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STAR CARS:

7 Famous On-Screen Automobiles

Many cars have made a name for themselves in film and television, including Lightning McQueen, the Batmobile, the General Lee and the Mystery Machine. Here are seven kinds of cars that became famous on the big screen.

1. The 1963 Volkswagen Beetle

Since making his first appearance in the 1968 feature film The Love Bug, the sentient race car Herbie went on to star in several sequels and remakes, garnering adoration from fans of all ages.

2. The 1959 Cadillac Miller-Meteor ambulance

With lights flashing and sirens blaring, the Ectomobile, or Ecto-1, sped down New York City streets in search of paranormal activity in the original Ghostbusters films.

3. The DeLorean DMC-12

This pop culture icon is known for reaching speeds of 88 miles an hour during its stint as the retrofitted time travel machine in the Back to the Future movie trilogy.

4. The 1976 Ford Gran Torino

Nicknamed the Striped Tomato because of its bright red paint job, this car featured in the 1970s action-crime drama Starsky & Hutch and made its big-screen debut in 2004.

5. The Aston Martin DB5

This weaponized luxury vehicle is one of the most iconic cars in cinematic history, first driven by Sean Connery as James Bond in the 1964 film Goldfinger.

6. The 1993 Toyota Supra

One of many vehicles featured in the Fast & Furious franchise, this flashy orange race car was driven by Brian O'Conner (Paul Walker) in the final showdown of the original 2001 film.

7. The 1968 Ford Mustang GT

Bullitt star Steve McQueen gunned this green muscle car through the streets of San Francisco and sent it, tires screeching, into one of the most iconic car chase scenes in film history.

Of course, there are many other famous Hollywood cars including the 1961 Ferrari 250 GT SWB California Spyder featured in Ferris Bueller's Day Off and the 1973 Ford Falcon XB GT from the original Mad Max movie. All these vehicles have inspired car culture and continue to influence collectors of all ages.

How well do you know cars?

Calling all car enthusiasts: put your pedal to the metal and test your automotive expertise with this fun and quick car quiz.

Match the model to the make

1.	Ioniq	A.	Subaru
2.	Outlander	B.	Hyundai
3.	Passat	C.	Ford
4.	Seltos	D.	Cadillac
5.	Avalon	E.	Mitsubishi
6.	Q70	F.	Toyota
7.	BRZ	G.	Infiniti
8.	Murano	H.	Volkswagen
9.	Escalade	I.	Nissan
10.	Edge	J.	Kia

Identify the brand by its symbol

11. Three diamonds
12. Four rings
13. A bowtie
14. A ringed three-point star
15. A prancing horse

True or false?

16. Windshield wipers were invented by American rancher Mary Anderson.
17. "The power to surprise" is the slogan for Hyundai.
18. William Lyons is a founder of the Jaguar brand.
19. The General Lee, from the series The Dukes of Hazzard, is a 1969 Dodge Charger.
20. Production of the famous Ford Model T started in 1912.

ANSWERS

1-B, 2-E, 3-H, 4-J, 5-F, 6-G, 7-A, 8-I, 9-D, 10-C
11: Mitsubishi
12: Audi
13: Chevrolet
14: Mercedes-Benz
15: Ferrari
16: True
17: False (Kia)
18: True
19: True
20: False (1908)

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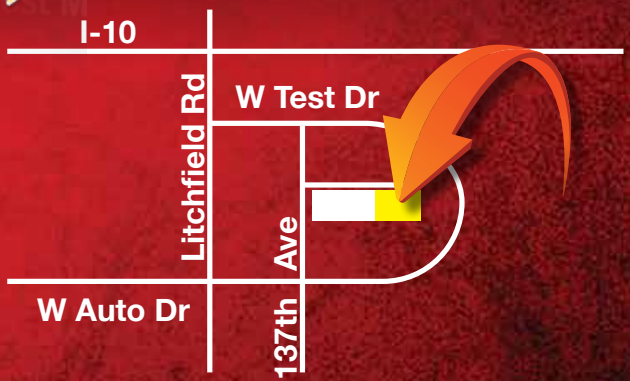

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Prostate Cancer Awareness Month

What are the risk factors for prostate cancer?

Now is the time to learn more about this disease and speak with your doctor, especially if you're a man over 50. Here are several factors that can increase your risk of developing this type of cancer:

- ***Age.*** Approximately 60 percent of prostate cancer cases are diagnosed in men 65 and older.
- ***Family history.*** Men may be at a higher risk if a close relative was diagnosed with the disease.
- ***Weight.*** Men who are overweight are at higher risk.
- ***Height.*** Some studies have found a link between being tall and an increased risk of developing this type of cancer.
- ***Excess calcium.*** A diet high in dairy products and other calcium-rich foods may increase your risk of prostate cancer.
- ***Genetic mutations.*** Inherited mutations of two genes, BRCA1 and BRCA2, have been associated with this type of cancer.

Other risk factors include smoking cigarettes, handling certain chemicals and having high levels of androgens or inflammation of the prostate gland.

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"Do not be overcome by evil, but overcome evil with good."

Romans 12:21

Hollywood

by Tony Rizzo

HOLLYWOOD -- Maggie Smith wasn't sure she wanted to play the dowager countess, yet again, in "*Downton Abbey 2*," but by the time she read the script, which has been called "a lot of fun," she agreed to visit Downton at least once more. Filming began in April, but the Christmas opening has been scuttled in favor of March 2022.

