



# West Valley Star

OCTOBER 2020

***Fun Reading***

***Entertaining Features***

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***Useful Services***

***...and much more***



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

**LOOK  
INSIDE  
FOR  
LOCAL  
BUSINESSES  
AND SERVICES**

October is

# Fall Car Care Month

*Safety is everyone's responsibility*

## Remember to check your fluids

October is National Fall Car Care Month. It's a time to prepare your car for peak performance during the cooler winter months. One easy thing you can do to keep your vehicle in good working order is to check and replace the essential fluids of your vehicle. This includes the following:

### **Engine oil**

Perhaps the most important fluid in your vehicle (besides gasoline). It lubricates the complex system of moving parts in your engine to keep everything working smoothly.

### **Coolant.**

To dissipate some of the heat your engine produces, you need an appropriate amount of coolant. You don't want your vehicle to overheat and break down in the middle of the freeway.

### **Brake fluid.**

The brakes of most modern cars are hydraulic. If your brake fluid becomes contaminated with water, it can cause corrosion in your brake system — something that no one wants!

### **Transmission fluid.**

Just as your engine's oil lu-

bricates its parts, transmission fluid helps make your gear-shifting apparatus move smoothly.

### **Windshield wiper fluid.**

Many people forget their windshield wiper fluid, but you shouldn't. Although you didn't necessarily need it this summer, it becomes indispensable when dealing with rainy weather in the winter months.

If you've never changed your car's fluids before, consult your vehicle's manual to find out how to do it safely. Of course, it's probably easiest to consult a mechanic to go over your vehicle's readiness for winter. Litchfield Auto Repair does a complete diagnostic and helps prevent problems before they occur.



## Stay safe when driving near construction zones

Safe driving habits are always important, but always be extra cautious when navigating areas where road work is under way. Here's how to remain safe when driving through construction zones.

- **Pay attention to signs.** Orange construction signs indicate what drivers need to do to stay safe.

- **Obey the flag person.** Many active worksites have a flag person to direct traffic. Their directions overrule any other traffic signs or signals. Always follow their instructions and take extra care when driving past them.

- **Slow down.** Speed limits are usually reduced in construction zones and fines may be increased when workers are present. This is to ensure everyone's safety.

- **Avoid distractions.** When driving through a construction zone, don't eat, change the radio station or do anything else that might cause you to be distracted. Using your phone when behind the wheel is also a no-no.

Following these safety guidelines when driving through a construction zone can mean the difference between life and death. If you know you'll be navigating an area where road work is underway, plan to leave earlier so you can safely reach your destination on time. Or, take an alternate route to avoid the construction zone altogether.



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**Fall Car Care  
Month**



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by Tony Rizzo

**HOLLYWOOD** -- Are you ready for the upcoming musical adaption of "Cyrano" (de Bergerac)? Four-time Emmy winner Peter Dinklage did the title role in a stage adaption at Connecticut's Goodspeed Opera House and off-Broadway in 2018. Haley Bennett, who played Roxanne opposite him, also has been cast along with Brian Tyree Henry and Ben Mendelsohn. The adaption was written by Dinklage's wife, Erica Schmidt.

The former "Game of Thrones" star has the thriller "I Care a Lot," with Eiza Gonzalez, Rosamund Pike, Dianne West and Chris Messina, awaiting opening dates.

★ ★ ★

At long last, Sir Andrew Lloyd Webber has come clean about the movie "Cats": "The problem with the film was that Tom Hooper decided he didn't want anybody involved who was involved in the original show, the

whole thing was ridiculous." Sir Andrew didn't appreciate being eliminated from the equation. "Cats" swept "The Razzie Awards" winning worst picture, worst supporting actors (James Corden and Rebel Wilson), worst on-screen combo, worst screenplay and worst director. Note to Tom Hooper, "The King's Speech" Oscar-winning director who also made "Les Misérables" and "The Danish Girl," "Cats" needed to be shot like Disney's reboot of "The Lion King," with the right kind of CGI for animal movies, not people in cat suits.

★ ★ ★

Will Smith will be the executive producer of the reboot of the "The Fresh Prince of Bel Air," his TV series that ran from 1990-1996. It will probably land at HBOMax, since the service is streaming the original series. Smith also is executive producer of "Life in a Year," which stars his son Jaden, Cara



PHOTO CREDIT: DEPOSITPHOTOS

## Peter Dinklage

Delevingne, Cuba Gooding Jr. and Nia Long.

★ ★ ★

Are you ready for a "Three Men and a Baby" sequel? The 1987 original starred Tom Selleck, Ted Danson and Steve Guttenberg. It grossed \$240 million, which prompted a sequel, "Three Men and a Little Lady" (1990), which didn't do as well, grossing only \$72 million. Even so, it's coming, this time as a vehicle for Zac Efron, whose last film was "Extremely Wicked, Shockingly Evil and Vile," which grossed only \$10.5 for Netflix. With that title, they were lucky to make that!

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OCTOBER 2020

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*"Create in me a clean heart and renew a right spirit within me."*

— Psalm 51:10

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# The magic OF FALL



From the golden hue of corn fields to the vibrant red of forest foliage, there's immense beauty to be found in the fall. Are you ready to make the most of the season? Lace up your hiking boots, put on a comfy knit sweater and set out to explore the wilderness.

The splendor of autumn's colors may not be as evident here in the valley. Sometimes the only sure way to tell that fall has arrived is when Halloween candy shows up in the grocery store – but that started in August this year!

Fall arrived officially on September 21. It won't be long until we desert dwellers can open our doors and windows and breathe the fresh, cooler air.

Relax and unwind in a

comfortable spot on your patio, or join friends for a long-awaited meet up at a great patio restaurant.

Admire the changing scenery as you stroll through local green spaces. Gather your thoughts alone or enjoy the company of family, friends or a pet. The harsh summer sun gives way to gentle fall sunshine, which is great lighting for photography.

If you're feeling adventurous, there are landscapes to discover by bike, car, motorcycle or horseback. From vineyards and orchards to mountain trails and lakeside parks, there's no shortage of breathtaking backdrops for outdoor activities just a few hours away.

Remember to slow

down and take your time. Pack a picnic, unwind with a novel, ease your mind with meditation or fill the pages of a sketchbook.

Put your feeder out — soon you'll hear the chattering of returning humming birds. Whether you're a novice or dedicated birdwatcher, be sure to also listen for the signature calls of geese and other migratory species. Watch as they soar over-

head — a hallmark of this transitional season.

By the time you settle in for the evening with a bowl of hearty stew or a warm mug of cider, you'll have no doubt that fall is a magical time of the year.



|   |                                     |   |                                    |                                |   |  |
|---|-------------------------------------|---|------------------------------------|--------------------------------|---|--|
| <p><b>Interior<br/>Exterior<br/>Painting</b></p>  | <p><b>Wallpaper<br/>Removal</b></p> | <p><b>Deck<br/>Sealing &amp;<br/>Staining</b></p> | <p><b>Cabinet<br/>Painting</b></p> | <p><b>Epoxy<br/>Floors</b></p> | <p><b>Popcorn<br/>Ceiling<br/>Removal</b></p> | <div style="text-align: center;">  <p><b>Free<br/>Estimate!</b></p> <p><small>Limit one. Not valid with any other offer. Offer valid only at participating Fresh Coat Painters locations.</small></p> <p><i>"We had an excellent experience with Fresh Coat Painters of Goodyear. They were professional, polite and accommodating to the painting we needed done."</i></p> <p><small>— Joseph G.<br/>LITCHFIELD PARK - AUG 2020</small></p> <p><small>SHERWIN-WILLIAMS.<br/>PAINT &amp; PRODUCTS</small></p> <p><b>12 MONTHS<br/>SAME AS CASH</b></p> </div> |
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# How to save for 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 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 DELIBERATE 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 ensure you meet your retirement goals. Taking this step will allow you to

## Did you know?

You'll need an average of 60 to 80 per cent of your pre-retirement annual income to continue to enjoy the same lifestyle throughout your golden years.

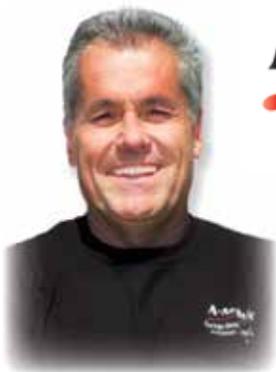


enjoy your golden years free of financial strain.

It might seem stressful at first, but taking action

to prepare for your retirement will give you peace of mind in the years to come.

