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DEMENTIA AND ALZHEIMER'S SERVICES IN KOREAN
See page 10.



BOCCE PLAYERS WRAP UP SEASON
See page 18.



LWER VISITS ALASKA FOR ITIAROD RACE
See page 23.



Stock Photo

SEAL BEACH POLICE

Discard expired medications at drug take-back

On Saturday, Oct. 28, from 10 a.m.-2 p.m. the Seal Beach Police Department and the Drug Enforcement Administration (DEA) will give people an opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs.

People can bring their leftover pills for disposal at Leisure World's Main Gate, where SBPD will host the citywide event. The DEA cannot accept liquids or needles or sharps, only pills or patches. The service is free and anonymous, no questions asked.

This initiative addresses a vital public safety and public health issue. Medicines that languish 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.

In addition, old methods for
TAKE BACK, page 3

ALL-DEPARTMENT TOWN HALL



Emma DiMaggio

The heads of every GRF department were on hand to answer residents' questions.

New gate system will be up and running Jan. 17

RFID tag make-up week begins Oct. 30

Residents and GRF directors gathered in Clubhouse 4 on Oct. 18 for an all-department town hall.

Security Director Victor Rocha shared updates on the community's new gate access system, which will be officially rolled out on Wednesday, Jan. 17, 2024. At that time, people will be required to have a radio-frequency identification (RFID) tag or show their Leisure World ID to enter the community.

The new system, which will update access protocols at all three entrance and exit gates, represents a huge advancement in the security of this nearly 10,000-person community.

The Security Department is in the final stretch of RFID tag distribution. People who missed their scheduled pick-up date can attend one of many make-up days that will be held at the 1.8-acre site from Oct. 30-Nov. 4.



Emma DiMaggio

Victor Rocha fielded questions from the audience.

Here are some commonly asked questions that were answered during the meeting:

How will permanent guest passes work?

Each unit can list four permanent guests. When they first pull in to the

community, they will be asked to show identification. Security will then print a paper 90-day pass with a QR code on it.

This will be shown or scanned each time that person enters the community. Once that pass expires and the guest requests entry, Security will confirm that the person is still listed as a permanent guest, and will re-print a pass for another 90 days.

What if my permanent guest loses their pass?

If a permanent guest loses their paper guest pass, they can drive up to any Security gate and ask for a new one.

Once their identity is confirmed, a new pass with a new QR code will be printed. The QR code on their old pass will be disabled, ensuring that they don't attempt to bypass security measures by giving the old pass to an unauthorized guest.

If I don't drive, how will I let Security know who my permanent guests are?

GRF will send out a copy of its annual budget in November. This letter

TOWN HALL, page 2

SPOOKY SEASON

Celebrate Halloween with a country rock dance party

Terry Otte and Abilene will perform at GRF's free Halloween Dance Party on Tuesday, Oct. 31, at 7 p.m. in Clubhouse 2. This costume-optional dance party has become one of Leisure World's most popular events.

Abilene is Leisure World's No. 1 country rock band, going strong for nearly 20 years.

The band always packs the house, so people should plan ahead. Doors open at 6:30 p.m. Table saving is not allowed.

The clubhouse will be set up with tables, so BYOB and snacks. People are encouraged to bring their dancing shoes for this country rock sensation. Tips are accepted and appreciated. For more information, contact kathytl@lwsb.com.



LWers dress up for a Halloween dance.

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Mutual 6 showed out for the Great ShakeOut Oct. 19. Members decked out in safety whistles and florescent vests took the opportunity to honor Phil Mandeville, who died in September 2022. Mandeville's Mutual 11 and Mutual 6 had a longstanding rivalry to see which group had the biggest turnout for the ShakeOut.

EMERGENCY PREPAREDNESS

LWers and GRF staff participate in earthquake drill

Millions of people around the world—as well as GRF staff and several Mutuals—took part in this year's California ShakeOut earthquake drill Oct. 19 to test their level of preparedness for a major temblor.

The 15th annual drill started at 10:19 a.m., when participants “dropped” to the ground, took “cover” under a desk, table or other sturdy surface and “held on” for 60 seconds, as if a major earthquake were occurring.

More than 10 million people in California were registered for the drill, including nearly 4 million in Los Angeles County and 875,000 in Orange County.

Here in LW, residents and GRF staff used the drill as a chance to practice procedures that will be triggered in the event of a disaster. GRF Safety and Emergency Coordinator Eloy Gomez was out and about, communicating with the Emergency Operations Center (EOC) set up at the Amphitheater Building.



Safety Specialist Eloy Gomez, HR Manager Allison Steele and Mutual Administration Senior Director Jodi Hopkins were just a few of the many GRF staff members who participated in ShakeOut drills.

LW members of the Community Emergency Response Team (CERT), who are trained volunteer responders, wore hard hats and held radios as they took “injury reports.”

TOWN HALL
from page 1

will also contain a form, which people can use to identify their permanent guests. The form will have instructions on options on where and how to deliver it to Security.

What if I want an RFID tag for additional vehicles?

Starting Nov. 6, people can get RFID tags for additional vehicles at the Decal Office. The GRF Board is expected to finalize the fee schedule for these additional passes at the end of the month.

How do I add or remove names from my list of permanent guests?

People can call GRF Security at 562-594-4754 to add or remove the names of their permanent guests. Soon, people will also be able to use GRF's new software system Proptia to manage their guest lists online.

What if it rains on my distribution date?

Security will close operations on rainy days. Rained-out Mutuals will be accommodated during the make-up week starting Oct. 30.

Where do I pick up my RFID tag?

People can pick up their RFID tags at the 1.8-acre site, located in the northwest corner of the community in Mutual 9 (formerly known as the “mini-farms”). Before entering the 1.8-acre site, Security will verify all four documents (valid license, vehicle registration, vehicle insurance and GRF Identification Card).

Distribution Calendar

For efficiency, Security is distributing RFID tags by Mutual. Any residents in line for a tag on a day that they have not been assigned will not receive an RFID tag. The hours of distribution will be 8:30 a.m.-4p.m. Cars may not line up earlier than 8:15 a.m. on Oak Hills Drive.

Distribution Dates:

- Mutual 15
- Buildings 12-23: Oct. 26
- Buildings 24-35: Oct. 27
- Buildings 36-48: Oct. 28

Make Up Days

Make up days for those who missed their assigned pick-up date will be held Oct. 30-Nov. 4.

Winter Sand Berm

The City of Seal Beach began constructing its annual winter sand berm this week. Construction will extend through November. The berm will be placed along the beach, from the pier easterly to Dolphin Avenue.

For more information, contact associate engineer David Spitz at 562-431-2527, ext. 1331.

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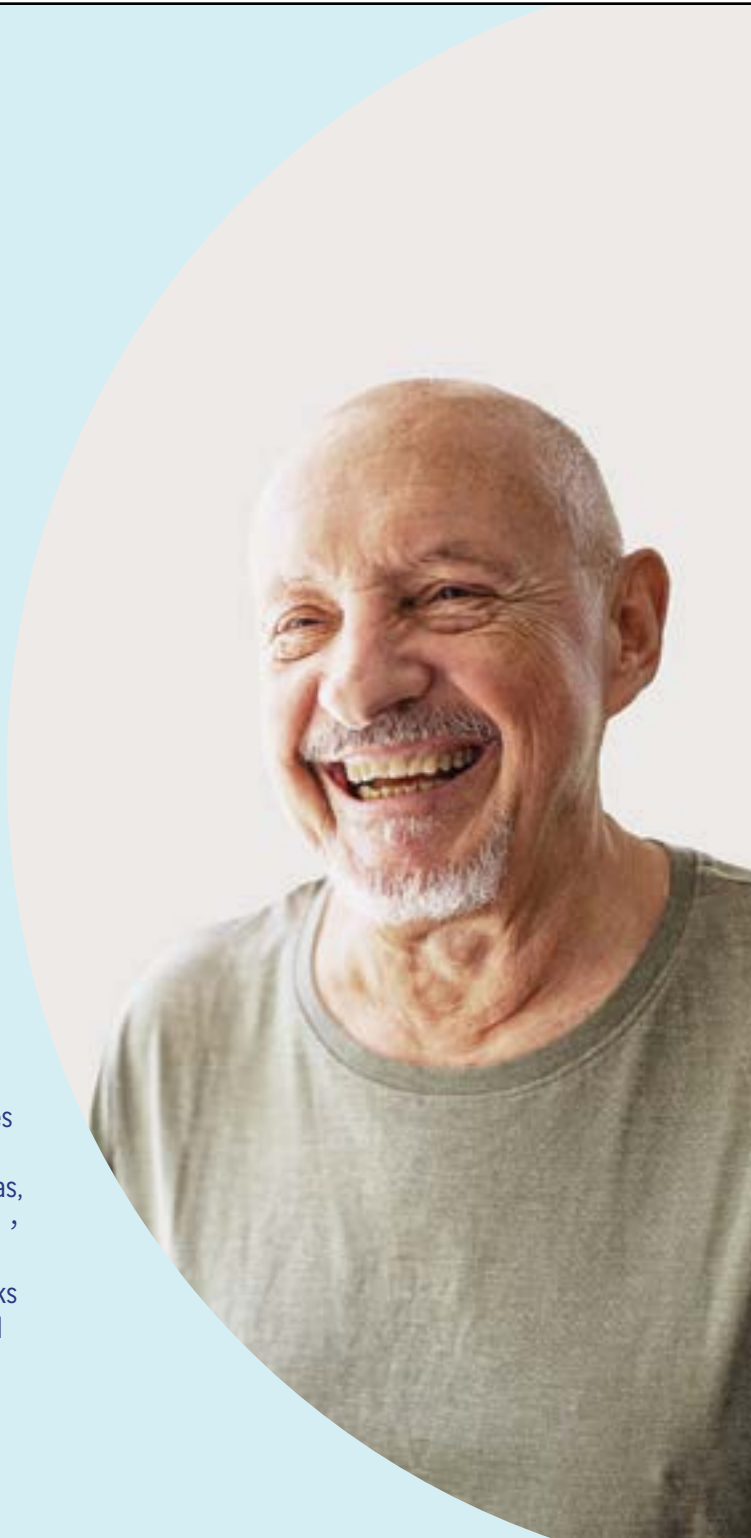
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Ruth Osborn
Ruben Gonzalez was awarded for 50 years of service to the Golden Rain Foundation. He celebrated the moment with his daughters Karina (l), Elizabeth (r) and granddaughter Zara.

Employees honored during meeting

Almost 200 GRF employees attended the first ever all-staff meeting and employee appreciation lunch in Clubhouse 4 on Oct. 20. GRF Executive Director Jessica Sedgwick welcomed everyone and expressed her appreciation to GRF staffers for their hard work and consistent striving to do the best job possible. She also thanked the GRF Board for supporting the all-staff event.

After a program on department accomplishments in 2023, employee awards were bestowed.

Years of service recognitions started with one year and culminated in the Legend award for 50 years of service given to Service Maintenance Director Ruben Gonzalez.

The GRF Purchasing Department won the best GRF department award in recognition of excellence and teamwork that demonstrates exceptional performance. The small-but-mighty Purchasing Department includes Warehouse Manager Ruben Sandoval, and staff Daniel Ayala, Justin Miyamoto and Rosendo Falcon.

Jorge Valencia, Service Maintenance carpenter, was recognized as Employee of the Year. This is a prestigious honor presented to

EMPLOYEE, page 27

GRF Annual Arts & Crafts Festival

The 53rd Annual Arts & Crafts Festival will be held on Friday, Nov. 3, and Saturday, Nov. 4, in Clubhouse 2 from 9 a.m.-2 p.m. The Arts & Crafts Festival encourages the creative talents of Leisure Worlders.

While invited to exhibit their products, participants must adhere to guidelines established in Golden Rain Policy 1481; items for sale at the festival must have been made by the shareholder/member. No manufactured articles may be sold. Each seller must live in Leisure World and must be a GRF member to qualify as an exhibitor of sale items at the festival. People are invited to come and support their fellow shareholders/members.



Emma DiMaggio
Resident Greg Meyers sold handmade stone jewelry at Leisure World's 2022 Arts & Crafts Festival.

TAKE BACK

from page 1

disposing of unused medicines—such as flushing them down the toilet or throwing them in the trash—pose potential safety and health hazards.

“By creating this opportunity for the community to safely dispose of unused and expired medication, our goal is to help prevent access to dangerous prescription medication,” said SBPD Chief Michael Henderson. “We are grateful for the continued partnership with the Golden Rain Foundation and Leisure World community for allowing us to host this event at their main entrance.”

For more information about the disposal of prescription drugs or about the Take Back Day event, visit [takebackday.dea.gov](#).

TRANSPORTATION

Carpool lanes will close to make way for new 405 Express Lanes

People should expect significant delays in certain areas of the I-405 as the county tests the new 405 Express Lanes, which will replace carpool lanes as part of the I-405 Improvement Project.

On Oct. 26, the northbound I-405 carpool lane will close at SR-73. On Nov. 2, the carpool lanes in both directions between SR-22 and I-405, and between I-605 and I-405, will also close. Drivers are encouraged to use alternate routes if possible. Once testing is complete, the 405 Express Lanes will open to the public between SR-73 and the Orange County/LA County line.

A FasTrak transponder will be required for all vehicles that use the express lanes. With a switchable FasTrak responder, vehicles with three or more passengers are always free; two-person carpool are free off-peak; and solo drivers can choose to pay a toll.

For more information, visit [405expresslanes.com](#).



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2023 Community Thanksgiving Dinner

Thanksgiving Day, Thurs Nov 23rd

Free event for those that cannot be with family or friends for the holiday, or those in need.

Bingo at 11:00am
Dinner at 12:00pm

At St. Anne's Church
340 10th Street Seal Beach

Please RSVP to 562-799-0179
by November 17th

Let us know if you require transportation!

PERSPECTIVES

ANSWERS FROM THE GRF

Occasional series to begin

At the Oct. 18 town hall, LW shareholders had questions about transparency, GRF spending, nepotism, the GRF's vision for LW and other topics. In an effort to provide answers and build understanding, the LW Weekly has launched a series of occasional columns to expand on issues and topics of interest to shareholders. Instead of posting questions on social media, residents are invited to email your questions to rutho@lwsb.com, and they will be answered here. The series kicks off this week with an in-depth look at transparency and what that means in the world of homeowners' associations, such as the Golden Rain Foundation.