Hugh Bonneville completed work on "*Downton*" in time to prepare for his Netflix film "*I Came By*," with "*1917*" star George MacKay. MacKay also toplines the BBC series "*The Trick*" and Netflix's "*Munich*," with Jeremy Irons. Not bad for a kid who played Peter Pan 18 years ago. Bonneville still has a date with "*Paddington 3*". Ironically, Bonneville was born in Paddington, London.

★ ★ ★

Here's another irony: After a disappointing appearance in Netflix's "*The Prom*," Meryl Streep is currently filming "Disappointment Blvd.," starring Oscar-winner Joaquin Phoenix, Patti LuPone, Nathan Lane and Parker Posey. All we know is that it's supposed to be an intimate, decades-spanning portrait of one of the most successful entrepreneurs of all time (who could that be? Florenz Ziegfeld, P.T. Barnum, Billy Rose?).

PHOTO CREDIT: FOCUS FEATURES

Maggie Smith in Downton Abbey

Shooting began June 28 in Montreal and is expected to end in October.

★ ★ ★

The 1955 film adaption of the hit Broadway musical "*Guys & Dolls*" will be remade and directed by Oscar-winner Bill Condon ("*Chicago*"). The rights held by 20th Century Fox lapsed because when Disney bought Fox, it fired everyone and TriStar grabbed the rights. Now the search is on to find a modern-day Marlon Brando and Frank Sinatra. Channing Tatum and Joseph Gordon-Levitt are the front runners, but Brando or Sinatra? NOT!

★ ★ ★

Are we ready for a 69-year-old David Hasselhoff to mount his movie comeback? His last screen appearance was a cameo in the "*Baywatch*" film, toplined by Dwayne Johnson and Zac Efron. He and Larry Cech will co-star in the French film "*C'est Magique*" ("It's Magic"), based on a true story about two French magicians who accidentally qualify to compete in the world's largest magic competition, in Las Vegas.

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Love where you live: SHOP LOCAL!

Buying Local: An important practice now and always

The economic crisis caused by the pandemic made it clear that buying local should be a priority for consumers. After all, the benefits for both you and your community are vast.

SUPPORT THE ECONOMY

When you buy goods from local merchants, your support has a domino effect. This is because it allows the retailers to source more materials from producers in the area, which in turn grows the regional economy. Helping local businesses thrive also ensures they can create and maintain jobs for people in your community, who will then have more money to spend.

PROTECT THE ENVIRONMENT

If businesses sell products that are made locally using materials sourced from nearby areas, it decreases the amount of time these goods spend on the road or in the air. A reduction in transportation means fewer greenhouse gases are emitted and, often, less packaging is used. For bonus points, walk or cycle to the local shops you frequent.

ENSURE WORKER COMPENSATION

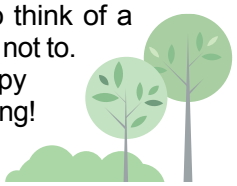
If you buy goods from growers and producers in your region, you can be more confident that the people who made them benefitted from local laws regarding wages and working conditions. By purchasing these products, you're using your power as a consumer to encourage the practices of fairly treating and paying employees.

OBTAIN QUALITY PRODUCTS

From the method in which products are manufactured to the way animals are raised and food is grown, the goods made in your area are subject to strict quality and environmental standards. In addition to ensuring you get top-of-the-line products, you're also letting merchants know that you value quality.

When you realize the difference you can make simply by buying local, it's hard to think of a reason not to.

Happy shopping!



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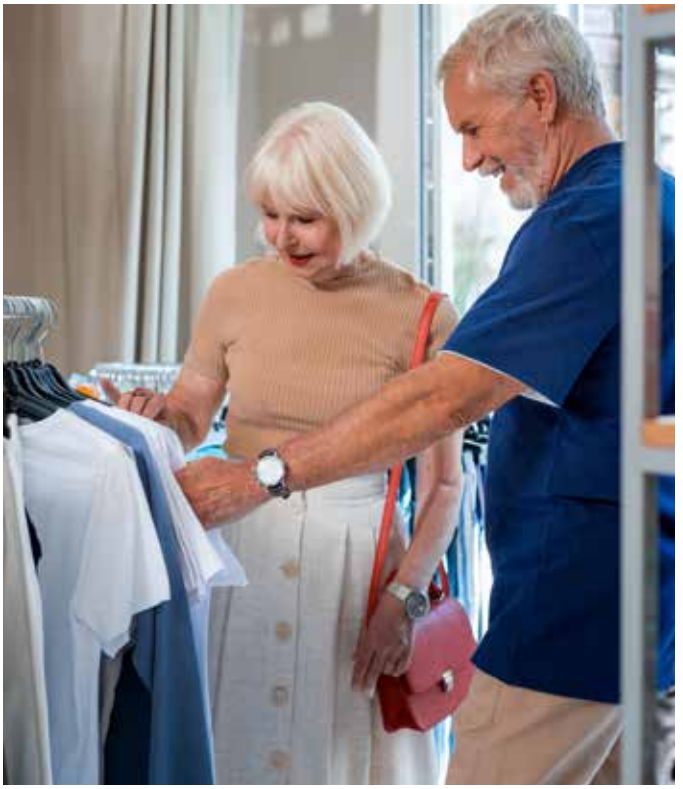
How to make buying local a part of your daily life

Do you want to help support the local economy and members of your community by buying from growers, producers and merchants in your area? Here are some tips to help you integrate this habit into your daily life.

- Whenever possible, select artisanal food, clothing, furnishings and other products made by local craftspeople. Also look for goods made with ingredients or materials sourced from nearby regions.
- Rather than shop at large retail chains, opt to buy what you need at stores owned by people who live in your community. Also check out our local farmers markets.
- It's increasingly common for food and other products that are made regionally to have an identifying label. If you want to ensure you make the right choice, don't hesitate to ask a sales clerk for more information.

