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# Farewell to 2020

*As 2020 comes to an end, we look back on our troubles and our triumphs, our challenges and successes, our losses and our gains.*

*This past year has been a tumultuous one. It's brought political change, wildfires, record-breaking heat, a global pandemic, and the resulting economic impacts.*

*But it's also brought us new champions to admire, advancements in science, medical miracles and, ultimately, hope for a future our children can thrive in.*

*Through it all, we've been proud to be your honest local auto repair shop, and to share the happenings that shape our lives and our community.*

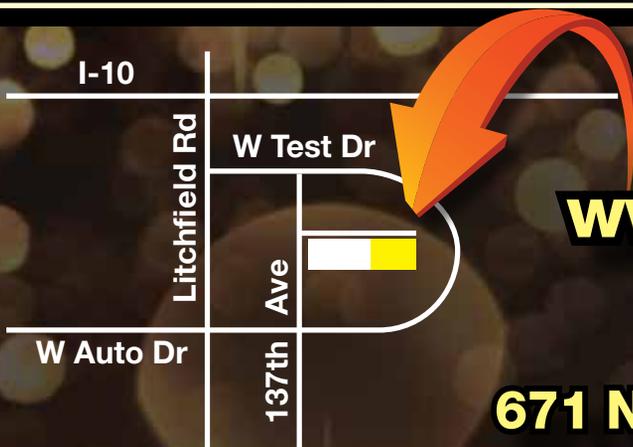
*As we look toward the new year, it's with the absolute certainty that we'll continue to be there for you, delivering the service that matters to you.*

*May 2021 bring us achievements and victories that we can share with each other and with the world.*

*Happy New Year!*



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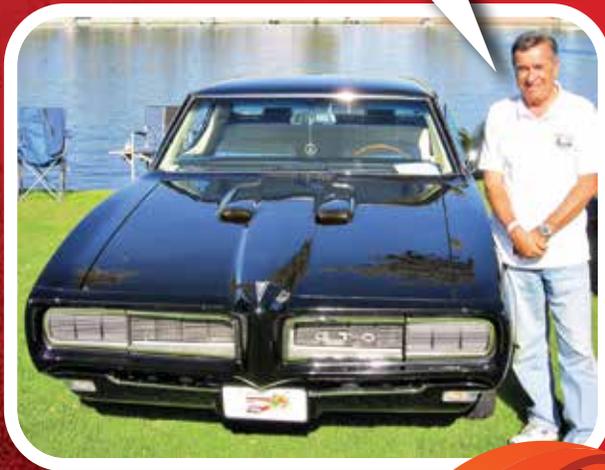
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I trust Litchfield Auto to service my work vehicle. I used their diagnostic service to enable me to make a confident purchase of a used box truck for my start-up business.

— Mike M, Phoenix business owner

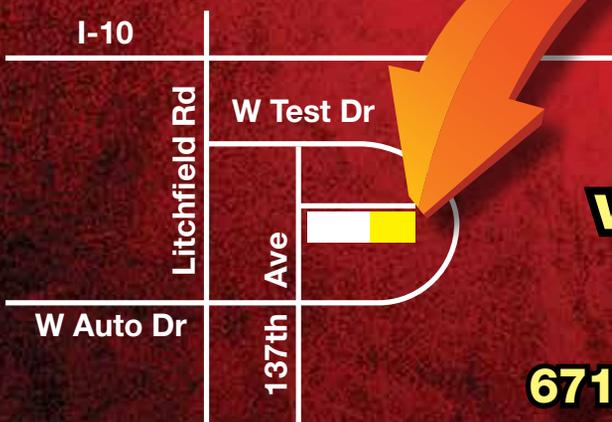


I've used Litchfield Auto for years. They give me an honest assessment of my high mileage vehicle's condition, which allows me to budget for repairs and maintenance... or a future vehicle purchase.

— Gail K, Phoenix

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— Lauree G, Peoria



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# New Year's Celebrations: A new, or old, tradition?

Millions of people all over the world celebrate this holiday every year, but most know very little about it other than it's the end of one year and the beginning of another.

New Year's has a long and ancient history. The earliest recorded celebration is believed to date back to 2,000 B.C. — to ancient Babylon. According to History.com, the Babylonians celebrated the new year at the first new moon after the vernal equinox (usually around late March) with an

11-day festival called Akitu.

Different civilizations typically welcomed the new year during a significant astronomical or agricultural event. The Romans celebrated their lunar cycle — until 46 B.C., when emperor Julius Caesar introduced the Julian calendar. Honoring the month's namesake Janus — the Roman god of beginnings, whose two faces allowed him to look simultaneously into the past and the future — Caesar instituted January 1 as the

first day of the year.

Today, the New Year is celebrated in different ways all around the world. Typical New Year's traditions here include everything from toasting with champagne and eating foods thought to bestow good luck, to making resolutions for the coming year.

That age-old custom of kissing your loved one at the stroke of midnight? The tradition evolved over time to choose who you wanted the year's good luck to be shared with.



**JANUARY 2021**

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# Celebrity Extra

by Dana Jackson

**Q:** I love the thrilling mystery series “The Fall” with Gillian Anderson. When will the second season air on TV? -- *B.B.*

**A:** The British-Irish crime procedural series starring Gillian Anderson (“X-Files”) and Jamie Dornan (“Fifty Shades of Grey”) as the serial killer she’s pursuing is now airing on the Ovation cable channel in the U.S.

Like most British shows, the number of episodes each season is very limited, just five to six each. It’s kind of like watching a little miniseries that doesn’t drag on long past its prime.

“The Fall” earned much praise during its run. Ovation just began airing the second of three seasons this month. The third and final chapter is scheduled to air in the first quarter of 2021.

If you’re a fan of Anderson’s, be sure to check her out in the new fourth season of “The Crown” on Netflix, in which she plays British Prime Minister Margaret Thatcher.

★ ★ ★

**Q:** My sister and I have a luncheon bet based on your answer. Did Ron Howard star in the film “The Music Man” with Shirley Jones and Robert Preston before he was a regular on “The Andy Griffith Show”? -- *M&E in Spokane*

**A:** Before he became an Oscar-winning film director (“A Beautiful Mind”), Ron Howard was an actor. I remember him as teen-



Gillian Anderson

ager Richie Cunningham on the sitcom “Happy Days,” but before that he was one of Hollywood’s most employable child actors and went by the name of Ronny Howard.

Ronny was just 8 years old when he sang a cute but off-key rendition of “Gary, Indiana” in “The Music Man” (1962). He’d started playing little Opie Taylor on “The Andy Griffith Show” in 1960 and continued until 1968. The youthful-looking Howard played Richie Cunningham on “Happy Days” from age 20 to 30. He first gained prominence as a director with the mermaid love story “Splash,” starring Tom Hanks and Darryl Hannah, and he hasn’t stopped since.

★ ★ ★

**Q:** I was so sad to hear about the death of the actor who played Squiggy on “Laverne & Shirley.” I know “Laverne” passed too, but are “Shirley” and “Lenny” still alive? -- *T.T.*

**A:** Yes, sadly, David L. Lander, passed away in December at the age of 73 due to complica-

tions from his long battle with multiple sclerosis. He played the hilariously bothersome Squiggy on the classic sitcom “Laverne & Shirley” from 1976 to 1983. Penny Marshall (Laverne) passed two years ago at the age of 75 from complications from diabetes. Cindy Williams (Shirley) and Michael McKean (Lenny) are, thankfully, still with us and are still gainfully employed in Hollywood.

McKean and Lander actually had a hand in

the creation of Lenny and Squiggy, having invented the greasers while doing improv as students at Carnegie Mellon University in Pittsburgh before the sitcom was born. They were hired as writers for the show and recreated the duo for television.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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New Year be filled with  
happiness and love!

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## 7 ways to move more every day

Many of today's jobs, hobbies and modes of transportation make it easy to succumb to a sedentary lifestyle. Unfortunately, prolonged periods of inactivity are linked to an increased risk of heart disease, diabetes and obesity. If you find yourself sitting too often, here are seven simple ways to incorporate more movement into your daily routine.

