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**MUTUAL ELECTION CYCLE BEGINS**  
See page 5.



**EMERGENCY INFO. COUNCIL ACCEPTS CAR DONATIONS**  
See page 10.



**VALENTINE'S DAY DANCE TICKETS ON SALE**  
See page 15.



### REAL ESTATE

## 2022's hot market has officially cooled

End-of-year data on escrows in Leisure World indicate that, after a hot market for real estate in 2022, the market is cooling down—evidenced by declining home prices and a decline in the number of home sales in 2023.

Prices for homes in 2023 were 19% lower on average compared to 2022, and 11% fewer homes sold. The busiest months were April, August and October.

The move-in fee associated with escrows helps offset assessments.

Despite the slowdown, LW's real estate market remains active. As of Dec. 31, 2023, there were 40-70 active MLS listings in each Mutual.

See page 2 for more information on escrows.

## Library Reopening

The last day to visit the temporary library located in Clubhouse 3, Room 8, is Wednesday, Jan. 31. The main library building will reopen the following week. The exact opening date has not yet been determined.



Cars line up at the North Gate on Jan. 17, the first day Leisure World's new gate access system was implemented. Paul Kryczko

## Long-awaited gate access system implemented

Despite some anticipated hiccups, Leisure World's long-awaited gate access system was fully implemented on Jan. 17, ushering in a new, more modern approach to community security.

The new system will allow GRF Security to track the entry and exit of residents, guests and contractors; be more agile in its adjustments to guest passes; and offer residents more technologically advanced options to manage gate access.

The implementation period, which is still ongoing, was not executed without difficulty.

In the first 10 hours of the program, beginning 7 a.m. on Jan. 17, Security issued a record-breaking 806 visitor passes. At all three gates, over 4,120 entries were recorded—meaning over 400 vehicles

entered the community each hour.

“As you can imagine, with such historically large number of entries, there were times where back-ups were significant,” said Security Director Victor Rocha.

Even with the brisk pace of issuing passes, there were times where many vehicles came at once, and just as in the past, the line built up quickly.

The issuance of permanent passes took the longest, with an average time of 45-60 seconds to issue these passes in the visitor lane. There were many questions asked by visitors, which also slowed the process.

Rocha said there was a bright side to long initial wait times: now, when permanent visitors obtain their pass and return to the community, it will only take a quick 5-10 second scan of their

pass to verify entry and then they may drive on through.

“We are going to rely on the patience of our residents and visitors as the new passes are issued,” Rocha said. “We have over 10,000 permanent passes still to issue, so delays will be inevitable. However, we are putting revised plans in place to relieve pressure at the Main Gate and to expediate vehicles even more quickly.”

A reminder on the basics of entry for residents and guests:

**Resident Entry**

- A valid RFID tag or valid Leisure World Identification Card is required. (Decals are not valid for entry—they are for Mutual use for carport parking).
- Vehicles with an RFID tag entering the main gate will enter in the “RFID

**GATE ACCESS, page 3**

### COVID-19

## Optum Health Care Center now requires masks for appointments



People must wear masks to enter the Optum Health Care Center in Leisure World, as indicated by new signage. Paul Kryczko

Flu and COVID-19 cases are rising again. As a result, Optum workers have returned to wearing masks in all clinics. Masks offer an extra layer of protection for high-risk patients. Once the transmission of these illnesses declines, Optum will return to optional masking.

To stay safe, people are encouraged to ask their doctor if they're up to date on their shots. People should get all the shots their doctor suggests, and keep in mind that they may need to take some shots again later.

People can take everyday steps to keep from getting sick. Individuals should stay away from people who are sick; cover their mouths when coughing or sneezing if they feel sick; wash hands with soap and water or use an alcohol-based hand sanitizer; and try not to touch their eyes, nose and mouth, as it can encourage the spread of bacteria and viruses.

To track flu and COVID-19 activity, visit [cdc.gov/respiratory-viruses/](https://www.cdc.gov/respiratory-viruses/).

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This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. The conclusions and opinions expressed may not be those of the California Department on Aging and the publication may not be based upon or inclusive of all raw data.



GOLDEN RAIN FOUNDATION

## 2023 Escrow Recap

Quick Fact: The move-in fee associated with escrows helps to offset assessments.

### Number of Escrows by Mutual in 2023

| Mutual    | Jan | Feb | Mar | Apr | May | June | July | Aug | Sept | Oct | Nov | Dec |
|-----------|-----|-----|-----|-----|-----|------|------|-----|------|-----|-----|-----|
| Mutual 1  | 10  | 12  | 15  | 18  | 16  | 14   | 12   | 10  | 8    | 6   | 5   | 4   |
| Mutual 2  | 8   | 10  | 12  | 15  | 13  | 11   | 9    | 7   | 5    | 4   | 3   | 2   |
| Mutual 3  | 6   | 8   | 10  | 12  | 10  | 8    | 6    | 4   | 3    | 2   | 1   | 1   |
| Mutual 4  | 4   | 6   | 8   | 10  | 8   | 6    | 4    | 3   | 2    | 1   | 1   | 1   |
| Mutual 5  | 3   | 4   | 6   | 8   | 6   | 4    | 3    | 2   | 1    | 1   | 1   | 1   |
| Mutual 6  | 2   | 3   | 4   | 6   | 4   | 3    | 2    | 1   | 1    | 1   | 1   | 1   |
| Mutual 7  | 1   | 2   | 3   | 4   | 3   | 2    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 8  | 1   | 1   | 2   | 3   | 2   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 9  | 1   | 1   | 1   | 2   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 10 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 11 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 12 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 14 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 15 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 16 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |
| Mutual 17 | 1   | 1   | 1   | 1   | 1   | 1    | 1    | 1   | 1    | 1   | 1   | 1   |

19%

The decrease in LW home prices compared to 2022.

11%

The decrease in the number of LW home sales compared to 2022.

### Sales Summary

In 2023, there were \$129.8 million in home sales in Leisure World.

In 2022, there were \$159.5 million in home sales.

In 2023, 47 fewer homes sold compared to 2022.

| Year | Total sales in Millions (\$) |
|------|------------------------------|
| 2019 | 100                          |
| 2020 | 100                          |
| 2021 | 130                          |
| 2022 | 160                          |
| 2023 | 130                          |

\$344,475

Average price per home in 2023

Most homes sold:

Mutual 2: 52

Mutual 1: 45

Mutual 3: 32

Mutual 5: 29

Mutuals 4 and 15: 28

WILDLIFE

GRF sets out coyote traps as mating season begins

It's coyote mating season in California, a period from January through March when coyotes have increased appetites and will likely be seen more than other months.

In December, Security reported 28 coyote sightings. In response to concerns from residents about ongoing coyote sightings, GRF hired All City Animal Trapping in September, who set up three traps in various locations on trust property. Those traps were unsuccessful at trapping any coyotes.

Recently, the traps were moved to new locations and re-baited with raw chicken.

The traps are humane cages, and residents are asked to leave them alone. A licensed professional will handle the removal of traps and coyotes.

It is important for residents to take extra precaution during the courting season. That means supervising pets when they go outside, even if it's just in the back yard. Coyotes are generally reclusive but, in extreme circumstances, might see household dogs as threats or competition and attack.

If any resident comes across an approaching coyote, it is important to immediately use negative reinforcement, often called hazing.

It's important to use a variety of different hazing tools so that coyotes don't get used to redundant or single stimulus devices,



Paul Kryczko

A coyote trap near the Amphitheater, baited with chicken.

sounds or actions.

Hazing techniques include:

- Yelling and waving your arms while approaching the coyote.
- Using noisemakers including voice, whistles, air horns, bells, "shaker" cans full of marbles or pennies, pots, lid or pie pans banged together.
- Using projectiles such as sticks, small rocks, cans, tennis balls or rubber balls. The simplest method of hazing a coyote involves being loud and large.
- Stand tall, wave your arms and yell at the coyote, approaching them if necessary until they run away.

It is important not to engage with a coyote, even if it seems sick or lethargic.

Coyotes can live in almost

any habitat in California, from arid deserts in the south to wet meadows and foggy coastal regions in the north. Some of the highest population densities on record occur in suburban Southern California.

One way to reduce their proximity to suburban areas is by reducing pet waste, food, and trash left outside, as well as water sources.

Coyote sightings will continue to rise through the summer. March and April will bring denning season—that period during summer after gestation when young and curious pups venture into urban neighborhoods in search of food and new turf.

To report a coyote sighting, call Security at 562-594-4754.

GRF Vehicle Sale

Each fourth Saturday, authorized residents have the opportunity to sell any used motorized vehicle in the Administration Parking Lot from 8 a.m.-4 p.m.

Vehicles must have current DMV registrations, GRF decals and be insured. In addition to cars, motorhomes, motorcycles, golf carts, bikes, trikes and scooters may be sold.

The owner or representative does not need to be present but is allowed to display a single "for sale" sign no larger than 18" by 24" on the vehicle, to include a phone number.

The sale is open to Leisure World residents only and the guests they call in. The public will not be able to sell at the events. This is a self-managed event where residents can meet and buy or sell a vehicle on their own.

For more information, contact Recreation at 562-431-6586, ext. 398.



Free Safety Classes from LW CERT Club

CERT stands for Community Emergency Response Team. The LW CERT Club is dedicated to learning and teaching skills to keep ourselves and others safe in an emergency.

The club conducts CERT classes every month, and classes are open to all residents.

January's safety topic is creating a personal "Family Emergency Communication Plan."

Every class is 40 minutes, and includes simple, practical steps people can take to be prepared for an emergency. The group will meet Friday, Jan. 26, at 9 a.m. in Clubhouse 3, Room 9.

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2024 PRIMARY ELECTION

OC Registrar will hold open house in Santa Ana

Vote-By-Mail ballots will be mailed to voters starting Feb. 5

Vote-By-Mail ballots for the 2024 Presidential Primary Election will be mailed to all registered voters in Orange County beginning Feb. 5. In this election, people can vote for federal, state and judicial offices and may be eligible to vote for county offices and city measures depending on where they live.

A list of the contests that will be on each ballot can be found in the Voter Information Guide, accessible online at [ocvote.gov/VIG](http://ocvote.gov/VIG). The printed Voter Information Guide will be delivered to post offices on Jan. 25.

The OC Registrar of Voters will hold an open house on Feb.



Emma DiMaggio

An official ballot drop box is located near the Amphitheater.

7 at its headquarters, 1300 S. Grand Ave., Building C in Santa Ana, from 4-7 p.m.

The open house will allow people to view the various steps the Registrar takes when processing and tallying ballots

during each election. Members of the Registrar of Voters team will demonstrate and answer questions about Registrar processes to ensure elections are secure, fair, accurate, transparent and accessible.



Paul Kryczko

The barrier arm rises for a truck at St. Andrews Gate on Jan. 17.

GATE ACCESS from page 1

TAG ONLY” lane.

• Vehicles without an RFID tag will enter the “ALL OTHERS” lane.

Permanent Visitors

• Four permanent visitors are allowed per unit on your account.

• Each guest will receive a pass at the front when entering—permanent visitors will keep that pass for 90 days.

• After 90 days, the next time the permanent visitor arrives, the security officer will check to ensure the permanent visitor is still on the list, and a pass is issued for another 90 days.

• You may delete a permanent visitor at any time by calling Security or using the Proptia portal.

• To obtain a caregiver pass, the caregiver must go to the Stock Transfer Office and fill out an application. Once filled out, they will receive a six-month pass when they are added to Proptia and go through the gate for the first time.

Temporary Visitors

• Temporary visitors may receive passes from 1-7 days.

• You may add a temporary visitor by calling Security or using the Proptia portal.

All visitors, whether temporary or permanent, can enter the community through any gate.

People can always call in their visitors 24/7, just as they did before, by contacting Security at 562-594-4754.

SEAL BEACH POLICE

Police focus efforts on retail theft

During the 2023 holiday season, the Seal Beach Police Department conducted several of what it calls “organized retail crime directed enforcement operations.” Those operations resulted in multiple arrests, recovered stolen vehicles and recovered stolen merchandise.

Organized retail crime is a growing problem in California, with estimated losses totaling \$8.7 billion, according to shopping research by Capital One.

The City of Seal Beach is experiencing a noticeable increase in retail crime events, including pushouts, return scams, and grab-and-runs, according to SBPD. To address this growing problem, the department has partnered with local retailers to deploy proactive enforcement operations to gather intelligence, identify suspects and arrest offenders.

During the months of October, November and December 2023, the Seal Beach Detective Division conducted six enforcement operations—which consist of police conducting surveillance in retail establishments and enforcing retail crimes as they occur by apprehending thieves with zero tolerance. The operations resulted in 25 arrests, two recovered stolen vehicles, five identified suspects related to crimes outside of Seal Beach, and \$13,300 in recovered stolen merchandise.

“Throughout the holiday season, combating escalating organized retail crime enforcement becomes increasingly important to ensure the safety of our community,” Chief Michael Henderson said.

This is an ongoing operation. Anyone with information is asked to contact Detective Sergeant Jeff Gibson at 562-799-4100, ext. 1172, or [jgibson@sealbeachca.gov](mailto:jgibson@sealbeachca.gov).

DUI Checkpoint

On Saturday, Feb. 3, the Seal Beach Police Department will conduct a driving under the influence (DUI) checkpoint from 7 p.m.-3 a.m. at an undisclosed location within the city limits.

DUI checkpoints are based on data showing incidents of impaired driving-related crashes.

The primary purpose of DUI checkpoints is to promote public safety by taking suspected impaired drivers off the road.

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# PERSPECTIVES

MEMBER COLUMN

## LWer remembers MLK and lasting impact he had

by **Bonnie Coomes**  
*LW contributor*

Last year on Martin Luther King, Jr. Day, I listened to a speech made by Dick Gregory in 1983, and it brought back a profound memory for me.

I first met Dr. King in 1963, and I was just beginning to date a young man from my home state, Wisconsin.

We were students at the University of Wisconsin in Madison. We were both Methodist and members of the MSM or Methodist Student Movement, which was much more liberal than the Methodist Church I had grown up in in a small farm community in Western Wisconsin.

That year, the national MSM meeting was held in Omaha, Nebraska, and Fred and I decided to attend the conference. Dr. King was the keynote speaker. I remember being in the audience as he spoke. I listened intently, and chills ran down my spine as he talked. After his speech, I was able to shake his hand. It was such a privilege.