Once you make the effort to change your shopping habits, you'll find yourself with a host of local products that you can't live without.



3 reasons to choose local shops over e-commerce giants

BETTER USE OF RESOURCES

Small, local businesses typically prioritize using renewable energy sources and eco-friendly materials when designing their products — often meaning the item is made better and lasts longer.

PERSONALIZED SERVICES

Even if you shop from their online store, you can still speak with local merchants by phone or live chat, for personalized advice and recommendations about your purchase. Additionally, you'll have the option to visit the store and see the products in person.

IT'S PERSONAL

Buying from local, family-owned businesses makes it possible for their daughter to take dance lessons, or their son to attend college. And local businesses tend to support their communities, like sponsoring local little league teams.

4 benefits of working for a family business

No matter what industry they're in, family businesses are unique. If you're looking for a new job, here are some of the advantages of working for one.

1. They offer a sense of belonging

If you don't want to feel like a number, joining a family-owned business is the right choice. You'll likely be part of a small, close-knit team that's truly invested in your well-being.

2. They subscribe to strong values

Family businesses are generally driven by strong values such as reliability, trust, respect, solidarity and transparency. These values are reflected in the way they treat their customers, suppliers, partners and employees.

3. They tend to endure

Since family businesses are passed down from one generation to the next, they continue to develop and grow over the years. This changing of hands keeps things fresh and ensures the company continues to thrive and endure for many years.

4. They have a good reputation

Family businesses have a strong interest in protecting their reputation to encourage pride in the family name. They not only want to present a positive image to their customers, but they also want their employees to speak well of them.

If you want to be part of a company run by a devoted and caring team, consider working for a family business.

What did the bald man say when he received a comb as a present?

Thanks— I'll never part with it.

A wealth of choices to discover!

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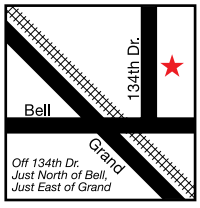

Family Owned & Operated

Here's A Tip

by JoAnn Derson

Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.

Berries are in season, and there's no greater time to stock up. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.

Okra, which is at its peak July through September, makes an excellent stew thickener. But it's quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don't wash it until you are ready to use it. There's a natural protective coating on it, and if you wash it off, it'll get slimy.

Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

Stuck zippers can be loosened with graphite powder, or simply by tracing a pencil lead over the zipper.

"The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It's magical. This, coming from a softball mom whose daughter loves to slide." -- A.A. in Florida

A better use for soda: Use it to scrub your pots and pans. Try letting the acids in soda pop work on grimy pan bottoms. Pour enough soda to cover the bottom of pots or pans and let soak for 5-10 minutes. Then scrub away.

Use rubbing alcohol to clean window frames. It evaporates quickly with no residue left behind.

Rubbing alcohol can also be used to remove ballpoint-pen ink from most upholstery.

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by Freddy Groves

VA Tells Health Staff They Must Get Vaccine

The Department of Veterans Affairs recently announced that they will require their frontline medical staff to get the COVID vaccine. Specifically, they listed "physicians, dentists, podiatrists, optometrists, registered nurses, physician assistants, expanded-function dental auxiliaries and chiropractors who work in Veterans Health Administration facilities, visit VHA facilities or provide direct care to those the VA serves."

In other words, anyone who touches you in a VA medical setting, breathes on you or handles something they're about to put in your mouth has to get the vaccine.

Thank you, VA.

It was unnerving going to the VA and asking whatever medical person was about to touch me or breathe on me, "So, which vaccine did you get?" only to be told they hadn't had the vaccine and didn't intend to get it.

Even waiting for the vaccine was difficult. When my age group finally came along, I ended up at a civilian pharmacy because it was faster. Nobody there had gotten the vaccine either.

And now, unfortunately, we discover that the vaccines don't work as we thought they would. There are breakthrough cases where fully vaccinated people are still getting the virus, the variants have gained strength, and we're likely going back to Step One, complete with masks.

If you need to go to a VA facility for health care, call ahead or use the VA health appointment app. You'll no doubt be met at the door, asked COVID screening questions and have your temperature taken. Have your vaccination card with you and wear a mask. You also might be able to get a telehealth appointment.

Meanwhile, if you've gotten lax about safety, get smart again. Do one full minute scrubbing your hands under warm water with an antibacterial soap, including your nails. Hang a mask on the front doorknob so you'll see it each time you go out.

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What did the pirate say when he turned 80?

Aye matey!

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by Matilda Charles

Biggest Raise in Decades for Social Security?

Don't count your money before it's in hand, of course, but word is that the Social Security increase we see in January could be as much as 6.1% — the largest since 1983.

For the average benefit recipient, currently receiving $1,543, that could amount to $94 per month. It's a few years too late for a serious increase, but certainly better than the 1.3% bump we saw for 2021 and the 1.6% the year before.

Social Security is calculated by the cost-of-living adjustment in the third quarter each year. For 2021, they calculated that a 1.3% increase should be plenty. We know that was wrong, as prices of everything had climbed. It's all in how and what they calculate. They use the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which measures prices on certain goods and services.

But we're not wage earners, and we don't work in offices. We spend our money on different things. We wonder why they don't use the index for the elderly (CPI-E), which takes into consideration the things we do buy, such as medical care, medical services, housing and health insurance. (There's a bill in the House of Representatives — H.R.4315 — to do that very thing.) We spend less than the CPI-W group on transportation, food, clothing, entertainment, education and communication.

