

West Valley Star

MARCH 2020



SPRING TRAINING SCHEDULE

Page 15

Fun Reading

Entertaining Features

Exceptional Values

Useful Services

...and much more

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3 Car Sounds You Should Never Ignore

In many cases, the first indication that there's something wrong with your car is a strange sound. Here are three types of noises that could indicate there's a problem.

Squealing If it comes from your engine bay, a high-pitched squealing sound could indicate that there's a worn out or loose belt. On the other



hand, if the noise emanates from the wheels, it may mean that there's a problem with your brakes or bearings. An issue with the brakes may also present itself with a grinding sound.

Grinding or crunching

These sounds, especially when they come from under the hood, can be caused by a whole host of issues. A complete inspection may be necessary to pinpoint the origin of the noise.

Rattling or knocking

This could be caused by something as simple as a rock caught in the wheels or may be an indication that

something is seriously wrong with your car. If the noise persists, bring it to Litchfield Auto Repair where one of the mechanics can take a look at it.

If you regularly listen to music while you drive, you may miss the telltale sounds of a car problem. At least once a month, turn off the radio while driving in order to listen carefully to the noises your car makes. If you hear anything out of the ordinary, have Litchfield Auto Repair check it out.

Check the AC in your car *before* summer

You may not have used the air conditioner in your car for a few months, but you'll probably need it soon. The last thing you want is to discover that it isn't working on the first hot day of the year. To avoid frustration, test the system before you need it.

How to inspect your air conditioner

The simplest way to make sure your air conditioner is working is to turn it on. Cold air should come out of the vents and the temperature and flow should in-

crease and decrease when you adjust the settings. If everything's working well, all you'll need to do this spring is change the filter to ensure you are breathing clean air all summer long.

Signs your air conditioner isn't working

Air conditioning problems are most commonly caused by leaks. Either the coolant is dripping or damaged seals are allowing air and water to seep into the air conditioner's components. Signs of an issue include the following:



- There's no air at all
- The cooling is sporadic
- The air isn't cold enough
- It makes loud noises when it's on

If there's a problem with your car's air conditioner, you'll be happy to have caught and fixed it before the start of summer.

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A new approach to women and leadership

International Women's Day is an annual celebration of women's achievements and a reminder of where progress still needs to be made. In 2019, women across the globe held a greater number of senior management positions than ever. Unfortunately, of all such positions available, only 29 per cent were filled by women.

The corporate climb

The underrepresentation of women in leadership roles has long been

attributed to the metaphorical glass ceiling, a systemic barrier preventing women from rising beyond a certain level of seniority. A recent large-scale study of American corporations, however, placed the primary barrier to women's professional advancement lower on the corporate ladder.

Research has identified a phenomenon called the "broken rung", which is a dis-

International Women's DAY

#EachforEqual March 8, 2020

crepancy in the advancement rates of men and women to first-level management roles. Since more women remain in entry-level positions, there are fewer to compete for promotions at subsequent levels of management.

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"A good name is more desirable than great riches; to be esteemed is better than silver or gold."

- Proverbs 22:1



A down-to-earth advisor who has been in the business since 2001, Laura Robb enjoys helping clients create a financial road map to help them pursue their goals and passions in life. She works with individuals, families, single women and snowbirds, offering wealth management strategies in step with their needs, objectives and risk tolerance.

Laura's clients appreciate how she explains technical topics in terms that are easy to understand, empowering them as investors. She takes her responsibility as a steward of her clients' resources very seriously.

"I always feel honored when someone chooses me to be their financial advisor," Laura says. "It is not something to be taken for granted." She prefers an in-depth approach to getting to know clients, which guides her decision-making. She strives to provide personalized strategies for managing and preserving wealth based on strong relationships.

Laura joined Raymond James in October 2015, drawn by its in-depth resources and investing platform that empowers her personalized style of advice. Prior to that, she served as an advisor and limited partner at Edward Jones in Port Angeles, Washington, for 14 years, where she also offered her skills as a mentor, field trainer and new advisor trainer.

Laura makes time to serve in the community to make a difference in others' lives. She volunteers with Meals of Joy senior meal program, and is currently their vice-president. She also volunteers with Rotary International, Sequim Education Foundation, United Way, Montessori in the Park and she's a current class member of Leadership West.

Though she grew up in Southern California, she built her career in Washington state and now splits time between Washington and Goodyear, Arizona. When she's away from the office, you'll find her traveling, gardening, riding her motorcycle, mountain biking and spending time with family, which includes her husband, Jeffery, and their children, Danielle and Colby.

Laura Robb
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Here's A Tip

by JoAnn Derson

Baked apples or stuffed peppers will stay perfectly upright if you set them in the wells of a muffin tin.

Make your own bath oil by mixing a couple of drops of your favorite perfume with a bit of baby oil. Just rub on post-bath or add to your bathwater.

"Recently I cooked a big batch of broccoli in the afternoon. The house had that cabbage smell. I don't like air fresheners because the strong smell gives me a headache. My neighbor told me to boil a couple of cups of vinegar and let it simmer for 10 minutes. At first, the vinegar smell replaced the cabbage smell, but then it totally disappeared and all the smells were gone too." -- E.Y. in Pennsylvania

"Use your vegetable peeler to make strips of butter if it's cold and you need to spread it on bread. The strips' large amount of surface area help the butter to soften quickly, making it easy to spread." -- M.M. in Texas

"For uniform cookies, roll and freeze your dough for 10-15 minutes. Most doughs will harden enough to slice into perfectly even slices, and the freezing doesn't really affect cooking time too much. Watch your first batch, though." -- R.L. in Missouri

Use clean tin cans to make and decorate tiny cakes. They can be used just like a regular cake pan, just grease and dust with flour. Be sure to use only cans that are not lined with anything, because some cans are lined with BPA plastic!

You might think your dishwasher cleans itself every time you use it, but it could use a hand. Monthly, fill two small bowls with white vinegar, and put one on the upper and one on the lower rack. When the clean cycle is done, sprinkle a cup of baking soda on the bottom and run again.

Need an easy substitute for buttermilk? Squeeze lemon juice into milk, and let it sit for 10-15 minutes before using.

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Celebrity Extra

by Dana Jackson

Q: I've always enjoyed "The Big Bang Theory" and loved Laurie Metcalf as Sheldon's mother. The actress who now plays his mother on the spin-off series "Young Sheldon" has so many of Laurie's facial expressions, quirks and attitude. My daughter said that they are mother and daughter. Is that a fact? -- A.V.

