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NOVEMBER 2020

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**YOUR GUIDE TO THE BEST SHOPS AND BUSINESSES**

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# Honor those who served their country on **VETERANS DAY** **NOVEMBER 11**

Americans are encouraged to pause for two minutes of silence at 11 a.m. on Veterans Day. This is a time to reflect on the contributions and sacrifices of all U.S. veterans.

Make time to chat with a veteran about their experiences in the military or send a card or e-card to thank them for their service. If you don't know a veteran, you can send a card or letter through organizations such as A Million Thanks.

Help veterans support their families by patronizing veteran-owned businesses. Search for them in your area at [veteranownedbusiness.com](http://veteranownedbusiness.com).

More than 40,000 charities in the U.S. support veterans and their families and many of these organizations have volunteer opportunities.

## THOSE WHO SERVE DESERVE HONOR RESPECT THANKS



## *Celebrate Safely*

Every holiday season, hundreds of lives are lost due to drunk drivers. Nationally, alcohol-impaired fatalities make up more than a quarter of all crash fatalities. Over the past 5 years, an average of 300 people die in drunk driving crashes between Christmas and New Year.

Here are some safety practices you should adopt to help ensure you and your passengers get around safely during the holidays.



### ***Drive defensively***

Driving defensively is always a good practice, but it's an especially wise approach when driving at night during the holiday season. In particular:

- Be attentive. Always be prepared to take preventive action to avoid an accident. Sit up straight, keep both hands on the wheel and be aware of your surroundings.
  - Be careful at intersections. Watch out for drivers running red lights: even if you have priority, look both ways.
  - Take your safety into your own hands. You can't always count on other drivers to be safe on the road. Stay out of other cars' blind spots and maintain a safe following distance.
- Finally, never get into a car with someone who you suspect has had too much to drink. Call a cab, an Uber or Lyft and encourage them to do the same.

### ***Are you fit to drive?***

First of all, make sure you don't contribute to the problem of drunk driving yourself. Even small quantities of alcohol can impair your ability to drive — especially if you are taking any medications. If you're the designated driver for the night, it's best to avoid drinking altogether.

If you do plan to drink, do so responsibly. The one-drink-an-hour rule works for some people. However, a person's level of intoxication will depend on various factors such as their weight and the type of alcohol being consumed.

If there's any indication that your ability to drive is impaired, don't get behind the wheel. Always have a back-up plan, whether it's calling a cab, sleeping over or getting a ride from a friend or family member.

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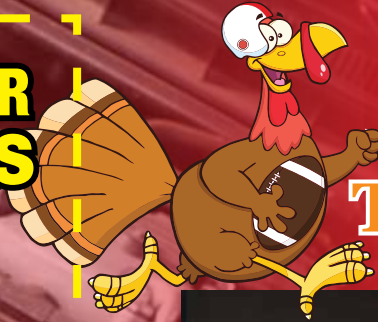
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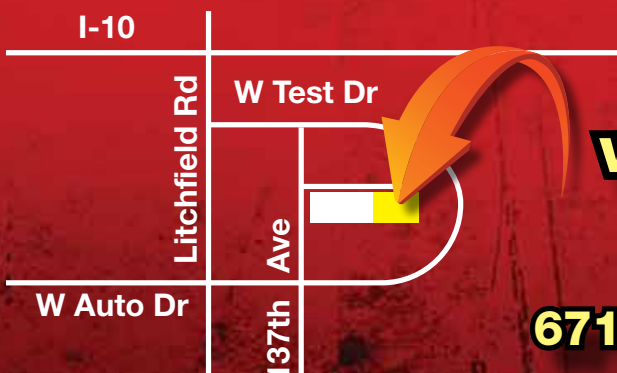
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**INSIDE THIS ISSUE**

Celebrity Extra .....	5
Vet's Post .....	14
Puzzles .....	14 & 23
Senior Newslne.....	15
Your Good Health.....	21
Paws & Claws.....	26
Service Directory .....	28 & 29
Hollywood .....	29
Recipe .....	30

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*"Bless the LORD, O my soul, and all that is within me, bless his holy name!"*

— Psalm 103:1

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# Thanksgiving CHEER

## 10 ideas for homemade Thanksgiving wreaths

When you welcome friends and relatives into your home this holiday, make sure they're greeted by a beautiful wreath hanging outside. Here are 10 festive options to adorn your front door.

1. A shallow, round woven basket filled with faux fall foliage and small gourds

2. A deep green silk magnolia leaf wreath dotted with silver painted acorns

3. A grapevine wreath embellished with faux bitter-sweet vines and cranberries

4. A pine cone wreath adorned with metallic leaves, a burlap bow and copper glitter

5. A foam wreath wrapped in strips of orange, yellow and red tulle

6. An olive branch wreath with dried white orchids and sprigs of lavender

7. A grapevine wreath decorated with fake apples, walnuts and cinnamon sticks

8. A gathered burlap wreath with faux sunflowers and sprigs of pine

9. A multi-color flint corn wreath filled in with dried husks and beige tulle

10. A floral wreath in fall colors with a "thankful" or "welcome" sign cut out of wood

Keep in mind that many

of these suggestions can easily be adapted to create matching centerpieces for your dining table.

It's also fun to hunt around your yard or neighborhood with your kids or grandkids looking for natural items to embellish your wreaths.



## Wines that pair well with turkey

If you plan to serve turkey with all the trimmings this Thanksgiving, you'll want to offer your guests a wine that enhances the flavor profile of this traditional holiday meal. Here are a few prime options.

### Aromatic whites

Wines characterized by strong floral or herbal notes pair well with meals that have bold and varied flavors. This makes them an ideal match for roasted turkey and savory sides. Consider a sauvignon blanc, viognier or dry riesling.

### Fruity reds

When matched with turkey and gravy, tart and fruit-forward picks like grenache, Rioja and Beaujolais mimic the role of cranberry sauce. However, pinot noir remains a

go-to choice for red wine drinkers on Thanksgiving.

### Crisp rosés

The fruit and acidity of a dry rosé makes it a wine that pairs well with almost anything. The lightly spiced white zinfandel has long been a staple of the traditional Thanksgiving feast, but you also can't go wrong with pinot noir or grenache rosés.

### Sparkling wines

A light and fizzy glass of bubbly strikes the perfect balance with a decadent turkey dinner. Prosecco, cava and Champagne are festive, food-friendly options. However, the low alcohol level and fruity flavors of a moscato d'Asti make it a good choice for light drinkers.

