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Ask for Cherie

Great California Shakeout is Today

COMMUNITY DIRECTORY

How to add, delete or change listings

The 2021 Community Guide and Telephone Directory was delivered last week to every LW doorstep.

Now is the time to check your listing and make sure the information is correct.

If you are currently listed in the white pages, you don't need to do anything. Your listing will appear as is unless you direct the LW Weekly to remove it or change it.

If you are in the book and do not want your listing to be included, you need to fill out the form on page 55 of the white pages and submit it to the LW Weekly Office.

If you are not currently listed and want to be included in the directory, fill out the form on page 55 and submit it to the LW Weekly Office.

The office is closed to the public, but staff is working inside. Residents can put forms through the letter slot, and changes will be made for the 2022 Community Guide and Directory.

The directory is intended for the personal use of LW residents and is not circulated outside the community.



Dispose of surplus pills on Saturday at the Main Gate

The Seal Beach Police Department and the Drug Enforcement Administration (DEA) will sponsor a drive-through Prescription Drug Take Back Day on Saturday, Oct. 23, from 10 a.m.-2 p.m. in front of the Main Gate on Seal Beach Boulevard.

LW residents can conveniently and safely dispose of expired, unused and unwanted prescription drugs by bringing them to the Main Gate. Liquids, needles and sharps cannot be accepted, only pills and patches. People are asked to package pills in plastic or paper bags, as the original containers are bulky and take up a lot of space. The service is free and anonymous.

During the last Take Back Day in April, law enforcement collected 839,543 pounds, or 420, tons of surplus medicines. The annual effort was implemented to address a vital public health and safety issue. Medicines that languish

TAKE BACK, page 3

SB POLICE REPORT



A LW resident sustained moderate injuries when a car collided with her scooter as she was crossing St. Andrews Drive at Golden Rain Road, according to a police report. Drivers are asked to stay alert for low-profile vehicles such as scooters. Scooter operators are encouraged to install neon traffic-safety flags to make them more visible on the road.

Scooter driver injured in collision Oct. 15

For the second time in as many weeks, a LW resident on a scooter was injured in a collision with a car.

The latest accident happened at 2:17 p.m. on Oct. 15 at the intersection of Golden Rain Road and St. Andrews Drive, according to a Seal Beach police report.

The car was traveling eastbound on Golden Rain, making a right turn onto St. Andrews, when it collided with the scooter, according to LW Security.

Orange County Fire responded and treated the female scooter driver at the scene. She was transported to Long Beach Memorial with moderate injuries.

She is the second resident injured in a scooter accident since Sept. 19, when a man was struck at St. Andrews Drive and Church Place.

LW scooter operators are encouraged to install orange traffic-safety flags to help make the low-profile vehicles more visible to drivers.

Neither vehicle driver was injured, according to reports.

In the most recent collision, SBPD closed northbound St. Andrews for a couple of hours to conduct an accident investigation.

Since January, Seal Beach police have issued 207 citations in Leisure World.

The majority of those were for running stop signs or red lights, and others were given for failing to yield to pedestrians.

If anyone has information on the Oct. 15 accident or specific concerns about areas or intersections, contact Traffic Bureau Sgt. Jordan Mirakian at (562) 799-4100, ext. 1618, or jmirakian@sealbeachca.gov.

Leisure World residents can also call the SBPD non-emergency line at (562) 594-7232.

Facts about Older Drivers

- One in five drivers in the United States is 65 years or older.
- Older adults are more than twice as likely to report having a medical problem that makes it difficult to drive, compared with people aged 24-64.
- Four in five older adults take one or

more medicines daily. Physical changes that occur with age can change the way the body reacts to medicines, causing more side effects and affecting the ability to concentrate and drive safely.

- In 2018, almost 7,700 older adults (65-plus) were killed in traffic crashes, and more than 250,000 were treated in emergency departments for crash injuries. This means that each day, more than 20 older adults are killed, and almost 700 are injured in crashes.

Steps to Stay Safe on the Road

- In LW, drivers share the road with golf carts, scooters, pedestrians and cyclists. Drivers need to stay alert; put down cell phones; drive the speed limit, which is 25 miles an hour unless otherwise noted; and come to full stops when directed. Pedestrians, bikes and carts have the right-of-way in crosswalks.
- People operating scooters, carts and bikes must obey all traffic control devices. Always ride with the flow of traffic.

SAFETY, page 2



U.S. Rep. Michelle Steel (CA-48)

OCT. 22 in CH 4

Senior Fair features local, state and federal resources to help residents navigate programs

U.S. Representative Michelle Steel (CA-48) will headline a Senior Resource Fair Friday, Oct. 22, from 1-3 p.m. at Clubhouse 4. The informational mini-fair is open to all residents.

Personnel from federal, state and local agencies—such as the Department of Veterans Affairs (VA), CalOptima, the Health Insurance Counseling and Advocacy Program (HICAP) and the Seal Beach Police Department—will be in attendance to answer questions and help people navigate questions about benefits, health care and financial safety.

Medicare's Annual Enrollment Period (AEP) for 2022 began last week. The enrollment period runs through Dec. 7, and experts will be at the event to answer questions.

Members of Rep. Steel's congressional office will also be in attendance to talk about how to navigate federal agencies and open cases for people who need answers from agencies such as the IRS, the State Department, the Small Business Administration or the VA.

The event is sponsored by the LW Republican Club. For more information, contact kathytl@wsb.com or call (562) 431-6586, ext. 398.

COYOTE ALERT

LWer who lost her dog to a coyote urges residents to be alert

Coyotes in Leisure World aren't going away, but you can help keep them away from homes and pets. LW residents on neighborhood social sites like NextDoor and Facebook are vigilant about warning neighbors of coyote sightings. Postings track coyote movement in LW, warning neighbors to keep pets inside and be alert.

And the warnings should not go unheeded. Just last week, Harriet Anderson of Mutual 1 lost her dog to a coyote. At about 3 a.m. on Oct. 11, she took her little Yorkie, Bodhi, outside the door to relieve himself. She was standing next to Bodhi when a coyote came around the corner, snatched the dog and ran.

"Security was so nice," said Anderson. "They walked all around, but he was long gone. I really miss him."

"I want to emphasize that the coyote was not afraid of me. They are not afraid of humans at all. He was like a flash. He got my little dog in an instant and took off with him. I was there, and I couldn't do anything about it."

Anderson called the LW Weekly requesting another reminder to residents about the danger of coyotes to pets. She doesn't want anyone else to endure watching a beloved pet hauled off by a predator.

Animal experts agree that coyotes are here to stay, and it is essential to achieve a peaceful coexistence. The highly adaptable animals are encroaching into



Coyotes are here to stay, according to animal experts, so people need to be on guard and do what they can to minimize encounters.

urban areas where it's easier to find food and water.

There are strategies for reducing conflict. Keep pets inside, stay alert when walking dogs and make sure they are on leashes no longer than 6 feet, and pick up food and water that might attract wild animals.

Once coyotes identify a food source, they'll keep coming around. Food sources include pet food, unsecured trash, fallen fruit and compost. Fences aren't necessarily a deterrent, as a coyote can clear a 6-foot-high wall.

Learn how to haze coyotes. Hazing is a method that makes use of deterrents to move an animal out of an area or discourage an undesirable behavior or activity.

Hazing can help maintain a coyote's fear of humans and keep them from lurking around

buildings and carports. If a coyote approaches:

- Yell and wave your arms while approaching the coyote
- Use noisemakers like whistles, air horns, bells, "shaker" cans full of marbles or pennies, pots, lids or pie pans banged together
- Throw sticks, small rocks, cans, tennis balls or rubber balls

To report coyote sightings, call Long Beach Animal Care Services at (562) 570-7387. (Seal Beach contracts with City of Long Beach for animal control services.)

Residents can also report wildlife activity online.

For complaints or questions regarding coyotes, call Long Beach Animal Care Services at (562) 570-7387 or the Seal Beach Police Department's non-emergency line at (562) 799-4100.

VETERANS DAY

LW vets invited to lunch in their honor

LW veterans are invited to a complimentary barbecued chicken lunch in their honor on Veterans Day, Nov. 11, from 2-6 p.m. at the Los Alamitos American Legion, Post 716, 3252 Florista St. (just north of Katella between Los Alamitos Boulevard and the 605 freeway) in Los Alamitos.

Veterans, whether they are an American Legion member or not, will dine for free.

An optional, nominal donation to support veterans programs is requested from guests of the veterans.

The meal will consist of barbecued chicken and side dishes. Soft drinks, liquor, beer and wine will be available for purchase.

People should RSVP by Oct. 28 by calling (714) 306-1485. Veterans should leave their first and last names, branch of the service in which they served, and if they plan to bring a guest.

"We are hoping to thank as many veterans as possible for their service to our country," said LWer and fellow veteran Mike Depew.

CAP FOOD

Distribution is today from 9-11 a.m.

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be today, Oct. 21.

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

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. To sign up, bring a photo ID and proof of income (Social Security/SSI statement, letter or bank statement or paycheck stub). People who are unable to apply themselves or pick up the food may send a proxy to act on their behalf with appropriate ID.

For more information, contact Roberta Arshat in GRF Member Resources at (562) 431-6586, ext. 317, or robertaa@lwsb.com.

SAFETY

from page 1

- Maximize visibility by wearing reflective clothing and applying reflective tape to scooters and bikes.
 - Always wear seat belts, and never drive impaired by alcohol, drugs or medicines.
 - Discuss any medical issues with a doctor to determine if they might affect driving skills.
 - Have your eyes checked by an eye doctor at least once a year.
- Wear glasses and corrective lenses as directed.
- Plan your route before you drive.
 - Drive during daylight and in good weather when possible.
 - Plan routes that are familiar and avoid freeways during peak traffic hours.

It pays to drive safely and within speed limits. In California, fines for speeding tickets max out at \$490, according to www.ticketclinic.com.

Although it varies among insurance companies, older drivers routinely see premiums almost double after a traffic ticket.

The average car insurance rate increase for California drivers who get a speeding ticket is 42 percent, according to Forbes Advisor's analysis.

For senior drivers, it's often higher. So it pays to slow down and do your part to keep LW safe.



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Joshua 1:7-9

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Make morning appointments and clear items from underneath sinks

Fenn Termite & Pest Control has spent over seven decades serving Orange County and surrounding areas, including Leisure World. Its reduced-risk treatments are designed to provide a safe, reliable pest control experience for residents.

When residents call for pest control that involves interior spraying, they should book appointments in the morning, and all items must be removed from under kitchen and bathroom sinks.

People should be prepared to stay outside units for four hours after they are treated.

Here are the basics when ordering pest control service:

Bait/Gel vs. Spray Applications

- Bait discs and gel application: No preparation is necessary for this type of service. The tech will place bait or gel in places where infestation is typical, cabinets, under sinks, appliances, etc.

- For liquid spray applications, people must remove all items from kitchen and bathroom cabinets, which must be cleaned and empty before the technicians arrive.

Residents and their pets will need to exit the home for four hours after application. All cabinets and baseboards throughout the kitchen and bathroom will be sprayed.

Spray is considered the best option because technicians spray all baseboards, and there is a lasting residual effect.

Pests come in contact with the pesticide and bring it back to the nest, where other ants/roaches are infected. The treatment is active for up to 30 days. As long as residents are prepared and there is not a high level of infestation, the company provides a 30-day warranty.

For the following pests, only spray treatments are recommended: fleas, mites, spiders, bed bugs, carpet beetles, mosquitoes and flying insects. Morning appointments are required, as is a 4-hour absence from units.

Mutuals have different arrangements with the pest control company. Residents should check with their Mutual directors. If the Mutual is not listed below, the Mutual will cover treatment for all indoor/outdoor pests.

- **Mutual 1:** Payment is due at time of service for gnats, mosquitoes, bed bugs and fleas in or around the unit.

- **Mutual 2:** Resident's cost for interior and exterior jobs is the Mutual's cost.

- **Mutual 3:** Only covers monthly termite inspections; rodent bait stations throughout the Mutual; mole, gopher and skunk control; removal of bee and yellow jacket hives, and fleas infesting a common area.

- **Mutual 8:** Resident pays for lizards, bed bugs, fleas.

- **Mutual 9:** Resident pays for all interior unit treatments for ants, roaches, silverfish, mites, gnats, mosquitoes, flies, vinegar flies, pantry pests, weevils, spiders, earwigs, crickets, lizards, bed bugs, fleas and any other indoor pest. Residents must be at home to meet technicians. Requests for immediate service will incur a charge added to their bill. Any request regarding bed bug services will be reported immediately to GRF Service Maintenance, and the resident will be charged for this special service call.

- **Mutual 10:** Resident pays for all interior service.

- **Mutual 14:** Resident is responsible for the treatment of ants, roaches, silverfish, mites, gnats, mosquitoes, flies, vinegar flies, pantry pests, weevils, spiders, earwigs, crickets, lizards, bed bugs, fleas and other indoor pests inside units. The Mutual is responsible for exterior treatments required for attics, patios and garden areas.

TAKE BACK from page 1

in home cabinets are highly susceptible to diversion, misuse and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, flushing medicines down the toilet or throwing them in the trash pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the Take Back Day event, visit <https://takebackday.dea.gov/>.

GREAT CALIFORNIA SHAKEOUT

At 10:21 today, millions will drop, cover and hold on

by Eloy Gomez
safety/emergency coordinator

At 10:21 a.m. today, Oct. 21, 2021, millions of Californians will "Drop, Cover, and Hold On" in The Great California ShakeOut, the state's largest earthquake drill ever. All senior communities are encouraged to participate in the drill (or plan a more extensive exercise). Major earthquakes may happen anywhere you live, work or travel.

The ShakeOut is a chance to practice how to protect ourselves and for everyone to become prepared.

The goal is to prevent a major earthquake from becoming a catastrophe for you and your community. Why is a "Drop, Cover, and Hold On" drill important? To respond quickly, you must practice often.

You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down or something falls on you.

Here are a few suggestions for what senior communities can do to participate in the ShakeOut. Learn more at ShakeOut.org/california/howtoparticipate.

Plan Your Drill:

- Have a "Drop, Cover, and Hold On" drill at 10:21 a.m. on Oct. 21. You can also practice other aspects of your emergency plan.

- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Create (or update) and practice an overall disaster plan

MUTUAL 2

Earthquake drill is today at 1 p.m.

The Emergency Buddy System of Mutual 2 will conduct an earthquake preparedness drill as part of the annual California Shakeout today, Oct. 21, at 1 p.m.

It will be held on the green belt surrounded by Buildings 59, 28 and 61 in Mutual 2.

The addresses for the buildings are: 1422 Merion Way, and 1461 and 1441 Monterey Road.

Mutual 2 residents are invited to come by and find out about what this group of volunteers does in the case of a catastrophe.

Face masks are required. People are encouraged to bring chairs to the drill.

—Fara MacCartney



Now is a good time to double check your emergency preparedness supplies and grab and go bags.

- Secure furnishings and other contents in living spaces with appropriate seismic restraints.

- Encourage neighbors to participate and prepare at home.

- Organize a support network for those who need to be evacuated.

- Keep at least a seven-day supply of disaster survival supplies including essential medications.

How to Participate:

- DROP where you are onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter

if nearby.

- COVER your head and neck with one arm and hand.

If a sturdy table or desk is nearby, crawl underneath it.

Otherwise, shelter next to an interior wall with no windows.

Stay on your knees and bend over to protect vital organs

- HOLD ON until the shaking stops. If you are sheltering under a desk or table, hold on to it with one hand and be ready to move with it if it shifts

If you are sheltering next to a wall, hold on to your head and neck with both arms and hands.

Emergency Preparedness Expo

The annual Emergency Preparedness Expo will be held from 10 a.m.-2 p.m., Saturday, Oct. 30, in Clubhouse 2. Minibus service will be available throughout the event. Face masks will be required to enter this event (*see advertisement, page 12*).

There will be emergency preparedness supplies to buy, raffles at 11 a.m. and noon, a disaster recovery video, LW Radio Communication van tours, and CPR demonstrations and an exhibit by the Community Emergency Response Team (CERT).