1. Sit on a stability ball rather than the couch while you watch TV or use your computer
2. Walk around the room while you're on the phone. For longer calls, consider taking a stroll around the block.
3. Listen to audiobooks or podcasts while you use an elliptical machine, stationary bike or treadmill to make your workout more interesting.
4. Use a standing desk. Do simple exercises, such as calf raises, while you complete routine tasks like checking your email.
5. Time how long it takes you to do an active chore like vacuuming, and then see if you can beat your



previous record.

6. Take the stairs instead of the elevator. To really get your heart pumping, climb them two steps at a time.
7. Do jumping jacks or run in place during the commercial breaks while you watch a hockey or basketball game on TV.

With a little bit of creativity and effort, there are plenty of simple and fun ways to be more active.

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# Tax problems?



## Get the help you need to prepare your taxes

As tax-filing season approaches, you may wonder whether you should hire someone to assist you with your income tax return. Here's a look at how professional tax preparers can help.

### Why hire a tax professional?

Registered tax preparers specialize in tax laws and are licensed

to prepare and file an income tax return on your behalf. In addition to saving you time, they can find deductions that will considerably lower

the amount of money you owe for your taxes.

If you have a complicated tax situation or feel overwhelmed by the filing process, a tax preparer can help you gather the necessary documents, provide you with key information and ensure mistakes and late

fees are avoided.

### Who should you hire?

While most tax preparers are qualified and trustworthy, it's important to beware of unscrupulous individuals who are looking to steal your money or personal information. The best way to avoid a tax-related scam is to hire a professional tax lawyer, certified public accountant or enrolled agent licensed by the Internal Revenue Service (IRS).

Keep in mind that all professional tax preparers must have an IRS preparer tax identification number (PTIN). You can also consult the IRS's online directory of tax preparers to find individuals with specific qualifications to suit your tax situation.

Finally, if you decide to hire a tax preparer, be sure to do so early since the tax-filing season is a busy time of year for these professionals.

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## I am not adding the year 2020 to my age. I did not use it.



# Evaluate your finances



## 7 signs you need help managing your debt

No matter how deeply you're in debt, there's always a way forward. However, to regain your financial footing, you'll need to work with a professional. Here are seven signs it's time to get help dealing with your debt.

1. You pay monthly expenses (bills and rent) and purchase essentials such as food and medication on credit because you don't have enough in your bank account.

2. You take on new debts as a way to pay off old ones.

3. You continually draw on the money you've put aside for a home, retirement or other future purposes.

4. You pay your rent or mortgage late or skip payments due to a lack of funds.

5. You're living beyond your means by continually spending money on non-essential expenses.

6. You're receiving an increasing number of letters, emails and calls from creditors.

7. You have an unhealthy level of stress due to your financial problems.

Your best resource for overcoming debt issues is a reputable credit counseling organization, financial adviser or lawyer.

## Managing finances with a long-term illness

If you've been diagnosed with a serious illness or disability, money may be the last thing on your mind. However, as soon as you're able to, you should give some thought to your finances. If you can no longer work as a result of your condition, you'll probably need to take some steps to ensure your financial

situation is stable.

### Determine which benefits you're eligible for

Speak with your employer to find out how much paid sick leave you're entitled to. If you have some form of disability coverage, also reach out to your insurer. Additionally, you may be eligible for unemployment

insurance. Contact your state's unemployment insurance program as soon as possible to apply.

If you're going to have trouble making your mortgage payments, you should also contact your mortgage company. Some lenders offer foreclosure prevention programs to help home-

**continued to Page 16**

## How to save for your retirement

For many people, the coronavirus pandemic has led to considerable financial strain. And while you might be focused on balancing your current income and expenses, it's still crucial that you plan for the future. So whether your retirement is a long way off or right around the corner, here's what you should do to help ensure financial security in your golden years.

### Reflect on your objectives

There are several questions you need to ask yourself as you plan for your retirement. Do you want to downsize early or continue to live in your home? Do you want to travel often or take up particular hobbies? Do you have a plan to deal with potential health concerns

or a loss of mobility? These are all factors that can help you determine how much you need to save for retirement.

### Take concrete action

While it's important to reflect on your retirement goals, you should also meet with a financial adviser to put these ideas on paper. A professional can help you evaluate your current financial situation and create a realistic savings and investment strategy to help ensure you meet your retirement goals. Taking this step may allow you to enjoy your golden years free of financial strain.

It might seem stressful at first, but taking action to prepare for your retirement may give you peace of mind in the years to come.

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# Here's A Tip

by JoAnn Derson

Looking for a great cause for gifting this year? Go to [www.charitynavigator.org](http://www.charitynavigator.org) to find out more about how your prospective charities rank in areas like CEO pay, money spent on fundraising, etc.

Need a quick batch of cookies? Keep a box of cake mix on hand. Instead of the listed ingredients, add two eggs and a half-cup of oil to the mix. Mix and shape, then

bake at 350° for 10 minutes. They are really good, and you can get pretty creative.

Save your Christmas cards to use as gift tags on this year's gifts: Just cut out great-looking images or get yourself a tag-shaped punch from the craft store.

Are you a re-gifter? Always document from whom and in what year you received a gift. Then re-gift it to someone who will have little to

no contact with that person.

"Resolutions are a great idea, and, like a lot of people, last year I resolved to exercise more often. I keep a stationary bike in my living room, and I use it while I watch my favorite programs on television. It has helped me lose 8 pounds, and I feel much better. This year, I am going to resolve to volunteer to help others." -- I.N. in Nebraska

To save yourself some time and aggravation, make a safety set of keys that match your current set exactly. You will never have to go looking for your keys when you are in a hurry, and you won't have to determine if the key you need is on the ring. It is!

"Re: your recent tip about storing heirloom quilts in a cedar chest: No, no, a thousand times no! Nothing is worse for quilts -- heirloom or otherwise -- than storing them in cedar chests. Acids will not only stain them but break down the fabric over time." -- B.R. in Washington

Thanks B.R. Although my grandmother did store quilts and other fabric items in her cedar chest, according to sources at the National Quilters Circle, the best place for an heirloom quilt may be on a bed. You can stack them, but rotate so that no quilt gets too much sun. -- JoAnn

Candles will burn more evenly if you refrigerate them for a few hours before lighting.

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by Matilda Charles

## Pants on Fire!

The U.S. Consumer Product Safety Commission has put out a timely warning about fire safety, especially for seniors. The main statistic is grim: We seniors make up about 16% of the population, but account for a whopping 77% of all clothing fires.

Cooking leads the list of dangers, with fires from the stovetop and oven. Closely following are fires from smoking and being outside burning trash and debris. Space heaters are also on the list, of course.

The advice from the experts:

-- Don't cook when you're wearing a bathrobe or anything with long,

wide sleeves. Any loose clothing can catch fire if you're too close.

-- If you burn weeds, exercise extreme caution. A better idea, however, is not to do any burning yourself, especially if you have any health conditions such as heart or lung disease. We're at a much higher risk from the air pollutants caused by burning.

-- Don't smoke in bed, **EVER**, and don't smoke when you feel tired.

-- Keep an eye on your space heater. It's far too easy to be too close to a space heater and not notice that your pants or robe are about to catch

fire. Don't use it if you're feeling sleepy, and read the instructions to be sure it's far enough away from you at all times.

-- If the worst happens and your clothes do catch fire, don't run! Drop to the floor and roll, and keep rolling until the fire is out. Grab a blanket if it's necessary to put the fire out. Call 911 and put cool water on your burns until help arrives.

-- Do you have a fire extinguisher? Did you know that the chemicals inside can expire? They will typically last from five to 15 years, so be sure to check yours.

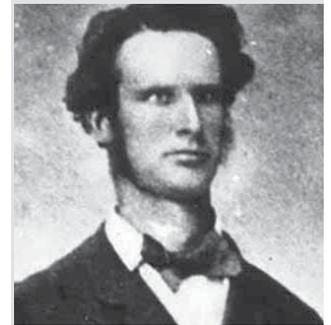
Remember that during this virus pandemic the EMTs might be delayed getting to you.

Be careful, be cautious and stay safe!

## Thought for the Day

"Life is mostly froth and bubble. Two things stand like stone. Kindness in another's trouble, courage in your own."

-- Adam Lindsay Gordon  
Australian poet



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# 5 factors to consider when buying a new smartphone

If you're purchasing a new smartphone, you'll need to shop around to find the one that best meets your needs. Here are five things to consider:

## 1. Operating system

Most smartphone users have an operating system they prefer, the most popular being Apple's iOS and Google's Android system. These operating systems have unique interfaces and host different applications, so if you're unsure which one you'd prefer, do some research and consider taking each one for a test run.