Limits of HOA Transparency

Golden Rain Foundation (GRF) is a homeowners association (HOA) established to manage and maintain common areas and enforce rules and regulations on Trust Property within Leisure World Seal Beach. While transparency and open communication are important aspects of any well-functioning organization, there are several reasons why GRF cannot and should not share everything with its membership:

- 1. Privacy and Confidentiality:** Some matters that GRF deals with involve private and sensitive information, such as individual member accounts, disputes or disciplinary actions. Sharing these details could violate the privacy rights of members and potentially lead to legal issues.
 - 2. Legal and Liability Concerns:** GRF, as a legal entity, may be privy to legal matters or pending litigation. Sharing information related to these matters can have legal and liability consequences, especially if it could compromise the association's position in a legal case.
 - 3. Ongoing Negotiations:** GRF may be involved in negotiations with vendors, contractors, or other parties to secure
- TRANSPARENCY, page 5**

Letters to the Editor

Editor:

I am a retired HR manager for Los Angeles County and am very familiar with nepotism, the practice of favoring relations in hiring decisions. Offering relatives of current employees equal opportunity to apply for jobs along with all other applicants is not nepotism. Encouraging our staff to recruit for positions among their contacts is a valuable way of finding excellent job applicants. Look no further than the extraordinary story (Oct. 19) of our beloved Service Maintenance Director Ruben Gonzalez who was recruited by his father 50 years ago.

Dan Habel
Mutual 3

Editor:

I enjoyed reading your front page (Oct. 19), and well deserved, article on Ruben Gonzalez. I have been a resident of Leisure World for 11 years and have personally interacted with Mr. Gonzalez in my early residency and found him to be very professional and helpful and a real asset to Leisure World.

I would like to take this opportunity to also compliment Mario of Anguiano Lawn Care. I have found him to be very

professional, a hard worker and respectful of resident property. He has provided brickwork for me, as well as other gardening service, and I find him to be a definite asset to Anguiano Lawn Care and wish there were more like him.

Joan Tarro
Mutual 6

Editor:

The California Regional Housing Needs Assessment (RHNA) has mandated that the city of Seal Beach plan for 1,243 units at varying income levels.

The city has identified 11 "housing opportunity sites" within the city, one of which is in Leisure World. This site is the RV lot parcel 95-691-05 of 5.5 acres. The deed for the RV lot is held by the Golden Rain Foundation Trust property. Contrary to what Nathan Steele stated at the Sept. 27, 2023, meeting with City of Seal Beach officials, the shareholders *do not* vote on what happens to GRF property.

The GRF Board of Directors would decide on its use. Since LW is already the lowest cost housing option in Seal Beach, this probably is a no brainer site for the city. It's already zoned for housing, and city officials only must influence the GRF Board.

We, like many of the 290 RV and boat owners, chose to live in LW because of the availability of the low-cost RV lot. We, like others, are *very* concerned.

According to Davis-Stirling documents, an amenity can be eliminated if the Business Judgment Rule is followed. We believe if GRF rules on the housing at the RV lot, they are acting in bad faith and grossly overreaching, which can rebut the judgement rule. If you're feeling uneasy and disappointed, remember we vote in GRF Board members. Get informed! Speak up! Question authority! The City of Seal Beach cannot force GRF to use the LW housing opportunity, but GRF can decide without shareholder input!

Teresa Charlesworth
Wendi Rosenblatt
Mutual 15

Editor:

As most shareholders in Leisure World know, the California Regional Housing Needs Assessment has mandated that the City of Seal Beach identify "housing opportunity sites" and has designated our RV lot for development. The Golden Rain Foundation holds the deed to the property. We shareholders

LETTERS, page 5



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GOVERNMENT

GRF Meetings

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

Thurs., Oct. 26	GRF Board Executive Session Conference Room A.....10 a.m.
Tues., Nov. 7	Facilities Committee Meeting Conference Room A.....10 a.m.
Thurs., Nov. 9	Operation Committee Meeting Conference Room A.....10 a.m.
Tues., Nov. 14	Member Services Committee Meeting Conference Room A.....10 a.m.
Thurs., Nov. 16	Administration Committee Meeting Conference Room A.....10 a.m.
Tues., Nov. 28	GRF Board Meeting Clubhouse 4.....10 a.m.
Thurs., Nov. 30	GRF Board Executive Session Conference Room A.....1 p.m.

A quorum or more of the directors may be present, only to listen and observe, and no formal board action will be taken at committee meetings. Members will be provided an opportunity to address the committee.

Mutual Meetings Schedule

Mutual residents are invited to attend the open meetings of their Mutual boards. The following is a tentative schedule.

Thurs., Oct. 26	Mutual 1 Conference Room B/Zoom.....9 a.m.
Fri., Oct. 27	Mutual 6 Conference Room B/Zoom...9:40 a.m.
Wed., Nov. 1	Presidents' Council Clubhouse 4.....1:30 p.m.
Tues., Nov. 7	Mutual 17 Conference Room B/Zoom...1:30 p.m.
Wed., Nov. 8	Mutual 4 (open forum 8:30 a.m.) Conference Room B/Zoom...8:45 a.m.
Thurs., Nov. 9	Mutual 12 Conference Room B/Zoom.....9 a.m.
Mon., Nov. 13	Mutual 9 Conference Room B/Zoom.....9 a.m.
Tues., Nov. 14	Mutual 16 Conference Room B/Zoom.....1 p.m.
Wed., Nov. 15	Mutual 5 Conference Room B/Zoom.....9 a.m.
Fri., Nov. 17	Mutual 3 Conference Room B/Zoom.....9 a.m.

Public Comments at GRF Meetings

The Open Meeting Act requires boards of directors to establish reasonable time limits for speakers to address the GRF Board of Directors. (Civ. Code §4925(b).)

Time limits are four minutes per speaker for 15 or fewer speakers; three minutes per speaker for 16-25 speakers; and two minutes per speaker, more than 26 speakers. Pursuant to Civil Code 4930 of the Davis-Stirling Act, the GRF Board is prohibited from answering questions from residents speaking during public comment time at board meetings.

To address the board, submit a comment card at the meeting prior to it being called to order. Residents may email correspondence to executive coordinator at grfboardaction@lwsb.com.

TRANSPARENCY from page 4

services, maintenance, or improvements for the community. Publicizing sensitive information related to these negotiations could weaken the association's bargaining power or affect the final terms.

4. Delicate Financial Information: GRF manages its budget and financial resources, including member dues, common area maintenance expenses and reserves. While it's important to share financial summaries and annual budgets, divulging every financial detail could lead to confusion and unnecessary concerns among homeowners.

5. Respect for Due Process: In cases involving disputes, violations, or rule enforcement, GRF should adhere to a due process that allows members to address concerns and defend their rights. Sharing all details of a case before it is resolved may undermine the integrity of the process.

6. Streamlined Decision-Making: GRF makes decisions based on board meetings, and some discussions require a level of confidentiality to ensure efficient decision-making. An open-door policy for every decision could lead to unwarranted delays or interference in the decision-making process.

7. Maintaining a Professional Atmosphere: GRF aims to create and maintain a professional, organized and well-managed community. In some cases, sharing every internal detail could lead to unnecessary conflict, misunderstandings or

discord among members.

While transparency and accountability are important, GRF must strike a balance between open communication and protecting the privacy, legal interests, and efficiency of the association.

To address concerns about transparency, GRF holds regular meetings, provides financial reports and has established clear communication channels.

Should members require further information or clarification on specific matters, they can submit inquiries and correspondence to the professional staff employed by GRF or directly to the GRF board. Furthermore, members have the opportunity to engage with the board directly during the monthly GRF Board meeting's membership comment period.

Members can conveniently access a wealth of information and resources on GRF's official website, lwsb.com. Here, they will find a repository of documents, meeting schedules, financial reports, and contact details for professional staff and board members.

This digital platform serves as an additional avenue for staying informed, making it easy for members to review important materials and stay updated on GRF's activities and initiatives, thus further promoting transparency and open communication within our community.

In conclusion, our commitment to striking a balance between transparency and

safeguarding the privacy, legal interests, and operational efficiency of GRF is unwavering.

Through our regular meetings, the provision of financial reports, clear communication channels (LW Live and LW Weekly), and the accessibility of information on lwsb.com, we

aim to ensure that our members are well-informed and empowered to engage with the association. We encourage all members to take advantage of these resources and opportunities, fostering a collaborative and informed community that contributes to the well-being

and success of Leisure World Seal Beach.

Your active participation and feedback are invaluable in shaping the future of our community, and we look forward to continuing our journey together.

—Jessica Sedgwick, GRF executive director

LETTERS from page 4

do not vote on this proposal.

I urge every Leisure World stockholder to demand that they know now from their elected Mutual representative that individual's position on this quality-of-life-altering determination for our already congested community.

Those GRF Board members in favor should publicly identify themselves. The consequences of building more units would be disastrous and costly, from the increased traffic (streets can't be widened); a need for additional parking, which is maxed out now; and hiring additional staff, all at a great cost to shareholders.

A suggestion has been made that might have a positive impact on the severe parking

shortage by the Administration Building, Health Care Center, Amphitheater and Clubhouse 6 area that should seriously be considered. Many GRF staff do not live in Leisure World. Why not free up all those spaces and have employee non-residents park in the RV lot area where a shuttle would bring them to and from work? We already have the vehicles, and new ones are on order; we also already have the accredited drivers so no increased salaries or costs.

Mitzi Winks
Mutual 5

The LW Weekly
562-430-0534

Perspectives Policy

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

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

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Seasonal Fruit	Mixed Berries	Seasonal Fruit	Mixed Berries	Seasonal Fruit
DINNER				
Ground Turkey Rigatoni w/Zucchini & Red Peppers	Cajun Catfish Asparagus	Meat Loaf Mashed Potatoes	Pesto Chicken Penne Pasta	Poached Salmon Florentine Scalloped Potatoes
Pie	Seasonal Fruit	Cookies	Seasonal Fruit	Cake

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Puzzles & Comics

Answers on page 22

Gasoline Alley

By Jim Scancarelli



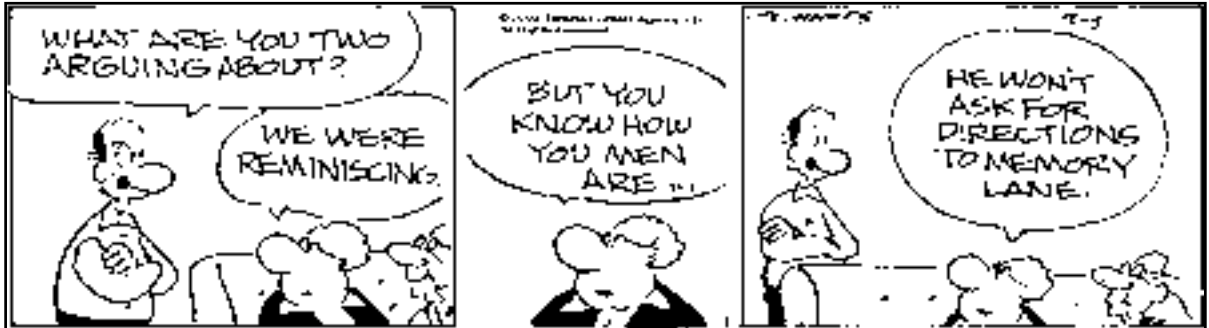
Broom-Hilda

By Russell Myers



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

"WARDROBE MAKEOVER" BY LYNN K. WATSON & WILL NEDIGER

ACROSS

1 Happens again

7 Stares in wonder

12 Promising player in the minors

20 Asimov classic

21 Catherine of "Schitt's Creek"

22 Sci-fi vehicle

23 1977 Top 10 hit for Styx

25 Even, as odds

26 Sixth sense letters

27 "Belfast" Oscar nominee Ciarán

28 Pickle serving

30 Secrecy contract, for short

31 Impressionist Édouard

32 Problem-solve

36 Elite squad

39 Comics dog

41 Adjust an entry on a time sheet, say

42 Topiary target

43 Deceptive estimate

45 Root vegetable

49 Instigators

51 Tax agcy.

53 NYC home of 31-Across's "Two Roses"

54 Secret language

55 Theater worker

56 Comment made while dusting off one's hands, perhaps

58 Industry giant

59 Wow

60 "Blast from the past" hashtag

61 Fluffy scarf

63 "Let's do this!"

65 Switching outfits, and what can be found in this puzzle's circled letters

68 "Big Five" film festival held in Germany

71 Granola morsel

72 Lip balm brand

73 "The Bachelorette" network

76 "Didn't we just have this?"

77 Gloom

79 Nobel-winning Swedish poet Tranströmer

81 Sportswear brand founded in Italy

82 Wet weather

83 Wooden pin

84 "Have our plans changed?"

87 Purplish blue

89 With a firm tone

90 Ad infinitum

91 Big name in convertibles

94 Spanish kiss

95 Build-A-Bear creation

96 Act like a chicken?

100 Art forms?

103 Corruption, metaphorically

104 Indiana NBA player

105 Baseball flub

106 Domino dot

109 Solo

112 Collectibles with baseball stars, e.g.

116 Places for Penguins and Ducks

117 Cut off from escape

118 Early Ford

119 Lacking intelligence, in British English

DOWN

1 Basmati

2 Mythical matchmaker

3 Provide for free

4 Purple yam

5 Rock, Paper, Scissors

6 OxiClean target

7 Shiny dental prosthesis

8 Cries of epiphany

9 Bear foot

10 Phase of an artist's career

11 Authority

12 "Fleabag" star Waller-Bridge

13 President after Jimmy

14 Ignores feelings of fullness, perhaps

15 Gel

16 Big-leaguer

17 Word in budget-friendly brands

18 attitude

19 Pay for everyone

24 Having four sharps

29 Knitting stitch

31 Violet kin

32 Bay Area town whose name means "shark" in Spanish

33 Bring up

34 Pro wrestling patriarch Hart

35 Company boycotters?

36 Pet rescue org.

37 Lose on purpose

38 Gradually wear away

40 More of a nerd

43 Application entry

44 Acid rock's acid

46 "Moi? Never!"

47 Islamic leader

48 Glazier's unit

50 Caribbean native

51 Gaga over

52 "Relax, it's under control"

57 Crudely built places?

58 Ten below?

60 Svelte

62 Past

64 Secondary image

65 Treatment centers

66 Guzzling sound

67 Like most wedding receptions

68 Italian port on the Adriatic

69 Pulitzer-winning novelist Jennifer

70 Midnight trip to the fridge

73 Wasn't feeling 100%

74 Light-haired

75 Sweet stuff

78 Actress Dennings

80 Fruit discard in a compost bin

81 Ocean sheets

83 Table

85 "Not That Fancy" singer McEntire

86 Office buzzer

88 Argon or xenon

89 Really ticked

92 "I owe you one!"

93 Intermission

96 Bond player Daniel

97 Cookbook author DiSpirito

98 Mudbank frolicker

99 Weed B-Gon maker

101 Large planter

102 Matter taken on faith

105 Actress Falco

106 Chief exec

107 Inactive

108 Awareness-raising ads

110 Shirt part

111 Wee, for short

113 Wear the merch of, say

114 Qty.

115 "Twist, Scientist": animated series based on a bestselling picture book

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35

36 37 38 39 40 41 42 43 44 45 46 47 48

49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64

65 66 67 68 69 70 71 72 73 74 75

76 77 78 79 80 81 82 83 84 85 86 87 88 89 90

91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108

109 110 111 112 113 114 115 116 117 118 119 120 121

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Sudoku 1

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

9 To 5 By Harley Schwadron



SCRABBLE GRAMS

PAR SCORE 250-260
BEST SCORE 321
DIRECTIONS: This game is played by two or more players. Each player has a rack of seven letters. The goal is to form words using the letters in the rack. The word must be at least four letters long and must contain at least one vowel. The word must also be a valid Scrabble word. The player who forms the word scores points equal to the sum of the letter values. The player with the highest score wins.