*Have a wonderful,  
safe and  
colorful Holiday*



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**Q:** I was a big fan of the daytime soap "All My Children" for years before it was canceled. I remember when Kelly Ripa met her husband on the show and acted with him. Is there any chance the couple will do a reality show together with their beautiful family? -- *B.T.*

**A:** Kelly Ripa and Mark Consuelos met on the ABC soap "All My Children" in 1996 while playing characters Hayley Vaughan and Mateo Santos. Their on-screen romance grew into a love affair that has lasted a quarter of a century. They were recently profiled with their children in "People" magazine, but their careers have been thriving without the need of a real-



PHOTO CREDIT: DEPOSITPHOTOS

**Kelly Ripa and Mark Consuelos**

ity show. They are however teaming up as producers, recently inking a deal with the Lifetime network to produce two movies as part of its "Ripped from the Headlines" theme. Even if they only produce and don't star in anymore projects together, perhaps Kelly and Mark will make brief cameos.

As for "AMC," several soap castmembers par-

ticipated in a reunion online when the pandemic first started — including Kelly and Mark. If you'd like to watch it, here's the web address: <https://ew.com/tv/tv-reunions/watch-all-my-children-cast-reunion/>.

\*\*\*

**Q:** I saw comedy legend Bob Newhart on the recent Emmy Awards show. I used to love listening to his comedy albums years ago before his TV shows. Are they still available? I should have saved them. -- *T.H.*

**A:** Comedy legend is right! The 91-year-old Newhart actually won several Grammy Awards for his comedy albums back in the 1960s. If you can't find the albums at a

record store, they're available in several formats on Amazon and Ebay.

\*\*\*

**A:** Who is actress Helen Mirren married to? I always thought it was a famous director, but my husband said it's Keanu Reeves. -- *P.S.*

**A:** British actress Helen Mirren has been married to Hollywood director Taylor Hackford for more than two decades. Your husband might have gotten the idea because Reeves' silver-haired girlfriend, artist Alexandra Grant, resembles Mirren. He walked the red carpet with her last spring, and online message boards lit up with questions asking if Keanu was dating Mirren.

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NOVEMBER 11

# VETERANS DAY

REMEMBERING THE BRAVE,  
HONORING THE FALLEN

## How much do you know about Veterans Day?

One way to honor those who've served in the armed forces is to learn about Veterans Day and the people it commemorates. Here's a quick quiz to see if you know your stuff.

1. What was Veterans Day referred to before the name was changed in 1954?  
a) Armistice Day  
b) Memorial Day  
c) Flag Day  
d) Remembrance Day
2. How many American veterans are alive in the U.S. today?  
a) 6 million  
b) 10 million  
c) 15 million  
d) 18 million
3. Where is the tomb of the unknown soldier located?  
a) Washington, D.C.  
b) Arlington, Virginia  
c) Emmitsburg, Maryland  
d) Emporia, Kansas
4. What flower is a symbol of Veterans Day?  
a) Lily  
b) Daffodil  
c) Cornflower  
d) Poppy
5. How many Americans served in WWI and WWII combined?  
a) 5 million  
b) 10 million  
c) 20 million  
d) 30 million
6. Which of the following is not a branch of the U.S. military?  
a) Marine Corps  
b) Air Force  
c) Coast Guard  
d) All are part of the military
7. When on November 11 are you supposed to observe two minutes of silence?  
a) 9 a.m.  
b) 10 a.m.  
c) 11 a.m.  
d) 12 a.m.



### Answers:

1-A, 2-D, 3-B, 4-D,  
5-C, 6-D, 7-C

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you and your  
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# Strange But True

by Lucie Winborne

One person in 20 has an extra rib, and they are most often men.

Two journalists invented Trivial Pursuit in 45 minutes after being shocked at the price of a Scrabble set.

There are eight times as many atoms in a teaspoon of water as there are teaspoons of water in the Atlantic Ocean.

The universe has a color -- but it's not what you might think. Researchers at Johns Hopkins University took the average of light from over 200,000 galaxies and discovered that the universe is actually kind of beige. They dubbed the hue "cosmic latte."

Fearing that someone would murder him in the recreation yard at Alcatraz prison, gangster Al Capone received permission to spend rec time practicing his banjo in the shower room.

A Chinese millionaire sold canned air to people on the streets to raise awareness of air pollution. He donated the money to charity.

Female cats are mostly right-pawed, while male cats are more frequently left-pawed.

Daisies aren't just for picking or playing "He loves me, he loves me not." They're also an excellent source of vitamin C and have been said to slow bleeding, relieve indigestion, and soothe coughs.

Along with henna, old-fashioned hair dye ingredients included the blood of black cows and crushed tadpoles in warm oil.

## Happy Thanksgiving FROM OUR FAMILY TO YOURS!



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That little white paper strip coming out of the top of Hershey's Kisses is called a plume and was originally introduced by the company to distinguish the product from phony knock-off candies.

The popular kids' game "Operation" was invented by John Spinello, a sophomore at the University of Illinois in 1962, as part of a class assignment. Sadly, he only made \$500 off the game after selling the prototype.

By the way, in case you've ever wondered, the "patient" in "Operation" is named Cavity Sam.

While filming "Jailhouse Rock" in 1957, Elvis Presley inhaled his tooth cap as he slid down a pole in the opening dance number. It lodged in his lung and required surgical removal, but aside from a little hoarseness for a few days, the King made a fairly easy recovery.

According to Hasbro, the tallest Jenga tower ever was 40 levels, plus two additional blocks on top.

The fingerprints of a koala bear are so indistinguishable from those of humans that they have on occasion been confused at a crime scene.

Arachibutyrophobia is the fear of peanut butter getting stuck to the roof of your mouth.

Astronauts cannot cry in space, as the tears need gravity to flow. They also lose their sense of smell in space.

Winston Churchill had a doctor's note permitting him to drink "unlimited" amounts of alcohol while visiting the U.S.

Speaking of beverages, in 16th-century Turkey, a woman could initiate a divorce if her husband didn't pour coffee for her.

## Veterans will receive 25% OFF Acupuncture and Massage on Veteran's Day

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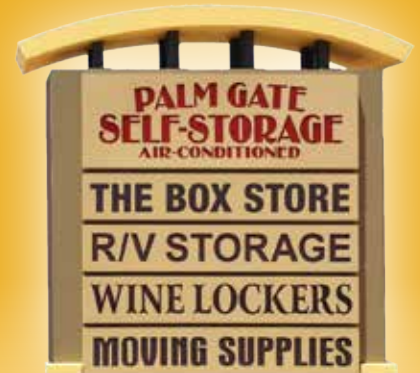
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International Men's Day is  
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## How men can take control of their health

Did you know that around the world, life expectancy among men is six years less than it is among women?