## 2. Design

Since you'll probably use it a lot, choose a phone that looks and feels good. In addition, consider its durability and how well



it can withstand getting dropped or wet.

## 3. Size and screen quality

A smaller, lightweight smartphone is handy if you want to be able to carry it in your pocket. On the other hand, it can be convenient to have a large, high-resolution screen, especially if you frequently use your phone for reading, surfing the web or playing games.

## 4. Storage

It's important that you have enough space on your phone for everything you want to use it for — apps, music, games, files, etc. Use your current smartphone as a benchmark to decide whether you need more storage or can settle for less (which will save you money).

## 5. Camera

Thanks to steady advancements in smartphone camera technology, many photo enthusiasts now use their smartphone as their primary camera. If you're looking for a smartphone that takes quality pictures, review the relevant specs. These include the aperture size, number of megapixels and variety of lenses.

Before you make your choice, do your research. Look up information and reviews online, and talk to your tech-savvy friends and family members.

## Where can you recycle your smartphone?

Never throw your smartphone in the garbage, even if it's unusable. When phones end up in landfills, they cause serious harm to the environment. Here are some of the places you can recycle your phone.



## Your cell phone carrier

Many carriers, including

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AT&T, T-Mobile and Verizon, allow you to recycle your phone at store locations. A number of these companies also offer trade-in programs that give you store credit or discounts on your phone bill in exchange for your old phone.

### Retail stores

Certain retail chains that sell electronics, including Best Buy, Staples and Circuit City, allow you to recycle smartphones and other electronics at their locations.

### The Apple Store

If you have an Apple phone (or any other Apple device for that matter), you can trade it in at your local Apple Store for store credit.

### Local charities

If your phone still works fine, you may choose to donate it to a local charity. Certain homeless shelters, women's shelters and other charitable organizations accept cell phone donations.

### Recycling kiosks

More and more smartphone recycling kiosks, from companies such as EcoATM, are popping up across the country. These unmanned kiosks digitally assess the value of your phone and give you money on the spot if you choose to accept the offer.

Whatever method you use to recycle your phone, make sure to erase all your data. This way your personal information won't fall into the wrong hands.

---

**Don't worry about your smartphone spying on you...**

**Your vacuum cleaner has been gathering dirt on you for years.**

# Strange But True

by Lucie Winborne

Steven Spielberg, who executive-produced the film "Gremlins," requested the effects team make Gizmo's fur orange and white to match his beagle, Chauncey.

If you do a Google search on the word "askew," the resulting content will tilt slightly to the right.

St. Lucia is the only country in the world named after a woman. Originally called the Island of the Iguanas by early Carib settlers, the name was later changed after French seamen were shipwrecked there on Dec. 13, the feast day of St. Lucy.

The color of Facebook is blue because Mark Zuckerberg is red-green colorblind.

After an 8.0 magnitude earthquake hit Mexico City in 1985, nearly all newborn babies survived a collapsed hospital for seven days without nourishment, water, warmth or human contact.

Major League Baseball umpires are required to wear black underwear while on the job in case they split their pants.

Pine cones have genders. Male pine cones shed pollen and female pine cones make seeds. When the wind blows pollen into the female cones, the seeds become pollinated.

Cats are believed to be the only mammals that don't taste sweetness.

In 1978, DC put out a "Superman vs. Muhammad Ali" comic book. While the plot deals with hostile aliens, the book's main highlight

is the whooping Superman gets in a sparring match with "The Greatest"!

The first-ever fashion magazine was sold in Germany in 1586.

Early cosmetic surgeons used a procedure known as paraffin wax rhinoplasty, in which they would inject hot liquid wax into a patient's nose and mold it into the desired shape. Not only was this dangerous, but, no surprise, it really didn't work.

Canada eats more macaroni and cheese than any other nation in the world.

A French general, the Marquis de Lafayette, gave John Quincy Adams a pet alligator. Our sixth president not only kept it in a White House bathtub, but enjoyed showing it off to visitors.

There is a town in India called Santa Claus.

Ever wonder how the tradition of leaving hand and footprints in front of Grauman's Chinese Theater in Hollywood got started? By accident — when silent film actress Norma Talmadge stepped on wet cement.

Cellophane, invented in 1908, was originally intended to protect tablecloths from wine spills.

Those old witch potions aren't quite as gross as you think: Eye of newt, toe of frog and wool of bat are actually archaic terms for mustard seed, buttercup and holly leaves.

Selfies now cause more deaths than shark attacks.

---

You googled "askew, didn't you?"



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Misayo Yamanaka



Karl Robinson

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by Freddy Groves

## Where to Live After Leaving the Service?

A quarter of a million of us leave the service every year, and where do we go? If our last duty station was in a great place, we might just put down roots and stay. Some of us go home. And some of us have no idea where to go.

The Navy Federal Credit Union came out with another "best of" list recently, and this time it surveys the best place to live after transitioning to civilian life.

While the focus of their survey was for newly transitioned veterans, it also applies to those of us who have been out for a while. Support is support.

They polled 1,000 veterans and civilians about the importance of crime rates, cost of living, housing costs, outdoor recreation and community diversity in any place they wanted to live, and then ranked over 400 cities.

Here are the top 10:

1. Charleston, South Carolina
2. Fort Myers, Florida
3. Savannah, Georgia
4. Daphne, Alabama
5. Norwich, Connecticut



6. San Diego, California
7. Norfolk, Virginia
8. Duluth, Minnesota
9. Gulfport, Mississippi
10. Fort Worth, Texas

To see the descriptions and highlights for each of those cities, go online to [www.navyfederal.org/resources/articles/news/2020-best-cities-after-service.php](http://www.navyfederal.org/resources/articles/news/2020-best-cities-after-service.php)

Personally, I think they should have made "good weather" as one of the criteria for a decent place to live.



On another note, if you have a few extra dollars, go online to Operation Homefront ([operationhomefront.org](http://operationhomefront.org)) and scroll to the bottom. There you'll find the Urgent Needs listing of both active duty and veterans who've run into a snag and need cash donations. Click on See All Needs to find the filter to select by state, program or military branch.

Read a few of the stories of veterans in trouble and see if any touch your heart. If you can't choose, click on Help Feed a Military Family.

They'll get gift certificates and vouchers, plus food boxes. Then, open your wallet and help as much as you can.

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# SUDOKO

by Linda Thistle

8				2				6
	2		7		1	8		
		6		9				3
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY: ★**

★ MODERATE ★ ★ CHALLENGING

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Answers on pg. 38

## Long-term illness

continued from Page 9

owners who are dealing with a crisis.

### Make a budget and manage your money carefully

Determine how much money you require each month by making a list of living expenses including groceries, rent/mortgage, utilities, insurance, car payments and other recurring fees. Compare this with what you have

coming in from various revenue sources. You may need to cut back on certain frills or unnecessary expenses to make ends meet.

To manage your finances more effectively when facing an illness, consider enlisting the help of a financial adviser, debt counselor or other industry professional.



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# Paws and Claws



## Green-cheeked conures make great pets

Native to the forests and woodlands of South America, the green-cheeked conure has many attributes that make it a wonderful companion. Here are five reasons this colourful parrot has won the heart of so many bird lovers.

### THEY'RE SMALL

Adult green-cheeked conures are only about 10 inches long, but don't let their size fool you. These small birds have the personality of a big parrot.

### THEY'RE INTELLIGENT

These curious birds are fast learners and easy to train. While they're not

big talkers, you can teach your conure to step up, somersault, wave, roll over and much more.

### THEY'RE PLAYFUL

Known for their acrobatics, conures love to climb, swing and flip. Keep in mind that these outgoing birds need at least two to four hours of exercise outside their cage every day.

### THEY'RE AFFECTIONATE

Green-cheeked conures thrive on human interaction and love spending time with their owners. They enjoy being petted and might even snuggle up against your



neck or cheek.

### THEY'RE RELATIVELY QUIET

While they do chirp, the green-cheeked conure doesn't chatter nearly as loud or as frequently as other parrot species.

With the proper care and diet, you can enjoy

the company of a green-cheeked conure for up to 30 years. Visit a local pet shop or animal shelter to learn more about this delightful species.

