into a routine. Set a reward for yourself if you meet your goals. For example, if your goal is to walk three times a week and you do that for a full month, treat yourself to a favorite meal.

As you get more comfortable, you may decide to walk at a moderate pace or for a longer time. Pay attention to how hard you’re working, though. You should be able to walk and talk at the same time. If you can’t talk because you are breathing so hard, then you might want to slow down. And if you can sing while walking, you might want to pick up the pace.

But don’t overdo it right away. You want to push yourself—but not too hard. If your heart rate is really fast or you are feeling sick more than 10 minutes after working out, it may be too intense. If you keep feeling this way each time after working out, check with your doctor. The point of exercising is to build up strength over time.

Track your progress on a calendar to see how much you are improving. Don’t expect to be perfect; we all have our off days. But if you are missing a lot of goals, you might want to think about changing your approach.

Whether you want to lose weight, get stronger or just enjoy being outside more often, the F.I.T. formula can be a useful way to reach that goal.

## OCHCA: COVID vaccines are key to herd immunity

*The following op-ed is reprinted with permission from the Orange County Health Care Agency.*

There has been much debate around the concept of herd immunity since the early stages of the COVID-19 pandemic. As a public-health term, the idea of herd immunity is that if enough people are protected against an infection because they have been exposed and developed antibodies, transmission of the infection slows, and ultimately, new outbreaks are halted because much of the population is no longer susceptible. Some people suggest COVID-19 can best be controlled by allowing the virus to run its course and achieve enough numbers of infected persons to reach herd immunity. We suggest there is some confusion about the use of this term and that there are strong reasons for not pursuing that approach.

In modern times, herd immunity has never been achieved by allowing a disease to run through the population unfettered; it has only been achieved by mass vaccination programs. Measles, rubella, diphtheria, mumps, pertussis, polio, chickenpox have all been controlled through vaccination, and herd immunity to these diseases has been achieved in many places in the world. The devastating smallpox virus was eradicated by achieving worldwide herd immunity through vaccination.

Without a vaccine, current knowledge suggests that about 70 percent of Orange County residents would need to be infected before we reach herd immunity. A recent study by the University of California, Irvine and the Orange County Health Care Agency found that about 11 percent to 12 percent of our population has already been infected. If we allowed everyone to become infected until we reached the herd immunity “threshold” of 70 percent, about 2.24 million Orange County residents would need to become infected. Given an estimated infection fatality rate of between 0.25 percent and 0.35 percent, between 5,600 and 7,840 of them would die. Another



1.34 million would get sick with COVID-19 symptoms, and 4 percent, or 89,600 people, would need hospitalization. Additionally, there is accumulating evidence that there are significant post-viral syndromes that may occur in some people even after the virus has passed.

A “run its course” strategy will significantly affect the entire health-care system not only for COVID patients, but also for all patients, creating shortages, putting stress on resources, and limiting access to health providers and staff. If we allowed the virus to spread unimpeded, we would add thousands more deaths, overflow our hospitals,

lose millions of workdays and expose thousands of people to the long-term chronic conditions that affect many survivors of severe COVID-19 before we ever achieve herd immunity.

The best approach to taking control of COVID-19 is to build immunity through vaccination. Recent, promising results have indicated that the first vaccines to be approved are approximately 95 percent effective.

If we learned anything from the previous reopening in late May 2020, it is that we need to be cautious and maintain social distancing, limited group activities and wearing face coverings as much as possible. Herd immunity can be achieved relatively painlessly as long as a sufficient proportion of our fellow citizens avail themselves of it. This is vastly preferable to a gigantic increase in the number of our fellow citizens dying and completely overwhelming our health-care system.

—Bernadette Boden-Ablala, M.P.H., Dr.P.H.; Dan M. Cooper, M.D.; Clayton Chau, M.D., Ph.D.; Casey Dorman, Ph.D.

## Meals on Wheels, Long Beach

*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](http://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. 28:** Hawaiian chicken with pineapple, brown rice, and Oriental vegetables; vanilla pudding; ham, turkey and cheese sandwich, with lettuce, tomato and pickle, plus Asian coleslaw.

**Friday, Jan. 29:** Beef stew with potatoes, celery, carrots and corn, plus whole-grain roll and Brussels sprouts; fresh orange; entrée turkey and ham cobb salad, with egg, tomato, bacon and blue cheese dressing, plus crackers.

**Monday, Feb. 1:** Oven-baked herb chicken leg and thigh, oven-browned potatoes, and cauliflower; peaches; egg salad sandwich with spinach and tomato, plus creamy coleslaw.

**Tuesday, Feb. 2:** Oven-roasted pork with apple-berry sauce, brown rice and zucchini medley; chocolate pudding; entrée turkey-and-ham cobb salad with egg, tomato, bacon and blue cheese dressing, plus crackers.

**Wednesday, Feb. 3:** Salisbury steak with mushroom gravy, garlic-and-chive mashed potatoes, and seasoned broccoli; tangerine; turkey-and-cheese sandwich with lettuce, tomato and pickle, plus macaroni salad.

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ANY SERVICE**





Puzzles & Comics

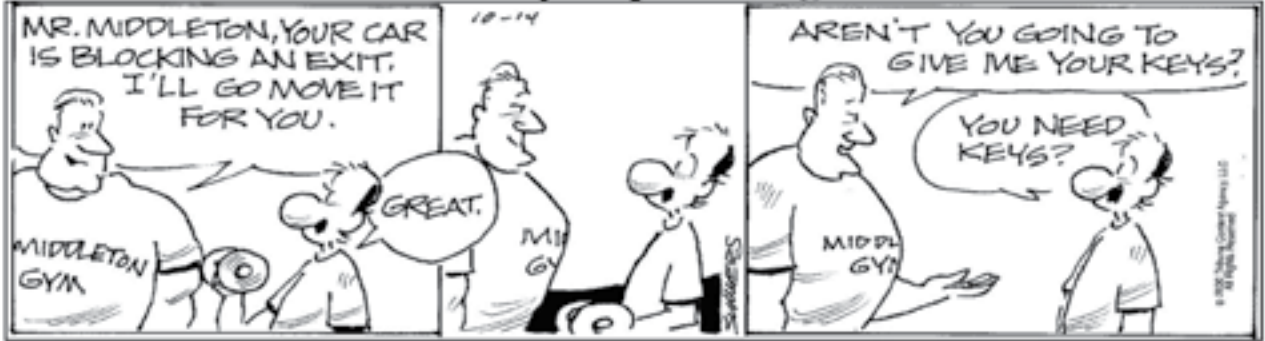
Gasoline Alley



Broom-Hilda



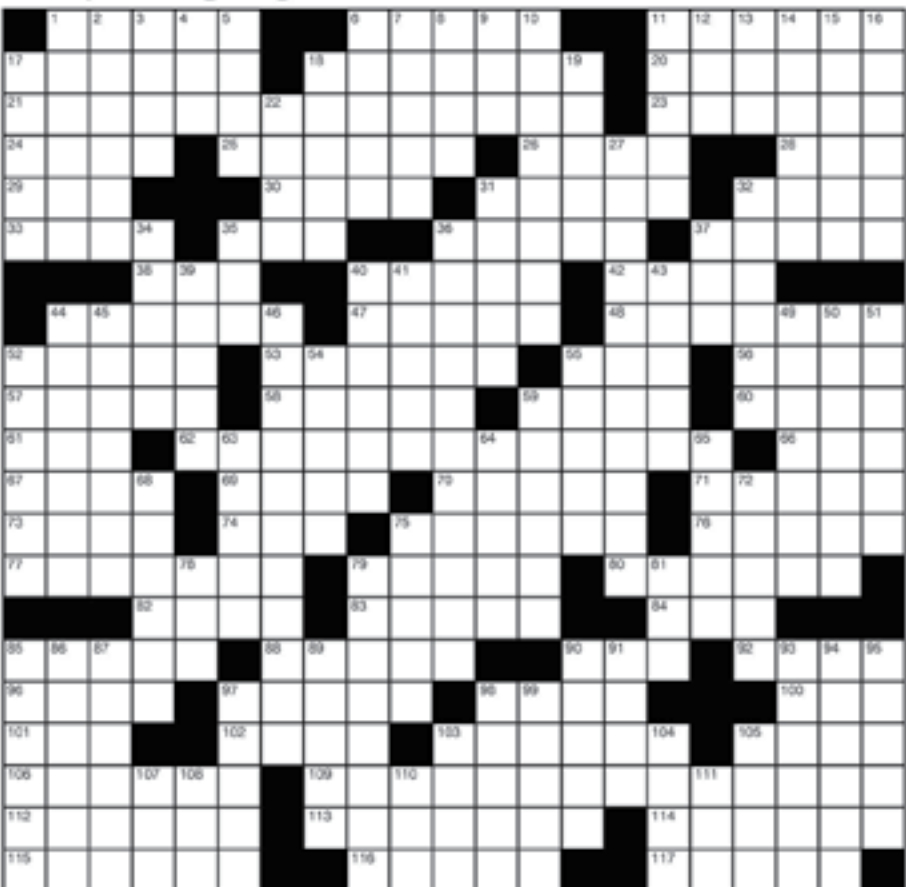
Middletons



- ACROSS
- 1 "\_\_\_ Rib"
  - 6 Rogers' prop
  - 11 Rotary tool
  - 17 My Lord: Heb.
  - 18 Earnest
  - 20 Refer
  - 21 Depressed
  - 23 Light cream cheese
  - 24 Buffet table features
  - 25 \_\_\_ State: New Jersey
  - 26 Emile \_\_\_ psychotherapist
  - 28 11 S. states: 1860-61
  - 29 Shore, wave or tide
  - 30 Child's room, often
  - 31 Supports
  - 32 Slow progress
  - 33 Spreads hay
  - 35 Alert or alga
  - 36 Kind of coat
  - 37 British guns
  - 38 BB statistic
  - 40 Boxer's ring in Brest
  - 42 Sacred peak in China
  - 44 Self-possession
  - 47 Troops to Caesar
  - 48 Small villages
  - 52 Steam burn
  - 53 Surveyor's tool
  - 55 "John Henry": abbr.
  - 56 Lebanon's Sur, formerly
  - 57 Curt
  - 58 Hebraic law
  - 59 Comme ci, comme ça
  - 60 Sofa or stool, e.g.
  - 61 Greek Discordia
  - 62 All in
  - 66 One with humor
  - 67 S. African money
  - 69 "The Way We \_\_\_"
  - 70 The news in Madrid
  - 71 Carpentry tool
  - 73 Suffix with cigar or leather
  - 74 Summer in Paris
  - 75 Lover
  - 76 Powerful beam
  - 77 Stow away again
  - 79 Old hat
  - 80 Bandage
  - 82 Sci. of stars
  - 83 Single-celled organism
  - 84 Sometimes repeated with Sir
  - 85 Fiber networks
  - 88 "Like druids \_\_\_": Longfellow
  - 90 Quiet one
  - 92 Bum \_\_\_: frame-ups
  - 96 College town on the Thames
  - 97 Evergreen shrub
  - 98 Baker's product
  - 100 Ms. Lillie, to friends
  - 101 Negating prefix
  - 102 Perfume: var.
  - 103 Balloon and lawyer