The Federal Reserve Bank did a midsummer survey on what consumers are expecting for the rest of 2021. The expectation of responders is that we'll see a 4.8% increase on top of what we've already seen this year.

Keep an eye on the news in October, when the rate of next year's Social Security increase is finalized.

Meanwhile start planning for next year as soon as you can. Look for savings everywhere you can find them.

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Thought for the Day

"The life given us, by nature, is short, but the memory of a well-spent life is eternal."

— Marcus Tullius Cicero

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SHOP LOCAL!

5 ways to support restaurant owners in your community

Do you appreciate the warm welcome you receive from local restaurant owners when you visit their establishment? If you want to support and thank these entrepreneurs for their contribution to your community, here are five actions you can take.

ORDER IN

Whether you opt for delivery or takeout, local restaurateurs will appreciate your business. If possible, pick up your meal or use the restaurant's in-house delivery service rather than rely on a third-party vendor. You can also order a surprise meal for a loved one to brighten their day.

BUY THEIR MERCHANDISE

Many restaurants, microbreweries and coffee shops offer promotional merchandise that helps boost their revenue. These items may include printed mugs, glasses, hats or T-shirts as well as packaged versions of specialty items like sauces and preserves for you to enjoy at home.

ALWAYS LEAVE A TIP

For good service, leave a tip between 15 and 20 percent of the total bill. Get into the habit of doing this regardless of whether you dine in, pick up your meal or have your food delivered.

GIVE A GIFT CARD

Buying a gift card is a great way to support a local restaurateur while allowing the recipient of the card to enjoy a delicious meal.

ACCEPT ALCOHOL RECOMMENDATIONS

If you enjoy alcoholic beverages, be sure to consult a restaurant's wine, beer or cocktail menu. Many establishments offer a variety of interesting choices at reasonable prices. Take advantage of the staff's expertise to find the right pairing for your meal.

Supporting the restaurants in your area ensures they can keep their doors open and continue to serve the entire community.

Strange But True

by Lucie Winborne

The Greek name for the mosquito is "anopheles," which means "good for nothing."

The earliest written record that mentions the practice of medicine is Hammurabi's Code from the 18th century BC in Mesopotamia.

A 2016 study by the Federal Reserve Bank of Philadelphia found that people living next to a lottery winner are more likely to go bankrupt thanks to trying to keep up with their neighbor's new spending habits.

Charlton Heston was cast as Moses in the 1956 blockbuster movie "The Ten Commandments" partly because he resembled Michelangelo's famous statue of Moses.

Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged him two days before his 13th birthday.

Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.

Benjamin Franklin introduced tofu to America in 1770.

American flags left on the moon will eventually get bleached white by the sun.

Two animals have the ability to see behind themselves without turning around: the rabbit and the parrot. Their eyes are on the sides of their head, allowing them to swivel 360 degrees.

At Neptune's highest altitudes, winds blow at more than 1,100 mph.

Mozart sold the most CDs in 2016, beating Adele, Drake and Beyonce, even though those artists all had Grammy-winning hits that year.

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The Sound of Freedom

My father was in the Air Force for 22 years and fought for our country in Vietnam, and I grew up on military bases all over the country. It was one of the best experiences I've had. I used to love to go to my dad's office and watch so many men and women prove their dedication to this country. I was so impressed by the discipline these people had and their respect for the chain of command. They would salute each other and greet and respond to people with "yes sir" or "yes ma'am".

I remember playing outside and hearing the roar of jets flying overhead. I thought that was the neatest sound. I used to ride the bus on base and go down to the flight line and sit in the snack bar and watch the jets land and take off. I would spend hours down there. It was fascinating to see all the military vehicles and equipment.

The reason I write this is because sometimes when we hear these new F-35 jets flying overhead at night, we can be annoyed and feel that Luke Air Force Base can be intrusive. I often hear people say this when the jets fly overhead. I don't write this to speak for anyone.

The 56th Fighter Wing, headquartered at Luke Air Force Base in Goodyear, is the largest fighter wing in the U.S. Air Force. Here are some facts about Luke AFB (www.luke.af.mil) we should all be aware of:

- The 56th Fighter Wing, as part of Air Education and Training Command, has an economic impact in Arizona of $2.4 billion.
- Luke AFB trains 75% of the world's F-35 pilots. Since 1941, Luke has graduated over 61,000 pilots.
- 105 F-35 pilot graduates per year
- 188 F-16 pilot graduates per year
- 79 intelligence specialists per year
- 98 F-35 maintainers produced per year
- 39 nurse graduates per year
- 8 medical lab technician graduates per year
- 16 Critical Care/Emergency Trauma Fellowship graduates.
- Luke AFB is home to 68 F-35s TOTAL FLIGHTS: 17,000 TOTAL FLIGHT HOURS: 25,000.
- Luke is also home to 77 F-16s TOTAL FLIGHTS: 15,394 TOTAL FLIGHT HOURS: 19,404.
- Additionally, the 56th Fighter Wing oversees the Gila Bend Air Force Auxiliary Field and is steward of the 1.7 million acre Barry M. Goldwater Military Training Range.

As of May 1, 2018, there are 4,300 Active Reserves and 1,300 Civilians on the base. The men and woman stationed there come from all over the country to train and support our military efforts. The families of these men and woman also make many sacrifices such as moving around the world, changing schools, changing jobs and saying goodbye to loved ones when they get deployed. I know what its like to say goodbye to my father and wonder if I will see him again.