### DO YOUR RESEARCH

Before you adopt or purchase a green-cheeked conure, make sure you can provide your feathered friend everything it needs for a happy and healthy life.



## Strange But True

Snakes can help predict earthquakes. They can sense a coming earthquake from 75 miles away, up to five days before it happens.

Pure cocoa can help prevent tooth decay.

There are no muscles in your fingers. Their function is controlled by the muscles in your palms and arms.

No one ever called "The Lion King" a documentary, but one hyena researcher was so incensed by the film's inaccuracies that he sued Disney for defamation on behalf of hyenas everywhere.

There's a town called "Big Ugly" in West Virginia.

The Eiffel Tower was originally supposed to be erected in Barcelona, but the project was rejected because citizens considered it an eyesore.

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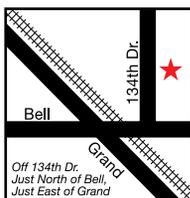
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## Here's A Tip

Add a few drops of water to votive cups before adding a candle. The wax will float on the water, and when the candle burns down, it won't get stuck in the votive glass.

"If you bathe in a tub, try rubbing on bath oil before getting in the tub. You will get greater coverage and more moisturizing power from your bath oil. And at this time of year, who doesn't need that?"

-- M.E. in Washington

If you have a table that's wobbly because of an uneven leg, and you are a wine drinker, you're in luck. Cut a wine cork in small slices and glue the slices to the uneven leg until the table no longer wobbles.

To make your own special flavor of coffee creamer, use a pint of fat-free or low-fat half and half and add the extract or spices of your choice. Some ideas: peppermint extract, chocolate syrup, almond extract, cinnamon, nutmeg or vanilla extract.

Feeling frugal? Here are five ways to keep from turning up the thermostat this winter: Put on a sweater; have a nice bowl of soup or stew; wear slippers or thick nonskid socks, grab a comfy blanket; snuggle up with someone special.

"To keep light bulbs from sticking in the socket, apply petroleum jelly to the base of the bulb before screwing it into the fixture." -- B.D. in Virginia

"Burned rice? No problem. While it's still hot, carefully remove to a new pot any rice not browned or blackened. Then top it with a single slice of white bread. Allow it to sit for several minutes under a tightly fitted lid. The burned smell is absorbed by the bread, and the rice is fit to eat." -- M.U. in Michigan



# Nuts about BULK FOOD!

## 5 reasons to buy bulk food

Coffee, flour and pasta to nuts, legumes and grains; a wide variety of staple ingredients can be purchased by weight rather than package. Here are five great reasons to scoop up bulk food.

### Reduce waste

Since bulk food is stored in reusable containers, you'll reduce the amount of packaging that ends up in landfills. You're also less likely to throw out spoiled food if you can buy the exact quantity you need.

### Save money

Bulk food tends to be less expensive than the packaged kind. Also, being able to choose the amount you want of each ingredient means you'll only pay for what you need.

### Enjoy fresh ingredients

If you buy food in the exact quantities you need, you'll avoid having

to store half-empty containers in your pantry for months. Buying bulk food also encourages you to use simple, unprocessed ingredients.

### Protect the environment

In addition to reducing waste and plastic pollution, buying bulk food shrinks your carbon footprint. This is because it doesn't have packaging that needs to be manufactured. Plus, bulk food is more efficient to transport.

### Try new recipes

Whether you want to try baking with spelt flour or cooking with cardamom, bulk food makes it easy and affordable to sample new ingredients since you can buy whatever amount of the product you want.

To experience these benefits firsthand, shop at farmers markets, zero-waste stores and the bulk aisle of your local grocery store.

**COVID-19: IS BULK FOOD SAFE?** The risk of contracting the coronavirus from eating or handling food is considered low. Additionally, bulk food and grocery stores have implemented safety measures such as mandatory hand washing and using clean scoops to handle food.



# IT'S TAX SEASON

## HERE ARE

# 6 HOME TAX FACTS

01

If you've owned and lived in your home for 2 of the 5 years prior to selling it, you can generally exclude up to \$250,000 of the gain from your income. (\$500,000 on a joint return in most cases).

02

You are not eligible for this exclusion if you sold another principal residence within the past 2 years and excluded the allowable gain from your income.

03

If you can exclude ALL of the gain from the sale of your primary residence, you don't need to report the sale on your tax return.

04

If you have a gain on your principal residence that exceeds the allowable deduction, it is taxable.

05

You can't deduct a loss from the sale of your primary residence.

06

Special rules may apply when you sell a home for which you've received the first-time home buyer credit. (See IRS publication 523, "Selling Your Home," for details.)

## EXAMPLE

SALES PRICE	\$425,000
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BALANCE	\$125,000
PRORATED TAX OWED	\$1,647

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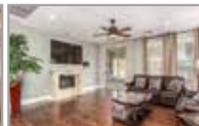
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by Keith Roach, M.D.

## Prostate-Shrinking Medicines and Cancer

**DEAR DR. ROACH:** I've had low-grade prostate cancer for several years and am presently on "active surveillance." My PSAs have been high but steady, running around 7.8 to 9.2. I have a greatly enlarged prostate, which I believe contributes to the high PSA numbers.

I would like your opinion regarding finasteride (Proscar), as I am considering taking it. I see one of its side effects is that it increases the risk of developing a very serious form of prostate cancer. Since I already have this cancer, am I at an increased risk of mine growing more aggressive? -- D.N.W.

**ANSWER:** A 2013 study showed that although finasteride reduced the overall risk of prostate cancer from 15% to 10% in men followed up to 18 years on finasteride, there was a small increase in high-grade, aggressive

prostate cancer, from 3% to 3.5%. However, there was no increased risk of prostate cancer death among treated men.

Several follow-up studies have suggested that the apparent small increase in aggressive prostate cancers reflected an easier ability to find these cancers, since finasteride shrinks prostate tissue, making it easier to both biopsy and read the results. My view is that the apparent increase in aggressive prostate cancer is unlikely to represent a real danger in taking finasteride. There is no evidence to suggest that finasteride would change the behavior of an existing tumor.

### Learn Right Way to Use a Cane

**DEAR DR. ROACH:** I have Parkinson's disease, and balance is an issue. I have been using a cane on

the right side, my weak leg side. I have seen videos that say a cane should be used on a person's uninjured side. I tilt to the right and catch my balance without cane support in most cases. Which side do you suggest I use for better and faster movement? -- J.C.A.

**ANSWER:** A cane is normally used on the "good" side, the side opposite of the one that needs support. However, I refer every patient with a cane to a physical or occupational therapist, since the cane should be the proper type, the proper height and used in the correct hand. Also, people need to be instructed on how to use it properly. Up to 70% of people with canes don't use them properly, and as such won't get the help they could be getting. Almost half of people will abandon them. A skilled therapist can help you get the most benefit from the cane.

I have read that canes with built-in laser lights can be particularly helpful for people with Parkinson's. This might be something to look into as well. These are valuable for people with "freezing" of gait.

## Strange But True

*Doc Martens come in all different colors and sizes now, but the first pair was created using old tires.*

*There actually aren't "57 varieties" of Heinz ketchup, and never were. Company founder H.J. Heinz thought his product should have a number, and he just happened to like 57.*

*March 3 is known as "What if Cats and Dogs Had Opposable Thumbs Day."*

*The number of permutations within a deck of cards is mind-bogglingly large: an 8 with 67 zeroes after it. That means there are more card combinations than stars in the Milky Way, which amount to as many as 400 billion!*

*Cataract surgery was possible as early as the 6th century B.C.*

*Barbie's physical appearance was inspired by a German doll named Bild Lilli, created in 1952 and based on a high-end call girl named Lilli who was featured in the comic strip "Bild-Zeitung." She was sold as an adult novelty in bars and tobacco shops — definitely not as a children's toy. Barbie inventor Ruth Handler saw the doll while vacationing in Europe and brought it home.*

*Sunsets on Mars are blue.*

*The Gate Tower Building in Osaka, Japan, has a highway that passes through the building, between the fifth and seventh floors.*

*Mob boss Vincent Gigante would wander around New York in his bathrobe to convince the police he was insane, and thus avoid capture.*

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## Dry January: 4 health benefits of abstaining from alcohol

After a busy holiday season, the new year presents a great opportunity to renew your commitment to a healthy lifestyle. One increasingly popular health and fitness resolution involves abstaining from alcohol for an entire month. Here are four benefits of having a dry January.