Body Language

Edited by Linda and Charles Preston



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- DOWN
- 1 Actress Renée
  - 2 Subdued
  - 3 Sothern and Sheridan
  - 4 Spring month in Berlin
  - 5 Repeated, it's a NY prison
  - 6 Yorkshire city
  - 7 \_\_\_ a feu: Fr. weapons
  - 8 Stronghold captured by David
  - 9 Former French coin
  - 10 Loud clamors
  - 11 Counts
  - 12 Actor Wallach
  - 13 "With \_\_\_ deliberate speed"
  - 14 \_\_\_ in: be pushy
  - 15 Prolific American inventor
  - 16 Labels anew
  - 17 Full-grown
  - 18 Scrap
  - 19 Chicken chasers
  - 22 Mollify
  - 27 Heavily involved
  - 31 Jury, e.g.
  - 32 Long-legged marsh birds
  - 34 Betrays for gain
  - 35 Aries
  - 36 \_\_\_ glove: closely associated
  - 37 Punct. mk.
  - 39 Roundup
  - 40 Loath
  - 41 Antagonist
  - 43 Gog and \_\_\_: Rev. 20
  - 44 Synthetic fabric
  - 45 Progenitors
  - 46 "Taking life \_\_\_": Frost
  - 49 Bunk
  - 50 Apprentice
  - 51 Hunting dog
  - 52 Ogler
  - 54 France's longest river
  - 55 Clear up
  - 59 Metric volume units
  - 63 Oregon sec. of the U.S.
  - 64 Sole of Giuseppe's shoe
  - 65 Bevel
  - 68 Check
  - 72 After
  - 75 Ring-shaped coral reef
  - 78 King of Judah: I Kings 15:9
  - 79 Vilifying
  - 81 With out or station
  - 85 Furnish
  - 86 Star over Calais
  - 87 \_\_\_ -in-cheek
  - 89 Rifts
  - 90 Norse bard of yore
  - 91 Control post
  - 93 Erode
  - 94 Harbor and barley
  - 95 Health to Nicole
  - 97 Chief evil spirit
  - 98 Glaze crack
  - 99 Was sickly
  - 103 U.S. ballistic missile
  - 104 Groom in India
  - 105 "\_\_\_ generation": 1960s
  - 107 Little \_\_\_ Stowe character
  - 108 Baronet's title
  - 110 "\_\_\_ Late the Hero": film
  - 111 Sidereal and credit: abbr.

Answers on page 10

By Jim Scancarelli

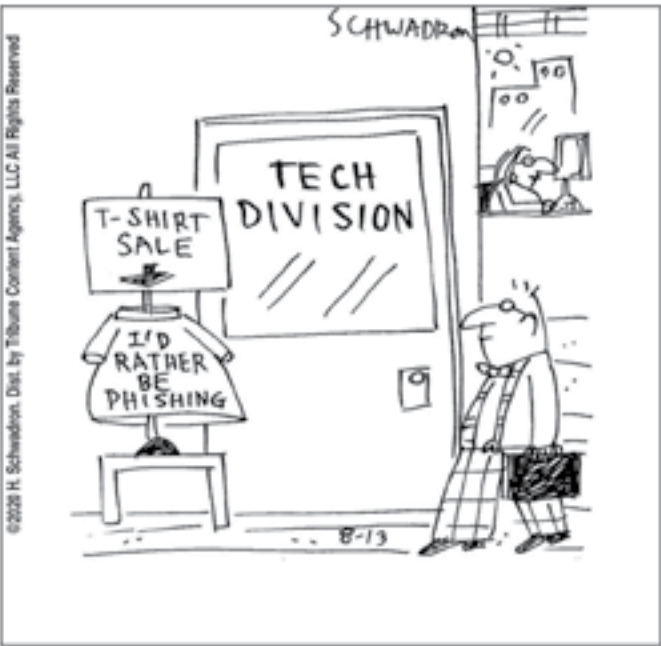
By Russell Myers

By Raph Dunagin & Dana Summers

Sudoku 1

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

9 To 5 By Harley Schwadron



**SCRABBLE G.R.A.M.S.**

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PAR SCORE 260-270  
BEST SCORE 325

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 3- 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. "Blanks" 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.

SFRAC  
PULIP  
TLEGNY  
CLORSL

Answer here: \_\_\_\_\_

Check out the new, free JUST JUMBLE app

I need to switch my wash to the dryer.

I have two more miles to ride, then my wash will be ready.

THE LAUNDROMAT THAT INSTALLED EXERCISE EQUIPMENT FEATURED

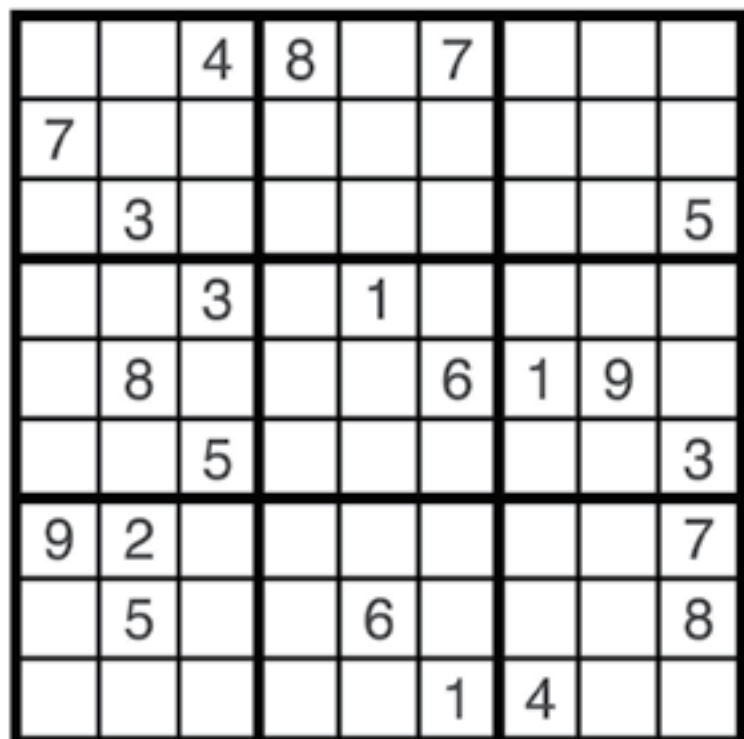
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



## Guess Who?

I am a talk show host born in Mississippi on January 29, 1954. I was crowned "Miss Black Tennessee" while in college and also started co-anchoring the news when I was 19. I've had a hugely successful career as a TV host and producer.

## Sudoku #2



Level: Advanced

## Puzzles & Comics

### Answers on page 10



Solve the code to discover words related to finances.  
Each number corresponds to a letter.  
(Hint: 18 = E)

- A. 23 6 14 10 18 5**  
*Clue: Income/expenditure estimate*
- B. 18 20 5 25 5 18**  
*Clue: Money and property*
- C. 4 18 5 24 4 18 17 18 9 5**  
*Clue: Cease working*
- D. 3 22 25 9**  
*Clue: Detailed proposal*



By David L. Hoyt and Jeff Knurek



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

BOGGLE® POINT SCALE	YOUR BOGGLE® RATING
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61-100 = Pro
6 letters = 4 points	31-60 = Gamer
7 letters = 6 points	21-30 = Rookie
8 letters = 10 points	11-20 = Amateur
9+ letters = 15 points	0-10 = Try again

## Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT TWO-SYLLABLE COUNTRIES in the grid of letters.


## ESTATE PLAN WORD SEARCH



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

**WORDS**

ADMINISTRATOR  
ANCILLARY  
ANNUAL  
BENEFICIARY  
CHILDREN  
CODICIL  
CONSERVATOR  
CONTEST  
CREDITOR  
DEED  
DISCLAIM  
ESTATE  
EXCLUSION  
FIDUCIARY  
FUNDS  
GRANTOR  
HEIR  
INHERITANCE  
PROBATE  
PROPERTY  
PROXY  
TAXES  
TRUST  
WILL



# Long Beach Medical Center's Shuttle is Here

*Exclusively for Leisure World Residents*



## Your Safety is Our Priority

- Shuttle cleaned throughout the day.
- Masks are required.
- Socially distanced seating enforced.
- If you are feeling sick, please stay home and reschedule your appointment.



## Stops & Services

- **Leisure World Amphitheater Bus Corral**
- **MemorialCare Breast Center in Los Alamitos**
  - Offers mammography, breast ultrasound and bone density testing
- **Douglas Park Medical Offices** (Near the Long Beach Airport)
  - Over 15 specialties including imaging and ambulatory surgery services
- **Long Beach Medical Center and Surrounding Medical Offices**
  - Comprehensive inpatient and outpatient hospital services including imaging, rehabilitation, surgery and emergency care
  - Outpatient clinics and medical offices representing most medical and surgical specialties

**Shuttle Hours: Monday – Friday | 8 a.m. – 5 p.m.**

**Pick Up Times** *(Times are estimated and subject to change)*

**Leisure World Amphitheater Bus Corral**  
 13533 Seal Beach Blvd., Seal Beach, CA 90740  
 8 a.m. | 10 a.m. | 1 p.m. | 3 p.m.

**MemorialCare Breast Center in Los Alamitos**  
 11121 Los Alamitos Blvd., Los Alamitos, CA 90720  
 8:15 a.m. | 10:15 a.m. | 1:15 p.m. | 3:15 p.m.

**Douglas Park Medical Offices**  
 3833 Worsham Ave., Long Beach, CA 90808  
 8:45 a.m. | 10:45 a.m. | 1:45 p.m. | 3:45 p.m.

**Long Beach Medical Center**  
 2801 Atlantic Ave., Long Beach, CA 90806  
 9:15 a.m. | 11:15 a.m. | 2:15 p.m. | 4:15 p.m.

  
**MemorialCare**<sup>™</sup>  
 Long Beach Medical Center

**(562) 933-1233**  
[memorialcare.org/LBShuttle](http://memorialcare.org/LBShuttle)



### 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.

Nightly closures are set to begin as early as 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 to start this week.

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 constructed the center median on weekdays and Saturdays, with work tentatively scheduled for completion on Tuesday.

Westminster was scheduled to be reduced to one lane in each direction between Springdale Street and Willow Lane Tuesday, with westbound traffic shifted onto the new bridge.

#### 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.

### APPRECIATION from page 1

Leisure World, many of whom expressed shock and sadness at his sudden passing. Virtually everyone who met Tommy instantly liked him because he was so loving, kind and caring.

When his death was announced on LW's Facebook page, more than 125 people weighed in: "Such a larger-than-life person," posted Dee Merritt Steinbrecher; "So talented and giving," from Delona Davis; "Such a nice man," Leslie Brown; "Tommy was Leisure World," wrote Carl Kennedy. "We enjoyed many an evening with his music and laughter and warm smile. No one was a stranger to Tommy. Leisure World won't be the same."

In addition to sharing his tremendous God-given singing talent everywhere he could, Tommy loved to help anybody in any way possible and to bring humor and joy along the way.

For example, he single-handedly found storage for bins and bins of staging materials, table centerpieces, costuming, sound equipment and seasonal decorations used at Cabaret, Velvetones and Vinyl Rock events. It was



Tommy Williams (seated) with the Cabaret Entertainers.

a yeoman's job to organize and inventory it all, but he happily donated all the trappings and his time to make sure the show could go on in style.