Prior to this, I had been engaged to a young medical student in Lacrosse, Wisconsin, for one-half of a day. His name was Motilal Persaud. He was East Indian and had dark skin. When I asked him home to meet my parents, they wouldn't let him in the door. I was 18 years

old and very naive. They insisted that he was Black and would not let him in the door. Obviously, they were very prejudiced, and I was a very immature 18-year-old. I broke my engagement to this very intelligent, caring young man and have been sorry ever since.

As I listened to Dr. King's speech, a moment happened I will never forget. Those of us in the audience crossed our arms and held onto the hands of the students next to us. In my case, one was a white girl from a southern state and the other was a Black student. As we sang "We Shall Overcome Some Day," I felt chills run through me, and tears were rolling down my face.

I am unable to describe or name what I was feeling that day, but I believe it had a great deal to do with why I tried to get to the Selma March of 1965 and why I later adopted a biracial child. That moment in Omaha, Nebraska, did not change my life, but certainly set me on a path to who I am today.

A friend in Leisure World called me a "racist." He said that I was against the white race after he read my story in a publication put out by the Leisure World Creative Writers Club.

A week later, he, on the commemoration of Dr. King's birthday, said that he didn't mean it. He just wanted me to think about it. I have. I believe that

we are all one race, the human race. Under our law so far, that is the law. We all deserve equal rights and every individual who believes in honoring this must treat his or her fellow human beings with dignity.

My experience with Dr. King, plus many other experiences, have taught me a morality my churches have never come close to. I am proud and honored to have met this great man—perhaps not a perfect man but an honorable one.

### Letters to the Editor

*Editor:*

It is estimated that Leisure World Seal Beach has approximately 9,600 current residents. Twice that number, between 15,000-20,000 illegal immigrants are being "permitted" to enter the United States every single day, under Joe Biden, Alex Mayorkas and the Democrat Party.

This does not include the hundreds/thousands of "got-aways" that evade the border processing centers.

How many of those "illegal immigrants" mean us ill will—5%, 10%, 1%? One percent of 30 million is 300,000.

Besides the risk of terror, drugs and crime, there is also a financial cost associated with illegal immigration. It is estimated at \$451 billion per year. This expense, along with countless other non-constitutionally defined expenditures has run our national debt above \$34 trillion.

This week, Gov. Gavin Newsom has proposed giving all illegal immigrants who reside in California health care, in the form of Medicaid. California, it should be noted, announced a deficit for the year 2023 of \$68 billion. With countless wealthy taxpayers leaving the Golden State, who do we think will be taxed to pay for this shortfall?

Even rapper 50 Cent derided Newsom's plan, saying, "I don't understand this; this it going to cost 2.6 billion dollars for tax payers. They don't even give veterans health insurance."

America is being invaded, by mostly fighting aged males. The Democrat Party are its enablers. JFK's Democrat Party is dead. The current iteration of the Party is influenced by Marx, Marcuse, Mao, Cloward, Piven, Alinsky and Obama.

What is the end-game, if not the destruction of our Republic?

*Earick Ward  
Mutual 7*

*Editor:*

It is such a pleasure to drive on roads where people have their headlights on, day and night. We see it more and more every week, it seems. I mentioned it to my grandson one day, and he said, "It's the only way to drive."

### 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 200 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.

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

However, it's disappointing to not see all headlights on in Leisure World. Do you know what it means when someone double-flashes their headlights when they are driving toward you? *It means put your headlights on!*

So I flash my headlights twice to signal to oncoming drivers. And the response? Nothing. Are California drivers really that ignorant?

You would think that people who live in an area where many neighbors are having trouble

seeing or hearing would be more aware of their responsibility to think of that. If a car is coming toward you from the end of the block, a gray car on a gray day, how fast is it going? Is it going to turn? This is not a guessing game, we need to be more aware. And we need to be more safe and care more about the safety of others.

When you get ready to drive, first turn on your engine. Then, turn on your headlights. Simple.

*Lynne Burt-Jenkins  
Mutual 7*

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**General Inquiry:** LWWeekly@lwsb.com

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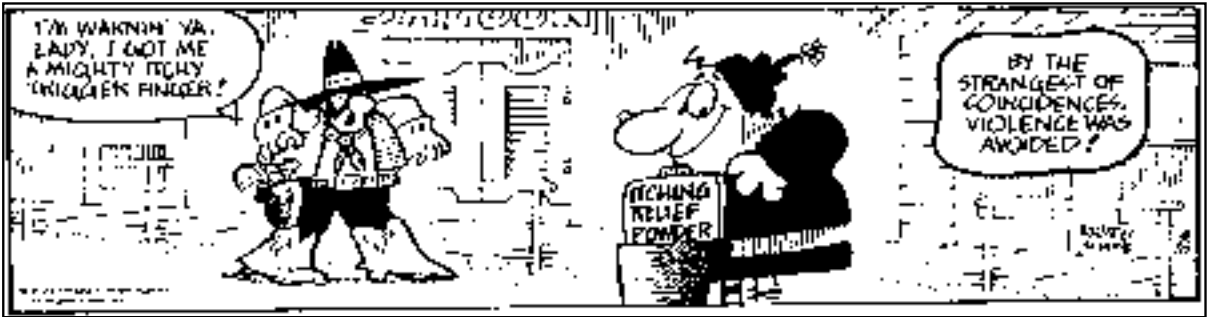


Puzzles & Comics

Gasoline Alley

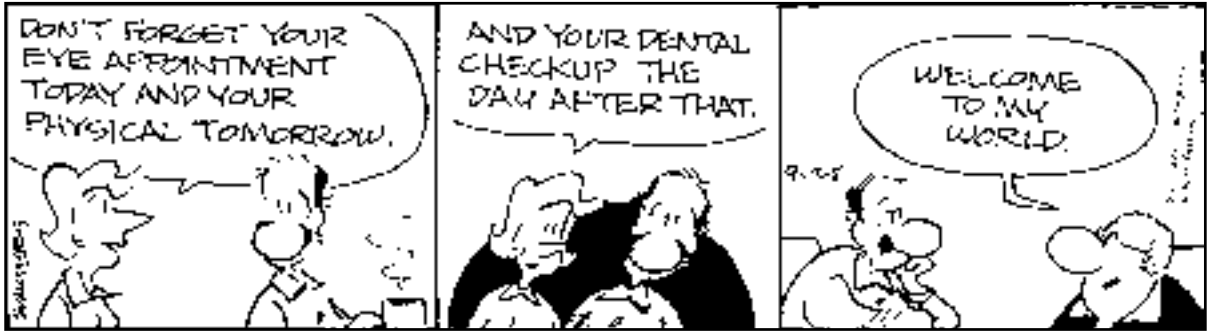


Broom-Hilda



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Patti Varol

"CENTER OF ATTENTION" BY CHANDI DEITMER & MATTHEW STOCK

ACROSS

- 1 Spot on a die
- 4 Heel's opposite
- 8 Relax
- 13 Broken bone's protector
- 17 "You really think that of me?"
- 18 Take care of
- 19 Casual layer
- 20 "Barbie Girl" band
- 21 Growling or barking, e.g.?
- 23 Overacted
- 24 Hide furtively
- 25 Rebel leader in a space opera
- 26 Iowa crop
- 28 Existence fueled by rotini and tagliatelle?
- 30 Driveway mistake?
- 33 Thick lumps
- 34 Smidgens
- 35 Like the full-moon festival Boun That Luang
- 38 Morsels
- 41 Fig. calculated at a checkup
- 42 FYI kin
- 43 "You're talking to a haunted house expert here?"
- 47 Obnoxious poster in the r/wellsfargo Reddit?
- 51 Over yonder
- 52 Soft ball
- 54 German "no"
- 55 Unit in many a Zillow listing
- 58 Food drive donations
- 60 "Parenthood" actress Whitman
- 61 Back muscle, casually
- 62 Not again
- 63 Rant against the sun?
- 65 Target
- 66 SmackDown figures
- 68 Ultra big
- 69 Providers of room service for musicians' tours?
- 71 Street
- 72 Pocket-size
- 73 Ambulance fig.
- 74 Fashion monthly
- 75 "\_\_\_ move"
- 76 Lucy of "Pretty Little Liars"

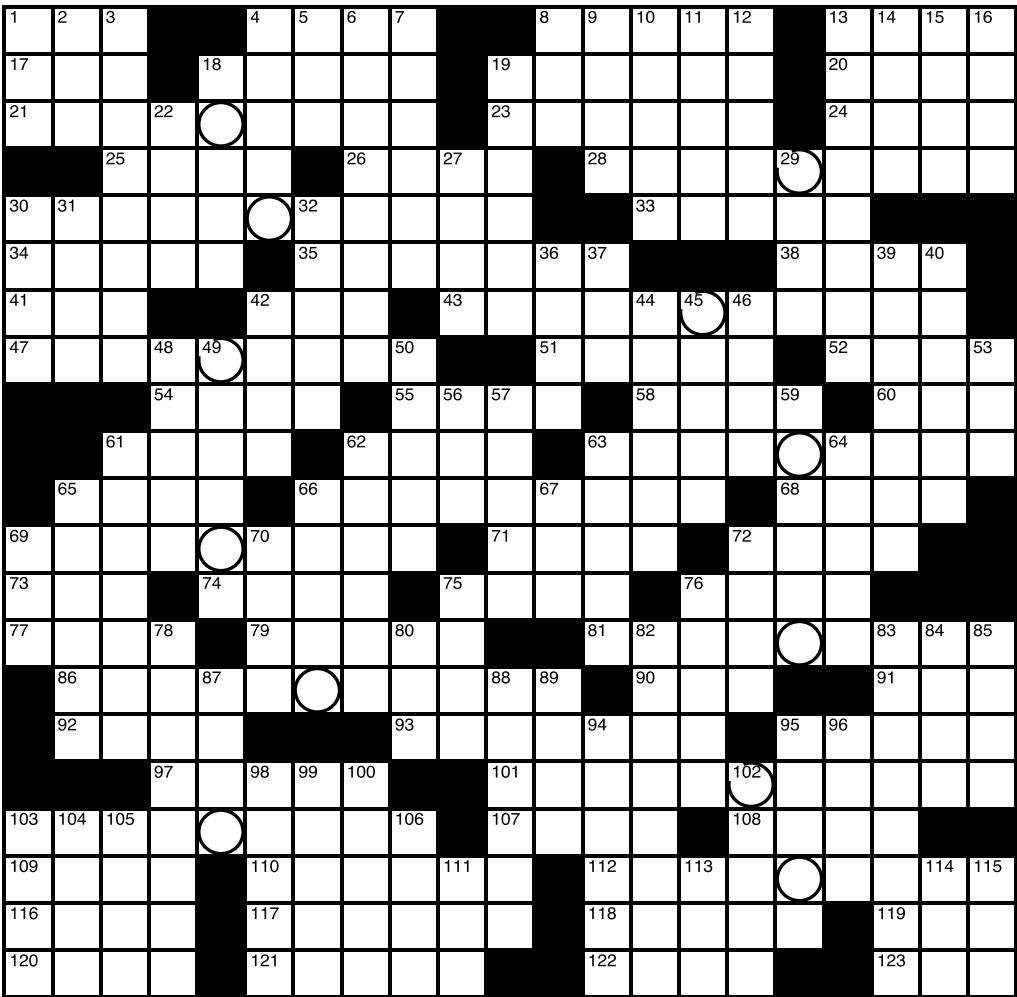
- 77 \_\_\_ monster
- 79 Boise State's home
- 81 Intense "don't blink" contests?
- 86 Opening dis at a roast?
- 90 Menopause treatment, briefly
- 91 Little taste
- 92 Himalayan creature
- 93 Like ears with studs
- 95 Crete's highest pt.
- 97 Was out
- 101 Erratic radiator?
- 103 Gigs as conductors and percussionists?
- 107 Suckling spot
- 108 "My mistake!"
- 109 Surrounding energy
- 110 Title girl in Kay Thompson books
- 112 Casualwear at the pub?
- 116 Climber's hold
- 117 Straightforward

- 118 Shrek and Fiona
  - 119 Himalayan creature
  - 120 Seep
  - 121 Palms, e.g.
  - 122 Group between boomers and millennials
  - 123 Intel seeker
- DOWN
- 1 \_\_\_ see ew: stir-fried noodle dish
  - 2 "If u ask me ..."
  - 3 Jargon with terms ending in -ay
  - 4 Born to be wild
  - 5 2022 U.S. Women's Open golf champ
  - 6 Going slowly
  - 7 Forest spirit in a Miyazaki classic
  - 8 Dot follower
  - 9 \_\_\_ skirt
  - 10 Collar attachment
  - 11 Von Trapp daughter
  - 12 Resulted in

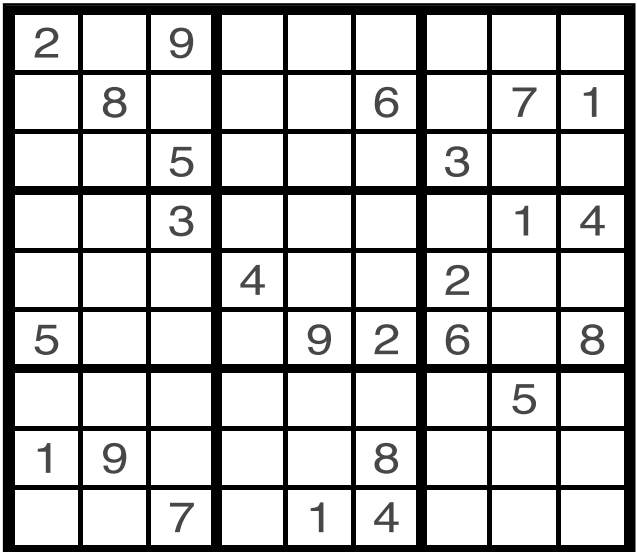
- 13 Four-letter name of a radio station, e.g.
- 14 Word heard in a Spanish class
- 15 Ride the waves
- 16 Confiscate
- 18 Backs (away)
- 19 Playwright Ibsen
- 22 Brand of hiking sandals
- 27 Naan kin
- 29 Jacobson of "Broad City"
- 30 The "Gee" in "Bee Gees"
- 31 Tomato type
- 32 Pop icon John
- 36 Put into a pot
- 37 Japanese drama
- 39 Epiphany trio
- 40 Italian
- 41 71-Across
- 42 "The Vanishing Half" author
- 44 "Be ready to prove your age"
- 45 Comes apart at the seams
- 46 Let out