### 1. You'll sleep better

Alcohol might help you fall asleep, but it can also disrupt your sleep cycles. This can have a negative effect on your memory, mood and overall health.

### 2. You'll get sick less often

Alcohol can suppress your immune system. This leaves your body more vulnerable to pathogens and makes it less capable of fighting off an illness or infection.

### 3. You'll likely lose weight

Alcohol is packed with calories, and you're more likely to eat junk food when inebriated. Plus, abstaining can make you feel more energized and motivated to exercise.

### 4. You'll have radiant skin

Alcohol is a diuretic, which facilitates dehydration and can dry out your



skin. Additionally, alcohol increases inflammation and hormone levels, thereby triggering breakouts.

Keep in mind that you can enjoy the benefits of Dry January even if you slip up. Don't let one drink undermine your goal to make healthier choices.

#### CHEERS TO ALTERNATIVES!

If you still want to raise a glass on special occasions, opt for sparkling water infused with orange and ginger, cucumber and mint or strawberry, basil and lime. Kombucha is also a tasty alternative with a delightful fizz and tangy taste.

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## Poisons in your home

There are numerous household products, some of which might seem harmless, that can poison a child if your back is turned. Here are some everyday items that are toxic.

### Cleaning products

Bleach, drain cleaners and other household cleaning products should be locked away in a cabinet.

Dishwasher and laundry detergent pods are particularly attractive to young children because they look like candy. Unfortunately, if these pods burst, the toxic liquid can get in the child's eyes, throat and lungs.

### Medicines

If swallowed by a child, prescription drugs



and pills used to treat fevers and headaches, such as acetaminophen and ibuprofen, can cause symptoms of overdose and trigger organ failure. Never leave medication lying around on a bedside table, bathroom counter or anywhere else a child could find it.

### Personal care products

Many beauty and personal hygiene products can be dangerous if swallowed, inhaled or splashed on the skin or in the eyes. These include:

**If a child in your care has swallowed or been in contact with a dangerous substance, call your poison control center. In an emergency, dial 911.**

- Antiperspirant
- Toothpaste
- Nail polish remover
- Mouthwash
- Body lotion
- Perfume

Store all of these products in a locked cabinet or out of the reach of children.

### Plants

Some types of common houseplants are poisonous including poinsettia, cyclamen, peace lilies, caladium and English ivy. Identify the species in your home and move toxic plants out of reach or give them away.



**"Not only must we be good, but we must also be good for something."**

*-- Henry David Thoreau*



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# 5 signs you need new glasses

As you get older, your vision changes. This means that if you've been wearing the same eyewear for years, you're likely due for an upgrade. Here are five signs that it's time to get new glasses.

## Your vision is a little blurry

If distant objects appear to be out of focus, or if you struggle to make out the words on a page even with your glasses on, you likely need a stronger

prescription.

## You get frequent headaches

Even if you haven't noticed a change in your vision, your eyes might be straining to see clearly. This can lead to eye fatigue and headaches.

## Your eyes often feel achy

Tired, watery, itchy and dry eyes are all signs that your eyes might be working harder than normal to

compensate for an outdated prescription.

## You need to squint to see

If you have the correct eyewear prescription, you shouldn't need to squint to see clearly. While squinting improves the focus and clarity of your vision, it also causes eye strain.

## Your glasses are damaged

Scratches on your lenses can impede your vision



and lead to eye strain. Additionally, the arms of your glasses can stretch over time, causing them to no longer fit properly.

The best way to ensure you have the right prescription is to schedule an eye exam with your optometrist at least once a year.



Are your most precious belongings **well protected?**

## Do you have enough home insurance?

Perhaps a favorite aunt has recently left you some jewelry in her will, or maybe your CD collection has grown to an impressive size. Or, it might be that you've finally decided to purchase the ultimate in road bikes. The question is, are the contents of your house worth more than they used to be?

If the answer is yes, you should check your home insurance coverage. It's possible that the value of your assets is worth more than the amount your insurance company would give you in case of a fire, theft, or other disaster.

There are set limits in all home insurance policies. A limit is the maximum amount of money you would receive if you were the victim of theft, fire, or other type of damage. While certain assets are only subjected to limits if stolen (jewelry, furs, collectables,

bicycles, CDs, DVDs), other possessions have limited coverage no matter what type of claim you file, such as animals, software, and banknotes. If you don't know what limits are stipulated in your home insurance policy, be sure to contact your insurer. You can increase your coverage to an appropriate level if you believe that an asset is worth more than the value indicated in your policy.

Whether you rent or own your home, you should always take the time to make an inventory of your assets before taking out a home insurance policy. At the same time, you could also take photographs or make a video of the objects you value. Not only will this inventory simplify the process if you have to file a claim, but you'll also be able to identify all the assets that need to have their value increased in your insurance policy. Think about it!

*Happy New Year from our family to yours*



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## DOWNTOWN PHOENIX FARMERS MARKET

Saturdays • 8am - 1pm  
[facebook.com/dtphxfarmersmarket](https://facebook.com/dtphxfarmersmarket)

## PARK PARTY PLAY

Weekends • 9am - 8pm  
<https://bit.ly/3o7qyii>

## PLAYSTATION FIESTA BOWL

January 2 • 2pm  
State Farm Stadium  
[fiestabowl.org/sports/psfb](https://fiestabowl.org/sports/psfb)

## LAVEEN COMMUNITY FARMERS MARKET

JANUARY 9 • 7am - 11am  
[facebook.com/greenlaveen](https://facebook.com/greenlaveen)

## THE PHOENIX SALSA BACHATA OASIS WEEKENDER

JANUARY 16  
Rumba Dance Studio  
[facebook.com/events/741464396460069](https://facebook.com/events/741464396460069)

## 2ND ANNUAL SUN VALLEY CHARITY GOLF TOURNAMENT

JANUARY 22 • 8am - 2pm  
Pointe Hilton Tapatio Cliffs  
<https://bit.ly/3mtGpal>

## COWBOY COOKOUT

JANUARY 22 • 4:30pm  
[macdonaldsranch.com/cowboy-cookouts](https://macdonaldsranch.com/cowboy-cookouts)

## BRUNCH BASH

JANUARY 23 • 10am - 4pm  
A.E. England Building at Civic Space Park  
<https://bit.ly/2VibiCL>

