

# SCS LIFE



## Walking a Marathon

David Wignall conquers St. George marathon in a walk.

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Sun City Summerlin's Independent Monthly

SCSLife.net | November 2025



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# 'Tis the Season for Silvertones, and pizza

'Tis the season, or close enough I'd say. That's why we put the smooth Silvertones on this month's cover in advance of their annual Christmas concerts, which I suggest you buy some tickets to see.

First, though, comes Thanksgiving, a holiday that stands on its own if only for the mashed potatoes and pumpkin pie. It's a holiday designed around food and family gatherings, and for all of us around this time of year it brings back memories of the past.

Mine were ingrained young, when I was 7. We had just moved from Los Angeles to Las Vegas and my mother decided she would make it a Thanksgiving feast to remember in our new home.

That meant cooking, something she was not very good at. Actually she was borderline dangerous doing



**TIM DAHLBERG**  
SCS LIFE  
COMMENTARY

anything in the kitchen.

We usually ate a rotation of about 3 meals my mom could prepare, one of which was always cube steak, frozen lima beans

and a baked potato. Not too much could go wrong there, but cooking a Thanksgiving dinner for my mother was a task on a scale of trying to rebuild the engine of the family car.

Anyway, she somehow managed to make a turkey and some accompaniments. We ate at the table and everything seemed to be going well until my mother asked me how I liked her big Thanksgiving dinner.

"Better than usual," I said.

That, for some reason, sent her over the edge. She ran off crying to the bedroom, her grand experiment in Thanksgiving cooking spoiled by her smart ass son.

The best thing about that story was that we told it almost every Thanksgiving when we got older. My mother eventually joined in the fun, even as she still insisted my behavior was abhorrent.

I can still look back and picture her now. On Thanksgiving Day I'm sure I will.

Memories are always the best thing about the holidays.

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As long as we're on the topic of Thanksgiving, here are a few things I'm thankful for:

- Living in a place like Sun City Summerlin, where the views and

lifestyle never cease to amaze my visiting friends.

- Not having to go out and axe a turkey neck the way our forefathers once did on Thanksgiving. A trip to Costco generally yields an appropriate bird.

- Starting SCS LIFE and having it embraced by the Sun City community.

- Watching seemingly every month as the SCS LIFE crime blotter gets smaller and smaller.

- Being able to hang around the chipping green at Highland Falls in the November gloaming with my youngest son and grandson.

- Knowing what the word gloaming means.

- Living in a country where freedom of choice means not having to

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Photos provided by David Wignall

David Wignall celebrates after more than 7 hours of walking the recent St. George marathon. At right, Wignall, a former top triathlete, relaxes with his significant other, Virginia Kaye, after they completed the Sun City 5k in under 15 minutes a mile.

# Long walk pays off in St. George Marathon

By David Wignall  
*Special To SCS LIFE*

I've done my share of competing over the years, including in my 40s when I qualified eight years in a row

for the Ironman World Championship triathlon and was twice a member of Team USA. I continued racing Ironman events including Germany, Canada, and New Zealand until I was 52 when my left knee said, no more.

My best time was 10 hours 20 minutes in Germany. My best finish was at the World's Toughest where I won both my age group of 45-49 and the Clydesdales for men of any age and 200 lbs.

My latest competition was a little different but just as fulfilling. The idea took hold at the same time last year my longtime friend Bill Kelsey was training to do his 10th St. George Marathon. After fracturing my right hip I was recovering from hip replacement surgery and walking carefully. But I decided to follow Bill's inspiration this year to train myself up and join him in what would be a very long walk.

Walking seriously began in May. I chose 4 miles as a starting distance because it's a round trip to my companion Virginia Kaye's house from my place. After a cou-

ple workouts my right hamstring had discomfort from the hip to knee. I kept walking 12 miles a week and massaging the leg and it went away.

We have a portable ramp for one stair riser we use for Virginia's wheelchair. We were at a two stair entry to a friend's. Pushing Virginia up that strained my right Achilles. That subsided over the next 6 weeks.

In August I started walking six days a week going from 12 mile weeks to a max of 46 miles in a week. When I trained for marathons I limited myself to 20 mile weeks whether it was 3 runs or just one. The idea being one can do the total weekly mileage in one run. It works. I was walking a 13 mile loop of Sun City where I normally bike. On the bike it's about 55 minutes. Walking it's 3 hours 40 minutes. There are actually dozens of walkers out there every day and most with dogs.

The bus to the starting line north of St George leaves at 4:15. By the time the 7 a.m. start arrived we'd been up for 3.5 hours, two of which we're hanging out in the dark with a

plastic silver sheet as a wind breaker.

The start for the nearly 5,000 runners arrived while it was still dark. The first six miles is a time of settling in to pace, nutrition, and bathroom breaks. After that it's checking split times and paying attention to hydration and nutrition. Over the 7 hours and 02 minutes I'd eaten 20 gu's, drunk 16 pints of water and Gatorade, eaten 3 bananas and 3 sports bars.

Afterwards I pushed Virginia to the car, went to our room, showered and napped. By morning I was telling Bill we should do it again next year for their 50th.

Bill finished 15 minutes faster than me. I was 38th from being the absolute last.

David Wignall is a Sun City resident

—  
**Have you accomplished something in your life you want to tell us about? Do you have a funny, inspiring or feel good story? Send it to us at [news@scslife.net](mailto:news@scslife.net) for a future publication.**

**SCS LIFE**

Sun City Summerlin's Independent Monthly

**EDITOR**

**Eric Dahlberg**  
edahlbergmcin@gmail.com  
775-316-2265

**CONTRIBUTING WRITERS**

Breven Honda, Kayla Anderson, W.G. Ramirez,  
Jenny Scheid

**PHOTOGRAPHY**

Jeff Scheid

**ADVERTISING**

**Eric Dahlberg** edahlbergmcin@gmail.com  
**Kirk Kern** kirk@hyperlocalmedianv.com

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# Dahlberg

continued from Page 3

eat Thanksgiving stuffing, otherwise known as wet bread.

- Having playing partners and friends who understand that the golf course isn't the place to talk politics.

- Having playing partners who will give me a 2-footer.

- Costco pumpkin pie.

---

My tale last month about fisticuffs nearly erupting over dogs running loose on my greenbelt drew a lot of response from readers, including a few who said they are afraid of using common areas because of them.

Many are also upset at SCSCAI for washing its hands of the issue and referring any problems to Las Vegas Animal Control.