- 48 Massage
- 49 "I have to know!"
- 50 Bowling alley lineup
- 53 ATM charge
- 56 Loops in
- 57 Back in style
- 59 Literary device
- 61 "I need the truth!"
- 62 Tough go
- 63 Close ones
- 64 Subscribe again
- 65 Assign points to, maybe
- 66 Untamed territory
- 67 "Mambo No. 5" singer Bega
- 69 "I \_\_\_ of you!"
- 70 Landed
- 72 Wawa, for one
- 75 Expert who's a real poser?
- 76 Intrepid
- 78 Culture writer's milieu
- 80 Way cool
- 82 Play area?
- 83 "Following these directions ..."
- 84 Wheels

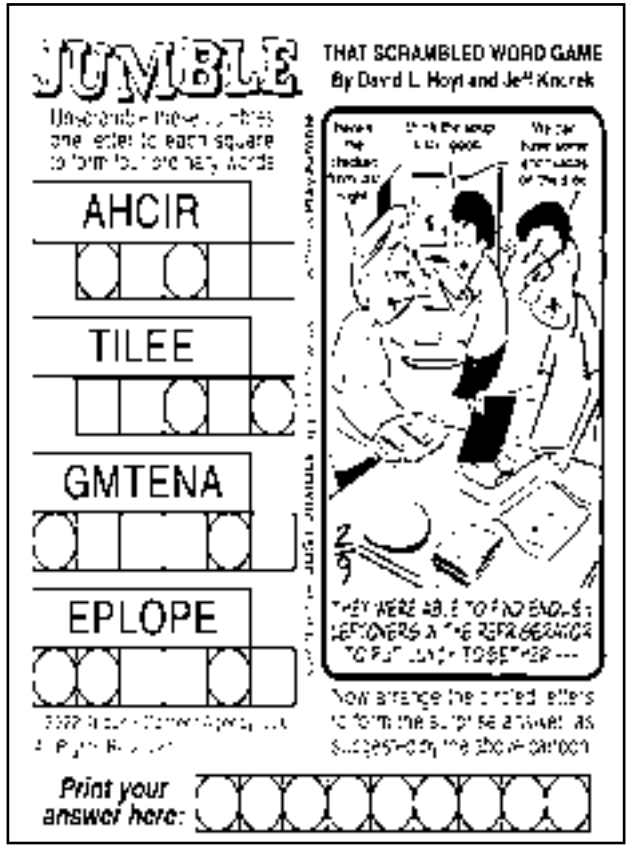
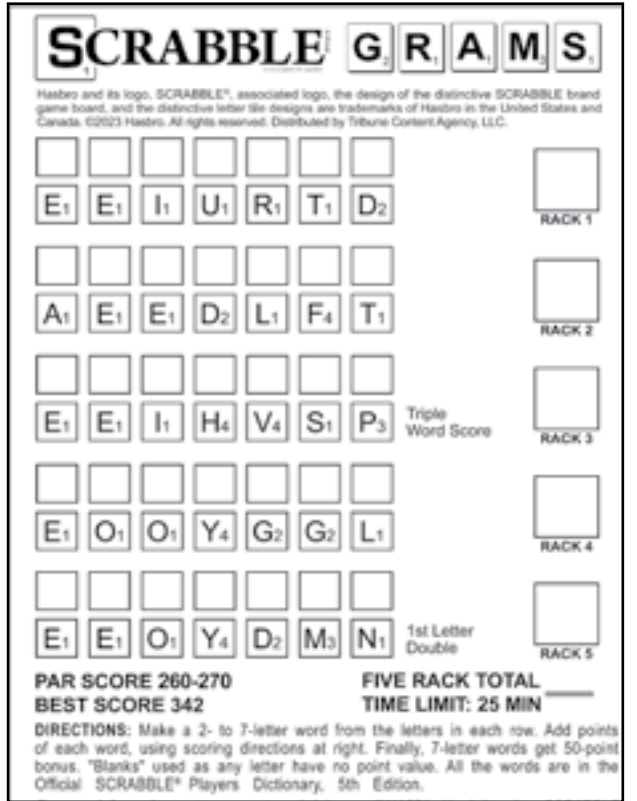
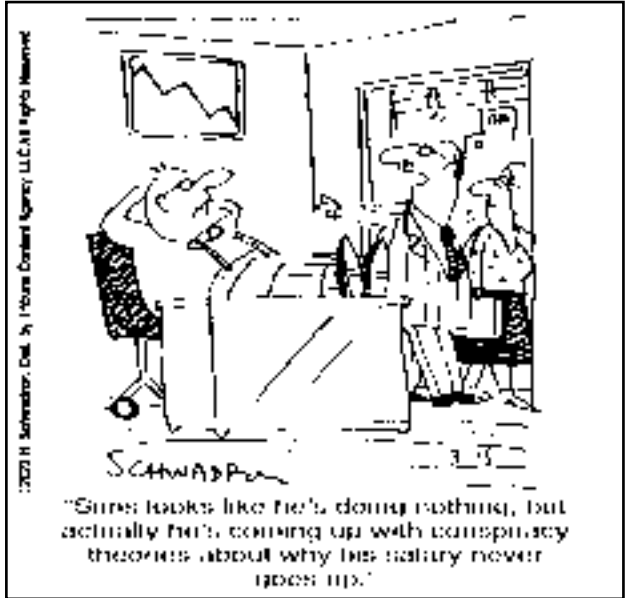
- 85 Shadowbox
- 87 Cylindrical storage structure
- 88 Lifted
- 89 Verifiable
- 94 Collection of farm-fresh produce
- 95 Persian greetings?
- 96 Adhesive strip
- 98 Throw out
- 99 Big name in seltzer
- 100 Rib eye alternative
- 102 Takes to the cleaners
- 103 Folded food
- 104 100 cents
- 105 "Lucky" Grammy winner Jason
- 106 Tots, e.g.
- 111 Close fam member
- 113 Film with the Oscar-winning song "Naatu Naatu"
- 114 Recruit
- 115 \_\_\_ blue



Sudoku 1



9 To 5 By Harley Schwadron





I am an athlete born in California on July 5, 1985. I did not play soccer in high school, but was involved in a local club. I joined the U.S. Women's National Team in 2006 and play as a midfielder. I've helped the U.S. win at the Olympics and two World Cups.

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   |   | 1 |   | 7 | 9 |
|   | 9 |   | 1 |   | 4 |
|   | 3 |   | 2 | 8 |   |
|   | 5 | 4 | 2 |   | 1 |
|   | 6 |   |   | 9 |   |
| 9 | 2 | 3 | 5 |   |   |
|   | 4 | 2 |   | 6 |   |
| 1 | 8 |   | 7 |   |   |
| 5 | 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 summer barbecues.  
Each number corresponds to a letter.  
(Hint: 5 = R)

**A.      3   5   24   20   6   3   2   5   16   17   5**  
*Clue: Hot dog*

**B.      12   2   5   1   17   5**  
*Clue: Meat patty*

**C.      3   9   24   10   17   8**  
*Clue: Hot, glowing part of combustion*

**D.      15   22   11   15   6   17   20**  
*Clue: Poultry*

**Boggle®**  
**Brain Busters!**

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

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

**BOGGLE® POINT SCALE**

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

**YOUR BOGGLE® RATING**

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek

|   |   |   |   |   |
|---|---|---|---|---|
| L | B | S | R | A |
| U | O | F | I | P |
| E | S | N | M | L |
| L | K | M | R | A |
| R | O | B | E | N |

**Boggle® BrainBusters Bonus**

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

Find AT LEAST NINE COUNTRY CAPITAL CITIES in the grid of letters.

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

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

## WORDS

BACKYARD  
BARBECUE  
BASTE  
BURGERS  
CHARCOAL  
CHICKEN  
DIRECT  
ENTERTAIN  
FESTIVE  
FLIP  
GRATE  
GRILL  
HEAT  
OUTDOORS  
PROPANE  
SEAFOOD  
SEAR  
SMOKER  
SPATULA  
STEAK  
TEMPERATURE  
TONGS  
VEGETABLES  
WOOD











Community Church meets at 14000 Church Place in LW. Paul Kryczko

### Community Church

This week, Community Church continues to walk through the opening passages of the Gospel of Mark with a look at Jesus teaching in the synagogue and astounding those in attendance. This new authority carries over to a man who has an unclean spirit.

In the present day and age of modern medicine, people talk less about unclean spirits or possession but might there be contemporary carry-overs to possession today? Certainly addiction is often described as possession, and there are other contemporary medical and spiritual conditions that could have been considered possession by an unclean spirit in the time of Jesus.

Community Church will look at the new authority that Jesus ushered in with his teachings and his way of living. Community Church is part of the United Methodist Church and members are called to transform the world around them through the love of God for each of person—God’s very good creation.

Community Church meets for worship every Sunday at 9:50 a.m. followed by a time fellowship and light refreshment. People are welcome to arrive early for a cup of coffee in the narthex. The church is located inside Leisure World at 14000 Church Place.

People may also watch the weekly services live on Facebook, @CommunityChurchLeisureWorld, and on Zoom. People can contact the church office for the Zoom link.

Those who are in need without another way to address it may call the church office to leave a message at 562-431-2503.

### Congregation Sholom

Congregation Sholom will hold a potluck dinner prior to services on Friday, Jan. 26, in Clubhouse 3, Room 9, at 5 p.m. A sign up sheet has been sent to members. Services conducted by Rabbi Mike Mymon will begin following the dinner at 6:30 p.m. and will also be available on Zoom.

Hybrid services with Rabbi Mymon continue on Saturday, Jan. 27, in Clubhouse 3, Room 9, and via 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 Beshalach from the book of Exodus. Beshalach (When He Let Go) describes the splitting of the Red Sea and the song the Israelites sing upon crossing through. In the desert, God sweetens bitter water and provides manna and quail. The portion ends recounting the victory of the Israelites against an attack by the Amalekites.

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

Congregation Sholom has been serving Leisure World since 1962. It offers a traditional Jewish service in person and online

### Faith Christian Assembly

Many people are planners, thinking ahead and figuring out how to work things out to hopefully experience favorable results. Planning is great and should be done, but is planning always enough?

Even the best of plans can go amiss. There are just too many things beyond control. Knowing this can be a great source of anxiety and the reason why many people are feeling the sting of that anxiety today. Left unchecked, anxiety can turn to depression. But that’s not the way it has to be. The Heavenly Father knows what each person needs because he created every person. He is the omniscient, omnipresent one who all people can trust above everything and everyone, including individual plans and circumstances.

Jeremiah 17:7-8 says “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.”

Believers should ask themselves where they put their trust. It is good to plan and something every person should do, but when believers put their ultimate trust in God, he will show them the way to go, just as Proverbs 3:5-6 says, “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.”

Jesus is the God of the Bible, and the one who is the focus of all the teaching at Faith Christian Assembly. LW residents are invited to come hear a Bible-based message at one of the services this weekend and learn about the God who loves all people fiercely.

Sunday service begins at 10:30 a.m. The Wednesday



**Pastor Sheri Leming**

morning Bible study is at 11 a.m.

Faith Christian Assembly is located on the corner of Seal Beach Boulevard and St. Andrews Drive at 13820 Seal Beach Blvd.

To receive a free copy of the church’s newsletter or more information on church, visit [www.fcachurch.net](http://www.fcachurch.net) or call 562-598-9010.

### LW Korean Community Church

Leisure World Korean Community Church’s (LWKCC) Sunday services are held at the sanctuary every week at 11:50 a.m., and a morning prayer meeting led by the senior pastor is held every Tuesday through Saturday at 6 a.m.

Breakfast is served after the morning service every Saturday, in the fellowship room.

LWKCC is located in LW next to South Gate at 1400 Church Place. For more information, call 714-323-0897 or email [revyong@hanmail.net](mailto:revyong@hanmail.net).

### Buddha Circle

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

Kusala is well known in the Buddhist community. He presents Buddhism in simple ways. His teachings focus on how to help people suffer less and become happier.

For more information, call 714-468-6887.

### REDEEMER from page 8

message. Believers can say they are people of faith and they are Christians. However, what believers do displays their faith and what it means to be a Christian. It is through hope and grace that every believer’s word and actions are in sync and send a transforming message to others.

### Holy Family Catholic Church

The Season of Lent will begin with Ash Wednesday on Feb. 14 for Holy Family Catholic Church in Leisure World.

The beginning of Lent is marked by many with ashes, hence the name Ash Wednesday, which falls on Feb. 14 this year. Ash Wednesday is the first day of Lent, and Ash Wednesday is always 46 days before Easter Sunday, which will be on Sunday, March 31, this year.

Holy Family’s Ash Wednesday Mass schedule will be at 8:30 a.m., noon and 4 p.m. Distribution of ashes will be during Mass only.

**The LW Weekly**  
**562-430-0534**

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**FIND YOUR PEACE OF MIND**

While the holidays may not be the same as they were in the past, there can still be plenty of reasons to celebrate. Don't wait until depression happens to reach out to us.

Learn how ReConnect can help.

ReConnect Program available in Leisure World: (714) 352-8820  
Visit us at [coasc.org/reconnect](http://coasc.org/reconnect)

**ReConnect**  
a Program of Council on Aging

**health CARE AGENCY**

**Veterans Crisis Line**  
1-800-273-8255 PRESS 1

**988**  
SUICIDE & CRISIS LIFELINE

Funded by: OC Health Care Agency (HCA), Mental Health and Recovery Services, Mental Health Services Act/Prop 63.



# COMMUNITY

## GOLDEN AGE FOUNDATION

### Calling all centenarians

The Golden Age Foundation (GAF) will host its fourth Leisure World Centenarian Celebration on Tuesday, April 23. GAF's goal is to recognize and celebrate every shareholder in LW who has reached this extraordinary point in life. People who know a LW shareholder who is or will be turning 99.5 years young in 2024 should call or text one of the numbers below. People should provide their long-lived friend, neighbor or family member's name, mutual and unit number, and contact information to include them in the celebration. The GAF hopes to feature some LW centenarians' stories in the LW Weekly.

People can provide information on centenarians to any of the following: Carl Kennedy at 661-810-9410; Beth Greeley at 714-329-3621; Cheryl Falconer at 714-904-1984; Fara McCartney at 714-625-5141 or Anna Derby at 562-301-5339.