## PHOENIX VIRTUAL WEDDING FESTIVAL

JANUARY 24  
<https://bit.ly/3qgZdf1>

## ARIZONA FRIED CHICKEN AND WINGS FESTIVAL

January 30 • 12:30pm - 5pm  
The Pressroom  
<https://bit.ly/36mJO5t>

# Winter ACTIVITIES

## Best Winter Activities to Do in Arizona!

ZooLights, Phoenix, AZ

Arizona Snowbowl & Sunrise Ski Park,  
Flagstaff and Greer, AZ

The Polar Express Train Tour,  
Williams, AZ

Las Noches de las Luminarias,  
Phoenix, AZ

Winter Sleigh Rides

Hiking Camelback Mountain,  
Phoenix, AZ

Visit the Grand Canyon

Visit Sedona

Visit Monument Valley

Visit Jerome Arizona Ghost Town

The Heard Museum

Taliesin West

The Arizona Science Centre

## NATIONAL HOLIDAYS



JANUARY 1  
New Year's  
Day



JANUARY 18  
MLK, Jr. Day



JANUARY 25  
Fun at  
Work Day



JANUARY 31  
Hot Chocolate  
Day



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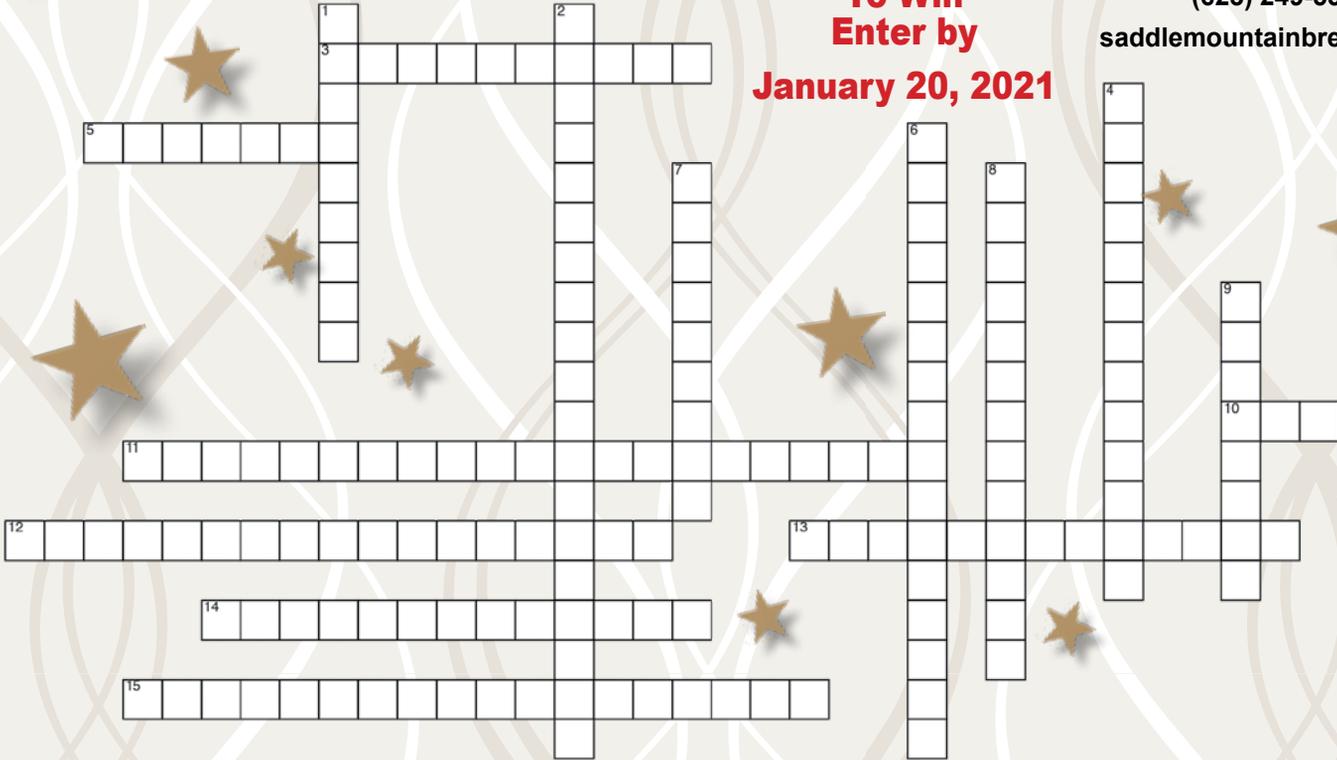
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### ACROSS

- 3 Reflect on your objectives
- 5 GOT WEEDS?
- 10 Aren't you just Dog Tired

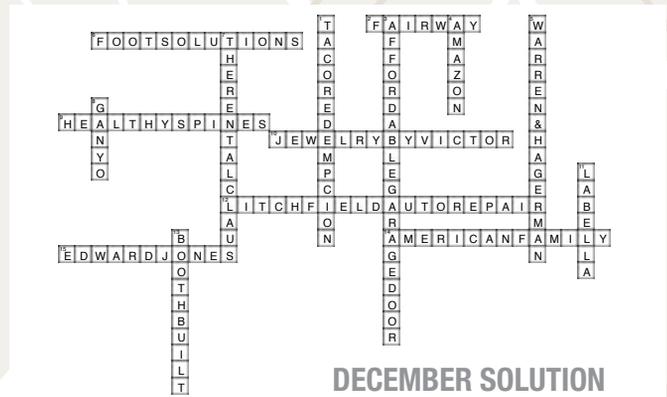
- 11 DELICIOUS OUTDOOR LIVING
- 12 SAVE UP TO \$1000 ON 2021'S
- 13 INSTALLATION STARTING AT \$199

### DOWN

- 1 We had an excellent experience
- 2 what an exceptional client experience feels like
- 4 having your spine aligned...
- 6 Serving the Valley for 49 Years!
- 7 Open for In-Store Purchases + Online Ordering & Cubside Pickup
- 8 Husband and Wife Real Estate Team
- 9 SUPER CLEAN

**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 1/20/21. 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.westvalleystaraz.com](http://www.westvalleystaraz.com) for any corrections or announcements



DECEMBER SOLUTION

## DECEMBER WINNERS

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Scott Drew - Goodyear



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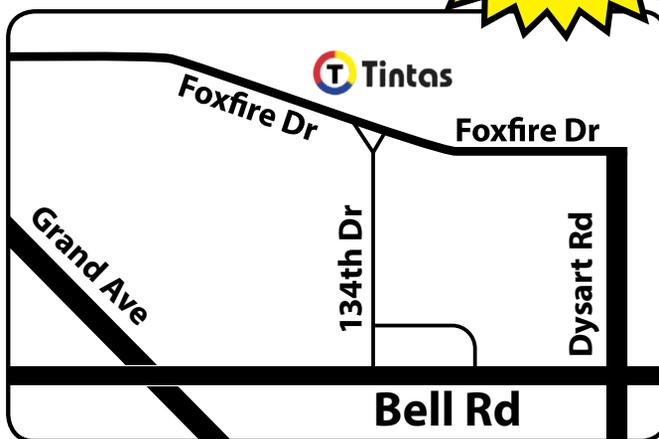
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# What are the health risks of vaping?

Electronic cigarettes are devices designed to heat a nicotine-based liquid into a vapor, which can then be inhaled. Here's a look at the known health risks associated with vaping.

## EXPOSURE TO NICOTINE

According to the Centers for Disease Control and Prevention, vaping is a less harmful option than smoking if you already smoke. However, since most e-cigarette liquids contain nicotine, they pose a number of health risks. Among other things, vaping can:

- Lead to addiction
- Affect memory and concentration
- Cause behavioral problems
- Alter brain development

It should be noted that adolescents are particularly susceptible to the dangerous effects of nicotine. This is why it's illegal to sell or give vaping products to anyone under the age of 18.

## EXPOSURE TO OTHER CHEMICALS

The main liquids found in vaping products are vegetable glycerin, propylene glycol and chemicals used for flavor such as diacetyl. When these substances are heated in a vaping device, they create a carcinogen called formaldehyde. Other toxins that can be found in e-cigarette vapor include nickel, tin and aluminum.

## HEART AND LUNG DISEASE

Inhaling the harmful chemicals found in e-cigarettes increases the risk of cardiovascular and lung disease. Health experts are also currently investigating the rise of a severe and potentially fatal lung disease referred to as vaping-associated pulmonary injury (VAPI).

While the potential long-term effects of vaping are still unknown, there's



no doubt that the use of e-cigarettes is hazardous. The best way to avoid the health risks associated with vaping is to not start or to ask a health-care professional for advice on how to quit.

When it comes to your to-do list, put your future first.

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## FAVORITE 2021 RESOLUTIONS

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Actually put on a full outfit for Zoom calls

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## Recipe

Reproduced with permission from **Stiletto Momma Cooking**

### Sheet Pan Sausage and Veggies

A simple, filling, and nutritious dinner with virtually no cleanup! Toss this killer seasoning blend with your favorite veggies and smoked sausage and then roast them all to perfection. Top with freshly grated Parmesan cheese and enjoy as is or over rice. This is one of our family's favorite recipes.

#### INGREDIENTS

- 2 cups diced baby red potato
- 3 cups trimmed and halved green beans
- 1 large head of broccoli (2 cups)
- 1-1/2 cups chopped bell peppers (2 large or 6-7 mini sweet bell peppers)
- 13 ounces smoked sausage (skinless)
- 6 tablespoons olive oil
- 1/4 teaspoon red pepper flakes, optional (leave out if you don't like heat!)
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon EACH: dried oregano, dried parsley or you can use Italian seasoning
- Salt & pepper

Serve with: fresh parsley, quinoa/rice, lots of freshly grated Parmesan cheese



#### DIRECTIONS

**PREP:** Preheat oven to 400 degrees F. Line a very large sheet pan (15x21 inch sheet pan or 2 smaller pans) with parchment paper and set aside.

**OLIVE OIL AND SEASONINGS:** Place all the veggies and sausage on the prepared sheet pan. Pour the olive oil and all the seasonings on top. Season to taste with salt and pepper (I add 1/2 teaspoon of salt and 1/4 teaspoon pepper to start). Use your hands to toss and evenly coat all the veggies and sausage with seasonings. Spread everything out so it has plenty of space to cook. If veggies are crammed/overlapping they'll steam instead of roast and will take longer to cook.