Susan wrote to say she has a very anxious dog who is fearful of other dogs, yet every morning there are two ladies on her greenbelt who let their dogs run loose toward her. They, of course, insist their dogs are friendly, but who can spot the difference between friendly and vicious in the space of seconds?

Even friendly dogs can cause big problems. I've got a neighbor with balance issues who can't take a simple walk on my greenbelt because she is afraid a dog might rush up and cause her to fall.

Another writer who did not leave a name said dog owners tend to act much like their pets and gather in packs. He said he confronted a group of eight dog owners with pets running around and filmed them, and got a bunch of F-bombs in return. He sent his video to Community Standards and did not get a response.

I can relate to that. A few weeks ago, a Sun City resident who drives his golf cart to the greenbelt dropped the F-word in front of my young granddaughters and said he wasn't about to put his dog on a leash.

Last year the Board of Directors voted to delete language about leash from the CC&R's and the Rules and Regulations, saying they could not be enforced. The association says it has no enforcement capabilities and that the city is responsible for leash laws.

The only real solution might be obedience class. For the owners, not their dogs.

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Most people, I've found, love pizza, even if they argue about the merits of various styles. I'm a big fan of New York pizza with just the right crust that can be folded in half in an emergency.

I found it some months ago at Santina's Pizzeria, a gem of a place located next to Walgreens just off Del Webb and Lake Mead, that my wife and I have been frequenting ever since. We usually get the margherita with fresh tomatoes but there are times I just want a great slice of pepperoni and they've got it.

They're a new advertiser of ours, and for that we're grateful. SCS LIFE is expensive to print and deliver to every home in Sun City every month and the ad revenue is what brings it to your mailbox so you can enjoy it free of charge. I'd love it if you patronize all our advertisers so we can continue to bring you SCS LIFE, and Santina's is a good place to start.

It's a tiny place but big enough to have a small bar and several tables in a cozy atmosphere. More importantly, the pizza holds its own among the best in Las Vegas and they have an extensive menu of other items at very reasonable prices.

Check out their ad inside this edition. They're offering 10 percent off to Sun City residents on everything, every day. That's 10 percent off. On everything. Every day.

Great pizza at a great price. I'm getting hungry just thinking about it.

Tim Dahlberg is the publisher of SCS LIFE. You can reach him at [timd@scslife.net](mailto:timd@scslife.net)



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# Consultant hired for restaurant cost control

SCS LIFE

Sun City is turning to an inventory control firm to try and get food and liquor costs under control.

The Board of Directors voted unanimously in a special meeting to pay Sculpture Hospitality \$5,000 to start and \$3,000 a month on a year-long contract to monitor food and beverage inventory at the Tavern at the Falls and Summit restaurants.

The company boasts on its website that it can help control liquor and food costs and increase revenue for its customers. It uses technology that also aids in ordering food and liquor from vendors.

Under the contract, the company will install scanners and digital scales and do biweekly counts of liquor and food inventory.

Board members voted to hire

Sculpture in an Oct. 30 meeting called so that the company could begin work in November. The meeting lasted barely 7 minutes, including the Pledge of Allegiance.

“I just think this is a really good tool to use,” board member Judy Williams said. “I mean, we can’t expect people to do a job and not give them the tools. I think they’re doing a great job already but the more tools you can get the more analysis, I think will be a benefit.”

Both restaurants have struggled containing expenses, spending \$2.87 million, or \$123,000 more than budgeted, in the fiscal year that ended June 30. Total revenue was about \$1.9 million, meaning the restaurants operated at a deficit of about \$1 million for the year.

The money for the contract was not budgeted for the current fiscal year and will be taken out of existing operating funds.

## COMMENTARY

# Growing old: A modest list



**SHERMAN R. FREDERICK**  
COMMENTARY

- Fully participate in a dinner out with family and friends without burden.

- Drive well enough to take road trips into the majesty of rural Nevada.
- Write daily.
- Laugh hard

and regularly.

- Walk for an hour at a decent pace.

- Make, smell, and savor coffee.

Look, I know that there are multiple variables to longevity. No one is guaranteed even one second more than the current moment. But, if I should make it into my 90s, I’d consider myself fortunate to have that list granted. So far so good.

Hats off to all of you in your 90s. Please let me know what you think of my list. Is it too modest?

## ONE MORE THING

One day you're young the next you're sitting at the edge of your bed like this...



As Bette Davis famously once said, “Old age ain’t no place for sissies.” But I don’t have to tell you that because reading this means you live in Sun City Summerlin. You are 55+ and, with few exceptions, and no doubt already experiencing the Bette Davis effect in one way or another.

Old age comes in tranches, in my experience. The 50s are one kind of old age, the 60s and 70s are another. In my 74th year, I’ve already lived longer than I thought I would. Well beyond my dad and mom. I’ve overcome a bout with the “Big C;” survived heart bypass surgery, had my gall bladder removed, and replaced both knees. Knock on wood, I feel pretty darn good for all of that.

So now I’m beginning to entertain the idea that I might — just might — make it to another level or two ... maybe, dare I dream, into my 90s. I know it’s still a crap shoot, but you never know.

So, I am bold enough today to make my modest list of things I want to be able to do in my 90s.

- Enjoy a movie on the big screen.
- Shoot my age in golf.

(Sherman R. Frederick is a longtime Nevada journalist. You can find more of his writing at [shermanfrederick.substack.com](http://shermanfrederick.substack.com), and he can be reached via email at [shermfrederick@gmail.com](mailto:shermfrederick@gmail.com).)

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 – Bob and Debbie

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 – Kathleen

# A longstanding Sun City tradition, the Silvertones regroup for holiday shows

By Jenny Scheid  
SCS LIFE

The holidays are upon us. Decorations are being installed, while scents of pine and baking spices fill the air. In Sun City Summerlin, the festive sounds of the holidays can be heard at the Pinnacle Community Center as the Silvertones singing group practices for its upcoming performance.

The Silvertones will present “Season of Joy and Happiness” at 6 p.m. Dec. 6 and 2 p.m. Dec. 7 at Starbright Theatre. Under the direction of Lawrence Sobel, the concert will feature upbeat versions of holiday favorites.

The Silvertones have a long history in Sun City Summerlin. The group was formed in 1990 when the 55+ community was just getting established. It grew to about 60 members, but since COVID, the number of singers has fallen to about 25 to 30.

Joff Johnson, vice president of the Silvertones, said the group is always looking for new members.

“Anybody who feels they would like to sing and have a good time, come in and talk to us,” he said, emphasizing that there are no tryouts.