## EMERGENCY INFORMATION COUNCIL

### Donate vehicles to help EIC be prepared for disasters

The Emergency Information Council (EIC) has partnered with [careasy.org](http://careasy.org) to accept vehicle donations to fund emergency preparedness activities in Leisure World. People can now easily donate their unwanted car, truck, motorcycle, RV, golf cart or boat and qualify for a significant tax deduction while supporting Leisure World residents resilience in an emergency incident.

People can go to <https://careasy.org/nonprofit/emergency-information-council> and fill in the form or call 855-500-7433 and the CAREASY friendly customer service representatives will be available to help seven days a week. CAREASY will arrange the pick-up of the vehicle donation and handle the necessary paperwork, at no cost. Most vehicles, running or not, can be picked up within 72 hours. People will receive an initial car donation receipt upon pickup and then the CAREASY team will work to turn your car into cash to support the EIC. For more information about the EIC, go to [www.eiclwsb.org](http://www.eiclwsb.org) or contact President Jackie Dunagan at 626-795-8656 or [Jackie919@gmail.com](mailto:Jackie919@gmail.com)

—Nick Massetti

## American Latino Club

The American Latino Club will meet in February for a Valentine's Day themed event on Thursday, Feb. 8, at 11:30 a.m. in Clubhouse 3, Room 2. Lunch will be provided by Wahoo's and includes one taco or enchilada with a choice of carnitas (pork), chicken breast, or vegetarian. The meal also includes rice, beans, salsa and a Valentine cookie. The meal is \$15 per member and \$17 for guests. Everyone that has not paid their dues before Feb. 5 will be considered guests.

No extra meals will be ordered so make sure pay the new club Treasurer Myriam Klotz by Monday, Feb. 5. Members will be contacted by email or phone. Only paid members will receive phone calls/emails after this February event. Payments must be sent to Klotz either by U.S. mail or by dropping it off in her mailbox at 13940 Thunderbird Dr., 6-G. Checks can be made payable to the American Latino Club. Call 714-746-9626 for more information about payment.

Members and guests can also bring their own lunch or drink but must tell Klotz beforehand. In addition to the 50/50 raffle, there will be a hat contest and three prizes will be awarded to the most original, prettiest and funniest handmade hat.



Bryan Arthur

## Sunshine Club

Bryan Arthur from Medicare Medical Pharmacy will speak at the Sunshine Club on Friday, Jan. 26, at 10 a.m. in Clubhouse 3, Room 2.

Medicare Medical Pharmacy is a family owned business dedicated to exceptional care. Founded in 2017 by Vickie and Bryan Arthur, Medicare Medical Pharmacy has quickly established itself as a trusted healthcare provider in the Santa Ana community. With a deep-rooted commitment to personalized care, Vickie and Bryan have built a successful pharmacy that prioritizes the well-being of their patients. Now, they are thrilled to announce their upcoming move to Leisure World in Seal Beach.

This exciting transition brings Medicare Medical Pharmacy directly into the heart of the Leisure World community, allowing Vickie and Bryan to provide convenient access to their high-quality care and services. As part of their expansion...

SUNSHINE, page 11



Client Facilitators Geneva Potepan (l-r), Lena Stevens, Tax Program Chair Diana Lambert, and Linda Johnson

## Time to make tax appointments

The AARP Tax-Aide Program, sponsored by the Golden Age Foundation (GAF), will be held Monday, Feb. 5, through Wednesday, April 10. IRS-certified volunteers will prepare and e-file returns on Monday, Tuesday and Wednesday mornings.

Appointments are required. People should call 562-596-1987 and leave their name and telephone number on the answering machine and a volunteer will return the call to schedule an appointment. It is important to answer even though the calling number will not be familiar or may be a blocked number. Make sure to have all of the documents necessary for filing before calling for an appointment.

Those filing must be a full-year Californian resident and qualify to file as a Single or Married Filing Jointly. The following records should be brought to the appointment, if applicable:

- Social Security number for everyone on the return
- Government issued ID
- Copy of 2022 Federal and State returns
- Forms W-2
- Forms 1099 for interest, dividends, pensions, social security benefits, stock sales, etc.
- Verification of the cost of assets sold during 2023.
- Forms 1095-A if medical insurance was purchased through Covered California.
- For itemized deductions, prepare and total a list of medical expenses, charitable contributions, taxes, interest and other deductions (total should exceed \$5,363 if filing as a single or \$10,726 if Married Filing Joint). Bring the list along with the organized receipts.
- Copy of a check, to have tax refund be directly deposited in bank account.

TAXES, page 12

## Seniors for Peace start the new year with a laugh

The Seniors For Peace Club will meet on Feb. 1 at 2 p.m. in Clubhouse, 3 Room 9. Joclyn Rabbit-Sire and Marilyn Palomino of the Climate Reality Project, a group founded by Al Gore and his supporters, will present on the present status of climate change, solutions and what everyone can do to make a difference.

The coming year will bring with it serious issues to deal with including ongoing wars, global warming, and crucial elections, so the club feels that some hearty laughter will do everyone good prior to facing stressful issues.

Dr. Susan Mathieu, adjunct faculty at the Alpert Jewish Community Center in Long Beach will also speak. Mathieu will highlight a happiness and humor model that encourages social connection and peaceful actions among older adults. According to research, in order for individuals to be successful in promoting social justice, they need to look inward and follow the "life satisfaction scale" for happiness. Mathieu consults with public and private agencies on the "Art of Getting Along



Joclyn Rabbit-Sire and Marilyn Palomino of the Climate Reality Project will be at the next Seniors for Peace meeting.

with Difficult People" and is known in some circles as the "happy professor."

Renowned LW resident and Certified Laugh Leader Bev Bender will add her humorous take on things as she does at her monthly laugh club at the LW Health Center called "Laughing For the Health of it!" Bender was a motivational-humorist speaker in San Francisco for many years and at the age of 57

went back to school to get her masters in gerontology. Her masters thesis was "Using Humor to Promote Healthy Living Among Older Adults."

The program will be topped off by a special humorous presentation by club president Pat Kruger.

All residents and guests are invited to attend. Call Pat Kruger at 562-357-4040 for more information.

### Primrose

#### Grand Re-Opening

**\$9.95 Breakfast Specials**  
**\$6 Bloody Mary or Mimosa**  
M-F Specials 7-11 am

**FULL BAR Happy Hour: M-F 2-6 pm**

13956 Seal Beach Blvd., Seal Beach, CA 90740  
**(562) 493-1653**  
Seal Beach Village Shopping Center

**Dining Room**  
7 am-7 pm daily



## American Legion Auxiliary fashion show, luncheon and raffle: March 9

The women of the American Legion Auxiliary are excited to present their annual fashion show and luncheon fundraiser. The event will be held on March 9 in Clubhouse 2 at 11 a.m.

Carol's in Old Town Seal Beach will provide the fashions. Lunch will be served, and people can try to win one of the many raffle prizes. Last year, the Auxiliary supported 12 different projects including nursing scholarships to three young women and a young man, several families with children at Christmas, companion dogs, assistance to veterans assimilating back in the workforce, education, and food for homeless veterans through the food pantry at the VA Hospital, plus 63 jackets were given to veterans and their families, to name a few.

It is rewarding to work with these organizations and meet the dedicated staff that works with veterans who have served the country, away from their families and many who come home with physical injuries and/or mental challenges. This event makes it possible for the Auxiliary to make a difference in the lives of many and all LWers are welcome to attend and be part of the Auxiliary's purpose of "Service, not self."

Tickets are on sale now and can be purchased for \$40 or a table of eight for \$300. People can call Rose Marie Sprague at 714-742-8362 to purchase tickets and they will be on sale in Clubhouse 2 at Bingo the first, second and fourth Sundays in January and February.

Tickets sell fast; call and reserve early.

—Dianne Hart

## SUNSHINE from page 10

sion, they will also introduce a convenience store within the pharmacy, catering to the day-to-day needs of the Leisure World residents.

While waiting for the pharmacy to open, Medicare Medical Pharmacy can fill and deliver medications for residents who want to transfer the prescriptions from their current pharmacies. Vickie and Bryan eagerly await feedback and product requests, encouraging residents to reach out via email at [medcaremedicalrx@gmail.com](mailto:medcaremedicalrx@gmail.com) or call 714-557-2982.

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

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

The LW Weekly  
562-430-0534

## FILIPINO ASSOCIATION OF LEISURE WORLD



The Filipino Association of Leisure World held its first meeting of the year on Jan. 14. President Anna Wayman acknowledged the January birthday celebrants and named the new board of directors and their president. Plans for the next Veterans Day picnic were announced.

## KOREAN VETERANS ASSOCIATION

### Taekwondo performance on Jan. 29

Paul Lee, president of Korean Veterans Association invites all residents and veterans of LW to the Kidz Team performance being held in Clubhouse 4 at 3 p.m. on Monday, Jan. 29.

The Kidz Team is a group of fourth, fifth and sixth grade students from South Korea who demonstrate the traditional martial art of Taekwondo, and perform traditional drums and fan dance, accompanied with songs. The performance is performed to share the good news of Jesus Christ around the world.

For more information, contact Lee at 310-710-3114.

## French Club

"Bonjour! Parlez vous francais?"

The French Club is an opportunity for residents to listen to fluent French speakers and to join in the conversation when they feel ready. It is not a French class. There are no lessons involved.

This club is perfect for people who used to speak French well, but have forgotten a lot of the grammar over the years through lack of practice.

Those who are currently a fluent French speaker and not out of practice are also encouraged to join the group. It is an opportunity for people to regularly converse in French right here in Leisure World. There are interesting people from all over the world who are members of the club.

The club meets in Clubhouse 3 from 2:30-4:30 p.m. on the first and third Sundays of every month. Come and join the French conversation.

— Lena Gibson



## Chinese Friendship Club

The Chinese Friendship Club will celebrate the Chinese New Year, the Year of the Dragon, on Feb. 8 in Clubhouse 3, Room 1, at noon.

The club will have a potluck luncheon to celebrate the new year. All are welcome to join.

For more information about the event, call Stella Huang at 562-588-6060.

# HeartCare.

# Better Together.



## Free Community Heart Health Lecture

Thursday, February 29 | 12:30 p.m.

Rush Park Auditorium  
3021 Blume Dr.  
Rossmoor, CA 90720

Listen to your heart and take care.  
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## LW America First Republican Club

by **Brian Harmon**  
*LW contributor*

The LW America First Republican Club January meeting featured two speakers, Austin Edsell, chief of staff for State Sen. Janet Nguyen, and Congressional candidate Max Ukropina.

Nguyen is running for an open seat on the Orange County Board of Supervisors. She was unable to attend because the State Senate is currently in session.

Edsell said that public safety is the top priority for Nguyen. She is endorsed by the California Republican party, which is rare for a candidate for a non-partisan office like the OC Board of Supervisors.

She is also endorsed by the Orange County GOP, the California Republican assembly, the Howard Jarvis Taxpayer Association, the Orange County Register, and the Orange County Young Republicans.

Ukropina is running for the Congressional seat left open by current Congresswoman Katie Porter. Ukropina is opposed in the primary by former Assemblyman Scott Baugh.

"I am an America first guy," Ukropina said. He argued that he is more conservative than Baugh and that more conservatives are needed in Congress to slow down the growth in government spending. Ukropina also said the Republicans in Congress should have pushed harder to cut spending, rather than giving in to prevent a government shutdown. Ukropina said that the interest on the national debt is currently more than the budget for the Department of Defense.

The Leisure World America First Republican Club supports legal immigration and secure borders, peace through strength, lower taxes, cutting government spending, free enterprise capitalism, family values, parental control of education, public safety through well-funded law-enforcement and an America first foreign policy.

Monthly meetings are held in Clubhouse 3, Room 2, on the third Wednesday of each month at 5 p.m. for socializing and 5:30 for the speaker.

The club booth, located near Clubhouse 6, will be open each Monday, Wednesday and Friday in January from 11 a.m.-2 p.m. At the booth, residents can sign the Protect Kids of California petition, register to vote, change their party affiliation, or just enjoy pleasant conversation.

The Protect Kids of California proposition, if passed, would not allow transgender people to enter bathrooms or compete on sports teams that are not the gender they were born. It would also require schools to get parental permission to refer students for gender-altering medical care or hormone therapy.



Representatives from Working Dogs for Warriors presented at the American Legion Auxiliary's meeting.

## American Legion Auxiliary

American Legion Auxiliary's meeting featured a new member initiation and a demonstration from Working Dogs for Warriors (WDFW). Representing the group was a program director, a trainer, a veteran with his dog and another dog in training.

WDFW is a California 501(c)3 nonprofit founded in 2011. These rescue dogs are trained and paired with veterans afflicted with military connected trauma. WDFW is entirely made up of volunteers. For more information, go to [www.workingdogsforwarriors.com](http://www.workingdogsforwarriors.com).

## Golden Age Foundation Mobility Aids

Mobility aids are loaned out to the community as needed. The office is open from Monday-Friday, 9-11 a.m., downstairs in Clubhouse 6. For more information or to volunteer, go to [www.GoldenAgeFdn.org](http://www.GoldenAgeFdn.org) or call 562-431-9589.

## Democratic Club

by **Mary Larson**  
*LW contributor*

The Orange County Registrar of Voters will soon begin sending vote-by-mail ballots to all registered voters. Because of the state's "Jungle Primary" voting system, any one vote by a Leisure World resident in the 2024 Primary Election could make the difference as to which candidates survive to run in the November General Election.

This relatively new voting system applies to California's executive and legislative races as well as the U.S. Senate and House of Representatives. In these races, the top two vote-getters in the Primary face off in the November General Election, regardless of their party affiliation.

Orange County local races are handled differently. Any candidate receiving more than 50% of the vote for the OC Board of Supervisors in a Primary

Election is immediately elected. They do not have to run again in November.

All LW voters should be aware that there will be five candidatures seeking election to the Board of Supervisors on the upcoming Primary ballot. Four of these candidates are, or have been, registered Republicans. Dr. Frances Marquez is the only Democratic candidate running for this position and has been endorsed by the California Democratic Party, as well as the LW club.

There is only one Orange County board to which members are elected in a different manner. Membership on the OC Board of Education is determined by whomever gets the most votes in a primary election. Leisure World residents will not find this position on their ballot until 2026.

Gun safety laws will be the topic for the Feb. 21 Democratic

Club voter education session in Clubhouse 3, Room 3 at 1 p.m. Registration for this session in advance is not necessary. All Democrats and supporters are welcome to attend, email [Beverlybender@gmail.com](mailto:Beverlybender@gmail.com) for more information.