Talks and demonstrations will be given by the Amateur Radio Emergency Service (ARES), LW Optum and the SoCal Animal Response Team (SCART), a Southern California based animal disaster response team whose goals are to educate the public in disaster preparedness for their families and pets. Topics include solar power and communication, emergency medication, what to put in grab and go bags, and pet prep in an emergency.

In addition to vendors, there will be displays by Leisure World service clubs, face painting, live music, and food trucks and barbecue.

The expo will underscore the fact that in the event of an emergency, LWers will be on their own until professional help can arrive, which may be days or longer, depending on the crisis.

People are encouraged to stock up on emergency prep supplies and learn more about how to survive in the aftermath of an earthquake or other disaster.

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Perspectives

Letters to the Editor

Editor:

In the midst of a serious water crisis, we need to be mindful of its use. It hurts to see people at our handy carwash using the three-quarter-inch hoses without nozzles. I believe it will be a citable offense soon. I will gladly donate some if that would be helpful.

Paul Murphy
Mutual 10

Editor's note: Nozzles are on order and expected to arrive and be installed soon. GRF Physical Property reports that nozzles are routinely pilfered and because of this, it is an ongoing challenge to keep nozzles on hoses.

Editor:

I am disturbed and appalled that the paper would (run information) on how to get the white crosses that are popping up all over LW.

Sometimes I feel like I'm walking through a cemetery, as they are in so many yards. I am Christian and find nothing wrong with the sentiment of "God Bless America." But to encourage people by putting it in the paper just seems very inappropriate.

I wonder how this makes non-Christians feel.

Gina Kano
Mutual 15

Perspectives Policy

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

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

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

From All Hallows Eve to Halloween

by Jim Greer
LW contributor

You may be surprised to learn that one-quarter of all the candy sold in America each year is purchased for Halloween. In fact, Americans spend about \$6 billion each year on Halloween, second only to Christmas as the largest commercial holiday. Of course, we who live in Leisure World buy and begin eating our candy as soon as it appears in the stores, knowing full well that no trick-or-treaters will be knocking on our doors.

The fascinating genesis of Halloween is the ancient Celtic festival of Samhain, when bonfires were lit and costumes were worn to ward off ghosts. To the Celts, Nov. 1 was their New Year's Day, and the lines separating the living and the dead were blurred beginning Oct. 31, when ghosts of the dead returned to earth.

Once the Roman Empire conquered the Celts, two of their festivals—Feralia, the passing of the dead, and the festival honoring Pomona, the goddess of fruits and trees—were merged with the Celt Samhain celebration. The Roman symbol of Pomona, the apple, may very well have been the origin of our tradition of bobbing for apples during fall festivals.

By the 8th century, Pope Greg-

ory III designated Nov. 1 as a day to honor all the Roman Catholic saints. This official designation of All Saints Day also led to the observance of All Hallows Eve, or what we now call Halloween.

Here in the colonies, beliefs and customs of European ethnic groups merged with those of indigenous tribes, creating a uniquely American version of Halloween. Celebrations included "play parties," public events held to celebrate the harvest, featuring neighbors sharing stories of the dead, the telling of fortunes, dancing and singing.

By the late 1800s, a movement attempted to remake Halloween into a more enlightened community holiday, encouraging festive get-togethers rather than emphasizing ghosts, pranks and witchcraft. The spirit of the movement evidently failed because in the 1890s, the first horror films were produced, and since that time, America has been obsessed with creating and watching some of the most disturbing films imaginable.

According to Dr. Katherine Brownlowe at The Ohio State University College of Medicine, "Some people enjoy the gore, some people like being startled, and some people love the sheer escapism it offers." People do like the feeling they get when they're scared. Our brains go into fight-or-flight mode, our hearts race, our muscles tense, and we scream and jump. Dr. Brownlowe continued, "Believe it or not, for some people, this is a lot of fun."

Perhaps the most universally



enjoyed genre of horror films are Frankenstein movies. Since moving pictures began, there have been 73 Frankenstein-themed films. Of course, my favorite is "Young Frankenstein," directed by Mel Brooks and starring Gene Wilder.

As a parody of Mary Shelley's book "Frankenstein" and a sendup of the 1931 Frankenstein and 1935 "Bride of Frankenstein" films, "Young Frankenstein" has become a modern comedy revision of the Celtic festival of Samhain. We gather around the modern big screen bonfire, put on scary outfits and watch a latter-day ghost story, laughing at our fears.

As the second Halloween of the pandemic, many will attempt to combine their COVID coping mechanisms with their candy consumption. Jimmy Fallon noted that "a group of wine experts has actually come up with a list of the best wines to pair with Halloween candy. They say white wine goes great with Skittles, red wine goes great with Twix, and... we're alcoholics, aren't we?"

Any way you want to celebrate Halloween, enjoy yourself...and your candy!



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Ask about fall specials!



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

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

Phone
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Missing LW Weekly Newspaper
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P.O. Box 2338
Seal Beach, CA, 90740

Delivery Address
13533 Seal Beach Blvd.
Amphitheater Building
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Distribution
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Eagle Rock Services

VOL 45, NO 36

Government

GRF Board of Directors Monthly Meeting Agenda

Tuesday, Oct. 26, 10 a.m.
Clubhouse 4 and via Livestream
To view the live GRF Board meeting, go to www.lwsb.com. The tab will be active at 9:45 a.m. on the day of the meeting. 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 Announcements
4. Seal Beach City Council Member’s Update
5. Health Care Center Advisory Board Update
6. Shareholder/Member Comments
Note: Foundation Shareholders/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Each speaker is limited to: four minutes when there are no more than 15 speakers; three minutes for 16-25; and two minutes for more than 26.
7. Consent Calendar
 - a. Committee/Board meetings for the Month of September
 - i. Minutes of the Recreation Committee Board Meeting, Aug. 30
 - ii. Minutes of the Physical Property Committee Board Meeting, Sept. 8
 - iii. Minutes of the GRF Administration Committee Board Meeting, Sept. 2
 - iv. Minutes of the Finance Committee Board Meeting, Sept. 20
 - b. GRF Board of Directors Minutes, Sept. 28
 - c. September GRF Board Report, dated Sept. 28.
 - d. Accept Financial Statements, 2021, for Audit
 - e. Approve Capital Funds Investment Purchase
 - f. Approve Reserve Funds Investment Purchase
8. Ad Hoc Reports
 - a. Governing Document Ad Hoc Committee
 - b. Management Services and Contract Ad Hoc Committee
 - c. Strategic Planning Ad Hoc Committee
 - d. Website Ad Hoc Committee
9. New Business
 - a. General
 - i. Indoor Trust Property Face Masks Required
 - ii. Interconnected Storm Drain R&M Responsibilities
 - b. Communications/IT Committee
 - i. Amend Policy 20-2807-1, GRF Emergency Text Parameters
 - c. Finance Committee
 - i. Adopt 40-5580-2, Entry Passes—Fee
 - d. GRF Administration Committee
 - i. Non-Budgeted Operating 2.6 Full-Time Employee Fund Request
 - ii. Approval of GRF Election Packet
 - iii. Amend Policy 30-5026-3, GRF Election of Officers
 - iv. Amend Policy 30-5092-1, Code of Ethics
 - v. Amend Policy 30-5092-3, BOD Censure Procedure
 - e. Physical Property Committee
 - i. Reserve Funding Request—Primary and Main Sewer Lines—Mutual 9 Request for Reimbursement
 - f. Recreation Committee
 - i. Reserve Funding Request—Clubhouse 4—Ceramics Studio Kilns
 - ii. Temporary Variance to Policy 70-1406-1, Limitation on Use of Trust Property—Rules
 - iii. Amend Policy 70-1422-3, Marquee Usage

- iv. **TENTATIVE VOTE:** Amend Policy 70-1429-02-1, Golf Course Rules
 - g. Security, Bus and Traffic Committee
 - i. Reserve Funding Request—New Two-Way Radios
10. Board Member Comments
 11. Next Meeting
The next regular GRF Board of Directors meeting is scheduled for Nov. 23 in Clubhouse 4 and via Zoom.
 12. Adjournment

News Deadlines

The editorial deadline is 4 p.m. on Thursday for the following Thursday’s edition.
People may email articles or drop them into the letter slot at the front of the News Building, located on the east side of the Amphitheater. The office is currently closed to residents and other members of the public.
See page 4 of any edition for a list of section editors and their email addresses.

GRF Meetings

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

Tues., Oct. 26	GRF Board Monthly Meeting Clubhouse 4/virtual..... 10 a.m.
Mon., Nov. 1	Recreation Committee Clubhouse 4/virtual..... 1 p.m.
Wed., Nov. 3	Physical Property Committee Clubhouse 4/virtual..... 1 p.m.
Thurs., Nov. 4	GRF Administration Committee Clubhouse 4/virtual..... 1 p.m.



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.

Carport Cleaning

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

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Mutual Meetings	
Mutual residents are invited to attend the open meetings of their mutual boards (schedule subject to change).	
Thurs., Oct. 21	Mutual 2 virtual.....9 a.m.
Thurs., Oct. 21	Mutual 11 virtual..... 1:30 p.m.
Fri., Oct. 22	Mutual 6 virtual..... 10 a.m.
Mon., Oct. 25	Mutual 8 (open forum, 9:15 a.m.) Clubhouse 4/virtual 9:30 a.m.
Wed., Oct. 27	Mutual 10 virtual.....9 a.m.
Thurs., Oct. 28	Mutual 1 virtual.....9 a.m.
Tues., Nov. 2	Mutual 17 virtual..... 1:30 p.m.
Thurs., Nov. 4	Presidents’ Council Clubhouse 4/virtual9 a.m.

Puzzles & Comics

Answers on page 23

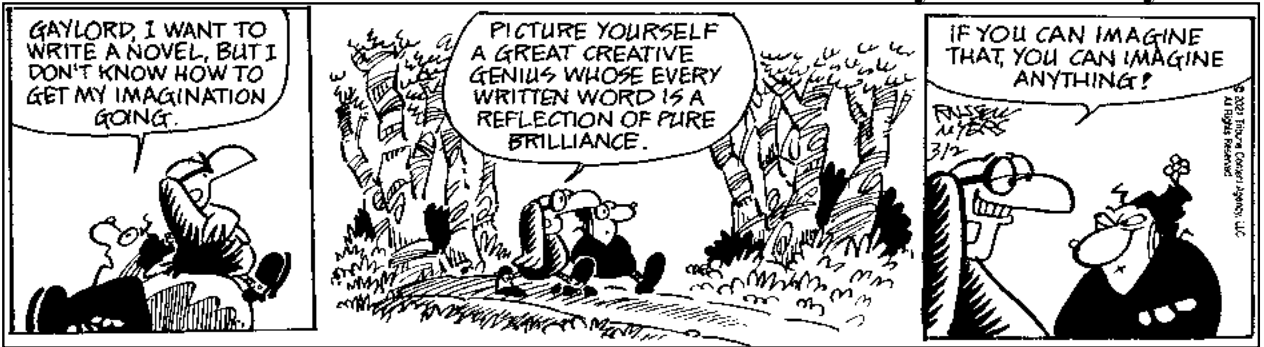
Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

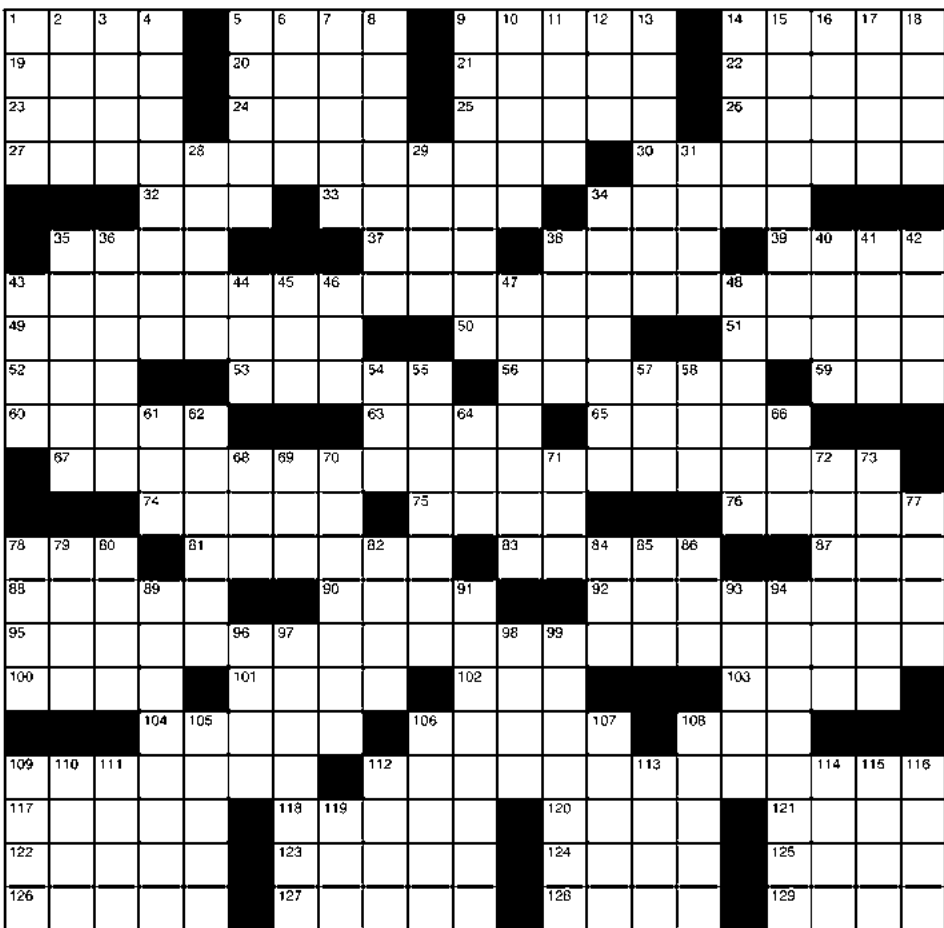


Nevermore

Edited by Linda and Charles Preston

ACROSS

- 1 Back end of a kitchen?
- 5 Ty. of the Tigers
- 9 Picasso
- 14 Open to all
- 19 Lodging for undergrads
- 20 Always
- 21 Basketry willow
- 22 Conflicted peninsula
- 23 Silver-tongued
- 24 Nascar's Earnhardt
- 25 Actress Lonette of "Malcolm X"
- 26 Capture
- 27 Author of the macabre
- 30 Hero
- 32 Rocky peak
- 33 Ermine
- 34 Song of exultation
- 35 Unit of electricity
- 37 Solo played by Ford
- 38 Coastal bird
- 39 ____ homo
- 43 Story by 27 Across, with "The"
- 49 Crowned heads
- 50 Criticize
- 51 Requirements
- 52 Clean air gp.
- 53 Magnitude relation
- 56 Wooc
- 59 Charge
- 60 Director of "American Graffiti"
- 63 Mongrel
- 65 Passover supper
- 67 Another story, with "The"
- 74 More virtuous
- 75 Saucy
- 76 Clark's companion
- 78 Partook
- 81 One of the Furies
- 83 Alabama town
- 87 Squid's squirt
- 88 Bike or boat beginning
- 90 Emece
- 92 Pleasing ditty
- 95 See 67 Across
- 100 Sweet sandwich
- 101 Remnants
- 102 Cheer
- 103 IA university city
- 104 Short skirts
- 106 More desperate
- 108 Former TV add-on
- 109 Injured with a cavalry sword
- 112 See 67 Across
- 117 Author of "The Republic"
- 118 WW communications
- 120 Finished
- 121 ____ gin fizz
- 122 Pilgrim John
- 123 Pasta topper
- 124 Part of rpm
- 125 Pitch
- 126 Wayne's World star Mike



