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# New Car News

## Do you need to "break in" a new vehicle?

For decades, car manufacturers recommended that drivers "break in" a new car before pushing it to its limits. Here's what you should know.

### THE REASON

A break-in period ensures that the moving parts of a car wear down smoothly, thereby reducing the amount of friction between components. It gives the engine, transmission, shocks, brakes and tires time to work out any imperfections. This process increases the efficiency, durability and longevity of the vehicle.

### THE DURATION

The break-in period is measured in distance rather than time. Each car manufacturer has its own recommended distance, which can be as much as 3,000 miles. However, it's generally agreed that the first 600 miles are the most important.

### THE PROCESS

Breaking in a car involves adapting the way you drive to avoid overworking the engine and other moving parts. Here's what's recommended:

- Don't push the engine above 3,000 revolutions per minute (rpm)
- Alternate between accelerating, slowing down, braking and shifting gears on a quiet road
- Avoid abruptly accelerating and braking
- If it's a manual transmission, shift gears carefully without forcing the gearshift
- Let the engine idle for a few minutes before driving, particularly in cold weather
- Don't use the vehicle to tow anything

A break-in period is also beneficial after you've had one or more moving components of your car replaced. This will help ensure the new parts wear evenly and work optimally.



## 5 considerations when shopping for a fuel-efficient car

Are you looking for a fuel-efficient car? If so, here are five factors to keep in mind when shopping for your new ride.

### 1. WEIGHT

A smaller, lighter car will use less gas than a heavier one. Keep in mind that the weight of a car doesn't depend solely on its size. Certain features, such as electric windows and seats, can considerably increase the weight of a vehicle.

### 2. CYLINDERS

Engine cylinders are the chambers where gas is converted into power. Therefore, the number of cylinders in an engine directly affects the car's fuel consumption. The more cylinders an engine has, the more gas it requires to operate the vehicle.

### 3. AVERAGE CONSUMPTION

Each vehicle has an average fuel economy for highway, city and combined driving calculated in miles per gallon (MPG). You can find this information on the manufacturer's website or by visiting a local dealership.

### 4. ECO MODE

Many modern cars have a fuel-saving setting called eco or economy mode. When activated, this feature adjusts the vehicle's acceleration speed, transmission and air conditioning to reduce fuel consumption.

### 5. AERODYNAMICS

Most cars are designed to minimize the impact of air resistance on speed and fuel consumption. However, accessories installed on a vehicle, such as a permanent luggage rack or sport equipment carrier, can alter the car's aerodynamics.

Once you've chosen a vehicle, you can improve its fuel economy by adjusting the way you drive. In particular, use cruise control whenever possible to reduce the amount of gas your car burns.





# Happy 4<sup>th</sup> of July!

## How well do you really know your country?

On July 4, 1776, the Continental Congress adopted the Declaration of Independence. Today, the 4th of July is a celebration of the nation created on that momentous occasion 245 years ago. But how well do you really know the people and places of the United States? Take this quiz to find out.

### TRUE OR FALSE?

- ★ Thomas Jefferson was the first president to live in the White House.
- ★ Sonia Sotomayor was the first Hispanic American to serve on the Supreme Court.
- ★ The United States Constitution was inspired by the Iroquois Confederacy.
- ★ Frederick Douglass was the first African American senator.

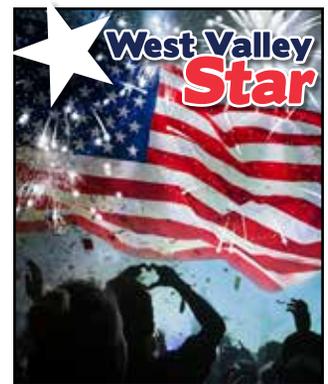
★ The Washington Monument is the tallest monument in the United States.