As is tradition, the Silvertones produce two concerts each year -- the holiday concert and another in the spring.

Last year, however, the group had to cancel its holiday concert.

“Frankly, we were just not ready to put on 15 or 16 songs,” Johnson said. “We had completed four songs, and we had four weeks to go. It was just not going to work.”

So, Johnson and Ann Mueller, the group’s president, made the executive decision to cancel the program.

“That gave us kind of an opportunity and a problem,” Johnson said.

The problem was that the Silver-



Jeff Scheid/SCS LIFE

**The Silvertones music group prepare for their upcoming holiday show that will take place Dec. 6 and Dec. 7 at Starbright Theatre.**

tones made no revenue, which covers the costs for the next year. Those costs include paying the musical director and copyright fees for the songs.

“The opportunity was we could design the Silvertones to be something that it wasn’t before. Before, it was kind of a singalong group with a little bit of harmony,” Johnson said. “And all the songs were very traditional, especially during the holiday period.”

The group hired Sobel, an accomplished musician who played professionally for many Strip performers and shows, with the directive: “You pick the songs. We’ll help you, but you make them different or pick different ones.”

As fits the theme of this year’s concert, the songs are all upbeat: “Get Happy,” “Great Is our Joy,” “Happy Holidays,” “Joy to the World,” “Wonderful Christmas Time” and “The Twelve Groovy Days of Christmas.”

“The arrangements are different,” Johnson said. “We do some medleys. This is where you’ll go into one song and transition into another with harmonies that take place right at that point (of the song).”

He added, “We don’t do four-part harmony. We’re not quite that good. We do quite a bit of three-part harmony and, of course, a lot of echo.”

Johnson explained that echo is when the main group sings a phrase, and his bass group comes in right af-

ter it, singing the same phrase but an octave or two down.

“It’s a nice effect,” he said. “It sounds like you’re doing harmony, but you’re really not. It’s just an echo.”

Tickets for the Dec. 6-7 shows are \$15 and can be purchased online at [www.suncitysummerlin.com](http://www.suncitysummerlin.com). Click the link to buy tickets and scroll to Silvertones. They are also available at the monitor stations in the Mountain Shadows, Desert Vista and Pinnacle community centers.

For more festive sounds, Sun City Summerlin’s other singing group, the Musicmakers, will present its holiday program the following weekend, Dec. 13-14, also at Starbright Theatre.

## NEON DIARY

## Entertainer Melanie Spector proves herself a model SCS resident

**A**t a recent open house for talent at the elite TNG Agency, one model stood out: Sun City Summerlin's own Melanie Spector.



**DOUG PUPPEL**  
NEON DIARY

Best known in SCS as a polished folk and classic rock music performer, Spector also helps define a generation. TNG maintains a stable of "classic models" — those of an age who bring dignity and grace to their work (and make terrific patients in pharmaceutical ads).

Spector held court among much younger models and shared that "to leave 'em asking for more is my goal." That stage philosophy took shape after she got her first guitar at 14 and began performing while growing up in Chicago.

"Melanie lights up every set she walks onto. Her background as an entertainer gives her a natural confidence," says Maddie Brown, her agent at TNG. "We love promoting talent like Melanie — she embodies timeless beauty and authenticity."

Along with a career as an independent graphic designer and a



**As a TNG Agency model, Melanie Spector showcases what the "classic" generation has to offer.**

project manager for a large publishing house, Spector kept a foot in showbiz.

She got her start as a model and actress in Wichita, Kan., where she was featured in promotional videos, print ad campaigns, "and even some fashion modeling" — and she killed it being killed as an "America's Most Wanted" murder victim.

"The most interesting experience," she says of her varied acting career, "was playing the part of a nun in a movie that has not yet been

released."

Spector moved to Sun City Summerlin in 2012 and promptly created and emceed an open mic night at the Summit that ran for several years. She and her band regularly performed around Las Vegas, including once at baggage claim for a surprise marriage proposal.

"The airport had to grant me special permission to do that, and we garnered a huge crowd of bystanders and travelers who gave me one of the best ovations in my career," Spector recalls.

These days she's performing solo, almost exclusively at private events, but you might see her hiking and participating in various SCS activities — or on the big screen.

When asked if she ever feels as if she's representing an entire gen-

eration through her modeling and acting, Spector demures.

"I don't feel like I represent anyone other than myself — a senior who is alive, vibrant, interesting and interested, involved, creative, etc.," she says. "The best way to 'represent' anything is to 'be yourself' and share your honest self with others."

**SELLOUTS:** The SCS Community Theater Club sold out both of last month's performances of "Guys and Dolls." ...**TAKE NOTE:** More than two-dozen people showed up to the musician meet and greet we wrote about last month, and it already spawned a jam session. Look for an update next column.

Doug Puppel is a Las Vegas writer and TNG Agency model.



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# LOOK BACK: Eagle Crest, last of the Sun City golf courses, opens

## 30 YEARS AGO

- Sun City's newest golf course is open, with a turnout of local pros on hand Nov. 17 to get their first look at Eagle Crest. The new course, the final of three in Sun City, is an executive length layout on the highest terrain in Sun City, topping out at 3,153 feet above sea level. Designer Billy Casper said the 12th hole that stretches 224 yards in a par-3 will be difficult, and the par-4 9th hole will prove challenging to all golfers. The new course is shorter than Palm Valley and Highland Falls, totaling just over 4,100 yards in length with 12 par-4s and six par-3s. Casper said the course was designed with water conservation in mind. The course is currently only open to Sun City residents and there is a temporary pro shop on the site where a community center/pro shop is scheduled to be built.

- Sun City's annual Arts and Crafts Fair was a success, with 60 different booths drawing a diverse crowd to the Desert Vista Community Center.

- An 1,839 square foot Hancock model with city and mountain views on a corner lot was listed at \$224,900.

## 25 YEARS AGO

- Laurich Properties has begun construction on a Sav-on drug store at the entrance to Sun City Summerlin at Del Webb Drive and Lake Mead Boulevard. The location, on a 1.5 acre site, has a projected value of \$4.5 million.

## 20 YEARS AGO

- Internationally acclaimed Spanish dancer, choreographer and actor Antonio Vargas will be a guest artist with "Fiesta Flamenco" show at the Starbright Theatre. Vargas, who appeared in "Strictly Ballroom" and



SCS LIFE photo

**A golfer hits a shot as the sun sets at Eagle Crest Golf Course. Eagle Crest was the last of the three Sun City golf courses built by developer Del Webb. It is a shorter executive style course than Palm Valley and Highland Falls.**

"Mission Impossible II," is considered one of the world's foremost choreographers.