A: Your daughter is correct. Actress Zoe Perry is the offspring of Laurie Metcalf ("Roseanne") and actor Jeff Perry ("Grey's Anatomy"). Zoe's first acting role came in the early 1990s on a couple episodes of "Roseanne," where she played Metcalf's character, Jackie, as a young girl. For



PHOTO CREDIT: IMDB

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Laurie Metcalf and Zoe Perry

those who haven't tuned in, "Young Sheldon" is a sitcom that takes place in the early 1990s and airs Thursday nights at 8 p.m. ET on CBS.

★ ★ ★

Q: Why does there have to be such annoying, loud background noise/music throughout so many shows these days?

My main complaint is with the three "Chicago" shows on Wednesday nights and also "New Amsterdam." They are all NBC shows, and I have written a complaint to that network, for all the good it will do, but I'm reaching out to you as well. Can you help? -- L. T.

A: I wish I had the power to change it. Take some comfort that you are not alone. While researching the issue online, I found many complaints from viewers that they were not able to hear the dialogue due to the blaring background music. Alas, these complaints went back several years, and since it's still an issue it's obvious that NBC hasn't done anything about it

and, I fear, doesn't plan on changing its ways. Some people online theorized that the sound distortion is due to our modern flat-screen TVs. The speakers are smaller than the ones on the large tube TVs of the past. However, it wouldn't be an issue at all if the networks would cease with the loud music! In the meantime, keep those letters coming to NBC. If more people write them at www.nbc.com/contact-us then perhaps they will listen.

★ ★ ★

Send me your questions at NewCelebrityExtra@gmail.com, or write c/o KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Wildlife World Zoo, Aquarium & Safari Park Announce the Arrival of Endangered Pygmy Hippos & the Grand Opening of its New 5-Acre Safari Park Addition

Wildlife World Zoo, Aquarium & Safari Park is excited to announce the arrival of two endangered pygmy hippos and the grand opening of its new Safari Park addition. Visitors will be able to come face to face with the two endangered pygmy hippos, as well as several other new species including Grevy's zebra, onagers, caracals, a clouded leopard and many more.

For the first time in the State's history, pygmy hippos now call Arizona home. The pygmy hippopotamus is mainly found in West Africa and is a far more terrestrial species as compared to common hippos. Wildlife World's new pygmy hippo exhibit provides the new residents



with a climate-controlled building, 2 indoor pools, and outside, they have two separate large green pastures with native foliage and a beautiful joining watering hole fed by a 12ft waterfall for the hippos to swim and splash around in.

Sadly, the pygmy hippo is now endangered, with recent population

estimates indicating there may be fewer than 3,000 pygmy hippos left in the wild. Both types of hippos are threatened by habitat loss due to logging and human settlement. Although conservation initiatives are ongoing, without more information on the species' status and a coordinated conservation strategy,

the pygmy hippo may disappear from the wild. Fortunately, Arizona's climate lends itself to these magnificent animals and provides the young hippos with a perfect environment to flourish and thrive, all the while being an ambassador for their species and inspiring people to conserve and protect their wild counterparts.

The zoo's Safari Park addition includes dozens of new exhibits tailored to the natural habitats and needs of each species, incorporating pastures, ponds, islands and water features. Other new species making their debut include red billed blue magpies, nilgai antelope, sarus cranes and many

continued on pg. 25

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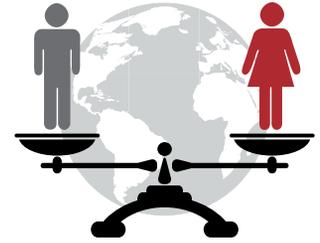
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A look at gender inequality worldwide

When the United Nations member states adopted the 2030 Agenda for Sustainable Development, they established gender equality as one of 17 distinct components vital to worldwide peace and prosperity. Here are some of the many ways in which gender disparities are problematic.



- More women live in extreme poverty than men. This discrepancy is most acute during women's peak child-bearing years, when they're

25 per cent more likely to live in extreme poverty than men.

- More women are food insecure than men. On average, women are 10 per cent more likely to experience food insecurity than men worldwide, particularly in times of crisis.

- More girls are excluded from education than boys. An estimated 15 million school-age girls worldwide will grow up illiterate, compared to 10 million boys. As of 2016, two-thirds of illiterate adults were women.

- More women are the primary procurers of water than men. Women and girls are responsible for collecting water, often travelling long distances, in 80 per cent of households without access to water on the property.

- More women live in slum-like conditions than men. Women are overrepresented in 70 per cent of slums in 61 developing countries, where they lack access to clean water, proper sanitation facilities and/or adequate housing.

- More women are the victims of human trafficking than men. Women and girls account for three-quarters of human trafficking victims, who are predominantly intended for sexual exploitation.

Gender equality can't be achieved in isolation. Only by addressing the world's most pressing occurrences of deprivation and discrimination can the global community hope to attain gender parity.

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by Matilda Charles

Remembering Our Music

Have you ever tried to remember all the words to a song from your childhood or teenage years, or something you heard your parents sing?

If you can remember one or two lines of a verse or the title, you can find the whole song on the Internet. Here's an example. I put one line of a song in Google, and there it was! Not only did all the lyrics pop up but there were links to videos of groups singing the song. There were links, too, to more information. Imagine my surprise when I discovered that the song was written in 1911.

World War II was full of good music, and chances are you remember at least parts of some of the songs. Search online for World War II songs or any other era you're interested in. Wikipedia even has categories such as "Songs of 1950s." Or search Wikipedia by singer and click on their discography for all the songs they released. Remember "Any Bonds Today?", the 1941 song written for a war bond drive and presented in a Bugs Bunny cartoon? Or for younger seniors, how about "Blowin' in the Wind," Bob Dylan's 1962 song. How many verses do you remember?

When the weather warms up, you might consider haunting garage sales and antique marts for old sheet music. If you no longer have a keyboard, look on Amazon for compact 54-key electronic keyboards for less than \$100. And what do you

do once you've collected all the music from your youth? Consider sharing it. If you play well enough, ask about visiting a retirement facility and playing for the residents. Make copies of the lyrics and hand them out for a sing-along. For Alzheimer's patients, hearing or singing music can animate silent patients, reduce stress and strengthen memory.