Tommy is survived by his mother, Helen Schultz; five brothers and sisters; and numerous

relatives and friends.

"He will be sorely missed by all who knew him, and we know he's in heaven working on orchestrating his next musical performance," said his sister Sheila Rott. Memorial services have not yet been finalized.

405, page 19

SCRABBLE GRAMS							SOLUTION	
E <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>	U <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	RACK 1 =	<u>60</u>
A <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>	U <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>59</u>
D <sub>2</sub>	E <sub>1</sub>	M <sub>3</sub>	A <sub>1</sub>	G <sub>2</sub>	O <sub>1</sub>	G <sub>2</sub>	RACK 3 =	<u>74</u>
H <sub>4</sub>	O <sub>1</sub>	T <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	RACK 4 =	<u>68</u>
B <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>	M <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<u>64</u>
PAR SCORE 260-270							TOTAL	325

### Crossword Answers

ADAMS	LASSO	REAMER
ADONAI	SERIOUS	ALLUDE
DOWN	THE MOUTH	TILSIT
URNS	GARDEN	COUE
LEE	MESS	PROPS
TEDS	RED	WAIST
STENS		
ERA	ARENE	OMEI
APLOMB	VIRESE	HAMLETS
SCALD	YLEVEL	SIG
TYRE		
TERSE	TORAH	SOSO
SEAT		
ATE	ONHIS	LAST
LEGS		
WIT		
RAND	WERE	NUEVA
PLANE		
ETTE	ETE	ADORER
LASER		
RESTASH	STALE	SWATHE
ASTR	MONAS	AYE
RETIA	OFELD	SHY
RAPS		
ETON	SALAL	CAKE
BEA		
NON	ATAR	TRIALS
BRAN		
DIGEST	WITHALL	MYHEART
ELUVIA	SNOOZED	CRADLE
REEARN	GORED	ESTES

1/31/2021

### Sudoku 1 Answers

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

The Basic Rules of Sudoku:

- There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
- When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
- Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
- Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
- Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

### Jumble Answers

Jumbles: SCARF PUPIL GENTLY SCROLL  
Answer: The laundromat that installed exercise equipment featured — SPIN CYCLES

## Puzzle Answers

Puzzle page 7-8



### Sudoku 2 Answers

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

Guess Who?

Oprah Winfrey

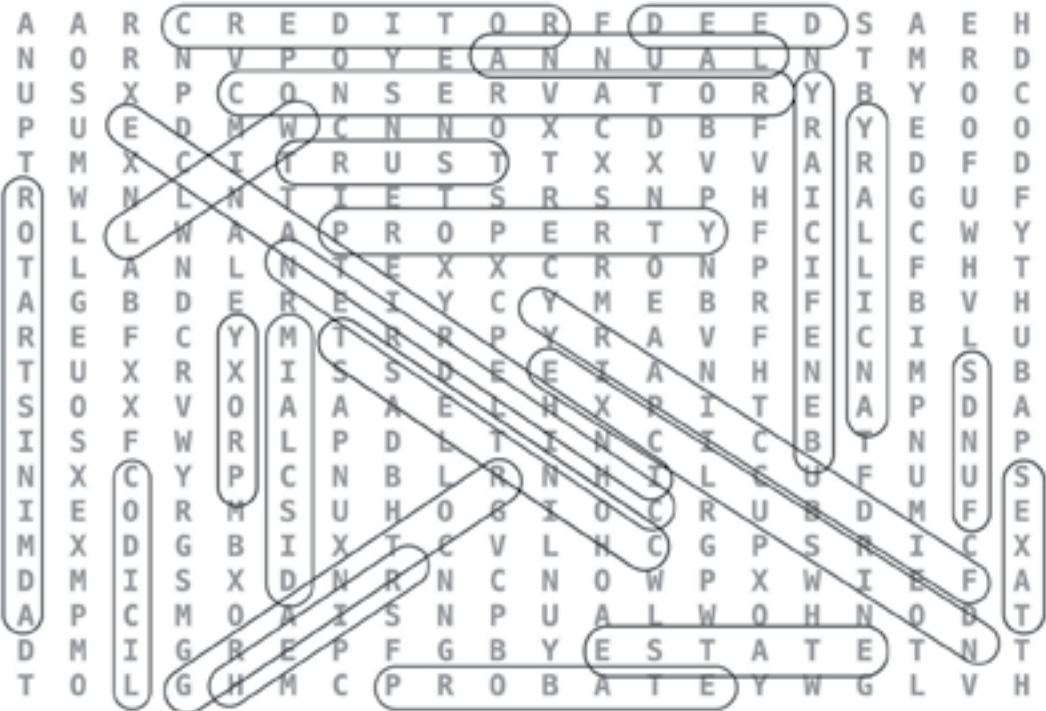
### Crypto Fun Answers

A. budget B. estate C. retirement D. plan

### Boggle BrainBusters Answers

IRAQ PERU MALI CHILE CHINA HAITI EGYPT ICELAND

### Word-Find Answers





# Community



Tom Lee from 4 Seasons Jerky at the Seal Beach Farmers Market.

## Find fresh, delicious and local snacks at the Farmers Market

By Ellen Brannigan  
LW contributor

Get your fresh turkey jerky at 4 Seasons Jerky at the Seal Beach Farmers Market every Tuesday. Jerky is a healthy and portable protein that can be eaten at work, while hiking or biking, or even while playing video games.

For the past four years, Tom Lee has been driving 40 miles from Highlands to set up his table in Seal Beach. He carries 25 varieties of jerky including pork, vegan and even gluten-free. The beef comes from grass-fed animals. He accepts cash, credit cards and Venmo.

The farmers market is held

from 9 a.m.–1 p.m. every Tuesday at Seal Beach Village, where Seal Beach Boulevard. meets Westminster. Residents can drive or take a bus to meet friends, have lunch at the Primrose Restaurant or Carl's and visit the farmers market to come home with fresh, healthy foods. Lee and the other vendors will be happy to see you.



Anna Derby's spinach, grown on her Mini Farm plot.

## Mini Farm

Anna Derby of Mutual 5 continues to find moments of joy even in the midst of a pandemic. Right now, one of the most delightful joys for her comes from working in her Mini Farm plot, which she says allows her to forget the and uncertainty of this time. Being able to plant her own veggies and watch them grow every day makes her appreciate the food on her table even more.

Derby decided to plant spinach since she likes to have it as part of her regular diet. The seed package said it would do well from March to October, but her Mini Farm had been fallow since November when she harvested the summer vegetables. Instead of leaving the plot bare until in spring, she decided to take a chance and plant the spinach early. "If it survives, it is great; if it doesn't, I won't make the same mistake next time," Derby said.

A few weeks after planting, Derby noticed the spinach growing nicely, with healthy green leaves that are gratifying. She says she might need to wait one more month so the spinach will be big enough for a meal. "There's nothing like eating right out of the farm, and it has been pleasure to have a plot," Derby said.

Derby is looking forward to growing zucchini, Brussels sprouts, tomatoes and Korean Yul Mu in her Mini Farm this summer.

## SBTV-3 Listings

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

### Thursday, Jan. 28

- 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
- 9 pm Ocean Perspectives
- 10 pm Shakespeare in the Park: Cymbeline

### Friday, Jan. 29

- 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. 30

- 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. 31**
- 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, Feb. 1**
- 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 SB Planning Committee Meeting-LIVE
- 8 pm Golf Cart Christmas Caravan
- 8:15 pm A Tribute to Ole' Blue Eyes
- 9:30 pm Oceanscapes
- 10 pm Shakespeare in the Park: Taming of the Shrew

### Tuesday, Feb. 2

- 4 pm Golf Cart Christmas Parade
- 4:15 pm Christmas in Quarantine: The Pops
- 5 pm Tree Lighting Ceremony
- 5:30 pm Special Delivery/Nova Scotia
- 6 pm Fortunado Revilla Christmas Music
- 6:15 pm LW 50th Anniversary 2012
- 7 pm Oceanscapes

- 8 pm Ocean Perspectives
- 8:30 pm Seal Beach Christmas Parade
- 9:30 pm Bob Cole Conservancy
- 10 pm Cerritos Center- Matt Mauser
- Wednesday, Feb. 3**
- 4 pm Spider and Snakey Save Christmas
- 4:07 pm LW Nova Scotia
- 4:15 pm Christmas in Quarantine: The Pops
- 5 pm Dove Sonza's 75th Birthday
- 6 pm Oceanscapes
- 6:30 pm Fortunado Revilla Christmas Music
- 6:45 pm Tribute to Ole' Blue Eyes
- 8 pm Shakespeare in the Park: Merry Wives of Windsor
- 10 pm Cerritos Center- The Four Tenors

\*All programming is subject to change.



## 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, white's third move is checkmate.

*Solution to this week's puzzle is first move: Ng6. The white Knight moves from E5 to G6.*

## SUNSHINE CLUB

## Regular acupuncture could help prevent dementia and Alzheimer's

Jeannette Painovich, doctor of acupuncture and oriental medicine, is this week's speaker for the Sunshine Club's Zoom meeting on Friday, Jan. 29, at 10 a.m.

To join the Zoom meeting, go to <https://us02web.zoom.us/j/82119904568?pwd=dkVmOVowRU1uQXRNb2QveFdFSHp4Zz09>. The meeting ID is 821 1990 4568, and the passcode is 969647. All shareholders are welcome to join.

Those who would like to get the link by email should text their name, Mutual number, and email address to (562) 301-5339 by no later than Thursday, Jan. 28, at 5 p.m.

Dementia and Alzheimer's disease is on the rise. From 2000-2014, deaths from ailments such as heart disease, stroke, HIV and certain cancers fell dramatically, but over the same amount of time, deaths related to dementia and Alzheimer's disease increased by a staggering 89 percent. Currently, one in three seniors die with some form of dementia or Alzheimer's disease. The good news is that these conditions can be preventable and/or treatable with the appropriate testing and lifestyle interventions, and the sooner you start, the better.

Painovich has practiced holistic medicine for over 20 years. In recent years, she has become passionate about treating neurodegenerative diseases such as mild cognitive decline, dementia and Alzheimer's disease using a comprehensive approach combining acupuncture and Chinese herbs with nutritional and wellness interventions. To learn more, visit her website at [www.drpainovich.com](http://www.drpainovich.com).

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.

Last week's meeting with Victor Rocha, director of GRF Security Services, drew 55 participants, which is the highest attendance since the club switched to Zoom meetings over seven months ago.

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



Jeannette Painovich



Republican Club

By Brian Harmon  
LW contributor

“The 2020 election is over; let’s move on,” said LW Republican Club President David Harlow at the club’s January meeting. The club’s two major current projects are the election of John Moorlach for county supervisor and getting signatures for the recall petitions against Gov. Gavin Newsom.

Kitty Hammerschmidt opened the meeting with a prayer that God will help us to be the kind of citizens he wants us to be. She also announced that she is retiring this year as club secretary. Harlow praised her service, saying that she called most of the volunteers to man the booth and always helped with additional tasks for the club.

During the meeting, Harlow emphasized that Moorlach is the candidate endorsed by the OC Republican Party and is the most qualified candidate. Moorlach first ran for county treasurer 1994 because he worried about the potential financial danger OC faced due to the risky investments made by his opponent. A month after the election, on Dec. 6, the county was forced to declare bankruptcy.