### WHAT HAPPENED FIRST?

- ★ The Louisiana Purchase or the passage of the Bill of Rights?
- ★ The invention of the telephone or the establishment of the first national park?
- ★ The founding of the Ford Motor Company or the Wright brothers' first flight?
- ★ The creation of the National Football League or the ratification of the 19th Amendment giving women the right to vote?
- ★ The passage of the Civil Rights Act or the creation of NASA?

### BY THE NUMBERS

- ★ How many UNESCO World Heritage Sites are in the United States?
  - a. 24
  - b. 37
  - c. 50
- ★ What percentage of fire departments in the United States are staffed entirely by volunteers?
  - a. 30 percent
  - b. 55 percent
  - c. 70 percent
- ★ How many states does the Mississippi River run through?
  - a. 8
  - b. 10
  - c. 15



**JULY 2021**

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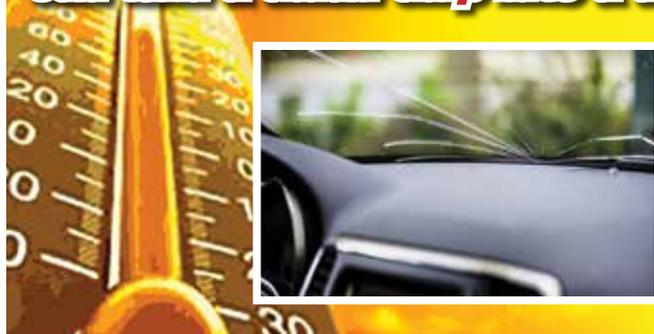
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*Galatians 5:1*

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# Here's A Tip

by JoAnn Derson

Going to the beach for your vacation? Here's a handy hint to take great care of your swimsuit. (They get more expensive all the time!) Pack at least two suits and bring a box of baking soda. Soak the suit for 15 minutes in a baking soda and water solution, then lay flat on a towel. Roll the towel up and wring lightly. Unroll and hang to dry. Rotate suits.  
— JoAnn

Help for a sunburn: Take two non-steroidal anti-inflammatories (aspirin, ibuprofen) right away. Soak a cloth in cold milk and drape over the burn until it warms to room temperature. Repeat if necessary and apply a light moisturizer.

To ease the ache of a brain freeze, simply cup your hands over your mouth and nose. Blow out hot air, and it will recirculate to warm your palate in seconds.

Hanging jeans and other heavy clothing to dry prevents shrinking and saves electricity. They dry super fast here in Arizona on a patio or in the garage! You can pop in the dryer to soften once they're dry.

"Here's my tip: Use a muffin pan to make big ice cubes for drinks." -- A.L. in Missouri

If your legs stick to vinyl or plastic seats when you're wearing shorts, try spraying a little deodorant on the backs of your thighs.

Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.

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# Hollywood

by Tony Rizzo

HOLLYWOOD -- Sequels, sequels, sequels! *Knives Out 2* will again star Daniel Craig, as well as Edward Norton and Dave Bautista, when it begins shooting in Greece. Netflix has allotted \$400 million, aiming at a December 2022 release for *KO2*, followed by *Knives Out 3*, being shot back-to-back. And *Venom*, which grossed \$855 million in 2018, has the sequel *Venom 2*, *Let There Be Carnage* already shooting with Tom Hardy, Michelle Williams and Reid Scott returning, adding Woody Harrelson and J.K. Simmons to the mix.

★ ★ ★

*Will & Grace* Emmy winner Debra Messing,

will unveil her singing pipes for Netflix in *13: The Musical*. It's based on the Broadway musical that ran from 2008-09 and served as the debut vehicle for singer Ariana Grande and actress Elizabeth Gillies.