This is due in part to the higher rate of suicide in men. The incidence of prostate and testicular cancer also plays a role. So does physical inactivity among men, with its attendant medical risks, notably heart disease.

It's against this backdrop that **Movember** takes place every year. This

month-long event aims to encourage men to take better care of their physical and mental health.

### FIVE TIPS

Here are some ways men can be healthier:

1. Remain in touch with family and friends and seek out new connections.
2. Talk with people you trust about important personal issues (breakups, fatherhood, financial problems and anything
- else that's going on).
3. Learn more about your family history to assess your level of risk for developing serious medical conditions such as cancer, heart disease and diabetes.
4. Stay active. Run, cycle, go to the gym, participate in team sports and find other ways to keep moving.
5. Consult your doctor right away whenever you have a health concern.



**Movember** (a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November") is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues. For more information visit [movember.com](http://movember.com).

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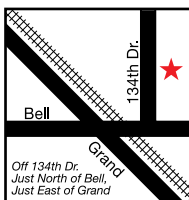
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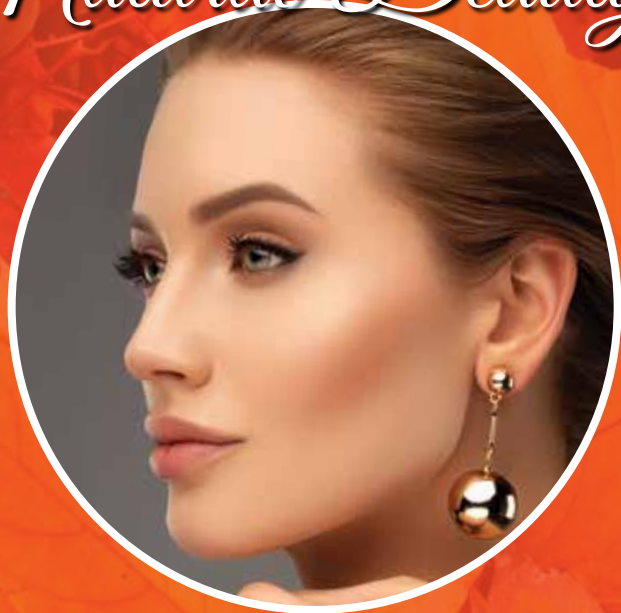
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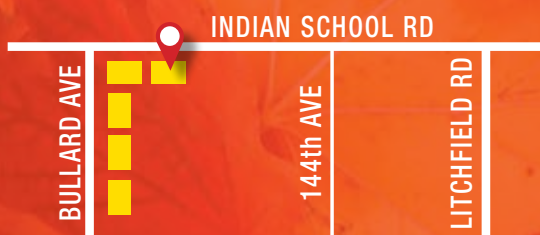
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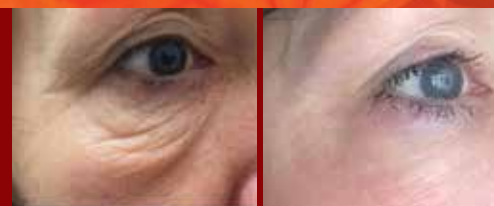
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## Here's A Tip

by JoAnn Derson

"Peppermint is a wonderful cure for indigestion. To make a quick peppermint tea, use a rolling pin to smash three to four peppermint candies. Add them to a glass of water and microwave for a minute and a half. Stir to melt the candies completely, and drink slowly."  
-- G.L. in California

Using your fireplace? Try adding citrus peels to the logs for a nice aroma. They can be a good starter material as well.

Maintain a list of all drugs you take -- both prescription and over the counter -- and when you fill a new prescription, give a copy to your pharmacist to check for interactions. Also, if you have multiple or complicated medical issues, it might help to patronize a single pharmacy. That way, the pharmacist can advise you of any interactions or complications.

"I find it helpful to set calendar reminders on my



### The facts on TEXTING AND DRIVING



The statistics are sobering. In the U.S., about 10 people are killed and 1,000 are injured every day due to distracted driving.

To curb this alarming trend, nearly every state now bans texting and driving. Penalties for this offense involve fines — as high as \$1,000 in some states — and may also result in a suspended driver's license. A prison sentence may also be a consequence should an injury or death occur.

Twenty-three states prohibit all drivers from using handheld cellphones while driving, and 38 states that prohibit cell phone use of any kind by novice drivers.

However, it's for the dangers rather than the fines that motorists should swear

off texting and driving. One need only consider the following facts:

- Drivers are 23 times more likely to be involved in a collision when texting
- One in four car accidents in the U.S. is caused by texting and driving
- Sending or reading a text message takes your eyes off the road for about five seconds — enough time to cover a football field if you're traveling at 55 miles per hour.

For more information on distracted driving, and to see what the distracted driving laws are in your state, visit the National Highway Traffic Safety Administration website at [nhtsa.gov](http://nhtsa.gov).

*Happy Thanksgiving from our family to yours*



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-- S.O. in Wyoming

For a little extra visibility in the garage or closets, try applying glow-in-the-dark or reflective tape on the edges of the stairs, risers or places you might hit your head.

"Those hide-a-key rocks can be a little obvious – at least they are to me. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known only to our family members. Also, it's not right by the door." – I.E. in Mississippi

If your vacuum has a paper filter, spray it with your favorite perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.

Remove mildew from plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.

If you are replacing a door hinge and need to use the same holes, add some grip by

gluing a matchstick, toothpick or a golf tee in the hole before re-screwing the attachments. Just break it off flush with the frame. It will add some security to the hole so it won't be as loose.

"My mother swears by wrapping her feet in a vine-

gar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin." -- C.D. in Colorado

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by Freddy Groves

## COVID Cancellations

Between March 15 and May 1, the Department of Veterans Affairs canceled 7.3 million medical appointments. The VA's rationale at the time was to protect staff and veterans from the COVID-19 virus and to conserve their supplies. For veterans, that could mean a minor medical problem becomes a major one if not attended to.

The VA's Office of Inspector General waded in and examined all canceled appointments. It looked at whether facilities were reviewing their records and making new in-person appointments, canceling for good if the veteran went elsewhere, converting appointments to video telehealth... something, anything to get those veterans the care they'd originally sought.

The results: Almost one-third of cancellations showed no follow-up or tracking for primary, mental health or specialty care. There was no way, per the OIG report, for the facilities to track canceled appointments.

The VA quickly rigged up

a tracking system for those appointments and told facilities to review all cancellations. Some appointments were either followed up or conducted by phone or video -- but not necessarily rescheduled.

A total of 350,000 cancellations indicated that the veterans likely had not been called.