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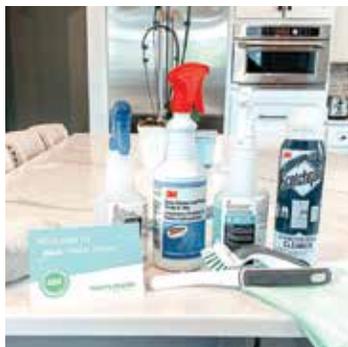
# Merry Maids® and 3M Collaborate for Even Cleaner Homes and Fighting COVID-19

Carly Hoffman officially formed her Merry Maids® affiliation 34 years ago with her late husband Robert. The introduction happened when the couple gifted time to Robert's parents in 1986, when demands took the senior Hoffmans away from their own franchise. Little did anyone know what the year 2020 would bring...a global pandemic.

Already committed to providing their customers with the very best house cleaning services available, Merry Maids® knew they also needed to help keep families healthy and safe. That's why they teamed up with leading manufacturer 3M, a brand dedicated to innovating industrial, safety, and consumer products for more than a century.

This partnership means you'll benefit from the comprehensive research, development, and testing of cleaning and disinfecting products. As a result of this research, Merry Maids® now offers more than a dozen proprietary products including:

- Scotchgard™ glass and stainless steel cleaning solutions for extra surface protection



- Scotch-Brite™ brushes and cleaning pads with antimicrobial properties

- 3M disinfectant with rapid dwell time, which is registered with the EPA as effective against emerging pathogens

The 3M team provided virtual training for Merry Maids® team members

across the country. You can be confident you're receiving the same consistent, effective cleaning and disinfecting services every time we visit.

In addition to disinfecting the high-touch surfaces in your home, we also follow enhanced protocols to clean and disinfect all equipment after each home cleaning. Keeping our customers and employees safe and healthy is our top priority.

Carly additionally extends the premise of customer peace of mind in other ways. "We've already done all the background checks and drug testing of our team members," the Ireland-born Carly says. "All of our employees are insured, bonded and protected by insurances, including Workman's Compensation."

Those assurances tremendously benefit customers.

"A lot of people don't know that when they hire an independent cleaner and something happens in the home—a breakage or an injury—it is not covered by the person's home insurance," Carly informs. "Merry Maids® covers those situations."

"We also personally meet in customers' homes to offer free service-estimates. We can work with our customers, too,



**Merry Maids team members, who are gifters of time: (left to right) Brittany Luna, General Manager Jennifer Heer, owner Carly Hoffman, and Stephanie McFarland.**

when day or time changes happen. Then, during seasonal months, we expand our team to more than 50 members. Most of all, we stand behind our service and ensure 100% customer satisfaction."

When a member or team arrives, explains Carly, they come with their own equipment, supplies and products.

"About a year after Robert and I took management of our family's company, the Merry Maids® founding brothers sold the organization to ServiceMaster®, which has a chemist who creates the "green" cleaning-product formulas. Also, ServiceMaster now partners with Furniture Medic®, American Home Shield® and TruGreen® to further meet people's needs."

Carly says the favorite part of her day is The Morning Huddle, when, together, the team supportively shares their schedules.

Lessons Carly values are working considerably with customers and being a nurturer to employees. "General manager, Jennifer Heer, has been with me for 25 years," says Carly, smiling.

Astoundingly, Merry Maids® franchises reach worldwide, covering the United States, Canada, Great Britain and Japan. In 2006, even this worldwide entity noticed the assets of Robert and Carly's work, and how they helped the community through job growth and sponsorship of community-outreach projects. Out of 800 other offices, the Hoffmans were awarded The Dallen Peterson Award, named for one founding brother. This award is the top Merry Maids® U.S. award, given only once to an owner.

Keep in mind, when the pace of life can only be fixed with a sparkle-and-shine miracle, there is an award-winning team waiting to help. Call 623-688-5297 for an appointment, Monday through Friday, 8 a.m. to 5 p.m.

# SUDOKO

by Linda Thistle

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

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. 37

# QUIZ

## Which animal doesn't belong?

1. Ostrich / Penguin / Pigeon / Galapagos cormorant
2. Frog / Seahorse / Octopus / Clownfish
3. Lion / Cheetah / Leopard / Jaguar
4. Cicada / Centipede / Fire ant / Walking stick
5. Caribou / Moose / Elk / White-tailed deer



- ANSWERS**
1. Pigeon (the only one capable of flight)
  2. Seahorse (the only one where the male carries the offspring)
  3. Jaguar (the only one not native to Africa)
  4. Centipede (the only one that's not an insect)
  5. Caribou (the only one where both males and females grow antlers)

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# Here's A Tip

by JoAnn Derson

"Whenever a stew or soup recipe calls for whole herbs to be used and then taken out later, I put them in a tea infuser. I could never seem to get them all before, and inevitably someone would be served a whole bay leaf. This makes it foolproof."  
-- J.R. in Georgia

If you have a plant cutting you are trying to root in water, here's a tip to keep the end from resting on the bottom of your container: Use a twist tie wrapped around the stem on one side and hooked over the edge of the container on the other.

"Whenever I get new e-mail addresses, I always add them to my online address book. I also write them in my old-fashioned paper address book. Sounds like a no-brainer, but you'd be surprised by how many people rely on their e-mail address book to remember all those addresses. It just takes one time for a computer virus to erase everything -- not to mention if something happens to your hard drive."  
-- B.R. in Pennsylvania

Using ice-cold sour cream instead of ice-cold water in your pie crust recipe will give you a flakier crust.

Here's a tip to gauge your exercise level: If you can't get out a sentence, then you are in a high intensity phase. If you can't talk at all during your entire workout, you are working too hard.

No red wine for your recipe? You can substitute an equal amount of grape juice or beef broth in most recipes.

"In my shop, I have stored small bits of hardware in baby-food jars. They were all on

a shelf together, and when I needed one, I would have to move bottles around until I found the right one. I took a piece of 1-by-4 and cut it into 2-foot sections. Then I glued the bottoms of the bottles in a row to the wood. Now, they still sit on the shelf, but all I have to do is slide the 1-by-4s out and find the right jar. I can still see in the sides, and it makes them so much easier to deal with." -- J.N in Missouri

Here's a boating safety tip: Make sure you check the weather before you head out for a day on the water. And everyone needs a life vest, large or small!

Cooking a recipe with garlic and onions to start? Remember to let the onions cook to nearly translucent before adding the garlic, which cooks much faster. If you put both in at the same time, the garlic will burn before the onions have a chance to deepen their flavor.

Every so often, use a very diluted bleach solution to rinse out your reusable water bottles. Put them on a bottle rack to air dry completely before sealing them back up.

"I use the same grip tape that my son uses for his baseball bat on my hand tools, like my hammer and pry bar. I also have used it on my lawn tools. It makes a nice barrier that stays put."  
-- C.R. in South Carolina

Things you should wash with soap and water more often than you think: hairbrushes, eyeglasses (and sunglasses) and keychains. Think about how often they get handled and how infrequently they get cleaned.

## Fun Fact for 10% OFF!

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## Badly Behaved Dogs Need Basic Commands

### DEAR PAW'S CORNER:

Every time I read an article about a badly behaved dog, the trainer says that the dog needs to relearn basic commands like sit, stay and lie down. Why would unrelated commands solve a behavior problem? -- Edward in Albany, NY

### DEAR EDWARD:

Every dog should be trained to respond to five basic commands: come, heel, sit, stay and lie down. Dogs need to obey their owner the first time and every time a command is issued.

That may sound a little harsh, but a dog that can't be controlled is a dog in danger.

Owners need to be able to recall a dog that has slipped its leash before it runs into traffic. They need to make sure their dog will walk beside them and will sit calmly on command, especially when another dog approaches. Their dog needs to stay in position when told to do so -- whether sitting or lying down.

Dogs aren't robots, though. Like us, their discipline and training

will slip if not regularly reinforced. Think about how often you and I give in to temptation and take that second cookie (or third or fourth or fifth). Just as we humans sometimes need reinforcement of good habits, our dogs need regular reinforcement of basic commands.

When owners spend more time working one-on-one with their dogs, they frequently report that undesirable behaviors happen less often. The time and attention that owners give can quickly blunt attention-seeking behaviors.

The AKC has a good breakdown of the basic

dog commands here: [www.akc.org/expert-advice/training/](http://www.akc.org/expert-advice/training/) and search for "5 basic commands." Energetic young dogs can be a handful sometimes.

If you are having trouble getting your dog to respond to basic commands, enlist the help of a professional trainer.



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## SHOP SMALL BUSINESS Whenever Possible!