★ ★ ★

Two-time Academy Award-winner Hilary Swank (best supporting actress for *Boys Don't Cry* in 1999, and best actress for *Million Dollar Baby* in 2004) seemed to disappear during the pandemic, but she was in Australia in June 2019 making the sci-fi thriller *I Am Mother*, with Rose Byrne; the horror/thriller *The Hunt*, with Betty Gilpin, Amy Madigan and Emma Roberts (in New Orleans); as



PHOTO CREDIT: DEPOSIT PHOTOS

## Debra Messing

★ ★ ★

well as *Fatale*, with Michael Ealy and Mike Colter (shot in L.A.). She also starred in the Netflix series *Away*.

Swank will return in a blaze of glory playing racing pioneer Janet Guthrie, the first woman to compete in both the Indianapolis 500 and the Daytona 500, in *Speed Girl*.

★ ★ ★

Yet another comeback

story is Lindsay Lohan, getting an assist from Netflix, which has named her to star in an as-yet-untitled holiday rom-com being directed by Janeen Damian, wife of former *The Young and the Restless* soap star Michael Damian, who co-wrote the script with her and has recently directed two films for the Hallmark Channel.

Is Ellen DeGeneres' withdrawal from her daily talk show after 19 seasons a sign that the face of daytime television is changing? The network says it isn't looking for another talk show to replace hers and may go in a totally different direction. Also, rumors abound that Pat Sajak may well retire from *Wheel of Fortune* (after 40 years) at the end of this year.

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## Drinking more water doesn't have to be a chore.



- Find out from your doctor just how many ounces you need to drink in a day. (Medications, can change how your body reacts to heat and dehydration. Ask whether you need an electrolyte-replacement drink for added potassium and sodium.)
- Don't wait until you're thirsty to drink water!
- Caffeinated beverages cause frequent urination and promote dehydration. Stick with water.
- Fill several smaller water bottles to reach the required number of ounces you need. Keep them on the kitchen counter where you'll see them.
- Keep melons, berries, apples, oranges and peaches available. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good sources of fluids.
- Make your own fruit popsicles.
- If you walk for exercise, switch to air-conditioned spaces such as a mall and drink plenty of water while you walk.
- If the taste of water is bothersome, try using sugar-free powdered drink mixes to flavor the water

## Cool facts about brain freeze... and Popsicles

No matter what your age, nothing beats a frozen popsicle or an icy treat on a hot Phoenix day. If you've indulged, you're probably familiar with the sharp pain felt in the forehead and temples while eating your favorite ice cream or drinking a cold beverage. In fact, brain freeze is one of the most common types of headaches.

### How it happens

When something cold comes in contact with the roof of your mouth or the back of your throat, it causes the nearby blood vessels to constrict. This triggers a rush of blood to the area that widens these vessels in an attempt to restore warmth and proper

blood flow.

The reason you experience pain when this happens is because there's a bundle of highly sensitive nerves located just behind your nose. These are linked to the trigeminal nerve in the brain, which is responsible for providing sensation to the face. This is why you might experience brain freeze in your temples, forehead or behind your eyes, even though the source of the cold is in your mouth.

### How to treat it

A simple cure for an ice cream headache is to warm up the affected blood vessels. You can do this by firmly pressing your tongue to the roof of



your mouth until the pain dissipates. Alternatively, you can take a few slow sips of a warm beverage.

To avoid brain freeze altogether, without giving up your favorite frozen treats, remember not to rush and to take small bites or sips, or sip room temperature water while you enjoy your treat.

Did you know the original popsicle was invented by an 11-year-old boy?

Frank Epperson of Oakland, California inadvertently left a glass —filled with water, powdered soda mix and a wooden stick for stirring

— outside one particularly cold night. In the morning, the soda mixture was frozen solid. He ran the glass under hot water and removed the ice pop using the stick as a handle.

In 1923, Epperson

filed for a patent for his invention. Up until then, he had been calling the frozen treats "Eppsicles," but his children insisted on calling them "Pop's 'sicles." The latter name stuck and the Popsicle was born.

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by Matilda Charles

## Fighting Back Against Rising Food Prices

This week I scored with some grocery discounts, plus some free groceries by using store coupons. Added to that was \$12 in free items I took to the local food bank. All of this is because I signed up for another grocery store's customer loyalty card.