**BAKE:** Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp-tender.

**ENJOY:** Sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.

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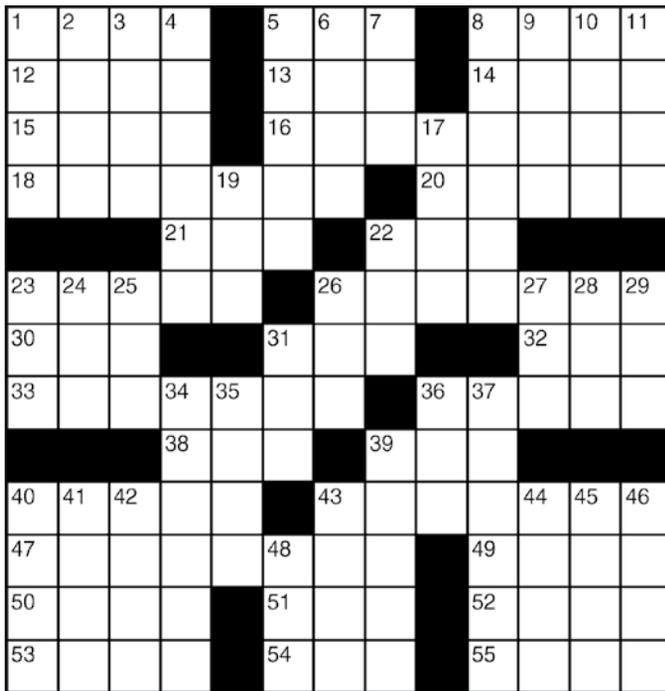
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**ACROSS**

- 1 "Grand"
- 5 Letterman's network
- 8 Out of control
- 12 Suspend
- 13 Weeding tool
- 14 Wise one
- 15 Killer whale
- 16 Lineage
- 18 Astronauts' descent to Earth
- 20 Locations
- 21 Comic DeLuise
- 22 Satchel
- 23 "Forget it!"
- 26 Nation
- 30 Lawyers' org.
- 31 Sly one
- 32 Nay opponent
- 33 Racism, e.g.
- 36 Aden's land
- 38 Bill and --
- 39 Adams or Ameche
- 40 Clean software

43 Turducken, e.g.

- 47 Immoderate devotion
  - 49 Met melody
  - 50 Taj Mahal city
  - 51 Trouble
  - 52 Ring up
  - 53 Lecherous look
  - 54 Possess
  - 55 Duel tool
- DOWN**
- 1 Valhalla VIP
  - 2 Aesopian also-ran
  - 3 Formerly
  - 4 Landlocked African nation
  - 5 Amulet
  - 6 Skeletal
  - 7 Moment
  - 8 Delegate
  - 9 Dillon or Damon
  - 10 Shrek, for one
  - 11 Jailer's janglers
  - 17 Jacob's brother
  - 19 Plaything

- 22 Carton
- 23 Apprehend
- 24 Japanese sash
- 25 Witty one
- 26 Coquettish
- 27 Scot's hat
- 28 Deli bread
- 29 Longing
- 31 To and --
- 34 Eye-related
- 35 Forum garment
- 36 Second person
- 37 Intertwine
- 39 Senior member
- 40 Soap brand
- 41 Advantage
- 42 Drill
- 43 Front of a ship
- 44 Snare
- 45 Irritate
- 46 New Haven campus
- 48 Pair

Answers on pg. 38

# Boomers are Buyers

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# It's never Too Late to Have Straight Teeth

Dentistry has progressed exponentially in so many ways. From tooth-colored fillings to laser dentistry and everything in between. We can replace a single tooth with one implant or a whole row of teeth with four implants. Patients without teeth are no longer condemned to use a removable denture. We have metal free fillings and crowns; we can remove tissue with lasers and never have to use a scalpel. We can use microscopic cameras to identify and aide in removing bacteria in patients who have gum disease. Finally, one of my favorites, we can move teeth without the need for conventional braces.

As dental professionals we understand the oral environment so much more than our predecessors. Rather than reacting to dental problems, we plan treatments in advance and treat proactively. This is true regarding crowded/crooked or malpositioned teeth. It is no longer accurate to say the benefit of having straight teeth is purely cosmetic. Teeth that are crowded, overlapping, or simply too close together can and will lead to premature tooth loss. Roots of crowded/overlapping teeth will create significant bone loss. Crowns of teeth too close together create plaque traps and uncleanable areas, making them much more prone to decay. Back teeth that are angled incorrectly put significant biting forces on the

necks of teeth, creating abfraction, or a breakdown of the tooth at the gum line.

Having the advantage of moving teeth to a more cleansable position creates more room for healthy bone, and uprighting teeth to help withstand the strength of biting forces will ensure patients enjoy their natural teeth for a lifetime. It is never too late to achieve these goals.

The advent of clear plastic trays or aligners has given us the ability to move teeth, not only inconspicuously, but with ease and comfort. This is fascinating technology that takes very little effort on the patient's side. A simple impression, or laser scan, along with a few photos is all it takes to get started. The movement is concise and gentle enough to use on patients who already have a mild to moderate amount of bone loss. It is the perfect choice to correctly align teeth on adult patients.

If you have ever wished for or considered straightening your teeth, there has never been an easier time to do it. In many cases the true benefit of correctly aligning teeth is preventing tooth loss, while the side benefit is having them look beautiful. The assurance of having strong, beautiful teeth gives confidence and security no matter what your age. Please do not hesitate to ask your dental professional about this exciting technology. You will not be sorry!



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# Healthy habits that can help prevent lung disease

There are many environmental factors that can impact your respiratory health and make it harder for you to breathe. However, there are things you can do to protect your lungs. Here are 12 healthy habits you should adopt.

1. Eat a nutritious diet that's rich in fruits and vegetables
2. Exercise for at least 30 minutes every day
3. Wash your hands often to prevent infections
4. Receive the recommended vaccines for your age group
5. Quit smoking and vaping (or avoid starting in the first place)
6. Avoid smoky places and second-hand smoke
7. Try not to use aerosol products such as hairspray
8. Wear a mask if you work in a dusty environment or handle toxic products
9. Use eco-friendly paint that doesn't contain VOCs
10. Test your home for radon
11. Remove asbestos from your home if necessary
12. Make sure your home's ventilation system is clean and in good working order

If you're concerned about your lungs, talk to your doctor about getting a computed tomography (CT) scan. This test can help detect infections, lung cancer, blood clots and other lung problems.

## 5 reasons to increase your flexibility

Flexibility plays a key role in your overall fitness. In fact, stretching your muscles and joints on a regular basis can make a variety of everyday activities easier. Here are the five main benefits of increasing your flexibility.

1. It improves your posture and balance
2. It increases your range of motion
3. It reduces your risk of getting injured
4. It helps your muscles work more effectively
5. It reduces aches, pains and muscle tension

Furthermore, stretching after you exercise facilitates muscle recovery and repair. It also prevents lactic acid from building up and causing muscle soreness.

Keep in mind that stretching shouldn't be painful. Though it's normal to feel a pulling sensation,

a sharp or stabbing pain means you've over-extended your muscles or joints, which can result in injury.

### Activities to try

Stretching is just one of many ways to improve your flexibility. You can also try yoga, tai chi, water aerobics, Pilates, ballet and more. Consider signing up for a beginners' class in your area.



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# Hollywood

by Tony Rizzo

HOLLYWOOD -- Loyal "Jeopardy!" fans were saddened to learn that their favorite host, Alex Trebek, had pancreatic cancer. Alex vowed he would fight as hard as he could to beat it. Bravely he soldiered on, taping episodes of "Jeopardy!" until the last two weeks of his life. On Nov. 8, at the age of 80, he went to host that great big "Jeopardy!" game in the sky.