# Strange But True

by Lucie Winborne

*It's illegal to kill Bigfoot in British Columbia...if you were ever to run across him.*

*The earliest toothpaste was made in ancient Egypt from crushed pepper, rock salt and dried flowers. No, it wasn't particularly effective.*

*Speaking of toothpaste, that blob on your toothbrush is called a nurdle.*

*Enjoy the smell of fresh-cut grass after mowing your lawn? Researchers have determined the scent is a chemical compound given off by plants in distress. They emit a similar odor when attacked by caterpillars or other predatory insects.*

*Grooves in the road on Route 66 play "America the Beautiful."*

*In 1979, Elvita Adams, jobless and facing eviction, attempted suicide by jumping off the 86th floor of the Empire State Building, but survived with just a fractured pelvis when she was blown back to the 85th floor by a strong gust of wind.*

*When the first Spanish explorers arrived at the Yucatan peninsula, they naturally asked what the area was called. The response, "Yucatan," was a Yucatec Maya word meaning "I don't understand what you're saying."*

*Chimpanzees can identify each other from pictures of their butts.*

*The average male becomes bored with a shopping trip in about 26 minutes. His female companion typically lasts two hours.*

# Economic Injury Disaster Loan and/or Payroll Protection Program Form 3508 and documentation **REQUIRED** for loan forgiveness

Most companies that applied for EIDL (Economic Injury Disaster Loan) and PPP (Payroll Protection Program) loans have received their money by now—and may be starting to panic.

It has now been made known that there are some reporting requirements related to the money you received. Tax accountants

or bank representatives can help you understand the process.

The SBA requires reporting on a form 3508 to accurately determine how much of the loan will be forgiven. Form 3508 requires proof of good record keeping, as well as an accurate P&L and Balance sheet that reflects how the money was used.

Many PPP loan recipients may soon have to submit their 3508 or 3508EZ along with the required documentation. The due date for Form 3508 is different for every individual.

More details are available on the Small Business Administration website: [www.sba.gov](http://www.sba.gov), or contact your bank or a tax specialist for assistance.

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by Matilda Charles

## Two Trusted Sources



It's hard nowadays to know where to get accurate free information online. Here are two trusted, responsible places we can go.

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email. Go online to [www.consumerreports.org](http://www.consumerreports.org), scroll to the bottom and click on Sign Up for CR's Free Newsletters.

### Kim Komando

Known as a Digital Goddess, Kim Komando been on the Internet (as well as radio) for many years. She won't steer you wrong. A recent email newsletter covered 10 cybersecurity myths, how to tell if someone is snooping in your computer, a Windows patch that fixes 100 new flaws, and more. The website even has a coronavirus section with makes-sense information and news. There are 12 email newsletters to choose from, some daily and some weekly, includ-

ing breaking tech news you need to know, tech tips & how-tos, weekend digital digest and weekly roundup, fraud and security alerts, and more. Go online to [www.komando.com](http://www.komando.com) and scroll to Subscribe at the bottom of the page. You can opt out or change your mind at any time, and they won't give away your personal information. I've been a subscriber for close to 10 years, and I've never suspected my information was given out. If you want to listen to Kim Komando on the radio, look for Find A Station at the top of her web page and put in your zip code. It will give you the stations, date and time of the radio shows.

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In March 2019, the Roosevelt Hotel in New Orleans celebrated its 125th anniversary by offering a free seven-night stay in the presidential suite, along with complimentary private dinners and spa treatments worth \$15,000.

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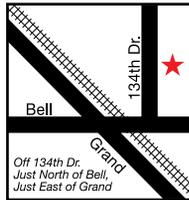
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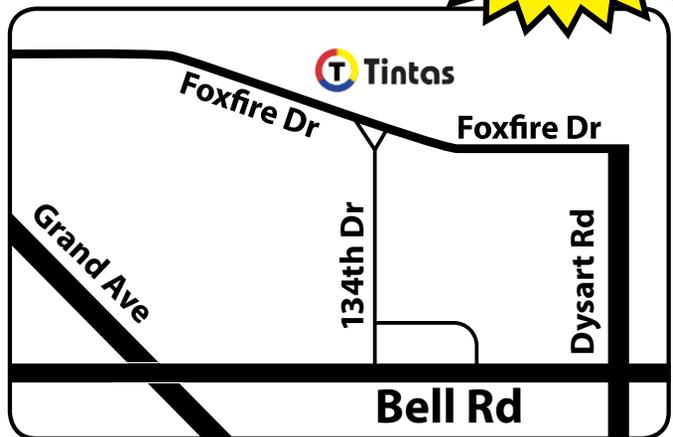
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by Keith Roach, M.D.

## Lifestyle changes are firstline treatment for heartburn

**DEAR DR. ROACH:** I am 71 and get heartburn every day. I raised the head of my bed and take sucralfate four times a day and also heartburn pills, but I still have trouble. Can you help? -- C.M.

two to three hours before bed; avoiding foods that worsen symptoms (which kind of depends on the person, but frequently includes fatty and spicy food); and weight loss when appropriate.

**ANSWER:** Heartburn is usually caused by reflux (backward movement) of stomach acid into the esophagus. First-line treatments are lifestyle, such as raising the head of the bed (which helps by letting gravity pull acid back down when you are asleep, not upright and not swallowing); not eating

When lifestyle changes alone are inadequate, medication is reasonable. I don't know what heartburn pill you are taking, but proton pump inhibitors, like omeprazole (Prilosec), are generally the first line for people with more than mild symptoms. Histamine blockers, like famotidine (Pepcid) are effective for occasional use.



Sucralfate is not as effective, despite needing to be taken four times daily, and is not recommended except in pregnant women.

**DEAR DR. ROACH:** I had lung surgery in 2014. The scar is still red and sore. I got no instructions on how to deal with it. Do you have any suggestions? -- J.S.B.

**ANSWER:** That's a very long time for the scar to still be red and sore, and

I would encourage you to have the surgeon or your regular doctor take a look. For people with redness and soreness in a scar shortly after surgery, I recommend silicone gel (there are many available), as it has been shown to be effective. Many people recommend vitamin E oil, but well-done studies have shown this does not help and may harm the cosmetic appearance.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*

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by Freddy Groves

## OnStar Help Available for Veterans in Crisis

We've all seen the ads for OnStar gadgets in vehicles that provide instant help for people who are in wrecks. Press the button and an emergency certified adviser is right there, ready to help.

The Department of Veterans Affairs has hooked up with OnStar to provide suicide prevention help to

veterans. Quick access to suicide prevention help while in a car?

I had to think about that for a minute before I got it. Think about it, and you'll get it, too.

OnStar has a number of features. If your vehicle has been stolen, it can pinpoint its location for police. If there's been a bad

wreck in a rural area, they can give GPS coordinates to rescue personnel. If it's something as simple as running out of gas or having a flat tire, make a quick call to OnStar and help is on the way. Now, with this added feature through the VA, veterans in crisis have another way to get help.

If your vehicle is OnStar capable and you've never signed up, consider doing it now. Check the website [onstar.com](http://onstar.com) to verify that your vehicle is eligible. Get the app (OnStar Guardian)

and put it on your phone. It works while you're in any vehicle.

For veterans with suicidal thoughts, the ability to instantly and easily reach out to someone could be a life changer. OnStar personnel have been trained to ask a few fast questions and provide immediate access to the Veterans Crisis Line. These few seconds matter: There's no fumbling through the phone and looking for the crisis line number. Just press the OnStar button and help is there.

I like this. I mean, I really like it. It seems that lately the VA has come up with some good ideas to help our vulnerable brothers and sisters, and this is one of them.

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# How much should you tip?

Tipping is a very old practice, yet tipping etiquette can be a real mystery. Here are some tipping guidelines for common situations:

- Waitstaff: 15 to 20 percent of your bill before taxes (most food servers depend on tips as an essential part of their living wage). Buffet: 10%, pre-tax.
- Bartenders: give them at least \$1 to \$2 per drink or add 15 to 20 percent to your bill for a large order.
- Home Delivery: 10-15% of the bill, \$2-5 for pizza delivery depending on the size of the order and difficulty of delivery.
- Taxi/Uber/Lyft driver: add 15 to 20 percent to your fare, plus a few dollars if they assist you with your luggage.
- Stylists and Barbers: 15 to 20 percent of the service. Apply the same value to manicures, pedicures, massages and the like. Think the owner of the salon shouldn't be tipped? Turns out that's an old tradition. Owners today appreciate and will accept 15 to 20 percent.
- Skycap/Bell Hop: \$2 first bag, \$1 per additional bag, \$2-3 for each additional service, such as room delivery.
- Valet: \$2-\$5 when the car is returned to you.
- Tipping jars: No obligation; tip occasionally if your server or barista provides a little something extra or if you are a regular.