For a time, all cancellations were labeled as "at the request of the patient". This is a potentially huge problem: If it looks like a patient canceled an appointment, the wait time for a new appointment might be longer.

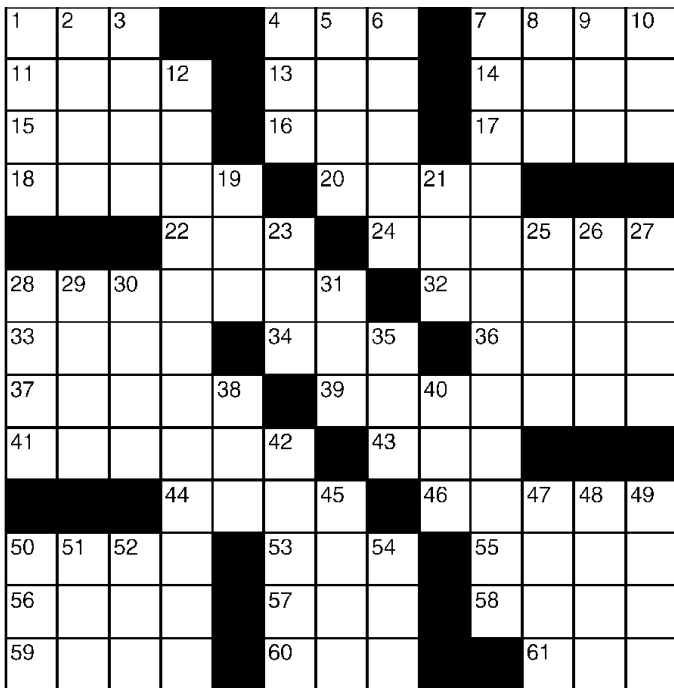
Labwork, X-rays and ultrasound were not counted because they aren't considered "an occasion of service" by the VA. The OIG, however, counted those canceled appointments.

By June 15, 11.2 million appointments had been canceled. If you had an appointment that was canceled, call them back. You're probably on a to-do list somewhere. Get someone on the phone and get the attention you need.



"Every strike brings me closer to the next home run."

— Babe Ruth



**ACROSS**

- 1 Recede
- 4 Petrol
- 7 Potato
- 11 Settled down
- 13 Mischief-maker
- 14 Cautious
- 15 "Bye"
- 16 Neither partner
- 17 Rice or Tyler
- 18 Ledge
- 20 Dispatch
- 22 Mary -- cosmetics
- 24 Half a wet-weather pair
- 28 Game like pinochle
- 32 Hoosgow
- 33 Valhalla VIP
- 34 Dog's foot
- 36 Burrito cousin
- 37 Fifth-day Christmas gift
- 39 Paraphrase
- 41 Impressionist?
- 43 Feathery neckpiece

- 44 List-ending abbr.

- 46 It brings out the kid in you
- 50 Coffee
- 53 Run-down horse
- 55 Stead
- 56 Need for 41-Across
- 57 Wildebeest
- 58 Bridge
- 59 Jewels
- 60 Longing
- 61 Illustrations

**DOWN**

- 1 Comestibles
- 2 Mediocre
- 3 Small snack
- 4 Martini ingredient
- 5 Out of control
- 6 Parsley serving
- 7 Brightly marked butterflies
- 8 Skillet
- 9 Samovar
- 10 Coloring agent
- 12 TV news pundits, often

- 19 Online info page

- 21 Once around the track
- 23 "Uh-huh"
- 25 Gumbo need
- 26 Membership
- 27 Advertise strongly
- 28 Drill
- 29 Fix a manuscript
- 30 Galvanizing stuff
- 31 Listener
- 35 "Charlotte's --"
- 38 Collection
- 40 Weep
- 42 Tall and slender
- 45 Kegler's pathway
- 47 Morning co-host Kelly
- 48 Rip
- 49 Quest
- 50 TV drama that spawned "NCIS"
- 51 Expert
- 52 Energy
- 54 Pistol

Answers on pg. 29



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by Matilda Charles

## Now More Than Ever, Get Your Flu Shot

This year's high-dose senior version of the flu shot will contain all four vaccines: A/Guangdong-Maonan (H1N1), A/Hong Kong (H3N2), B/Washington and B/Phuket.

To help us kick start our immune system, the senior version will contain four times the amount that younger folks get. The standard trivalent (three-way) will have two A and one B, while the standard quadrivalent (four-way) has all four.

If your doctor says you should have a flu shot, don't delay. When I called my pharmacy appointments were scarce and they had been swamped

with requests for the shot. Yes, they will be resupplied when they run out, but they don't know how quickly.

By getting a flu shot, should you get sick later this season, it will be a good bet that it's not the regular flu, which will save much time in getting a diagnosis.

To find flu shots, call your doctor, local pharmacies, grocery stores or go to [vaccinefinder.org](http://vaccinefinder.org). If you have a Medicare or insurance card, you won't have to pay anything.

If you want to know more, check the CDC website: [www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm](http://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm).



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# CALENDAR OF EVENTS



## HIDDEN LAKE

Hidden Lake, in Buckeye, AZ., is one of the West Valley's only commercial, mixed use, lakeside development opportunities. Hidden Lake will bring together a mix of healthy, active, outdoor entertainment experiences for all ages, with Topwater at Hidden Lake being the first of many. Topwater is a live music and events facility wrapped around the banks of one of Hidden Lake's picturesque coves. Hidden Lake is open for fishing, camping and other recreational activities check calendar below for some of the events. Located at 24445 W Sunrise Drive, Buckeye 623-777-5814



Nov 12  
Dec 10

5:00pm

**KILL THE KEG**



Nov 4, 18  
Dec 2, 16

5:00pm

**WINE DOWN WEDNESDAY**



Nov 6

5:00pm

**LIVE MUSIC FRIDAY  
BAYOU BANDITS BAND**



Nov 7

8a - 12pm

**VERRADO NEIGHBORHOOD  
GARAGE SALE**



Nov 1, 15  
Dec 6, 13

9a - 1pm

**SUNDAY FUNDAY &  
HIDDEN LAKE MARKET**



Nov 6-8

**ARIZONA DRAG BOAT  
ASSOCIATION FINALS 2020**



Nov 7

7:00pm

**LIVE MUSIC FRIDAY  
SWEET MESS BAND**



Every  
Sunday

**VERRADO FARMERS MARKET**  
VILLAGE GREEN - BUCKEYE

**SAVE  
THE  
DATE**

**DEC 19TH, 2020**

4:00pm-8:00pm

**ANNUAL MAINSTREET  
LIGHT PARADE IN VERRADO**

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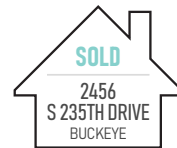
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# Making Lemonade out of Lemons!

by Dr. Hagerman

Warren & Hagerman Family Dentistry hope this article finds you all healthy and in good spirits. These unprecedented events have us all in an anxious state. While we cannot seem to control the spread of this virus, we can make decisions that benefit the health of our mind and the health of our bodies. I learned long ago not to worry about events I cannot control, but concern myself with decisions that will improve my happiness, my health, and my general outlook on life.