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

A I T T R L S

E E U C T L T

A O O L N C N

A E E Y L L B

A I O N C R G

JUMBLE

THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Kinney

Unscramble these words to enter the code on each square to form the one word.

MRAFE

GGION

SIFNUO

MACERY

THE CHRONIC COMPLAINER WAS LEAVING DRINKING HIS...

I am an actor born in Canada on November 12, 1980. I was a “Mickey Mouse Club” child actor and I also performed in an Elvis Presley tribute band as a kid. My most recent film has me playing a popular doll with blonde hair.

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

Puzzles & Comics

Answers on page 22



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to going vegan.
Each number corresponds to a letter.
(Hint: 17 = A)

A. 4 6 21 6 19 17 26 9 6 5
Clue: Plant foods

B. 2 9 17 11 19
Clue: Organism that photosynthesizes

C. 17 26 5 19 17 10 11
Clue: Restrain from doing

D. 20 10 6 19
Clue: Foods and beverages consumed

Boggle®

BrainBusters!

By David I. Hoyt and Jeff Knurek

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

B

U

P

H

W

O

I

S

C

O

K

E

A

G

M

BOGGLE POINT SCALE

(3 letters = 1 point)

(4 letters = 2 points)

(5 letters = 3 points)

(6 letters = 4 points)

(7 letters = 6 points)

(8 letters = 10 points)

(9+ letters = 15 points)

YOUR BOGGLE RATING

151+ = Champ

101-150 = Expert

61-100 = Pro

31-60 = Garner

21-30 = Rookie

11-20 = Amateur

0-10 = Fry again

Boggle BrainBusters Bonus

Use each letter in the grid to find words in the puzzle grid. Can you find them?

Find **AT LEAST SEVEN FRUITS** in the grid of letters.

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

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

WORDS

ANIMAL
AQUAFABA
BUDDHA BOWL
BYPRODUCT
CAROB
CASEIN
CONSUMPTION
ETHICAL
FAUX
FLEGG
FLEXITARIAN
GELATIN
HARDLINE
HEALTH
JACKFRUIT
LEGUMES
MOCKMEAT
NUTRITIONAL YEAST
PAREVE
RAW
SEITAN
TEMPEH
VEGAN
WELFARE

RELIGION

Community Church

In the Gospel of Matthew this week, Jesus is asked which commandment is the greatest and in his answer he links two together: love God and love your neighbor. However there is a third part to the commandment that is sometimes overlooked: love yourself. It has been all too easy in the last several centuries to think about failings before God instead of God's inherent love for all people.

The season of extended Advent is almost here. Community Church will begin its Advent Celebration on Nov. 12. But first, on Nov. 5 the church will celebrate All Saints Day, remembering those who have finished their course in faith and are now absent from the body, but present with the Lord. Those who have someone who has passed this year and want to memorialize on All Saints Day should contact the church office at 562-431-2503.

Community Church continues to add new members and celebrates that all are welcome here. Worship is held at 9:50 a.m. on Sundays, followed by a time fellowship and light refreshment. Come early for a cup of coffee in the Narthex. The church is located inside Leisure World 14000 Church Place.

People may also watch services on Facebook at *@CommunityChurchLeisureWorld* and on Zoom. Contact the church office for the Zoom link. As always those who are in need without another way to address it, may call the church office to leave a message at 562-431-2503.

HOLY FAMILY CATHOLIC CHURCH



Holy Family Parish and friends from the community came together two Saturdays ago to pray for world peace. The ministry prayer group is led by Jeanette Barreras, who is an active parishioner at Holy Family and a Mutual 1 resident.

Church of Jesus Christ of Latter-day Saints

Meetings for the Atherton Ward are held at 6500 E. Atherton St., Long Beach. The sacrament service is held every Sunday at 10:30 a.m., followed in the second hour by Sunday School on the first and third Sundays, and Relief Society and Elders Quorum on the second and fourth Sundays.

Primary classes for children are held every Sunday during the second hour.

Members who are unable to attend Sacrament services in person can request a link from Bishop Mike Gravley at 562-212-864

The reading source for this year is the New Testament. The reading assignment for the week of Oct. 30-Nov. 5 is Hebrews 1-6.

The lesson manual "Come Follow Me" says that "Each of us has to give up something in order to accept the gospel of Jesus Christ—bad habits, incorrect beliefs, unwholesome associations, or something else. For gentiles in the early Christian Church, conversion often meant abandoning false gods. For the Hebrews (or Jews), conversion proved to be, if not more difficult, a little more complicated."

Faith Christian Assembly

"Blessed is the man who trusts in the Lord, and whose hope is in the Lord. for he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought" Jeremiah 17:7-8.

Planning is great and should be done but is planning always enough? There are just too many things beyond control. Knowing this can be a great source of anxiety and, left unchecked, anxiety can turn to depression.

But that's not the way it has to be. There is a heavenly father who knows what each person needs, because he created them.

When people put their ultimate trust in God, he will show them the way to go. He loves

to partner with each person in their day to day lives, because people were created to live in communion with him. Trust him for the ultimate outcome in each moment of each day.

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" Proverbs 3:5-6.

LWers are invited to join Faith Christian Assembly for service each Sunday at 10:30 a.m. and 5:30 p.m. with pre-service prayer at 5. Dig deeper into the word each Wednesday at the midweek Bible Study at 11 a.m.

The Grief Share group meets weekly on Thursdays at 6 p.m. in the Garden Room.

Faith Christian Assembly is



Pastor Sherry Leming

located just outside of Leisure World at 13820 Seal Beach Blvd., Seal Beach.

To receive a free newsletter and for more information on the church, call 562-598-9010, email contact@fcachurch.net, or visit www.FCACHurch.net.



The mural of Martin Luther in 1517 hanging his 95 Theses on the church door was painted by Carmen Leslie and Barbara Simundz.

Redeemer Lutheran and St. Theodore's

Bishop Murray Finck will preside over Redeemer Lutheran and St. Theodore's celebration of The Reformation with an inspiring message.

People are encouraged to wear red to commemorate this special time in the church year. The service will start with the powerful opening hymn of "A Mighty Fortress is Our God." The choir will sing "For By Grace You Have Been Saved."

Beautiful flowers were donated on Oct. 15, Redeemer's 60th anniversary, by Dee Sessa, and the flowers on Oct. 29 will be provided by Alma Zamzow in memory of her husband's birthday.

The service begins at 10:30, and will be followed with coffee, cake and fellowship celebrating October birthdays.



Women from First Christian Church packed boxes for Operation Christmas Child.

Members pack 50 boxes for Operation Christmas Child

Members of the First Christian Church of Leisure World women's Bible study gathered to pack over 50 shoeboxes headed to children in countries all around the world as a part of Operation Christmas Child.

The program is a ministry of Samaritans Purse and these special boxes are received by boys and girls ages 2-14 years old, often as their first gift ever.

The contents packed in the boxes came from generous

donations from many First Christian Church members. The women involved in the packing were delighted to fill all 50 boxes and still have a large amount leftover to donate to the project.

First Christian Church

First Christian Church of Leisure World teaches from God’s word, the Holy Bible, most often verse by verse. It is a friendly church that welcomes all visitors to join in worship and explore God’s word together, “That we may be mutually encouraged by each other’s faith, both yours and mine” Romans 1:12.

Pastor’s Message

This week Pastor Bruce Humes will share a poignant message from Genesis 21. Verse 11 says “Abraham was distressed greatly because of his son.” This son was the child of his maid Hagar. After her own son was born, his wife, Sarah, told Abraham to send the maid Hagar and her son away. But God said to Abraham in verse 12, “Do not be distressed because the son of the maid will also be the father of a nation because he is your descendant.” In obedience, Abraham sends the mother and child way. Hagar

wandered with the boy in the wilderness and when the water ran out, she feared the boy would die and left him under a bush, unable to watch him die. Then God heard the boy crying and the angel of God called to the mother from heaven and told her not to fear because “God has heard the voice of the lad where he is. Arise and lift up the lad and hold him by the hand for I will make a great nation of him.”

As God had promised earlier, Ishmael went on to father 12 sons whose descendants all went on to be great nations.

Just as God was faithful in keeping his unconditional promises to Abraham concerning his sons Isaac and Ishmael, he is also faithful in keeping all his unconditional and conditional promises to those who love and obey him.

Weekend Services

Sunday services are held from 9:30-10:45 a.m. and are traditional with hymnal music

led by Janet Ray with Pat Kogak at the piano. Gregory Black has prepared a special music selection to share this week.

Saturday are held from 9:30-10:45 a.m. The services includes contemporary songs of worship, led by Black with guitar and vocal accompaniment.

Midweek Studies

Melli Herrera leads the women’s Bible study on Mondays from 10:30-11:30 a.m.

Pastor Gary Whitlatch leads the Tuesday Bible study from 9:30-10:30 a.m.

Pastor Bruce Humes leads the Thursday Bible study from 10:30-11:30 a.m.

Humes also leads the prayer Bible study on Fridays from 6-7 p.m.

Contact

First Christian church is located on Northwood Road behind Carport 125. For more information, call the church message line is at 562-431-8810.

Congregation Sholom

Congregation Sholom will hold a potluck dinner prior to services on Friday, Oct. 27, in Clubhouse 3, Room 9, at 5 p.m. A sign up sheet has been sent to members. Services led by Rabbi Eric Dangott will begin at 6:30 p.m. Rabbi Mike Mymon will lead the hybrid service on Saturday, Oct. 28, in Clubhouse 3, Room 9, and on Zoom at 10 a.m. To receive a Zoom invitation, call or text Jeff Sacks at 714-642-0122.


This week’s Torah portion is Lech Lecha from the Book of Genesis. Lech Lecha (Go Forth) recounts Abraham’s (here known as Abram) first encounter with God, his journey to Canaan, the birth of his son Ishmael, the covenant between him, his descendants, and God, and God’s commandment to circumcise the males of his household.

Congregation Sholom’s Pizza Game Night will be held on Sunday, Oct. 29, at 6 p.m. in Clubhouse 3, Room 5.

Those who want to become a member of Congregation Sholom should call Howard Brass at 714-396-0121 for a membership packet.

LW Baptist

Faith and love, though common words, are rare virtues in today’s world. How faith and love can grow is not obvious.



Pastor Rolland Coburn

The Bible starts with God’s love, which has in view the judgment. The promise is that when Jesus comes to be glorified in his holy people and to be marveled at among all those who have believed, they marvel because of their faith. Their amazed and wondering love results from God’s saving work in their hearts, awaking a shout and song of thanksgiving and praise to the Lord in worship.

LW Baptist meets on Sundays at 10 a.m. in Clubhouse 4. LW Baptist Church explores how life and light and love spring from Christ living in the believers, as flowers sprout and bloom from seed.

Call 562-430-8598 to learn of other events during the week.

Assembly of God

Service/Gathering Times: Assembly of God meets Sunday mornings at 10:30 a.m. in Clubhouse 3, Room 2. The Wednesday morning Bible study is held at 10 in Clubhouse 3, Room 2. The Hymn Sing is on the fourth Sunday night of the month, at 6 p.m. in the Clubhouse 3 Lobby.

Sermon for this week: This week’s sermon is part two of the “The Ordinances of the Church” series, focused on Communion. Like any ritual performed on a regular basis, Communion could become a mere habit or routine. That is why it is imperative that believers connect to the sanctity of this observance, and why not everyone in attendance at a service should participate.

Jesus’s instruction to perform this ritual comes with a warning of profound consequences if it is carried out thoughtlessly. Christianity is entirely dependent on Jesus’s sacrificial death and resurrection so that humankind might be reconciled to God. Be reminded, or discover anew, the intimacy created between God and people through this ordinance.

Bible Study: Nov. 2 begins a new study, “The Book of Titus.” Paul writes to Titus and encourages him to be authentic, to live out the Gospel, to preach sound doctrine, whether it be by the spoken word or living a life that speaks God’s truth.

Contact: More information

about Leisure World Assembly of God can be found at lwassemblyofgod.com.

Those who want prayer, personal contact from a pastor, or have not received a DVD of the Sunday morning sermon and want one, can contact Pastors Chuck and Sheryl Franco by calling 562-357-4360 or emailing pastorchuck@lwassemblyofgod.com, or Carolyn van Aalst at 562-343-8424, for prayer requests.

Pastor Chuck Franco’s sermons can be accessed on Facebook (Chuck Franco) and the Faithlife app under the group “Leisure World Assembly of God,” where people can also give online.

Beit HaLev

The war between Israel and Hamas has consumed the Jewish communities around the world. Beit HaLev stands with Israel and prays for a safe and swift end to the conflict.

The Second Triennial Cycle reading this week is “Lech L’cha” (Go, go for yourself), Genesis 14:1-15:21. The first part of “Lech L’cha” includes HaShem’s instructing Avram to take his wife, Sarai, and leave the city of Ur to become the first Jew. Avram and Sarai receive a name change, Avraham and Sarah. They both are promised to have a child. HaShem tells Abraham that in the future, his

descendants will be enslaved but that they will ultimately be the inheritors of the Land of Israel.

To join the Beit HaLev Zoomagogue and interactive service, go to Facebook at www.facebook.com/galityomtov, YouTube <https://www.youtube.com/@beithalevlive8816/streams> or join the Zoom link at <https://bit.ly/44kW8xP>.

All Beit HaLev services share prayerbooks onscreen, “Lev L’Lev,” which include excerpts from the Reform Siddur, “Mishkan HaT’filah.”

Beit HaLev and Rabbi Galit-Shirah are affiliated with the Union of Jewish Universalist

Communities and Clergy and the International Federation of Rabbis. 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 we don’t believe in labels. It considers all religions holy and valid.

To join the Beit HaLev Zoomagogue mailinglist, call Rabbi Galit-Shirah at 562-715-0888 or email duets@icloud.com. Beit HaLev does not require a fee for membership, but contributions are welcome and may be sent to: Beit HaLev, P.O. Box 2279, Seal Beach, CA 90740.

Buddha Circle

Buddha Circle will meet on Saturday, Nov. 4, in Clubhouse 3, Room 1, with Ven. Kusala from 9:30-11 a.m.

Ven. Kusala is well known in the Buddhist community and presents Buddhism in simple ways.

For more information, call 714-468-6887.

Call the LW Weekly at 562-430-0534



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Martin James Flores is a Registered Representative with securities and advisory services offered through LPL Financial, a Registered Investment Advisor, member FINRA/SIPC, CA Insurance Lic. #0C87640

HEALTH & FITNESS

Dental Services for Retired Veterans

For the 10th consecutive year, Dr. Seza Barsamian's Los Alamitos dental office will offer annual free dental services for retired veterans in honor of Veterans Day.