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by Freddy Groves

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scrutinize paperwork, conduct interviews and get to the bottom of what's going on.

The recent inspection of a facility estimated that the VA was about to spend \$261 million over the next five years on sleep apnea

devices that veterans weren't using. Veterans were given the devices and only half were being used, with no staff follow-up. The OIG recommendation was to loan the devices to veterans instead and keep track of the usage. This move is expected to save \$39 million per year for the sleep apnea devices and \$12 million per year for the supplies.

The VA has been spending \$450 million, split between four vendors, on contracts for medical and surgical supplies on the East coast. Because supplies of this nature must be delivered on time every time, the OIG dug around to see if anybody in the VA was keeping an eye on what

was being delivered. In addition, the supplier was to report monthly about the order fulfillment levels. So what did the OIG discover: that nobody in VA was watching and the vendors were using funny math to report their deliveries. Correct orders only were received 40% of the time. This calculated to \$16.8 million in incorrect payments made to vendors in one year. The OIG also looked at undelivered orders in a different investigation. Specifically, had prices changed between ordering and the delivery? Were the items still needed? Should the orders be canceled? Could the money be spent elsewhere? If budgeted money isn't spent in a fiscal year, it gets erased and vanishes. OIG discovered that \$132 million could have been spent elsewhere had anyone been paying attention to undelivered orders.

I still say, whatever the OIG's budget is, double it. We'll still come out ahead.

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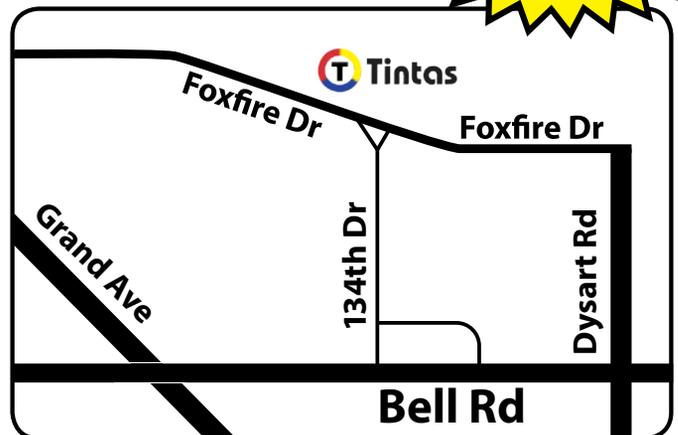
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If you are reattaching a button to shorts or pants, try using dental floss, the unwaxed kind. It's much stronger and can hold the button better than regular thread. Use a marker to darken it if the color is an issue.

"I have heard the tip to spray a thread end with hairspray to keep it stiff for threading, but I didn't have any hairspray. I used a touch of hair gel, and it

worked too." -- T. in Kentucky

It seems like we have less and less time with our doctors. Keep a notebook just for your doctors visits. Before an appointment, make a short list of questions and any important things to discuss. Take the notebook with you to your appointment so your doctor can see you've taken the time to organize your thoughts and have an agenda.

If you need to chop bacon for a garnish or slice chicken or beef for fajitas, freeze the meat before you chop. It will make it much easier to get the slices uniform because it doesn't slide around.

Send your tips to:
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by Linda Thistle

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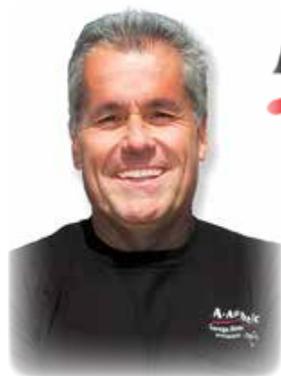
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answers on pg. 37

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by Keith Roach, M.D.

How Bad Is Drinking a Bottle of Wine

DEAR DR. ROACH: I know drinking a bottle of wine isn't good for me, but is it really *that* bad? I'm a 74-year-old female in excellent health who stays active and enjoys relaxing with wine -- before, during and after dinner. I seriously want to know if I'm really harming myself with this habit. -- N.R.

ANSWER: For women, the recommendation is one glass of wine with meals. A bottle of wine contains five glasses. This amount of alcohol is thought to increase overall risk of death by about 30 percent, mostly from accidents, kidney and liver disease and congestive heart failure. There is fairly strong evidence that this much

alcohol also increases risk of developing dementia. Alcohol may have a greater effect on older women, because at age 74, your liver probably does not work as well as it did when you were 20. Put another way, your current risk of death due to the alcohol is closer to that of an 80-year-old than that of a 74-year-old, roughly speaking. Cutting down on alcohol now stops further damage and allows your body to heal itself, to some extent. I hope I have convinced you that five glasses of wine is far too much, and I would really encourage you to stay below two glasses of wine a day.

DEAR DR. ROACH: A couple of years ago, a let-

ter writer asked if you knew anything about the effect of Advil on men with enlarged prostates. It seemed that ibuprofen decreased his trips to the bathroom. I have found the same thing myself. Taking two Advil allows me to wait five to six hours before having to urinate. Has there been more research on why this happens? -- S.Z.

ANSWER: There is more information. Men with symptoms of enlarged prostate often have increased urinary frequency, combined with incomplete emptying. This makes sense; if you can't empty your entire bladder, you will have to empty it more frequently. So it seems the ibuprofen is letting you empty the bladder more completely.

There are two major reasons for incomplete empty-

ing, and different theories for why ibuprofen might work on each. Benign (not cancerous) enlargement of the prostate is one reason. In this case, it is hypothesized that ibuprofen stops the growth of cells in the prostate, but the exact mechanism isn't clear. Reducing the size of the prostate can allow better, more complete urine flow. The other common cause of the prostate symptoms is inflammation of the prostate. In this case, ibuprofen's anti-inflammatory effect reducing symptoms is easier to understand. The fact that it works so quickly for you suggests that the anti-inflammatory effect is more important in your case. Ibuprofen does have possible side effects, but two ibuprofen once a day is unlikely to cause significant problems.