Let me share some of the changes I have made in my everyday routine. We are cooking at home more than we ever have. This has forced my family to collaborate and come up with dinner ideas, dessert creations, and expand our palates. We have completed puzzles and played games together, all things we would have normally not done pre-COVID. We have watched movies, made homemade popcorn, discussed politics and world life events. We've done things that made our lives better and our relationships stronger. We've had experiences we never would have had; we are happier and stronger mentally.

It dawned on me; while I am busy strengthening my relationships and mental state, I should be working on

my physical well-being. I have made appointments with the dermatologist, the GI specialist, the cardiologist, and the dentist. Yes, a dentist needs to see a dentist as well! I feel all the better for not only improving the health of my mind, but also the health of my body.

My hope in writing this article is to encourage readers to use this time to see your medical professionals. It has proven detrimental to avoid health care providers when experiencing symptoms. It is equally harmful to avoid routine examinations. Routine exams save lives and can improve the outcome of illnesses. The medical/dental profession has taken extensive precautions to keep our patients safe. We have devoted our lives to making our community healthier. We will continue to work hard to keep our patients safe in our practices.

If you ever feel uncomfortable, or hesitant in visiting your health care provider, call them. Ask about the precautions they are taking. If you are not satisfied with their answers or protocol, find another provider. Please do not avoid your routine exams. A simple visit will not only improve your life, it may save your life!

I believe I will have a glass of lemonade!



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## How to avoid feeling stuffed over the holidays

While it might be hard to resist that second helping of turkey and mashed potatoes, overeating can leave you feeling sluggish, bloated and even nauseous. Here are a few tips to help you enjoy just enough of your holiday meal.

- **Eat a balanced breakfast**

If you sit down for a big meal feeling famished, you're more likely to overeat. Opt for filling foods like oatmeal with berries or scrambled eggs on whole wheat toast. Depending on when the feast will be served, you might want to have a healthy snack later in the day to tide you over.



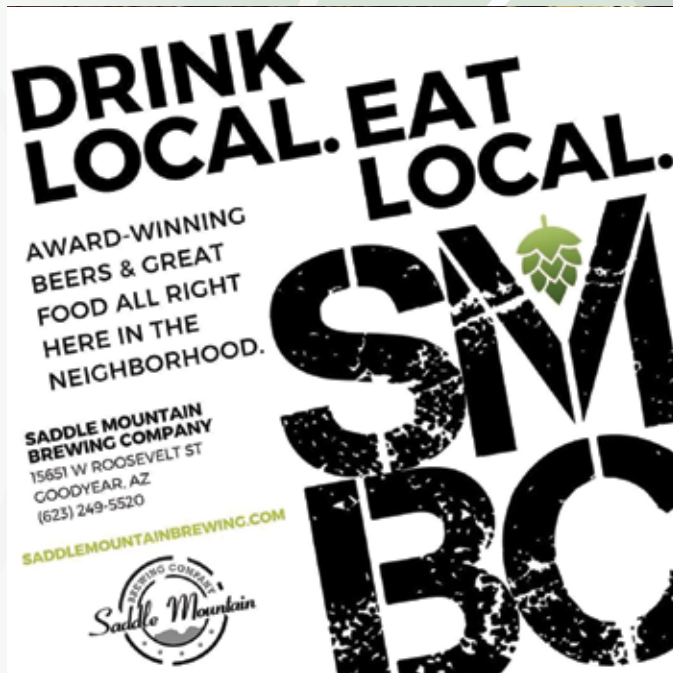
- **Start small and go slow**

You can always go back for seconds, but start with a tiny portion of each dish you want to taste. Chew slowly and take time to fully enjoy your food. Put down your utensils between bites and converse with the people around you. This gives your brain time to signal satiety.

- **Finish with a mug of tea**

Rather than sip a liqueur (which can actually slow digestion), brew a pot of herbal tea at the end of your meal. Peppermint, ginger or fennel infused in boiling water are particularly effective at soothing an upset stomach and promoting digestion.

Finally, it's a good idea to take a walk after you've eaten. The fresh air and movement will restore your energy and allow you to work off your meal.





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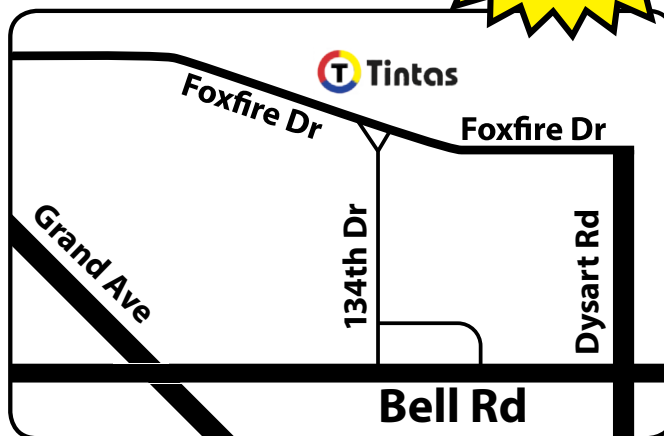
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by Keith Roach, M.D.

### Diabetes Not Limited to Only 2 Main Types

#### DEAR DR. ROACH:

Last year, at 57, I was diagnosed with Type 1 LADA diabetes. Initially I was put on insulin to get my blood sugar within the normal range. Then I was just on metformin until the "honeymoon period" was over. My endocrinologist is great. I now am back on insulin (six units at night). I walk anywhere between 3 and 8 miles about three times a day. My blood pressure is excellent. I initially lost about 18 pounds after diagnosis, so my weight is good. When looking at Google, it says my life expectancy has been cut by 20 years! Yikes,

I *JUST* retired! Is this based on someone who has had diabetes for many years? The doctor said even though my initial sugars were over 500, I was very healthy and that's why nothing was "destroyed." My vision was off for about a month but no permanent damage was done. Any reassurance would be appreciated! -- M.W.

**ANSWER:** Most people are familiar with Type 1 diabetes, with a typical onset in childhood and at a normal weight. It is caused by an autoimmune destruction of the insulin-making cells in the pancreas.

People also know about Type 2 diabetes, usually adult-onset and usually diagnosed in someone who's overweight; it's caused by resistance to insulin.