- A 3,000 square foot home on the golf course with city views was listed for \$649,500

## 15 YEARS AGO

- Thomas W. Ryan Boulevard runs through Sun City Summerlin, but few know its origin. Maybe it's because it honors a man who lives in Arizona, who never called Las Vegas home. But he played a big part in the Del Webb Corp. building the retirement community.

- Ryan worked at Del Webb for 35 years. After the company built a retirement community in Tucson, he was given the task of finding another site. This was when The Howard

Hughes Corp. was known as Summa. Ryan contacted Summa and began negotiations. Las Vegas had a party-town image and few saw it as a retirement community. Ryan said in a 2010 interview that he was proud of his role in developing Sun City but was shocked a major street would be named after him.

- A 2-bedroom patio home was listed at \$79,900

## 10 YEARS AGO

- Sun City is losing its executive director. Sue Papilion told the Board of Directors that she is leaving her position, and wished Sun City luck in the future. The board has decided to offer the position to Paul Henderson, with a two-year contract at \$150,000 a year.

## 5 YEARS AGO

- After an employee in the administrative office tested positive for Covid-19, all other SCSCAI employees were ordered not to return to work until they had a negative test for the virus.

- The Board of Directors voted against raising the starting pay of landscape workers from the current \$13 an hour. Instead, the board directed new hires to prove their qualifications to get a starting rate of between \$14-16 an hour.

## 3 YEARS AGO

- SCSCAI staff are recommending installing a coffee station at Mountain Shadows Community Center that would take both cash and credit cards. The Keurig machine holds 256 K-Cups and would cost up to \$7,500 when including new plumbing for water for the machine.

- Board members voted to uphold their denial of a request to cut down a tree on the ninth hole of Eagle Crest golf course. A homeowner had sought the tree to be taken down to improve their views but a number of other homeowners wrote in opposition to the plan, saying it would expose more of the maintenance area to the view of residents.

## 1 YEAR AGO

- Voting on the increase to the NORA fee will be extended until mid-December after not enough residents voted to gain a majority. Yes votes were leading 828-391 but Sun City bylaws call for a majority vote of all homeowners eligible to vote. The proposed increase would hike fees paid by new homeowners to \$5,000, up from about \$2,000. The money will be used to fund reserves in Sun City Summerlin.



**Pastor Dan Newburn**

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Bible Study 1:30 p.m.

### Friday

Ladies Bible Study 10 a.m.

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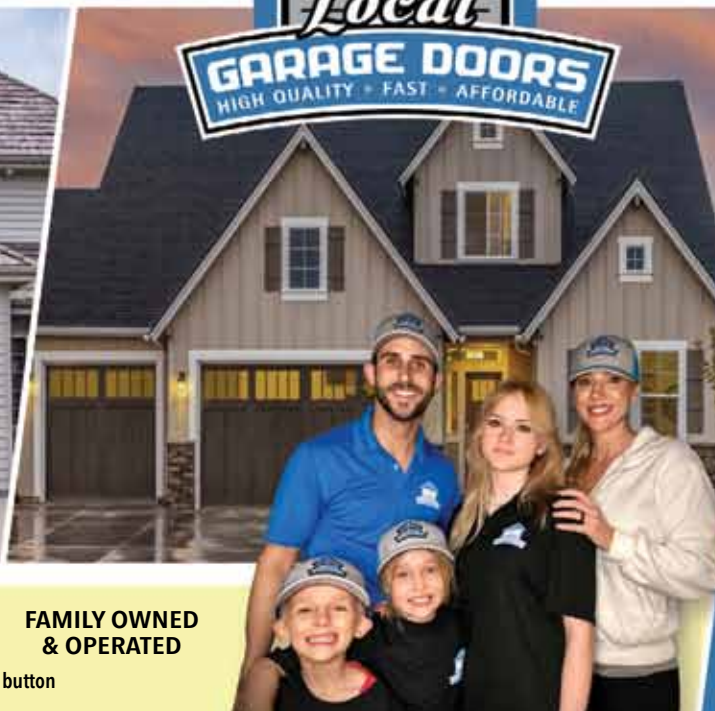
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Winter watering restrictions



in effect from Nov. 1 through Feb. 28

# WINTER WATERING RESTRICTIONS TAKE EFFECT IN SOUTHERN NEVADA

**With the passage of the seasons comes the time to change our watering clocks to follow the community's mandatory winter watering restrictions, in effect from Nov. 1 through Feb. 28.**

**During the winter season, sprinkler irrigation is limited to one assigned day per week; sprinkler watering is prohibited on Sunday. Find your assigned watering day at [snwa.com](http://snwa.com).**

Because water-efficient plants and trees need much less water than grass to survive even the coldest months of the year, you can save even more water—and manage your monthly bill—by running your drip system once every seven to 14 days for 30 to 90 minutes. Remember this simple five-word watering tip: **Drip It, Don't Drown It!**

Meanwhile, here are even more tips to help you save water this season:

- ❄️ Set your spray irrigation for grass to water during the mid-morning hours to avoid freezing and prevent ice from forming on lawns and sidewalks.
- ❄️ Water grass only on your one assigned watering day.
- ❄️ Change the time on your irrigation clock to coincide with the end of Daylight-Saving Time on Sunday, Nov. 2.
- ❄️ Follow the seasonal watering restrictions year-round. The average customer can save up to \$300 annually on their water bills.

Following the seasonal watering restrictions is one of the most effective ways to save water in our community.

The majority of water consumed in Southern Nevada is used outdoors—and once it's gone, it's gone forever. In contrast, the water we use indoors for bathing, washing and cooking is collected, highly treated, and returned to Lake Mead, where it can be reused.

This process helps extend our community's water supply. That's why when it comes to outdoor watering, every drop counts.

For more water-saving ideas and landscape care tips, visit [snwa.com](http://snwa.com).

# SCS LIFE

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# Seven bad things your brain does for fun

Some days, I don't know whether my brain needs a checkup, therapist, or solitary confinement. I'm leaning toward the latter. Scientists say that after 65, our brains start to deteriorate, aren't as sharp as they used to be, and have lapses that drive us nuts. I disagree. I think they just want to have fun...at our expense. Below are seven pranks that my brain has played on me.