Tipping is discretionary. Keep in mind that you can adjust the amount you tip based on your level of satisfaction with the service, particularly if the service was exceptional.



# 4 tips for safe online shopping

Many people have turned to online shopping as a way to protect their health and respect social distancing regulations during the coronavirus pandemic. Here are four tips to ensure you're doing it safely.

## 1 Learn how to spot a scam.

Offers that sound too good to be true, websites that lack a professional design and requests for banking information when your cart is still empty are all red flags.

## 2 Confirm the company is legitimate.

Check the National Corporation Directory to find out if the company is listed, and visit the Fed-

eral Trade Commission's Bureau of Consumer Protection website to find out whether any complaints have been filed against it. If it's not an American business, look for mention of it on other websites and confirm whether it has a good reputation by reading customer reviews.

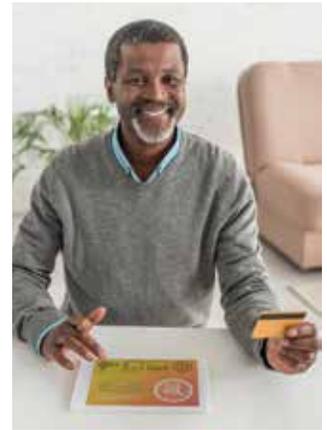
## 3 Read the return policies beforehand.

Find out whether the company offers exchanges, returns or reimbursements and under what conditions. This will help

you avoid unpleasant surprises if there's an issue with your purchase. A lack of clearly stated policies is a sign you should shop elsewhere.

## 4 Double-check before you pay.

Make sure the website's URL begins with "https" and has a closed padlock or unbroken key icon beside it. Read product description carefully and check the sizing details. Confirm the price of each item and the total cost (including taxes and shipping fees) before



you enter your credit card information.

Finally, remember that you should never provide unnecessary personal details, such as your social insurance number, when shopping online.



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# 3 Ways to Go Grey

Are you ready to stop dyeing your hair and embrace your natural look? If so, here are three ways you can transition to grey hair.

## Cut it off

While this option isn't for everyone, it's certainly the fastest way to make the switch. Let your roots grow out at least an inch and consult your hairdresser before you make the change to ensure a cropped cut will suit you.

## Get highlights

This is a good option if you have light hair, as highlights can seamlessly blend the dyed ends with your natural roots. While this allows you to maintain your length, it should be noted that grey hair tends to look more youthful when worn short.

## Keep it camouflaged

Touch-up products allow you to conceal grey roots, which you can do until they grow out to the desired length. Keep in mind that this option requires frequent maintenance as these concealers wash out easily and must be regularly reapplied.

Finally, to prevent your grey hair from looking dull or yellow, opt for hydrating products specifically designed for grey hair such as blue or purple shampoo.





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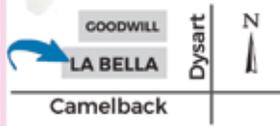
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|  <b>Windows</b><br>10 - 30 years            |  <b>Microwave Oven</b><br>9 years                        |  <b>Garbage Disposal</b><br>12 years        |  <b>Shower Enclosure</b><br>50 years                       |
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# Power of attorney: top considerations

There may come a time when you're incapable of making your own financial or medical decisions. Given this, establishing power of attorney may be a good idea. This type of legal document appoints another person to manage responsibilities on your behalf if you're no longer able to. Here's what you should consider.

## Who should I grant power of attorney to?

The most important factor to consider when selecting someone to represent your interests is trust. Although many people appoint a family member, you can also select a close friend or adviser. Your representative should also have sufficient knowledge

of medical and financial matters to make informed decisions. The responsibility can also be split between two people.

## When should I grant power of attorney?

It's never too early to create a power of attorney document. In fact, the sooner the better. Here are a few scenarios when it should be done.

- If you've received a diagnosis of dementia or Alzheimer's disease
- If you plan to travel extensively and want someone back home to take care of your financial responsibilities
- If you want someone to act on your behalf during an upcoming surgery and the associated recovery period



- If paying bills and managing your finances is becoming too difficult or confusing
- If you want to be prepared in the event that an injury or illness renders you incapable of making your own decisions

Life can be unpredictable. A power of attorney document will ensure that the right person is in charge of your well-being if someday you can't manage your responsibilities on your own.

# Why is it important to have a will?

A will is a legal document that allows you to dictate how you want your money and property to be distributed after you die. While not mandatory, it's highly advisable to create

one, even if you have few assets.

## Ensure your wishes are carried out

A will allows you to decide who will inherit your

possessions, how your assets will be distributed and who will be the executor of your estate. In the absence of this legal document, the state steps in to make these decisions

based on a set of rules that might not align with your wishes.

For example, if you're separated from your spouse but not officially divorced, your ex may be considered the legal heir whereas your current partner could end up with nothing. A will ensures your assets end up in the right hands based on your preferences.

Similarly, you can use your will to assign someone you trust to be the executor of your estate. This further guarantees that your wishes will be carried out and can help prevent family rifts.

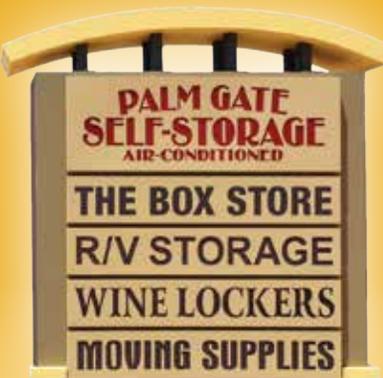
Regardless of your age, it's never too early or late to create a will. For more information about this process, be sure to speak with a lawyer.

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# How Has Life Changed Since COVID?

by Dr. Hagerman

One of the most frequent questions that I hear from patients these days is, "How has your life changed since COVID?" This is a great question, full of an abundance of possible answers and rabbit holes! When I ventured into the field of Dentistry, one of the most appealing aspects to me, besides the patients and the artistry, was the stability. People will always need dentists... right?? Who could have foreseen COVID and the monkey wrench that it had in store for our stability?

The day we got word that we would need to stop seeing patients for elective procedures, I felt like the room was spinning. "How is this reality? How long will we need to close? How will we take care of our patients and staff during this turbulent time?" There were so many unknowns, so many questions and so few answers. Every day, information was changing and evolving. I spent my days monitoring the news for updates. We continued to see patients with dental emergencies and made it a priority to maintain contact with our dental family of patients and staff. Our goal was to help offer as much stability and normalcy as possible during an unstable and tumultuous time.

Once we got the green light to re-open our doors, our focus became safety. What protocols and equipment would we need to be able to treat our patients, while keeping everyone safe? We were already conscious and focused on sterilization and disinfection. We have been protecting patients and

ourselves for years from other viruses, but what else could we – and should we – incorporate? Like most businesses, we implemented social distancing guidelines: we take temperatures for all patients and have everyone, staff and patients alike, complete a health questionnaire prior to arriving at our office. We are constantly disinfecting surface areas in our waiting room, front office and bathroom, in addition to our operatories, and we have installed high evacuation suctions on our Cavitrons to reduce aerosols. We have also added to the PPE that we were already utilizing, and have asked that all staff members wear masks at all times. We are conscious and aware of the changing environment around us and safety is our number one priority.

Now that we are past reopening almost 5 months, I reflect back on each stage of our journey and try to look for the lessons that each has lent. I have learned not to take the mundane for granted. I mean, how much would we all love to go back to "life as normal" pre-COVID? I have a new appreciation for our patients and staff and how much I need my dental family for sanity and stability! I really missed not only dentistry, but my daily interactions with patients and staff. I realized how much these interactions add to my day and my life. In looking for the silver-lining, I believe that COVID has given us the ability to pause and evaluate what we mean to one another and to appreciate the small and the mundane in life.