The Democratic Club's Hospitality and Information Booth located outside Clubhouse 6 will be open on every Tuesday and Thursday from 10:30 a.m.-12:30 p.m. until the March Primary Election.

All LW Democrats and supporters are invited to subscribe to the club's semi-monthly electronic newsletter by emailing [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com). It is important for people to include their name, address, phone number and political party registration in the request. If a request has not been answered email the club again or call editor Mary Larson at 562-296-8521.

## LEARN TO SPEAK SPANISH



The American Latino Club's Spanish Class welcomed author Julia Cervantes-Espinoza (third from left) on Jan. 10. She read one of her two books, "Christmas Time A-Z with Rosita!" She delighted the students with her vivacious and energetic reading of the book explaining Christmas traditions in different

countries of Latin America complete with her elf costume. Cervantes passed out treats and autographed her book. The club looks forward to her coming back for another visit to read "Calavera, Calavera, What Do You See?" where she explains the Day of the Dead as a celebration of life.

## Humanist Association

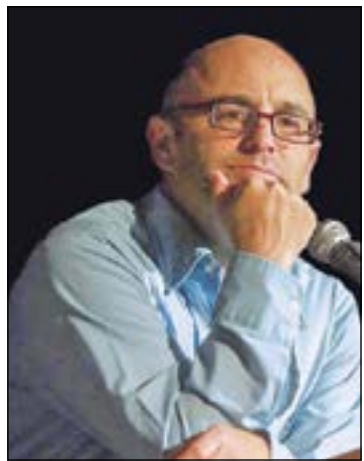
The Humanist Association is excited to host Phil Zuckerman, internationally known sociologist and author, to speak at its meeting on Sunday, Feb. 4, at 10:30 a.m., in Clubhouse 3, Room 1.

Zuckerman is a professor of sociology and secular studies at Pitzer College in Claremont, California. He has also been a guest professor for two years at Aarhus University in Denmark. He is the author of several books, including "Beyond Doubt: The Secularization of Society," "What it Means to be Moral," "The Nonreligious," "Living the Secular Life," "Faith No More," and "Society Without God." His research has also been

published in many scholarly journals.

Zuckerman founded the first Secular Studies department in the nation. He is currently the series editor of the secular studies book series with New York University Press. Zuckerman is also a frequent contributor to the Los Angeles Times, Psychology Today and the Huffington Post. He lives in Claremont, California with his wife and three children.

Zuckerman will talk about his book, "What it Means to be Moral." There is strong evidence that not only is religious-based morality inadequate for modern society, but that secular people and societies are more moral



Phil Zuckerman

than religious ones. This premise is also explored in his 2008 book, "Society Without God," and is even more true today.

## TAXES from page 10

The program cannot prepare returns that are out-of-scope or prepare returns for a rental property, a net loss from self-employment, sale of anything other than a California resi-

dence, stocks, bonds and mutual funds. An intake/interview sheet (Form 13614-C) must be completed for each return that is prepared in advance. For convenience, the form will be available in the LW Library at its temporary location through Jan. 31 in Clubhouse 3, Room 8.

The tax preparation room is

in Clubhouse 3, in the Knowledge and Learning Center Computer Room. Residents will participate in an interview with the tax preparer and the quality reviewer. The process will take at least an hour to have the tax return prepared, reviewed, and printed. It will be e-filed later that day.

Read the Weekly online at [www.lwweekly.com](http://www.lwweekly.com)



# ARTS & LEISURE

## LW DRONE CLUB



Owen Hughes

People are invited to expand their photo and video skills, and meet fun people by joining the Drone Club. New members are always welcome and drone ownership is not necessary. The club meets every fourth Thursday in Clubhouse 3, Room 7, at 11:30 a.m. This Beach House view off First Street, with the Long Beach skyline in the background, is an example of what drone operators can do. For information, contact Joseph Valentinetti at 0501042@gmail.com.

## Art League will investigate digital art

Digital art is taking over many aspects of art in general and the Art League is joining the action. The league is seeking LW residents interested in investigating this new aspect of digital imaging via the computer. Because this is new and the league is at the beginning of this method of computer generated imaging, it will be using the inexpensive Corel's Painter Essentials, an intro version of Painter.

All attendees will need is a computer and the willingness to learn new tricks. No art degree necessary.

For more information, call John Harper at 714-222-4342.



courtesy The Bowers Museum

The Garden Club will visit the Bowers Museum in Santa Ana on Feb. 29.

## Bowers Museum Tour

Tickets are available for the upcoming Garden Club tour to the Bowers Museum in Santa Ana on Feb. 29. Tickets are \$40 per person, which includes bus transportation, entry to the museum and a docent-led tour.

Museum exhibits include "Gemstone Carving: The Masterworks of Harold van Pelt;" "Miao: Masters of Silver;" "Ancient Arts of China;" and "Ceramics of Western Mexico." Lunch is not included in the ticket price but the tour will stop at the Olive Garden, where participants can order from the lunch menu.

Tickets can be purchased at the next Garden Club meeting on Feb. 19 at 1:30 p.m. in Clubhouse 2. People can also call 714-365-9367 or 562-446-0056 for further details and to reserve tickets.

## COMMUNITY EVENT

### Discovery Tour will showcase community's array of amenities

The Great LW Discovery Tour will be held Saturday, April 6, from 11 a.m.-2 p.m. and it will top anything GRF has done since the 50th anniversary event. GRF clubs won't want to miss out.

The event will give residents, especially those who don't typically take advantage of LW's amenities, an opportunity to experience a wide variety of activities.

Several clubs have already signed up to participate but there is still room for more.

Clubs that would like to be included in the Club Expo, should let the Recreation Department know as soon as possible. In February, Recreation will begin plotting locations and the opportunity will close at that time.

Clubs can simply have a table display with information, handouts, or prizes or may put on a more elaborate presentation.

Most clubs will be staged at Clubhouse 3, but others will be situated in their usual clubhouse. Every clubhouse and amenity will be included in the event.

This is a chance for clubs to show LWers what they are missing. Clubs that have not yet applied to participate should email Recreation Manager Kathy Thayer at kathyt@lwsb.com as soon as possible, as space is filling up fast.

The event is still in the planning stages, so watch for more information in the LW Weekly.

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Jojo Weingart

Hui O Hula dancers are always happy to share their aloha. Here, during class practice at Veterans Plaza, dancers greet a LW resident with warm aloha and hula.

## Hui O Hula

Hui O Hula is LW's Hawaiian dance club. Classes are offered on Tuesdays and Thursdays starting at 1 p.m. Tuesday's class meets in the mirror room upstairs in Clubhouse 6; and Thursday's class is held outdoors at Veterans Plaza, but the class meets inside Clubhouse 3 if the weather is unfavorable. For more information about classes, call 562-431-2242.

Anyone can enjoy the hula. Those who would like to have a gentle workout by swaying to Hawaiian music are welcome to "walk-in-hula-out" on Tuesday or Thursday at 1. Dancing is a fun and healthy way to promote better balance and grace. All, including men, are invited to try this Hawaiian artform. Traditional hula is danced barefoot. Bring a pair of socks for warmth or booties for support as the floor/ground can be cold and hard.

After "walk-in-hula-out," dancers may stay on to hula with more specific instructions. The current subject is "He Aloha No O Honolulu." Aloha in Hawaiian means love, hello or goodbye. In this song, it means goodbye as composer Lot Kauwe is leaving Honolulu as he sails to the Big Island onboard Mauna Loa. Dancers are learning how to tell—with their hands and expressions—the different winds and rains from different parts of the islands.

—Jojo Weingart

## LW ART LEAGUE



Ida Bruce (l) was the lucky raffle winner at the LW Art League meeting held on Jan. 9. John "Jim" Salchak (r) was the guest artist, and he donated one of his original paintings as the raffle prize. The Art League will meet again Feb. 13. Everyone is invited to attend.

## Grab 'n' Go Food Schedule: Jan. 24-31

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

**Monday: Italian Burger Truck at Clubhouse 6**—Burgers, chicken, steak and loaded fries with an Italian accent. Preorders accepted online at [info@italianburgergrill.com](mailto:info@italianburgergrill.com) or text 424-299-6291. Cash and cards are accepted. 4-6 p.m.

**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: Kiki's Cuban Food (New) at Clubhouse 6**—Offering a variety of Cuban specialties, from slow roasted pork to sweet plantains to vegan dishes.

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 email notifications at [www.lwsb.com/lw-live-sign-up/](http://www.lwsb.com/lw-live-sign-up/). To ask questions or give feedback, call 562-431-6586, ext. 398, or email [kathyt@lwsb.com](mailto:kathyt@lwsb.com).

## Saturday Morning Dance Class

There are two dance classes every Saturday morning in Clubhouse 6 (second floor).

In January the classes are cha-cha at 9 a.m., followed by Foxtrot at 10. Each class is \$7 per person.

The class participants vote on new dance topics every month. Prior dance experience is not necessary, and partners are not required.

For more information, contact Howard Small at 516-659-3314.

## Leisure Time Dancers

The Leisure Time Dancers hold classes on Monday afternoons in the dance studio, upstairs in Clubhouse 6.

The Hustle will be the new dance at 2 p.m., followed by a continuation of the rumba at 3. Beginners are welcome.

No partner is necessary. The class will rotate so everyone dances. A review of basics is included. The cost is \$8 per person for one class; \$12 per person for two classes in a single day.

For more information, contact Nancy Lyons at [nhlyons@icloud.com](mailto:nhlyons@icloud.com).

## LW LIBRARY



LW Library Manager Taylor Greene (l) receives a \$5,000 donation from the Friends of the Library represented by President Joyce Brannon (r). These funds are generated from book, media, and boutique items donated by residents and are then cycled back into the community through small dollar purchases. The Friends would like to thank all those who donate items and patronize the bookstore.

## COMMUNITY KARAOKE

### Karaoke parties every Wednesday

Dorothy Ferrington doesn't just sing, she performs for the audience at the Community Karaoke Club's Wednesday night karaoke parties.

Each week, dedicated singers take the stage to have a bit of fun while entertaining the audience. Wayne Urban never fails to build his song with a surprise ending.

Karen Morris did a song the audience could all relate to, "When Did I Get Old." Kyung Ju has a lovely voice singing the popular "I Started a Joke."

Michael Bertheld has a favorite number, "Honey Money." "Hallelujah" was smoothly sung by Martha Destra.

Thirty anxious vocalists regaled the audience with their choices: some ballads, some country, some pop, all entertaining.

People can rehearse a song or two each Monday in Clubhouse 6 from 1-3 p.m. Karaoke parties are every Wednesday night beginning at 5:30 p.m. Singing is a good way of connecting with people and making new friends. Everyone is welcome.

—Margie Thompson



Dorothy Ferrington

## GARDEN SPOTLIGHT



Recently planted annuals offer a pop of color in the midst of winter in Mutual 3. This garden belongs to Cathy Simipakos and is located at 13641 Alderwood Lane, 35-A.

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A bird nest holds two pre-flight hummingbird fledglings.

WILDLIFE

Hummingbird family settles down on Mutual 14 patio

A hummingbird has made its nest atop a holiday light on the porch of Judith Schroeder's unit in Mutual 14. The nest currently holds two pre-flight fledglings, who happily receive feedings throughout the day from their mother.

Black-chinned hummingbirds lay small white eggs, which incubate for only 13 to 16 days. The fledgling birds typically take their first flight when they are only 20 days old. A mother hummingbird will usually have one or two broods per year, sometimes three.

Their nests, which are built by the females, are a compact cup made from grasses, plant fibers and spider webs, lined with plant down. The exterior of the nest is typically camouflaged with lichens, dead leaves and other debris.

Black-chinned hummingbirds live in semi-arid country, river groves and suburbs. According to the National Audubon Society, the hummingbird breeds in many kinds of semi-open habitats in the lowlands, including streambanks, towns, brushy areas, oak groves in canyons, and, apparently, in temperate senior communities.

In the southwest, the birds avoid most open desert but may be found along dense washes or desert rivers. After breeding, they may move to higher elevations in the mountains. Their diet is mostly made up of nectar from flowers, as well as small insects.

—Donna Gambol

Coin Club

The Coin Club will hold its monthly meeting on Feb. 14 in Clubhouse 3, Room 2, at 1:30 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.

Valentine's Day Dinner Dance

Tickets are on sale for the GRF Valentine's Day Dinner Dance on Wednesday, Feb. 14. The romantic not-for-couples-only evening will begin at 6 p.m. in Clubhouse 2, with a dinner of lemon herb chicken, garlic mashed potatoes, a steamed vegetable medley, Sonoma salad, and chocolate mousse for dessert, catered by Country Gardens Caterers.

Music and dancing will be provided by Anthony and Doniele Bernasconi, whose repertoire runs the gamut from Frank Sinatra and Marvin Gaye to Billy Joel, James Brown and Michael Bublé.

Anthony wowed the Amphitheater audience last season with his Bublé tribute show and Doniele is an artist in her own right with her country classics renditions. Their versatile and engaging style draws the audience into the fun and gets the house rocking.

Book now as this event always sells out and seating is limited. Tables can be purchased by groups of eight, subject to availability. Tickets are \$40 per person or \$300 for a table and are available at the Recreation office in Building 5. For information, contact Mayoka Bassell at 562-431-6586, ext. 476, or email [mayokab@lwsb.com](mailto:mayokab@lwsb.com).



Gordon Smith photographs nature during a Photo Arts Club field trip.

Photo Arts Club

At the Jan. 11 meeting of the Photo Arts Club, Ben Benjamins reviewed the five most critical elements in creating a beautiful photo. In order of importance, they are: light; the eye/brain; subject (must be razor sharp focus); composition; and camera. The club's latest assignment had been to take photos of reflections.

Les Coombes shared several photos of interest and described his process in creating the photos.

The club will meet Thursday, Feb. 8, at 1:30 p.m. in Clubhouse 3, Room 9. The assignment is to take photos of shapes with a camera or phone.

People should send three of their favorite images to Ziggy Romano, who will teach the class, at [siegfried.romano@gmail.com](mailto:siegfried.romano@gmail.com) before Feb. 6.

People can also bring photos of their choice to be displayed and to be commented on at the meeting. 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.