1. 1965: Just as I step onstage during the final scene of "The Egg and I," my high school senior class play where I'm to speak ten lines interviewing a chicken, my brain deletes those lines from my consciousness. I stand there mortified. Offstage, my speech and drama teacher frantically recites the dialogue to me, but I'm in shock and unable to speak. Just before I run off the stage, my brain "generously" restores my memory and ability to speak so I can save face. My noggin's probably still hoping I'll forgive it for that, but it ain't happening.

2. Just as I'm leaving the house, my brain tings sarcastically, "Haven't you forgotten something?" But instead of telling me, it makes me figure it out. If I'm unable to remember it, which is most of the time, my brain excitedly sits back to watch the consequences.

3. Just as I'm about to give the punchline of a joke or the climax of a story at a party, my brain blocks it from my memory. It unblocks it moments later, but the damage has been done, my audience has drifted off, and I want to wring my brain's neck but can't because it's my own neck.

4. Just as I fall asleep, my brain plays a dream that it produced, wrote, and directed especially for



**JOHN WOOD**  
HUMOR

me that night. The episodes, however, are always unpleasant and stressful: I get separated from the group I'm with, including a ravishing woman who's all over me, and I never find them again. Or it's pitch dark and I need to catch the bus back home but continually get lost trying to find the bus stop. Or I'm sitting in my high school English class and realize I'm naked.

5. Just as I reach for my keys, eyeglasses, phone, etc., I realize it isn't where it's supposed to be. I search the house. It's nowhere. But my brain knows exactly where it is. In fact, it's staring right at it. Does it alert me like a nice, loving brain would do? Of course not. It's hoping I'll break my record (currently 7 hours, 56 minutes, and 13 seconds) for time taken to find a misplaced item.

6. Just after getting bad news, my brain's knee-jerk reaction is always to assume the worst and block out all hopeful expectations. Although it insists it's trying to help me, I know better.

7. Just after I mute an annoying TV commercial's song jingle, my brain decides to play it in my ears nonstop for the next month. Why does it do this? One: It may have mistakenly thought I liked the song. Two: The song I turned off may have been its favorite. Three: My brain is a (expletive).

SCS resident John Wood won the silver medal in the 2014 Global E-book Awards for his Vietnam memoir Saigon Tease: So, What Did You Do in Nam, Dad?



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## COMMUNITY BRIEFS

### PATROL CARS

Instead of two cars, the Sun City Patrol will be getting one new Ford Escape hybrid to replace an aging car in its fleet.

That will help save Sun City some money in its reserves, where \$76,000 was budgeted this year for two new cars in the five-car fleet. The new car will cost \$29,275 with trade-in.

Patrol leaders offered to forgo the other new car for a year, saying that one vehicle that was in an accident and out of service for some months was good enough for at least another year.

Board member Dick Clark said all the cars take a beating driving slow speeds on Sun City streets.

“We put 35,000 miles a year on those vehicles and they barely go 15 miles an hour because when they’re patrolling the guidelines are to keep it under 15 so it runs in the battery not gas,” Clark said. “The other thing is by going less than 15 miles an hour you can observe what’s going on better. We go up and down every street, every court, every cul-de-sac in the community at least six times a day. So the tires get unusual wear and tear, especially the tires.”

Board and patrol member Steve Douglass said the cars are the major expense for the patrol, which he said did not cost Sun City much money.

“The residents are getting a great bargain on the volunteer residents that make up the patrol,” he said. “It’s like a dollar or \$1.50 a month per resident, you would not get that anywhere if you had to hire out.”

### POOL TABLES

Sun City’s four billiard tables will soon be upgraded.

The Board of Directors voted to spend \$2,824 to level, recover and spruce up the tables at Desert Vista Community Center. That was below the \$8,000 budgeted in the reserves for the refurbishment.

Kay Bence, president of the Billiards Club, presented statistics showing that the average number of players per week is 130, or 6,750 a year. The average time played is two hours, with a total annual time of 3,380 hours per table.

The pool tables aren’t showing much wear, she said, but that there was a need to be proactive in redoing them since they hadn’t been refurbished in four years.

## YOUR HEALTH

# Toni Says: What is Medicare’s infamous Part B penalty?

### Toni:

I need your help! I have discovered that my mother, Sarah, who is 67, never enrolled in Medicare Part B or a Part D prescription drug plan when she turned 65. She enrolled in Medicare Part A, which doesn’t have a premium, so that she could pay her monthly bills. A friend told my mother that if she did not go to the doctor, my mother could wait to enroll in Medicare Part B when she had a health issue.

Last month, my mother was diagnosed with colon cancer and received a bill from the cancer facility for outpatient care because Medicare has denied her cancer claim since she is not enrolled in Medicare Part B. I contacted the local Social Security office and was told that she must wait until January 1 to enroll in Medicare Part B during Medicare’s General Enrollment Period. The Social Security agent said that my mother had missed her “window of opportunity” by not enrolling when she turned 65 and will receive a Medicare penalty. Please advise me what I can do to help my mother. Thanks, Toni.

—Marianne from Baton Rouge, La.

Oh my, Marianne:

Your mother, Sarah, has an extremely serious Medicare issue! She will have to enroll during Medicare’s General Enrollment Period (GEP), which is from January 1 to March 31 of each year for those who have never enrolled in Medicare. And she will receive the infamous Part B penalty for the rest of her Medicare life.

Beginning January 1, 2023, Medi-



**TONI KING**  
HEALTH

care’s General Enrollment Period rules changed. Now when you enroll in January, February or March, your Medicare Part B, which covers medically neces-

sary outpatient services, will begin on the first day of the following month. Wait past March 31 to enroll in Medicare and your Medicare enrollment time will be delayed until January 1 of the next year, receiving a higher Part B penalty that will go all the way back to the month you turned 65.

The Medicare Part B penalty that Sarah will receive when enrolling during Medicare’s GEP is a 10% penalty for each 12-month period or year that she did not enroll, so her penalty will be 20% (2 years times 10%). The penalty stays in effect for the life of the Medicare beneficiary’s Medicare coverage.