But there are other subtypes of diabetes, including latent autoimmune diabetes in adults (LADA). In the U.S. and Canada, it accounts for a small fraction of diabetes cases, but is more common in Scandinavian countries. It has some characteristics of both Type 1 and Type 2 diabetes, but the autoimmune nature and the usual progression to insulin need makes most experts feel it is closer to Type 1 than to Type 2.

A recent paper has outlined a potential new classification of diabetes types. The change in life expectancy from diabetes relates to how long you have had diabetes and

how well-controlled it has been. With outstanding diabetes control (normal or near-normal blood sugar levels), the effect on overall mortality is modest, at best. In one model, the reduction in life expectancy is less than a year.

However, it certainly is possible to have life expectancy drop by 20 years with very poorly controlled, longstanding diabetes. For people with diabetes, to a very large extent, their potential to live longer (and healthier) can be improved by better blood sugar control. For new-onset autoimmune diabetes (both Type 1 and LADA), early and aggressive blood sugar control with insulin may reduce the amount of autoimmune damage and improve long-term prognosis. Studies are in progress to evaluate this.

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# Things to Do Around the House **BEFORE THE HOLIDAYS**

Before the horde of aunts, uncles, friends, and cousins descends upon your humble abode, take a few minutes to make sure you're ready for the madness. Hosting the holiday celebrations this year? Don't worry: You got this. Before the friends and family invade your home, run through our home holiday checklist to make sure your place is as ready as it can be.



## **DECLUTTER**

The day before guests arrive is no time to pull apart junk drawers and clean out linen closets. Declutter your home, especially the guest rooms and public areas -- foyer, kitchen, living room, den, and dining room. Remove anything unnecessary from countertops, coffee tables, and ottomans; if it's out of sight, keep it out of mind, for now. If you run short of time, bag up the clutter and store it in car trunks, basements, and out-of-the-way closets. Sort and arrange after your guests depart.

## **ADD NIGHT LIGHTS**

Even though you can navigate your home blindfolded, your guests can't. Make sure outside lights are working so they don't trip on the way to your door. Put motion-activated night lights in hallways, bathrooms, and bedrooms to ensure safe passage after the sun sets.

## **MAKE SPACE IN THE ENTRYWAY**

Your home's foyer is the first place guests see, so make a good first impression. Clear out shoes, umbrellas, and other clutter. Add extra hooks to walls so guests can hang coats and hats. Add a storage bench where guests can remove boots and shoes.

## **ADD A COFFEE STATION & EXTRA STOOLS**

Your kitchen is command central during the holidays, so make sure it's clean and ready for guests and extra helpers. Move your coffee station into a family room so guests don't crowd the kitchen when you're trying to fix meals. If you like to visit while you're cooking, place extra stools and chairs around the perimeter of your kitchen so guests can set a spell.

## **CREATE EXTRA SLEEPING SPACE**

If you've got a guest room, replace the ceiling fixture with a ceiling fan and light combo, which helps guests customize their room temperature without fiddling with the thermostat for the entire house. To carve sleeping space out of public areas, buy a folding screen or rolling bookcase, which will provide privacy for sleepers. Fold or roll it away in the morning.

## **MAKE EXTRA BATHROOM SUPPLIES EASY TO FIND**

Bring toilet paper, towels, and toiletries out of hiding, and place them on open shelves so guests can find them easily. If you don't have enough wall space for shelves, place these items in open baskets around the bathroom. Also, outfit each tub with a bath mat (to avoid falls) and each toilet with a plunger.

Source: <https://www.houselogic.com/organize-maintain/home-maintenance-tips/tips-how-prepare-your-home-holiday-guests/>



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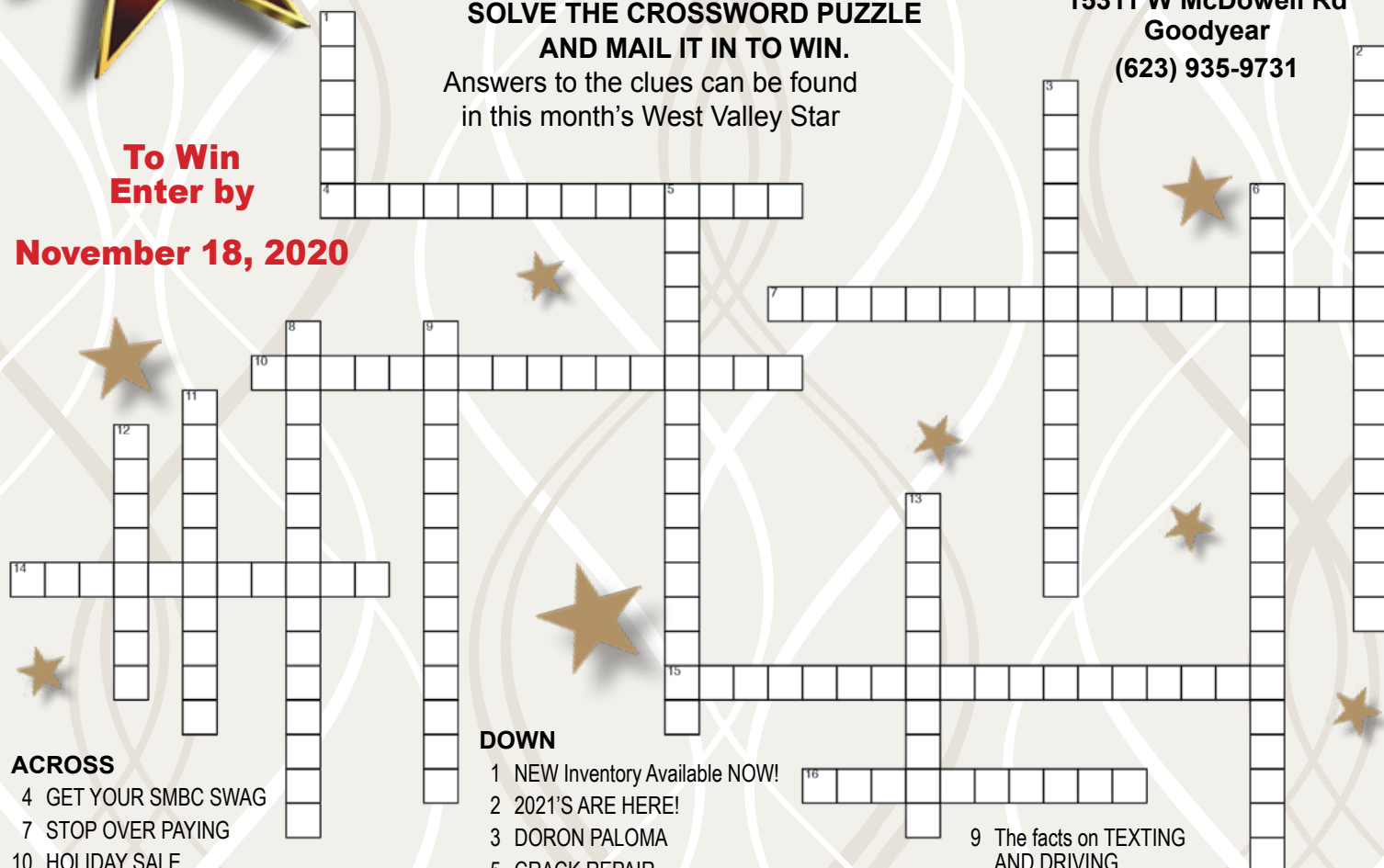
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## SOLVE THE CROSSWORD PUZZLE AND MAIL IT IN TO WIN.