When I am sitting in my backyard at night and hear the roar of those jets fly overhead, to me, that is ***The Sound of Freedom!***

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Most Expensive Home Sold Last Month
$10,000,000

Average Sold Price
$575,179

Number of Luxury $1M + Sold
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STATS FOR AUGUST 2, 2021

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COMING SOON	COMING SOON LUXURY $1M+	CURRENT ACTIVE	LUXURY $1M+ ACTIVE

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Recipe

Reproduced with permission from ***Stiletto Momma Cooking***

Barbecue Chicken Marinade

A fast and easy barbecue marinade amped up with simple ingredients you already have at home!

INGREDIENTS:

2 lbs chicken breast
½ cup barbecue sauce - (low in sugar)
¼ cup honey - or maple syrup (optional)
¼ cup apple cider vinegar
½ Tbsp chili powder

INSTRUCTIONS:

1. Combine all the marinade ingredients until smooth and mixed thoroughly.
2. Place the chicken breasts into a large resealable plastic bag. Pour 2/3 of the marinade into the bag, coating the chicken. Place the remaining marinade in a container to save for basting later while cooking.
3. Refridgerate and let marinate anywhere from 2-24 hours.
4. When ready to cook, pre-heat your grill to medium-high heat. (375° to 425° F)
5. Remove the chicken from the bag, place on the grill.
6. Discard the bag and marinade and retrieve the fresh, reserved marinade. Brush on the chicken every 5-8 minutes, basting well. Cook until the chicken reaches 165° F. Remove and serve.

Can you feed your cat fruits and veggies?

Are you wondering if you should feed your cat fruits and vegetables? Even though they contain vitamins and antioxidants, not all produce is safe for cats to consume. Here are a few things to consider before giving your feline fruits and veggies.

The quantity

Cats are carnivores, and they require a meat-based diet. Consequently, they have problems digesting many plant-based foods. In fact, the high fibre content of fruits and vegetables can cause your cat to have digestive issues. If you decide to feed these foods to your cat, make sure they don't account for more than 10 to 15 per cent of their diet.

The method

Always wash and peel your fruits and vegetables before feeding them to your cat. Vegetables should be cooked. Remove any seeds, pits, rinds and inedible skins.

The type

Certain fruits and vegetables can be toxic to your cat. The following are poisonous and should be avoided at all costs:

- Avocados
- Cherries
- Grapes
- Onions
- Citrus fruits

The following fruits and vegetables are considered safe in moderation:

- Blueberries
- Carrots
- Cucumbers
- Zucchinis
- Green beans
- Peas
- Apples

Remember to always consult your veterinarian before making changes to your cat's diet.

"Nothing is so permanent as a temporary government program."

— Milton Friedman

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by Linda Thistle

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

DIFFICULTY: ★

★ MODERATE ★★ CHALLENGING

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Answers on Page 29

Your Good Health

by Keith Roach, M.D

Non-Stop Acid Reflux?

DEAR DR. ROACH: I am a 78-year-old female who has suffered from acid reflux for many years and has been taking Prilosec (omeprazole) for at least 15 years. I have heard that it is not meant for longtime use. If I don't take it, I have such heartburn I can't sleep and am in misery all day and night. I recently attended a seminar on the new LINX surgery and hope to have it done. Do you have any information on the success of or problems after this surgery? -- *J.B.*

ANSWER: The LINX device is a magnetic ring, placed by laparoscopic surgery, that helps increase the strength of the lower esophageal sphincter, the valve-like muscular structure at the junction of the esophagus and the stomach. This reduces reflux (backward movement) of stomach acid up into the esophagus. The procedure was very effective at reducing both heartburn symptoms (89% before procedure to 12% after) and the need for daily medicines like omeprazole (100% before to 15% after).

The device has not been in use for a very long time, so long-term safety data is unavailable. Some people had to have the devices removed because they eroded into the esophagus, but only 0.3% of devices were removed at four years.

There are other types of surgeries used to treat reflux, most of which are effective at reducing both symptoms and the need for medication. There are now options for treatment being done endoscopically (with an instrument placed through the mouth), without the need even for laparoscopic surgery (with the instrument being placed by small incisions through the skin).

My personal practice is to discuss medication treatments as well as surgical treatments for people with moderate to severe acid reflux. Surgery in younger people may have more benefit by preventing a lifetime of daily medication. People who do not get relief with medication are those who most clearly benefit from these kinds of procedures.

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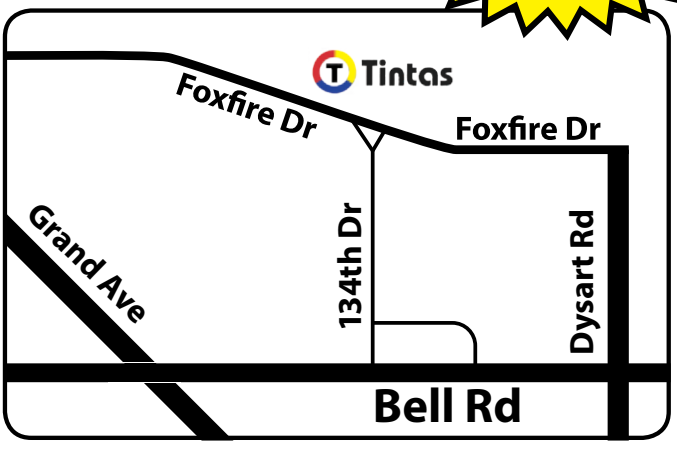

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SEPTEMBER Events

*Please note events, dates and times are subject to change.