Marianne, I do have one good thing to tell you and your mother, because now is Medicare’s Open Enrollment Period (OEP), which is from October 15 to December 7. This enrollment period is when Sarah can enroll in a Medicare Part D prescription drug plan that begins January 1, helping with her cancer treatment. She may receive a Part D penalty for not enrolling in a Medicare Part D plan when her Medicare Part A began. During OEP, she cannot enroll in a Medicare Advantage Prescription Drug Plan (MAPD) because she’s not enrolled in Medicare Part B. After

> See TONI, Page 17

## CAREERS

**Did you have, or still have, a career that might be interesting to Sun City Summerlin readers?**

Perhaps you know somebody in SCS who has a career story they would like to tell? SCS LIFE wants to tell your story, or that of your neighbor. Send us a paragraph or two with your information and you might make our next edition! *Oh, and don’t be afraid to nominate yourself!*

**SCS LIFE**

Sun City Summerlin’s Independent Monthly

**Tell us about yours!**

Send to: [news@scslife.net](mailto:news@scslife.net)

with subject line: Careers

# Despite the hoopla, vaccines should be in reach this cough-and-cold season

By Michelle Andrews  
KFF Health

For people whose autumn agenda includes getting vaccinated against respiratory diseases — covid, flu, and, for some, RSV — this year may be surprisingly routine.

Following several confusing months this summer when federal officials announced and then re-treated from changes to covid vaccine recommendations, the Centers for Disease Control and Prevention on Oct. 6 announced updated fall immunization schedules that are not that different from last year's. That should clear the way for most people who want shots this fall to get them, public health experts say.

"From a patient's experience, there shouldn't be anything different from what they've experienced in the past, except maybe they'll get a little more information from the pharmacist," said Hannah Fish, senior director of strategic initiatives at the National Community Pharmacists Association.

Here's what you need to know:

## COVID VACCINE

This fall, the covid vaccine is recommended for everyone 6 months or older, with one caveat. People need to have a conversation with their provider first, a model called "shared clinical decision-making." Providers can be doctors, pharmacists, or the health professionals giving the shots. For people younger than 65, the CDC's Advisory Committee on Immunization Practices emphasized that vaccination is generally more beneficial for those who are at higher risk for severe covid.

Although the shots are recommended for the same age range as last year, there are a few possible

wrinkles. Even though the CDC's approval is broad and means that health plans have to cover the shot without charging consumers for it, some providers may balk at giving the vaccine to people under 65 unless they have an underlying condition that puts them at risk for severe covid if they get infected. That's what the Food and Drug Administration's label for the covid vaccine advises.

"It's a nuance that could occur in an interaction between a provider and a patient," said Jen Kates, a senior vice president and the director of global and public health policy at KFF, a health information nonprofit that includes KFF Health News.

However, if a provider refused to administer the shot to a healthy person because doing so would be "off-label," another provider would probably be willing to give someone the jab, experts said.

"They could go to a different pharmacy," Kates said.

Many states have stepped in to ensure that people can get vaccines if they want them, according to a KFF analysis. Twenty-one states and the District of Columbia have adopted recommendations that are broader than those of the federal government, Kates said.

However, the percentage of people opting to get the covid vaccine continues to drop. At the end of April, 23% of adults said they had received the current vaccine, according to the CDC.

With uptake so low, fewer pharmacies and doctors may choose to stock the shot this year, said Jeff Levin-Scherz, a primary care doctor who is the population health leader for the management consultancy WTW and an assistant professor

> See **VACCINES**, Page 22

## Toni

continued from Page 16

January 1, when Medicare's General Enrollment Period (GEP) begins and she is enrolled in Part B, then your mother can enroll in an MAPD plan if she chooses.

Medicare enrollment periods are as follows:

**Medicare Initial Enrollment Period:** Seven-month window that begins 3 months before one turns 65 and includes the month one turns 65 and 3 months after one turns 65.

**Special Enrollment Period:** Enroll after one is 65 and 90 days when delaying Medicare Part B due to working full-time with employer health insurance benefits. There is an 8-month window for signing up for Medicare Part B without receiving a Part B penalty when employment or employer health insurance ends, whichever happens first.

**General Enrollment Period:** January 1 to March 31 every year, when one has not enrolled in Medicare and can enroll in Medicare beginning the first of the next month and will receive a Medicare penalty.

There are millions of Americans receiving Medicare Part B and/or Part D penalties because they did not enroll in Medicare at the right time. On Thursday, Nov. 20, at 4 p.m. CST, Toni will host a "2026 Confused About Medicare" Zoom online workshop to explain how to enroll in Medicare the right way as well as changes to 2026 Medicare's Part D Prescription Drug plans. Visit [www.tonisays.com](http://www.tonisays.com) to register.

Toni King is an author and columnist on Medicare, Social Security and long-term care issues. She has spent nearly 30 years as a top sales leader in the field. If you have a Medicare question, email [info@tonisays.com](mailto:info@tonisays.com) or call 832-519-8664. Sign up for the Toni Says newsletter at [www.tonisays.com](http://www.tonisays.com) to keep up to date on Medicare changes.



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# PUZZLES

## THEME: IN THE WOODS

### ACROSS

1. Flows' partners
5. "When Harry \_\_\_\_\_ Sally..."
8. Sound of laughter
12. \* "Hide" behind the bush
13. BEBE's mother
14. \* Age units in the woods
15. Rum cake
16. Placido Domingo's solo, e.g.
17. Concluded
18. \* "Into the Woods" star Anna
20. Come clean, with up
21. Terra \_\_\_\_\_
22. Urge Spot to attack
23. One of seven gnomes
26. Prior to the present (3 words)
30. FEMA provisions, e.g.
31. Erratum, pl.
34. Int. org. in Brussels
35. Merge
37. Time frame
38. Right-hand page
39. 1920s art style
40. Cause of wheezing
42. Like The Hot Chili Peppers
43. \_\_\_\_\_ God we \_\_\_\_\_, " on U.S. currency
45. Some vipers
47. Clairvoyant's gift
48. Source of chocolate
50. Form of payment
52. \* Edible fungus
55. Multi-layered cake
56. MElange
57. Utah's national park
59. Bake an egg
60. Plural of #22 Down
61. \* " \_\_\_\_\_ the Woods" play and movie
62. Prefix for multiple
63. Japanese honorific
64. Barely got by

### DOWN

1. Singular of #1 Across
2. \* Woodpecker's pecker
3. \* One lost in the woods
4. Posture
5. Boy Scout's badge
6. "Fear of Flying" author \_\_\_\_\_
- Jong
7. \* Furniture wood
8. \* Conifer's dropping

CROSSWORD												
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9. Peters out
10. Def Leppard's "Rock of \_\_\_\_\_"
11. Psychedelic drug, acr.
13. St. Valentine, e.g.
14. Equip again
19. One of Seven Dwarfs
22. Rejuvenating spot
23. \_\_\_\_\_ Arabia
24. Wrinkle-prone fabric
25. Declaration of Independence, e.g.
26. 2002 Winter Olympics state
27. Mother-of-pearl
28. Weasel's cousin
29. \* Golf's great
32. Catch one's breath
33. A in MOMA
36. \* Scientific study in woodlands
38. Meteorologist's tool
40. Nile reptile
41. Masculine one and proud of it, pl.
44. Theater greeter
46. Something extraordinary
48. "Mea \_\_\_\_\_," or "my fault"
49. Hailing from the East
50. Type of salmon
51. \* Seed covering
52. \* Trunk growth
53. Sty cry
54. Speck
55. Recipe amt.
58. Go-ahead

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

## SAVVY SENIOR

# Understanding Social Security spousal benefits

## Dear Savvy Senior,

How do Social Security spousal benefits work? My wife, who's approaching age 62, has had a few small-paying jobs over the years, but spent most of her time as a homemaker. What is she entitled to?