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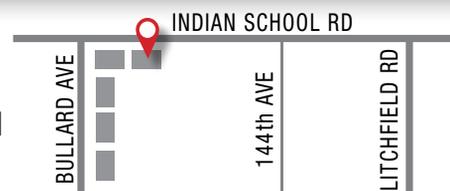
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24 ARI 1:05	25 TEX 1:05	26 SF 1:05	27 SEA 1:05	28 MIL 1:05	Mar 1 LAD 6:05	2 LAA 1:05	
3 KC 1:05	4 CHI 1:05	5 CWS 1:05	6 SD 6:05	7 SEA 6:05	8 SF 6:05	9 COL 1:05	
10 ARI 1:05	11 CIN 1:05	12 SD 6:05	13 MIL 1:05	14 COL 1:05	15 LAD 6:05	16 TEX 1:05	
17 CLE 1:05	18 SD 1:05	19 CWS 6:05	20 LAA 6:05	21 KC 1:05	22 CHI 6:05	23 CIN 1:05	
24 COL 12:05	<i>All game dates, times, opponents and promotions are subject to change.</i>						



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What's a Safe CBD Dosage for a Small Dog?

DEAR PAW'S CORNER: When my 6-year-old, 16-pound Dachshund, "Sally," hurt her back and couldn't walk, a veterinarian recommended expensive surgery. I found another vet who was able to treat her without surgery and she is walking again. To manage her pain, I have been giving her 1,000 mg of CBD oil, five drops twice a day. Am I giving her too much or too little? Every product has a different option. -- Wayne O., via email

DEAR WAYNE: A twice-daily dose of 5 drops of a 1,000 mg formulation

of CBD oil is an awful lot to give a dog of Sally's size. By my ballpark estimate, she's getting 6 mg to 8 mg of CBD in each dose. That may be OK in the short term for treating severe pain, but high doses of CBD can cause temporary changes in eye pressure, which over time can permanently damage the eyes.

I understand your dilemma, though. Many charts for pets recommend 600 mg to 1,000 mg formulations for large dogs over 100 pounds, and much smaller formulations of 75 mg to 150 mg for small

dogs like Sally. But some formulations for pets go as high as 3,000 mg, and there is no set standard. Even worse, the chart calculations for CBD products are confusing. Some charts list dosages in milliliters, others in milligrams. Who wants to do math when your pet is in pain?

I'd like you to work closely with Sally's vet to find an effective CBD dosage to

safely treat her pain. As she recovers, you should lower the dosage further, to below 4 mg per dose, to help manage any chronic pain from her injury. A lower dosage will also cost much less than what you're paying right now.

Send your questions, tips or comments to ask@pawscorner.com.

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Strange But True

by Samantha Weaver

The Emperor Charlemagne, who conquered much of Western and Central Europe during the first century, had an unusual relationship with his daughters. He refused to allow them to get married, but he evidently had no objections to their forming, shall we say, less formal relationships. He doted on his illegitimate grandchildren and even gave money and

gifts to their fathers.

If you look at a list of the names of the 50 states, you'll find every letter of the alphabet except Q.

For reasons unknown, a law in New Jersey forbids the sale of cabbage on Sunday.

You won't be surprised to learn that the most dangerous device that is common in the modern world is the automobile. You might be surprised to learn, though, that the second most dangerous is the stair step.

The only chemical element that is not a solid at a temperature of absolute zero is helium; it remains a liquid.

Next time you're in Iowa, you might want to stop by the rural town of Riverside, which touts itself as the future birthplace of Captain James T. Kirk. Yep, the **future** birthplace.

Those who study such things claim that the act of licking a stamp burns one-tenth of a calorie.

There are more Polish people living in Chicago than in any city on Earth except for Warsaw, Poland's capital.

The first recorded newspaper that published on a daily basis was in Rome -- in 59 B.C.

The Zagat restaurant rating system recently conducted a survey of Americans' tipping habits. The results? It seems that residents of Philadelphia are the most generous tippers in the nation, leaving an average of 19.6%. The average across the country is **19%**.



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The best storage solutions for every room in your home

Did you finish your spring cleaning only to realize you need more storage space? Here's a room by room look at some of the best solutions available.

KITCHEN

Install hidden trays under your cabinets to hide chargers, coffee pods and other essentials. In addition, placing pull-out shelves in cupboards will make it easier to organize your items.

BATHROOM

Store your cleaning supplies on a Lazy Susan to make them easy to find when you need them. Use baskets to hold things like bath

towels or toilet paper.

LIVING ROOM

Put a bowl on the coffee table to stylishly corral remote controls, magazines and other items. Additionally, a storage ottoman is perfect for holding throws and pillows.

BEDROOMS

Take advantage of the space under your bed by adding drawers or using under-the-bed storage boxes.

GARAGE

Install overhead racks near the ceiling. This allows you to incorporate storage in the garage without sac-

rificing parking space. Use this area to hold stuff you don't need to access often, like seasonal decorations and sporting gear.

WORKSHOP, OFFICE OR CRAFT ROOM

Mount a pegboard above your work area and use it to organize your tools or supplies.

By hanging things on the wall, they'll be easier to find and you'll free up some room.

In addition, be sure to use the vertical space in your home. Install shelves above doors, get extra tall bookcases and put hooks on the back of closet doors.



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Amy Bookout

is a Registered PTIN Tax Professional with over 7 years experience.



Alicia Gutierrez, EA

is a Registered Enrolled Agent Certified Acceptance Agent (CAA) and considers herself lucky that at a young age she learned the value of hard work and loyalty.



Susan Anderson

is a Registered PTIN Tax Professional and has been with MLR since 2017.



Jessie Miller

is a Registered PTIN Tax Professional and is QuickBooks Certified. She's been a Phoenix resident since 2013 and has a 5-year-old daughter



Courtney Hutchinson

joined the tax and accounting field after graduating Grand Canyon University. She has learned from talented accounting professionals and is a registered PTIN Tax Professional.



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Women and Leadership

continued from pg. 2

Redefining leadership

One way to encourage more women to strive for management roles and to promote the selection of women for these positions is to broaden the characterization of a good leader.

Traditionally, strong leadership has been equated with assertiveness, ambition and self-reliance — attributes typically associated with masculinity and often discouraged in women.

By contrast, inclusive leadership is a collaborative form of management that embraces diversity, empowerment and inclusivity. These leaders are humble, open-minded and committed to strengthening marginalized voices. Research shows that inclusive leaders directly enhance the quality of a team's perfor-



mance and decision-making.

Gender diversity

Studies demonstrate that gender diversity in corporate settings increases productivity and innovation, leads to better products and decision-making and improves employee satisfaction and retention.

Though it's important that women continue to occupy more and more leadership roles, it's clear that gender parity at all levels of the workforce should be the goal.