Retired veterans will get their annual dental checkup, X-rays and regular dental cleaning at no cost on Thursday, Nov. 9, at Seza Barsamian, DDS, Inc., 4022 Katella Ave., Suite 206, Los Alamitos, 90720.

To schedule an appointment, call 562-596-4439. Office hours are from 9 a.m.-5 p.m.

—Dr. Seza Barsamian

Meals on Wheels Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for \$10.50 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk.

Contact Client Manager Caron Adler at 562-439-5000, ext. 1, or visit www.mowlb.org to complete the application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, Oct. 26

Stuffed bell peppers, garlic and chive mashed potatoes, peas with onions, kiwi, turkey, ham, and cheese sandwich with lettuce, tomato and pickle, and three bean salad.

Friday, Oct. 27

Beef Picado, Spanish rice, black beans, Mexicali corn, mandarin oranges, Cobb salad with turkey, ham, egg, tomato, bacon, blue cheese dressing, and crackers.

Monday, Oct. 30

Curry chicken, brown rice, zucchini, tomatoes, corn, carrot cake, egg salad sandwich with spinach and tomato, and homemade potato salad.

Tuesday, Oct. 31

Polish sausage with sautéed onions and peppers, baked beans, broccoli, cantaloupe, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing, and crackers.

Wednesday, Nov. 1

Baked ham with honey glaze, mashed sweet potatoes, peas and onions, apple, ham and cheese sandwich with lettuce, tomato and pickle, and homemade potato salad.

Tips to Keep Joints Healthy

Periodic aches and pains can affect anyone. The Arthritis Foundation recommends people take various steps to protect their joints over the long haul.

- Focus less on fashion in regard to footwear.
- Alternate between sitting and standing throughout the day.
- Maintain a healthy weight.
- Opt for low-impact activities—such as cycling and swimming.



LW Bike Group member and Mutual 7 resident Al Basaler (left) flipped burgers and hot dogs beside his RV at the season's first beach party at Bolsa Chica State Beach. Members also enjoyed a bonfire and beautiful sunset. LW Bicycle Group meets for breakfast and a ride to El Dorado Park on Sundays, and on Mondays, Wednesdays and Fridays at the North Gate at 9 a.m. Helmets and safe shoes are required. For more information, call Lucy Czra at 818-209-5075 or Mary Romero at 562-509-8475.

Joyful Line Dance welcomes beginners on Thursday mornings

Joyful Line Dance Club meets on Thursdays in Clubhouse 2, from 10:30 a.m.-12:30 p.m. The club will have a special class from 10-10:30 for newbies to learn easy and simple dances. Line dancing takes time to master, and the club's leaders make this process easy and enjoyable for new members.

The club has many class leaders who take turns teaching. They are Albert and Gladys Comia, Chung Cha Lewis, George Pinada, Carmel Atkinson, Sunny Kim, Ginna Paik, Elizabeth Kim, Nak Soo Kim and Anna Derby. Each leader goes to the stage to demonstrate before the music plays so beginners can learn by watching the leader's steps.

The Joyful Line Dance Club of Leisure World invites everyone to improve their emotional, mental and physical health through dancing. The club also encourages men to come out and learn how to dance. Everyone is welcome. Exercise or dancing shoes



Joyful Line Dance accommodates beginners with a special class on Thursdays at 10 a.m.

are required. All attendees and their guests must sign in as they enter the class.

For questions or more information, text 562-301-5339.

—Anna Derby

Alzheimer's OC and Somang Society join forces in fighting dementia

Alzheimer's Orange County (AlzOC) and Somang Society have come together to serve Orange County's Korean-speaking community impacted by Alzheimer's disease and related dementias. This collaboration is in response to funding from the Alzheimer's Disease Program Initiative (ADPI) grant from the Administration for Community Living (ACL) that was awarded to Alzheimer's OC.

"We chose to focus the grant funded initiative on Leisure World in Seal Beach (LWSB) for a few key reasons," said AlzOC's Vice President of Memory Support Services Mark Odom.

LWSB has very limited social services for its 10,000 residents, and a significant percentage of people with Korean heritage. This initiative will create a positive impact for many people while also taking into consideration cultural context.

Somang Society will provide outreach, education and services to the Korean American individuals and families living with dementia and Alzheimer's disease. This project will apply the Care Team Navigator Model for dementia care to:

- Address the safety and unmet needs of English and Korean speaking residents with dementia living alone.
- Provide them with the behavioral symptom management training and expert consultation services.

ALZHEIMER'S, page 11

LW Weekly newspapers for people who are hearing or vision impaired are available at www.lweekly.com

LEISURE LEGGERS



The Leisure Leggers, a running and walking club in Leisure World for more than 20 years, meets every Monday at Clubhouse 6 at 8 a.m. for a walk around the neighborhood. Tom Pontac (l) and his wife and club president, Jeanne, stay in shape by completing the Aquarium of the Pacific 5K at the Long Beach Marathon. Tom is a legacy runner, and one of 14 people who has competed in every Long Beach marathon since its inception in 1984. He is 87 years young, has scored four times in seven years, and proves everyday that setting goals and staying active and healthy is possible even with Parkinson's disease.



Oct. 13 top loser Reta Lombardi (l) and the master's degree holder Velma Sarna.

Reap the benefits of weight loss and better health with Wa-Rite

The Wa-Rite Club meets on Fridays in Clubhouse 3, Room 1, from 9-10 a.m. Weigh-ins are from 8:15-8:45 a.m. and are optional for visitors. The annual membership fee is \$10. Weekly dues are 10 cents. All female residents looking to improve their health and fitness and lose at least 10 pounds are invited to join any of the club's meetings, and should arrive no later than 8:45 a.m.

At its Oct. 13 meeting the club celebrated Reta Lombardi as a top loser with a 1.5 pound weight loss. She believes that her dog has gained some of it as there were more leftovers since she cut back on the portions. Velma Sarna earned the master's degree and shared her weight loss journey with others.

Several years ago, Sarna needed open heart surgery. Her doctor told her she might be able to avoid the surgery if she could lose enough weight. Sarna's family, medical team, and her Wa-Rite friends became her support team. Without the surgery, Sarna did what she had to do to improve her health. Many pounds later, she continues to attend Wa-Rite's weekly classes to maintain her weight and serve as a support for other women fighting the same battle. Wa-Rite is proud to have her as part of its team and appreciates her support.

Henrietta Peavy spoke about intermittent fasting such as reducing the food consumption window, fasting for a day, and avoiding or increasing certain types of foods. Studies show that intermittent fasting may reduce inflammation, promote weight loss, prevent cancer and age-related cognitive deterioration as well as increase lifespan.

—Denise Stabile

Meals on Wheels Orange County

Meals on Wheels Orange County in partnership with the city of Seal Beach is hosting The Lunch Cafe at the North Seal Beach Center, 3333 St. Cloud Dr., Seal Beach, Monday-Friday, from 11 a.m.-noon.

It is open to anyone 60 or older. Suggested contribution is \$3. Guests under 60 can enjoy lunch for \$5. Arrive 10 minutes before the start time as meals are served on a first-come, first-served basis.

LW Minibus service is available for a pick up at 10:25 a.m. at the Amphitheater bus stop on St. Andrews Drive, with a drop off at the Community Center. The Minibus returns to the Amphitheater at 11:40 a.m.

Thursday, Oct. 26

Chicken meatballs with sweet citrus glaze, mashed potatoes, oriental vegetable blend, whole wheat dinner roll with Smart Balance, and mandarin orange.

Friday, Oct. 27

Cream of pumpkin soup with sugar free crackers, roasted butternut squash penne pasta with cubed beef, broccoli and cauliflower, cornbread with Smart Balance, pistachio pudding, or fresh fruit (diet).

Monday, Oct. 30

Chicken breast with Parmesan and sundried tomato sauce, tricolor pasta, mixed vegetable blend, whole wheat dinner roll with Smart Balance, and mandarin orange.

Tuesday, Oct. 31

Barbacoa beef, cilantro lime rice, Oregon bean medley, whole grain tortilla, sugar free custard, and orange juice.

Wednesday, Nov. 1

Baked ham with honey glaze sauce, mashed sweet potatoes, peas and onions, apple, ham and cheese sandwich with lettuce, tomato and pickle, and homemade potato salad.



LW resident Mary Narcisse is in Halloween spirit while working out at the Leisure World Fitness Center.

Peggy Beste

Hearing aids slow cognitive decline in seniors

As the world population ages, the number of people living with dementia and other types of cognitive impairment continues to rise. Studies show the connection between hearing loss and dementia in older adults, and suggest that using hearing aids may help slow the development of cognitive problems.

A research team from Johns Hopkins University, led by Dr. Frank Lin, enrolled nearly 1,000 adults ages 70 to 84 into a clinical trial from two different study populations. Out of all the participants, about 250 healthy older adults came from a long-term study of heart health. People recruited from the heart-health study had more risk factors for developing dementia, including being older and having faster rates of cognitive decline.

All the participants were randomly assigned to one of two interventions. About half received hearing aids and instruction in how to use them. The other half were assigned to a health education program focused on promoting healthy aging. Both groups received

“Hearing loss is very treatable in later life, which makes it an important public health target to reduce risk of cognitive decline and dementia. It is recommended for older adults’ general health to have their hearing checked regularly and issues properly addressed.”

—Dr. Frank Lin,
Johns Hopkins University

follow-up visits every six months to reinforce the training.

Before the start of the study and annually for three years, all participants took a battery of tests to measure cognitive functioning.

People who received the hearing aids reported substantial improvement in communica-

tion abilities over the course of the study. Those in the health education group did not experience improvement in hearing and communication.

In the main analysis of all study participants, the researchers saw no difference in the rate of change in cognitive functioning between people who received the hearing aids and those who didn't. However, when the analysis focused on people from the heart-health study who had a higher risk of dementia, the benefit of the hearing aids was substantial, showing almost 50% reduction in the rate of cognitive decline compared to people in the health education group.

The researchers are continuing to follow the study participants to see how changes in cognition develop over time. They're also looking at brain scans and data on social engagement to better understand how protecting hearing may prevent cognitive decline in vulnerable older adults.

For more information, visit <https://www.nia.nih.gov>.

—Sharon Reynolds
National Institute on Aging

ALZHEIMER'S from page 10

This partnership promises a twofold impact. Firstly, within the LWSB community, Somang's participation will ensure that the grant's reach is culturally and linguistically appropriate. Secondly, Somang Society can extrapolate the knowledge gained from this project to other communities they serve, benefiting a broader spectrum of Korean Americans.

This collaboration represents a significant step towards building inclusive and supportive communities for people and their families affected by Alzheimer's and related dementias.

—www.alz.org

Health Care Center Volunteers Needed

Betty Lindley has been an Optum HCC volunteer for almost 20 years, on Thursdays and Fridays. She takes residents' blood pressure in the lobby of Leisure World's Health Care Center.

She lost a few LW residents who helped her during the week, and is searching for one or two volunteers to assist at the Health Care Center.

If interested, call Lindley at 562-431-8908.

Grief Support Group

Pathways provides a free grief support group for LW residents on Wednesdays from 2-3:30 p.m. in the Optum HCC Conference Room. Everyone is welcome.

For a preliminary screening, call Tammie Ottenad at 562-531-3031. For more information, call GRF Member Resources Liaison Robann Arshat at 562-431-6586, ext. 317.

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COMMUNITY

Elected officials to host scam prevention talk

Assemblywoman Diane Dixon and Senator Janet Nguyen will host a Senior Scam Stoppers presentation for Leisure World residents. Everyone is encouraged to come learn how to protect their personal information on Tuesday, Nov. 14, from 10-11:30 a.m. in Clubhouse 4.

Jackie Wylie from the California Department of Financial Protection and Innovation will share information on how to safeguard personal information. Schemes aren't just on the "dark web." Scams can be in-person, on the computer, over the phone or in texts. Wiley is a DFPI targeted outreach specialist and will instruct people on how to recognize those tricks and what to do when they appear.

Dixon is a pragmatic businesswoman and former mayor who represents the 72nd Assembly District in the California Legislature, which includes Seal Beach, Huntington Beach, Newport Beach, Laguna Beach, Aliso Viejo, Laguna Hills, Laguna Woods and Lake Forest.

Elected in 2022, Nguyen represents California Senate District 36, which covers Huntington Beach, Garden Grove, Newport Beach, Westminster, San Clemente, Capistrano Beach, Fountain Valley, Buena Park, Dana Point, Seal Beach, Laguna Beach, Stanton, La Palma, Los Alamitos, Cerritos, Artesia and Hawaiian Gardens and unincorporated cities of Midway City and Rossmore. Nguyen has previously served as a city council member, Orange County supervisor, state senator in the 34th District, and state assemblywoman.

Next shredding event will be held Nov. 14

The Golden Age Foundation (GAF) will hold the last shredding service of the year on Nov. 14 at 10 a.m. in the Clubhouse 2 parking lot.

In order to have the best service possible, the GAF reminds residents of the following rules:

- Residents are asked to put documents in untied plastic or brown paper bags.
- Do not arrive earlier than 10 a.m.
- Put bags on the front passenger seat for GAF volunteers to receive.
- All residents are asked to drop and go. There will not be any chairs provided to sit and wait.
- Magazines, newspaper, X-ray scans, electronic devices and contaminated bags will not be accepted.
- Remove staples and paper



Volunteer Ren Villanueva will help facilitate the event.

clips from documents.

All GAF programs are provided free to Leisure World residents. The GAF is entirely staffed by volunteers, so all contributions go directly to meeting

community needs.

Donations are welcome. For more information about the GAF and its services, go to www.GoldenAgeFdn.org or text Anna Derby at 562-301-5339.

American Latino Club

The American Latino Club will meet on Thursday, Nov. 9, at 11:30 a.m. in Clubhouse 3, Room 2.

The club will enjoy a complete Thanksgiving lunch of turkey or ham provided by Polly's Pies. The turkey lunch will consist of turkey breast, stuffing, red skin smashed potatoes, smashed sweet potatoes, southern style green beans, zesty cranberry sauce and turkey gravy.

The ham lunch will include ham, red skin smashed potatoes, smashed sweet potatoes, southern-style green beans,

and zesty cranberry sauce.

Both meals will come with a dinner roll, a slice of pumpkin pie and a choice of lemonade, Jamaican water, coffee or tea.

The lunch will be \$15 per person, \$17 for guests, payable to Treasurer Carmen Edwards by U.S. mail or dropping it off at 1240 Oakmont Road, 52-K, Seal Beach, CA 90740. Make checks payable to American Latino Club.

Payment must reach Carmen by Friday, Nov. 3. No extra orders will be placed. Members will be contacted by email or

phone for details.

Members and guests may bring their own lunch/drink if they have dietary restrictions, but let the club know ahead of time.

In keeping with the Thanksgiving tradition, club members will go around the room and say what they are thankful for. There will also be a customary 50/50 raffle.

The club will vote for its new 2024 Board members during the meeting. All are welcome to attend.

For more information, call Edwards at 562-431-4257.