Moorlach gained bipartisan respect from OC voters and lawmakers for his prediction and served the remainder of the incumbent treasurer’s term. Moorlach remained the OC treasurer until he was elected county supervisor for District 2 in 2006 and served until 2015, when he was elected to the California state senate until 2020.

During the meeting, Harlow also led a discussion of the Newsom recall effort. The date of the election will be chosen by the governor 60–90 days after the minimum required number of signatures are verified.

The first question on the ballot will ask if the governor should be recalled. The second section of the ballot will ask voters who should fill the vacancy if the governor is recalled. Voters will be given a list of names of all of the candidates who have successfully applied, along with their party preference.

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Recall petitions and other information will be available at the club’s booth in the parking lot by Building 6 from 11 a.m.–2 p.m. on Monday, Feb. 1. Any voter registered in OC can sign the petition.

For information about the club or to get a recall petition, email [dharrow50@aol.com](mailto:dharrow50@aol.com) or call him at 335-0779.



Sen. John Moorlach

Democratic Club

By Mary Larson  
LW contributor

Members of the LW Democratic Club celebrate the inauguration of Joe Biden and Kamala Harris as president and vice-president of the United States. The club joins Gov. Gavin Newsom in welcoming “an administration aligned with so many of our values.”

On his first day in office, President Biden signed 17 executive orders, including rejoining the Paris climate accord and ending construction of a southern border wall. Of special interest to Californians, in light of the passage of Proposition 22, was an order impeding corporations’ effort to categorize workers as gig employees and deny them benefits.

Leisure World voters should not forget about the importance of the upcoming special election to replace outgoing Michelle Steel on the Orange County Board of Supervisors. This election is scheduled for March 9. Vote-by-mail will begin Feb. 8. Vote centers will open on Feb. 27.

Democratic officeholders, volunteers and the LW Democratic Club are participating in the effort to elect Costa Mesa Mayor Katrina Foley to represent District 2.

If Foley is elected, her priorities will be 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 will also side with

teachers on education and mental health issues, work with cities to reduce homelessness and focus on creating a climate action plan to reduce greenhouse emissions.

For more information about this upcoming special election, email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com). Because of concerns about spreading the COVID-19 virus, the club will not be opening a voter registration booth. However, volunteers are available to assist potential voters on an individual basis: call (562) 412-0818.

...

The club wants to express their deep gratitude to the GRF and the many volunteers who worked to set up Leisure World’s first COVID-19 vaccine clinic. A special thanks goes to Assistant Recreation Manager Kathy Thayer, whose responsibility, it was to oversee this effort.

...

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

The Leisure World 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.



Katrina Foley

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 by going online at <https://sblwdems.wordpress.com/democratic-club-membership-2/>.

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

Obituaries

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Theresa Griep  
1929–2021

Theresa Griep, 91, of Leisure World, passed away on Jan. 6, 2021.



Theresa was born to parents Joseph and Mary (Coady) Halligan on April 24, 1929, in Moorland, Iowa. Theresa’s father died when she was 7, leaving her mother to raise seven children alone.

Theresa married Darrel Griep on Sept. 11, 1948. They built their first home in Fort Dodge, Iowa. In 1958, they moved to Des Moines, Iowa, where their family grew to eight children. Leisure World became their home in 2000.

Theresa’s cornerstones in life were her Irish heritage, Catholic faith, dedication to her home and love of family and friends.

A devout Catholic, Theresa served in the Altar Society and was president of St. Joseph Academy Women’s Association in Des Moines.

Theresa was a cosmetologist with her own beauty salon. She worked as a vendor countless years at the Minnesota and other state fairs.

She will be remembered for her entertaining stories, love of cards, holiday baking, humor

and laughter.

Theresa and Darrel enjoyed welcoming visitors to wherever they called home. Memorable trips included Rome and Ireland.

Theresa was preceded in death by her husband, Darrel; son John; grandson Adam Vaux; granddaughter Angela (Haggas) Kruszynski; her parents; as well as brothers Paul, John Charles and Raphael Halligan and sister Mary Cecilia Smith.

Theresa is survived by her children Sheila (Paul) Haggas, Sharon (Robert) King, Mary (Steve) Bailey, Patricia Littrell, Thomas (Victoria) Griep, Martha (Doug) Reuter and LeAnne (Michael) Vaux; 26 grandchildren; 32 great-grandchildren; and brothers Richard and Coady Halligan.

...

Frank Shramek  
1933–2021

Frank Shramek, 88, a U.S. Navy veteran, former Mutual 12 director and longtime Golden Age Foundation volunteer, died Jan. 17.

He and his wife, Joan, have lived in Leisure World for more than 32 years. In his later years, Frank was a familiar sight, riding his cart around Leisure World to pick up batteries from the News Office and other LW sites for recycling through the Golden Age Foundation.

He also spent years at the helm of the GAF Mobility Aids

Program, loaning Leisure World residents free walkers and wheelchairs. He and his team maintained and kept track of the equipment, so all LWers would have it immediately available after an accident or surgery.

Frank was active at Leisure World Baptist Church, which he attended with his wife, who was a LW contributor for the church.

Frank, born Jan. 8, 1933, met Joan Lembke at the Pike Amusement Zone in Long Beach in 1953. Joan was a senior at Banning High School in Wilmington. Celebrating the end of the school year, she and her girlfriends were looking forward to riding the Cyclone Racer, a large wooden dual-track roller coaster built out on pilings over the waters.

That day, the USS Rochester was in port, and she was about to meet the love of her life, Frank Shramek, USN.

Frank attended her high school graduation, and the couple was married the next day—on June 19, 1954—in Yuma, Arizona. Joan was 17, and Frank 21.

In a 2019 Valentine’s Day story in the LW Weekly, Joan remembered, “It was love at first sight”—and one that has endured a lifetime. “Never a day passes when we don’t say, ‘I love you.’”

The couple had two children, Shelley Hastings (Jim) of Mutual 5 and Butch (Susan) Shramek of Lakewood; four grandchildren; and four great-grandchildren.

...

Dolores Sales  
1940–2020

Our beautiful mother Dolores Sales left this earth on Dec. 26, 2020, at Los Alamitos Medical Center in Los Alamitos, California.



Dolores was born June 27, 1940, in Alton, Illinois. She was raised in Wilmington, California, by her parents Jacob and Margaret Sales. She raised five children and was a loving mother, grandmother and great grandmother. She had two more children for whom she lovingly placed for adoption. Later, she was fortunate to have them both come into her life.

She was hardworking and dedicated to serving her community as a security guard for over 20 years. She lived out her retirement years in the lovely Leisure World community of Seal Beach, California.

She was very passionate about doing genealogy and learning about her ancestors. She enjoyed oldies music, live entertainment and Chinese food, and she loved a good game of 500 Rummy.

Most of all, she loved her family. She will be dearly missed and forever in our hearts.

—John Moya, son

...

In Memoriam:

Gene Simonson 93  
Enrique Hernandez Jr 79

Pablo Galindo 89  
Florentino Ragat 89  
Sokny Touch 55  
Sara Castro 95  
Lorenzo Lingat 68  
John Rose 72  
Carol Benson 90  
Benjamin Villegas 80  
James Grimes 78  
Florence Szczepanski 98  
Richard Johnson 55  
Alvaro Sanchez 71  
Siyemun Chet 88  
Iv Som 64  
Charles Thompson 89  
John Haines 71  
Marvin Kahanowitch 79  
George Douglas 80  
Austin Carbajo 78  
Yang Ngow 84  
Florence Akhabue 74  
James Ferrante 72  
Donald Sparbel 84  
*Families assisted by  
McKenzie Mortuary,  
961-9301*

—Paid obituary

OBITUARIES deadline  
is 4 p.m.,  
Monday, prior to  
publication.  
Email Obituaries to  
[laurieb@lwsb.com](mailto:laurieb@lwsb.com)  
with photos attached as  
jpg files.  
Call (562) 430-0534 for  
more information



# Arts & Leisure



Courtesy of the Aquarium of the Pacific

Dat Nguyen performs at a previous Festival of Human Abilities at the Aquarium of the Pacific.

## AQUARIUM OF THE PACIFIC

### Festival showcases creativity without limits

By **Patty Marsters**  
pattym@lwsb.com

The Aquarium of the Pacific celebrates the creativity of people who are differently abled with its 18th annual Festival of Human Abilities. The free, Jan. 30 event will be virtual, with closed captioning for viewers who are deaf or hard of hearing.

The festival concludes with the presentation of the Glenn McIntyre Heritage Award to Infinite Flow Dance, a Sherman Oaks-based, inclusive company founded in 2015 by Marisa Hamamoto, who suffered a stroke at age 24.

Poet and actress Zendrea Mitchell kicks off the event at 10 a.m. with an “American Sign Language Musical Performance.” The deaf performer is a board member for Straight Up Abilities, for which she teaches ASL in both song and conversational forms.

Straight Up Abilities offers a dance performance at 10:45 a.m. The nonprofit provides professional dance training to students of all abilities (currently via Zoom). “Some of our students may have physical or intellectual disabilities, but that does not mean that they are underserving of a life where they can also live out their passions and dreams,” says director Robin

Olive. “There are no limits.”

At 11:30 a.m., Diveheart executive director Tinamarie Hernandez and founder/president Jim Elliott (a Glenn McIntyre Heritage Award honoree in 2011) present “The Magic of Scuba Therapy: Imagine the Possibilities.” Diveheart is a nonprofit organization that provides and supports educational scuba-diving programs that are open to anyone with a disability, believing that “underwater, we’re all equal.”

Following that presentation, Rancho Los Amigos National Rehabilitation Center gives an art demonstration. One of the largest comprehensive medical rehabilitation centers in the U.S., the Ranch specializes in helping patients with disabilities to regain skills and learn techniques to aid them in daily activities. Through its many programs, including those focusing on the arts, it promotes self-esteem and independence.

Cambodia Town’s Homeland Cultural Center takes center-stage at 12:15 p.m., with its dance crew showing off breakdancing and pop-locking moves.

At 1 p.m., blind guitarist Dat Nguyen performs classical music. Nguyen, who was born in Vietnam, began playing music at age 11 and graduated from California State University, Fullerton, with

a degree in guitar performance in 1999. He has won numerous awards and prizes both nationally and internationally, including the aquarium’s Glenn McIntyre Heritage Award in 2019, and has released three solo CDs.

The 45-minute set is followed by the soul-pop fusion of Per Se, a Long Beach-based ensemble band that, through music, tells stories that are “good for the heart and soul.”

The hip-hop music and choreography of Auti Angel begins at 2:30 p.m. Paralyzed from the waist down after a car accident in 1992, the professional dancer has continued to perform on TV and in movies; she was one of two people awarded the Glenn McIntyre Heritage Award in 2018.

This year’s award ceremony begins at 3:15 p.m. Infinite Flow has performed more than 100 times, from school assemblies to corporate events to TV programs. In October 2020, it released “Scoops of Inclusion,” a short film and online learning platform that celebrates diversity and encourages kids to be a part of creating an inclusive world.

Visit [www.aquariumofpacific.org/events/info/festival\\_of\\_human\\_abilities](http://www.aquariumofpacific.org/events/info/festival_of_human_abilities) to livestream the event. For more information, visit the Aquarium of the Pacific’s website or call (562) 590-3100, ext. 0.