RED ROCKS MUSIC FESTIVAL
September 1 - 2 • 7:30 PM to 9:30 PM
Arizona Jewish Historical Society
https://redrocksmusicfestival.com

WOMEN & WHISKEY DINNER
September 9 • 6:30 PM
Hyatt Regency Scottsdale
https://bit.ly/2W6GCbb

MEGA 104.3 ANNIVERSARY BASH
September 10 • 7:30 PM
Footprint Center
https://bit.ly/3CUoEd4

20TH ANNIVERSARY PHOENIX 911 TOWER CHALLENGE 2021
September 11 • 8:00 AM to 11:00 AM
Gila River Arena
https://bit.ly/3iYt0bm

9/11 MEMORIAL STAIR CLIMB
September 11 • 6:30 PM
Salt River Fields at Talking Stick
https://bit.ly/3yZRNkP

EAT SEE AZ
September 11, 18, 25 • 6:00 PM
Scottsdale Civic Center
https://www.eatseeaz.com

LUCHA LIBRE WRESTLING
September 11 • 8:30 PM
Crescent Ballroom
https://bit.ly/3yYJNR0

OFF-ROAD EXPO
September 11 - 12 • 9:00 AM to 6:00 PM
Phoenix Raceway
https://www.phoenixraceway.com/offroadexpo

FALL ARIZONA RESTAURANT WEEK
September 17 - 26
https://arizonarestaurantweek.com

JUNK IN THE TRUNK VINTAGE MARKET
September 17 - 19
WestWorld of Scottsdale
https://bit.ly/37Y4wIA

MASK ALIVE FESTIVAL
September 19 • 2:00 PM to 5:00 PM
Pioneer Park
https://bit.ly/3mhMrxF

WINEMAKER DINNER WITH RAMEY WINE CELLARS
September 23 • 6:30 PM
Hyatt Regency Scottsdale
https://bit.ly/2W61Hmv

GOLDRUSH MUSIC FESTIVAL
September 24 - 26 • 6:30 PM to 2:00 AM
Rawhide Western Town
https://goldrushfestaz.com

FURRY FRIENDS FINE ARTS FESTIVAL
September 25 • 8:00 AM to 2:00 PM
Shemer Art Center
http://www.shemerartcenter.org

Best Places to Visit in Arizona LABOR DAY WEEKEND

SEDONA
Sedona is thought to be one of the most beautiful cities in the U.S., as it's home to several drop-dead gorgeous red stock structures which give the whole area a very peaceful feeling in its environment.

YUMA
The most popular thing to do in town is to visit the Yuma Territorial Prison Historic Park.

FLAGSTAFF
There are lots of pine trees, campgrounds, trails to hike and you may even forget that you're in Arizona for a minute!

TUCSON
One of the best places to go biking as well as one of the country's best music cities.

BISBEE
Many antique stores along the way, lots of breweries to sample beverages, and quite often there are musical events in town.

TOMBSTONE
Plenty of places to grab some good old-fashioned cowboy-style meals.

PINETOP
Great camping, fishing, hiking, and just about any outdoor activity that your heart desires.

Source: https://www.tripstodiscover.com/best-places-to-visit-in-arizona-on-labor-day-weekend/

NATIONAL HOLIDAYS

SEPTEMBER 6
Labor Day

SEPTEMBER 12
Grandparents Day

SEPTEMBER 15
Yom Kippur

SEPTEMBER 29
National Coffee Day

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DOWN

1 The Original
3 FREE GRANITE CARE KIT
6 NO EXTRA CHARGE for Evening or Weekends
7 ROOF ROOF

ACROSS

2 exceptional client experience
4 Did you file an extension?
5 No retirement is complete without a steady income
8 Chips and cracks rarely stay small
9 The Sound of Freedom
10 STOP OVER PAYING
11 2022's NOW AVAILABLE
12 BACKPACK SAFETY

To Win Enter by September 15, 2021

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 9/15/21. A drawing will be held from all correct entries. One winner will receive dinner for two and two movie passes. Three winners will receive a consolation prize of two movie passes. Winners will be notified by phone, and prizes will be sent by mail.

Check www.westvalleystaraz.com for any corrections or announcements

Name _____

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Mail puzzle with answers to:
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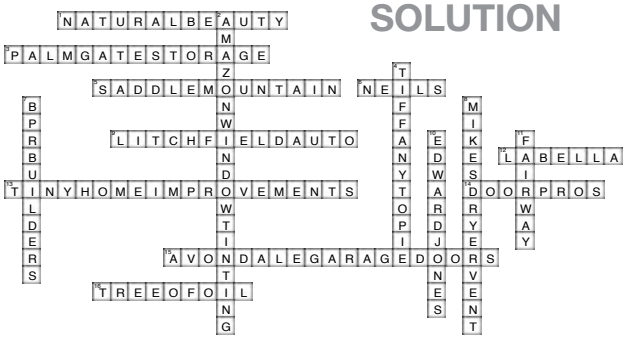
AUGUST SOLUTION



AUGUST WINNERS

Grand Prize Winner
Laurie Scott - Goodyear

Winners of Movie Passes

Sunny Morrison - Goodyear
Charles Easton - Goodyear
Trudy Bellingrodt - Buckeye

Chipped windshields: repair or replace?

If your windshield gets chipped, it's important to fix it right away. Chips and cracks rarely stay small and can compromise the strength of your windshield, thereby limiting the protection provided in the event of an accident. Besides, if you deal with the problem promptly, you can often forgo a replacement in favour of a repair. Here's what you should know.

WHEN IS REPAIR POSSIBLE?

A professional can usually repair a chipped windshield if the following five conditions are met:

1. The chip's no larger than an inch in diameter.
2. There's at least a 1.5 inch gap between the point of impact and the edge of the windshield.
3. The chip isn't within the driver's field of vision.
4. There are no more than two or three chips to repair.
5. Only the outer layer of glass is damaged.