Dr. Rosa Fabian led Mutual 2 through the six steps of earthquake safety.

Mutual 2 ShakeOut Drill

Dr. Rosa Fabian, along with Mutual 2 Emergency Buddy System volunteers Dave Forney, Doreen Cheesebro, Angie Forney, Pat Ronda, Sylvia Markus, Teresa Turner, Fara Quirin, Joanna Matos and Lorana Lass set up a disaster earthquake drill for their Mutual 2 on Oct. 1. During the presentation, the group went over the six steps of earthquake safety provided by the American Red Cross,



Joanna Matos displayed her own emergency preparedness box of supplies.

answered questions from residents, and encouraged people to sign up to be a volunteer safety buddy.

Sunshine Club

Dr. Megan Witbracht will speak at the Sunshine Club's meeting on Friday, Oct. 27, in Clubhouse 3, Room 2, at 10 a.m.,

Witbracht is the associate director of education at UC Irvine Institute for Memory Impairments and Neurological Disorders (UCI MIND). Witbracht received her Ph.D in nutritional biology at UC Davis and has been with UCI MIND for eight years. She manages activities for all studies conducted

at UCI MIND and directs the organization's outreach, recruitment, and education programs throughout, but not limited to, Orange County.

In this talk, Witbracht will discuss history and prevalence of Alzheimer's disease, how to implement healthy lifestyle practices to protect the brain as people age, reduce risk for memory problems later in life and the importance of research

SUNSHINE, page 14



Dr. Megan Witbracht

Battery Recycling

The Golden Age Foundation's (GAF) battery recycling program returns on Tuesday, Nov. 21, in the Clubhouse 2 parking lot from 10 a.m.-noon. A GRF ID is required.

GAF will collect approved batteries including alkaline, carbon zinc, nickel cadmium, nickel metal-hydride, lithium ion, lithium metal, silver oxide, button cell batteries and all other dry cell batteries. People are asked place each lithium battery in a separate bag in accordance



to recycling requirements.

It is important to recycle batteries instead of throwing them in the dumpster to keep LW waste fees low and keep the planet clean.

For more information, call Carl Kennedy at 661-810-9410.

AMERICAN LEGION AUXILIARY

Club learns from Girls State representatives

The American Legion Auxiliary's recent meeting included three honorary guests.

The day started with guest speaker Cynthia Mayfield, who is the District 29 Girls State co-chairman. She also is chairman for Veterans Affairs and Resources (VAAR). She supplied the group with information and details of what the club can do this year to best serve veterans in need. A light lunch followed with informative and interesting conversation.

ALA, page 14



Girls State representative Dana Kim (l-r) is with Gerri Seaton, Ellen Brannigan and Cynthia Mayfield



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Community Emergency Response Team

The Community Emergency Response Team (CERT) will meet to talk about holiday safety on Oct. 27 from 10-10:45 a.m. in Clubhouse 3, Room 9. This meeting will focus on how residents can keep themselves and their homes, cars and identities safe during the holiday season.

After the general meeting, the club will elect club officers.

CERT members Debbie Campbell and Renee Monroy volunteered at the CERT table at the annual expo.

Residents learned about a CERT special project, called “Know your Neighbor.” CERT members learned from the Seal Beach Fire captain that one of the most important things to know in a disaster is who lives in the building. For example, in the event of an



Debbie Campbell (l) and Renee Monroy

earthquake, CERT wants to check each unit to see if the resident inside is injured or safe. To help residents to know the names of their close neighbors,

CERT provided a handout so residents can easily jot down the names of neighbors.

CERT classes are held on the fourth Friday of the month.

LW Anniversary



Rick and Diana Saviano of Mutual 3 celebrated their 40th anniversary with a trip to Hawaii.

Send birthday celebrations to laurieb@lwsb.com

ALA from page 12

At 1 p.m. President Carolyn van Aalst opened the regular meeting introducing the second special guest and Girls State representative, Dana Kim. Kim is a senior at Los Alamitos High School who came with a great Powerpoint presentation to display many pictures of her week in Sacramento. She not only gained the experience and greater understanding of the local government, but made some true and lasting friendships.

Last but not least, the club welcomed and honored Ellen Brannigan. Brannigan was a Girls State representative in 1950 and currently lives in Mutual 14. This program has been a regular part of the National Auxiliary's Americanism curriculum since 1948.

Special thanks to Eileen Davis for joining and signing for the group as they sang “America.”

LW's American Legion Unit 327 was named first out of the five Southern California counties for attaining the membership goal.

ALA meets every third Monday at 1 p.m. in Clubhouse 3, Room 1.

Those interested in joining contact should Dianne Hart at 714-955-2885 for an application.

—Dianne Hart

SUNSHINE from page 12

participation. All residents are welcome to join the meeting. The Sunshine Club requires no membership fees, but donations are welcome. Refreshments will be served.

People are asked to arrive promptly, those who are late are asked to quietly use the back door so as not to disturb the presentation.

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

News copy deadline is 4 p.m., Thursday, one week prior to the desired publication date.

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October 24, 2023, 12:00 PM-1:00 PM Leisure World Seal Beach 1661 Golden Rain Road Seal Beach, Ca 90740	November 13, 2023, 10:00 AM-11:00 AM Leisure World Seal Beach 1661 Golden Rain Road Seal Beach, Ca 90740	December 1, 2023, 10:00 AM-11:00 AM Leisure World Seal Beach 1661 Golden Rain Road Seal Beach, Ca 90740

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Democratic Club

by Mary Larson
LW Contributor

Beginning Feb. 5, the Orange County Registrar of Voters will begin sending out vote-by-mail ballots. Because of California’s relatively new primary election procedures, most candidates for election will appear on every potential LW voter’s ballot, regardless of their party affiliation.

The party affiliation of the candidates will be included in a number of the races on the March 5 ballot. Others, such as for school boards and board of supervisors, will be labeled nonpartisan. In addition, there will be 36 nonpartisan contests for judicial officers of the Superior Court on the Leisure World ballots.

Candidate endorsements have already begun in a number of critical races. The Democratic Party of Orange County has endorsed Frances Marquez for election to the county Board of Supervisors. They have also endorsed Kristin Bracic for one of the county-wide judicial officers of the Superior Court. Both races will be on Leisure World residents primary ballots.

As a part of the LW Democratic Club’s ongoing efforts to help voters prepare for this important primary election, the club is continuing to run its Voter Education sessions on the third Wednesday of each month.

The next Voter Education session will be on Wednesday, Nov. 15, in Clubhouse 3, Room 3 at 1 p.m. Theresa Danton, the club’s resource person for this session, will help participants know how to conduct research about the 36 judicial candidates mentioned above. There is no tuition fee for these sessions. To register, email Bev Bender at Beverleybender@gmail.com.

Because of the Thanksgiving holiday, the club’s next membership meeting has been postponed until Wednesday, Nov. 29. It will be held in Clubhouse 3, Room 9, at 1 p.m. The agenda will include a discussion on the political ramifications of Christian Nationalism.

The Seal Beach Leisure World Democratic Club believes health care is a right, diversity is a strength, the economy should work for everyone, and that facts and truth matter. Everything appearing in these weekly press releases and the semi-monthly newsletters has been “fact checked” to the fullest extent possible.

All Leisure World Democrats and supporters are invited to subscribe to the club’s electronic newsletter. This semi-monthly free publication covers more in-depth reporting on issues and candidates. To sign up for the newsletter, email mlarson.telfords@gmail.com or call 562-296-8521. It is important to include full contact information, including party registration, in the request.

FALW BINGO



The Filipino Association of Leisure World (FALW) hosted bingo games on Oct. 12, in Clubhouse 2. The next FALW bingo will be held on Oct. 29. Doors open at 1 p.m. and games start at 1:30. Residents of Leisure World and their friends are welcome to join the game and escape the doldrums of a Sunday afternoon.

HUMANIST ASSOCIATION

Communication is topic Nov. 5

The LW Humanist Association will meet Sunday, Nov. 5, at 10:30 a.m., in Clubhouse 3, Room 1.

Polls consistently show that Americans will vote for a Muslim, homosexual, or just about anyone else before they would check the box for an atheist. Atheists, religious skeptics and humanists are among the last minorities.

With the aid of PowerPoint, Robert Richert will provide information and offer advice about how to communicate non-belief to the general public. He will highlight the many challenges that disbelievers face in sharing their views. He will explain various communication methods; both effective and non-effective. Richert will also offer tips about how non-believers can win over audiences, or at least have their views be given a fair hearing.

Richert believes that being deeply religious is analogous to being in love. Who wants to hear criticism about loved ones? That is the difficult challenge that atheists, skeptics and humanists face. Join the Humanist Association to learn how to help bridge this communication gap.

Richert has been active in the Freethought, atheist and humanist movement for over 40 years. He has given numerous speeches to these groups and written articles for their publications. He is an award winning writer and public speaker.

Don’t forget to change clocks back an hour on Nov. 5, because of daylight savings time

—Robert Richert

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SPORTS & GAMES



Irvine Bernstein won her first star with a perfect score.



Ruth Bonnema won a star with her 847 score.

CRIBBAGE CLUB

Perfect scores celebrated

The Cribbage Club meets every Tuesday in Clubhouse 1 at noon. Yearly dues are \$5 and a \$1 fee is collected each week to play. Members who arrive by 12:15 are assured a place to play. Refreshments are served each week at noon with club announcements at 12:25. Games begin at 12:30 with a total of seven games played.

Ruth Bonnema and Susan Dodson provided and served a delicious cake and ice cream, and Melinda Cowan provided mixed nuts and an assortment of candies. Special thanks to these ladies from the club.

The club congratulates the following winners this week: Irvine Bernstein and Ruth Bonnema, both winning a star with perfect scores of 847, first place; Minda Burkschwab, 845, second; Margaret Smith and Sandra DeDubovay, 835, third; Myrna Losquadro, 829, fourth. Cleo Looney had six 121's.

New members are always welcome to join the club. For more information, contact Marilyn Chelsvig at 562-279-5665.

—Mary Holder

Table Tennis Club elections coming

The Table Tennis Club will elect officers for 2024 on Saturday, Nov. 11 from 1-4 p.m. in Clubhouse 6. Those interested in running for office need to print and sign their name under the office for which they are running in Clubhouse 6 by 8 p.m. on Nov. 8.

Tony B. Jin, retired CPA and club member, reviewed the club treasury books and reported his audit. The report is attached to the sign-in table in Clubhouse 6.

For club information, contact K.C. Park at park.keechul@sbc-global.net or call 714-204-2848.

Pinochle Club

The Pinochle Club meets on Mondays, Thursdays and Saturdays in Clubhouse 1 from noon-4 p.m.

Oct. 2 winners: Maureen Habel, 12,350, first place; Donna Gorman, 11,420, second; Marge Luongo, 11,410, third; Gene Smith, 11,380, fourth.

Oct. 5 winners: Chong He, 12,000, first place; Alma Zamzow, 11,070, second; Ruth Bonnema, 10,640, third; Donna Gorman, 10,310, fourth.

Oct. 7 winners: Curt Rogers, 12,520, first place; Gayle Colden, 12,280, second; Antonia Zupancich, 11,970, third; Jim Campbell, 11,800, fourth.

Oct. 9 winners: Don Krammer, 13,140, first place; Maureen Habel, 12,180, second; Dianna Lambert, 11,670, third; Charlotte Westcoft, 11,610, fourth.

For information, contact Antonia Zupancich at 760-427-2731.

TOURNAMENT POKER CLUB

Texas Hold 'Em set for Nov. 4

Those who would like to play a fun and friendly game of Texas Hold 'Em for a \$5 buy-in should make plans to play with the Tournament Poker Club on Nov. 4. Regular tournaments are on the first three Saturdays of every month in the lobby of Clubhouse 6. Registration begins at 10 a.m. There will be treats and coffee available. Cards are in the air at 10:30. There is no late seating.

Memberships are \$10 per year. Resident club members are welcome to invite and accompany a guest who can enter the tournament for \$3. Guests can win the table stakes but are not eligible to play at the final table.

Every week there are prizes for the top two winning hands, and for the player who wins a hand with the promotional combination.

For club information, email Deborah Barner at deborahbarner7@gmail.com.



—Deborah Barner

See more Sports & Games on pages 18-21

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The editorial deadline is 4 p.m. Thursday on the Thursday prior to the desired publication date.



Oct. 14 winners, back row: Doris Dack (l-r), Helen Lind, Sandy Weisenstein, most buncos; Helen Sponsler, most babies; Kathy Rapp, door prize; Cheryl King, Darlene Brideau, Pat Wilson, most losses. Front row: Diane Seeger (l-r), most wins; Rita Fueyo, most losses.

Saturday Social Bunco Club to play on Oct. 28

The Saturday Social Bunco Club meets on the second and fourth Saturdays of every month. The next meeting will be Oct. 28 in the Clubhouse 3 lobby. There will be a halftime social to meet with friends and neighbors. Play begins at 1:30 p.m. For more club information, contact Doris Dack at 714-356-0443.

—Doris Dack

DID YOU KNOW?

Basketball court stands ready for play

There is a basketball half-court available adjacent to the pickleball courts in the back of Clubhouse 2. Remember: It's not how tall you are, it's how you play the game.



Bocce Club dials end of season

The 2023 bocce season is coming to a close and the final championship game will be held on Saturday, Nov. 4, at 10 a.m. The winners of each league will compete to determine the championship team for the fall season. There will a celebration afterward with lunch and a party on the court behind Clubhouse 2. Assorted deli sandwiches, chips, dessert and bottled water will be served. Lunch tickets can be purchased in advance from Milly Larsen for \$10. Be sure to bring a lawn chair.

The Bocce Club will also hold sign-ups on that day for the 2024 bocce season. Dues to join the Bocce Club are \$5 for the year. Games are played four days a week on Tuesday and Saturday mornings, and on Thursday and Sunday afternoons. Players choose what day of the week they prefer and game times vary each week. Play is for seven weeks each season with a party and championship game at the end of each season. The 2024 winter season will begin on Jan. 9 and end with a party around mid-March.

All Leisure World residents are welcome to join. There are over 120 current members, and the club looks forward to welcoming more in the coming year. Bocce ball is easy to learn and is not physically difficult for older adults. Players of all levels are welcome.

For more information, contact Rhonda Cox at 714-904-6458.

—Rhonda Cox



Calling all bocce players

Games are played four days a week on Tuesday and Saturday mornings, and on Thursday and Sunday afternoons. Players choose what day of the week they prefer and game times vary each week. Play is for seven weeks each season with a party and championship game at the end of each season. The 2024 winter season will begin on Jan. 9 and end with a party around mid-March.

LW Pool Club

At the halfway point in the American Division of the pool league, Joker's Wild holds a four game lead over the Cue Crew. Joker's Wild beat the Rustlers 8-5 on Oct. 16, and have a record of 50 wins and only 28 losses. Steve Mitchell of Joker's Wild had five wins, including both of his singles matches.

The Cue Crew beat the Cue Commandos 8-5 with Bruce Pettys winning five and both his singles. Pettys leads the league in singles wins for "A" players.