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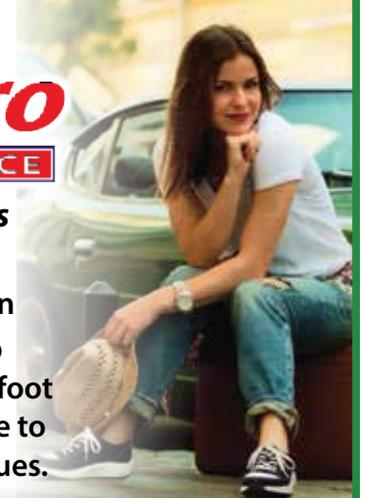
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ACROSS

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- 48 Portrayal
- 49 Chew like a chipmunk
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answers on pg. 37

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Wildlife World Zoo

continued from pg. 7

more rare and endangered African bird and hoof stock species, with plans to continue to expand the collection. The 5-acre addition will bring the total size of Safari Park to nearly 30 acres.

Wildlife World has been constantly renovating and expanding existing exhibits for the past 35 years, while continuing to build new exhibits and areas to give its guests a unique opportunity to get up close and personal with wildlife. Given Wildlife World's commitment to superior animal care and innovative exhibit design, the new Safari Park addition is certain to deliver and exceed all expectations.

As a USDA licensed, private institution, accredited

by the Zoological Association of America (ZAA) and the Alliance of Marine Mammal Parks & Aquariums (AMMPA), Wildlife World Zoo, Aquarium & Safari Park receives zero taxpayer funding. No tax dollars have ever been spent to build or operate Wildlife World in its 35-year history.

Wildlife World Zoo, Aquarium & Safari Park is located at 16501 W. Northern Ave., Litchfield Park, AZ (SE corner of State Route 303 and Northern Ave.) Wildlife World is open seven days a week, 365 days a year, including all holidays.



Clockwise: Caracals, Grevy's zebra and clouded leopard.

to 7:00 p.m. Admission includes access to the Zoo, Aquarium and Safari Park.

For more information call (623) 935-WILD (9453) or visit Facebook, Instagram, and Twitter @ ZooWildlife, and www.WildlifeWorld.com.

Zoo exhibits are open from 9:00 a.m. to 6:00 p.m. (last zoo admission is at 5:00 p.m.) Aquarium exhibits are open from 9:00 a.m.



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Recipe

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Slow Cooker Beef and Cabbage with Potatoes and Carrots

Lighten up for St. Patrick's Day...

INGREDIENTS

- 1-3/4 teaspoons salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 2 tablespoons brown sugar
- 2 teaspoons ground mustard
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 (2-pound) beef brisket, trimmed
- 1 cup unsalted beef stock
- 3 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- 4 garlic cloves, crushed
- 2 bay leaves
- 1 head Savoy cabbage, halved
- 2 pounds small red potatoes, quartered
- 1 pound trimmed baby carrots
- 1 tablespoon unsalted butter, melted

DIRECTIONS

Combine 1-1/2 teaspoons salt, 1/2 teaspoon pepper, the brown sugar, ground mustard, cinnamon, ginger and cloves in a small bowl. Rub mixture over all sides of brisket.

Place brisket in a 5- to 6-quart slow cooker. Add stock and vinegar, Worcestershire sauce, garlic and bay leaves. Arrange cabbage halves over top. Cook on LOW 8 hours or until beef is very tender. Transfer beef to a cutting board; discard bay leaves.

Place potatoes and carrots in a large saucepan; add cold water to cover potatoes by 1 inch. Bring to a boil; cook 8 to 10 minutes or until tender. Drain. Toss with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and butter. Cut brisket across the grain into thin slices. Cut each cabbage half into 4 wedges. Serve brisket with onions, cabbage, potatoes, carrots, and jus

Nutrition Facts: Serves 8. Calories 352 Fat 10.4g Saffat 4g Monofat 4.4g Polyfat 0.5g Protein 28g Carbohydrate 37g Fiber 7g Cholesterol 74mg Iron 4mg Sodium 718mg Calcium 102mg



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Events & Happenings

CONFIRM EVENT DETAILS BEFORE ATTENDING

To submit events for consideration email details to westvalleystarmagazine@gmail.com. Deadline is the 15th of the month prior to the edition you wish to be included in.

Mondays & Wednesdays

EXCEPT FOR SPECIAL EVENTS AND HOLIDAYS

Silver Sneakers - FREE. Open to all Buckeye Senior Program participants. Low-impact fitness program led by staff to help keep you active and fit. 8:30-9:30am, Buckeye Community Center, 201 E. Centre Ave., Buckeye. For information on how to become a participant, call 623-349-6600.

Every Wednesday

Farmers Market - Fresh and locally grown produce. 9am-1pm, Care1st Resource Center, 328 W. Western Ave., Avondale. Cash, debit and credit, WIC and SNAP benefits accepted. Call 623-333-2703 for info.

Thursdays, Fridays & Saturdays

RePete Boutique Thrift Store - FREE admission, public welcome. Every Thursday & Friday 9am-Noon, Saturdays 8am-Noon. St. Peter's Episcopal Church, 400 Old Litchfield Rd., Litchfield, 623-935-3279.

Thru March 31

Art Boutique at PebbleCreek - Free admission. Resident artists sell wall art, fused glass, gourd art, jewelry, needle crafts and more. Purchases thru March include a drawing entry to win \$25. Enter main gate at PebbleCreek Pkwy. and Club House Drive (Tuscany). Expressions Gallery Hours: Mon-Sat. 9am-4pm.

Friday - March 6th

King of the Blues - Two drink minimum between 6:30 - 8:30pm. Live Blues with Big Pete Pearson. Tap Savvy, 13000 W. Indian School Rd, Suite A-6, Litchfield Park.

Concert in the Park - Free admission. Bring your lawn chair and blankets to enjoy the Ultimate Bon Jovi Band. 7-9pm. Tartesso Community Park, west of Sun Valley Parkway at Thomas. Refreshments available for purchase.

Saturday - March 7

7th Annual Dog Days of Buckeye - Local vendors & activities for all dog lovers needs. Competitions include, heaviest dog, musical chairs, heaviest puppy, small dog races, K-9 vs. owner eating contest and more. 9AM-2pm. Sundance Park 22865 W. Lower Buckeye Rd.