If these five conditions don't apply, then chances are you'll need to replace your windshield. And you'll want to have this done as soon as possible, as it's a matter of your safety.

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10 interesting chicken facts

September is National Chicken Month. In honor of this occasion, here are a few fun facts about chickens that may surprise you.

1. Chickens have great memories and can remember the faces of more than 100 people and animals.
2. Chickens can taste salty, sour and bitter foods but not sweet.
3. Chickens have full color vision and can see violet and ultraviolet light. This is why roosters crow early in the morning; they can see the sunrise an hour before humans can.
4. Chickens experience rapid eye movement sleep, which means they dream like humans and other animals.
5. Chickens have their own unique language and use more than 30 different vocalizations to communicate with each other.
6. The color of a chicken's egg depends on the colour of its earlobes. Chickens with red earlobes lay brown eggs, while chickens with white earlobes lay white eggs.
7. Chickens can run more than eight miles per hour.
8. It only takes about 26 hours for a hen to produce an egg, and 21 days for the egg to incubate and hatch into a chick.
9. A chicken's heart beats between 220 and 360 times per minute.
10. Chickens outnumber humans, worldwide, by a ratio of three to one.

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Epinephrine auto-injectors: an ally for allergy sufferers

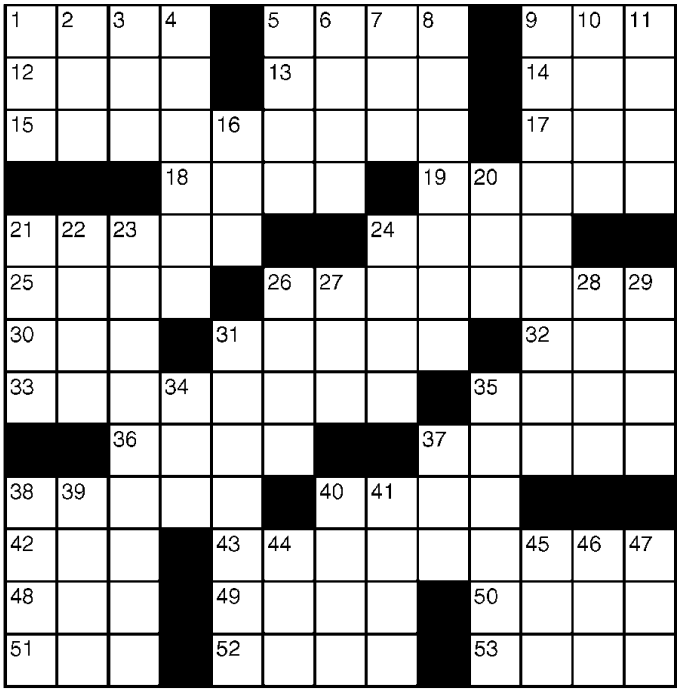
Anaphylactic shock is a severe and potentially life-threatening allergic reaction that can occur within seconds of exposure to an allergen and requires rapid intervention. Fortunately, there's a portable device that can be used to temporarily reverse symptoms in an emergency. It's called an epinephrine auto-injector and is available under the brand names EpiPen, Allerject and Emerade.

Also known as adrenaline, epinephrine is a hormone produced by the adrenal glands that's responsible for your body's fight-or-flight response. Among other things, it increases your heart rate and relaxes the muscles in your airways to improve your breathing. A synthetic version of this hormone is used in auto-injectors to ease symptoms of anaphylactic shock, which can include:

- A swollen tongue or lips, or tingling in the mouth
- Red, itchy welts (hives), flushed skin or sudden paleness
- Wheezing, difficulty breathing or feeling like you have a lump in your throat
- Confusion, dizziness or fainting
- Sudden drop in blood pressure
- Abdominal cramps, nausea, vomiting or diarrhea
- A weak or rapid pulse

Since anaphylactic shock can recur hours later without further exposure to the allergen, it's vital to head straight to an emergency room for observation and treatment after using an epinephrine auto-injector. Additionally, a second dose may be needed within five to 20 minutes of the first injection if the person's symptoms don't improve. Therefore, it's best to have several auto-injectors on hand, especially if you live far from a hospital.

To learn more about these life-saving devices, consult an allergist.



ACROSS

1 Glitz partner
5 Body powder
9 Use a straw
12 Andean land
13 Jannings of old films
14 Travail
15 Former Cubs slugger
17 Tolkien creature
18 Porgy's love
19 Witherspoon of "Wild"
21 Inventor Nikola
24 Pugilist's weapon
25 Yard tool
26 "CSI" procedures
30 Egg (Pref.)
31 Topped with froth
32 Picnic dessert
33 Like ghost towns
35 Dog's treasure
36 Cambodia neighbor
37 "What the Butler Saw" playwright
38 Ink stains
40 Onetime "This Old House" host Bob
42 Back talk
43 "Georgia on My Mind," for one
48 Mine material
49 Sunrise direction
50 Counterfeit
51 Petrol
52 Obligation
53 Meditative practice

DOWN

1 Family docs
2 Grazing land
3 Branch
4 Speak unclearly
5 Dick Tracy's love
6 Hebrew prophet
7 Fleur-de- --
8 Gem's feature
9 Ideal place on a tennis racket
10 Charged bits
11 Seeger or Sampras
16 Verily
20 Jargon suffix
21 Walked (on)
22 Roof overhang
23 Aspen attractions
24 Notoriety
26 "-- you're told!"
27 Rebel Turner
28 Ex-Yankee Martinez
29 Beheld
31 Heeded dental advice
34 Feedbag morsel
35 Obstreperous
37 Flamenco cheer
38 Online journal
39 Turkish money
40 Expansive
41 -- -bitty
44 Greek cross
45 Discoverer's call
46 Pester
47 "Today" rival, briefly