—Regine Schumacher

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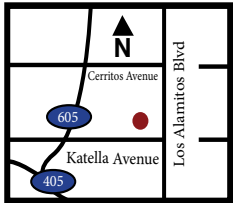
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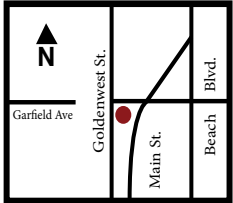
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# HEALTH & FITNESS

## WA-RITE

### Learn about healthy habits that aid in weight loss on Fridays in CH 3

Wa-Rite meets on Friday mornings in Clubhouse 3, Room 1. Weigh-ins are from 8:15-8:45 and are optional for visitors. The meeting is from 9-10. Annual dues are \$10. Weekly member dues are 10 cents. Female LW residents looking for support in their weight loss journey and to improve an overall health are welcome to visit any of the club's meetings. Arrive no later than 8:45 a.m.

On Jan. 12, Wa-Rite Club President Judy Chambers took the top loser title by losing 2.5 pounds in one week. She attributes her success to staying committed to her goals.

Members also learned about the harm of inflammation, which may cause fatigue, fever and joint pain, balance issues, brain fog, eye problems, flu-like symptoms, gastrointestinal problems, insulin resistance, muscle weakness and skin issues. Inflammation can be caused by significant injuries, poor diet of processed or sugary foods, excessive consumption of red meat, poor sleep and being sedentary. Fatty fish, a variety of fruits and vegetables, consistent exercise, a good night's sleep and plenty of water can ease or help prevent the inflammation. People are reminded to contact their primary care physician before making any assumptions regarding their health.

Wa-Rite supports its members in building camaraderie through contests, songs, cash prizes, weekly swap meet table, crowns, parties, informational presentations and occasional funny money auctions.

—Denise Stabile



Top loser and club president Judy Chambers.

## BICYCLE GROUP



Groups A and B of the Leisure World Bicycle Group pedaled to Shoreline Village in Long Beach. Both groups meet on Sundays with breakfast, Mondays, Wednesdays and Fridays at 9 a.m. at the North Gate. Helmets and safe shoes are required. Everyone is welcome. For more information, call Mary Romero at 562-509-8475.



Dancing Feet Club members practiced the "Blurred Line Dance" and other dances taught by instructors Ed Bolos and Rose Vivar.

### Dancing Feet invites all dance enthusiasts to join in the fun

The Dancing Feet Club meets on Mondays for line dance lessons and practice from 7-9 p.m., and every fourth Sunday for a social (ballroom) dance. The next so-

cial dance is on Jan. 28. All the classes are held in Clubhouse 2. Everyone with passion for dancing is invited. Come dressed to impress. People may bring their favorite snacks and

drinks. Alcohol is not allowed. There is no fee to participate. For more information, text Ed Bolos at 551-998-4223 or email [edgbolos@gmail.com](mailto:edgbolos@gmail.com). —Ed Bolos

## STRONGER TOGETHER

### Grief Support Group for LW residents

Pathways provides a free grief support group for LW residents on Wednesdays from 2-3:30 p.m. People looking to learn more about the grief process and share their story can call Tammie Ottenad at 562-531-3031 to get approved for the group and more details on location.

For more information about the Grief Support Group and other programs, call GRF Member Resources Liaison Robann Arshat at 562-431-6586, ext. 317.

### 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](http://www.mowlb.org) to complete the application or cancel a meal for the following day, before 9 a.m. the prior business day.

#### Thursday, Jan. 25

Beef stroganoff, brown rice, zucchini medley, seasoned carrots, sugar cookies, roast beef and cheese sandwich with lettuce, tomato and pickle, and marinated beet and onion salad.

#### Friday, Jan. 26

Baked turkey ziti, whole grain roll, California blend vegetables, apple, Greek chicken salad with tomato, olives, cucumber, Feta cheese, vinaigrette dressing and crackers.

#### Monday, Jan. 29

Rosemary chicken breast with creamy garlic sauce, rice pilaf, seasoned carrots, mixed vegetables, tangerine, chicken salad sandwich with spinach and tomato, and marinated beef and onion salad.

#### Tuesday, Jan. 30

Homemade meatloaf with mushroom gravy, potatoes au gratin, peas and carrots, chocolate pudding, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing and crackers.

#### Wednesday, Jan. 31

Oven-roasted chicken breast with barbecue sauce, mashed sweet potatoes, seasoned broccoli, fresh pear, roast beef and cheese sandwich with lettuce, tomato and pickle, and carrot and pineapple salad.

## BALLET FITNESS



Instructor Mel Lockett leads the Ballet Fitness class in new choreography, which provides a full body workout. The free classes are held on Saturdays from 1:30-2:30 p.m. in Clubhouse 6 Mirror Room. Everyone is welcome.

### Optum HCC Events, Feb. 6-28

**SCAN Medicare 101 Camp**  
Stop by and talk with Diane Scott from SCAN about ins and outs of Medicare, the latest updates, and learn about money-saving tips. No RSVP required.  
**When:** Tuesday, Feb. 6  
**Where:** Outside of Large Conference Room  
**Time:** 10 a.m.-noon

**Paint and Sip Sponsored by Ibarra Medicare**  
Join Carla Ibarra from Ibarra Medicare in relaxing, painting a picture, and talking about Medicare. Supplies will be provided. RSVP by calling 1-833-442-2772.  
**When:** Thursday, Feb. 8  
**Where:** Large Conference Room  
**Time:** 10:30 a.m.-noon

**Fall Recovery and Balance Health Seminar**  
Christel Mitrovich from Reneu health will talk about fall recovery and balance—the most requested topics by LWers. RSVP by calling 562-493-9581.  
**When:** Friday, Feb. 9  
**Where:** Large Conference Room  
**Time:** 11 a.m.-12:30 p.m.  
**EVENTS, page 17**





LW residents had fun advancing their dancing skills last Thursday in Clubhouse 2.

JOYFUL LINE DANCE

Improve endurance and heart health through dancing

Joyful Line Dance meets on Thursdays from 10 a.m.-12:30 p.m. in Clubhouse 2, and offers beginner classes from 10-10:30 a.m.

After the beginner class, the first half hour is for beginners and intermediate dancers. After a brief break, the last hour is dedicated to more advanced dances learned in the past few months.

The club has many instructors taking turns teaching. One of them, Karen Kei, introduced several new dances such as Maria Meringue, Papa, The River of Babylon, Sugar Sugar, Jim Reeves Waltz and Desire (Bare in Korean). The club is planning on adding more variety by the end of the month.

Everyone is welcome. Exer-

cise shoes are recommended. All attendees are asked to sign in with their name and Mutual and unit numbers. The annual membership fees are minimal and due in January.

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

—Anna Derby

EVENTS  
from page 16

**United Healthcare Formal Sales Meeting**  
Sherry Vandervoort from United Healthcare will talk about Medicare benefits and latest updates. RSVP by calling 949-702-9488 or just stop by.  
**When: Monday, Feb. 12**  
**Where: Large Conference Room**  
**Time: noon-1 p.m.**

**United Healthcare Formal Sales Meeting**  
Sherry Vandervoort from United Healthcare will share Medicare updates. RSVP by calling 949-702-9488 or just stop by.  
**When: Thursday, Feb. 22**  
**Where: Large Conference Room**  
**Time: noon-1 p.m.**

**Music and Movement With Alignment Health**  
Join Alignment Health for a fun music and movement session to improve balance, prevent falls, boost energy and promote better sleep. RSVP by calling 562-493-9581 or just stop by.  
**When: Wednesday, Feb. 14**  
**Where: Large Conference Room**  
**Time: 10:30-11:30 a.m.**

**Fall Recovery and Balance Seminar**  
Christel Mitrovich from Reneu health will talk about fall recovery and balance. RSVP by calling 562-493-9581.  
**When: Friday, Feb. 23**  
**Where: Large Conference Room**  
**Time: 11 a.m.-12:30 p.m.**

**Acupuncture and Holistic Medicine Seminar in Korean**  
Doctor of integrative acupuncture and herbal medicine Yeung H. Kwon from ELIM Acupuncture Group in partnership with Optum, will speak about the benefits of cupping and holistic medicine. This seminar is in Korean. RSVP by calling 1-800-385-1130 or just stop by.  
**When: Thursday, Feb. 15**  
**Where: Large Conference Room**  
**Time: 10 a.m.-noon**

**Alzheimer's Support Group in Spanish**  
Learn about dementia Alzheimer's disease with Norma Castellones. Friends and family are welcome. RSVP by calling 562-493-9581.  
**When: Monday, Feb. 26**  
**Where: Large Conference Room**  
**Time: 3-4 p.m.**

**Benefits of a Plant-based Diet**  
Registered dietician Jacqueline Atwood will talk about the benefits of a plant-based diet, and how it may help with gut health, reduce inflammation and support immune system. RSVP by calling 562-493-9581 or just stop by.  
**When: Friday, Feb. 16**  
**Where: Large Conference Room**  
**Time: 2-3:30 p.m.**

**Brightstar Care Parkinsons Disease Support Group**  
To enroll in this group or for more information, call Becky Kohl at 714-861-4101.  
**When: Tuesday, Feb. 27**  
**Where: Large Conference Room**  
**Time: 2-3 p.m.**

**Brightstar Care Parkinsons Disease Support Group**  
To enroll in this group or for more information, call Becky Kohl at 714-861-4101.  
**When: Tuesday, Feb. 20**  
**Where: Large Conference Room**  
**Time: 2-3 p.m.**

**SCAN Medicare 101**  
Diane Scott from SCAN will talk about Medicare. No RSVP required.  
**When: Tuesday, Feb. 27**  
**Where: Boardwalk Conference Room**  
**Time: 2-3 p.m.**

**Music and Movement With Alignment Health**  
Join Alignment Health for a fun music and movement session to improve balance and prevent falls. RSVP by calling 562-493-9581 or just stop by.  
**When: Wednesday, Feb. 28**  
**Where: Large Conference Room**  
**Time: 10:30-11:30 a.m.**

Tips to Fight the Common Cold

Statistics show that adults get an average two to four colds per year. There may not be a way to avoid getting a cold, but some strategies can potentially lessen its severity.

- Hydrate. Drinking plenty of water and throat-soothing warm liquids like decaffeinated tea with lemon and broth can ease the congestion, and sore or dry throat.
- Gargle with salt water. Gargling with salt water can effectively alleviate pain and swelling of a sore throat. The recommended saltwater gargle is about one teaspoon of salt per cup of warm water.
- Utilize a humidifier. A humidifier can be used to make indoor air more moist and soothe a sore throat.
- Get plenty of rest. Sleep helps to strengthen the body's immune system, making it more effective in fighting off a cold.

—MetroCreativeConnection

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.

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

- Thursday, Jan. 25**  
Diced chicken with sweet and sour sauce, egg noodles, oriental vegetable blend, whole wheat dinner roll, and sugar-free fruited gelatin.
- Friday, Jan. 26**  
Cubed beef with Ranchera sauce, Mexican rice, pinto beans, tortilla, pico de gallo, and canned apricot.
- Monday, Jan. 29**  
Chicken breast with Parmesan and sun-dried tomato sauce, tri-color pasta, mixed vegetable blend, whole wheat dinner roll with Smart Balance, and mandarin orange.
- Tuesday, Jan. 30**  
Chicken torta sandwich (shredded chicken, pinto beans, lettuce, diced tomatoes, mayonnaise), telera roll, and tropical fruit mix.
- Wednesday, Jan. 31**  
Moroccan lentil vegetable soup with sugar-free crackers, veggie egg salad, barley mushroom salad, whole wheat mini blueberry muffin with Smart Balance, and diet pear crisp.

Leisure Leggers

The Leisure Leggers, a running and walking club in Leisure World meets every Monday at Clubhouse 6 at 8 a.m. for a brisk trot around the neighborhood, followed by coffee and camaraderie. Dues are 99 cents per year.

For more information, call President Tom Pontac at 562-304-0880.

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# SPORTS & GAMES



Shuffleboard Club's Tuesday night league members and captains eager to hit the courts.

## Shuffleboard courts to go dark for February

The shuffleboard courts will be closed in February so that the GRF can begin painting the entire inside and outside of the building and possibly install exhaust fans that will release some of the hot air that accumulates during warmer months.

Shuffleboard Club members will miss being able to play but are happy to pause their activities in exchange for coming back in March to a freshly restored building. This much anticipated work was approved by the GRF at its December board meeting.

Twelve-year veteran club player Sally Fowler exclaimed, "I truly can't wait to see the

results. It's been a long time in coming. We are all so excited these improvements will finally be made." Club President Kay Mount added, "I'm so grateful for our GRF's ongoing support, as they have approved four projects for our courts since I've become president."

**Jan. 12 winners:** Team Sally surpassed Team Shel winning seven games out of 12. Sally Fowler and Patti Nemnich earned all-game winner status for Team Sally. Team Milly and Team Carol's matchup was a draw with each team winning six games. Sal LaScala was the all-game winner for Team Milly and Jack O'Brien and Harshad Patel earned that status

for Team Carol.

**Jan. 16 winners:** Team Jack surpassed Team Chandra, winning eight of 12 games played. All-game winners for Team Jack were Sue Burkschab and John Mount. The all-game winner for Team Chandra was Mark Scott. Team Rod edged out Team Elizabeth by winning seven games. Barb Ponegalek and Sally Fowler were all-game winners for Team Rod while Elizabeth Martinez earned the honor for Team Elizabeth.

For more information about the Shuffleboard Club, call Membership Coordinator Patty Peterson at 562-714-7072.

—Barbara Gardner

## 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. Additionally, a meeting is held

on the first Monday of the month, 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.

## LW Pool Club's Monahan wins annual tournament

On Jan. 15, 16 LW Pool Club players competed in the Clubhouse 2 pool room in a B and C player tournament. Since this was an individual tournament, not a team tournament, it excluded the A players and made the skill level more competitive.

It was a double elimination tournament, which means that after two losses the player was out. Gary Monahan won his first four games to remain the only player without a loss in the winner's bracket by beating Millie Larsen.

In the loser's bracket, Shery Wells beat Dave Mackinder, which meant that the worst Wells could do was third place. Wells played Larsen, who had won their previous game when Wells hung the eight ball in the corner pocket. In their rematch, Wells scratched shooting her last ball and left Larsen ball in hand on the eight ball in the side



Pool Club B and C tournament top players Millie Larsen (l-r), Gary Monahan and Shery Wells.

pocket. This meant that Larsen met Monahan again in the finals.