The Renegades evened their record at 39 wins and 39 losses as they beat the Sharp Shooters 9-4. Guta Basner had a big night for the Renegades, winning six games and losing only an eight ball doubles match.

At the Wednesday league, the top two teams met for their final encounter of the regular season. Right on Cue expanded their lead to five games by beating the Favorites 8-5. Tom Zimmerman and Ray Friedrichsen lead Right on Cue by winning five games each.

Shot First, Then Shape took Hot Sticks by a score of 8-5. Although Hot Sticks won four of the six doubles matches, Shot First won five singles matches and the final eight ball game. Erick Ward, John Barth and Brian Tivnan each won four games for Shot First, Then Shape.

The Stevenators edged X Factor 7-6. John Burns led the Stevenators with five wins and took both of his singles matches.

For more club information, contact Steve Edrich at 714-980-3665.

—David Silva



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Paul Kryczko

There's only one way to get a winning hand at the Duplicate Bridge Club—and that's to go play.

Duplicate Bridge Club meets for weekly fun in Clubhouse 1

The Leisure World Duplicate Bridge Club meets on Mondays, Thursdays and Fridays in Clubhouse 1 at 12:30 p.m. Reservations can be made at any game using the sign-up sheets. Players can call Linda Nye at 562-453-6678 or email her at yuelingnye@yahoo.com no later than 10 a.m. on game day. Arrive by 12:15 to confirm reservations.

Oct. 9 winners (eight tables): Larry Topper and Kar-ye Nelson, and Joyce Basch and Nancy Toussaint, north/south; Glenn Berry and Thad Mikols, and Shumel Fisher and Trudi Lamendola, east/west.

Oct. 12 winners (four tables): John Hagman and Dave Carman, north/south; Fred Reker and Larry Slutsky,

east/west.

Oct. 13 (six tables): Howard Smith and Glenn Berry, and Russ Gray and Ellen Kice, north/south; 70.45% game, Fred Reker and Sue Fardette, and Jeanette Estill and Melanie Smith, east/west.

The club congratulates the winners and thanks all the players who participate and support the club.

For complete results, including a list of all players and scores, go to the Long Beach Bridge Center results page at www.acblunit557.org and click on Leisure World Results.

For more information contact Howard Small at 516-659-3314 or howard.small@outlook.com.

—Sue Fardette

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Yahtzee Club

The Yahtzee Club will meet Nov. 3 in Clubhouse 3, Room 6, at 1 p.m. The club meets the first, third and fifth Friday of each month.

For more information, contact Diane Seeger at 562-533-5997.



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GUYS AND GALS TOURNAMENT

22 teams tee off at October golf tournament

The monthly Guys and Gals Tournament was played on Oct. 18 on the Turtle Lake Golf Course. The contest was competed under initially foggy, cool, and overcast conditions. Eventually the sun broke through with clear skies, warmer temperatures and just a slight breeze.

Teams of various skilled golfers of one man and one woman vied for best net scores (gross score minus handicap), plus two circle holes (shots within a 5-foot radius are rewarded), and two closest to the pin challenges.

A total of 22 teams (44 players) teed off and played 18 holes. Fairways are in good condition and the greens are nearly weed free. Tee boxes are still in just average condition with numerous unfilled divots.

Overall scores were very good with 20 of 22 rounds net at or under par. Low net score for the round was by Lee Broadbent and Joann Lim at 12 under 42, second lowest was Walt Bier and Margie Thompson, followed by Bruce Bowles and Linda Herman. There were a

Men: To play in any men's club sponsored tournament, attendance is required to at least one general meeting before March 2024. The next scheduled general meeting is Nov. 14 in Clubhouse 3, Room 2, at 9 a.m.

total of 11 rounds under net 50.

All scores below are net: gross score minus handicap

A flight winners (handicaps of 0-8): Bruce Bowles and Linda Herman, first place; Bob and Janice Turner, second; tie between Gene Archambault and Mary Ann Moore, and Dong and Devora Kim, third.

B flight winners (handicaps of 9-13): Walt Bier and Margie Thompson, first place; James Farr and Sandy Derouin, second; tie between Glenn Barry and Laren Mendon, and Joon Sup and Young Yoon, third.

C flight winners (handicaps of 14-18): Lee Broadbent and Joann Lim, first place;

Brian Tivnan and Patty Littrell, second; Paul Shellenberger and Lynn Baidak, third.

Closest to the pin on the eighth hole was Glenn Barry and Linda Herman. On the 16th hole it was Walt Bier and Grace Choi. The lowest gross scores were by Bruce and Linda at 4 under 50, followed by Bob and Janice Turner and Dong and Devora at 2 under 52, and two others were at 3 over 55. There were five circle hole winners with 43 birdies.

The next Guys and Gals Tournament will be on Nov. 15. The men's tournament is played every second and fourth Wednesday of each month. Look for a future announcement of a team scramble tournament scheduled for December. Those who had planned to play in any tournament and cannot should contact Alan Sewell at 541-324-8558, Scott Tuchfarber at 909-684-0426, or Dave LaCascia at 801-674-5975 as soon as possible. Arrive 10-15 minutes prior to scheduled tee time and be ready to play.

—Dave LaCascia

Men's Golf League

Five golfers from the Leisure World Men's Golf League and a guest, J. B. Lee, played Oct. 13 at the 4,000-yard par-62 David L. Baker Golf Course in Fountain Valley. The weather was cool and very damp with some ground fog. This translated into very wet fairways and greens which persisted throughout. Putting on wet greens was an issue for the entire round and fairways, which are being prepped for aeration, were recently trimmed quite low, but left lots of cut grass and some muddy debris. Greens are large and have always been in good shape plus the numerous water hazards challenge everyone.

With the average conditions, only three of the five rounds were net under par with just two birdies—one each by Gene Vesely and Dave LaCascia. Sam Choi had fewest putts and was closest to the pin on the 140-yard 12th hole. Chris Lankford was closest on 100-yard third.

Winners: Vesely, 11 under 51, first place; Choi, 6 under 56, second; LaCascia, 1 under 61, third; Fujio Norihiro, 1 over 63, fourth; Lankford, at 2 over 64, fifth.

Eight golfers played Oct. 16 at the 6,000-yard par-71 Willock Golf Course in Santa Ana. Because the front nine holes were being punched, aerated, and sanded, the golfers played the back nine (par 36) twice making par 72.

The weather was sunny but cool with soaking wet greens and fairways making the judgement of distances very difficult. The sun stayed throughout the morning but did not dry anything out. Hence, the course played very tough with none of the eight rounds at or under par, yet yielded three birdies—two by Sam Choi, and one by Gene Vesely.

A flight winners (handicaps 0–19): Choi, 2 over 74, plus closest to the pin on 140-yard 17 hole, first place; Steve Miller, 4 over 76, plus fewest putts, second; tie between Dave LaCascia and Larry Hillhouse, 6 over 78, third; Chris Lankford, 7 over 79, fourth.

B flight winners (handicaps 20 and over): Bob Munn, 4 over 76, first place; Tom Ross, 6 over 78, second; Vesely, 9 over 81, third. Munn and Vesely tied for fewest putts.

The Monday and Friday Golf Leagues play at four local courses, all within 15-20 minutes of Leisure World. The courses the group plays are always quite full, so advance league reservations are required with 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 in each flight, birdies, closest to the pin on two par threes, and for the lowest number of putts in each flight. Holes-in-one and eagles (two under par), although infrequent, are generously rewarded. Those interested can contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—Dave LaCascia

LW Women's Golf Club

The next major tournament of the LW Women's Golf Club will be the Turkey Shoot on Nov. 14 and 21.

The next general meeting will be Tuesday, Nov. 7, at 3 p.m. in Clubhouse 3, Room 1.

This week's tournament had 37 golfers playing for low gross, low net and putts.

A flight winners: Low gross: Linda Herman and Devora Kim, 28; low net: Sandy Derouin and Hae Lee, 26. Herman had 11 putts.

B flight winners: Low gross: MaryAnn Moore, 27; low net: Teresa Lim, 22. Marilyn Hewitt had 11 putts.

C flight winners: Low gross: Helen Yoon, 33; low gross: Delius Kum and Dale Quinn, 26. Yoon had 15 putts.

D flight winners: Low gross: Mary Devlin, 34; low net: Lynn Baidack, 25. Sue Elliott had 12 putts.

Those interested in joining the Women's Golf Club can obtain an application from the golf course starter or contact club treasurer Margie Thompson at 562-493-0484 for more information.

—Liz Meripol

The Ladies "Q" Pool Club

The Ladies "Q" Pool Club is a place for women in Leisure World to get together to play pool. The club meets every Monday from 9:30 a.m.-12:30 p.m. in Clubhouse 1. In addition, a meeting is held on the first Monday of the month to discuss issues that concern the club, followed by a game of pool.

The pool room is open from 7 a.m.-10 p.m. daily. Members are encouraged to practice at their leisure.

The goal of the club is to have fun. Beginners are encouraged and welcome. Members are happy to teach beginners how to play. Yearly dues are \$5.

For more information, contact Susan Dodson at 562-279-5282.

Hey Sports and Games Clubs:

Do you want to see your club represented in LW Weekly?

Are you looking for new members? Let them know you're here!

Club presidents, email paulk@lwsb.com to get things going!

Shuffleboard Club aids friendship development

One of the best benefits of belonging to the LW Shuffleboard Club is developing new friends. A recent visitor said, after just one visit, "everyone's so friendly."

On Oct. 31 at 5 p.m., the club will host a Halloween potluck party. Guests are invited to bring a snack to share. With appetizers and desserts (plus BYOB), there will also be a modified version of shuffleboard—On the Lines—to play. Everyone, including guests, has an equal chance of winning. Closed-toed shoes required. All members are invited to attend.

Both Tuesday evening and Friday morning leagues reached the halfway mark of the fall season last week. The winter league season will begin after the first of the year and will end in March. There is also a spring season of play. New teams will be created for the next two seasons, making it easy for new players to join the fun and friendly competitive matches.

Oct. 17 winners: Team Rod, winning seven games out of 12, slipped past Team Sally. The teams were closely matched. Team Rod had two all-game winners: Capt. Rod Osgood and new player and substitute for the night, Sue Burkshab. Capt. Sally led her team winning all-game winner honors for Team Sally.

Team Chandra and Team Jack also played close games, with Team Jack winning seven of the 12 games. Team Chandra had five of six players winning half of the games



Dolores Cook (l-r), Kay Mount, John Mount and Betty Buldan all live near one another in Mutual 15. Almost all LW mutuals are represented in the club, with Mutual 15 having 15 club members.

they played. Team Jack had two all-game winners: veteran players Sandy Derouin and Elizabeth Martinez.

Team Karen did not compete Oct. 17 as the team had a scheduled bye.

Oct. 20 winners: Team Sally's players were at the top of their morning game winning ten of 12 games over Team Carol. Jack O'Brien earned all-game winner honors for Team Carol while Team Sally had four all-game winners, all veteran players: Sally Fowler, Enrique Gracia, Patty Peterson and Bob Ponegalek.

Team Milly and Team Rod split their 12 games with each team winning six. Team

Milly had one all-game winner, veteran Anita Girou, as did Team Rod, veteran Doris Morton.

Three players from other teams not playing Friday morning substituted for Friday's teams: Chandra Patel, Micki Aiello, and Donna Perkins. Without substitutes, games would have to be forfeited. Everyone appreciates the generosity of the subs.

Team Shel had a bye for the fifth competition of the fall season.

For information about the upcoming Halloween party or the club, contact membership coordinator Patty Peterson at 562-714-7072.

—Kay Mount

ARTS & LEISURE

ART LEAGUE



Susie Ralston (l) and Terese Smith (r) were the raffle winners at the LW Art League’s Oct. 10 meeting. The prizes—a pyrography artwork and a designed cowboy hat—were created and donated by guest demonstration artist Michelle Zumstein (center). Smith also won the best of show and popular vote awards during the club’s art competition. The Art League will meet again Nov. 14.

GRF Trip: Winter Sawdust Festival

The Recreation Department will host a trip to the Sawdust Art Festival: Winter Fantasy on Friday, Nov. 17. The one-of-a-kind holiday art and crafts jubilee showcases over 180 artisans with handmade goods. It will feature live music and two restaurant venues that residents can enjoy.

Tickets are \$36 and are sold on a first-come, first-served basis at the Recreation Department in Building 5.

Hui O Hula

Hui O Hula holds lessons twice a week. On Tuesdays, the group meets upstairs in Clubhouse 6 at 1 p.m. On Thursdays, it meets at Veterans Plaza at 1 p.m. People should wear comfortable, long dresses or sarongs, and be prepared to dance barefoot or in soft booties.

SILVER FOX CLASSIC CAR CLUB



President Ted Green (l) and friend of the Silver Fox Classic Car Club Gary Reisner visited the Long Beach Grand Prix exhibit at the Lions Automobilia Museum. The car club meets on the second Tuesday of each month in Clubhouse 3, Room 5, at 6 p.m. People don’t need a vintage, classic or collectible vehicle to join or participate in the club’s activities, just a passion for cars.

Puzzle Answers

Puzzle pages 6-7

SCRABBLE G R A M S SOLUTION															
S	T	A	R	L	I	T									
L	E	T	T	U	C	E									
N	O	N	C	O	L	A									
E	Y	E	B	A	L	L									
O	R	G	A	N	I	C									
FAR SCORE 250-260												TOTAL 321			

Crossword Answers

RECURS	GAPES	PROSPECT
IROBOT	OHARA	HOVERCAR
COMESAIL	AWAY	ONETOONE
ESP	HINDS	SPEAR
MANET	TROUBLE	SHOOT
ATEAM	ODIE	REDATE
SHRUB	LOWBALL	TURNIP
PROVOCATE	URS	IRS
CODE	USHER	DONE
AW	TBT	BOA
CHANGING	CLOTHES	
BERLIN	AL	EO
AGAIN	MURK	TOMAS
RAIN	PEG	AREWEST
INDIGO	STERNLY	NOEND
CASTRO	BESO	TEDDY
CROSS	ROAD	NUDES
ROT	PACER	ERROR
ACTALONE	TRADING	CARDS
ICERINKS	HEMIN	MODEL
GORMLESS	OPTED	AMAZES

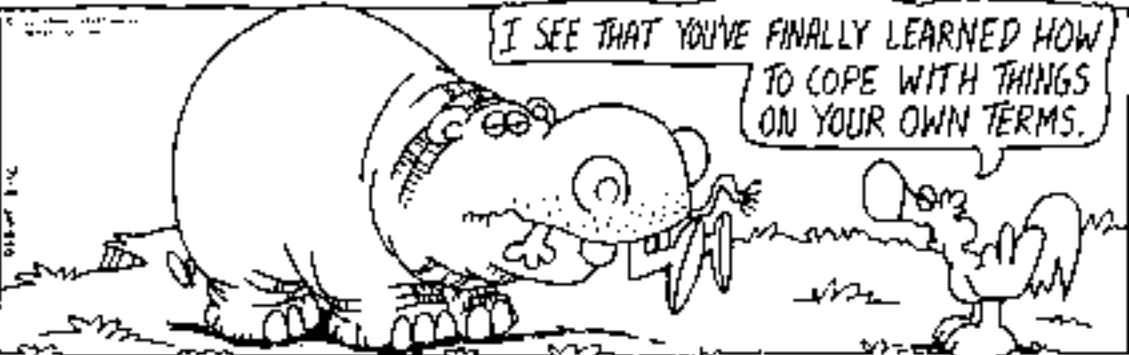
Sudoku 1 Answers

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

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

FHAME GOING IUSION CHLAMY
The chronic complainer was up early drinking his — "MOANING" COFFEE



Sudoku 2 Answers

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

Guess Who?