It took a few weeks, but eventually the store's computer figured out my favorite brands and items I routinely purchased, and turned those into discount coupons. It included free items to get me to sample different brands.

If you use a smartphone, check out the grocery apps for your favorite grocery store chains. They make

coupon clipping easier than ever, and the savings are well worth it.

Want to save time, money, and beat the heat? Be adventurous and try the pick up options offered by your local chains. Just do your shopping on your favorite store's app. Someone else does the shopping, all you do is park and wait for your order. Or have your order delivered if that's in your budget. Most grocery stores in this area charge \$10 or less for delivery. I've saved at least that much on my regular orders.

I have to say, I'm not a fan of other people picking

my produce or deli orders. Conveniently those departments are located next to each other. I zip in and pick up my fruits, veggies, deli meats and cheeses. I pay for those then I go back and wait in my car for my shopper to load the rest of my order. I've saved a tidy amount avoiding impulse buys and sticking to my list.

Back to the food bank donation. It feels good to be able to give to those who have less. The free items offered by the grocery store coupons can help beef up the supplies they have at the food bank, and in some cases might even be treats for those who can't afford them. I thought about that when I grabbed the mega oversize candy bar offered with a free coupon: somebody's kids might not have had sweets in a very long time.

And then there are our

own pantries. For so long stores couldn't get certain items. Once those were in stock again, some of us grabbed several extra (*when permitted*) just in case. We might still have those extras in our kitchen cabinets. It's time to look at expiration dates and consider the reality: will we really use four boxes of pasta anytime soon? If not, perhaps they could be donated to the food bank.

One essential way to reduce food waste is to figure out which sell by/expiration dates matter and which don't. There are some informative articles online at [foodprint.org/?s=expiration+dates](http://foodprint.org/?s=expiration+dates) about what the dates on food actually mean, and how to reduce food waste.

If grocery prices are going to keep rising these are a few ways we can fight back.

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### How well do you really know your country?

#### — ANSWERS —

1. False  
(It was John Adams)
2. True
3. True
4. False  
(It was Hiram Rhodes Revels)
5. False  
(It's the Gateway Arch)
6. Bill of Rights, 1791  
(Louisiana Purchase, 1803)
7. Yellowstone, 1872  
(Telephone, 1876)
8. Ford, June 1903  
(Wright brothers, Dec. 1903)
9. Women's suffrage, Aug. 18, 1920  
(NFL, Aug. 20, 1920)
10. NASA, 1958  
(Civil Rights Act, 1964)
11. a) 24 12. c) 70% 13. b) 20

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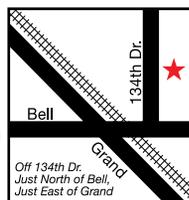
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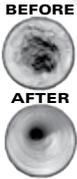


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## Recipe

Reproduced with permission from **Stiletto Momma Cooking**

## Philly Cheesesteaks



### INGREDIENTS:

1 lb. Ribeye steak  
trimmed and very  
thinly sliced

1/2 tsp Sea salt  
or to taste

1/2 tsp Black pepper or to taste

1 Sweet onion (large), thinly sliced

2 Tbsp Cooking oil

8 Slices Provolone cheese, mild (not aged provolone)

4 Hoagie rolls sliced 3/4 through

2 Tbsp Unsalted butter, softened

1 Garlic clove, pressed

2-4 Tbsp Mayonnaise or to taste

### INSTRUCTIONS:

Slice hoagie rolls three-quarters of the way through with a serrated knife. Dice onion and slice beef very thin.

In a small bowl, stir together two tablespoons softened butter with one pressed garlic clove. Spread garlic butter onto the cut sides of four hoagie rolls. Toast the rolls on a large skillet, flat cooktop, or griddle on medium heat until golden brown, then set aside.

Add one tablespoon of oil to your pan/cooktop and sauté diced onions until caramelized, then transfer to a bowl.