Because it was a double elimination tournament, Larsen needed to win two games from Monahan, because she had one loss and Monahan had none. Monahan shot really well and ran his last three balls to win the first game and the champi-

onship. The C players did really well in this competition, taking second and third place.

The B and C tournament has become an annual event and the club looks forward to doing it again next year.

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

—Dave Silva

## Duplicate Bridge Club

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](mailto:yuelingnye@yahoo.com) no later than 10 a.m. on game day. Arrive by 12:15 to confirm reservations.

**Jan. 8 winners (seven tables):** Howard Small and Chie Wickham, and Howard Smith and Fred Reker, north/south; Jeanette Estill and Priscilla Caillouette, and Joyce Basch and Bud Parish, east/west.

**Jan. 11 (two tables):** Fred Reker and Howard Smith

**Jan. 12 (five tables):** Sibyl Smith and Diane Schmitz, and Carol Murskoshi and LaVonne McQuilkin, north/south; Shmuel Fisher and Sue Fardette, and Fred Reker and Marilyn McClintock, 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](http://www.acblunit557.org) and click on Leisure World Results. For club information contact Howard Small at 516-659-3314 or [howard.small@outlook.com](mailto:howard.small@outlook.com).

—Sue Fardette



Saturday Social Bunco Club Jan. 13 winners: Arlene Culison (l-r), most wins; Linda Payne, most babies; Joyce Ingram, Rose Marie Sprague and Susan Hopewell, most losses; Diane Seeger, door prize winner. Not pictured: Helen Sponsler, most buncos.

## Saturday Social Bunco Club

The Saturday Social Bunco Club meets on the second and fourth Saturdays of every month. The next meeting will be Jan. 27 in the Clubhouse 3 Lobby. Sign-in begins at 1 p.m. and is \$5. The annual \$5 dues will be collected as well, for a total of \$10. Play begins at 1:30.

For more information, contact Susan Hopewell at 562-754-5059.

—Kathleen Rapp

## Cribbage Club meets Tuesdays

The Cribbage Club meets every Tuesday in Clubhouse 1 at noon. Refreshments are served from noon-12:15 and anyone arriving by 12:15 is assured a place to play. Games begin at 12:30 with a total of seven games played each week. Yearly dues are \$5 and \$1 is collected from each player.

Carrie Kistner and Darlene Meyers provided and served everyone a special homemade cake in celebration of both their birthdays. The club thanks them and sends "Happy Birthday" wishes.

Winners of the week include: Howard Bleakley, 842, first place; Mary Holder, 841, second; Jack O'Brien, 834, third; Lynne Sorum, 831, fourth. Suzanne Frank finished with six 121s.

There's always room for new members. For more information, call Marilyn Chelsvig at 562-279-5665.

—Mary Holder

## Table Tennis

Table tennis is available for play on the first floor of Clubhouse 6. The Table Tennis Club offers lots of play options. Look for its information and sign-up sheets by the tables.






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# Mexican Train Dominoes Club meets Thursdays Tournament Poker Club

The Mexican Train Dominoes Club meets every Thursday at 5:30 p.m. in Clubhouse 3, Room 4. Come on down to get out of the house and meet some fun friends.

The object of the game is for a player to play all the tiles from his or her hand onto one or more trains emanating from a central station.

The objective of all train games is to be the first to place all of one's dominoes.



Mexican train dominoes central station in play.

The Tournament Poker Club welcomed back its members for the first tournament of the month and the new year on Jan. 6. As the winners of their original tables, the final table players were: Tom Pappas, first place; Lem Hall, second; Glenn Evenson, third; Barry Brideau, fourth; Doug Wolfe, fifth. Forty-two players started the game and at the final table play continued until Pappas and Hall were head's up. The flop came J-A-Q and holding J-2 Hall went all in and was called by Pappas holding Q-4. The turn was a six, which was no help to either player, but the river card was a four; giving Pappas the winning hand of two pair: Qs and 4s.



Tom Pappas

Pappas has lived in Leisure World for 13 years and been a member of the poker club four years. This was his fifth final table win at regular tournament. In addition to tournament poker, Pappas enjoys golf here in Leisure World, and also likes to travel.

The club congratulates all the winners. Those who would like to play a fun and friendly game of Texas Hold 'Em for a \$5 buy-in should make plans for the next Saturday tournament on Feb. 3. Regular tournaments are on the first three Saturdays of every month in the lobby of Clubhouse 6. Registration begins at 10 a.m., along with treats and coffee. Cards are in the air at 10:30. There is no late seating.

—Deborah Barner



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LW Weekly newspapers for people who are hearing or vision impaired are available at [www.lwweekly.com](http://www.lwweekly.com)

## Puzzle Answers

Puzzle pages 6-7



| SCRABBLE GRAMS SOLUTION |                |                |                |                |                |                |          |  |     |  |  |  |
|-------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------|--|-----|--|--|--|
| E <sub>1</sub>          | R <sub>1</sub> | U <sub>1</sub> | D <sub>2</sub> | I <sub>1</sub> | T <sub>1</sub> | E <sub>1</sub> | RACK 1 = |  | 58  |  |  |  |
| D <sub>2</sub>          | E <sub>1</sub> | F <sub>4</sub> | L <sub>1</sub> | A <sub>1</sub> | T <sub>1</sub> | E <sub>1</sub> | RACK 2 = |  | 61  |  |  |  |
| P <sub>3</sub>          | E <sub>1</sub> | E <sub>1</sub> | V <sub>4</sub> | I <sub>1</sub> | S <sub>1</sub> | H <sub>4</sub> | RACK 3 = |  | 95  |  |  |  |
| G <sub>2</sub>          | E <sub>1</sub> | O <sub>1</sub> | L <sub>1</sub> | O <sub>1</sub> | G <sub>2</sub> | Y <sub>4</sub> | RACK 4 = |  | 62  |  |  |  |
| M <sub>3</sub>          | O <sub>1</sub> | N <sub>1</sub> | E <sub>1</sub> | Y <sub>4</sub> | E <sub>1</sub> | D <sub>2</sub> | RACK 5 = |  | 66  |  |  |  |
| PAR SCORE 260-270       |                |                |                |                |                |                | TOTAL    |  | 342 |  |  |  |

## Crossword Answers

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

## Sudoku 1 Answers

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

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

CHAIH LLIE MAGNET PEOPLE  
They were able to find enough leftovers in the refrigerator to put lunch together — PIFCFMFAI

## Sudoku 2 Answers

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

Guess Who?

Megan Rapino

## Crypto Fun Answers

A. frankfurter B. burger C. flames D. chicken

## Boggle BrainBusters Answers

OSLO BERN ROME LIMA MINSK PARIS SEOUL SOFIA LISBON

## Word-Find Answers

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



## Twenty-three teams play Guys and Gals tournament

The Guys and Gals tournament was played on Jan. 17 at the Turtle Lake Golf Course. A total of 23 teams (46 players) competed and completed 18 holes. It was cold and overcast for most of the round, but, thankfully, no wind. The course was not wet, and the golf ball travelled well.

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 were rewarded), and two closest to the pin challenges. Fairways were in good condition with no new wet spots reported. The trees blocking sun, and some drives adjacent to the third tee were recently trimmed and thinned. Hopefully this helps dry out this perennially wet tee box.

Overall scores were very good with 20 of 23 rounds net at or under par. Low net score

The next Guys and Gals tournament will be on Wednesday, Jan. 31.

for the round was by Dale Williamson and (welcome back) Judy Ornoff at 10 under 44. There were 13 rounds at net 50 or below and there were six circle hole winners with 45 birdies.

All scores below are net equals gross score minus handicap.

**A flight winners (handicaps of 0-8):** Gene Archambault and Mary Ann Moore, first place; tie between John Rudosky and Bert Thompson, and Steve Walker and Susie Kim, second; tie between Bruce Bowles and Linda Herman, and Bob and Janice Turner, third.

**B flight winners (handicaps of 9-12):** tie between Alan Sewell and Patti Smith, and James Farr and Sandy Deroiun,

first place; Hyon Shin and Sang An, second; Won and Jane Song, third.

**C flight winners (handicaps of 12-18):** Dale Williamson and Judy Ornoff, first place; Jae H. and Sun Lee, second; Lee Broadbent and Joann Lim, third; James and Grace Choi, fourth.

Closest to the pin for the men on the eighth and 16th holes was Sewell and Barnum respectively, and Quinn and Kim for the ladies. The lowest gross scores were by Archambault and Moore at 9 under 45, followed by Rudosky and Thompson and Walker and Kim at 7 under 47.

The next Guys and Gals tournament will be on Wednesday, Jan. 31. The men's tournament is played every second and fourth Wednesday of each month. December's tournament was rained out.

Those who had planned to play in any tournament and cannot should contact 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

## Chess Club

The LW Chess Club meets every Friday in Clubhouse 3, Room 7, from 1:30-5:30 p.m. Keep Alzheimer's and dementia at bay by practicing this strategy game, proven to improve short and long-term memory, critical thinking skills and cognitive function.

People are encouraged to bring one or more friends and enjoy the moment. Men and women are welcome.



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## LW Women's Golf Club

All Leisure World women are invited to join the LW Women's Golf Club. Players do not have to be a expert golfer, just someone who wants to have fun and enjoys golfing. The women play a nine-hole tournament at 7:30 a.m. every Tuesday—some players call it "terrible Tuesday."

Thirty-four women played Jan. 16 at the Turtle Lake Golf Course. Play for the day was

low gross, low net and putts. The golf course got the name Turtle Lake a few years ago, as the lake has quite a number of turtles at times.

**A flight winners:** Low gross: Linda Herman, 27; low net, Janice Turner, 24; fewest putts, Linda Herman, 11.

**B flight winners:** Low gross: Jane Song, 30; low net: Clara Suh, 25; fewest putts: Margie Thompson, 13.

**C flight winners:** Low gross: Eula Kim, 33; low net: Sanghi Kim, 25; fewest putts: Pam Krug, 13.

**D flight winners:** Low gross: Kay Hong, 34; low net: Elizabeth Butterfield, 24; fewest putts: Liz Meripol, 10.

For more information, email club President Pam Krug at [pskrug62@hotmail.com](mailto:pskrug62@hotmail.com) or call 562-431-1257.

—Linda Herman

## Men's Golf League

Meadowlark Golf Course in Huntington Beach was the site of the Leisure World Men's Golf League play on Jan. 12. Ten players and a guest challenged the par-70 course on a brisk 39-degree morning with some sun. Meadowlark is always in great shape although usually quite damp for the early players.

Even with good playing conditions, only four of the 10 league scores were net at or below par, and there were five birdies—one each by Sam Choi, Jim Goltra, Chris Lankford, Bill McKusky and Bob Munn. Goltra also had fewest putts in the A flight, and McKusky in the B. Gary Stivers was closest to the pin on both the 140-yard par-3 seventh (all over water) and 150-yard par-3 16th holes.

**A flight winners (handicaps 0-19):** Lankford, 2 under 68, first place; Goltra, 1 under 69, second; tie between Clay Fischer and Stivers, third; tie between Choi and Fujio Norihiro, fourth.

**B flight winners (handicaps 20 and over):** McKusky, 2 under 68, first place; Bill Zurn, even par 70, second; Munn, third;

Gene Vesely, fourth.

On Monday, Jan. 15, 11 league members and two guests dressed warmly and defied the cold and damp at the David L. Baker Golf Course in Santa Ana. Baker is a 4,000-yard par-62 executive golf course with abundant water hazards and deep sand traps that challenge all who play, even with the shorter course length.

Monday was cold even though the sun shone brightly. Greens and fairways (although wet from the cool overnight weather) were in good shape, but any wayward shots into water and traps cost players dearly. With decent playing conditions, nine of the 11 scores were net at or below par, and there seven birdies—two each by Sam Choi and Fujio Norihiro, and one each by Chris Lankford, Jim Goltra, and Bob Munn. Lankford also had fewest putts in the A flight, and Munn in the B. Tom Ross was closest to the pin on the 100-yard par-3 third hole, and Choi was closest on the 130-yard par-3 12th hole.

**A flight winners (handicaps 0-19):** Norihiro, 6 under

56, first place; tie between Lankford and Jim Goltra, 2 under 60, second; Gary Stivers, even par 62, third; Choi, fourth.

**B flight winners (handicaps 20 and over):** Tie between Lowell Goltra, Steve Miller and Tom Ross, 3 under 59, first place; Daniel Mahoney, 1 under 61, second; Bill McKusky, even par 62, third; Munn, fourth.

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 in playing can contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—Dave LaCascia

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**Estate Sales by Jennifer and Denise.** Thursday/January-25th & Friday/January-26th from 9:00am-2:00pm. 1664 Thunderbird, **Mutual-2/ Apartment-17A** This is an amazing two-bedroom corner-unit filled with **MANY TREASURES!** Pots/pans/Keurig-coffee-maker/dish-set/Corning-Ware/baking-dishes/serving-platters-for-entertaining/new-Osterizer-blender/lots-of-crystal/vintage-glassware-sets/mahjong-set/portable-Bernina-sewing-machine/white-metal-daybed-with-trundle/2-High-Back-side-chairs/2-Vintage-speakers/lots-of-shoes/purses/up-walker/women-clothing-small/men-clothing-large/lots-of-cold-weather-jackets/gloves/hats and so much MORE! For entry through Leisure-World main-gate, call/text Denise/714-234-8842 by Wednesday-evening. POB 427, Seal Beach, 90740. Seal Beach Business License 14206514.

Scarce-Comics/Books. Coins/Miscellaneous-Items. By-Appointment-ONLY/9:00-2:30. Free-antique-coin-with-purchase. 562-594-3975. Exp 2/21

Power-Lift and Recline Chair. Model-PR535. Used for 3-months, Perfect Condition! \$1,500/OBO, 562-760-6350.

## LEISURE WORLD APARTMENT FOR SALE

For sale by owner, End-Unit on Greenbelt. 2-Bedroom/1.5-Baths/Wood-Flooring/Forced-Air/Washer-and-Dryer. Mutual-14, 562-760-5875. Exp 2/07

## LEISURE WORLD CARPORT LOCKER FOR RENT

Carport LOCKER available for rent in Mutual-15. Please call for pricing 714-396-7377.