Ryan Gosling

Crypto Fun Answers

A. vegetables B. plant C. abstain D. diet

Boggle BrainBusters Answers

2010-2011 Boggle BrainBusters Answers

Word-Find Answers

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



Magda Bellis (l) and Leila Claudio (r) visited Alaska.



The pair got a feel for what it's like to be transported via dogsled.



Bellis (l) and Claudio (r) pose with a puppy in training.

Travel Diary: Iditarod in Alaska

by **Leila Claudio**
LW contributor

I read about the Iditarod when I was still a young girl in the Philippines. The idea of a person braving the elements in extreme conditions, with only a team of huskies for company boggled my imagination! So, when a group of my friends suggested a cruise to Alaska with an excursion to a dogsled camp, I quickly made my decision.

The Siberian huskies were used to haul gold, equipment and supplies during the gold rush, but with the advent of planes, trains and other transportation, the Siberian husky was in danger of extinction. To preserve the legacy of the huskies, the Iditarod—a 1,000-mile race, that's held the first Saturday of March every year, from Anchorage to Nome—was created. This time, Alaskan huskies, a mixed breed of border collie, greyhound and other breeds, are picked for their speed.

To qualify, the musher (driver) and dog team (14 dogs) need to have run two 300-mile races, one 150-mile race, a letter of recommendation from an Iditarod racer, \$4,000 to enter and enough money for a sled, food and training. The musher must submit to a complete physical and drug test; the dogs, to a veterinary inspection. There can be no outside help and no swapping out of dogs. The huskies must be able to hunt, guard and find the trail home, even in a blizzard! During training, a dog must be able to run 150 miles a day. The musher packs the drop bags of food and supplies; one and a half tons are shipped off to 26 check points in the Iditarod. A team goes through 1,000-1,800 pounds of food. A dog will consume 10,000-14,000 calories of protein a day, all this for a grand price of \$50,000.

With this background in my mind, I wanted to experience a little bit of what a race feels like. I thought I'd be sitting on a sled and going through a meadow of snow, but no! There were nine of us in a golf cart contraption pulled by 12 dogs, but never mind, the dogs were going crazy waiting to run! The exhilaration of the dogs, the excitement and romance of it all made my heart fit to bursting! After the run, we met some of the dogs and puppies in training.

Sure, I didn't get to ride a sled in a blizzard with a dog team, but I feel so grateful that I got a minute inkling of what a musher and his team go through during this, the bravest of races.

Grab 'n' Go Food Schedule: Oct. 26-Nov. 1

Thursday: Domino's Pizza at Clubhouse 6—Call ahead at 562-493-2212 for special orders, wings and salads from 3:30-7 p.m. Cash and cards are accepted.

Monday: Italian Burger Food Truck—Enjoy burgers, chicken, steak and loaded fries with an Italian accent. Preorders are accepted online at info@italianburgergrill.com or by texting 424-299-6291. The truck will be onsite from 4-6 p.m. Cash and cards are accepted.

Tuesday: Taco Tuesday at Clubhouse 6—Enjoy Mexican favorites plus hot dogs, burgers and fries from 5-7 p.m. Cash and cards are accepted. No preorders are allowed.

Wednesday: Burning Buns Food Truck at Clubhouse 6—The full menu is available at burningbuns.com/menu. Food available from 4-6 p.m. Cards only.

On-call bus service is available from 4:30 p.m.; regular service before 4:30; and weekends on-call any time. Call a ride at 562-431-6586, ext. 379.

Vendors are subject to change. Watch LW Live for updates.

Sign up for notifications at www.lwsb.com/lw-live-sign-up/. To ask questions or give feedback, email kathyt@lwsb.com.

Creative Club Open House

Three creative clubs will host an open house on Saturday, Oct. 28, from 10 a.m.-1 p.m. in Clubhouse 4.

The Ceramics, Art and Lapidary clubs will have their instructors available to showcase what they do and answer people's questions.

People can explore the different options and see what they might be able to create for friends and family during the holiday season.

Stop by to meet club members, see demonstrations of new equipment, get gift ideas, and maybe even sign up for a couple of classes.

Each club will announce its upcoming events and classes. Treats will be available.

Coin Club

The LW Coin Club will meet on Nov. 8 in Clubhouse 3, Room 2, at 12:30 p.m.

Members can participate in door prizes, refreshments, coin auctions, coin raffles, and group discussions regarding currency and coins. Refreshments will be provided.

LW residents can have coins evaluated at no cost.



Patty Steele (l-r), Nancy Hayes and Marsha Sample analyze members' photo submissions, which are displayed on a TV screen each week.

Photo Arts Club

On Oct. 12, Ben Benjamins demonstrated several iPhone photo tricks. Afterward, he used the club room's large-screen TV to display landscape photos people submitted. Members had an opportunity to analyze the photos using the following features: foreground in water photos, use of light, having a subject, clean background and composition.

The Photo Arts Club will meet Thursday, Nov. 9, at 1:30 p.m. in Clubhouse 3, Room 9. The club will hold its annual elections at this meeting. People will elect the club's president, vice president, treasurer and secretary.

The assignment will be photos of "shadows" with a camera/phone. Since Benjamins will not be at the next meeting, people should email three of their best photos to Ziggy at siegfried.romano@gmail.com at least three days before the meeting.

People can also bring photos of their choice to be displayed and to be commented on at the meeting. Hooks and labels are available for members who want to hang framed photos in the hall of Clubhouse 3.

Individuals with technical or other questions will be paired with someone who can help them for individual discussion after the meeting. Everyone is welcome. For information about the club, call Regine Schumacher at 562-430-7978.

HAM RADIO CLUB



Dale Sinner

LW's Emergency Preparedness Expo had many attendees, and some had many questions to ask. LW HAM Radio Club President Richard Erikson (l), KU6H, and club member Frank Van Dornis (r), K6FLW, helped answer many questions regarding radios and what services the club provides for the community. The two were on hand to greet people and give advice about AM HAM radio and the club's services.

Creative Writers

The Creative Writers Club meets the last Friday of each month in Clubhouse 3, Room 1, from 1-3:30 p.m. The club will meet Friday, Oct. 27.

The club is perfect for people interested in writing for their own personal enjoyment and who would like to share their work with others who feel the same.

Writers who are hesitant to share can come to up to three meetings as a visitor to listen and give feedback. For more information, contact Debbie Barner at 325-721-0687.

Saturday Morning Dance Class

Two dance classes are held every Saturday morning in Clubhouse 6, second floor. In October, Candis Davis will teach West Coast swing at 9 a.m., followed by waltz at 10. Class participants vote on new dance topics every month. Each class is \$7 per person.

Prior dance experience is not necessary and partners are not required. For more information, contact Howard Small at 516-659-3314.

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FALL FESTIVAL



GRF’s dual Fall Festival and Emergency Preparedness Expo was a huge success. People enjoyed live music and food trucks while getting up-to-date information on how to prepare in the event of a disaster.

Lapidary Club

The Lapidary Club will hold an introduction to fused glass class that will teach people how to make holiday ornaments on Tuesday, Oct. 31, from 9 a.m.-noon in the Lapidary Room in Clubhouse 4. People will be provided enough materials to make 2-3 fused glass ornaments. The cost of the class is \$15. The class is only open to LW residents. People can sign up in the Lapidary Room. The class size is limited to six students and will be offered again before the holidays.



A handmade fused glass ornament.

Leisure Time Dancers

The Leisure Time Dancers hold classes on Monday afternoons in the dance studio, upstairs in Clubhouse 6. West Coast swing is at 2 p.m., followed by foxtrot at 3. No partner is necessary. The class will rotate so everyone dances. Beginners are welcome. A review of basics will be included. The cost is \$7 per person for one class and \$11 per person for two classes in a single day. For more information, contact Leisure Time Dancers President Jackie Theis at 310-743-9373.



Employee of the Year Jorge Valencia, Service Maintenance

EMPLOYEE
from page 2

a person who consistently demonstrates exceptional dedication and performance throughout the year, including an unwavering ability to inspire and motivate colleagues. Individual service awards were distributed as follows:

- **Tick Tok Award** for exceptional time management: Debbie Kim, Communications Customer Service Specialist, and Kim Ngo, General Accountant.
- **Duct Tape Award** for remarkable ability to unravel challenges: Felix Rac, Service Maintenance Carpenter.
- **Keeping It Real** for consistent ability to keep meetings running: Tia Makakaufaki, Executive Coordinator.
- **Problem Solver** for solving the most challenging problems: Alicia Rubio-Villalovos, Facilities Administrative Assistant.
- **Behind the Scenes** for tirelessly working in the background to produce seamless programming and event coordination: Tommy Fileto, Recreation Manager
- **Unsung Hero** for making a difference with acts kindness and support: Larry Norlander, Security Services Manager.
- **Helping Hand** for offering wholehearted assistance to others: Pam Camfield, Security Services Watch Commander.
- **Resilience Award** for exceptional strength, adaptability and perseverance in the face of adversity, challenges and obstacles: Ripa Barua, Mutual Administration Senior Portfolio Specialist.
- **All Day Every Day** for consistent excellence and precision day in and day out: Sora Kim-Lee, Finance Manager.
- **Rising Star** for demonstrating significant talent and accomplishments in a short time, and potential for future success in her career: Emma DiMaggio, Communications Manager.
- **Shining Star** for excellence in performance, leadership and innovation: Andrew Delaney, IT Technician.



Shannon Harrison
Community
Karaoke

The Karaoke Club can count on Shannon Harrison to sing a song with a bouncing beat. She and the audience swayed with the music of “Rock Me Gently” during the Wednesday night karaoke party, where 30 folks take to the mic to put their spin on a familiar song. It was a nice surprise to welcome two first-time singers, Judy Georger and Jaci Morrow. Essie Hicks was expressive with her selection “Solitaire.” “It’s Too Late” was a catchy tune sung by Rose Mary Trujillo. Elena Aroz and others danced to the music. Eileen Merritt had fun singing “Harper Valley PTA.” Wayne Urban grabbed the audience’s attention with “I’m Busted.” Sally Glausser was delightful singing “Wouldn’t It Be Lovely.” There is plenty of entertainment and a cheerful atmosphere in Clubhouse 1 on Wednesday nights beginning at 5:30. Folks enjoy the variety of songs performed by their neighbors and friends. Each Monday in Clubhouse 6 from 1-3 p.m. is an opportunity to try out a new tune. Everyone is welcome. —Margie Thompson

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by Gladys Kovaleff
LW contributor

Simply Delicious is just super. I have had my meals delivered three times a week for two years. Gobbled it all up. The meals are in our newspaper, take a look.

by Judy Menard
LW contributor

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by Treb Kimball
LW contributor

Wonderful food! Great and fast deliveries! Nice folk!

LW Poetry

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

The autor writes: “After binge-watching old Hitchcock movies and reading “The Raven” on the same night, I imagined that if Edgar Allan Poe’s great-grandson married Alfred Hitchcock’s grand-daughter, and they had a 6-year-old child, perhaps this might be little Johnny’s first poem, and the reason for the first time his parents would need to attend a parent-teacher conference.”

Lonely Heart (Apologies to Edgar Allan Poe)

Once before my bedtime, nearing, which I dreaded, fazed and fearing,
Stories mother would read me before she closed and locked my bedroom door—
While I washed up in the water, could mom have drawn it any hotter?
Before me swam a rubber duckling, chuckling as my mother shut the door
“‘Tis some water fowl,” I muttered, “which mother bought me from the store.
Only this and nothing more.”
Ah, distinctly I can place it—the sad night Mother would misplace it;
Or entirely erase it; of her mind remaining nothing more.
I lay in bed, mother tucking, on feathers of mother’s plucking
Time for your book, said mother clucking, clucking as she locked the bedroom door—
I’ll read “Make Way for Ducklings” and then warm milk she began to pour -
all across the bedroom floor.

Assuredly, I felt no sorrow, as mother left me till the morrow
Sighing—buying time—which maybe I could only hope to borrow;
I heard my monstrous mother screaming, or maybe Tippi Hedren streaming
as Hitchcock’s “Birds” was beaming from the TV laying on the floor—
“‘Tis just Hitchcock’s “Birds” beaming from the TV laying on the floor”—
This it is and nothing more.”

Inside that book peered at me smiling, a crazed duck that set me dialing
911 and protective services to frantically implore
The feeling in my stomach sinking, “I need a friend,” I was thinking
Staring wildly at this ghastly mallard who chilled me to the core
Then, at once, I saw it, heard it, this grinning duck needn’t chill me to the core as he said, “I will be your friend forevermore.”

—Dave Crandall, Halloween 2023

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Installed at your residence. Call Frank 562-743-3832. #779642 State Contractor License. Exp 11/22

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2016 YAMAHA Golf-Cart with folding/rear-seat \$5,300. Call/Text for photos or appointments to see it. Susie/714-737-0884 OR 310-980-7110/Maggie.

Solid CLUB-CAR Brand 2-Seater Golf-Cart. 2021 Battery with very little usage. Heavy-Duty Charger & Parcel Shelf in rear, \$1,800. Call/213-446-1448

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Your-Friendly-Movers! We-offer-Hauling-service-too. Any size job! Call/310-387-2618. SB Business License RO263644. Exp 1/03/2024

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LESLIE'S VINTAGE STORE
Buying Furnishings/Wrought-Iron/Rattan/1960s-Modern/Art-work/Rugs/Statues/Tiki/Jewelry/Vintage-Clothing/Miscellaneous-Collectibles, ETC. 562-243-7229 Exp 11/08

MISCELLANEOUS FOR SALE

Coins, Comics, First Day Cover Stamps, Misc. Appointments ONLY Monday-Friday. Call 562-594-3975. Exp 11/08

"SUN" Recumbent-Bike. Good Tires, Lights, 6-Speed, Basket. \$250/FIRM. Joanna Matos Mutual-2/Apartment-24E, Call/562-598-1849.

Women Tricycle (used but looks NEW) \$150.00 please call 818-277-6938.

Patio Sale. Friday/November-3rd, Saturday/November-4th & Sunday/November-5th. 1571 Golden Rain Road, Mutual-5/Apartment-118A/9:00am-4:00pm. Household-Goods/Clothing/Kitchen-Items/Holiday-Decorations/Miscellaneous-Items.