## Grab ‘n’ Go Meals

Jan. 28-Feb. 3  
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](http://www.katellabakery.com).
- **Saturday:** Lucille’s Smokehouse Bar-B-Que—barbecue, salads, sandwiches, 3-5 p.m., no preorders, cash/cards.
- **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:** Kabobaholic Food Truck—chicken or meat kabobs, gyros, falafel, loaded fries, 3:30-5:30 p.m., cash/cards. To preorder, go to [www.kabobaholicft.com](http://www.kabobaholicft.com) or text (949) 400-4696; mention LWSB when ordering.
- **Tuesday:** Taco Tuesday—Mexican favorites, plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no preorders.
- **Wednesday:** To be announced. Look for updates via LW Live.

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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/>.

## BOOK REVIEW

### Embracing a future for all

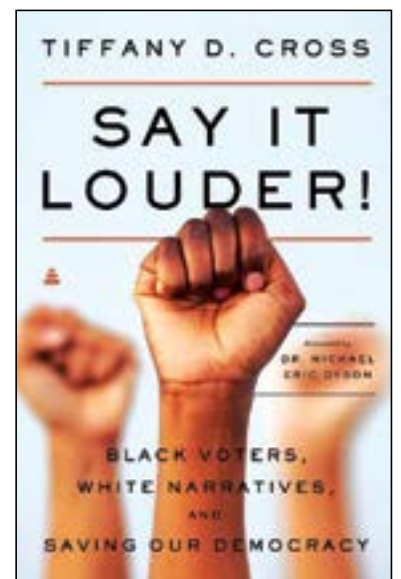
“Say It Louder! Black Voters, White Narratives, and Saving Our Democracy” by Tiffany Cross  
Nonfiction, July 6, 2020

By **Fred Fenton**  
LW contributor

In his inaugural address, President Joseph Biden said we must confront white supremacy. In her arresting poem for the occasion, Amanda Gorman wrote, “America is more than a pride we inherit. It’s the past we step into and how we repair it.” Stepping into America’s past requires an honest look at the history of race relations in this country. That story is brilliantly summarized in Tiffany Cross’ book “Say It Louder! Black Voters, White Narratives, and Saving Our Democracy.”

Published in 2020, this slim book (just 230 pages) gives the reader an honest look at the Black experience in America and the revisionist accounts that have distorted and obscured it. A resident fellow at the Institute of Politics at the Harvard Kennedy School and veteran cable news commentator, Cross combines an inspiring personal story with an account of media and political forces that have obscured the role and importance of Black voters.

But she does more than that.



Cross also points the way forward for democracy by showing the potential impact of taking Black voters seriously and embracing a future for all. After reading each short chapter in this book, I paused to give thought to what I had just read. I found I was learning about not only mistakes of the past, but also opportunities for our future as a nation devoted to “liberty and justice for all.”

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

## 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](mailto: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 at least 24 hours prior.

**Feb. 2:** Beginning iPhone

**Feb. 16:** How to Clean Up Your Gmail Inbox

**March 2:** Beginning Zoom and Closed Captions

**March 16:** Basic Privacy and Security on the Internet

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**Important Reminder:** Apple, Microsoft, IRS, Social Security, etc., will never contact you by phone, text or email. If there’s a problem with your account, they will shut you down until you contact them.

## 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 [wherewelive@yahoo.com](mailto:wherewelive@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.

## 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 [kathytl@lwsb.com](mailto:kathytl@lwsb.com).





Sal Herrera of Mutual 4 won first place in the Cool Cardboard Creations Contest with his re-creation of a Cushman GRF maintenance cart, which made the same sound as its real counterpart as he wheeled it out of Clubhouse 3.

### Tech Talk

Join Bob Cohen in a free, one-hour live tech talk the first Monday of each month at 10 a.m. Topics include iPhones, apps, computers, websites and Internet marketing. A question-and-answer period is held during each session, and all you need to know in advance is how to join using Zoom.

Registration information is sent out in the Bobology newsletter the week before for the upcoming Tech Talk. To register for the newsletter, sign up at <https://bit.ly/bobologynewsletter> or contact [bob@bobology.com](mailto:bob@bobology.com).

### Video Producers Zoom Meetings

The Video Producers Club offers free, weekly Zoom classes, as well as a social opportunity.

Classes are as follows:

- **Monday, Feb. 1, 10 a.m.:** Bob Cohen hosts Tech Talk, focusing on a variety of topics. Email [bob@bobology.com](mailto:bob@bobology.com) for a Zoom invitation. Subscribe to his free newsletter, which features links to videos, articles and free live meetings, at <http://bit.ly/bobologynewsletter>.
- **Monday, 2 p.m.:** Zoom class for iPad and Mac users hosted by Fred Carpenter. For an invite to his class, email [sail1942@gmail.com](mailto:sail1942@gmail.com).
- **Wednesday, 10 a.m.:** Beginners' Zoom class for Windows and Android users with Charlie Guggino. For an invite to this class, email [joosuna29a@gmail.com](mailto:joosuna29a@gmail.com).
- **Thursday, 10 a.m.:** Beginners' and Intermediate Zoom class for Windows and Android users and for beginning Video Producers with host Joseph Valentinetti. For an invite to his class, email [0501042@gmail.com](mailto:0501042@gmail.com).
- **Thursday, 5:30 p.m.:** The one-hour Zoom Party Social, hosted by Valentinetti, is open to all residents. For an invite, email [0501042@gmail.com](mailto:0501042@gmail.com).

—Joe Osuna



### Balance & Stability Class

A Landmark Balance & Stability class is offered on Saturdays, 11 a.m.-1 p.m., on Zoom. Instructor Adrienne Rosenfeld teaches the free, 40-minute class that focuses on balance, shifting weight and cognizant activities. It broadcasts at around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390 and is available on [youtube.com](https://www.youtube.com).

Rosenfeld is certified in Zumba, Zumba Gold, Silver Sneakers, and Balance & Stability. She also has certification from the Fitness Aging Institute and an ACE Group exercise certificate. Join the Zoom meeting by visiting <https://us02web.zoom.us/j/84982522530>; the meeting ID is 849 8252 2530.

For more information, email [arosenfeld1@verizon.net](mailto:arosenfeld1@verizon.net).

### Leisure Bikers

Sunday Leisure Bikers ride to Long Beach Municipal Golf Course and have breakfast, then continue to El Dorado park for a 2-mile hike at the Nature Center. There are also rides on Mondays, Wednesdays and Fridays.

All are invited to join; helmets, safe shoes and masks are a must. Call Mary Romero at (562) 810-4266 for more information.

### Family Radio Service Users

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

The call-in time is 9:30-9:45 a.m. on Channel 13/0. Be sure to wait until the radio is clear, then call in stating your first name, last name initial and mutual number. Remember to press the side button to speak, then release when finished.

For more instruction on the use of the FRS radio, contact Leisure World Radio Club President Rich Erickson at [rjrxn@yahoo.com](mailto:rjrxn@yahoo.com), or call (562) 431-6586, ext. 409, to leave a message.

### Connecting with the LW Weekly

The Leisure World Weekly office is closed to the public 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](mailto: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.

### Men's Golf League Results

On Jan. 18, a very bright but cold morning greeted 13 men of the Monday Golf League at David L. Baker Golf Course in Fountain Valley. Baker is a par-62, 4,000-yard, 18-hole executive golf course with plenty of water hazards. The good course conditions led to more under-par than over-par scores and six birdies.

**A Flight Winners:** First place: Larry Hillhouse, 7 under 55; second: Bill McKusky, 6 under 56; third: tie between John Petersen, Gary Stivers and Sam Choi, 2 under 60; fourth: Dave LaCascia, even par 62; fifth: Fujio Norihiro, 1 over 63; sixth: John Meyer. Birdies were carded by Hillhouse, McKusky, Stivers and Norihiro, who had two. Choi was closest to the pin on the 100-yard, par-3 second hole. McKusky had fewest putts.

**B Flight Winners:** First place: Bill Zurn, 3 under 59; second: tie between Marv Ballard and Tom Ross, 1 under 61; third: Bob Munn; fourth: Gene Vesely. Ballard had fewest putts, and Vesely had two birdies.

Nine men and one woman of the Friday Golf League teed off at Riverview Golf Club in Santa Ana on Jan. 21. Riverview is a par-70, 5,800-yard course with fairways that parallel and cross the Santa Ana River. The dampness and cool conditions led to more over-par than under-par scores but surrendered five birdies.

**A Flight Winners:** First place: Ron Jackson, 3 under 67; second: Norihiro, 1 under 69; third: Choi,

even par 70; Fourth: Jim Goltra, 2 over 72; fifth: Stivers; sixth: LaCascia. Closest to the pin on the 150-yard, par-3 second hole was Stivers, and on the 100-yard, par-3 ninth hole was Choi. Birdies were scored by Jackson, Goltra, Stivers and Choi, who had 2. Norihiro and Choi tied for fewest putts.

**B Flight Winners:** Zurn, 2 over 72; second: tie between Munn and Ballard, 4 over 74; third: Liz Meripol. Munn had fewest putts.

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

—Dave LaCascia



### Solitaire as a comparison to life

Solitaire teaches lessons about yourself and life, as well as applies to all your endeavors. Here are some points to keep in mind:

Dealing out three or more of the same card value makes it tough to win. This relates to overindulgence or too much of the same thing. Variety is the spice of life.

A great start does not always mean you will win. It can give false hope and immediate disappointment.

A slow start does not always mean you will lose. Hang in there; things could change.

Don't depend on luck, hunches or chance. These are superstitions that are not sure things; don't bet on them.

Take your losses in stride. Persistence wins out sooner or later. We learn from striving.

Take your wins in stride. Working to succeed has more satisfaction than the win itself.

Don't be overconfident when you are close to a win. Pride goes before a fall.

Don't brag about winning. Everyone recognizes a true winner. Some wins are necessary to

be motivated to keep playing. But the game you're playing right now is what's most important. Do your best.

Set up a system that works best for you and stick by it.

Each fall of the cards is different. You can't know the outcome. This keeps you alert.

Stay alert, or you'll miss some plays. Opportunities are your responsibility.

If you cheat, who knows it better than you? Be honest with yourself.

When you lose a game, don't put yourself down or make excuses. Move on quickly.

Things may be going along well or badly, and then take a quick reverse. Accept it and move on.

Sometimes, you just get a bum deal.

Nobody wins or loses them all. You can have all but one or two cards played and still lose. Be ready for last-minute changes.

Sometimes, you have many losses or many wins; it just happens. Do you still want to play?

—Betty Herman, Mutual 5



# Religion

## Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place, next to the St. Andrews Gate, will observe the Fourth Sunday of Ordinary Time on Sunday, Jan. 31.

The First Reading is from Deuteronomy 18:15-20, and the Second Reading is 1 Corinthians 7:32-35. The Gospel reading will be from Mark 1:21-28.

### First Friday Devotion

The Sacrament of Reconciliation will be available First Friday at 9:15 a.m. Holy Mass will be celebrated at 8:30 a.m. on Friday, Feb. 5.

### Exposition of the Blessed Sacrament

“Our Lord is truly present: body and blood, soul and divinity in the Blessed Sacrament.” Holy Family will observe the Exposition of the Blessed Sacrament on Saturday, Feb. 6, after 8:30 a.m. Mass, concluding with Holy Hour from 2-3 p.m.