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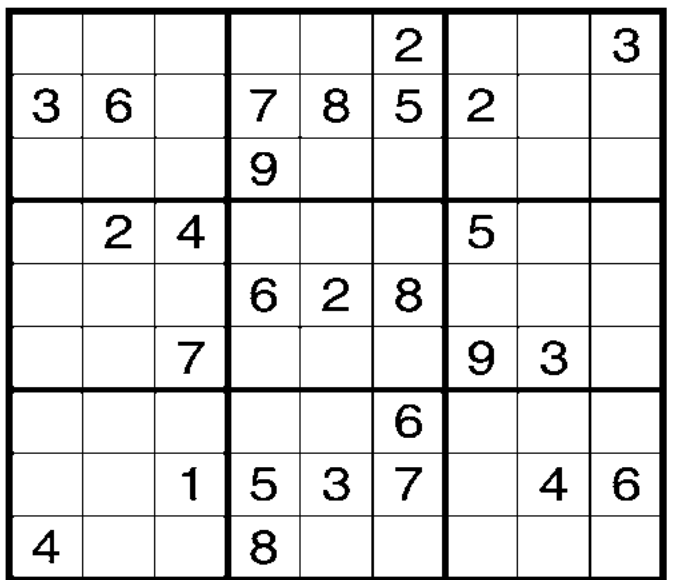
10/24/21

- 127 Bearer
- 128 Tizzy
- 129 Stock exchange membership

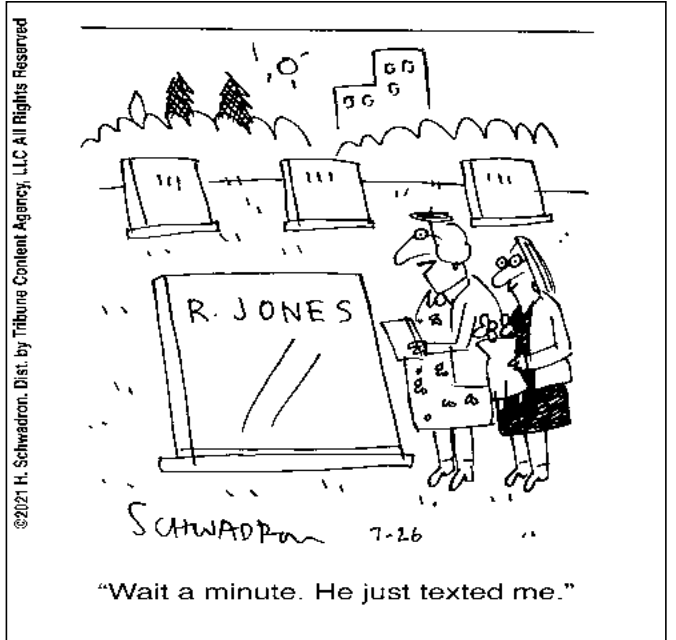
DOWN

- 1 Transition point
- 2 Spilled the beans
- 3 Math subj.
- 4 Prepare for combat
- 5 Aromatic wood
- 6 Egg-shaped
- 7 Ringers
- 8 Inhale
- 9 Food fishes
- 10 Neck tie
- 11 Tour de France vehicle
- 12 Spike of flicks
- 13 Wild marjoram
- 14 Or else, musically
- 15 Type of waltz
- 16 Writer Bagnold
- 17 Demolish completely
- 18 Level
- 28 Revolving part
- 29 Biblical boat builder
- 31 Great Barrier, for one
- 34 Assumption
- 35 Moola
- 36 Woolly-haired mammal
- 38 Jacob's twin
- 40 Emeril's profession
- 41 Relinquish
- 42 Scottish Gaelic
- 43 Sense
- 44 In favor of
- 45 La-la lead-in
- 46 Man from Lamar, MO
- 47 Loose, long overcoats
- 48 Wind off
- 54 UN agency dealing with currency
- 55 Frontier settlement
- 57 A Williams
- 58 Idiosyncratic
- 61 Small snake
- 62 Not hip
- 64 Le or la, stateside
- 66 "Norma ____"
- 68 Web address
- 69 Large shoe width
- 70 Lady's slippers, e.g.
- 71 AAA suggestion
- 72 Pang
- 73 Natives of northern India
- 77 Terrier type
- 78 Bullets, for short
- 79 Junket
- 80 Raison d' ____
- 82 Oodles
- 84 Romanian currency
- 85 Sultry West
- 86 Escort's offer
- 89 Dashboard item
- 91 Suspense story
- 93 Athletic advisor
- 94 Sofa parts
- 96 M. Descartes
- 97 Most nasty
- 98 Carter middle name
- 99 Orators
- 105 A Close co-star
- 106 Thaw
- 107 See 67 Across
- 108 Distance measure in Moscow
- 109 Cyber-junk
- 110 Friend
- 111 Summoned, old-style
- 112 Drawn tight
- 113 Big name in denims
- 114 Cosmetic ingredient
- 115 One of the CA Santas
- 116 Part of SAI
- 119 ____ Tse-rung

Sudoku 1

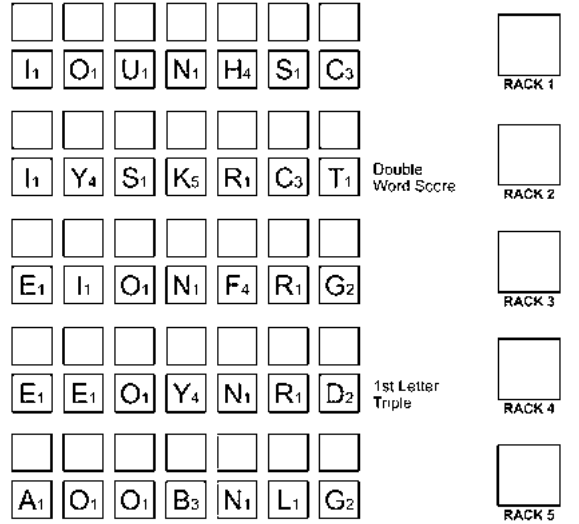


9 To 5 By Harley Schwadron



SCRABBLE G R A M S

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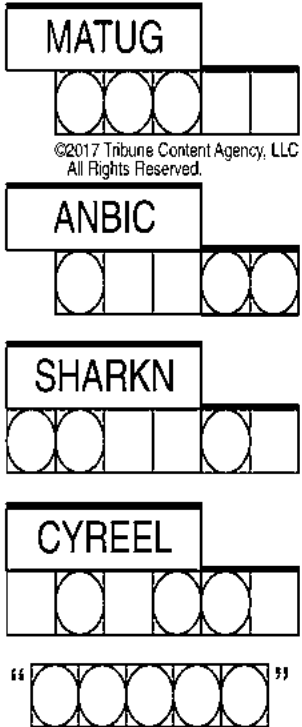


PAR SCORE 210-220
BEST SCORE 283
FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

JUMBLE

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



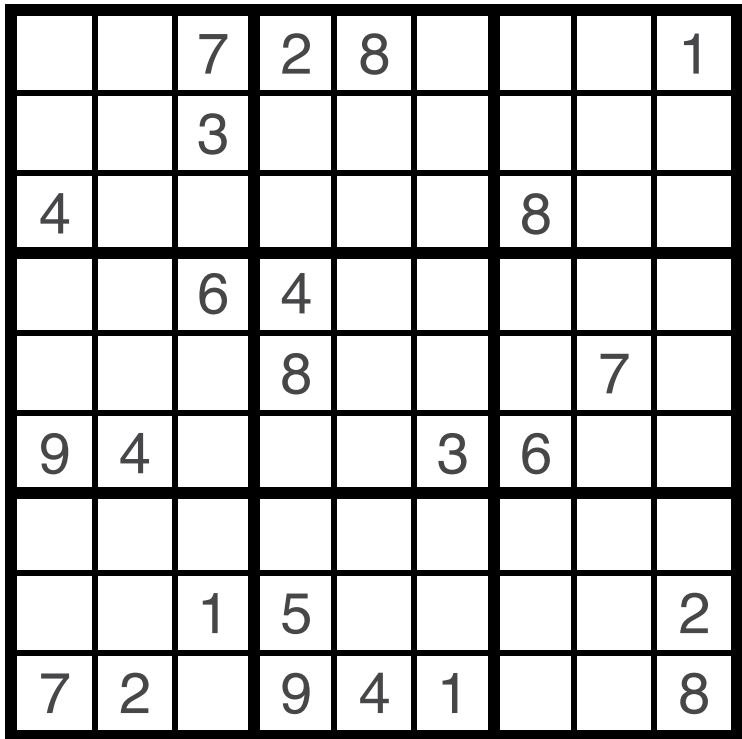
THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



I am an actor born in Toronto, Canada, on May 5, 1970. I gained fame on an arresting television series and a popular Tina Fey-driven series, and later I appeared in many films both in-person and as a voice actor. My deep voice lent itself well to a Lego movie hero.

Sudoku #2



Level: Advanced

Puzzles & Comics

Answers on page 23

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to arthritis.
Each number corresponds to a letter.
(Hint: 19 = i)

A. **26 9 2 4 9 19 2 19 1**
Clue: Joint stiffness

B. **22 26 19 17**
Clue: Discomfort

C. **23 12 19 17 2 1**
Clue: Where bones meet

D. **11 12 2 19 12 17**
Clue: Movement

Boggle® BrainBusters!

By David L. Hoyt and Jeff Knurek

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

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

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 = 16 points	0-10 = Try again

F	I	T	Y	Z
S	U	G	I	V
I	E	N	A	I
L	N	R	I	O
L	I	E	P	L

Boggle BrainBusters Bonus

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

Find AT LEAST FIVE TYPES OF PASTA in the grid of letters.

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ARTHRITIS WORD SEARCH



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

WORDS

- ACETAMINOPHEN
ANTIBODIES
AQUATHERAPY
ARTHRITIS
ARTHROCENTESIS
AUTOIMMUNE
BURSA
CARTILAGE
CHONDROITIN
CORTICOSTEROIDS
C-REACTIVE PROTEIN
DEGENERATIVE
EXERCISE
GOUT
INFLAMMATION
INJECTION
JOINTS
MOBILITY
MOTION
NERVES
RANGE OF MOTION
RHEUMATOID
SACROILIAC
SPINE



Religion



Missions chair member Joyce Reed (l) and Mara Williams with a VA staff member.

Community Church

The annual “Sock it to Me” sock drive for veterans will run through Oct. 24-Nov. 7. The missions team is currently receiving donations of new white men’s and women’s socks or monetary donations toward a bulk purchase. The socks will be delivered to the Long Beach VA hospital. People can bring socks or monetary donations to Sunday worship or to the church office Monday-Thursday.

Over the last 18 months, many people might have felt like they have gone nowhere and done nothing. Discipleship isn’t always about distance or achievement, but rather a different way of looking at the world that brings personal peace and peace to others.

This week, Community Church will continue its study of the characteristics of discipleship with a look at what it takes to follow Jesus “on the way.” The first disciples were known as the people “on the way.” Community Church will look at the ways of Jesus and what it means for believers even now, to be people on the way.

Community Church is a place where everything is designed with the first-time participant in mind. Those who have not felt welcome in church in the past, or have never participated in church before are welcome to attend. All are welcome here.

In person worship is available for those who are “masked, vaxxed and relaxed.” Virtual services will still be available for those who are not ready to come back yet.

Each week, Pastor Johan Dodge reminds all who are present that the word Gospel means “good news,” and if the word of God being

COMMUNITY, page 9

Christian Women’s Fellowship & Bible Group

The Christian Women’s Fellowship and Bible Group will meet on Monday, Oct. 25, in Clubhouse 3, Room 6, at 10 a.m. with a potluck to celebrate the new workbook, “Loving God with all Your Mind,” by Elizabeth George.

All are welcome to attend. For more information, call Jean Davidson at (562) 431-0397 or Margie Robertson at (562) 594-8100.

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- Hepatitis A, Hepatitis B (간염)
- M-M-R (홍역, 볼거리, 풍진)
- Meningitis (수막염)
- Tdap (파상풍, 디프테리아, 백일해)
- HPV – Human Papilloma (인간 유두종)



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Father Joseph Son Nguyen, Holy Family Church pastor, and Jeanette Barreras, Respect Life coordinator, with the beautiful Rosary display and Blessed Mother Mary poster promoting “Pray the Rosary and Respect Life.”

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place, next to the St. Andrews Gate, will observe the 30th Sunday in Ordinary Time on Oct. 24. The first reading is from Jeremiah 31:7-9, and the second reading is from Hebrews 5:1-6. The Gospel reading is from Mark 10:46-52.

Respect Life

October is the Rosary and Respect Life intentions month.

Father Joseph Son Nguyen and Respect Life Coordinator Jeanette Barreras have placed a Rosary display and Blessed Mother Mary poster inside the sanctuary to promote prayer to end abortions.

Masses

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

Visit the website for more information at www.holyfamilysb.com.

The church is operating at its regular Mass schedule. Father Joseph suggests that people wear masks while inside the church. Saturday (Vigil Mass) is at 5 p.m., and Sunday Masses are at 8 a.m., 10 a.m. and noon. Weekday Masses are Monday-Saturday at 8:30 a.m., and confessions are on Saturdays from 4-4:45 p.m.

Assembly of God

The resilience of plants is amazing. The canna lilies in the garden area outside the window were chopped to a height of about eight inches only three weeks ago. Today, they have gained about four inches in height, and the first blooms have burst open. They were pruned harshly. The old, dead foliage was cut away so all the plant’s energy could be directed toward new life. Although living above the ground was unsightly for a while, the roots in the soil were still strong and functional, and they drew strength and energy from the nutrients in the soil and the moisture from the rain and watering.

Psalm 1:1-7 speaks about being planted like a tree along the riverbank, bearing fruit in each season, with leaves that never wither, prosperous in everything. May that be the story of each Christian’s life. Planted like a tree by the riverbank, constantly drawing water through deeply planted roots, bearing fruit in each season of life.

Pastor Chuck Franco will present the second part of his sermon from Psalm 1 at 10:30 a.m. in Clubhouse 3, Room 2, along with worship music and prayer time.

On Wednesdays at 10 a.m. in the same location, the Bible

study will focus on session 6 in Colossians 3:1-17. The study incorporates a short video teaching by Louie Giglio and further teaching by Pastor Chuck with student participation.

Assembly of God is grateful for the cooperation exhibited by members and guests by wearing facial coverings when attending meetings in person. DVDs of the worship services are available to those who want to remain at home. Those who would like to receive a DVD can contact the church office by calling (562) 357-4360. Pastors Chuck and Sheryl can be reached at that number for

AOG, page 9

Redeemer Lutheran

“Troubled Eyes and Trouble It’s” is the title of Council Vice President Jerry Brady’s sermon on Sunday, Oct. 24, at Redeemer Lutheran Church.

The main service is held inside the stained-glass sanctuary at 13564 St. Andrews Drive beginning at 10:30 a.m. There is also offer an opportunity for a more intimate prayer and worship service outside beginning at 9:30 a.m. Both services are accompanied by organ music and Communion.

In order to continue caring for one another’s safety and following healthcare guidance, masks and social distancing are required. Information, administrative concerns and pastoral care are available at (562)-598-8697.

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Beit HaLev

Beit HaLev will hold Saturday morning Shabbat services at a new time. The service will now begin 30 minutes earlier, at 10 a.m.

Beit HaLev livestream services are on Facebook at [Facebook.com/beithalev](https://www.facebook.com/beithalev) and Zoom. To join the Zoomagogue community, go to: <https://us02web.zoom.us/j/9152434704?pwd=THJGTE1OUXI5VXFDTWtuZHF4K3VxUT09>. The meeting ID is 915 243 4704, and the passcode is RavGalit.

Livestream services are every Friday at 6 p.m. and Saturday at 10 a.m.

Avraham and Sarah welcome their son, Yitzchak into the world in the Torah reading "Vayera" (Genesis 21:1-22:24). The third Triennial Cycle reading is called "The Akeida," or the "Binding of Isaac," and it is on the second day of Rosh Hashanah. Avraham is instructed by HaShem to take his son, the son he loves, to Mt. Mo-

riah, tie him up and sacrifice him to HaShem. Avraham does take Isaac and tie him up, but as he raises his hand with the knife, an angel stops him and tells him not to harm the boy, to lift his eyes and see a ram caught in a thicket and to sacrifice the animal instead. The controversial account is seen by Jewish sages as an object lesson to never use a human being as a sacrifice. The people of Canaan, where Avraham had settled, commonly sacrificed first-born babies to their idolatrous gods and HaShem would not allow the Jewish people to do the same.

All Beit HaLev services use special prayerbooks, "Lev L'Lev," which were adapted and abridged for the online services from the Reform Siddur, "Mishkan HaT'filah." Printed versions of the prayerbooks will be available at Beit HaLev's in-person Shabbat services.