Moving Sale. Thursday/October-26th and Friday/October-27th, 8:30am-3:30pm. 13330 Del Monte Drive Mutual-15/Unit-10H. 4-curio-cabinets/30-hurricane-lamps/-tiffany-style-lamps/20-antique-small-furniture/2-samsung-TVs/2-Bose-radios/5-sets-Bose-speakers/100-potomation-eating-utensils/cast-iron-pots-and-pans/6-bar-stools/5-floor-lamps/many-Christmas-gift-items/20-pictures/1-microwave/3-rice-cookers/3-pressure-cookers and MUCH-MUCH-MORE. On Friday/October-27th, 30-St.-John-knits/50-scarfs/hand-bag/wallets/garden-organizing-items. Call/951-295-0555.

ESTATE SALES by Jennifer and Denise. Thursday/October-26th and Friday the 27th from 9:00am-2:00pm. 1461 Monterey Road, **Mutual-2/Unit-28H.** This home has many treasures. Rocker-recliner/Pride-Travel-Mobility-Scooter/Up-Walker/Holiday/Round-Table-with-4-Chairs/Display-Cabinet/Fans/Lamps/Vacuums/Art/Desk/Filing-Cabinet/Costume-Jewelry/Women's-Clothing/Purses/Pots-and-Pans and so MUCHMORE! Forentry through Leisure-World/main-gate, call/text Denise/714-234-8842 by Wednesday-evening. POB 427, Seal Beach, 90740. Seal Beach Business License 14206514.

LEISURE WORLD APARTMENT FOR LEASE

2-Bedroom/1-Bath unit for lease in Mutual-9. New-flooring/freshly-painted/vertical-blinds/step-in-shower/skylights/patio-storage. Parking close to unit. Call for more information 562-344-5089.



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M15 17-J
Fresh ocean breeze included in this upstairs Corner, 2 Bedroom, 2 Bathroom, Fresh Kitchen, Microwave, Set-in Stove, Plantation Shutters, Bright and Cheerful
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M4 Fully Expanded
Corner 79G - \$433,000

Erica M14 49L
Full Exp. Corner on MLS
\$435,000

Most Beautiful Corner
M2 24G \$575,000 -
1½ Baths W/D, AC, DW,
M.W. Many Closets,
D.Room, Man Cave
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Appointment only

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2B/1Ba Extended Deal
2B/1Ba w/3rd Den/Bd.
2B/1Ba Nice Location

NEW LISTING

Mutual 7 – 174h N. Fairfield
2B/1Ba on Center Greenbelt
Extended w/Tiled Patio, D/W,
Microwave, NEW W/Dryer,
Kitchen Island, Xtra Cabs,
Dual Pane Windows, A/C,
Walk-in Closet, Cabana Fans,
Three Skylights, Built-in Xtras!
Turnkey, Clean A++ Location.
FABULOUS FIND @ \$389,000

Mutual 15 – 14n McKinney
2B/2Ba Upper South Corner
Tree View, great cross breezes,
All NEW Rehab! Kitchen/Bath,
Appliances & Countertops,
Fixtures, New Paint, Flooring,
3 Skylights, Mirrors + more!
GREAT VALUE ! @ \$379,000

Mutual 12 – 77h Glen View
2B/1Ba, L-Shape w/tile patio,
NEW Floors & Paint, Granite
SOLD OVER ASKING! \$345,000

*******CLOSED TRANSACTIONS*******

Listed 12-77h	Listed 1-47h	Listed 15- 21b	Buyers Agt. 7-164l
Listed 10-238b	Listed 15-29j	Listed 14-19e	Buyers Agt. 15-11d
Listed 15-22a	Listed 7-163k	Listed 2-37i	Buyers Agt. 10-248c
Listed 15-43e	Listed 5-115i	Buyers Agt. 7-176c	Buyers Agt. 4-47j
Listed 15-10f	Listed 7-158b	Buyers Agt. 14-25e	Buyers Agt. 10-249b
Listed 5-103l	Listed 14-18b	Buyers Agt. 12-64g	

www.TeamDonnaJean.com

Andrea Bair
714-624-1981

Suzanne Ahn
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Michael Shieh
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Mutual 7-153H

Adorable, light and bright, new floors and paint, move-in ready, 2 bedrooms.

2023 Escrows

2-46C \$379,000	2-18L \$465,000
17-93A \$482,000	7-146i \$250,000
1-38E \$215,000	9-210A \$510,000
7-161i \$330,000	1-8E \$255,000
6-141K \$288,000	4-79A \$610,000

Robin Gray

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DRE 01027333

(562) 209-5605

Mutual 8-196-B
\$324,000

Two bedroom, one bath with a fabulous enclosed patio that gives you an extra 400 sq. ft. of living space without the added cost. Pretty flooring and close guest parking. Call Edwina at 562-706-7999 to see today!!

Mutual 4-80-A
\$599,999

Fabulous Open Concept home and outdoor living at its BEST! Pending
3 bedrooms, 1.5 baths - approx. 1120 sq. ft. of indoor living and over 550 sq. ft of patio - one of the largest patio is in LW!

PENDING

Mutual 14-24-B Mutual 11-273-D

13926 Seal Beach Blvd., Seal Beach, CA 90740

Kristin Duncan
562-480-1465
Office Manager

Robin Gray
562-209-5605

Barbara Diette-Dobias
562-754-5628

Jasmine Elisha
949-522-1618

Kathy Gupton
562-618-9940

Gloria Hadley
562-884-3594

Edwina DiMario
562-706-7999

Vickie Van Ert
310-220-1407

Rosie Wang Davis
626-623-9929

Estee Edwards
562-208-2540

(562) 594-0515
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BRE 00338699

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HomeServices
California Properties

Claudette “CC” Cooley
310-484-9600

Leah Perrotti
310-889-6583

One-Bedroom

Mutual 3 - 29K \$229,000
Central location with convenient parking.

Hanna Rubinstein
562-900-4243

Jay Cho
714-944-4998

Philip Bak
213-550-9991

Fay Wescott
949-212-8748

Kawain Payne
714-293-1151

Adrian Villarreal
714-694-3291

Conrad Rodriguez
562-746-1960

Chris Kim
424-247-4542

Bill Berman
714-606-5258

Two-Bedrooms

Mutual 8-196B \$324,000
Newly enclosed patio w/Acrylic UV windows

Specializing in the LW Community

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Yes we are **SISTERS**



Kathy Guppton
Associate Broker
DRE # 00744676



Sean Wood
Realtor®

DRE# 02186926

562 514-6613



Gloria Hadley
Realtor®
DRE # 01057681

Mutual 3-29K \$229,000

Available one bedroom one bathroom cottage located on the street for drive-up convenience. This terrific one bedroom has a spacious living room with added heat pump & air conditioning and laminate plank flooring. The kitchen has white cabinets, built in Leisure World appliances including a stove, oven, refrigerator, laminate plank flooring and a ceiling fan. The bedroom has laminate plank flooring and a wardrobe closet. The bathroom has a cut down shower for walkin convenience. The central location allows you to walk to downtown Leisure World, as well as the 9-hole 3 par golf course, swimming pool, Jacuzzi, gym, amphitheater, post office and health care center. Located in the lovely resort-like community of Leisure World Seal Beach featuring over 200 clubs, organizations and activities including 6 club houses and features table tennis, wood working shops, billiards rooms, bocce ball court, shuffleboard, library, card and exercise groups, sewing, craft and art rooms, picnic area with BBQ, and so much more. Enjoy the quaint downtown area of Seal Beach, the morning sun, and the wonderful ocean breezes.

New Listing!



Mutual 2-26C \$343,000

This unique and elegant home. This home has many desirable upgrades. It is a 2 Bedroom, 1 bathroom that is light and bright and ready to move in. The spacious Living Room opens into a designer Kitchen that features a stainless steel refrigerator, dish washer, induction stove top with a stainless steel vent and hood, quartz counter top, tile back splash, extra large sink with stainless steel shelves above, a reverse osmosis system and a large skylight that is double pane and solar operated with a remote control ad is complemented with a stylish light fixture. The main bedroom, second bedroom and living room all overlook a private screened in patio that features tile floor, a walk-in storage cabinet, skylight and a beautiful view of the Greenbelt and adds an additional 400 sq. feet of living space. The home also features Deluxe vinyl flooring through-out and an added camera system. Enjoy the lovely beach town of Seal Beach and the wonderful ocean breeze it has to offer.



Mutual 1-25I \$229,000

Great Location! Pretty View! Lots of Trees! Enhance the desirability of this one Bedroom one bathroom cottage with a terrific Greenbelt view. Move in and make this property your own. The spacious Living Room has a heat pump and air conditioning. The Kitchen has built-in Leisure World appliances including a stove, oven, refrigerator and a skylight that opens. Bedroom is carpeted and has a wardrobe closet. The Bathroom has a cut-down shower for walk-in convenience and a skylight with dome that opens. Located in Leisure World Seal Beach a resort like community with over 200 clubs, organizations and activities, including a gym, 9 hole 3 par golf course, swimming pool, jacuzzi, amphitheater, Bocce ball, Shuffle board, Wood working, sewing, arts and crafts, Library, Healthcare and so much more. This property is located in the unique beach town of Seal Beach. Move-in and enjoy the delightful ocean breezes.



Mutual 11-273L \$349,900

Quaint tree-lined private location. Spacious corner 2 bedroom 1 bathroom home with a large wrap-around enclosed patio room. The living room has a large skylight, newer heat pump/air conditioning unit and vertical blinds. Kitchen has a Leisure World refrigerator, stove, oven, an added dish washer, ceiling fan and skylight. Living room, bedrooms and kitchen have laminate throughout. Bathroom has skylight and cut down shower for walk-in convenience. Large versatile L-shaped patio room is fully enclosed and has a walk-in storage closet, skylight and indoor/outdoor carpeting.



PENDING

Mutual 1-26B

**SOLD
2023**

Mutual 8-188C
Mutual 1-30K
Mutual 5-91J
Mutual 11-267C
Mutual 1-26L
Mutual 11-268F
Mutual 4-50F
Mutual 9-212C
Mutual 6-143A
Mutual 9-225C
Mutual 9-230D
Mutual 11-283D
Mutual 4-51D
Mutual 8-189D

**SOLD
2022**

Mutual 14-17B
Mutual 8-188H
Mutual 8-189B
Mutual 2-40J
Mutual 2-49B
Mutual 2-17G
Mutual 9-59G
Mutual 6-117L
Mutual 15-39A
Mutual 10-258H
Mutual 6-135I
Mutual 10-258B
Mutual 1-31E
Mutual 5-117L
Mutual 12-61C
Mutual 2-63H
Mutual 3-4F
Mutual 4-88G
Mutual 2-3B
Mutual 2-8C
Mutual 10-250J
Mutual 11-286B
Mutual 12-61A
Mutual 11-286I
Mutual 5-117G
Mutual 2-46H
Mutual 1-67E
Mutual 4-49G
Mutual 8-183G
Mutual 11-285D
Mutual 9-216H
Mutual 7-164L
Mutual 2-6G
Mutual 11-285A
Mutual 11-263A
Mutual 4-49B
Mutual 8-201L
Mutual 2-6L
Mutual 7-165E

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562.280.4631

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www.sealbeach-retirementcommunity.info
1900 St. Andrews Dr. Suite B Seal Beach, CA 90740

For 2023, We have a total of 75 pending and closed sales.
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



1200 Canoe Brook Dr #19D | M3 | \$359,000
Pristine 2bed/1bath with wrap around custom tiled patio! AC heat pumps in bedroom and living room, newer wood floors throughout. Kitchen equipped with dishwasher and microwave. Dual pane windows with shutters throughout!



13199 El Dorado Dr #208D | M9 | \$359,000
2Bed/1bath interior location with full expansion. Tile floors throughout and skylights in the kitchen and bathroom. Large bay window in living room. Walk-in closet in main bedroom with a formal dining room area!



13110 Seaview Ln #245F | M10 | \$449,000
Corner partially expanded 2bed/1bath drive-up and greenbelt location with dual pane windows, skylights, central AC, outdoor storage closet, tiled patio, walk-in closet!



NEW Listing!
13681 St Andrews Dr #25K | M1 | \$259,000
Greenbelt 1 bedroom with attention to detail!! Quartz counters, expanded skylights, laminate floors, custom Dutch Door with tiled patio and storage closet. 2 AC heat pumps and dual pane windows!



NEW Listing!
1541 Northwood Rd #273C | M11 | \$450,000
Fully expanded 2bed/2bath with dual pane bay windows. Laminate and tile flooring throughout. Outdoor and interior storage with central HVAC. Skylights galore and stackable washer/dryer!



13751 St Andrews Dr #33B | M1 | \$224,000
Redone 1bed/1bath interior unit with nice patio complete with engineered flooring and newer tile in kitchen and bathroom. Kitchen is also equipped with updated appliances.

10/23/2023 - Year To Date MLS Activity

■ For Sale ■ In Escrow ■ Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	55	38	15
Feb	52	40	25
Mar	55	55	20
Apr	68	50	38
May	65	45	30
Jun	52	60	32
July	42	60	25
Aug	45	52	38
Sept	45	55	30
Oct	42	52	28

On October 23rd, 2023 a total of 43 units show as active listings on the CRMLS (this is where Realtors list property for sale)

7 - 1 bedroom/1 bath units from \$224,000 to \$279,000

19 - 2 bedrooms/1 bath units from \$299,000 to \$500,000

17 - 2 bedrooms/2 baths units from \$319,000 to \$629,000

We offer Virtual Tours and can send you a Virtual Tour of any of these properties. We have access to all inventory!

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The Januszka Group, Inc.

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M14 - 32H - \$429,000
Two Bedrooms, 1 Bath,
Fully Expanded



M1 - 57J \$229,999
1 Bedroom with newer laminate floors and Dual Heat Pumps



Mutual 10 - 253A \$360,000
2 Bedroom 1 Bath Corner Unit with Small
Greenbelt in Front



M11 - 273K \$329,000
Beautiful and Bright 2 bedroom 1 bath in
a private location



M15 - 21P \$390,000
2 Bedroom 2 Bath Expanded Upstairs Unit



M12 - 63G \$485,000
Spacious Fully Expanded 2 Bedroom 2 Bath
Corner with Washer/Dryer!



M2 - 30F \$629,000
Breathtaking 2 Bedroom 2 Bath Remodeled
Corner!!



M15 - 21L \$319,000
Large Expanded Upstairs unit overlooking a
Greenbelt



M6 - 136I \$399,000
Cute Expanded 2 Bedroom 1 Bath greenbelt



M1 - 46A \$319,000
Corner Unit with a beautiful greenbelt view!



M15 - 14Q \$329,000
Fully Expanded 2 Bed 2 Bath Upstairs Unit with
Vaulted Ceiling



Dawn Januszka
Broker
DRE #02110501



Ginni Houck
Escrow Officer



Verna Chumley
Realtor®



John Webster
Realtor®



Mike Varipapa
Realtor®



Kim Jbeili
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