### Masses

To receive a copy of the weekly parish bulletin, sign up at <https://ebulletin.jspaluch.com> or <https://www.jspaluch.com/Subscribe>.

The church is now open to public entry and can return to its regular Mass schedule. Saturday (Vigil Mass) is at 4 p.m., and Sunday Masses are at 8 a.m., 10 a.m. and noon.

Those who attend must wear a mask or face shield, sit socially distanced and use hand sanitizer upon entry into building.

## Church of Jesus Christ of Latter-day Saints

By Jim Greer  
LW contributor

Recently, Sister Tracy Browning of the Relief Society General Board authored an article on the Church’s website titled, “Including Everyone.” In it, she emphasized that “as disciples of Christ, many of us choose to quite literally ‘stand in holy places’ as we attend our Sunday meetings” (D&C 45:32).

Browning noted that, in person or online, most of us attend church meetings hoping to feel and share the spirit, to find “connection, acceptance and a feeling of belonging.” We long to be “no more strangers and foreigners, but fellow citizens with the saints, and of the household of God” (Ephesians 2:19).

For many, church meetings can bring feelings of vulnerability, anxiety or loneliness. These unsure saints fear that their lives don’t reflect the ideal that we all strive to achieve. And attending

church meetings makes them feel as though they are on the outside looking in.

The lives we struggle to live in our less-than-ideal circumstances do not devalue us in God’s eyes. But, for many, the desire to “fit in” only magnifies feelings of inadequacy. It is challenging to know how to help our spiritual siblings feel they belong.

At baptism, we all promised not to let anyone suffer alone. We covenanted to mourn with them, comfort them and share their burdens (Mosiah 18:8–10).

We welcome everyone in our worship, just as our savior invites all to partake of his salvation (2 Nephi 26 and 3 Nephi 18). Creating a sense of belonging within the church is as essential as our desire to become like Christ, including and loving those who struggle is a critical part of perfecting the saints.

To be his, we must be one, and God’s love for his children is all-inclusive. Therefore, we

must include all who wish to “Come unto him and partake of his goodness” (2 Nephi 26:33). For the Lord, no circumstance, situation, or individual is forgotten. “He remembereth, and all are alike unto God” (2 Nephi 26:33) because, like his early disciples, we all “belong to Christ” (Mark 9 and Mosiah 5).

To create an environment and make connections that welcome all, we should ask ourselves the following questions:

- How can I make a more significant effort to reach out and get to know those struggling members I don’t know?
- What invitation can I make to someone who needs a friend?
- How can I be an example of one who is inclusive and loving?
- Whom can I sincerely seek out and ask how they are doing?
- How can I better hear the Spirit when I pray for inspiration to know how I can help?

There is so much we can learn  
**LDS, page 16**

## Assembly of God

By Sheryl Franco  
Co-pastor

The passage Pastor Chuck Franco is focusing on this week is found in Proverbs 3:5-6: “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight” (NLT). If you were a church kid like me, it is probably one of the first verses you memorized in Sunday school. But the words were probably slightly different than the translation quoted here. The words “submit to” are used in place of “acknowledge,” and that little nuance of meaning makes a world of difference when I apply the Scripture to my faith walk.

Dunn’s River Falls in Jamaica

is a popular tourist stop. The water rushes over a 1,000-foot drop of naturally terraced rock into the ocean. And if you have a taste for adventure, you can climb the falls from the beach to the top. The best way to make sure you will survive your excursion and enjoy the rest of your vacation is to follow a guide, who has made that trip hundreds of times before you.

Before you start the climb, the guide emphasizes that this is a naturally occurring geological formation, subject to natural elements and danger. It is not a curated ride at Soak City. There are crevices and holes in the rocks, unexpected deep spots, fast water, and slick moss. His instruction is to “walk where I walk.” And he doesn’t always

walk through the calm spots. He sometimes takes a very unlikely path through places that are steep, deep, rough or slick. But if you walk where he walks and listen to his instructions, you will have one of the most memorable experiences of your life.

My understanding of Jamaican waterfalls is extremely limited. Had I attempted that climb by myself, relying on my own knowledge and instinct, I would have probably had a different type of adventure in a Jamaican hospital. When I put my full trust in my guide, who knows that waterfall from bottom to top and back again, who has made that climb with other travelers, who understands the ebb and flow of the cascading, turbulent water,  
**ASSEMBLY, page 16**

## First Christian Church

By Bruce Humes  
Pastor

In Ephesians 6:10-11, the apostle Paul wrote, “Finally, my brethren, be strong in the Lord and the power of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil.”

Paul instructs the believers in Ephesus to prepare for a battle by dressing appropriately. When a soldier prepares for a physical battle, he clothes himself in the appropriate protective gear to protect his body and arms himself with weapons for war. The battle the Ephesian believers were entering wasn’t a physical battle, but a spiritual one against the devil and his scheming.

Verse 12 explains the spiritual battle, “For we do not wrestle against flesh and blood, but against principalities, against powers, against rulers of the darkness of this age, against spiritual hosts of wickedness in heavenly places.”

To win this battle, Christians must first “be strong in the Lord and in the power of his might” and to “take up the whole armor of God, that you may be able to withstand in the evil day, having done all to stand.”

Paul continues in verses 14-17 with what is equivalent to a military command: “Therefore stand, having girded your waist with truth (tie up all the loose ends that might hinder us during the battle), having put on the breastplate of righteousness (a breastplate protects the torso, protecting vital organs such as the heart, righteousness is a Christian’s spiritual breastplate), and having shod your feet with the preparation of the Gospel of peace, above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. (A shield protects the whole body, and our shield is our faith.) And take up the helmet of salvation, and the sword of the spirit, which is the word of God. (A helmet protects

the head, Satan is a master at causing doubt and confusion in the mind of born again believers, the assurance of salvation for true believers is our helmet, and our weapon is the word of God.)” All the protective armor must be worn, so believers can be protected from the schemes of the devil.

Verse 18 says, “Praying always with all prayer and supplication in the spirit, being watchful to this end with all perseverance and supplication for all the saints.”

Another weapon the Christian possesses is praying in the spirit. A weapon that I believe takes us back to “being strong in the Lord and the power of his might.” With prayer and supplication, Christians can call on the power of his might to protect believers through all the spiritual battles that the wicked one throws at us.

If you want to speak to someone at the church or have a need, call the church office at (562) 431-8810 and leave a message.

## LW Baptist

By Rollan Coburn  
Pastor

The Bible in Luke 4:1-13 shows Jesus filled with and led by the Holy Spirit, being tempted just as we are. His sufferings were real, targeting his human nature. Facing the tempter, Jesus broke his power because unlike our first parents, Jesus, the head of God’s redeemed people, refused to doubt the father’s love.

Perfectly dependent on the father, Jesus rejected the temptation to distrust the father’s care and to take matters into his own hands. He became very hungry after days in the wilderness without food, and the devil told him to command a stone to become bread. Jesus answered, quoting God’s word, “It is written: Man shall not live by bread alone.”

The devil then “led him up to a high place and showed him in an instant all the world’s kingdoms. He said to him, ‘I will give you all their authority and splendor; it has been given to me, and I give it to anyone I desire. If you worship me, it will all be yours.’” Jesus replied again with Scripture, “It is written, ‘Worship the Lord your God and serve him only.’”

Perfectly confident in the Father, Jesus repulsed the temptation to question the father’s promises, protection and love. The devil took him to the pinnacle of the Jerusalem temple, saying, “If you are God’s son, throw yourself down from here; for it is written, ‘He will give his angels orders to guard you, and they will bear you up on their hands, lest you dash your foot against a stone.’” Jesus resisted Satan as before, “Scripture says, ‘You shall not put the Lord your God to the test.’” So the devil, in defeat, left Jesus alone for the time being.

Jesus willingly suffered Satan’s evil attacks to become our merciful and faithful high priest and to pay the death-penalty for our sins. Being fully human, he feels our weaknesses, knows our trials, was tempted as we are—yet did not sin and is able to deal gently with us in our failures and to be the source of eternal salvation.

A gospel song celebrates our Lord’s victory for us: “I stand amazed in the presence of Jesus the Nazarene/And wonder how he could love me, a sinner, condemned, unclean/For me it was in the garden He prayed, ‘Not my will, but thine’/He had no tears for his own griefs, but sweat drops of blood for mine/He took my sins and my sorrows, He  
**LW BAPTIST, page 16**

## Beit Halev

Beit HaLev’s Coffee Chavurah on Zoom will celebrate the Sabbath evening, Friday, Jan. 29, at 5:30, followed by the evening service at 6. On Saturday, Jan. 30, 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.

Rabbi Galit Shirah conducts a weekday Ma’ariv service every Thursday for Sim Shalom, the online synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To say Kaddish, pray for healing 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, contact the rabbi at (562) 715-0888 or [duets@icloud.com](mailto:duets@icloud.com).



### Congregation Sholom

Rabbi Karen Isenberg will be streaming services at 6:30 p.m on Friday, Jan. 29, on Zoom. Rabbi Isenberg will be on Zoom for Saturday morning services at 9:30 on Jan. 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](mailto: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=UDREWTA1N2IjaXVUZUhyQmY1U01JQT09>. The meeting ID is 375 251 9429, and the passcode is 8ZYy69. To join over the phone for audio only, call 1-669-900-9128, then type the meeting ID, 375 251 9429, when instructed.

This Sunday, Jan. 31, join Congregation Sholom members on Zoom at 4 p.m. for Bingo hosted by Susan Michlin.

Tu Bishvat, the New Year for Trees, is today, Jan. 28. It is traditional to plant a tree on this holiday and eat fruit such as dates, grapes, figs, etc. 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

Remember, "Faith in God includes faith in his timing." As we all wait and pray for the virus numbers to decrease so we can resume our regular worship service schedule outside, make sure to check Redeemer Lutheran's front board for up-to-date information (13564 Saint Andrew's Drive) or call (562) 598-8697.

Be encouraged by the simple reminders of the "What COVID Can't Do" poem, originally published in its entirety in the Dec. 17 issue of the LW Weekly:

"COVID cannot cripple love.  
It cannot shatter hope.  
It cannot corrode faith.  
It cannot destroy peace.  
It cannot kill friendship.  
It cannot suppress memories.  
It cannot silence courage.  
It cannot invade the soul.  
It cannot steal eternal life.  
It cannot conquer the spirit."

### Community Church

By Johan Dodge  
Reverend

This week, the Gospel lesson is about Jesus calling the first disciples and telling them that he will teach them to fish for people. The question for us then, as those seek to follow the way of Jesus, is what does it mean to be caught by Jesus. What do we have to do to be caught by Jesus? Is he using a net? Is he using a fishing pole? What is your participation in being caught by Jesus? Join Community Church this Sunday as we look at these questions.

To join the Sunday livestreamed worship service at 9:50 a.m., tune into Facebook live @communitychurchleisure-world.

Those who want to join the virtual fellowship will need to call the church office or email [leisurewccsue@yahoo.com](mailto:leisurewccsue@yahoo.com). Those who don't have a computer or Facebook can 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.

Main Gate  
594-4754

### Faith Christian Assembly

Pastor Curt Cornelius will speak at Faith Christian Assembly this Sunday at the 5:30 p.m. service. Cornelius has recently been very involved in missions work in El Salvador. He has taken several groups to minister there as well.