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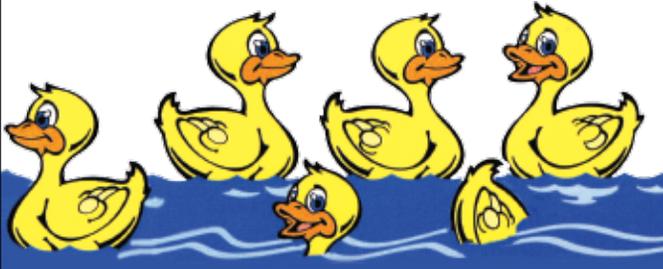
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|    |    |    |  |    |   |    |    |    |  |    |    |    |    |
|----|----|----|--|----|---|----|----|----|--|----|----|----|----|
| 1  | 2  | 3  |  | 4  | 5 | 6  | 7  | 8  |  | 9  | 10 | 11 |    |
| 12 |    |    |  | 13 |   |    |    |    |  | 14 |    |    |    |
| 15 |    |    |  | 16 |   |    |    |    |  | 17 |    |    |    |
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| 21 | 22 | 23 |  |    |   |    | 24 |    |  |    |    |    |    |
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| 54 |    |    |  |    |   | 55 |    |    |  |    | 56 |    |    |
| 57 |    |    |  |    |   | 58 |    |    |  |    | 59 |    |    |

- ACROSS**
- 1 Place for pampering
  - 4 Bedouins
  - 9 Gasoline stat
  - 12 Samovar
  - 13 Actress Zellweger
  - 14 A billion years
  - 15 Update
  - 17 Bookkeeper (Abbr.)
  - 18 Young fellow
  - 19 Shun
  - 21 Feast alternative
  - 24 -- land (spaced-out site)
  - 25 Eggs
  - 26 Attempt
  - 28 Paul or Lloyd of baseball lore
  - 31 Gear teeth
  - 33 Collection
  - 35 Go off the board
  - 36 Central
  - 38 Turf
  - 40 Londoner's last letter
  - 41 Reverberate
  - 43 Hourglasses, e.g.
  - 45 Common condiment (Var.)
  - 47 Historic period
  - 48 Boxing legend
  - 49 Spellbind
  - 54 Namely (Abbr.)
  - 55 Cook with radiant heat
  - 56 Cacophony
  - 57 Chowd down
  - 58 Impudent
  - 59 Choose
- DOWN**
- 1 Total
  - 2 In favor of
  - 3 Moreover
  - 4 Extreme
  - 5 Furnishes
  - 6 Blackbird
  - 7 Gem facet
  - 8 Playground fixture
  - 9 Replace personnel with robots
  - 10 Pontiff
  - 11 Chew like chipmunks
  - 16 Inventor Whitney
  - 20 Dressed
  - 21 Central points
  - 22 Shakespeare's river
  - 23 Make attractive
  - 27 Indeed
  - 29 Always
  - 30 Cincinnati team
  - 32 Moments, for short
  - 34 Re clan emblems
  - 37 Compass points
  - 39 In a catastrophic way
  - 42 "The Phantom of the --"
  - 44 Scratch
  - 45 Vena --
  - 46 Settled down
  - 50 Old French coin
  - 51 Altar affirmative
  - 52 Energy
  - 53 Med. specialty

Answers on pg. 37



The first webcam was created to check a coffeepot! In 1993, researchers in the University of Cambridge's computer science department really didn't like getting up from their chairs to check the coffeepot just to find it empty, so they wired a system that would stream three images per minute from the Trojan Room, where the pot was kept, to the internal computer network. By the end of that year, the stream made it onto the new World Wide Web, endowing the Trojan Room coffeepot with international, if brief, fame.

## RAINBOW TUNES



Back in Black, Brown Sugar and La Vie en rose are just three songs that feature a color in their title. Can you guess the tunes based on the clues provided below?

1. This classical piece pays homage to the second-longest river in Europe, which traverses two of the continent's most historic cities: Vienna and Budapest.

2. In this reggae-inspired Neil Diamond cover, a man, tormented by a broken heart, attempts to drown his sorrows in alcohol.

3. The title of this song completes the following excerpt: I never meant to cause you any pain / I only wanted to one time see you laughing / I only wanted to see you / Laughing in the...

4. In this chart topper by an American rock band of the 70s and 80s, a man spends a lifetime waiting for his dream woman to call—a woman he's ready to pay any price for.

5. The beautiful subject of this song—admired by many men looking for a dance—brought much fame to an Irish Brit born in Argentina in 1948.

6. In this rock-and-roll standard, the legendary singer lets everything slide, as long as you don't step on his well-adorned feet. You can burn his house and rob his car—just don't step on his feet!

7. In this holiday classic, busy sidewalks packed with laughing children and cheerful shoppers mean Christmas day is on its way.

8. The young pop star behind this tune isn't a princess, nor does she live in a fairy tale. Boy, it's too late for gallantries.

9. This 2002 release by a British group formed in 1996 celebrates a pair of peepers to die for.

10. Although intended as a nonsensical song for schoolchildren, this 60s cult single featuring an aquatic vessel became the subject of much social and political debate.

10. *Yellow Submarine*, by The Beatles
9. *Green Eyes*, by Coldplay
8. *White Horse*, by Taylor Swift
7. *Silver Bells*, by Bing Crosby
6. *Blue Suede Shoes*, by Elvis Presley
5. *The Lady in Red*, by Chris de Burgh
4. *Suite Madame Blue*, by Styx
3. *Purple Rain*, by Prince
2. *Red Red Wine*, by UB40
1. *The Blue Danube*, by Johann Strauss

### ANSWERS

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# Spread the HOPE, find the CURE

## Visiting someone with breast cancer? Keep this in mind

When visiting someone with a serious medical condition — like breast cancer, for example — we sometimes do or say the wrong thing, despite our good intentions. If you're looking to bring someone comfort in their time of need, follow these pieces of advice:

♥ Always call before you visit, even if the rendezvous was planned. It's possible that the person may not be well enough or in the mood for visitors. Should this be the case, don't take offense and suggest another day for your visit instead.

♥ Always be willing to lend an attentive ear. Mute your cellphone and don't interrupt. Let them talk freely and respect their moments of silence. Avoid giving medical advice or comparing their situation

to someone else's. It's not appropriate to pretend to understand how they're feeling (unless you've been diagnosed with cancer yourself) or say that everything will be alright. Instead, ask them how they're feeling and let them know you're there to help, however that may be.

♥ Remember that it's your presence that counts; you're not obligated to uphold a conversation. If neither of you feels like talking, consider doing an activity together instead like watching a movie curled up on the couch. Furthermore, acts of compassion like a warm embrace often speak louder than words.



♥ Lastly, don't exhaust your host by overstaying your welcome.

You could also take advantage of your visit to offer more concrete support like accompanying your ailing friend to their doctor's appointment, preparing their meals, taking them shopping, etc. Better yet, why not organize an outing to the movie theatre or spa to help them clear their mind, if only temporarily? However you choose to offer your support, try not to plan to much — for either of you. Your own health and well-being are just as important.

## Thoughtful Gifts for Cancer Patients

### Supply Meals

Offering meals takes a huge burden off a patient.

### Throw Hat & Scarf Party

What takes someone's mind off of things better than a party? They'll appreciate hats, scarves, bandannas, headbands, and pretty pink earrings and bracelets!

### Help with Daily Tasks

Helping out with chores like house cleaning, feeding pets or driving kids to school/sports will lift a huge weight off your loved one's shoulders.

### Simple Treats

Fresh fruit, chocolate covered strawberries, a super soft throw, flowers to brighten a room. Share one of your favorite indulgences.

### Visit Regularly

It's easy and it's so important. Going through cancer treatment can feel isolating and having the support of regular visitors is the best way to combat that.

### Cards in the Mail

A handwritten note is a great way to show your support.



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# Home is Wherever You Make It

“There’s no place like home.”

Conjuring an image of ‘home’ was a lot easier for Dorothy than it is for people who are on the cusp of retirement. After all, isn’t retirement supposed to be a new start? Aren’t retirees supposed to wave goodbye to friends and family as they head for new adventures in warmer climates? Shouldn’t the latter decades of life be spent traveling in golf carts down palm-lined streets and tipping umbrella-studded cocktails?

While southern migration has played a role in many retirements, the Milken Institute suggests today’s retirees may be seeking a different type of retirement experience. “They are launching companies and nonprofits, climbing mountains, creating apps, and mentoring youth. They increasingly seek lifelong engagement and purpose.”

Often, older Americans are finding these experiences close to their hometowns. While many retirees move, most – 60 percent on average – land within 20 miles of their previous homes. They tend to remain close to family and friends and age in familiar communities. Just one-fifth move more than 200 miles away, according to the Center for Retirement Research at Boston College.

Those who settle farther from home may choose their destinations because they offer engaging programs and valued amenities. In its 2017 report on the Best Cities for Successful Aging, the Milken Institute pointed out, “Longevity is linked to location.”