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Friday & Saturday – March 7th & 8th

22nd Annual Litchfield Park Art & Wine Festival – Arizona's largest Art & Wine Festival. 9:30am – 5:30pm. 101 W. Wigwam Blvd, Litchfield Park

Monday – March 9th

An Afternoon with Wendy Spooner – Free and open to the public. Wendy Spooner will be featured speaker at the monthly meeting of the West Valley Genealogical Society & Library. Her topic will be "Ancestry and Art". 1pm, First Presbyterian Church, 12225 N. 103rd Ave, Sun City.

Friday – March 13th

Concert in the Park Hard Daze Night – Free admission. Bring your lawn chair and blankets to enjoy the band Hard Daze Night. 7-9pm. Festival Foothills Park 26252 W. Desert Vista Blvd, Buckeye. Refreshments available for purchase.

Saturday – March 14th

Litchfield Park Home Tour – Tickets \$25. Visit the beautiful homes of Litchfield Park. There will also be a vintage and homemade market. 10am-4pm, Litchfield Park. Tickets can be purchased the day of the event or at www.LPHSMuseum.org

Sunday – March 15th

Arts in the Park – Free concert. Bring your blankets and lawn chairs to the front lawn of the Wigwam for the City of Litchfield Park's 5th Art in the Park season. Award winning fiddler Doug Deatherage and The Desert Knights Band are play all your favorite country and bluegrass sounds. **NO OUTSIDE ALCOHOL IS PERMITTED.** Beverages will be available for purchase. 3-5pm, The Wigwam 300 E. Wigwam Blvd, Litchfield Park.

Saturday & Sunday – March 21st & 22nd

Luke Days – Free to the public / VIP tickets available at www.airshowusa.com. Air Force Thunderbirds and a variety of other civilian and military aerial demonstrations, as well as more unconfirmed guests. 8am-5pm, Luke Air Force Base, 14185 W. Falcon St. (off Litchfield Rd just North of Glendale Ave.) www.luke.af.mil/luke-days-2020/

Saturday – March 28th

Sweet to the Soul! – Admission \$5 (over 18 years old), parking is FREE. Over 250 vendors featuring home décor, accessories, clothing, furniture, baked goods, and so much more! 9am-4pm, Peoria Sports Complex, 16101 N. 83rd Ave, Peoria.



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Don't Forget About Your Teeth!

As dental professionals, we have to ask ourselves, why are we seeing so much decay in the mouths of our older patients lately? This month, we hope to help the seniors in our community avoid some of the consequences from tooth decay, infection, and ultimately, tooth loss.

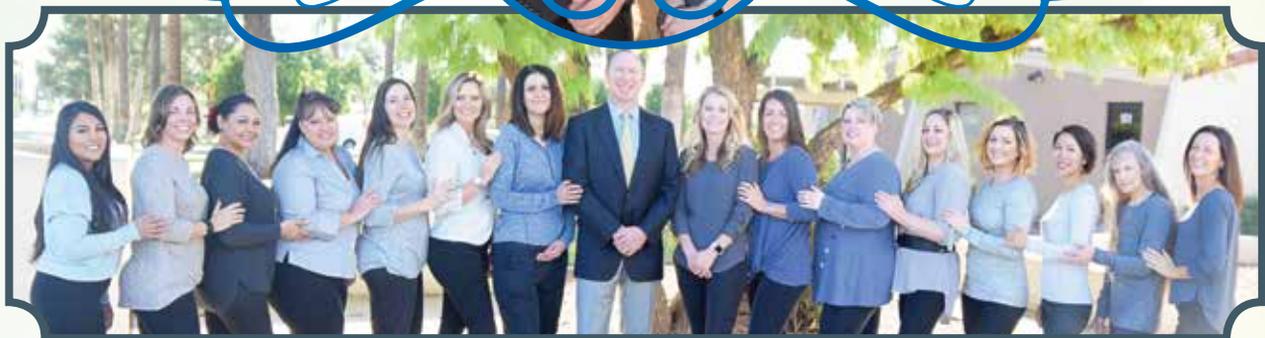
There are many reasons why elderly patients are more prone to dental disease. One of those being general neglect and avoiding the dental office all together. In the past, dental hygiene was not given the importance that it is today. Going to the dentist was a luxury, or even a status symbol. People were more likely to lose their teeth at an early age. Extractions were the choice over root canals and crowns and dentists were not as cognizant of patient fears as they are today. Modern dentistry has come such a long way, advancing leaps and bounds over the dentistry of old. Today, we truly focus on creating the most comfortable experience possible. We strive to make fear of the dental office become a thing of the past.

Another major reason for dental disease in our elderly population is xerostomia, commonly referred to as dry mouth. Various diseases and their treatments can cause dry mouth. Many patients have medication-induced dry mouth. Growing older doesn't necessarily mean you will have dry mouth, however, our older population tends to be taking more medications with this devastating side effect. Saliva is a natural protectant for our teeth. It covers our teeth like a shield. Saliva has properties that help to counteract acid in the bacteria that creates decay. People who suffer from dry mouth, and don't take other measures to help protect their teeth, leave their teeth very vulnerable to decay.

Sugar itself is another major cause of dental decay in our older population. Many have hard candy, soda pop, lemonade, and ice cream on a daily basis. Some will suck on cough drops or sore throat lozenges throughout the day, even falling asleep with them in their mouths. For patients who have dry mouth, these habits can create decay very quickly.

Lastly, it is not as easy for our older population to keep their teeth clean. The elderly not only lose dexterity, but they lose desire. It becomes more tedious to brush and floss. Our aging patients will go from brushing twice a day, to brushing only at night, to brushing only every other day, and in some cases, they stop brushing all together. The acid in the bacteria, fueled by the sucrose in the sugar sitting on teeth and left unprotected from a lack of saliva, spells a recipe for disaster.

Let's fight back. First and foremost, brush twice a day – morning and evening. If you do not already have an electric toothbrush, go buy one. Used properly, electric toothbrushes do a much better job of removing dental plaque. My favorite is the Sonicare®. Secondly, keep your mouth hydrated. Check with your physician or dentist to see if any of the medications you are taking cause dry mouth. There are products on the market, such as Biotene®, that help to keep the mouth hydrated. I also recommend sugar free gum or mints with xylitol. They will help to stimulate saliva, and the xylitol will combat decay. Third, watch your diet! Keep track of your sugar intake and try to limit the amount of sugary drinks. Switch to sugar free sweets and drinks if possible. Lastly, visit your dentist on a regular basis. Decay caught early is easier to manage and much less expensive to fix. Good luck, and happy brushing!