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, 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](http://www.FCAchurch.net).

### ASSEMBLY from page 15

when I submit to his leadership, I have the assurance that I will make it to the top.

God is our guide. He knows our journey from beginning to end. He knows the dangers we will encounter. He doesn't promise to remove the danger, but he does promise that if we trust and submit to him, he will guide us along every path. He will help us when we become paralyzed by fear and doubt. He encourages us along when we are doing well.

I need that kind of guide. Do you? I urge you to reach out to him and acknowledge that you need his leading today and every day. Submit to him, and he will be with you all the way to the end of your journey.

### LW BAPTIST from page 15

made them his very own/He bore the burden to Calv'ry, and suffered and died alone/When with the ransomed in glory, His face I at last shall see/"Twill be my joy through the ages, to sing of his love for me.

### LDS from page 15

from others once we know them better. Watch for church publications and the website for more stories of sisters and brothers who struggle to feel they belong. These stories will inspire you to closely follow God's two great commandments: to love him and to love all his children.

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# State Health Officials Lift Stay-At-Home Orders

State health officials on Monday lifted all regional stay-at-home orders. Orange County will still be subject to the tight regulations of the restrictive “purple” tier of economic reopening guidelines.

All state prohibitions on outdoor dining, nail and hair salons, and other restrictions are now rescinded.

Orange County restaurants, gyms, and hair and nail salons can immediately reopen—at least outdoors in some cases—in a limited capacity.

The stay-at-home order on all Southern California counties was imposed Dec. 6 when intensive-care unit capacity dropped below 15 percent.

Everyone must wear a mask, said Gov. Gavin Newsom during a news conference on Monday.

State officials acknowledged that hospitalization numbers are moving downward, but four-week projections indicate that ICU capacity will rise above the 15-percent threshold again.

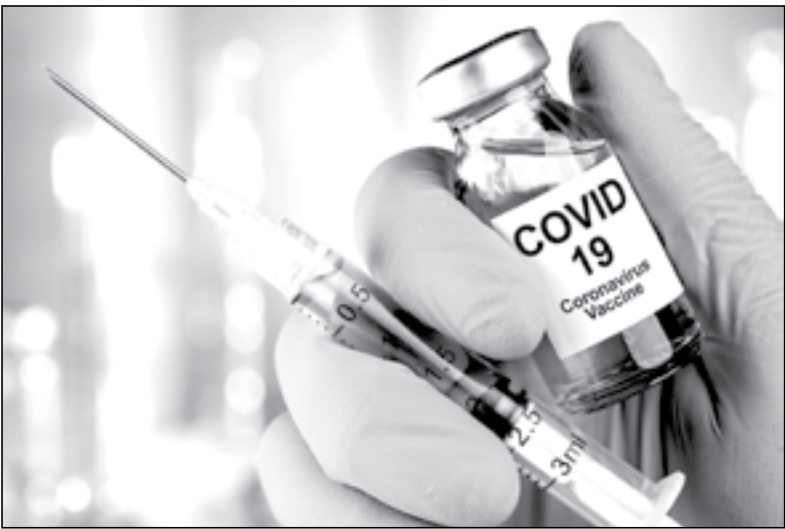
Although the state order has been lifted, individual counties can still impose stricter restrictions than the state.

But in general, lifting the state order will allow outdoor dining and at least some services at gyms, barbershops and nail salons, among other businesses.

The news came as Orange County reported 1,330 new cases of COVID-19 and 66 additional deaths Tuesday, bringing the county’s totals to 224,618 cases and 2,704 fatalities since the pandemic began.

In Seal Beach, 1,009 cases have been reported.

An estimated 158,291 Orange County residents have recovered from coronavirus since the



pandemic began last March, according to statistics compiled by the Orange County Health Care Agency (OCHCA).

As of Tuesday, there were 1,703 people hospitalized county-wide with the disease, 447 of whom are in the intensive care unit. Those numbers are down dramatically from 1,818 and 482 on Saturday.

The county’s state-adjusted ICU bed availability remains zero, and the unadjusted figure decreased to 9.2 percent. The state created the adjusted metric to reflect the difference in beds available for COVID-19 patients and non-coronavirus patients. The county has 38 percent of its ventilators available.

The Southern California region remains at zero ICU availability.

OC’s seven-day test positivity rate remained unchanged at 16.7 percent, up from 14.5 percent on Friday.

It’s true that hospitalizations are down, ICUs are trending down and the case positivity is coming down, but the region’s numbers are still high compared

to early November.

Vaccinations at the inaugural Super POD site at Disneyland continued after wind-driven closures Jan. 19-20. Leisure World held its first two vaccine clinics Jan. 18-19, with two more set for Jan. 30-31.

So far, the county has vaccinated more than 73,000, according to the OCHCA.

The county’s app and website, Othena, is functioning better after initial kinks were worked out.

As of Tuesday, 84,799 residents have scheduled vaccine appointments, and the app has logged about 464,584 registrants, according to news reports.

The county hopes to ultimately open up to five large-scale vaccination sites, but until supplies of vaccines are assured, it likely won’t happen.

Outbreaks at nursing homes—defined as two or more over the past two weeks—continue with 36 skilled nursing facilities reporting outbreaks and 49 elderly assisted-living facilities reporting an outbreak as of Jan. 21, according to a report in the Los Alamitos-Seal Beach Patch.

There are 15 Orange County residents being treated at Fairview Developmental Center in Costa Mesa, which was set up to handle overflow from local hospitals, and 11 patients from Los Angeles County.

Mobile field hospitals, which have been set up to help medical centers triage COVID-19 patients, are in operation at UC Irvine, which added 50 beds, Fountain Valley Regional Hospital and Medical Center, 25 beds, and St. Jude’s Hospital in Fullerton with 52 beds, Kim said.

Officials are setting up or discussing mobile field hospitals at Mission Hospital in Mission Viejo and Los Alamitos Medical Center.

## 405 from page 19 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. Email [405project@octa.net](mailto:405project@octa.net) for more information.

## DEBIT from page 2

Nevertheless, for the 4 million people who receive these genuine EIP prepaid debit cards, the money can be a lifeline in the pandemic.

Here’s how it works. The EIP card arrives in the mail in a white envelope, prominently displaying the U.S. Department of the Treasury seal and the note “Not a bill or an advertisement. Important information about your Economic Impact Payment.”

Along with the card are instructions on how to activate and use it. The money on the prepaid debit cards issued by the Treasury’s financial agent, MetaBank, can be transferred to your bank account or you can get cash at an ATM. (Fees may be charged for using an ATM.) The cards can also be used to make purchases online or at retailers that accept Visa debit cards.

The IRS says the EIP card is secure and can be replaced if needed. Don’t search the Internet for the number. Scammers sometimes set up fake customer service numbers to deceive people and take their personal information.

Don’t give your personal identification number (PIN), EIP debit card number or Social Security number to anyone who calls or texts you.

Check your mail carefully to avoid tossing your EIP card out with junk mail.

If you’ve destroyed or thrown out your EIP card, don’t worry. Call the toll-free customer service line at 800-240-8100 (TTY: 800-241-9100) to ask for a replacement. You can find additional information at the official EIP website.

This second round of Economic Impact Payments are part of the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 to millions of Americans.

As with the first round of payments under the CARES Act, most recipients received these payments by direct deposit.

Social Security and other beneficiaries who received the first round of payments via Direct Express received the second payment the same way.

Others got checks or, as indicated here, debit cards. Authorized by the newly enacted COVID-relief legislation, the second round of payments, or “EIP 2,” is generally \$600 for singles and \$1,200 for married couples filing a joint return.

Payments are automatic for eligible taxpayers who filed a 2019 tax return; those who receive Social Security retirement, survivor or disability benefits (SSDI), Railroad Retirement benefits as well as Supplemental Security Income (SSI); and Veterans Affairs beneficiaries who didn’t file a tax return.

For more information about Economic Impact Payments and the 2020 Recovery Rebate, key information will be posted on [IRS.gov/eip](https://www.irs.gov/eip).

People can check the status of payments at [IRS.gov/getmypayment](https://www.irs.gov/getmypayment).

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## OptumCare Clinic Vaccinates 1,100

On Jan. 18 and 19, a COVID-19 vaccine clinic provided the first round of shots to about 1,100 Leisure World residents. They will receive their second shots three weeks after the first ones.

This exciting event came together as a result of hard work and dedication from Golden Rain Foundation employees and volunteers, the doctors and staff at the OptumCare at the Health Care Center, and Care Ambulance Service employees.

Residents who attended reported the clinic ran smoothly and without any issues. This is in large part thanks to the amazing volunteers, who ensured the safety and well-being of participants. A special thank you as well to the Orange County off-duty officers for providing additional security.

Most of all, thank you to all of Leisure World. OptumCare is grateful to be part of this vibrant, unique community. We look forward to continuing our partnership with you to deliver your Health Care Center, your way. You can learn more about your HCC—and take a virtual tour of the newly renovated clinic—by visiting [optumcare.com/bettercare](https://www.optumcare.com/bettercare).

There is limited supply of the COVID-19 vaccine. We don’t know when we will have another vaccine clinic (see page 1 for the latest). Stay tuned to LW Weekly for more information about future vaccine clinics. People can also sign up for email updates at [www.lwsb.com/lw-live-sign-up](https://www.lwsb.com/lw-live-sign-up). You can also find other COVID-19 vaccine clinics in Orange County by visiting [othena.com/individuals.php](https://www.othena.com/individuals.php).

—from OptumCare at the HCC

## MEMORY

### from page 4

the Golden West” and “Naughty Marietta.”

These beautiful songs stayed with me and these songs, like most of the music I have ever heard, were securely deposited into my memory bank.

I am still surprised when a song pops into my head the instant I open my eyes in the morning. “Oh, what a beautiful morning,” warbles the handsome Gordon MacRae in the movie “Oklahoma!”—and it really is!

At my advanced age, I should be grateful for Doris and all her hard work, and I am so glad that now I only forget names once in a while, and I have not lapsed into dementia or worse.

Doris has always done an outstanding job. I only hope she isn’t planning on retiring any time soon.