We'll all miss Alex very much, but he wanted the show to go on. The big question is who can fill his shoes? The answer is Ken Jennings, the highest earning American game show contestant of all time. Jennings won 74 consec-

utive "Jeopardy!" games with the highest average of correct responses per game. He won a grand total of \$4,522,700. Jennings is 46 years old, a graduate of Brigham Young University who has written several books, including "Brainiac: Adventures in the Curious, Competitive, Compulsive World of Trivia Buffs" (2006). He and his wife, Mindy, and their two children, 18-year-old Dylan and 15-year-old Caitlin, live in Seattle. In 2020 he became a consulting producer of "Jeopardy!" and now, beginning Jan. 11, he'll be what is being called the guest host, the first in a series of "in-house" guest hosts. But this avid comic



PHOTO CREDIT: ABC/PAULA LOBO

## Ken Jennings

book and movie geek will undoubtedly become the new host of "Jeopardy!"

★★★

Dolly Parton, long considered "The Leading Lady of Country," has proven what an angel she really is. In April, as the pandemic began to take hold of the world, Dolly donated \$1 million to COVID-19 research which led to the discovery of Moderna's COVID-19 vaccine.

"Praise the lord!" she said on the "Today" show. "I'm just very grateful that this is happening, and if I had anything to do with it, that's great."

Netflix is still streaming Dolly's Christmas film, "Christmas on the Square," which co-stars Christine Baranski, Treat Williams and Jennifer Lewis. Dolly performs two songs she wrote for the film.

Thanks for the vaccine, Dolly!

★★★  
Expect blockbuster filmmakers to come back to theaters with a vengeance. "The Suicide Squad" sequel not only has Margot Robbie, Jai Courtney, Viola Davis and Joel Kinnaman returning for the second round, but they've added Nathan Fillion, Idris Elba and John Cena. And for extra added insurance they've signed the one and only Sylvester Stallone. It's due Aug. 6, 2021.

★★★

Also making the sequel leap is Arnold Schwarzenegger's new son-in-law, Chris Pratt. Oscar-nominated director Taika Waititi, who just completed "Next Goal Wins" with Michael Fassbender, Elisabeth Moss and Armie Hammer, has Pratt joining "Thor: Love and Thunder," as his "Guardian of the Galaxy" character Peter Quill/Starlord. He joins Chris Hemsworth, Natalie Portman and Tessa Thompson.



PHOTO CREDIT: DEPOSITPHOTOS

## Tom Hiddleston as Loki

Christian Bale is joining the cast, but no one will say who he's playing or how he fits into the story. Curious too is that Tom Hiddleston is not listed as returning as Loki. Is Christian Bale taking over the role of Loki, or will Hiddleston come on board after contract negotiations? Filming has begun in Australia, so it won't be long before we find out.



PHOTO CREDIT: DEPOSITPHOTOS

## Dolly Parton

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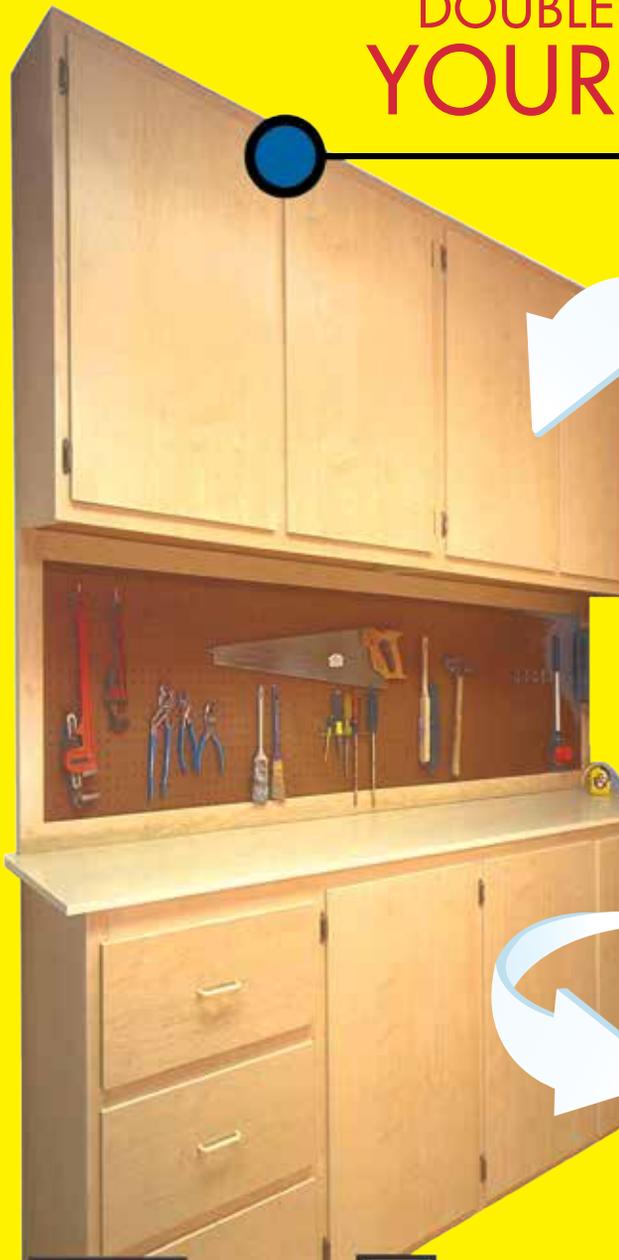
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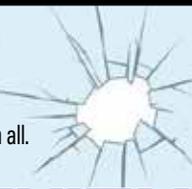
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# Touchless design features for a germ-free home

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Touchless technologies have long been featured in public spaces to limit the spread of germs. Now, these motion-activated innovations are making their way into homes. Here are a few you may want to adopt.

- **Light switches.** Illuminate your home by walking past conveniently placed sensors.
- **Faucets and toilets.** Touchless versions
- **Soap dispensers.** Wash your hands without getting the dispenser dirty.
- **Appliances.** Dishwashers, refrigerators and ovens are increasingly featuring technologies that allow you to open and close them without using a handle.
- **Garbage bins.** Open and close your trash



can with motion-activated technology.

You can find touchless technologies at hardware and appliance stores in your area.

## 5 common decorating mistakes (and how to fix them)

Is your decor looking a little lacklustre? Here are five common decorating mistakes and some suggestions for how you can fix them.

### 1. No focal point

A focal point lends balance, harmony and cohesion to a space. It can be a fireplace, a mirror, a piece of art or an architectural feature. When designing a room, start with the focal point

and build around it.

### 2. Undersized rug

The size of a rug should be large enough for all the furniture in a given space. Avoid choosing a rug that's too small for the area, as this can make your design look disjointed.

### 3. Excessive pillows

Too many pillows can overwhelm a space and make your couches and chairs impractical to sit on.

Instead, display a modest amount and swap them out as the seasons change.

### 4. Unbalanced lighting

Use multiple types of lighting in every room. A combination of overhead lights, standing lamps and task lighting will ensure you have the right ambience and ample illumination in your home.

### 5. Uncomfortable seating

Opt for dining room chairs and living room couches that are comfortable to sit on rather than just stylish. Be sure to try before you buy, as this is the best strategy for finding pieces you can comfortably sit on for hours.

Remember, you don't have to tackle design issues on your own. An interior designer or decorator can help you pinpoint problem areas and come up with creative solutions.



# 2021

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## Green living

### 4 ways to support an environmental cause

In addition to individual lifestyle changes such as buying local and making your home more energy efficient, here are four ways you can support an environmental cause in your community.

#### 1. Donate

A one-time or recurring contribution to an environmental non-profit organization can help fund conservation efforts ranging from habitat restoration to renewable energy initiatives. You can also support a cause close to your heart by leaving a legacy gift in your will.

#### 2. Raise your voice

From attending climate change events to signing and sharing petitions on social media, there are numerous ways to raise awareness about environmental issues and pressure governments to act. You can also write to your representatives and vote for people who will make the environment a top policy priority.

#### 3. Volunteer

Depending on your interests and skills, you can plant trees, join a cleanup initiative, participate in a citizen-based science project, grow a community garden, sit on a board of directors or lend your time and energy in some other way. In addition to helping protect the planet, volunteering allows you to meet like-minded people.

#### 4. Host an event

Putting together a third-party fundraiser is an exciting way to raise money for an environmental group that's doing good work. Many non-profits provide guidelines to help you organize events such as film screenings, benefit dinners, trivia nights, speaking events, clothing swaps and more.

For more information about how you can make an impact in your community, reach out to local environmental charities and non-profit organizations.

## PUZZLE ANSWERS

Answers to Puzzle on pg. 16

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

Answers to Puzzle on pg. 31

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

Time to beat: 21 minutes

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