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Moments In Time

The History Channel

March 1, 1961 - President John Kennedy issues Executive Order No. 10924 to establish the Peace Corps, which would send trained American men and women to foreign nations to assist in development efforts.

March 2, 1925 - the first nationwide highway numbering system is instituted to minimize confusion.

March 3, 1931 - President Herbert Hoover signs a congressional act making "The Star-Spangled Banner" the official national anthem of the United States.

March 6, 1899 - the Imperial Patent Office in Berlin registers Aspirin, the brand name for acetylsalicylic acid, on behalf of the German pharmaceutical company Friedrich Bayer & Co. In its primitive

form, the active ingredient, salicin, had been used for centuries in folk medicine.

March 7, 1876 - 29-year-old Alexander Graham Bell receives a patent for his revolutionary new invention -- the telephone. Bell's patent filing beat a similar claim by Elisha Gray by only two hours.

March 9, 1959 - the first Barbie doll goes on display at the American Toy Fair in New York City. Barbie was the first mass-produced toy doll in the United States with adult features. Ruth Handler, co-founder of Mattel, named the doll after her daughter, Barbara.

March 12, 1894 - Coca-Cola is sold in glass bottles for the first time. It had been available only as a fountain drink. A bottle cost 5 cents, and it stayed that way until 1959.



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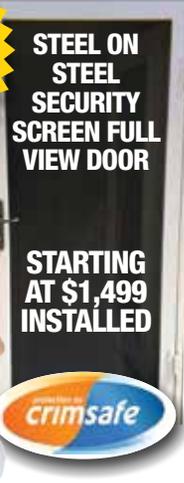
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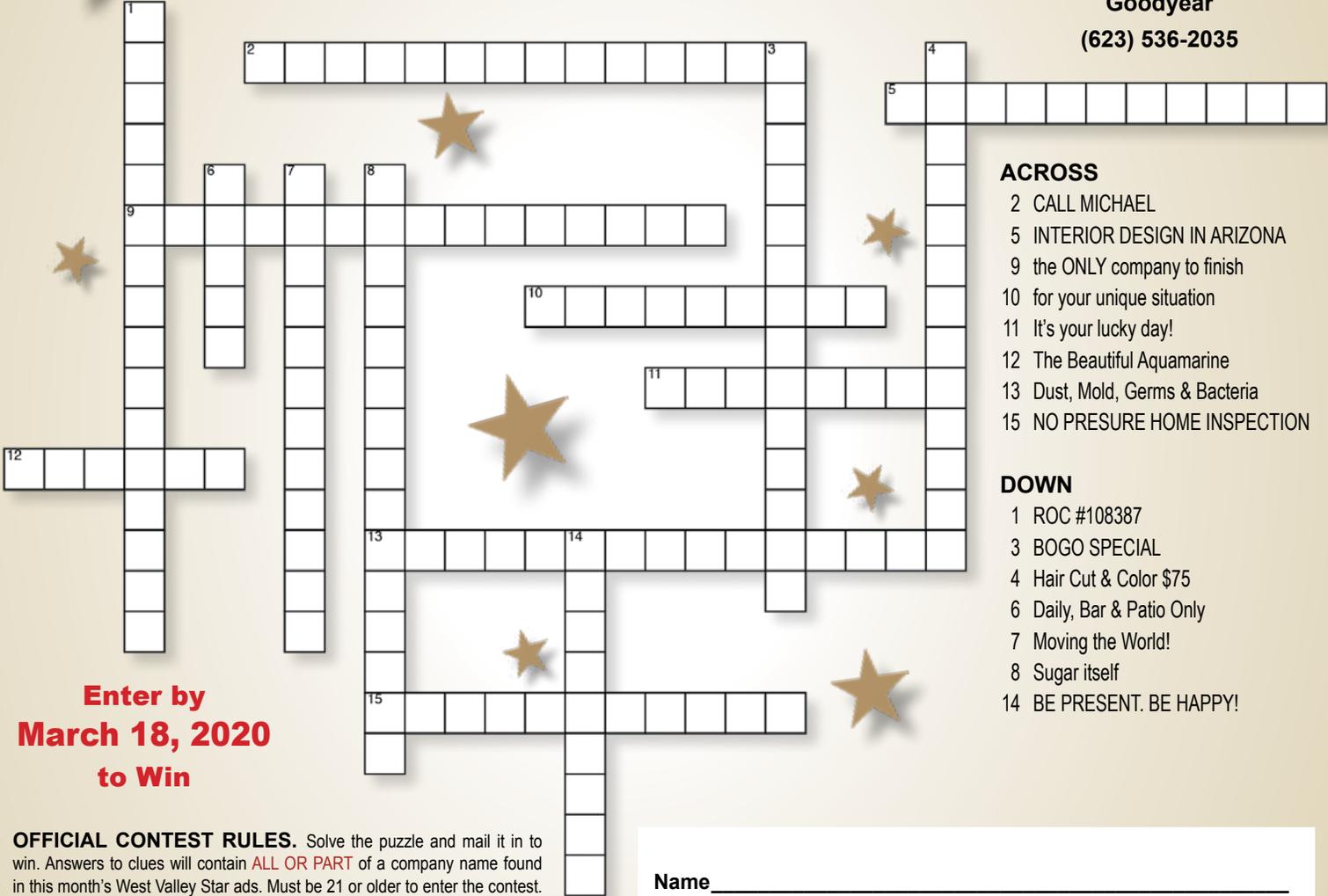
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OFFICIAL CONTEST RULES. Solve the puzzle and mail it in to win. Answers to clues will contain **ALL OR PART** of a company name found in this month's West Valley Star ads. Must be 21 or older to enter the contest. Employees of the West Valley Star or its advertisers are ineligible. When entering an advertiser's name, there are no spaces, no LLC, or Corporations. Example: Precision Kitchens LLC would be entered into the spaces as PrecisionKitchens. Entries must be received no later than 3/18/20. A drawing will be held from all correct entries. One winner will receive dinner for two and two movie passes. Three winners will receive a consolation prize of two movie passes. Winners will be notified by phone, and prizes will be sent by mail.