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Blue Horizon Private Home Care and Assisted Living. A trusted team of experienced homecare providers. Here at Blue Horizon we provide COVIDCare, which includes picking up prescriptions, dropping clothes off at the cleaners, housekeeping and grocery shopping. Also we help with special needs, disability injury, assistance medication management and escorting to appointments. We have an affordable hourly rate, or flat fee rate for 24-Hour care. Contact us today at 323-548-0708 to provide the personal care that's needed to fit your needs. License #BU22020391. 02/11

Maria's experienced caregivers, run errands, Dr's appointments, cleaning, cooking, part-time, full-time, live-in. (562) 230-4648. Seal Beach Business License #CAM0006. 03/25

MOST AFFORDABLE RATE affordable rates with optimum service, 23 years experience LW, reliable, honest caregivers. Licensed, 24 hour, part time, doctors, appointments, references, fluent English. Ann 714-624-1911, Heidi 562-277-3650. Seal Beach License #HYC0001. 07/01

EXPERIENCED CAREGIVER  
Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please Call Pampet: **562-371-4895.** Seal Beach License PAN0003 03/25

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Lensed by the state.  
Gloria 949-371-7425. 01/28

## BEAUTY SERVICES

**Tammy Nguyen Phenix Salon**  
- Service in private suite. One customer, one hairstylist. Sanitized & professional. Haircut for men & women, shampoo, set, color, highlights, perm, nails & toenails. In-house service available. Tammy Nguyen. 13944 Seal Beach Blvd, #116. (714) 425-4198. 02/25/20

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 02/11

Stylish haircut at home. Countless clients w/referrals.  
Gabriel 562-708-3170. License #B50551. 02/18

Yvonne from Phenix Salon is coming to your home for perms, color & cut. 714-855-8465. License K336138. 01/21

Need Help?  
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Want to place a classified ad?  
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for Thursday's publication

## HOUSE CLEANING

MOVE-IN, MOVE-OUT  
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HOUSECLEANING  
CALL PHIL AT  
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Over 30 years Experience!  
Seal Beach Business  
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### GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning  
General housecleaning  
Excellent referrals in LW  
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20 years experience.  
Seal Beach Business License  
gra0006. 03/11

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 04/15

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We make your home sparkle! 7 days-call anytime! Complete cleaning. Seal Beach Business License #M0001A. Call 562-505-1613. 01/28

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We'll make your house look as nice as possible! 15 years of experience. We can work with your schedule. Bi-weekly or monthly. Deep cleaning.  
Call or text 714-496-2885.  
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## COMPUTERS

**FRUSTRATED  
(562) 755-6199**  
Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 05/20/21

John's Computer Services  
562-733-9193  
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SB License FUH0001. 04/15

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### ANY KIND OF CAR

Cars, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 06/03

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## ELECTRIC CARTS/ SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Cars BUY SELL TRADE and REPAIRS. Call: 714-292-9124. 05/13/21

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Rides by Russ with a personal touch. Airports, doctors, shopping and errands. 714-655-1544. 02/18

## AUTOS/BOATS/RV'S TRAILERS FOR SALE

### ELECTRIC CAR PADS

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

2008 Honda CRV-LX. Gray, excellent condition inside & out, automatic transmission, non-smoker. Mileage 111,600. Price \$6,800. 562-682-4775.

2010 Ford Escape SLT, like new, second owner, 6 cylinder, 57,200 miles, white, beige interior. Serviced every 3,000 miles. \$10,000. 562-277-4863.

## MOVING, HAULING & STORAGE SERVICES

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

LW Resident, Real Estate Specialist  
BRE#01937786

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**2 Bedroom 2 Bath  
One of a Kind Unit  
Fully Expanded Corner  
with Close Parking  
Move in Ready  
M8 183L \$360,000**

**2 Bedrooms 1 Bath  
Fully Expanded with  
Kitchen Island & more.  
Priced to Sell  
M5 114K \$265,000**



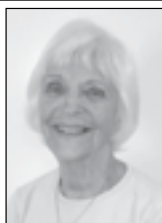
## MISCELLANEOUS FOR SALE

Weber Spirit E-210 Gas Grill For Sale! \$250.00. Good Condition, Purchased new in 2016. Designed to fit on a small patio or balcony. Porcelain-Enameled Cast-Iron Cooking Grates, Electronic Ignition, Built-In Lid Thermometer, Stainless Steel Fold-Down Side Tables and Grill Cabinet. Located in Mutual 11. Call Jeff @ 310.704.9959

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Resident Broker  
Notary Available  
**596-8656**



**Mutual 5, 105-D  
\$259,000**

Expanded, south-facing,  
covered front patio, forced  
air, close to parking



**Mutual 8, 201-H  
\$199,000**

2 BDR, east-facing, with  
2 covered patios, close to  
laundry and parking,  
great to remodel



**Mutual 12, 55-F  
\$389,000**

Beautiful, southeast-facing  
2 BDR/1.5 BA corner unit,  
3 bay windows, fantastic  
kitchen, W/D and more

— • • • —

**Unbelievable Real Estate**  
DRE#00460268





# Erika Shapiro

Resales Specialist  
Mut. 17 Resident  
BRE # 01448494

**562-208-5223**

## NEW LISTING



Luxury Remodel Greenbelt view, expanded, small patio. 2 BDR, 2 full Baths, Washer/Dryer beautiful kitchen with island, & more  
**Mutual 5 - 971 459,000**

## NEW LISTING

New Listing - Great Buy  
Move-in ready, private location  
Must see to appreciate.  
**Mutual 11-273J \$199,000**



Drive-up corner, 2 BDR/ 1 Bath  
Enclosed patio, Needs a little TLC  
**Mutual 3- 12L - \$225,000**

Luxury Drive-up Corner 2BDR/2Baths. All the bells & whistles, new kitchen, New appliances, Washer/ Dryer, Central A/C and more...  
**Mutual 8-191A \$485,000**



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**Leisure Living Resales**

## For Sale

**MUTUAL 5, 93-A**  
13681 Cedar Crest Lane  
**\$294,000**



**Charming Corner Patio Home with 2 Bedrooms, 1 Bath in move-in condition.**

- Gated & Screened Patios with ceramic tile
- Dual Pane Windows and Doors
- Central Air Conditioning
- Large Opening Skylights
- Newer matched Kitchen Appliances with Dishwasher & Microwave
- Three wall-mounted TVs
- Bathroom has newer cut-down Shower and mirrored vanity

**Location close to Carport, Laundry and Guest Parking. A short walk to Downtown.**

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**714-293-3950**

Tim@TimKearns.com  
3rd Generation Resident  
REALTOR  
CDRE #01402756

Berkshire Hathaway HSCP  
CDRE Broker #00338699

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13918 Seal Beach Blvd., Seal Beach, CA 90740



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**38 Two Bedroom From \$199,000**

**21 Two Bedrooms 2 Bathrooms From \$240,000**

**We Can Show You All (If You Have Time)**

## New Listings

### Best Buy

**M11-282B 2 Bedroom**  
**\$248,000**

**M 8-191A**  
**2 Bed 2 Ba, W/D, Dishwasher, AC and More!**  
**Asking \$485,000**  
**A Luxury Drive-Up**  
**"Corner"**

**M7-160 B Drive-Up**  
**One Bedroom**  
**Asking \$175,000**

**Corner M3 -12L In Escrow**

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Mr. Hank  
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**M4 80L \$275,000**



**M3 4A \$249,000**



**M12 35J \$350,000**



**M6 61I \$439,000**



**M10 240H \$239,000**



**CHEAPEST CORNER IN LW**

**M9 225G \$ 209,000**



**M2 43I \$150,000**



**M3 17J \$169,900**



**M3 5J \$170,000**



**M8 185K \$214,000**



Dawn Januszka  
Broker  
DRE #02110501



Ginni Houck  
Escrow Officer



Verna Chumley  
Realtor®



Marsha Gerber  
Realtor®



John Webster  
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**Kathy Gupton**  
Associate Broker  
DRE # 00744676

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Realtor®  
DRE # 01057681

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**Mutual 2-46D**  
**\$289,000**

This expanded 2 Bedroom, 1 Bath home is located on a beautiful diamond shaped greenbelt and has lots of potential. The expanded side room provides extra living space that may be used as a formal dining room, den or bonus room and has a ceiling fan. Living room has laminate flooring, heat pump, skylight and sliding door to the patio. Master bedroom is fully expanded and features a walk-in closet and sliding door to the patio. Kitchen has a ceiling fan and skylight and built-in appliances including dishwasher and microwave. Bathroom has a cut-down shower and skylight. Second bedroom has a skylight. Private tiled patio is gated and overlooks a beautiful greenbelt.



**Mutual 11-267I**  
**\$167,000**

Great Location and Greenbelts surround this lovely 1 Bedroom, 1 Bath home. The living room is carpeted with Berber carpeting and has a heat pump for heating and air conditioning. The kitchen has laminate flooring and built-in Leisure World appliances. The bedroom also has Berber carpeting. Enjoy your private patio in this lovely location.



**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.



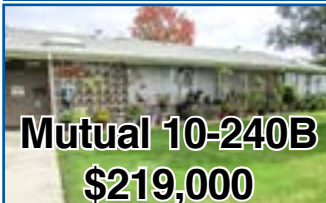
**Mutual 1-30D**  
**\$179,000**

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 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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Broker/Manager



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13926 Seal Beach Blvd.  
Seal Beach, CA 90740

## Two-Bedrooms

## One-Bedrooms



**Joanie Korman**  
714-308-8034



**Conrad Rodriguez**  
562-746-1960



**Leah Perrotti**  
310-889-6583

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

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

**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** \$285,000  
expanded, heat pump, skylights that open, washer/dryer, double pane

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

**Mutual 15 5E** \$299,000  
2 baths, large unit, fresh paint, bay window, new lam floors

**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 8 183L** \$360,000  
btl. corner, large skylights, washer/dryer, cent. air, a must see

**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 3 22D** \$158,000  
new paint, new flooring, new patio carpeting, light and bright, nice one

**Mutual 5 119H** \$168,000  
move in ready, designer colors. lam. flooring, newly painted

**Mutual 119E** \$179,000  
move in ready, enlarged master, stained kit. cabs., southwest facing

**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** 182,500  
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



**Hanna Rubinstein**  
562-900-4243



**Jay Cho**  
714-944-4998



**Estee Edwards**  
562-208-2540



**Philip Bak**  
213-550-9991



**Irv Hart**  
562-296-5619



**Fay Wescott**  
562 242-6162



**Tim Kearns**  
714-293-3950



**Linda Marmion**  
562 619-2261



**Chris Kim**  
424-247-4542



**Gail Alonzo**  
562-673-6703



**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.)

## LISTINGS WANTED!

My Listings are Selling.  
I can SELL Yours too!!  
And... Please know, I have  
implemented ALL Covid-19  
Guidelines to keep everyone  
as safe as possible! Call me for details!



### 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



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

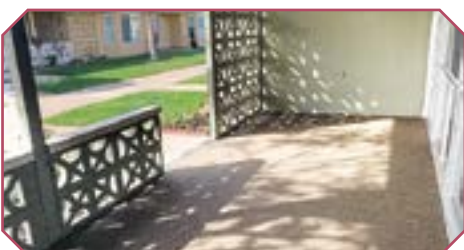


Darling one bedroom drive-up in Downtown Leisure World! Pretty floors, updated kitchen, nice windows, great patio that catches the ocean breeze with plenty of guest parking! Be sure to check this one out. Call Robin to see!

### Mutual 6-58-A



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](http://www.sealbeachleisureworld.com)





**CAROL GASPER**  
REALTOR  
Lic# 01276484  
**562.716.1547**  
gcarol1966@gmail.com  
<http://www.sealbeach-retirementcommunity.info>



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**For 2021, I have a total of 5 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!

**Sold! In Escrow!**



**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 26th, 2020 a total of 69 units show as active listings on the CRMLS (this is where Realtors list property for sale).

14 - 1 bedroom/1 bath  
from \$150,000 to \$214,000


34 - 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!

**01/26/2021- Year To Date MLS Activity**

■ For Sale ■ In Escrow ■ Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	70	40	15
Feb	0	0	0
Mar	0	0	0
Apr	0	0	0
May	0	0	0
Jun	0	0	0
July	0	0	0
Aug	0	0	0
Sept	0	0	0
Oct	0	0	0
Nov	0	0	0
Dec	0	0	0