It’s not too surprising to learn a wealth of factors, including education, income, access to health care, food choices, smoking rates, exercise, safety of housing, and pollution, affect life expectancy and quality of life. However, the cities that provide the best environments for aging in place may be unexpected. For 2017, the report identified these large cities as the best for aging in place:

- 1. Provo-Orem, Utah**  
Top traits: General livability, wellness, and education.  
Areas for improvement: Affordability and health and wellness.
- 2. Madison, Wisconsin**  
Top traits: Community engagement and wellness. Areas for improvement: Employment and living arrangements.
- 3. Durham-Chapel Hill, North Carolina**  
Top traits: Healthcare, education, and financial security.  
Areas for improvement: Safety, resources and unhealthy trends.
- 4. Salt Lake City, Utah**  
Top traits: Healthcare, education, and financial security.  
Areas for improvement: Quality of life obstacles.
- 5. Des Moines-West Des Moines, Iowa**  
Top traits: Financial security, healthcare, and employment.  
Areas for improvement: Wellness, transportation, and convenience.

The top five list for smaller cities includes:

- 1. Iowa City, Iowa**  
Top traits: Healthcare, education, transportation, and convenience. Areas for improvement: Financial security and living arrangements.
- 2. Manhattan, Kansas**  
Top traits: Education, healthcare, and financial security.  
Areas for improvement: Health and air quality.
- 3. Ames, Iowa**  
Top traits: Education, general livability, transportation, and convenience. Areas for improvement: Employment and living arrangements.
- 4. Columbia, Missouri**  
Top traits: Healthcare, education, and financial security. Areas for improvement: General livability and community engagement.
- 5. Sioux Falls, South Dakota**  
Top traits: Financial security, community engagement, and healthcare. Areas for improvement: Wellness, living arrangements, transportation, and convenience.

As you peruse the list, you may notice many of these cities are college towns. In addition, Sun Belt cities don’t dominate the choices, as some might guess. In fact, overall, Frost Belt cities appear to have a combination of factors that make them more attractive to older Americans.

There are, of course, caveats that affect the results of the research. First, the index does not measure cultural diversity.

Second, not all aspects of cities lend themselves to data-driven research, so some important attributes – both positive and negative – may not be considered.

Third, negative factors may offset positive factors and affect a city’s rank. For instance, “a region struggling to emerge from economic doldrums and job shortages – which drag down its ‘Best Cities’ ranking – may at the same time be developing an admirable neighborhood ‘village’ pilot program, with transportation and services that enhance independent living for older residents.”

There is no right answer when it comes to deciding where to live during retirement. You may choose to live in a city that ranks high among these lists, stay in a beloved current city or town, or move to an entirely new locale. The key is giving serious thought to your preferences before you reach retirement age and making sure you have the financial resources to make it happen.

If you would like to talk about your plans for retirement, give Laura Robb a call.

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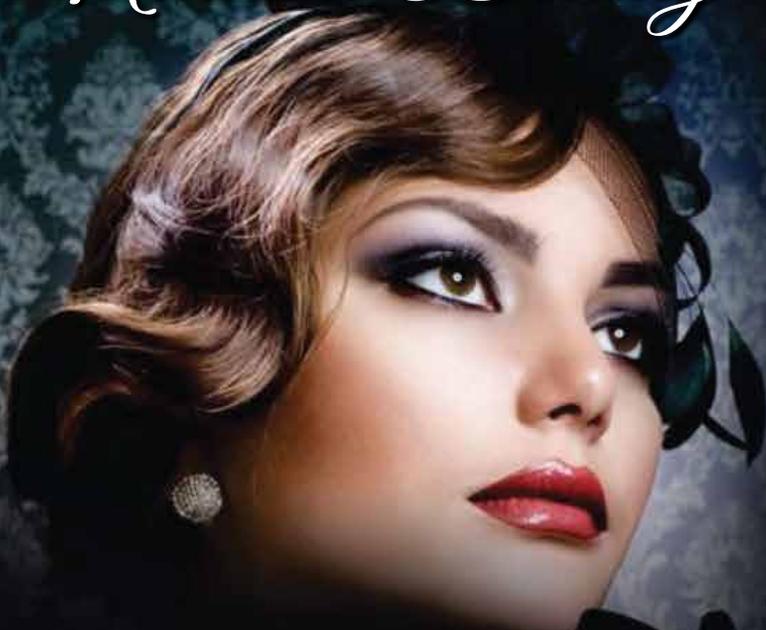
“You don’t have  
to be a visionary,  
you just have to  
have vision.  
I’ll help you create  
the plan.”



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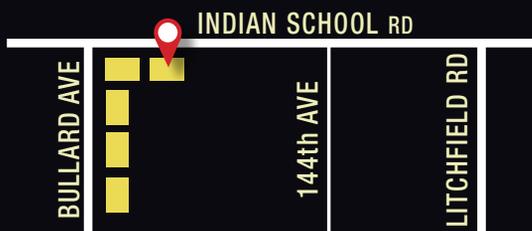
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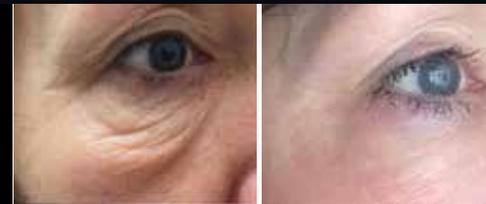
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# Let's do breakfast!



## Breakfast: the best way to start your day

You've probably heard that breakfast is the most important meal of the day, but have you ever wondered why? Here are some of the benefits provided by eating a healthy breakfast.

### RESTORE YOUR ENERGY

The time between dinner and breakfast tends to be the longest period that your body goes without fuel. Eating in the morning will help revive your brain and muscles and give you the push you need to go about your

day. If you don't eat breakfast, your body will draw on its energy reserves instead, which can increase your level of fatigue.

### IMPROVE YOUR PERFORMANCE

Eating breakfast has a direct impact on your cognitive and physical performance throughout the day. Numerous studies from around the world indicate that eating a healthy breakfast improves academic performance and enhances hand-eye co-ordination.

### MAINTAIN YOUR WEIGHT

Skipping breakfast makes it more likely that you'll snack during the day and may consequently increase your risk for obesity, high blood pressure and diabetes. Plus, studies show that people who start the day with a healthy breakfast have an easier time losing weight and are less likely

to be overweight in the first place.

Eating breakfast should be a daily habit. In addition to restoring your energy, improving your performance and maintaining your weight, it makes it more likely that you'll make healthy choices throughout the day.

## Breakfast... at any time of the day

Consider making breakfast your next meal, no matter what time of day it is.

### Take a break from your routine

Enjoying breakfast foods in the afternoon or evening can give you a welcome break from your regular habits. A change in your normal routine is also a great way to lift your spirits when you're feeling down or stressed, especially after a busy day.

### A meal to be savoured

If you're like many people, mornings are far too rushed for you to sit down and enjoy a full breakfast. When you eat this type of meal at another time of the day, however, you can linger over every bite. Why not spoil yourself with pancakes, waffles, French toast? These days there are plenty of healthy low carb or gluten free options available as well. Or how about a decadent omelette for dinner? Don't forget the



bacon. But limit bacon products – including turkey bacon – to less than one serving per week.

If you don't want to prepare the meal yourself, head to a local restaurant or diner. There are many establishments that serve breakfast all day.

# Fall ROAD TRIPS near Phoenix



## PAYSON TO MOGOLLON RIM

Phoenix to Payson: 90 Miles  
Payson to Mogollon Rim: 29 miles

*Sweeping views of the Colorado Plateau that looms 2,000 feet over the town via Highway 260 and Forest Road 300*



## PRESCOTT NATIONAL FOREST

Phoenix to Prescott: 99 miles  
Prescott to Jerome: 35 miles

*Near the city of Prescott is the wooded mountains of Prescott National Forest. Highway 89A leads to the historic town of Jerome with roads leading to the Verde Valley Wine Trail.*



## SEDONA TO OAK CREEK CANYON

Phoenix to Sedona: 116 Miles  
Sedona to Highway 89A: 25 miles

*Sedona is well known for its gorgeous red rock formations, but the fall weather brings additional colors in the form of foliage.*



## WHITE MOUNTAINS

Phoenix to Hon-Dah: 188 miles  
Hon-Dah to Eager: 37 miles

*Located near the Arizona-New Mexico border, the White Mountain Scenic Byways is populated with communities and pine forests. The path to Eager takes you through the Apache Indian Reservation settlement of Hon-Dah, which means "be my guest".*



## FLAGSTAFF

Phoenix to Flagstaff: 145 Miles

*At 7,000 feet, Flagstaff is a treat to visit year round. However, the contiguous poderosos pine forest ecosystem of the surrounding area brings a wealth of color and festivity during the cool autumn months.*

## REGIONAL CLIMATE TIPS

- Altitudes in the region vary, from 2,500 feet at the bottom of the Grand Canyon to 12,000 feet at Flagstaff's Humphrey's Peak.
- Even in cooler weather, don't forget to drink plenty of water, apply sunscreen and lip balm frequently.
- If you are not acclimated to the higher altitude, make sure to rest frequently to avoid fatigue and shortness of breath.
- Dress in layers. Even in autumn, weather can swing wildly between hot and cold temperatures.