Beit HaLev is a Jewish Univer-



Rabbi Galit-Shirah

salist community. It is progressive in thought and traditional in liturgy. The services are joyous, meaningful and musical. Beit HaLev welcomes everyone who seeks a path to the divine and does not believe in labels.

To request a membership form for Beit HaLev, call Rabbi Galit-Shirah at (562) 715-0888 or email duets@icloud.com.

LW Baptist

LW Baptist's Sunday school meets at 9:15 a.m. The worship begins at 10 a.m., and this Sunday, Oct. 24, will celebrate the theme "Jesus is coming again," from Luke 17.

Jesus explains his first and second coming in Luke 17. He came from heaven, became mortal man (flesh) and lived among people; that was at his first coming. He taught about his kingdom but said there would be a time-lapse between his first coming and his second coming to set up his kingdom. When he comes the second time, every eye will see him. But first, before his appearing in glory, he must suffer rejection, and he did.

The next time Jesus comes, he will judge the world. Saints and sinners, righteous and wicked will be separated forever. He compares that day to the days of Noah, when the flood destroyed all but righteous Noah and his family inside the ark, and when Sodom and Gomorrah were destroyed with fire from heaven.

The Women's Christian Fellowship group meets in Clubhouse 3, Room 6, on Mondays at 10 a.m. The group is currently studying "Loving God with All Your Mind." Call (562) 430-8598 for details.



Rolland Coburn

Congregation Sholom

Congregation Sholom will hold services with Rabbi Eric Dangott via Zoom on Friday, Oct. 22, at 6 p.m. and Saturday, Oct. 23, at 9:30 a.m.

New members who want to watch the livestream should contact Jeff Sacks by texting (714) 642-0122 or emailing jfsacks@gmail.com. The link will have the meeting ID and password embedded. Those who want more details or need to practice can call Jeff ahead of time. The phone number to call for those who do not have Internet service is (669) 900-9128.

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

and the passcode is 8ZYy69.

The walking group meets every Monday and Wednesday at 6 p.m. at Clubhouse 3, Bus Stop A.

The book club will meet on Wednesday, Oct. 27, at 7 p.m. via Zoom. The group is reading a short story titled "Puttermesser: Her Work History, Her Ancestry, Her Afterlife" from the book "Here I Am." To join, go to <https://us02web.zoom.us/j/3752519429?pwd=UDREWTA1N21jaXVUZUhyQmY1U01JQT09>. For more information, contact Ruth Hermann at (562) 430-3107.

Temple Beth David in Westminster will present a Chicago Tribute Experience on Sunday, Oct. 24. There will be a barbecue at noon, and the concert will begin

at 2 p.m. The cost is \$25 for each adult and \$10 for those under 18. People can pay \$5 for a hamburger, veggie burger or hot dog plus chips and a drink (soda or water). Beer will also be available to purchase for a slightly higher cost. Go to <https://www.templebethdavid.org/events/chicago-tribute-experience-concert-bbq> to RSVP.

Those who need to be added or removed from the misheberach list should let Darlene Rose know by Wednesday at (562) 347-8088.

Those who want to participate in games, book club or livestream services should call Jeff.

Anyone who wants to join the congregation should call Howard Brass at (562) 794-9090.

Faith Christian Assembly

The men of Faith Christian Assembly (FCA) gathered together earlier this month for a time of fellowship and fun at the FCA Men's Golf Tournament. The event was organized by men's ministry leader Gary Leming and was held at the Bixby Village Golf Course with a "best ball" format. It was definitely an "iron sharpens iron" occasion in more ways than one, as the men played nine holes on a beautiful fall morning, with their expertise in putting, driving and club selection on full display. Thanks to generous co-sponsor Victory Center Ministries, great prizes were awarded for first place, a putting contest and even door prizes.

Come join Faith Christian Assembly, where people will find an awesome community of men and women who love and serve the Lord and know how to enjoy life. All are welcome and valued.

"As iron sharpens iron, so a man sharpens the countenance of his friend" (Proverbs 27:17).

Sunday service times are at 10:30 a.m. and 5:30 p.m. The pre-service prayer is on Saturday at 5 p.m. The midweek Bible study is on Wednesdays at 11 a.m., and the Grief Share meets every Wednesday at 5:30 p.m. in the Garden Room. Call the church office for the most updated meeting schedule information.

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

COMMUNITY

from page 8

used in a way that isn't good news, then it isn't the true Gospel.

Find Community Church on Facebook, @CommunityChurchLeisureWorld. Those who do not have a Facebook account can contact the church office for the Zoom link.

For more information on the church, call (562) 431-2503 or email leisurewccsue@yahoo.com.

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

AOG

from page 8

more information about the church and its activities, or people can visit the church's new website (still under development) at www.lwassemblyofgod.com.

Prayer requests can be directed to the church office or to Carolyn van Aalst at (562) 343-8424.

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Health & Fitness



Talking with a specialist about your spine can help mitigate daily pain.

Pain doesn't have to be a normal part of aging

by **Amandeep Bhalla, M.D.**
MemorialCare Long Beach Medical Center

As people age, it's common for them to experience a gradual loss of normal structure and function of the spine. In fact, about 90 percent of patients who undergo surgery at the Spine Center at Long Beach Medical Center suffer from degenerative spine conditions, leading to pain that affects their quality of life.

There are a variety of degenerative spine disorders, but two of the most common that occur as people age are spinal stenosis and spondylolisthesis.

Spinal stenosis: The spinal canal is the passageway where the spinal cord and nerve roots reside. Spinal stenosis results when the canal is narrowed. This is common with age and may cause pressure on the nerves, swelling, pain, numbness or weakness. Degenerative changes of the spine are seen in up to 95 percent of people by the age of 50. Spinal stenosis most often occurs in adults older than 60, according to the American Academy of Orthopaedic Surgeons.

Spondylolisthesis: This occurs when one vertebral body slides forward relative to the one below

it. Degenerative spondylolisthesis may result from physical stresses to the spine from physical activity, trauma, and general wear and tear. Women are more likely than men to have degenerative spondylolisthesis, and it's more common in patients over the age of 50, according to the American Academy of Orthopaedic Surgeons.

While no one can reverse the clock, there are several things that can be done to address back pain before surgery is needed. Maintaining a healthy weight, diet and doing low-impact physical activities all support spine health. Swimming and yoga are low-impact, aerobic exercises that keep a person's core and lower back strong. Nerve block injections also can suppress pain for a few months, and medication can be used to ease the pain.

What about spine surgery? There are two things I jointly evaluate with my patients who are considering such surgery:

The severity of back pain and/or arm or leg pain. If the pain is not alleviated by non-surgical treatments and has continued for weeks or months, it may be time to see a spine surgeon.

Functional ability. If the patient is unable to complete activities of daily living or the

things they love anymore, spine surgery may be an option. The goal of surgery is to improve the level of function and quality of life and sometimes to lower the risk of it worsening over time.

Amandeep Bhalla, M.D., is the medical director of Long Beach Medical Center's Spine Center (memorialcare.org/SpineSurgery, 800-MEMORIAL). The board-certified orthopaedic spine surgeon received his medical degree and residency training at UCLA and completed his fellowship in spine surgery at Harvard Medical School.

SBTV Fitness

The following weekly exercise classes air on SBTv via TWC Spectrum CH3, Frontier Fios CH37 and sbtv3.org/schedule.

Sunday	6 a.m.: Feeling Fit
5:30 a.m.: Feeling Fit	7:30 a.m.: Silver Age Yoga
6:30 a.m.: Silver Age Yoga	Thursday
Monday	6:30 a.m.: Silver Age Yoga
6:30 a.m.: Feeling Fit	8:30 a.m.: Feeling Fit
8:30 a.m.: Silver Age Yoga	Noon: Feeling Fit
Noon: Silver Age Yoga	Friday
Tuesday	6:30 a.m.: Silver Age Yoga
7:30 a.m.: Feeling Fit	8:30 a.m.: Feeling Fit
11 a.m.: Yoga for All Ages	Saturday
Wednesday	6:30 a.m.: Silver Age Yoga
5:30 a.m.: Yoga for All Ages	8:30 a.m.: Feeling Fit



Zumba participants recently enjoyed belly-dancing, one of the many different forms of dance and rhythm explored by the class, which meets weekly on Wednesdays at 4:30 p.m. in Clubhouse 6 and Fridays at 8:30 a.m. at Veterans Plaza. For more information, contact Jim Blanchard at (714) 487-2446 or Mary Romero at (562) 431-0082.



On Oct. 13, LW Bicyclists took a 28-mile roundtrip ride to Huntington Beach with breakfast on Main Street. Join the club on Sundays (with breakfast at the Eldorado Municipal Golf Course in Long Beach), Mondays, Wednesdays and Fridays; meet at the North Gate at 9 a.m. Helmets and safe shoes are required. Call Mary Romero at (562) 810-4266 for further details.

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Free Dental Service

On Nov. 11, dentist Dr. Seza Barsamian's office hosts its eighth annual Veteran's Day Free Service for Retired Veterans.

Veterans will have their teeth checked and cleaned, plus get full X-rays taken. Appointments can be made by calling (562) 596-4439. Dr. Barsamian's office is located at 4022 Katella Ave., Suite 206, Los Alamitos.



Future ExcelsiusGPS Patient, Roberta

The Future of Spine Care is Here

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Roberta Jimenez, 65, has been apprehensive about considering spine surgery, even though her pain was unrelenting. The misconceptions and fears of spine surgery weighed heavily on her. Her daughter researched ExcelsiusGPS® — an advanced technology improving surgical accuracy, patient safety and outcomes. MemorialCare Long Beach Medical Center offers expert care and advanced technologies on par with the most elite hospitals in Los Angeles and Orange Counties. It is one of the few hospitals in the region with ExcelsiusGPS technology which is why Roberta's daughter encouraged her to go for a consultation with the Spine Center team. **Why travel long distances when the future of health care is here?**



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Flu Shot Clinic

Victoria Batistelli (center, top) and her team—which included Maria Muniz (l to r, top right), Pamela Hammonds and Alicia Nelson—administered 772 flu shots at the 2021 Flu Shot Clinic sponsored by Optum at the Health Care Center. Residents such as Keith Kephart (l, at right) of Mutual 4 received care from California State University, Long Beach, nursing students such as Taylor Graves. Additional support was provided by Golden Age Foundation members like Bruce Vircks (l, at left) of Mutual 5 and Medicare specialists Liberato Martinez of Medicare QuickStart and Jill Takahashi of Live Well insurance.



Save the Date!

You're invited to

2021

Emergency Preparedness Expo

Masks are Required

We take this opportunity to emphasize that in the event of an emergency, we are “On Our Own”. We have brought to you today some exhibitors with emergency preparedness supplies and we encourage you to take advantage of the opportunity.

Enjoy the day with food, music and fun!

When:

Saturday, October 30, 2021

10:00 a.m. - 2:00 p.m.

Where:

Clubhouse 2

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach Inc. delivers freshly cooked meals for \$8.75 per day 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 Client Manager Caron Adler at (562) 439-5000, ext. 1, or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Adler before 9 a.m. the prior business day. Menu is subject to change without notice.

Thursday, Oct. 21: Polish sausage with sauerkraut, baked beans, and broccoli and cauliflower; German chocolate cake; ham and cheese sandwich, with lettuce, tomato and pickle, plus German potato salad.

Friday, Oct. 22: Baked salmon with lemon-dill sauce, barley pilaf and mixed vegetables; cubed cantaloupe; spinach salad, with chicken, mandarin oranges, dried cranberries, feta cheese and vinaigrette dressing, plus crackers.

Monday, Oct. 25: Oven-baked chicken mole (leg and thigh), pinto beans and seasoned broccoli; fresh orange; egg salad sandwich, with spinach and tomato, plus marinated beet-and-onion salad.

Tuesday, Oct. 26: 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, Oct. 27: Beef picado, Spanish rice and black beans; pineapple with mango; turkey and cheese sandwich, with lettuce, tomato and pickle, plus homemade potato salad.

Activities Inside & Outside:

- Emergency Preparedness supplies for purchase
- Raffles inside at 11:00 a.m. and 12:00 p.m.
- Music and seating - inside and outside
- Food Truck - CH 2 parking lot - hot dog, drink, chips \$7 & BBQ dinners \$12
- Disaster Recovery Video inside - repeated throughout the day
- Leisure World Radio Communication Van Tours - CH 2 parking lot
- CPR Demonstration at the CERT Exhibit Table at 1:30 p.m., 1:45 p.m.
- Face painting

Live Talk Demonstrations - 10 minutes each - follow the red arrows:

- **ARES** - Solar Power & Communication - 11 a.m., 12 p.m., & 1:00 p.m.
- **LW Optum** - Emergency Medication - 10:25 a.m., 11:30 a.m. & 12:30 p.m.
- **To Go Bag Emergency Contents** - 10:10 a.m., 11:15 a.m. & 12:15 p.m.
- **SCART** - Pet Emergency Preparedness - 10:40 a.m., 11:45 a.m., 12:45 p.m.

Community

SUNSHINE CLUB

Learn how to list a LW home

Realtor Maryann Shaddow will be the Sunshine Club's speaker on Friday, Oct. 22, at 10 a.m. via Zoom.

Shaddow, a Realtor with On-Site Home Sales, will give a presentation on COVID-19 housing updates. She will go over what is happening with sales and the inventory this year since things have started opening up again.

To join the Zoom meeting, go to <https://us02web.zoom.us/j/87427954280?pwd=dExQR2dDbkZSbUNkQlVoclhrayFhUT09>. The meeting ID is 874 2795 4280, and the passcode is 080651.

Those who want to get the Zoom link via email can text their name, Mutual number and email address to (562) 301-5339 no later than today, Oct. 21, at 5 p.m. (text only, no phone calls).

Shaddow will discuss how to list a home in Leisure World, and the importance of having a Trust or a non-resident co-owner, when selling the share of Stock and Membership Certificate. She will go over what papers people must present when the time comes to sell. She also will touch on the importance of staging, painting and flooring and how they can increase your sales potential.

Shaddow says it's important to let children or heirs know the procedures of selling for when a resident passes. She will explain why the apartments are secured after a LW resident passes.

Shaddow has been a Realtor with On-Site Home Sales for over three years and a Realtor in Leisure World for over five. She and her husband are LW residents and enjoy the company of their four children and nine grandchildren. She loves the community and loves the fact that she can give back by working at OnSite.

COVID-19 has presented many challenges with selling homes in Leisure World since the community is considered an at-risk group. The On-Site Sales office has worked hard during this past year to ensure that it keeps clients and buyers safe through-



Maryann Shaddow

out the process.

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



Tax program volunteers

Volunteers needed for upcoming tax program

The AARP Tax Program, sponsored by the Golden Age Foundation, needs volunteers to help rebuild the program. Volunteers will provide free tax preparation and filing to relieve residents of the stress of filing their own taxes. Experience is not necessary, as the program provides all the

training and support.

Three positions are available: tax aides, who will work directly with taxpayers to prepare their tax returns; client facilitators, who will greet people and help organize their documents; and telephone assistants, who will schedule appointments for cli-

ents.

Volunteers must be computer literate and be able to attend the training. They will be required to work 1-2 days a week for 4-5 hours from Feb. 1-April 14.

To apply for any of the volunteer positions, call Diana Lambert at (562) 860-2844.

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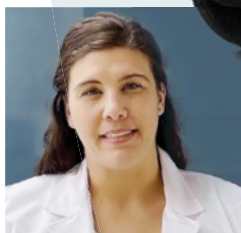
Our Mobile Skin Solutions Team:



Susan Sleep, MD
Skin Cancer Specialist



Sinead Hochberg
Radiation Therapist



Kate Stults
Dermatology N.P.