Increase to high heat and add one tablespoon oil to pan. Spread the thinly sliced steak in an even layer. Let brown for a couple of minutes undisturbed, then flip and season

with half a teaspoon of salt and half a teaspoon of black pepper. Sauté until steak is fully cooked through then stir in the caramelized onions.

Divide into four even portions and top each with two slices of cheese. Turn off the heat to allow the cheese to melt without overcooking the meat.

Spread a thin layer of mayo on the toasted side of each roll. Working with one portion at a time, place a toasted bun over each portion and use a spatula to scrape the cheesy beef into your bun as you flip it over. Serve warm.



# Green living

## Why you should buy ugly produce

From crooked carrots to asymmetrical apples, an increasing amount of imperfect produce is finding its way onto the plates of consumers. Here are a few reasons to opt for so-called ugly fruits and vegetables.

### An eco-friendly and affordable solution

If you want to do your part to protect the envi-

ronment, buying imperfect produce that would otherwise go to waste can be a good place to start. In addition to helping save the planet, you'll also save money. This is because ugly fruits and vegetables tend to cost less than their shapely counterparts.

It's also worth noting that most physical imperfections have absolutely no

effect on a product's taste or nutritional value. Sure, it might be trickier to peel and chop misshapen produce, but practice makes perfect. Next time you're shopping for fruits and veggies, keep an eye out for less-than pretty items that are still entirely edible.

### Food loss vs. food waste

Food loss occurs when



farmers can't sell produce due to its appearance or for other reasons, food waste refers to goods thrown out after they're purchased by grocery stores, restaurants or consumers.

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## Pets Shell-Shocked by Nightly Fireworks

**DEAR PAW'S CORNER:** During social distancing, it seemed like someone in my neighborhood was setting off fireworks every night. My poor dogs are so stressed they now sleep with me at night. What will the even louder 4th of July celebrations do to them?  
-- Larry H., via email

**DEAR LARRY:** I experienced similar nightly fireworks throughout the pandemic. Who knows why fireworks were so popular. I guess some people had little else to do, and no regard for their neighbors.

My pets are not too fazed by the occasional crackle of firecrackers, which still goes on here

even though the pandemic restrictions are mostly lifted. But some of our neighbors had much bigger fireworks and enjoyed setting them off around midnight or later — with no warning. My pets came flying into the bedroom when these were set off.

As a pet owner, it's frustrating to see our companions suffer from someone else's carelessness. As we head into the 4th of July weekend, plan ahead to make things easier for your pets.

Create a safe space for your dogs to go to when fireworks go off. Some dogs absolutely need this and can't be comforted by

a hug or treats. A friend of mine created a little den in the corner of her mudroom made out of plywood. She added bedding and old clothes inside so her giant mutt *Ollie* can hide from loud noises.

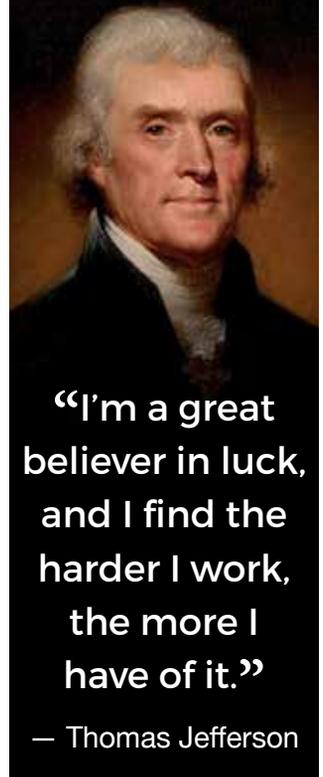
Some dogs experience reduced anxiety when wearing a "thunder vest".

Talk to your dogs' vet as well about medication to keep them calmer through the holiday, which may help them better deal with the trauma caused by fireworks.