**Source:**

[www.flagstaffarizona.org/things-to-do/scenic-drives-day-trips/fall-foliage-drives/](http://www.flagstaffarizona.org/things-to-do/scenic-drives-day-trips/fall-foliage-drives/)  
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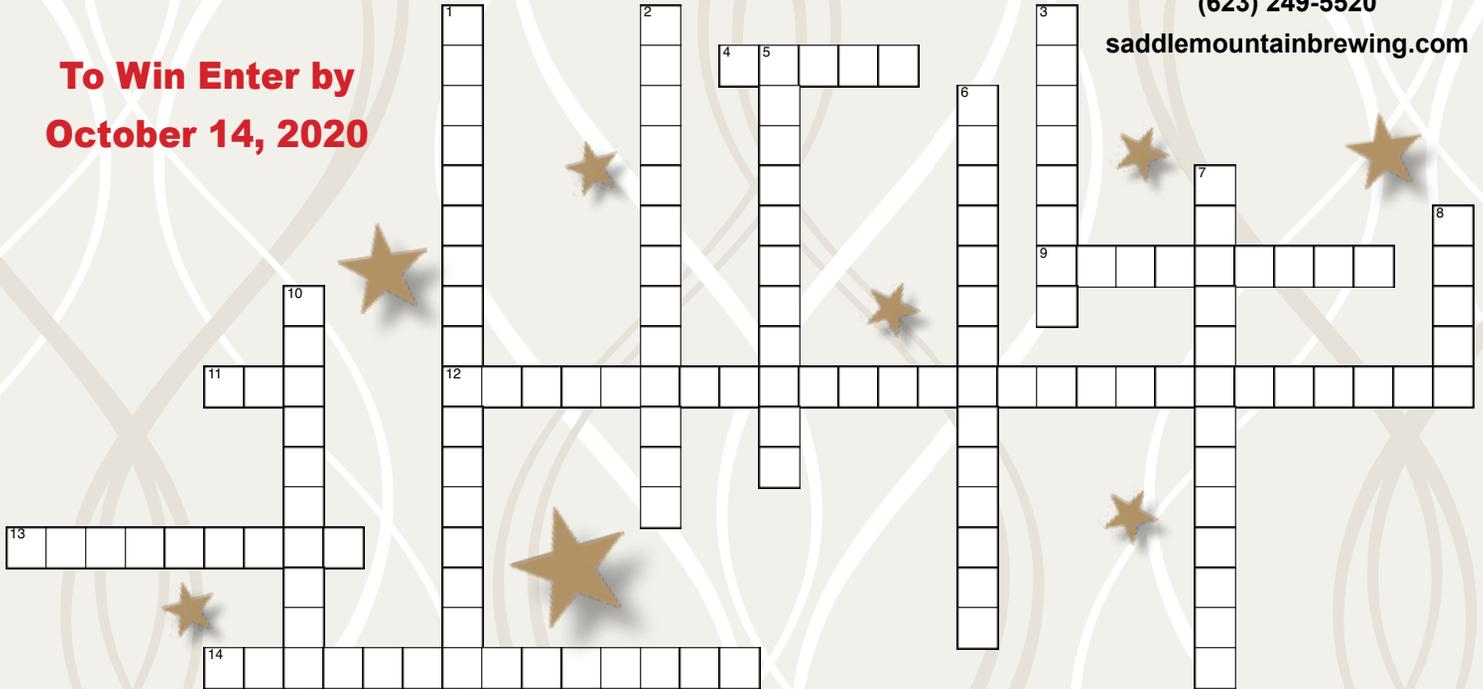
Answers to the clues can be found in this month's West Valley Star

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**ACROSS**

- 4 DOUBLE YOUR GARAGE SPACE
- 9 BEPARENT, BEHAPPY
- 11 REQUIRED EIDL and/or PPP Form 3508
- 12 Fall ROAD TRIPS

13 DONE RIGHT. ON TIME. GUARANTEED.

14 We Also Do Inserts

**DOWN**

- 1 EVERETT BOWMAN RODEO GROUNDS
- 2 Permanent Eyeliner

3 MOVE IN SPECIAL

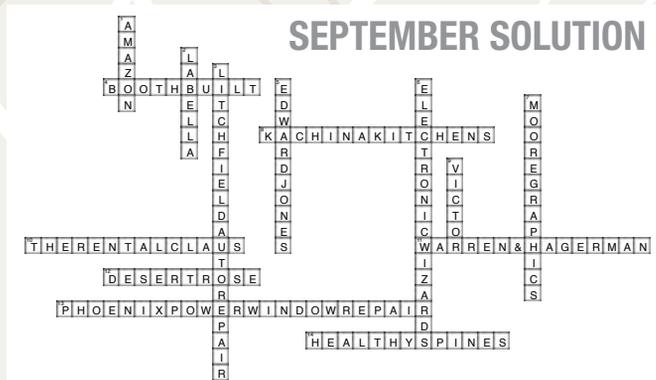
5 as your life changes

6 www.RaymondEGrim.com

7 SAVE 30% to 70%

8 YOUR VERRADO NEIGHBOR

10 help keep families healthy and safe.



**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 10/14/20. 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**

**SEPTEMBER WINNERS**



**Grand Prize Winner**  
**Michelle Bean** - Litchfield Park

**Winners of Movie Passes**

- Jonathan Medina - Goodyear
- Yolany Marsan - Goodyear
- Jane Hee - Goodyear

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

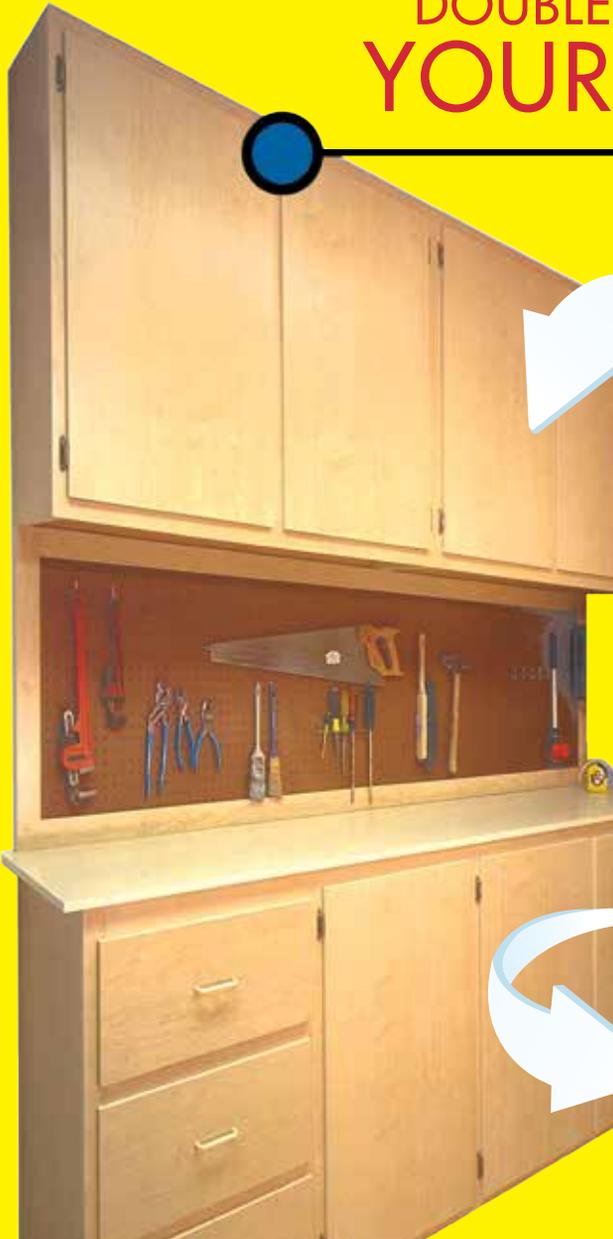
**Mail puzzle with answers to:  
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## EXPIRATION DATES

# Does “BEST BEFORE” mean “TOSS AFTER”?

Are you among those who systematically throw away all expired food, even a mere day after the best before date indicated on the package? It may be time to break that habit — after all, foods don't suddenly turn into health hazards overnight.