Mutual 8 Community Picnic

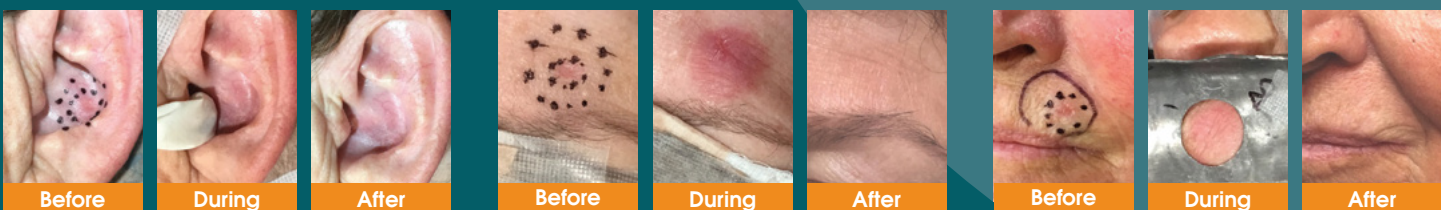
Mutual 8 will hold its community picnic on Saturday, Oct. 23, from 1-4 p.m. at the Clubhouse 1 picnic tables.

Hot dogs, hamburgers, veggie burgers, bottled water, condiments and paper goods will be provided. People are asked to bring a side dish that serves 6-8 people and wear a mask while waiting in the food line.

Transportation to and from Clubhouse 1 is available. For more information, call Camille Thompson at (760) 291-0852.

The LW Weekly
(562) 430-0534

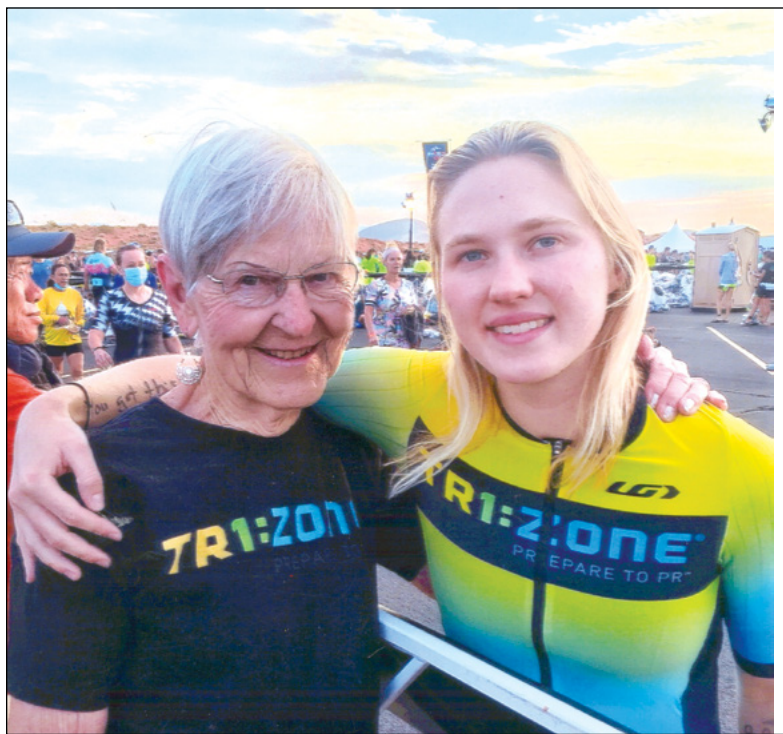
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Briana (r) and Eileen Greeley

Relatively Speaking

Top professional and age-group triathletes from around the world tested their mettle in the Red Rock Canyons of St. George, Utah, at the 2021 Ironman 70.3 World Championship held on Sept. 18. Briana Greeley, granddaughter of LW residents Eileen Dohl and Beth Greeley, qualified and was invited to compete in the 18-24 age group.

Triathlons are swim, bike and run events, and the Ironman World Championship is considered to be the most elite athletic event of the year. To qualify, an athlete must be 18 or older, have completed at least one qualifying Ironman 70.3 event and receive an invitation. These events are held all around the world. Briana qualified in the Hawaii 70.3 in June, and her family was excited to see her get an invitation to compete.

The World Championship 70.3 in St. George involved a 1.2-mile reservoir swim, a 56-mile bike course and a 13.1-mile run. Briana crossed the finish line after a grueling 6.5 hours. At 18, she was announced to be the youngest of the entrants who competed and finished.

Briana is currently attending the University of Dallas, Texas, studying engineering on a full scholarship.

— Beth Greeley



The American Latino Club held a party in Clubhouse 3, Room 2, to celebrate the birthdays of Alicia Ortuzar and other members of the club on Oct. 15. Club members ate cake, danced to Latino music and had conversations remembering the countries they left behind in Latin America and Spain.

ROLLIN' THUNDER GOLF CART CLUB

Club schedules the final events of the year

With Halloween creeping closer, it is time for the Rollin' Thunder Golf Cart Club to release its schedule for the remainder of 2021.

The club's final barbecue of the summer will be held Tuesday, Oct. 26, in the Clubhouse 1 picnic area. Beginning at noon, the club will provide hot dogs hot off the barbie, with tons of condiments. Water and paper plates will also

be available. Club members are asked to bring generous side dishes to share.

Air&Water Day, the club's free golf cart maintenance day for all residents, will be held Saturday, Nov. 6, from 8:30-10 a.m. at Clubhouse 4. This change in the usual quarterly schedule is due to a shortage of club members available last month to perform the necessary work. Masks will be required, and all participants will have to remain in their carts while awaiting service. Security will be on hand for traffic control and to ensure COVID-19 protocol compliance.

Wrapping up the year's club

events is the annual community-wide Holiday Parade, which will be held on Saturday, Dec. 11. Participating cart owners can add final touches to their brightly colored and lighted decorations in the Clubhouse 6 parking lot beginning at 3 p.m. The parade gets underway at 3:30 p.m. and concludes an hour in the same place. Participants are asked to bring snacks and other finger foods to Clubhouse 6 prior to the parade to enjoy at the parade's conclusion.

For more information, contact club President Tom Davis at (562) 431-6859.

— Mike Levitt

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LW News Deadline

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19 in the community. Staff is working on-site to produce the LW Weekly. Editors can be reached by phone and email.

See page 4 for editors' addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor.



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Democratic Club

by Mary Larson
LW contributor

Over the next months, Leisure World Democratic Club members will address the impact of a number of measures passed by the California Legislature in 2021. Gov. Gavin Newsom has closed out this landmark session by signing the last of 770 bills and vetoing 66 others.

Special attention will be directed to understanding the implications of the passage of SB 380, which extends the life of and improves access to the 2016 End of Life Option Act. Legislation involving nursing home reforms—known as the Protect Plan—will also be on the club’s agenda.

Club members will closely monitor the newly signed legislation that makes California the first state in the nation to require high school students to take an ethnic studies course to graduate. This legislation will apply to both public and charter schools. AB-101 is especially significant in relationship to recall efforts currently underway to replace members of the Los Alamitos Unified School District Board over this issue. To learn more about this situation, Google “Support Los Alamitos Unified School District.”

Club members can find more information about additional legislation signed by the governor on the club’s website at <https://sblwdems.wordpress.com>.

Looking ahead, club members will also be following The Skilled Nursing Facility Ownership and Management Reform Act of 2021. Action on this bill was delayed until January, when it will be heard by the Assembly Health Committee. Google “AB-1502 Freestanding skilled nursing facilities” for more information.

The Democratic Club will continue to hold its membership meetings via Zoom. Anyone who needs the login information can email democraticclubsblw@gmail.com or call (562) 296-8521.

On Nov. 17, the club will hold its annual meeting, during which 2022-2023 board members will be elected. Pete Hardin, the 2022 Democratic candidate for Orange County District Attorney, has been invited to be the featured speaker.

Hardin’s campaign is centered on implementing modern criminal justice policies that will enhance safety while reducing the costly overreliance on incarceration. He has said that, if elected, he would focus on ending cash bail, stopping prosecuting children as adults and abolishing the use of the death penalty.

LW Democrats and supporters who are interested in more in-depth, up-to-date reporting on the issues can subscribe to the club’s free electronic newsletter by emailing democraticclubsblw@gmail.com or calling editor Mary Larson at (562) 296-8521.

The LW Weekly
(562) 430-0534

OBITUARIES

Audrey R. Bixby
1926-2021

Audrey R. Bixby, 95, a resident of Mutual 5 for 29 years, passed away peacefully on Oct. 6. She was surrounded by love from her family.



Audrey was born in Oakland, on Feb. 13, 1926, and graduated from Highland School of Nursing in 1947, beginning a lifetime career in the field. In 1954, she and her husband, Vert Queener, (divorced 1962), and their two daughters moved to Long Beach from Richmond. Audrey worked as a nurse at two area hospitals, becoming a head nurse in the geriatrics department at Community Hospital Long Beach. She later became an instructor of nursing at Long Beach Community College and retired after teaching 16 years there.

Audrey enjoyed the outdoors and could be found

sunning poolside at home, in her garden or playing tennis. Her interests included playing bridge; attending live theater; and traveling internationally and nationally, including going LW excursion trips. She served with the American Red Cross for several years and delivered Meals on Wheels for 20 years in the Belmont Shore area.

Audrey is survived by her two daughters, Kathy Mohr (John) of Ocean Isle Beach, North Carolina, and Connie Queener Peck of Signal Hill; and her grandsons, Brian Mohr (Ashley) of San Francisco and Tyler Mohr (Lacy) of Boston, Massachusetts.

She was preceded in death by her parents, Walter and Ruth Roggenbuck; her brother, Melvin Roggenbuck; and sisters, Loraney Hizer and Everesta Gay Bowers.

Per Audrey’s wishes, her ashes are to be scattered off the Seal Beach Pier in the Pacific Ocean by the Neptune Society.

...
Gloria Plotkin
1929-2021

Gloria Plotkin was born on July 21, 1929, in New York, and

died on Oct. 7, in California.

Her funeral service and burial was held on Oct. 10 at the Harbor Lawn-Mt. Olive Memorial Park, with Rabbi Eric Dangott officiating.

Gloria’s family says she was a thoughtful and caring person and a bright light and a shining star. She will forever be missed. Rest in peace, you beautiful spirit.

“ADONAI, You are my shepherd; I shall not want. You make me lie down in green pastures; You lead me beside the still waters. You restore my soul; You lead me in straight paths for Your name’s sake. Yea, though I walk in the valley of the shadow of death, I fear no evil, for You are with me. Your rod and Your staff, they comfort me. You set a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the



house of the Eternal forever,” (Psalm 23).

...
In Memoriam
Ruth Ohl 100
Gary Simon 69
Regina Flores Galvan 63
Giep Lon 61
James Wassel 90
Bradley Cornish 66
Miguel Constante 71
Rick Ybarra 67
Ramona Billing 83
Mary Haywood 85
Robert Henning 94
Gregory Henderson 69
Loeza Ramiro 56
Gonzalo Calderon 89
Irlanda Carranza 78
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SPRJ55189



Korean-American Classical Music Association

This week, KACMA will go over “Opera Orfeo Ed Euridice,” by Christoph Willibald Gluck (1714-1787). People are asked to bring their own coffee cups and wear masks.

Tell our advertisers you saw them in the **LW***Weekly*

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

Thursday, Oct. 21

4 pm	Rollin' Thunder Parade 2021
4:30 pm	LW Special Olympics 2021
4:38 pm	LW Sewing Brigade
5 pm	Captain Joe Disappears
5:15 pm	Maui Swap Meet 2018
5:31 pm	LW Shakespeare Sonnets
5:45 pm	Alaska/LW Radio Club
6 pm	Life and Times in SB: Rich Harbour/Kurt Augsburger
7 pm	Vintage Car Cruise
8:30 pm	Cerritos Center- Lady Jazz
10 pm	Shakespeare in the Park: Cymbeline

Friday, Oct. 22

4 pm	Beginning of Leisure World
4:20 pm	Alaska: The Final Frontier
4:30 pm	Game Room Clubhouse 2
4:52 pm	Albuquerque Hot Air Balloons
5 pm	Halloween Pumpkin Carving Contest
5:50 pm	Scary Stories with Bill & Ethel
6 pm	Roy Orbison Tribute 2021
7:30 pm	Vintage Car Cruise
8:40 pm	LW Sewing Brigade
9 pm	Shakespeare in the Park: Othello
10:30 pm	Big Bad Voodoo Daddy

Saturday, Oct. 23

4 pm	Head Master
4:15 pm	Captain Joe Disappears
4:30 pm	Rollin' Thunder Parade 2021
5 pm	Halloween Pumpkin Carving Contest
5:50 pm	St. Augustine Road Trip

6 pm	Roy Orbison Tribute 2021
7:30 pm	McGaugh Third Grade Show
8:30 pm	LAUSD
11 pm	Bob Cole Conservancy

Sunday, Oct. 24

4 pm	SB Planning Committee Meeting 10/18 REPLAY
5 pm	Ocean Perspectives: Black Water
5:30 pm	McGaugh Pageant of the Arts
6:45 pm	The Street Where I Live
7 pm	Life and Times in SB: Rich Harbour/Kurt Augsburg
8:15 pm	St. Augustine Road Trip
8:23 pm	Albuquerque Hot Air Balloons
8:30 pm	Ocean Perspectives: Watershed Wonders
9:30 pm	Mystery at the Theater
10 pm	Live at the Ford: Vaud and the Villains

Monday, Oct. 25

4 pm	Ghost Dance Naomi Nixon
4:03 pm	The Street Where I Live
4:30 pm	Special City Council Meeting***
5 pm	Halloween Pumpkin Carving Contest
5:50 pm	Scary Stories with Bill & Ethel
6 pm	Captain Joe Disappears
6:15 pm	Alaska/LW Radio Club
6:30 pm	St. Augustine Road Trip
6:39 pm	Albuquerque Hot Air Balloons
6:45 pm	Alaska/LW Radio Club
7 pm	SB City Council Meeting-LIVE
8:15 pm	Terry Otte & Abilene 2021
10 pm	Shakespeare in the Park: Taming of the Shrew

Tuesday, Oct. 26

4 pm	Head Master
4:10 pm	Mystery at the Theater

A simple line drawing of a vintage television set. It has a rectangular screen, a dark frame, and two thin, angled antennas on top. To the right of the screen are two circular knobs and a rectangular control panel.

4:40 pm	Beginning of Leisure World
5 pm	The Street Where I Live/LW Hula 2021
5:30 pm	Roy Orbison Tribute 2021
7:30 pm	Vintage Car Cruise
8:15 pm	Life and Times in SB: Rich Harbour/Kurt Augsburger
9:30 pm	Ford Theater: Vaud and the Villains
10 pm	Bob Cole Conservancy

Wednesday, Oct. 27

4 pm Ghost Dance Naomi Nixon
4:03 pm Halloween Pumpkin
Carving Contest
5 pm Mystery at the Theater
5:32 pm Game Room Clubhouse 2
5:45 pm Aliens Among Us
6 pm The Street Where I Live
6:15 pm Alaska/LW Radio Club
6:30 pm Scary Stories with Bill & Ethel
6:40 pm Vintage Car Cruise 2021
7:50 pm St. Augustine Road Trip
8 pm Roy Orbison Tribute 2021
9:30 pm Live at the Ford:
Vaude and the Villians
11:30 pm Bob Cole Conservancy
*All programming is subject to change.
***May preempt following scheduled
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Arts & Leisure



Put on your dancing shoes for this weekend's performance by Vinyl Rock.

Cabaret Entertainers presents Vinyl Rock Saturday

GRF welcomes back Vinyl Rock to the weekend dance lineup this Saturday, Oct. 23, in Clubhouse 1 at 7 p.m. All are welcome, but guests must be accompanied by the resident who invites them. Masks are mandatory.

Vinyl Rock is an Orange County-based band consisting of nine members who passionately perform classic rock, Motown and pop tunes primarily from the '60s, '70s and '80s. The band keeps the audience engaged, inviting people to participate in sing-alongs and mingling with them on the dance

floor. They'll have everyone smiling, singing, swinging and swaying to the songs they grew up listening to and easily recognize.

Vinyl Rock's performance is sponsored by Cabaret Entertainers and is free to GRF members and their guests, who must be 18 and older. Leisure suits, Fu Manchu 'staches, mullets and big hair are welcome but not required.

Weekend dance concerts are free, but tips are greatly appreciated. Contact Kathy Thayer at kathyt@lwsb.com with any questions.

Cribbage Club

Forty-seven members of Cribbage Club returned to play Oct. 1. The first-place prize money went to Sandra de Dubovay, with a score of 827 of a possible 847. In second place was Bea Lissow (826), and tied for third were Adair Paul and Marcy Locy (825 each). Fourth place was also a tie, with 818 scored by Marie McGuire and Jack Hawn.