Check www.westvalleystar.com for any corrections and announcements

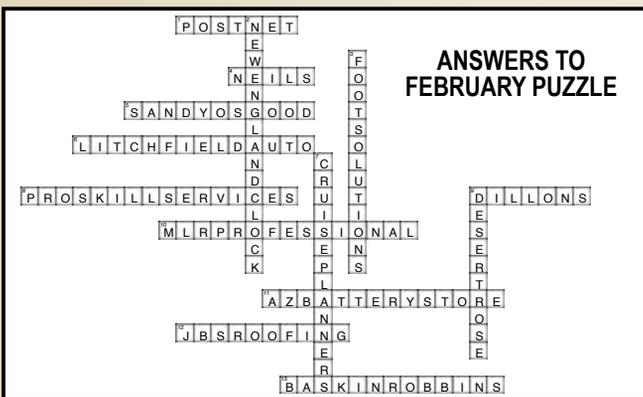
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- Anna-Marie - Goodyear
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SPRING MAINTENANCE:

5 key things to inspect outside your home

When spring arrives, it's important to inspect the exterior of your home to make sure it hasn't been damaged over the winter. Here are five key things you should check.

The roof. A visual in-

spection from the ground or a window will indicate if immediate repairs are needed. In particular, look out for curled, wavy or missing shingles. Also, check the ceilings inside your house for signs of water infiltration.

Gutters and spouts. Make sure they're still firmly attached to the house and that nothing is blocking water from flowing through them. Remove any debris that's accumulated over the winter.



by a professional should be around \$100 or less, and it will save money and headaches down the road.

Foundation. Examine the concrete for cracks or signs of water damage. Even the smallest fissure can cause big problems for your home. If you see any signs of degradation, schedule a repair as soon as possible.

Windows and doors. Check the caulking around each window and door, and replace it if necessary. Inspect wooden frames to make sure they don't show signs of water infiltration or rot.

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Hollywood

by Tony Rizzo

HOLLYWOOD-- Lucille Ball, who died in 1989, will be the subject of an Amazon film written by the great Aaron Sorkin and starring two-time Oscar-winning actress Cate Blanchett as Lucy. The film follows Lucy's marriage to Desi Arnaz and has the blessing of their children, Lucie and Desi Jr., who are two of the producers.

All anybody talks about at Hollywood parties is why "The Irishman" -- with its dream cast of Robert De Niro, Al Pacino and Joe Pesci, and top director Martin Scorsese -- has not picked up any awards from 10 Oscar nominations, five Golden Globes nominations and five Bafta nominations (the British Oscars).

Critics called it a "masterpiece" and "clever and entertaining," while Leonardo DiCaprio said, "It is absolutely breathtaking." Even though it topped 23 No. 1 best film lists, it seems awards voters turned their backs on it.

Scorsese must have thought he could create such "a masterpiece" that Netflix would want to release it in theaters, but the major chains -- AMC, Cinemark, Regal and Cineplex -- wanted nothing to do with a movie available for streaming just three weeks later. The film cost \$159 million to make and took in \$8 million in theaters. Its first day it was streamed by 3.9 million viewers and within five days it rose to 17.1 million viewers.

The Oscars and most awards were created to add box-office power to



PHOTO CREDIT: LUCY-DESI.COM

Lucille Ball & Desi Arnaz

films, but with that kind of viewer power ... who needs awards?

Once upon a time in Hollywood there were five major studios: Metro-Goldwyn-Mayer (MGM), Warner Brothers, Columbia, Paramount and 20th Century Fox. Between them they created the majority of the

greatest films made from the 1935 through the 1960s (when the studio system began to decline due to the success of television).

MGM claimed they had "More stars than in the heavens." Warner Bros. had Bette Davis, Olivia De Havilland, Humphrey Bogart and Lauren Bacall. Columbia made "It Happened One Night," "From Here to Eternity" and "On the Waterfront." Paramount had Dean Martin and Jerry Lewis, and the "Road" pictures with Bob Hope and Bing Crosby. Fox gave us Marilyn Monroe, "All About Eve," "Butch Cassidy and the Sundance Kid," "M*A*S*H," "The King and I," "The Sound of Music" and the "Star Wars" saga.

When the crash came, MGM sold its backlot to condo builders. Sony acquired Columbia, then

bought what was left of the MGM lot and moved Columbia there. Warners and Paramount had no backlots but retained their studios, while 20th Century Fox sold its backlot, which became Century City. Now Disney has acquired 20th Century Fox and stripped it of the Fox name, calling it 20th Century Studios.

When I moved to Hollywood, in 1967, I was able to explore and wander around the still-great studios, then more into TV production, such as "Voyage to the Bottom of the Sea" at Fox, and "Dr. Kildare" at MGM. I was in heaven. The five major studios paved the way for the new wave of movie-making today, operated by five streaming services: Netflix, Disney+, Amazon Prime, Hulu and Apple. Time marches on ... either love it or don't stream it!

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Every year, the World Sleep Society hosts World Sleep Day to raise awareness about the importance of healthy sleep. This year's event will take place on March 13, 2020, and it's the perfect time to reflect on your own sleep health.

Did you know that roughly two-thirds of the world's adult population doesn't get the recommended eight hours of sleep per night? If you're one of the many people who has trouble falling or staying asleep, here are three things you can do to get a better night's rest.

Use your bed only for sleep.

Reserve your bed solely for sleep and sex. Doing anything else, such as working or studying, can cause your brain to associate the space with other activities, making it harder to fall asleep.

Create a sleep routine.

Make it a point to go to bed and wake up at the same time every day. Establishing a relaxing nighttime routine can also help prepare you for sleep. For example, drinking a relaxing cup of herbal tea and reading a few pages of a book each night can be a signal to your brain and body that it's time to sleep.

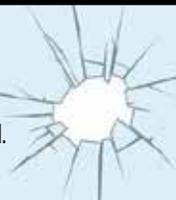
Turn your screens off.

The light emitted from the screens on televisions, cellphones, computers and tablets can trick your brain into thinking that it's daytime. Promote healthy sleep by keeping electronics out of the bedroom and not using them during the hour before you go to bed.

Finally, make sure your bedroom is conducive to sleep by keeping it dim and cool at night, buying a comfortable mattress and investing in bedding that's not too warm or cool for the season.

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PUZZLE ANSWERS

Answers to Puzzle on pg. 24
Time to beat: 25 minutes

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

Answers to Puzzle on pg. 12

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

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