The “best before” label simply informs consumers that after a certain date, the food in question might not retain its original freshness, flavor, texture or nutritional value for much longer. Of course, this only applies if the food is kept under the right conditions; it goes without

saying that a steak left out on the counter for several hours should be thrown in the trash without a second thought.

Consequently, those recently “expired” cookies may not be as crispy as they once were, but that doesn't make them dangerous for your health. Kept in their original sealed packaging, vinegar, mayonnaise and cereal, among many others, can be consumed well past their best before date. However, expiration dates lose most of their significance once a package has been opened.

All that being said,



Foods kept past their best before date may not taste as fresh, but they usually aren't hazardous to your health.

when it comes to things like fresh meat and dairy, it's best not to stray too far from the suggested expiration date. Trust

your instincts, but keep in mind that a seemingly normal smell, look and even taste can sometimes be misleading.

## FROZEN MEALS

### What to look for

It's hard to deny that a frozen meal, ready in minutes, is a practical option at the end of a hectic day. The downside is they tend to be a poor source of nutrients. Be careful with your selection if you want your ready-made meal to be an acceptable alternative to a home-cooked one. Here are a few things to look for on the Nutrition Facts label.

- **Protein.** Light frozen dinners geared toward weight loss tend to be low in protein. Look for meals that contains at least 15 grams of protein to satiate your hunger.

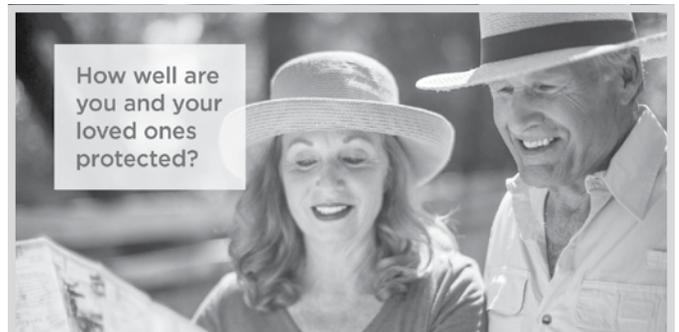
- **Fiber.** To keep you feeling full and reduce your temptation to snack, look for frozen meals that have

at least two grams of fiber.

- **Sodium.** Most frozen dinners are high in salt. The sodium content of your meal shouldn't exceed 600 milligrams.

- **Fats.** Aim to not exceed 15 grams of fat per meal, and make sure no more than three grams of it is saturated. Avoid fried food, cream sauces and puff pastries.

Remember that you can always fill the nutritional gaps in your frozen meals with quick, fresh sides. If a dish doesn't have enough protein, complete your meal with a small bowl of Greek yogurt or a hard-boiled egg. If a dish is lacking vegetables, add a salad or a glass of low-sodium vegetable juice.



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## 3 exercises to improve your balance

Falls are common among older adults and often result in serious injuries. Luckily, taking steps to improve your balance can reduce your risk of falling. Here are three basic exercises to get you started.

### Stand on one leg

While holding on to a countertop or the back of a stable chair, slowly bend your knee and lift one foot off the ground. Start by trying to maintain the position for 30 seconds

or as long as possible. Alternate feet and repeat the movement until you've done it three times on each side.

### Stand on tiptoes

While maintaining your grip on a solid surface, slowly lift your heels off the floor without bending your knees. Briefly hold the position and then slowly lower your heels back down. Start with two series of 10 repetitions and gradually increase the quantity.

### High knees

Slowly walk in place, lifting your knees to the height of your waist with each step. For extra security, complete this exercise near a table or countertop so you can catch yourself if you lose your balance.

For additional exercises and a more personalized workout plan to help you improve your balance, speak with a kinesiologist or other health-care professional.

## 3 ways to avoid loneliness due to reduced mobility

If you, or a loved one, live alone and have reduced mobility, it can be difficult to ward off loneliness. Here are three tips to help you feel less isolated, even if you're largely confined to your home.

### Connect with loved ones

You might not be able to visit your friends or family members in person, but there are still numerous ways to stay

in touch. Phone calls, emails, social media and video conferences are great tools to help you avoid feeling cut off from the people you love.

### Rediscover old hobbies

The difference between isolation and solitude can be a matter of perspective. Whether you enjoy reading, painting, knitting, doing crossword puzzles or watching cook-

ing shows, take this opportunity to engage in pastimes that you may have been neglecting.

### Adopt a cat or dog

The comforting presence of a pet can greatly improve your mood if you live alone. Both cats and dogs make excellent companions who can give and receive affection. Plus, having someone to take care of can strengthen your sense of purpose.



Finally, consider writing in a journal on a regular basis to help you organize your thoughts and deal with your emotions as they come up.

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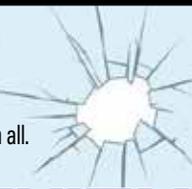
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# Celebrity Extra

by Dana Jackson

**Q:** "The X-Files" is my favorite show of all time. I realize it's better to leave it alone and not revive it because it might not be the same quality as the original, but I would be satisfied with another "X-Files" movie -- or two. Are there any in the works? -- S.N.

**A:** "The X-Files," starring David Duchovny and Gillian Anderson, ran on FOX network TV from 1993 to 2002, but did you know that the series already had a revival in 2016 with two additional seasons?

Anderson, who played Special Agent Dana Scully, stated that season 11 was it for her. However, recently it was announced that an animated "X-Files" series is in development for FOX with the show's original creator, Chris Carter, executive producing. However, this version will feature new characters and have a comedic take on its unsolved mysteries. As for Anderson, you can soon see her in "The Fall" on the Ovation channel, where she plays a British homicide detective chasing a serial predator played by Jamie Dornan. If the show sounds familiar, it's because it originally aired in 2013 on the BBC network. Ovation will re-air all three seasons beginning Saturday, Oct. 10, at 7 p.m. ET.

Up next for Duchovny is "The Craft," a remake of the 1990s film of the same name about a coven of teenage witches.

\*\*\*

**Q:** I can't wait for the new shows to premiere this fall. I realize they'll proba-



**Gillian Anderson**  
in "The Fall"

PHOTO CREDIT: OVATION TV

bly be later than normal, but will we have to wait until 2021 for shows like "Chicago Med" and "This Is Us"? Those are my two favorites. -- F.C.

**A:** The fall TV season has indeed been postponed, but the good news is you won't have to wait until 2021 for your favorites to return.

NBC has announced that the family drama "This Is Us" will be back with a two-hour premiere on Nov. 10. It's hard to believe the hit show is starting its fifth season. Creator Dan Fogelman promises "a re-birth" next season and said that the writers are incorporating the COVID-19 pandemic into the storyline.

Meanwhile, "Chicago Med" will broadcast new episodes starting Nov. 11, with "Chicago Fire" and "Chicago P.D." following in the hour timeslots the same evening.

\*\*\*

**Q:** We rented the excellent World War II movie "Dunkirk" this past weekend. Did it win any Academy Awards? It should have. -- T.R.

**A:** "Dunkirk," directed by Christopher Nolan ("Inception," "The Dark Knight"), was released in 2017 and was awarded Oscars for Best Achievement in Sound Mixing, Sound Editing and Film Editing, but the Best Picture Oscar was elusive.

Although "Dunkirk" lost to Guillermo del Toro's "The Shape of Water," it was still a fantastic movie about the rescue of trapped Allied soldiers from a beach in France.

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

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## PUZZLE ANSWERS

Answers to Puzzle on pg. 8

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

Answers to Puzzle on pg. 24

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

Time to beat: 21 minutes

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## Recipe

# Healthy Pumpkin Muffins

Your kitchen will smell like fall when you bake up a batch of these delicious muffins. Enjoy for breakfast or an anytime snack.

### INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 2 tsp. pumpkin pie spice
- 1 cup canned pumpkin
- 1/2 cup honey
- 2 large eggs
- 6 tbsp. butter, melted and cooled
- 1/4 cup Greek yogurt
- 1 cup toasted and chopped pecans
- 2 tbsp. turbinado sugar, light brown sugar or brown sugar substitute

### DIRECTIONS

Preheat oven to 325° and line muffin tin with liners.

In a large bowl, whisk together flours, baking powder, baking soda, salt, and pumpkin pie spice. Add pumpkin, honey, eggs, butter, and yogurt, and mix until combined. Fold in 3/4 cup pecans.

Divide batter into muffin liners, then top with remaining pecans and sprinkle with remaining sugar. Bake until muffins are golden brown and a toothpick comes out clean, about 30 minutes. Let muffins cool in pan, then serve.

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