Seven games of cribbage are played each Tuesday at 12:30 p.m. in Clubhouse 1. In following GRF guidelines, all players are required to wear face coverings while they play. Everyone is asked to be ready to be seated by 12:15 p.m.

—Marilyn Chelsvig



The musicians find playing Chicago hits a hard habit to break.

Taking you back to Chicago

Chicago Tribute Experience brings the experience of the original lineup of Chicago back to life at Temple Beth David in Westminster on Sunday, Oct. 24, at 2 p.m. According to the band's website, "Most of these musicians grew up listening, learning, and passionately playing and singing along to what is now truly a phenomenon worth re-creating."

Attendees can enjoy the

sounds of the 2016 Rock N' Roll Hall of Fame inductees' greatest hits while eating classic barbecue foods such as hamburgers and hot dogs. Concert tickets are available via www.templebeth-david.org/events; adults pay \$25, and kids under 18 are \$10. The barbecue costs an additional \$5 and includes a soft drink or water. (Beer is available for an extra donation.)

Bunco

Come play the easy-to-learn dice game Bunco on Monday, Oct. 25, at 6 p.m. in Clubhouse 3, Room 1.

Newcomers are welcome to join the lively crowd. During the half-time social, there is plenty of time to meet new friends and neighbors and have a treat.

Any questions should be directed to Gail Levitt at (562) 596-1346.

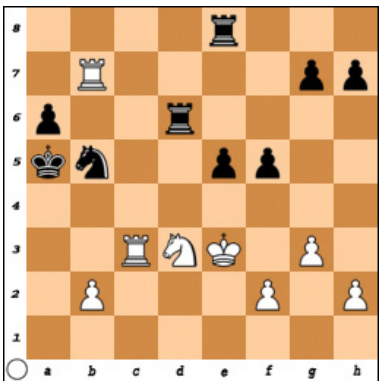
Chess Club

This week's puzzle is checkmate in three moves. White moves first; any answer by Black, and White's third move is checkmate.

The solution to this week's puzzle: The first move is Ra3.

The White rook moves from c3 to a3, then Black knight to a3, followed by White pawn to b4 and Black king to a4. The next move by White is checkmate.

The Chess Club meets under the umbrella behind Clubhouse 3 from 1:30-6 p.m. on Fridays, weather permitting, and/or in Clubhouse 3, Room 7. Beginners are welcome for a free lesson.



Women's Golf Club

On Oct. 12, 49 members of the Women's Golf Club participated in the weekly tournament. They competed for low gross, low net and birdies. Ten golfers made a total of 11 birdies; Soo Choi scored two birdies.

The flight winners were:

Flight A: Low gross: Devora Kim, 28; low net: Hae Lee, 26; birdies: Ann Tran (Hole 2), Hae Lee (Hole 7) and Soo Choi (Holes 4 and 9).

Flight B: Low gross: tie between Sang An, Sally Park, Young Yoon and Pam Krug, 29; low net: tie between Veronica Chang and Joann Lim, 24; birdies: Pam Krug (Hole 2), Jee Choi (Hole 2), Joann Lim (Hole 3), Yvonne Yim (Hole 7), Sally Park (Hole 8) and Young Yoon (Hole 8).

Flight C: Low gross: Anne Walshe, 32; low net: Kay Hong, 24; birdie: Kay Hong (Hole 2).

Flight D: Low gross: Angela Song, 32; low net: tie between Sally Jacobs and Dorothy Favre, 23.

—Dale Quinn

Pool League

Continuing its winning ways this week was 4-20, with an 11-2 score over Hot Sticks. For the second week in a row, Gary Monahan of 4-20 won all seven of his matches. Though Monahan is the "B" player on his team, he certainly is playing like an "A."

In the closest match of the night, Go for Broke won the final eight-ball game, in which all three players on both teams competed with alternating shots. Ren Villanueva kicked in the eight ball, going the length of the table and back, to give Go for Broke a 7-6 win over The Favorites.

The Fantastics held on to second place by winning 8-5 over Ace in the Hole. Ruffy Ramos and Rusty Aquino won both of their singles matches while the two teams split their doubles contests.

Break'em and Make'em won over Pot Luck, 9-4. All three players on Break'em and Make'em—Steve Edrich, Sal Lascala and Sandy Bird—won five of their seven matches. That included the final three-player eight-ball game.

—Dave Silva

Yahtzee Club

The Yahtzee Club winners on Oct. 8 were Sandy Weisenstein, with the highest total score of 7,450, and Marilyn Moody (door prize).

The club meets every Friday from 12:30-4 p.m. in Clubhouse 3, Room 6. The cost to play is \$2 per meeting.

Though the club is currently at maximum capacity, interested players can call or text Kathy Rose at (714) 309-6873 to be placed on a waiting list.



LW's happy-hour gang, the Rat Pack, sampled some beverages aboard the Carnival Panorama en route to the tequila bars of Mexico. "Best news: Not one of the ship's 3,000 passengers came down with anything worse than a hangover," reports Mike Levitt.



Patty Marsters

The author with her very friendly cat Harry.

LW resident publishes kids' book

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

Like many people, Patty Steponovich of Mutual 10 gained a new skill during the pandemic shutdowns. But unlike many, hers led to her first published book.

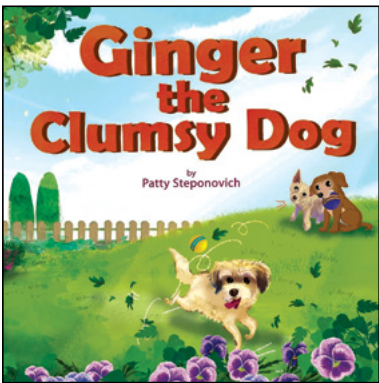
"Ginger the Clumsy Dog" is the slightly embellished, mostly true tale of a real dog. During one pre-pandemic weekend visit with her sister, Mary Johnson, Steponovich noticed Johnson's dog Ginger was doing things that looked rather clumsy. "We laughed about it," she recalls, "and I told Mary she should write a book about it." Mary responded that she wasn't a writer and suggested her sister be the author. They both laughed it off.

"And then the pandemic hit," Steponovich says.

An art teacher at her alma mater, St. Anthony High School in Long Beach, Steponovich suddenly found herself with some extra free time. She read books, watched TV, and spent countless hours with her feline friends Lily and Harry. "And I was in a relationship with my refrigerator," she adds with a gentle laugh. But she wanted to find something more to do.

"I jotted down what happened, what really happened," she recalls. "And then I padded it with more sentences."

She then went online in search of a publisher who would accept the work of a new writer. There were rejection letters, but a year later, she heard from a publisher who said she was interested. "She connected me with another



Now available via Amazon

publisher, who really guided me through the process," Steponovich says.

Part of that process was finding an illustrator. Though Steponovich is an artist herself, illustrating children's books isn't her forte. So she sent some text from the book to a few artists she found online, and she picked Pearly Lim, "a sweet gal from Indonesia."

Steponovich worked with Lim to include slices of reality, such as family members appearing in background photos and a blue vase that resembles the urn holding the ashes of Johnson's late husband, Doug.

Earlier this month, "Ginger the Clumsy Dog" was released by Euclid House and is now available via Amazon. The colorful paperback features Mary and her three rescue dogs, Joey, Zeke and, of course, Ginger.

"In a million years, I never would have thought I would do this," Steponovich says. "If we hadn't been in a pandemic, it probably wouldn't have happened. It was just a project that made me happy. . . . It's a joyful, wonderful book."

Pinochle

Pinochle is back in Clubhouse 1 every Monday, Thursday and Saturday. The warmup game starts at 11:30 a.m., with the regular game beginning at 12:30 p.m.

At this time, everyone must wear a mask. The club hopes that if everyone follows health guidelines, gets vaccinated and wears masks, the COVID situation will pass.

The following are the winning scores from recent games.

Oct. 4: First place: Gene Smith, 11,480; second: Tony Dodero, 10,560; third: Nancy Wheeler, 10,500; fourth: Jim Kaspar, 10,490.

Oct. 7: First place: Marge Dodero, 13,020; second: Nancy Wheeler, 11,340; third: Alma Zamzou, 10,990; fourth: Marilyn Allred, 10,740.

Oct. 9: First place: Joan Taylor, 13,100; second: Tony Dodero, 10,650; third: Nancy Wheeler, 10,430; fourth: Chung Scharschmidt, 9,130.

Oct. 11: First place: Charlotte Westcott, 12,000; second: Tony Dodero, 11,990; third: Jim Kaspar, 11,830; fourth: Gene Smith, 11,340.

Anyone interested in playing pinochle should call Marge Dodero at (310) 968-9509.



Julie Nulod

Community Karaoke

The mood for Oct. 13's Community Karaoke party was best expressed by Julie Nulod's rendition of "Top of the World." Folks were revved up for a fun night of singing.

Nina LaRosa is not afraid to have a good time onstage, as she proved while performing "Hey Big Spender." Also a showman was Ray Greierman, who sang the lively tune "Multiplication." Don Sunday's "Mack the Knife" was a hit, and Bob Barnum nailed the popular song "Unchained Melody." And Karen Morris stepped up the pace with the fast pop song "Beep Beep."

Among the new entertainers that night were Linn Atkinson, Terry Humphrey and Dorothy Ferrington.

For a fun night out, Wednesday karaoke parties in Clubhouse 1 are hard to beat. The coffee is hot, and Alanna Eaby and others like to bring sweet treats.

Performers looking to polish their songs are welcome to practice sessions every Monday from 1-3 p.m. upstairs in Clubhouse 6. It's a casual gathering with an encouraging group.

—Margie Thompson

Club news? Send information to pattym@lwsb.com by 4 p.m. Thursday.



Lu DeSantis

The Doo-Wop "Let the Good Times Roll" Club thanks all of its guests for joining in the fun at its recent "American Bandstand"-themed program, which included dancer Josie Del Pino, singer and Treasurer Carmen Edwards, and new member Irene Chapnick. And now the members can focus on preparing the winter program, which is scheduled for Nov. 20 at 7 p.m. and will feature many holiday favorites. "You won't want to miss our skits, singers and dancers," says President Frank Destra. "Are you ready for some toe tapping and hand clapping?" asks choreographer and Vice President Lu DeSantis. Music mixers Martha Destra, Tosca Lies and Ric Dizon will be joined by performers Ben Berg, Bev Adams, Claudio Gonzalez, Ellen Brannigan, Erika Greenwood, Jackie Hildebrandt, Ken Notorileva, Rick Riley, Sally Glausser, Susan Kelleghan, Tillie Stiehr, Vinny Correnti and more.

Radio Club

The Radio Club will participate in the 2021 Great ShakeOut today, Oct. 21, for radio check and/or status reporting from 10-11 a.m. Shareholders who would like to do so can use either the FRS Radion channel 13/0 or Ham Radio Operators use frequency 145.585 mhz.

LWSB Book Club

The LWSB Book Club will meet today, Oct. 21, from 1-3 p.m. in Clubhouse 3, Room 7. The group will discuss "Einstein and the Rabbi: Searching for the Soul," by Naomi Levy.

All members planning to attend must be vaccinated and wear a face mask.

For November, members will read a fiction book of their choice, and in December, the nonfiction selection is "The Wright Brothers," by David McCullough.

Anyone with questions regarding the club, a comment to share, a concern or suggestion should contact club President Thomas Gan at gljtjook@gmail.com or (562) 248-8711 (ok to leave a message).

—Pamela Emmons



Jojo Weingart

Hui O Hula dancers and band were delighted to be invited by Dorothy Ferrington (left row, third from front) of LW Chorale and Entertainers to a fish fry by Clubhouse 1. Along with ribs and burgers, Ferrington shared the halibut she caught in Alaska. There was hula as well as line dancing. The group extends special thanks to chorale director Raymond Geierman, to whom the group sang "For He's a Jolly Good Fellow." Anyone interested in learning hula are welcome to join the free classes held at Veterans Plaza every Tuesday and Thursday at 1 p.m. Call (562) 431-2242 for more information.



Courtesy the Long Beach Symphony

Brody Dolynuik (center) and his band perform with the Long Beach Symphony on Saturday.

LONG BEACH SYMPHONY

The new season of Pops concerts will rock you

Under the direction of Maestro Eckart Preu, the Long Beach Symphony returns to the stage on Saturday, Oct. 23. Pops concerts begin this weekend, with Classical concerts launching Nov. 13.

“The Music of Queen” opens the Pops season Saturday, with Brody Dolynuik and his rock band joining the symphony, conducted by Martin Herman, to pay tribute to the group fronted by the late Freddie Mercury.

Also on the Pops calendar are the Long Beach Camerata Singers on Dec. 18 performing holiday-inspired favorites; “The Musical Legacy of Chicago,” featuring tribute band Brass Transit, on Feb. 12, 2022; Dave Letterman’s longtime sidekick and musical director, Paul Shaffer shares symphonic renditions of his favorite pop, R&B and jazz tunes together with the help of Motown legend Valerie Simpson on March 26; and a celebration of the Queen of Soul, Aretha Franklin, with Broadway powerhouse Capathia Jenkins

and Grammy Award nominee Ryan Shaw on May 21.

The opening night for the Classical Series on Nov. 13 opens with John Stafford Smith’s “Star Spangled Banner.” The rest of the evening includes Aaron Copland’s stirring “Fanfare for the Common Man”; highly acclaimed British composer Samuel Coleridge-Taylor’s Ballade for Orchestra; and what Beethoven described as “his most excellent symphony,” Symphony No. 7.

On Jan. 8, 2022, the Long Beach Symphony presents “Violins of Hope: Strings of the Holocaust,” rescheduled from 2020. The emotional program includes Mozart Requiem in D minor with the Long Beach Camerata Singers; John Williams’ take on “Hatikvah” from the film “Munich”; principal cello player Cécilia Tsan in Bruch’s Kol Nidrei; and guest violinist Niv Ashkenazi playing the theme from “Schindler’s List,” also by Williams.

The Israeli Silver-Garburg Piano Duo continue the season with a Feb. 5 concert featuring two concertos for two pianos by Bach and Poulenc, plus Fanny Mendelssohn Hensel’s Overture in C and her brother Felix Mendelssohn’s Symphony No. 4, “Italian.”

The March 12 concert offers fairy tales and folklore from Norway and Russia, and Spanish guitarist Pepe Romero brings an evening of rhythm and musical drama on April 30. The season concludes June 4 with award-winning Michael Abel’s “Global Warming,” followed by Israeli-American cellist Inbal Segev’s performance of Anna Clyne’s Cello Concerto “Dance,” which was written for Segev and inspired by the 13th-century Persian writer and mystic Rumi.

For more information about the concerts, as well as tickets and COVID protocols, visit www.LongBeachSymphony.org or call (562) 436-3203.



Sandy Nelson, Maxine Chavez, Eric Nelson, Don Sunday and Michelle Potter are ready to entertain fellow LW-ers.

Entertainers Club hosts al fresco concert

The Leisure World Entertainers Club has been on hiatus for almost two years. But on Sunday, Oct. 24, at 3 p.m., club members will safely present a concert of Broadway favorites on the central greenbelt in Mutual 2.

During the hiatus, club members Eric and Sandy Nelson provided porch concerts for their neighbors, singing and playing various instruments to celebrate several different holidays. (These concerts were videotaped and are available for viewing on YouTube via the channel “REric Nelson.”)

But as other LW entertainment groups have begun open-

ing back up in the clubhouses, the Entertainers Club has also decided to re-emerge. The Nelsons will join with new club members Maxine Chavez, Michelle Potter and Don Sunday to sing and play music from musicals by Rodgers and Hammerstein, Lerner and Lowe, Stephen Sondheim, and many more.

Everyone is welcome to wear a mask and bring a chair and any refreshments they want to the greenbelt at 1583 Monterey Road for an afternoon of delightful al fresco music from the Broadway stage by Leisure World musicians.

Jewelry and Lapidary Club

On Oct. 29 and 30, the Jewelry and Lapidary Club will host a Halloween open house. Everyone is invited to see the newly remodeled Lapidary Room in Clubhouse 4, as well as take part in demonstrations on the activities offered by the club.