Answers on Page 29

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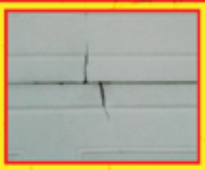

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Celebrity Extra

by Dana Jackson

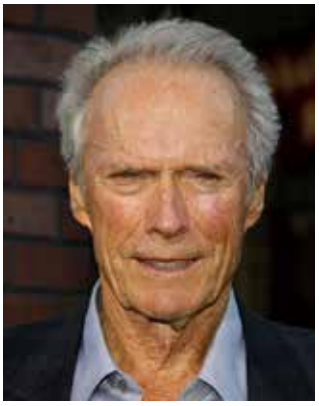

PHOTO CREDIT: DEPOSITPHOTOS

Clint Eastwood

Q: How old is Clint Eastwood now? Is he still directing or acting? Also, is he still married to that former newscaster? — *K.K.*

A: Movie star turned filmmaker Clint Eastwood has no plans to quit show business despite being 91 years old. In fact, he has a new movie, "*Cry Macho*," due out soon. He plays a former rodeo star who goes on a journey driving his boss' son (Eduardo Minett) across Mexico and finds redemption through teaching the boy what is means to be "a good man."

It's Eastwood's first acting role since 2018's "*The Mule*," having directed "*Richard Jewell*" after that, which was about the man who was wrongly accused of being the 1996 Atlanta Olympics bomber.

In an interview with People magazine, Eastwood said "*Cry Macho*" was 40 years in the making. He was asked decades ago to star in the film, but felt he was too young for the part. Years later he thought about directing the movie, but it "went by the wayside" until about a year ago, and now it "feels like I'm just at the right age and I thought it'd be fun to do."

As for his personal life, Eastwood and Dina Ruiz divorced in 2014. They had met in the early '90s when she interviewed him for a local Monterey, California, news station. On retirement, Eastwood says he's taking it "one picture at a time, but it was the right time for this one."

★ ★ ★

Q: How is Heather Locklear doing after her arrest a few years ago? I keep hoping she'll land another prime-time soap role. — *R.D.*

A: When Locklear was arrested on battery charges in 2018, she continued on a downward spiral that had fans questioning whether she would ever act again. Since then, she's completed rehab and appears to have gotten her life together. She has a very loving relationship with her daughter, Ava, who graduated Loyola Marymount University, and she's been sober for over two years. She's also engaged to Chris Heisser, her high-school sweetheart (class of 1979). She's even booked a starring role in an upcoming Lifetime movie, produced by Meghan McCain ("The View"), and based on the true story of bestselling author Kristine Carlson's personal journey from heartbreak to wholeness.

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

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Moments In Time

The History Channel

Sept. 1, 1983 *- Soviet jet fighters shoot down a Korean Airlines passenger flight in Russian airspace, killing all 269 passengers and crew. The KAL flight had veered into a course that was close to one being simultaneously flown by a U.S. spy plane.*

Sept. 3, 1935 *- a new land-speed record is set by Britain's Sir Malcolm Campbell on the Bonneville Salt Flats of Utah. Campbell and his 2,500-hp Bluebird motor car made two runs over a 1-mile course at speeds averaging over 301 mph.*

Sept. 4, 1972 *- U.S. swimmer Mark Spitz wins his seventh gold medal at the 1972 Summer Olympics in Munich in the 400-meter medley relay. He set world records in every event. Spitz's record would stand until Michael Phelps took home eight gold medals at the 2008 Beijing Games.*

Sept. 5, 1666 *- firefighters in London begin blowing up homes in a desperate attempt to halt the spread of a great fire in the city. By the time the fire was finally extinguished, more than 100,000 people had been left homeless.*

Sept. 7, 1950 *- Julie Kavner, perhaps best known as the voice of Marge Simpson on "The Simpsons," the longest-running animated show in TV history, is born in Los Angeles.*

Sept. 8, 1974 *- in a controversial executive action, President Gerald Ford pardons his disgraced predecessor Richard Nixon for any crimes he may have committed or participated in while in office. Ford later explained that he wanted to end the national divisions created by the Watergate scandal.*

Sept. 9, 1776 *- the Continental Congress formally declares the name of the new nation to be the "United States" of America. This replaced the term "United Colonies," which had been in general use.*

Sept. 10, 1940 *- in light of the destruction and terror inflicted on Londoners by German bombing raids, called "the Blitz," the British War Cabinet instructs British bombers over Germany to drop their bombs "anywhere" if unable to reach their targets. One even landed in the garden of Joseph Goebbels, the Nazi Party's minister of propaganda.*

PUZZLE ANSWERS

Answers to Puzzle on pg. 20

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

Answers to Puzzle on pg. 25

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

Time to beat, 22 minutes

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REDUCE Only purchase what you need. A zero-waste lifestyle involves letting go of items that you no longer use. As you reduce the amount of clutter in your home, be sure to dispose of belongings in an eco-conscious way.

REUSE Switch to reusable containers such as glass jars and cloth bags, and whenever possible opt for products sold in packaging that can be refilled. Additionally, invest in high-quality everyday items that are well made and last a long time.

RECYCLE Use the recycling bins provided by your municipality to dispose of cardboard, plastic, glass and other accepted materials. Locate specialized recycling facilities for electronics and paint cans, and other high impact items.

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