### Primary Breadwinner

## DEAR BREADWINNER,

Spousal benefit questions are among the most frequently asked and confusing parts of Social Security. The rules that govern qualifying and claiming are knotty, and there are many exceptions. But understanding how these benefits work is crucial for maximizing your family's retirement income. Here's what you should know.

### WHAT ARE SPOUSAL BENEFITS?

Social Security spousal benefits are designed to provide retirement income to spouses who either didn't work or worked sporadically/part-time and earned significantly less than their spouses over their working lifetime. A stay-at-home parent is a good example of a spousal benefit recipient.

### WHO'S QUALIFIES?

To qualify for spousal benefits, you and your wife must meet three



**JIM MILLER**

conditions: Your wife must be at least age 62; you must be married for a year or more; and you must already be collecting your retirement benefits.

Different rules apply for ex-spouses. Ex-spouses (if you were married for at least 10 years and are not remarried) can receive a spousal benefit based on an ex-spouse's record even if your ex has not yet filed for their own benefits, but your ex must be age 62 or older.

### HOW MUCH ARE SPOUSAL BENEFITS?

The amount your wife would get for spousal benefits will depend on your earning's history and her claiming age.

The maximum spousal benefit is 50 percent of your Primary Insurance Amount (PIA), which is that amount you're entitled to at full retirement age benefit (FRA). But your wife will only get that much if she waits until her full retirement age to file, which is 67 if she was born in 1960 or later.

Unfortunately, spousal benefits cannot be increased by her waiting beyond FRA, but they are reduced by taking them early. So, for example, if your wife were to start collecting her spousal benefits at age 62 (the earliest possible age), she would collect only 32.5 percent of your PIA.

To calculate exactly how much your wife's spousal benefits would be reduced by taking them before her FRA see [SSA.gov/OACT/quickcalc/spouse.html](https://www.ssa.gov/OACT/quickcalc/spouse.html).

You also need to know that because spousal benefits are based on your PIA, even if you (the primary earner) retire early, before you reach your FRA, your wife's spousal benefit will not be reduced. Just as they will not increase if you delay claiming your benefits beyond your FRA.

You should also note that if your wife worked and is entitled to benefits on her own work record, but it's less than what she's entitled to as a spouse, Social Security will pay her the higher of the two amounts, but not both.

### SURVIVOR BENEFITS

In addition to spousal benefits Social Security also pays survivor benefits to spouses and ex-spouses starting at age 60 (50 if disabled).

So, if your wife outlives you, she'll be able to switch from her spousal benefits to survivor benefits and receive a higher payment. Survivor benefits range between 71.5 and 100 percent of the deceased's benefit, based on your wife's age when she claims.

There is, however, one exception. Surviving spouses and ex-spouses that are caring for a child (or children) of the deceased worker, and they are under age 16 or disabled, are eligible to receive 75 percent of the worker's benefit amount at any age.

### ONLINE CALCULATORS

There are several online calculators that can help you and your wife figure out the best time to claim your benefits to ensure you get the highest possible lifetime payout. One that's completely free to use [OpenSocialSecurity.com](https://www.opensocialsecurity.com). Or for a more thorough analysis use [MaximizeMySocialSecurity.com](https://www.maximizemysocialsecurity.com). This tool, which costs \$49 for a year, will run what-if scenarios based on your circumstances to find your best strategy.

Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.



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## SCS REAL ESTATE

## Home sales cool in October

SCS LIFE

Reflecting trends seen elsewhere in the country, Sun City Summerlin's home sales cooled in October. There were a total of 39 home sales closed in Sun City in October, down from 53 a month earlier.

There were 204 homes for sale in Sun City Summerlin at the beginning of November, with 22 on the golf course, ranging from \$335,000 to \$1,565,000 and 13 with a strip view,

ranging from \$339,000 to \$1,695,000.

Homes sold in October ranged from a 1,007 square foot Charleston model townhouse at 10321 Junction Hill Dr for \$302,000 to \$1,450,000 for a 2,577 square foot Wendover model single family at 2820 High Range Dr.

Homes for sale ranged from a Bristol model townhouse at 9424 Gold Mountain Dr with 1,062 square feet for \$308,000 to \$1,695,000 for a 2,886 square foot Nevadan model single family at 2548 Faiss Dr.



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OCTOBER HOME SALES  
IN SUN CITY SUMMERLIN