Demonstrations on both days include:

- Beading, 9 a.m.
- Fused glass, 10 a.m.
- Lapidary, 11 a.m.
- Faceting, noon
- Silversmithing, 1 p.m.

The club encourages attendees to sign up for classes while at the open house.

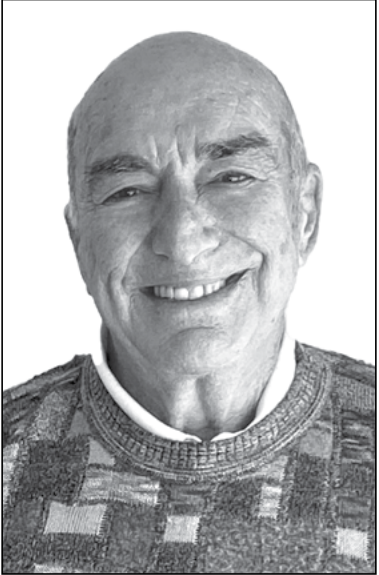
American Legion Bingo

American Legion Post 327 resumes its Sunday-afternoon Bingo games on Oct. 24 in Clubhouse 2. Doors open at 1 p.m., and games will start at 1:30. Masks are required.

The buy-in is now \$5, and correct change is appreciated. All other game prices are the same. All are welcome; LW-ers are encouraged to bring neighbors, friends and family for a fun afternoon.



Mutual 1 residents Debbi Fudge (l) and Dori Campbell attended the Sept. 26 performance of “Noises Off” at the Long Beach Playhouse. “We just loved the show,” Fudge says. “We laughed and laughed.” They also appreciated the budget-friendly ticket price.



Ray Geierman

Chorale & Entertainment Club

President Ray Geierman invites all residents to attend the Leisure World Chorale & Entertainment Club’s show on Nov. 13 at 1 p.m. in Clubhouse 4. “We Wish You Love” is a musical tribute to the late Bill Frambach and a cheerful send-off to director Rhonda Sandberg.



Anna Derby

Connie Peck (l) and Chung Cha Lewis lead the Joyful Line Dance class through the motions. Classes are every Wednesday at 10 a.m. at Veterans Plaza. Face masks and exercise shoes are mandatory. Space is limited to first come, first serve for 32 people, so text (562) 301-5339 to reserve a spot.

LW Poetry

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

A Full Moon

Once in the lunar month
A full moon stops by,
Telling us something, tacitly.
We do not perceive it, but
Marvel only at her brightness.

The wild dogs on the hill
Howl knowingly.
Touchy-feely they are!

—Robert Chung, Mutual 4

Shuffleboard

The Shuffleboard Club held its first meeting of the year on Oct. 13. President Carrie Kistner reports that the meeting went “extremely well,” with 25 members present, 13 of them new players.

Based on attendance and participation, the new season is anticipated to begin at 8:30 a.m. on Nov. 12, depending on mask mandates. Notice will be made in LW Weekly as the time gets closer.

Practices will continue on Tuesdays and Saturdays at 9 a.m. at the shuffleboard courts by Clubhouse 1.

Shuffleboard is a low-impact sport that a) gets you off the couch, b) is easy to learn, and c) is fun exercise. The club invites all residents to join them for the fraternization and socialization, promising they’ll meet new people as well as have an entertaining time.

Over the course of the year, the Shuffleboard Club sponsors periodic happy hours, ice cream socials and monthly luncheons outside the community. There are also several tournaments, including a Turkey Shoot at Thanksgiving, Ham Shoot at Easter and a special tournament in memory of a passed player. The club also plans to have evening parties around Christmas, Valentine’s Day and St. Patrick’s Day.

Kistner will return as president, as will Ellie West as vice president, Sally Fowler as treasurer, and Dave LaCascia as advertising and communication chair. Taking over membership duties from past chair Geri McNulty will be Kay Mount, and Mary Milhone will turn over the secretary reins to Maureen “Mo” Habel.

—Dave LaCascia

Genealogy Club

All are welcome to attend the Genealogy Club’s virtual meeting via Zoom on Oct. 27 at 10 a.m. Len Enlow will present “Immigration—Searching the Immigration Records.” Email the LWSB Genealogy Club at hwgenealogy@gmail.com to access the meeting link.

Enlow is a founding member of the Corona Genealogical Society, of which he has been president for five years. He has also prepared and published the society’s monthly newsletter since its inception. He became interested in family history 50 years ago when he received memorabilia on his family from a first cousin once removed. From that point on, he was hooked on genealogy and sought every fact, photo, letter and family history he could get. Enlow, who received his bachelor’s of science in electrical engineering from Pennsylvania State University and his master’s of science in engineering from California State University, Long Beach, retired from Boeing in January 1999 after 33 years of service. He is the author of “Hybrid Microcircuit Technology Handbook” and holder of two patents.

This meeting is also important because the formal election for 2022 Board members will be held. The candidates are Janet Lessin for president, Cynthia MacFarland for vice president, Ann Deane for secretary and Mary Larson for Treasurer. For more information, contact Mary Romero at (562) 810-4266.

—Mary Romero

Golf League Results for Oct. 8 and 11

Ten men and one woman of the Leisure World Golf League participated in the Oct. 8 tournament at the par-70, 6,000-yard Willowick Golf Course in Santa Ana. The greens and tees are reasonably well-maintained, but the fairways are still very bumpy and uneven, with numerous wet spots.

It was a cloudy, rainy morning, with cool temps at 7 a.m. that lasted about an hour, then quickly became humid. The clouds played tag with the sun for the rest of the morning. The golfers were unable to completely triumph over the wet conditions, so scoring was higher than usual. Only five players were at or under par, but there were five confirmed birdies.

All scores are net (gross minus handicap). A Flight handicap is 0-20, and B Flight is higher than 20.

A Flight: First place: Gary Stivers, a sweet 2 under 68, plus fewest putts; second: Fujio Norihiro, a fine 1 under 69; third: tie between Clay Fischer and Jim Goltra, 1 over 71; fourth: tie between Sam Choi and Bill McKusky. Norihiro had two birdies, while Goltra and Choi had one birdie each. Norihiro was closest to the pin on both the 150-yard, par-3 fourth and 130-yard, par-3 12th holes.

B Flight: First place: Gene Vesely, a well-played 4 under 66, plus a birdie and fewest putts; second: Lowell Goltra, a nice 1 under 69; third: Liz Meripol, even par 70; fourth: tie between Tom Ross and Bob Meripol.

On Oct. 11, 11 men of the league played the par-70, 5,800-yard Riverview Golf Course in Santa Ana. It was a lovely morning that became nice and warm. After the previous outing’s soggy conditions, the golfers appreciated the course being in great condition, but only four players were under par, and there were only two birdies.

A Flight: First place: tie between Stivers and Larry Hillhouse, a nice 3 under 67; second: tie between Norihiro and Choi, 2 under 68; third: Clay Fischer; fourth: tie between Dave LaCascia, McKusky and Jim Goltra. Stivers and Hillhouse both scored birdies and tied for the fewest putts. Fischer was closest to the pin on the 100-yard, par-3 ninth hole.

B Flight: First place: Vesely, 1 over 71, plus fewest putts; second: Lowell Goltra, 4 over 74; third: Chris Lankford. Goltra was closest to the pin on the 140-yard, par-3 second hole.

Friends, ladies, spouses and family are all welcome to play and/or join. The league plays at four local courses, all within 15 minutes of Leisure World. The courses are always quite full, so advance reservations can be made via a sign-up sheet available at each round.

There is a prize pool for each round that players are not obligated to enter. Rewards are given for low net, birdies, closest to the pin on two par-3s, and the lowest number of putts in each flight. Holes-in-one and eagles (2 under par), although infrequent, are generously rewarded. If interested, contact Gary Stivers at (714) 313-3697 or LaCascia at (801) 674-5975.

—Dave LaCascia

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What to do—and not to do—in an earthquake

Standing in a doorway or running outside are among the actions considered dangerous, according to the Earthquake Country Alliance.

Official rescue teams from the U.S. and other countries who have searched for trapped people in collapsed structures around the world agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes (see page 3).

Where you are located when the shaking starts can dictate what you should do.

What to Do

Here’s a summary of what experts advise. In all these instances, drop, cover and hold on applies:

- Indoors: Avoid exterior walls, windows, hanging objects and kitchen cabinets. Do not go outside during shaking.
- Outdoors: If you are outside when the shaking starts, move to a clear area and avoid power lines, trees, signs, buildings and vehicles.
- In bed: Do not get out of bed. Stay face down to protect your vital organs, and cover your head and neck with a pillow.

- In a high-rise: Do not use elevators. Avoid windows and other hazards.
- Driving: Pull over to the side of the road, stop and set your parking brake. Stay inside the vehicle until the shaking stops. If a power line falls on the car, stay inside until a trained person removes the wire.

What Not to Do

- Do not run outside or to other rooms during shaking. The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse.
- Remain inside if you are inside and outside if you are outside. Also, shaking can be so strong that you may not be able to move far without falling down, and objects may unexpectedly fall or be thrown at you. Injuries can be avoided if you drop to the ground before the earthquake drops you.
- Do not stand in a doorway. One enduring image from the aftermath of a California earthquake is that of a collapsed adobe

home of which only a doorframe is left standing. From this came the belief that a doorway is the safest place to be during an earthquake. That is true only if you live in an old, unreinforced adobe house or some older wood-frame houses. In modern homes, doorways are no stronger than any other part of the house. Doorways do not protect you from the most likely source of injury—falling or flying objects. You also may not be able to brace yourself in the door during strong shaking. You are safer under a table.

- Do not get in the “triangle of life.” In recent years, an email that describes an alternative to the long-established “Drop, Cover, and Hold On” advice has been circulating. The so-called “triangle of life” recommendations are potentially life threatening, and the credibility of the source of the advice has been broadly questioned. So the next time the earth shakes, get under a table or desk and hang on. If there’s no table, crouch down where you are and make yourself as small as possible, and stay there until the shaking stops.

Smartphone Training

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. Learn how to operate basic functions, send text messages, make text larger, connect Bluetooth devices, make smartphones louder and easier to hear, and more. 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.

Passport Photos & Notary

The Copy and Supply Center in Building 5 next to the Security Decal Office, offers copy, notary and passport photo services to residents for a nominal fee. Copy service costs 13 cents per color page; 8 cents, black-and-white; passport photos, \$10 for two photos; and notary, \$15 per signature (by appointment only). The center also has small flags, emergency kits, batteries, flashlights and other items from the Purchasing Department for sale. Batteries and light bulbs can be recycled at the center. For more information, call Copy & Supply at (562) 431-6586, ext. 345.

Decal Service

The GRF Security Decal Office in Building 5 is open Monday-Saturday from 8:30 a.m.-4 p.m. Bring proof of insurance, DMV registration, a driver’s license and GRF ID card. No appointment is required. Decals are issued on a first-come, first-served basis.

S C R A B B L E G R A M S							SOLUTION	
C ₃	U ₁	S ₁	H ₄	I ₁	O ₁	N ₁	RACK 1 =	<u>62</u>
T ₁	R ₁	I ₁	C ₃	K ₅	S ₁	Y ₄	RACK 2 =	<u>82</u>
F ₄	O ₁	R ₁	E ₁	I ₁	G ₂	N ₁	RACK 3 =	<u>61</u>
Y ₄	O ₁	N ₁	D ₂	E ₁	R ₁		RACK 4 =	<u>18</u>
B ₃	O ₁	L ₁	O ₁	G ₂	N ₁	A ₁	RACK 5 =	<u>60</u>
PAR SCORE 210-220							TOTAL	<u>283</u>

Crossword Answers

ETTE	COBB	PABLO	OVERT
DORM	EVER	OSIER	SINAI
GLIB	DALE	MCKEE	SEIZE
EDGAR	ALLAN	POE	GRINDER
TOR	STOAT	PAEAN	
WATT	HANER	ECCE	
FALLOF	THEHOUSE	OF	FUSHER
EMPERORS	SLAM	NEEDS	
EPA	RATIO	SUITOR	FEE
LUCAS	MUTT	SEDER	
MASQUE	OF	THERED	DEATH
PURER	PERT	LEWIS	
ATE	ALECTO	SELMA	INK
MOTOR	HOST	EARCANDY	
MURDERS	INTHER	UEMOR	GUE
OREO	ENDS	RAH	AMES
MINIS	DIRER	VCR	
SABERED	TELLTALE	HEART	
PLATO	EMAIL	OVER	SLOE
ALDEN	SAUCE	REVS	TOSS
MYERS	TOTER	SNIT	SEAT

Sudoku 1 Answers

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

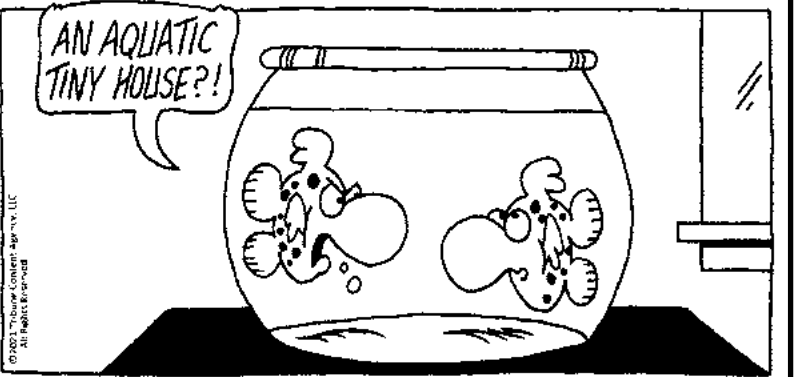
The Basic Rules of Sudoku:
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
• When you start a game of Sudoku, some blocks will be pre-filled for you.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

GAMUT CABIN SHRANK CELERY
For safety’s sake, the coal-company owners agreed to make some — “MINER” CHANGES

Puzzle Answers

Puzzle pages 6-7



Sudoku 2 Answers

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

Guess Who?

Answer: Will Arnett

Crypto Fun Answers

A. arthritis B. pain C. joints D. motion

Boggle BrainBusters Answers

ALPHA BRAVO CHARLIE DELTA ECHO FOXTROT

Word-Find Answers

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

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310-387-2618 12/02

**MISCELLANEOUS
FOR SALE**

Estate Sale- Anna Derby c/o GAF.
Thursday, October 21st from 8:30
a.m. to 1:00p.m. White night stand,
unique lamps, small contemporary
paintings, foot rest stool. Lots of
real Gold and costume jewelry,
and so much more! At Mutual-5,
Apartment-102H Green area.
Anna Derby (562) 301-5339.
LW News has copy of Mutual-5
approval paperwork.

Patio 27E Carport Sale, McKinney
Way Mutual-15 Thursday/October-
21st, Friday/October-22nd (9:00am-
2:00pm). Linens, holiday-items,
jewelry, tables, lamps, lots-more!
LW News has copy of Mutual-15
approval paperwork.

Treasure Hunt Estate Sale -
Thursday, October 21st from
8:00 am to 2:00 pm. 1491 Golden
Rain, **Mutual 5, Apartment 91A.**
Recliners, oak tables and cabinets,
king bed, stamp collection, vintage
toy fire trucks, pewter, crystal,
collectible Disney figurines,
Dutch books, Delft, holiday decor,
microwave, vacuum and more.
Limited entry. **Estate Sales by
Docia Drake** 714-514-8232, PO
Box 427, Seal Beach License
ESD0001.

Yard Sale October-21st/Thursday
Only (9:00am-3:00pm) 13781 El
Dorado Drive, Mutual-3/Apartment
12C. Air-Conditioner, New Instant
Pot, Miscellaneous Household,
Clothes. So Much More, Come See,
Come Save! LW News has copy of
Mutual-3 approval paperwork.

New power recliner rocker loveseat
\$350. Used Adult Tricycle \$180.
Debbie 714-928-9714.

Adjustable Tempur Pedic Twin-
Bed, Serta Mattress with/Wireless
Remote. Call 562-243-6959. Asking
\$650.

La-Z-Boy Duo Reclining-Sofa;
with/electric controls & USB ports
@ both arms, excellent condition.
\$1,250/OBO buyer must pick-up,
310-717-3619.

Splendide Energy-Star Washer/
Dryer (all-in-one-combination).
Under countertop installation, almost
brand new. Call 714-322-8086.