## LEISURE WORLD CARPORT AND LOCKER WANTED

Would like to rent carport-and-locker space near Mutual-5 OR Mutual-6. Call/310-413-9208. Exp 2/14

**Mr. Hank Leisure Living Resales, Inc.** Lic. #636260  
13918 Seal Beach Blvd., Seal Beach, CA 90740  
**(562) 493-6601**  
[leisurelivingresales.com](http://leisurelivingresales.com)

**No One Knows LW Like We Do!**



Mr. Hank  
562 - 743-8473  
The Piano Man



Erika - M17  
562 - 208-5223



Gina Rojas  
562 - 533-3190



Joanie Korman  
714 - 308-8034



Lela Lee  
714 - 213-1993



Daniel Mahoney  
562-493-6601



Carl Kennedy M15  
661- 810-9410



Karen Wittkamm  
714 - 858-1794

**NOTARY ON DUTY**

**Reduced Price Mutual 2-24G \$545,000**

All Offers

Two Bedrooms, 1½ Baths W/D, AC, DW, M.W. Many Closets, D.Room, Man Cave Washer/Dryer, Granite Tile, Laminate flooring, Two skylights, Forced AC, Heating Call Mr. Hank or Erika *The Happy Office!*

## NEW YEAR'S SPECIAL!

**4.0% Listing Commission!**

**SAVE THOUSANDS \$\$\$**

**Craig Jaunzemis M8 Resident CFO, MBA**

**(323) 595-4877**



**FirstTeam.**

REAL ESTATE

12501 Seal Beach Blvd. Seal Beach, CA DRE: 02138070

**Robin Gray**

Over 27 years of Leisure World Experience DRE 01027333

**(562) 209-5605**



## New Listing



**Mutual 11-264-E \$309,000**

New Listing... Basic 2 Bed, 1 Bath with a nice Courtyard Setting. Laminate Floors, New Carpet in the Master Bedroom, needs some cosmetic work.



**Mutual 12-72-C \$338,900**

Located in the heart of Leisure World... Cute 2 bedroom, 1 bath with the right upgrades! Laminate wood-look floors, skylights, cut-down shower, stackable washer/dryer, new central heat/air will be installed during escrow.



**Mutual 2-7-G \$299,000**

**OH THE POSSIBILITIES!**  
DRIVE-UP CORNER with two bedroom, one bath - great for a remodel! Enclosed patio room, skylights, and close parking. Call me to see!!



**Mutual 5-90-B \$235,000**

Cute and clean one bedroom, ready for you to move in! Pretty Laminate wood look floors, heat-pump, screened in patio, beautiful surroundings - greenbelts close - a great place to walk!

13926 Seal Beach Blvd., Seal Beach, CA 90740

Want to place a classified ad?  
The deadline is **Monday 12:00 p.m.**  
for Thursday's publication





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McIntyre

Have a  
Great 2024!



**Mutual 7 – 174h N. Fairfield**  
2B/1Ba on Center Greenbelt  
Extended w/Tiled Patio, D/W,  
Microwave, NEW W/Dryer,  
Three Skylights, Built-in Xtras!  
Turnkey, Clean A++ Location.  
**Sold over List @ \$395,000**



**Mutual 15 – 14n McKinney**  
2B/2Ba Upper South Corner  
Appliances & Countertops,  
**Closed Full Price \$379,000**

OUR TEAM THANKS all our Clients that put TRUST in us, Friends that REFER us , Contractors that HELP us, Escrow that SUPPORTS us, Stager that CREATES us value, Movers that DELIVER for us, Vendors that BEAUTIFY for us, Community that supports us. ...with all that, we are ABLE to bring HUGE RESULTS!

\*\*\*\*\*CLOSED TRANSACTIONS\*\*\*\*\*

|                |               |                    |                     |
|----------------|---------------|--------------------|---------------------|
| Listed 12-77h  | Listed 1-47h  | Listed 15- 21b     | Listed 12 – 45c     |
| Listed 10-238b | Listed 15-29j | Listed 14-19e      | Buyers Agt. 7-164l  |
| Listed 15-22a  | Listed 7-163k | Listed 2-37i       | Buyers Agt. 15-11d  |
| Listed 15-43e  | Listed 5-115i | Buyers Agt. 7-176c | Buyers Agt. 10-248c |
| Listed 15-10f  | Listed 7-158b | Buyers Agt. 14-25e | Buyers Agt. 4-47j   |
| Listed 5-103l  | Listed 14-18b | Buyers Agt. 12-64g | Buyers Agt. 10-249b |

**www.TeamDonnaJean.com**



**Andrea Bair**  
714-624-1981

**Suzanne Ahn**  
562-810-1614

**Michael Shieh**  
714-866-9268

**Alice Sioson**  
626-216-3038



**Gina Rojas**  
(562) 533-3190



**ginamrojas@gmail.com**  
*Leisure World Specialist*  
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DRE#02111452  
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Notary Services**

**Mutual 7-153H**  
**Sold**  
**\$325,000**  
*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 |

**Leisure Living Resales**



**ERIKA SHAPIRO**  
BRE # 01448494  
Resales Specialist Mut. 17 Resident  
**562-208-5223**

**Mut 9 - 218H**  
**\$325,000**  
2 Bdr, 1 bath, enclosed patio, Washer & dryer, dishwasher, microwave. East facing, private location.



**Mutual 17- 30C**  
**\$450,000**  
Condo 3rd Floor, facing South/East Fully equipped kitchen, central A/C Heat, Large floorplan, breakfast counter, formal dining. Financing Available.




**Mutual 7 - 162H**  
**\$450,000**  
Move-in ready, 2 BDR/ 1 bath, beautifully staged, drive-up convenience, fully expanded, central A/C heat, new white cabinetry, new appliances, formal dining, built in breakfast island and dining room hutch, washer & dryer and more!



**Mutual 14 - 49L**  
**\$450,000**  
Desirable Mutual 14 location, 2 BDR, 1 Bath, fully expanded corner with a large side patio, washer & dryer, Central A/C Heat, large skylights. Laminate Flooring.




**Leisure Living Resales**




**Tim Lloyd**  
714-794-7824  
*Office Manager*




**Robin Gray**  
562-209-5605




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




**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




**Kristin Duncan**  
562-480-1465



**Estee Edwards**  
562-208-2540



**Leah Perrotti**  
310-889-6583




**Hanna Rubinstein**  
562-900-4243

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Seal Beach, CA 90740  
BRE 00338699

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13926 Seal Beach Blvd.  
Seal Beach, CA 90740

**One-Bedroom**  
**Mutual 8 - 185K**  
**\$299,000**  
Charming, ready to move in, with cozy garden patio



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

**Two-Bedrooms**  
**Mutual 2-7G**  
**\$299,000**  
Basic unit ready to be made a home.

**Mutual 4-46F**  
**\$409,000**  
West facing unit w/ green view


**Mutual 15-37R**  
**\$319,000**  
A must see!

**Mutual 5-104F**  
**\$549,000**  
2 Bed 1 Bath- Recent Remodel Corner with Large Patio


**Mutual 2-68G**  
**\$399,000**  
Expanded corner close to carport

**Mutual 1-6F**  
**\$585,000**  
Rare Find! 2 Bedroom, 2 Bath with an extra room that can be used as an office or guest bedroom


**Pending**  
**M14-5B**  
**M 8-185K**  
**M14-I**  
**M 5-90-B**  
**M2-7-G**  
**M12-72-C**




**Jay Cho**  
714-944-4998




**Philip Bak**  
213-550-9991




**Fay Wescott**  
949-212-8748




**Kawain Payne**  
714-293-1151



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**Kathy Gupton**  
Associate Broker  
DRE # 00744676



**Sean Wood**  
Realtor®  
DRE# 02186926



**Gloria Hadley**  
Realtor®  
DRE # 01057681

562 514-6613

## New Listings!

**M11-273L \$359,900**

Available one bedroom one bathroom cottage located on the street for drive-up convenience. This Lovely one bedroom has a spacious living room with added heat pump and air conditioning and is light and bright. The kitchen has built in Leisure World appliances including a stove top, oven, refrigerator, a ceiling fan and skylight. The bedroom has a wardrobe closet and sliding door to patio. The bathroom has a cut down shower for walk-in convenience and an added skylight. A private front patio has a walk-in storage cabinet and ceramic tile flooring. 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,



## M14-28A \$450,000

This elegant fully expanded corner two-bedroom one bathroom home features a spacious living room and formal dining room. The living room has Bay windows, recessed lighting and is adjacent to a formal dining room with a beveled-mirrored wall. The custom kitchen has newer cabinets and built-in appliances including a refrigerator, stove, oven, microwave, and dishwasher. The kitchen also has an extra-large skylight and an added pantry. The main bedroom has a large walk-in closet and Bay window. The bathroom has a skylight and walk-in shower. The second bedroom has a built-in wall unit with desk and sliding doors to a private side patio addition. This charming home has been painted throughout and has newly installed deluxe vinyl plank flooring with tile flooring in the bathroom. Additional features include double pane windows, central heating and air conditioning, entry closet, leaded glass entry door, an outside storage closet, and convenient drive-up parking. Don't miss out on this beautiful home located in the resort-like community of Leisure World Seal Beach. This senior community offers over 200 clubs, activities, and organizations including a nine-hole three-par golf course, gym, swimming pool, jacuzzi, arts, crafts, amphitheatre, library, health care center and so much more. Enjoy the ocean breezes that the city of Seal Beach has to offer.



## Mutual 15-37R \$315,000

This lovely corner two bedroom one-and three-quarter bathroom home is light, bright, and ready to move in. The spacious living room overlooks an enclosed patio sunroom and a lovely Greenbelt view. The kitchen has built-in appliances including a stove top, oven, refrigerator, microwave, and dishwasher. It provides a tremendous amount of cupboard space and has a solar tube for brightness. The main corner bedroom has a separate closet dressing area, and the windows overlook a beautiful Greenbelt with an abundance of trees. The main bath has tile flooring, a bathtub with shower, and a solar tube. The second bedroom features a large wardrobe closet, lots of extra storage space, and a view of the beautiful greenbelt. The second bathroom has a stall shower and solar tube for brightness. This terrific floor plan has central heating and air conditioning, laminate flooring in the living room, bedrooms, and hallway, and has recently been painted throughout.

Be sure to stop by and see this terrific home that is located in the Resort-Like Community of Seal Beach.



## SOLD 2023

- Mutual 14-5B
- Mutual 8-185K
- Mutual 11-273L
- Mutual 1-25I
- Mutual 2-26C
- Mutual 1-26B
- 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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www.sealbeach-retirementcommunity.info  
1900 St. Andrews Dr. Suite B Seal Beach, CA 90740

For 2024, We have a total of 13 pending and closed sales.  
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



NEW Listing!

1642 Merion Way #40G | M2 | \$419,000  
Corner drive-up location 2bed/1bath partially expanded with sunroom/patio. Washer/dryer. Skylights in kitchen and bathroom. Added dishwasher with newer refrigerator. Dual pane windows with shutters throughout and lots of storage space!



NEW Listing!

13520 Medinac Ln #104K | M5 | \$239,000  
1Bed/1bath interior location with patio. Laminate floors throughout, scraped ceilings with crown molding. Skylights in kitchen and bathroom. Custom front door and added kitchen peninsula.



In Escrow

13110 Seaview Ln #245F | M10 | \$419,000  
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!



In Escrow

13261 Del Monte Dr #36A | M12 | \$435,000  
Corner 2bed/1bath fully expanded home on drive-up/greenbelt location. Washer/dryer w/remodeled kitchen and bath, dual pane windows, tile floors with new laminate in bedrooms. Skylights in kitchen and bath. Walk-in closet with custom entry!

Coming Soon

13860 St Andrews Dr | M1 | \$239,000  
Charming greenbelt location with mature trees 1 bedroom 1 bathroom with full patio! Wood and laminate floors, dual pane windows, granite countertops throughout, patio skylight and cut down shower.



In Escrow

13160 Nassau Dr #211G | M9 | \$420,000  
Expanded drive-up 2bed/1.5 bath unit w/patio. Bay windows, double pane windows. Large skylights in bathroom and kitchen. Dishwasher, microwave and recessed lighting. AC heat pump in living room.



On January 22nd, 2024 a total of 37 units show as active listings on the CRMLS (this is where Realtors list property for sale)

6 - 1 bedroom/1 bath units from \$219,000 to \$269,000

17 - 2 bedrooms/1 bath units from \$299,000 to \$549,000

14 - 2 bedrooms/2 baths units from \$309,000 to \$585,000

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



testimonial

Carol and Nick were amazing to work with!! They went above and beyond to help us sell three properties in a very short time. Their kindness and professionalism meant so much to us. I would highly recommend them to anyone interested in selling or buying a new property.

-Cindy Thomas

5 STAR RATING





The Januszka Group, Inc.  
**ON-SITE** (562) 598-1388  
HOME SALES [www.OnsiteHomeSales.com](http://www.OnsiteHomeSales.com)

*If your New Year's resolution was to buy your dream home or sell your fabulous unit in Leisure World Seal Beach, On-Site Sales is here to help! We are open 7 days a week and always make it our goal to make every transaction easy and smooth! Come to our office anytime to speak with an expert Realtor®!*



**M7 172D \$359,000**  
Gorgeous 2 Bedroom 1 Bath on Fantastic Greenbelt



**M2 55J \$308,000**  
Basic 2 Bedroom 1 Bath with Heatpump



**M3 - 14D \$269,000**  
Beautifully Updated and Staged  
Expanded 1 Bedroom



**M5 - 69L \$455,000**  
Gorgeous Spacious Expanded  
2 Bedroom on a Greenbelt



**M15 - 10H \$509,000**  
Gorgeous Downstairs  
2 bedroom 2 bath



**M15 - 21E \$420,000**  
Beautiful expanded 2 Bedroom 2 bath  
downstairs unit"



**M12 - 34D \$435,000**  
Fully Expanded Beautiful 2  
Bedroom 1 Bath



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



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



**M1 - 46A \$299,000**  
Corner Unit with a beautiful  
greenbelt view!



**M15 - 14Q \$345,000**  
Fully Expanded 2 Bed 2 Bath Up-  
stairs Unit with Vaulted Ceiling



**Dawn Januszka**  
Broker  
DRE #02110501



**Ginni Houck**  
Escrow Officer



**Verna Chumley**  
Realtor®



**John Webster**  
Realtor®



**Mike Varipapa**  
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**Kim Jbeili**  
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**Terri Walters**  
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**Maryann Shallow**  
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