Answers to the clues can be found  
in this month's West Valley Star

To Win  
Enter by

November 18, 2020



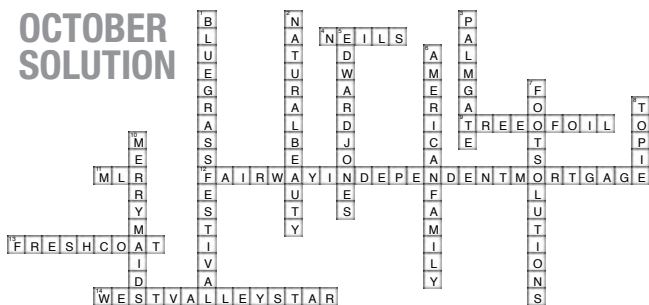
### ACROSS

- 4 GET YOUR SMBC SWAG
- 7 STOP OVER PAYING
- 10 HOLIDAY SALE
- 14 NO PRESSURE HOME INSPECTION
- 15 looking for Power Partners to grow
- 16 \$160 SAVINGS!

### DOWN

- 1 NEW Inventory Available NOW!
- 2 2021'S ARE HERE!
- 3 DORON PALOMA
- 5 CRACK REPAIR
- 6 experience the difference  
a company that cares makes
- 8 Gold Nuggets
- 9 The facts on TEXTING  
AND DRIVING
- 11 JIM BROWN & SONS
- 12 GARAGE DOOR EXPERTS
- 13 I'll help you create the plan

### OCTOBER SOLUTION



**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 11/18/20. 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.westvalleystaraz.com](http://www.westvalleystaraz.com) for any corrections or announcements

## OCTOBER WINNERS



**Grand Prize Winner**  
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Roberta Harris - Goodyear

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Misayo Yamanaka



Karl Robinson

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## Here's A Tip

Remember to turn off bathroom fans after 10 minutes. If your house is on the dry side, don't use the fan at all. Open the door so the humidity from the shower or bath reaches into the house.

"To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me." -- L.A. in Florida

Need extra dishware or servingware for a holiday meal? Try secondhand stores for dishes, serving utensils, platters and more. It's nicer than throwaways, it's better for the environment, and you can always donate them again after the holidays.

Freeze fruit that is on the verge of spoiling rather than

letting it go to waste. You don't even have to use it for smoothies. Chuck a handful of frozen fruit in water or iced tea for added flavor. And it's a superb addition to fancy cocktails.

"Quick sewing tip: Check your fabric's stretch direction before you lay out your pieces. You'll thank me later." -- E.F. in Missouri

Here's a great tip for growing roses from cuttings. Before planting, push the bottom ends of the cuttings into small potatoes. Moisture and nutrients in the potatoes will allow the cuttings to develop healthy roots.

Keep your kitchen sponges clean. Microwave a damp sponge for 60 seconds to

neutralize bacteria and stop the spread of germs. Or run sponges and scrubbers through the dishwasher on the top rack. You can also clean and disinfect small plastic toys, **hair brushes** (remove all hair first!), flip flops and even eye glasses using the top rack of your dishwasher.

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# Paws and Claws

## How to keep the peace among your cats

Do you have two cats that seem incapable of getting along? While squabbles are fairly common among felines, it's best to limit this

behavior before one of them gets hurt. Here's how you can restore the peace.

Cats are territorial and solitary creatures, which means they have a

tendency to be possessive and reluctant to share their space, toys, food and litter box. One way to prevent your cats from fighting and trying to establish dominance is to give each of them access to different resources and distinct areas of your home. Here are a few changes you can make that can ease the tension among your cats.

- Give your cats opportunities to exercise and burn off energy to avoid irritability
- Neuter or spay your cats if you haven't done so already
- Create several access points to perches and hiding spots or buy a cat tree

If the situation doesn't improve, speak with a feline behavior consultant. This professional can assess the problem in your home and propose specific solutions for your cats.

If your cats are fighting, resist the urge to physically separate them. You risk getting hurt and minor disputes tend to resolve quickly. If you're concerned about your cats' safety, use a spray bottle to distract them.

- First, don't punish your cats for fighting. It can lead to more conflict.
- Set up scratching posts and litter boxes in two or three separate areas
- Place each cat's food and water bowls in different rooms of the house
- Create multiple sleeping areas using cushions, blankets or beds

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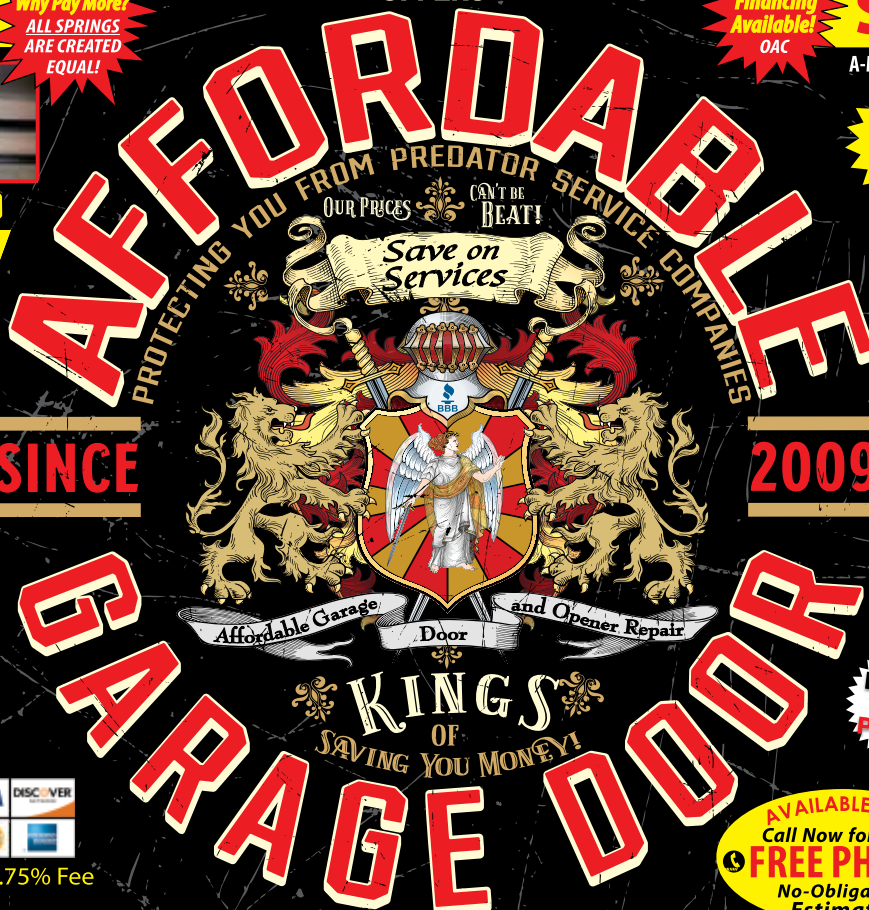
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## HOLLYWOOD --