**LEISURE WORLD
APTS/FOR RENT**

2-bedroom/2-bath condo for rent,
Mutual-17/Apartment-67B. View of
Greenbelt and covered parking.
\$2,500/month with/one-year lease.
Call/Text 323-440-8375

CARPORT WANTED

Seeking Garage Space Mututal-12
Only. Ask for Steve/310-613-6680.



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JOYCE REED
Resident Broker
Notary Available
596-8656

— • • • —
New Listings in Mutual 15




3-N • \$345,000
Upstairs 2 BDR, 1.75 BA,
bright and beautiful view,
patio, washer/dryer



— • • • —
10-D • \$359,000
Downstairs, east-facing, quiet,
secluded 2 BD, 1.75 BA,
newer flooring (kitchen, living
room, hall) and heat pump



— • • • —
10-C • \$379,000
2 BDR, 1.75 BA corner unit,
freshly painted, carpeting,
large patio for outdoor
enjoyment
— • • • —
Unbelievable Real Estate
DRE#00460268




**Leisure Living
Resales, Inc.**

13918 Seal Beach Blvd., Seal Beach, CA 90740


(562) 493-6601

leisurelivingresales.com


***No One Knows
Leisure World
Like We Do!***



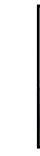
Erika — M17
(562)-208-5223




Yong Pyon — M1
(310) 658-0379



**Valory
Escrows**




Gina Rojas
562-533-3190



Carl Kennedy M14
(661) 810-9410

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“YOU”
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is our Motto***



Mr. Hank
(562) 743-8473

Lic #636296



Gina Rojas
(562) 533-3190
ginamrojas@gmail.com
Leisure World Specialist
21 Years LW Experience

♥ DRE#02111452 ♥
"I Have Your Best Interest at Heart" ♥



Coming Soon!
M6-130K

<u>2021 Escrows</u>			
6-57H	\$210,000	2- 35 D	\$210,000
12-36D	\$365,000	8-191A	\$485,000
2-22D	\$185,000	3-12L	\$205,000
8-202C	\$284,000	12-62K	\$240,000
8-193H	\$230,000	8-180H	\$172,000
14-24A	\$325,000	6-138B	\$175,500

Leisure Living Resales

**Berkshire Hathaway
Home Services**



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

"Where Life Just Got Easier"

New Listings

Gorgeous 2 Bedrooms
Fully Expanded Corner
New Kitchen & Bath
Greenbelt
M12 36A \$479,000

2 Bedroom
Expanded Unit
3 Stalls
Under Contract
Chef's Kitchen
Front Porch
M12 64H \$399,000

Fully Expanded
2 Bedroom Corner,
Nestled in the MLC
Under Contract
M5 94L \$300,000

Super Cute
2 Bedrooms
A Dog's Best Friend
Under Contract
Corner, Drive up Parking
M12 55L \$330,000

*Inventory is low - this is a
Great Time to sell. Call me for
a Free Market Evaluation*



Erika Shapiro

Resales Specialist
Mut. 17 Resident
BRE # 01448494

562-208-5223

Full Expansion Golf Course location, 2 BDR, 1 1/2 bath, central A/C, stone counters, New hardwood flooring, washer & Dryer and more, move-in ready

Mutual 14 – 3 B



\$485,000

New Listing

Condo, 2nd Floor 2 BDR, 2 Bath, Greenbelt View, South-East facing, central A/C heat, fridge, Double oven, microwave, dishwasher. Move-in ready, fresh paint and carpet. Financing available

Mutual 17-16B



\$410,000

Lower Price

Condo, 3rd Floor Corner, 2 BDR, 2 Bath, fully equipped South/West facing. Can Be Financed

Mutual 17-118C



\$425,000

New Listing

1 bedroom, fully Expanded Laminate flooring, A/C heat pump, Skylights, dishwasher, & more.

Mutual 1 – 35B



\$220,000

Under Contract

**Coming Soon: 2 Fully Expanded corners
1 BDR, Mutual 1**

Leisure Living Resales



The Januszka Group, Inc.
ON-SITE
HOME SALES



(562) 598-1388



To See Pictures of Our Current Listings and Many Other Fine Homes For Sale, Visit The Januszka Group Online At:
www.OnSiteHomeSales.com

Halloween is almost here, time for a quick joke! Why don't mummies take time off? They are afraid to UNWIND! At the On-Site Home Sales office, we ensure you are able to relax and unwind your entire escrow! From listing your property and finding qualified buyers, to wiring the funds, our team does it all. With our own On-Site Escrow team, we make sure selling your home is an enjoyable and easy process! We still have buyers and need more listings, even through the holidays! Come speak to one of our expert Realtors today!

We are open 7 days a week!



Mutual 11 261I \$270,000



Mutual 8 184I \$469,000



Mutual 12 62G \$439,000

Sold Same Day!



Mutual 10 255J \$246,000

Sold in 4 Days!



Mutual 14 13F \$350,000



Dawn Januszka
Broker
DRE #02110501



Ginni Houck
Escrow Officer



Verna Chumley
Realtor®



John Webster
Realtor®



Tony Accetta
Realtor®



Sally Angell
Realtor®



Suzanne Fekjar
Realtor®



Terri Walters
Realtor®



Elana Torres
Realtor®



Maryann Shaddow
Realtor®



Kathy Gupton
Associate Broker
DRE # 00744676

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Gloria Hadley
Realtor®
DRE # 01057681

**Stop by the office on Tuesday 10/26 between the hours of
9:30 am to 1:00 pm for a *FREE* 2022 Norman Rockwell calendar.**

M5-123K
\$179,900

Great central location for this 1 Bedroom 1 Bath unit that needs TLC and is priced to sell. This home has lot of features skylights in the Kitchen and Bathroom. The kitchen including Stove, Oven, DW and refrigerator. The Counter top has been replaced and the kitchen painted white. This property has a heat pump, mirrored wardrobe closet doors in the Bedroom and a storage cabinet on patio. Walk to amphitheater, post office and downtown LW gym, golf and swimming pool.

Pending

M11-263A
\$399,000

Elegant two bedroom one bath expanded corner unit. The living room and dining room are very spacious with French double pane windows. The kitchen has new range and microwave that have never been used. The kitchen also features Swiss Coffee cabinets and lovely breakfast bar with granite counters and it has an extra-large skylight. The master bedroom has mirrored wardrobe closet doors. The Bathroom has added custom vanity with double sinks, skylight and bath tub with shower. Second bedroom has mirrored wardrobe doors. This Beautiful home has ceramic tile flooring and beautiful French double pane windows throughout. It has been newly painted, has upgraded molding, is very light and bright, and enjoys the ocean breezes and an open view. The private front patio has tile flooring and a walk-in storage cabinet. This lovely home faces the south-west and is conveniently located with drive-up parking.

M15-32J
\$369,000

Gracious two bedroom two bathroom home with spacious living room featuring plantation shutters, added lighting, overlooking charming balcony and lovely neighborhood Greenbelt. Kitchen is beautifully remodeled with upgraded cabinets, quartz countertops, built in stainless steel appliances including range, dishwasher, double door refrigerator and glass front cupboards. Charming dining room. Master bedroom is a corner room with windows on two sides, and mirrored closet doors. Master bathroom has washer dryer, quartz counter tops, window, and stall shower. Second bedroom has mirrored wardrobe doors and lots of storage. Second bathroom has quartz countertops and stall shower. This lovely unit features throughout crown molding, laminate flooring, central heating and air, double pane windows, and added lighting. This beautiful home it is light and bright has many upgrades, and overlooks a beautiful patio and a lovely Greenbelt. Enjoy the ocean breezes. A must see.

Pending

M9-217B
\$208,000

Much desired Washer/Dryer has been added to this one bedroom one bathroom Leisure World cottage. This home features many upgrades including double pane windows and sliding door from bedroom to patio, built in Leisure World appliances in kitchen with added microwave white kitchen cabinets and counters. Added features also include laminate flooring, crown molding, double pane living room windows and sliding glass door in the bedroom. The bathroom has cut down shower, laminate flooring, newer counters and light bar. Both the living room and bedroom have heat pump/air conditioning units. This home is nicely painted throughout and is ready to move in. Private patio has indoor-outdoor carpeting. Don't miss out on this special home and the Leisure World ocean breezes.

Pending

SOLD

- Mutual 5-93F
- Mutual 8-202C
- Mutual 8-202J
- Mutual 3-21A
- Mutual 10-240B
- Mutual 11-267I
- Mutual 12-70D
- Mutual 14-15I
- Mutual 2-13F
- Mutual 2-51J
- Mutual 1-35J
- Mutual 11-285H
- Mutual 2-19L
- Mutual 2-24D
- Mutual 1-30D
- Mutual 1-37F
- Mutual 12-41G
- Mutual 2-46D
- Mutual 10-248D
- Mutual 11-277A
- Mutual 2-40L
- Mutual 8-203G
- Mutual 2-22J
- Mutual 1-52A
- Mutual 2-63A

Pending

- Mutual 2-17C
- Mutual 9-224G
- Mutual 9 -215B

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Mary Chittick
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Rosie Wang Davis
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Seal Beach, CA 90740



Joanie Korman
714-308-8034



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583



Hanna Rubinstein
562-900-4243

Mutual 5 109H \$275,000
great greenbelt, close to downtown,
heat pump, skylight. lam floors

Mutual 10 249C \$320,000
great location, 2 heat pumps, gran-
ite, lam floors, skylights that open

Mutual 14 33D \$350,000
full expansion, cent. air, dual pane,
4 large skylights close parking

Mutual 15 32J \$369,000
washer/dryer, lam. flooring, crown
molding, cent. air, greenbelt

Mutual 11 272 L \$395,000
corner, partial expansion, skylight,
laminate floors

Two-Bedrooms

Mutual 11 263A \$399,000
expanded, double pane, granite. ex-
tra large skylight, double sinks , new
paint, faces southwest

Mutual 17 108B \$415,000
cent. air, new paint and carpet, large
balcony, subterranean parking

Mutual 9 213J \$434,900
very nice, expanded, washer/dryer, 5
skylights, smooth ceiling, dual pane

Mutual 12 36A \$479,000
fully expanded, btfl. greenbelt, gran-
ite, washer/dryer, white tile flooring,
large skylight

Mutual 10 251F \$525,000
Rare find, corner, btfl. remod., 2br and
office or 3rd br., 2 bath, AC heat pump,
washer/dryer, drive-up, charming green
space

One-Bedrooms

Mutual 5 123K \$179,900
needs TLC, skylights, heat pump,
close to amphitheater

Mutual 9 217B \$198,000
many upgrades, washer/dryer,
double pane, newer counters,
crown molding, 2 heat pumps



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Bill Berman
714-606-5258



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.)

2021 Closed Sales

Mutual 3-22-D
Mutual 3-11-H
Mutual 1-42-C
Mutual 5-119-E
Mutual 5-119-D
Mutual 1-57-L
Mutual 14-48-E
Mutual 7-158-K

Mutual 14-18-D3
Mutual 6-58-A
Mutual 6-135-J
Mutual 7-158-G
Mutual 7-161-E
Mutual 1-67-B
Mutual 11-265-J
Mutual 11-266-F

Mutual 7-158-G
Mutual 1-8-C
Mutual 9-221-J
Mutual 12-41-G
Mutual 10-253-K
Mutual 4-80-L
Mutual 8-204-I
Mutual 7-171-I

Pending

Mutual 7-170-A Mutual 2-9-G

Coming Soon!

Mutual 2
Two Bed, Two Bath
on a Green



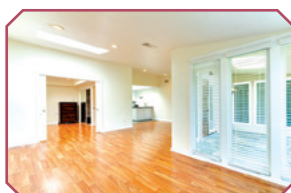
BERKSHIRE HATHAWAY
HomeServices

New Listing

Mutual 11-284-A \$329,000



BASIC CORNER WITH EXTRA'S!!! Great drive-up corner just waiting for you to make it your own! Two Bedrooms, one bath, enclosed front patio that will give you that extra living space at no added cost!! Dual pane windows and slider, nice front door, dishwasher, skylights, stackable washer/dryer and a lovely side patio to enjoy! Call today to see!!



Welcome to your New Home!

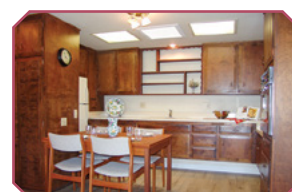
Mutual 9-213-J

\$434,900

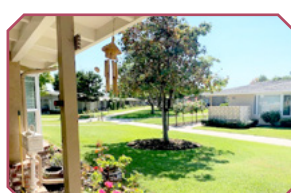
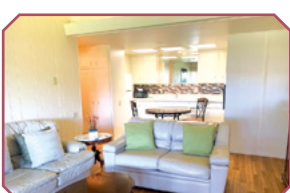
Expanded with two bedrooms, 1.5 baths, an open concept feel with many upgrades from a large living and dining area to a master suite with separate shower and bathtub. Granite counters, smooth ceilings, laminate floors, five skylights with 3 being CUSTOM - just wait until you see them!! Central heat/air, washer/dryer, dual pane floor to ceiling windows and double door entry... PLUS, as an added bonus... a wonderful patio to sit, relax, and enjoy the green views and neighborhood.

Under Contract

Mutual 12-67-K \$295,000



Lovely location with a pretty front lawn and beautiful trees - plus convenient drive-up parking! Basic 2 bedroom, 1 bath with new gorgeous plank floors, wood finished kitchen cabinetry, large "L" shaped patio with 2 storage cabinets, openable skylights in the kitchen and bath, heat-pump. This is such good feel unit - you will want to make it your new home!



Lovely Location!

Mutual 10-249-C \$320,000

Charming 2 bedroom, 1 bath basic on a beautiful wide tree-lined courtyard- plus a view of green area! Laminate floors, newer kitchen counter-top with a very pretty granite/ glass backsplash, openable skylights in the kitchen and bath, two a/c heat-pumps, lovely "L" shaped patio with storage. Call me today - this is a MUST SEE UNIT!!

See more at www.sealbeachleisureworld.com



CAROL GASPER
REALTOR Lic# 01276484
562.716.1547
gcarol1966@gmail.com

GASPER MONTEER
REALTY GROUP



NICK MONTEER
Broker Lic# 01927606
213.880.8220
nicholasmonteer@gmail.com



<http://www.sealbeach-retirementcommunity.info>
1900 St. Andrews Dr. Suite B Seal Beach, CA 90740

For 2021, I have a total of 103 Leisure World pending and closed sales. Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



13560 Cedar Crest #109B | M5 | \$499,000
No finish untouched in this remarkable unit as everything you would want done has been done! Interior 2bed/2bath unit sits upon a beautiful greenbelt with all the bells and whistles.



13630 Alderwood Lane #77F | M4 | \$355,000
Fully Expanded Corner Location. 2 Bedrooms, 1 Bath with Added Side Patio. A/C Heat Pump, Ceiling Fans, Remodeled Kitchen with Lots of Storage, Washer/Dryer, 2 Skylights.



13321 Fairfield Lane #182B | M8 | \$215,000
Beautiful greenbelt location! 1 Bedroom, 1 Bath with 2 Solar Tubes, Large Patio Storage, AC Heat Pump and Jacuzzi tub/shower



1681 Interlachen Rd., #282L | M11 | \$320,000
Corner 2 Bedroom, 1 Bath with laminate flooring, new carpet in bedrooms, A/C Heat Pump, fresh paint, upgraded hardware, and skylight in the bathroom.



1682 Monterey Road #11J | M2 | \$274,900
Greenbelt location! 2 bedroom, 1 Bath. A/C Unit, Dual Pane Windows, Close to Parking.



1280 Weeburn Road #31B | M3 | \$254,000
2 Bedroom, 1 Bath with Large Wrap Around patio. Expanded Master bedroom which can be used as an office or craft/painting studio. New paint and flooring throughout.



On October 19th, 2021 a total of 33 units show as active listings on the CRMLS (this is where Realtors list property for sale).

4 - 1 bedroom/1 bath
from \$198,000-\$289,000

11 - 2 bedrooms/1 bath
from \$270,000 to \$489,500

18- 2 bedrooms/2 baths
from \$299,900 to \$525,000

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!

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GRAND OPENING

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REALTY GROUP

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