- 3120 Darby Falls DR 1,699 SF \$675,000
- 8516 Millsboro DR 1,359 SF \$425,000
- 9325 Yucca Blossom DR 1,549 SF \$399,900
- 2501 Indigo Valley ST 1,533 SF \$430,000
- 2925 Big Green LN 1,599 SF \$345,000
- 2657 Youngdale DR 1,533 SF \$615,000
- 2616 High Range DR 2,176 SF \$630,000
- 2729 Echo Mesa DR 2,368 SF \$940,000
- 10616 Sky Meadows 1,250 SF \$370,000
- 2540 Youngdale DR 1,533 SF \$540,000
- 2265 Lauren DR 2,176 SF \$925,000
- 2701 Glencliff DR 1,332 SF \$369,000
- 2648 Golfside DR 2,486 SF \$905,000
- 9312 Yucca Blossom DR 1,119 SF \$322,500
- 9237 Quail Ridge DR 1,172 SF \$405,000
- 10305 Snyder AVE 1,664 SF \$355,000
- 2620 Deer Lake ST 1,220 SF \$415,000
- 2801 Golfside DR 1,653 SF \$527,500
- 2205 Beacon Ridge DR 1,713 SF \$545,000
- 2816 High Range DR 1,533 SF \$730,000
- 2257 Lauren DR 2,798 SF \$1,350,000
- 2504 Sunup DR 1,653 SF \$410,000
- 10709 Brinkwood AVE 2,334 SF \$572,500
- 2540 Faiss DR 2,693 SF \$900,000
- 2712 Herons Creek DR 1,220 SF \$375,000
- 2820 High Range DR 2,577 SF \$1,450,000
- 10321 Junction Hill DR 1,007 SF \$302,000
- 2621 Breakers Creek DR 1,021 SF \$335,000
- 2328 Hot Oak Ridge ST 2,162 SF \$800,000
- 10628 Mission Lakes AVE 2,176 SF \$555,000
- 2700 Crown Ridge DR 1,703 SF \$700,000
- 2832 Dry Plains DR 1,636 SF \$390,000
- 2737 Tumble Brook DR 1,119 SF \$370,000
- 2328 Hot Oak Ridge ST 2,162 SF \$800,000
- 10628 Mission Lakes AVE 2,176 SF \$555,000
- 2700 Crown Ridge DR 1,703 SF \$700,000
- 2832 Dry Plains DR 1,636 SF \$390,000
- 2737 Tumble Brook DR 1,119 SF \$370,000
- 9817 Kernville DR 1,653 SF \$509,000
- 3104 Bightridge DR 1,105 SF \$360,000
- 2223 Barbers Point PL 1,305 SF \$350,000
- 8513 Lynhurst DR 1,492 SF \$525,000
- 2913 Billy Casper DR 2,196 SF \$695,000
- 2853 Breakers Creek DR 1,332 SF \$330,000

Market statistics provided by Michael DelGais, Home Realty Center

2620 HANGING ROCK DRIVE | 1,999 SQ FT | \$674,999



Stunningly expanded and renovated, this 1,999 sq. ft. Hancock model sits gracefully on a terraced lot high in Sun City Summerlin. A grand double-door entry welcomes you into an open, airy floor plan designed for both relaxed living and stylish entertaining. The dramatic kitchen features newer cabinetry, sleek quartz countertops, stainless steel appliances, recessed lighting, and a convenient breakfast bar. The luxurious primary suite offers a custom walk-in shower, dual vanities, and modern cabinetry, creating a spa-like retreat.

A well-appointed second bedroom and bath provide comfort for everyday living or visiting guests. Step outside to enjoy the easy-care desert landscaping and an expanded covered patio—perfect for year-round outdoor living.



SCS LIFE FEATURED LISTING

Property Listed by:

**Michael E. DelGais**

(B.0066235)

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## PROPERTY MANAGEMENT / SALES

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## MORE BRIEFS

### CANDIDATES WANTED

Want to become a mover and shaker in Sun City Summerlin? The last day for candidates to file for the Board of Directors is Nov. 26.

Four of the nine board seats will be up for grabs in the upcoming election. Three of them will be for three-year terms while the fourth is a two-year term temporarily filled by Lee Fair after Joe O'Connell resigned due to personal reasons.

Candidates are encouraged to file for a seat at the SCSCAI administration office in Mountain Shadows by 5 p.m. Nov. 26.

Ballots will be mailed to all 7,781 households on Jan. 12, with votes tabulated by the Election Committee and results announced Feb. 25.

### PEPSI, NO COKE

Sun City will remain in the Pepsi family for at least the next three years.

The Board of Directors approved a new contract that calls for Pepsi products to be continued to be sold exclusively at the Tavern at the Falls and Summit restaurants as well as on the beverage carts.

The contract calls for one Pepsi drink gun at each restaurant, along with a refrigerator at the Summit to store Pepsi products only. There are also rebates Sun City will get from Pepsi, depending on the amount of product sold.

## Vaccines

continued from Page 17

at Harvard's Chan School of Public Health.

Large chains, including CVS and Walgreens, say they have enough supply available to meet demand.

The additional hoops people might have to go through — such as having to find a different pharmacy or physician — could have an impact on up-take of the covid shot, though.

“To get more people to get vaccines, the key is making vaccination really easy and to take steps out,” Levin-Scherz said.

### INFLUENZA VACCINE

More people seek out the flu vaccine than the covid vaccine, but even so, only 47% of adults got a shot last flu season.

The CDC recommends that virtually everyone 6 months or older get a flu shot annually. This year is no different. The shots should be widely available at pharmacies and physician offices, and health plans will cover the shots without charging people for them.

The federal Department of Health

and Human Services announced in July that flu vaccines must not contain thimerosal, a preservative that prevents bacterial growth in vaccines. There is no evidence that the mercury-based additive, which has been used for decades, is harmful, according to vaccine researchers. Last year, the CDC estimated that only 6% of flu vaccines use thimerosal as a preservative.

### RSV VACCINE

This vaccine protects against respiratory syncytial virus, a highly contagious seasonal virus that infects the lungs and respiratory tract. Although symptoms are typically mild, RSV can lead to serious lung infections, particularly in older people.

A vaccine was approved in 2023. The CDC recommends it for everyone 75 or older and for people 50 to 74 who have medical conditions that put them at risk for severe disease.


People who meet the criteria should be able to get the RSV vaccine at their local pharmacy, Fish said.

The RSV vaccine is not an annual vaccine. If you've already received it, you don't need to get it again, according to current guidelines.



## We Love to Hear From Our Readers

SCS LIFE welcomes reader input. You can submit a letter by emailing them to Eric Dahlberg (edahlbergmcin@gmail.com). Letters should include your name and be about 200 words.



Sun City Summerlin's Independent Monthly

Write to us at [news@scslife.net](mailto:news@scslife.net)  
and tell us all about it!



## OCTOBER CRIME REPORT

A look at October crime in Sun City Summerlin, as reported by the Las Vegas Metropolitan Police Department.

### COUNTERFEITING / FORGERY

10-16	10:03 a.m.	8800 Block Pennystone Avenue
10-29	8:22 a.m.	9200 Block Cactus Wood Drive

### MOTOR VEHICLE THEFT

10-13	5:17 a.m.	9300 Block Sun City Boulevard
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### FRAUD

10-10	3:17 a.m.	10600 Block Cedar Creek Avenue
10-21	8:45 a.m.	2500 Block Roseworthy Street

### BURGLARY

10-15	7:19 a.m.	9800 Block Villa Ridge Drive
10-28	12:22 a.m.	2800 Block Faiss Avenue

SOURCE: LVMPD Open Data Portal

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