Filmmakers are watching "The Batman" closely after its title star, Robert Pattinson, tested positive for COVID-19, two days after shooting began in London. Shooting was suspended March 25, and anyone who was within 6 feet of Pattinson for 15 minutes was asked to quarantine for 10 days, whether or not they tested positive. Jonah Hill was considered to play The Riddler or The Penguin, but after he demanded \$10 million, twice what Pattinson is getting, they cast Paul Dano as The Riddler and Colin Farrell as The Penguin. Fortunately, insurance covered this go-round but may not cover another shutdown. "The Batman" has two sequels to follow, which makes Pattinson's health paramount.

\*\*\*

If all goes as planned, Robert DeNiro and John Malkovich will begin filming "Wash Me in the River" on Nov. 9 in Georgia and Puerto Rico. DeNiro plays a recovering opioid addict who seeks revenge on the dealers responsible for selling the drugs that killed his fiancée.

The release of "The War with Grandpa" was moved from Sept. 18 to Oct. 9 in theaters. In it, DeNiro's grandson Oakes Fegley wages an all-out war to get his room back from grandpa. Christopher Walken, Uma Thurman and Jane Seymour co-star.

\*\*\*

Former "Murphy Brown" star Candice Bergen lost her bid to return to weekly



PHOTO CREDIT: DEPOSITPHOTOS

**Rober De Niro**

television when the reboot of her show was canceled, but she's been mounting a healthy movie comeback.

Her 2018 film "The Book Club," with Diane Keaton, Jane Fonda and Mary Steenburgen, scored \$104 million at the box office. She's in great company in "Let Them All Talk" (for HBO MAX), with Meryl Streep, Dianne Wiest and Lucas Hedges, and with Dianne Wiest again in the thriller "I Care A Lot," with Peter Dinklage and Rosamund Pike.

\*\*\*

Also making the leap from TV to movies is "Big Bang" alum Simon Helberg. He scored opposite Meryl Streep in "Florence Foster Jenkins" (2016) and completed the musical film "Annette," with Adam Driver and "La Vie En Rose" Oscar-winner Marion Cotillard, in November before the pandemic, shooting in Brussels, Bruges, Cologne and Bonn. Helberg's "Big Bang" co-star Mayim Bialik chose him to play opposite Dustin Hoffman in "As Sick As They Made Us," which she wrote about her family and is directing. Howard Walowitz never had it so good!

\*\*\*

Gloria Steinem, who spearheaded the women's liberation movement of the late 1960s and 1970s, is finally getting her due. Originally intended for theaters, "The Glorias" began streaming Sept. 30 via Amazon Prime. Gloria as a child is played by Lulu Wilson, then Alicia Vikander, Oscar winner for "The Danish Girl," takes over, followed by "Just Alice" Oscar-winner Julianne Moore as an older Gloria. Two-time Oscar nominee Bette Midler plays Bella Abzug, and "Ordinary People" Oscar-winner Timothy Hutton portrays Gloria's father.



**"The best revenge  
is to be unlike him  
who performed  
the injury."**

— Marcus Aurelius

## CROSSWORD ANSWERS

Answers to Puzzle on pg. 14

EBB			GAS		SPUD
ALIT			IMP		WARY
TATA			NOR		ANNE
SHELF			KILL		
	KAY		GALOSH		
BEZIQUE			POKEY		
ODIN		PAW	WRAP		
RINGS			RESTATE		
ETCHER			BOA		
	ETAL		BIRTH		
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Time to beat: 21 minutes

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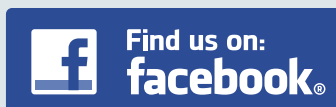


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## **Recipe**

Reproduced with permission from **Stiletto Momma Cooking**

## **Leftover turkey wreath featuring warm cranberry-studded filling**



### **INGREDIENTS**

- 2 Packages (8 ounces each) refrigerated crescent rolls
- 1/2 Cup mayonnaise
- 2 Tablespoons honey dijon mustard
- 1/2 Teaspoon coarsely ground black pepper
- 2 Cups (12 ounces) chopped cooked turkey
- 1/2 Cup sliced celery
- 3 Tablespoons snipped fresh parsley
- 1/2 Cup sweetened dried cranberries
- 1 Cup (4 ounces) shredded swiss cheese
- 1/4 Cup walnuts, coarsely chopped
- 1 Egg

### **DIRECTIONS**

Preheat oven to 375°F. Unroll crescent dough; separate into 16 triangles. With wide ends of triangles toward the center, arrange 8 triangles in a circle on a large round baking stone. Corners of wide ends will touch and points will extend 1 inch beyond edge of baking stone. Arrange remaining 8 triangles in center, matching wide ends. Seal the seams.

Place mayonnaise, mustard and black pepper in a bowl. Chop the turkey into small pieces. Slice the celery. Snip the parsley. Add turkey, celery, parsley and cranberries to the bowl. Grate cheese into the bowl. Mix the filling and scoop filling over seams of dough, forming a circle.

Coarsely chop walnuts; sprinkle over filling. Beginning in center, lift one dough triangle across filling mixture. Continue alternating with outer triangles, slightly overlapping to form wreath. Tuck last end under first.

Separate egg. (Discard yolk or set aside for another use.) Lightly beat egg white; brush over the dough. Bake 25-30 minutes or until golden brown. Serve warm.

Yield: 10 Servings



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