Send your questions, comments and tips to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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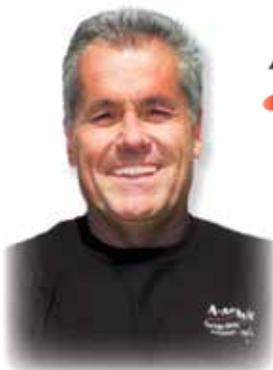
Thought for the Day



"I'm a great believer in luck, and I find the harder I work, the more I have of it."

— Thomas Jefferson

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# HEALTH REPORTER

JUNE 2021

NATIONAL

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## 4 apps to keep you connected

Here are four applications (available for Android and iOS) that will help you connect with loved ones or meet new people.

**Rave** - Use this app to watch movies, TV shows and videos in sync with friends and family members. You can also send text or voice messages if you want to comment about what's happening on screen. It's compatible with Netflix, Disney+, Amazon Prime Video and YouTube.

**Smala** makes it easy to

share photos and exchange messages with loved ones no matter where you are. It features kid-friendly activities like drawing and writing that allow you to be creative together. Use the app to create a digital album filled with family memories you can take with you anywhere.

**Tandem** - If you want to practise speaking another language, this app will pair you with a native speaker who's interested in learning your language. Send text and voice mes-

sages, and make phone or video calls to practise your conversation skills, improve your accent and learn about your respective cultures.

**Bunch** makes it easy to host a virtual family game night. Choose from a selection of multi-player games or play one that's already downloaded on your device. There's something for everyone. The best part is, you get to see everyone's face over video chat while you play.

## Strange But True

by Samantha Weaver

*On May 19, 1996, Kermit the Frog gave the commencement speech at Southampton College, Long Island University.*

*The average high-school swimmer swims 1 million strokes per season.*

*Researchers found that male bottlenose dolphins in Western Australia's Shark Bay have formed "boy bands" that harmonize their mating calls together in order to better attract females.*

*While working as an extra on the set of "The X-Files," singer Michael Buble was fired for stealing a hot dog from the craft services table.*

*The most common injury caused by makeup is scratching the eye with a mascara wand.*

*Out at sea, a tsunami is only about 3 feet high, and could pass a boat without being noticed.*

*Boanthropy is a psychological disorder in which patients believe they are a cow.*

*The infamous crocodile jump by James Bond in "Live and Let Die" was performed with real crocs by the only person willing to attempt it -- the owner of the crocodile farm.*

*The original recipe for chocolate contained chili powder instead of sugar.*

## EXPERIENCE MATTERS

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Want to test how ripe your cranberries are? Drop them on the ground! Cranberries are nature's bouncy ball -- farmers even use this technique to see if the fruit is ready for shipment.

In Las Vegas, it's against the law to pawn your dentures.

Allergy sufferers, take note: one ragweed plant can release as many as 1 billion grains of pollen.

Tablecloths were originally designed for use as one big, communal napkin.

According to research done by MIT, the number 17 is the most common randomly chosen number between one and 20.

## Volunteering at the VA

The Department of Veterans Affairs just celebrated its 75th year of volunteers helping to run programs for veterans. In that time they've toted up 1 billion hours of volunteer time. Last year alone, 46,000 volunteers worked 4.4 million service hours and gave \$108 million in gifts and donations.

That's huge! And it's a credit to all those volunteers that they found ways to support veterans despite COVID and all the restrictions it brought to our lives.

We can make this year even better.

Go to Voluntary Services at [www.volunteer.va.gov](http://www.volunteer.va.gov) and see how you can help. On the left side look at Volunteer or Donate Now. Pick

your state and the facility you want to support.

If you prefer to make a monetary donation, you can do that online with a credit card. Be sure to identify the facility you'd like the money to go to.

If you want to volunteer in person, select the facility and check the list for slots that need filled. It might be parking-lot shuttle driver, mealtime companion, maintenance help or any other type of service. If the facility has a hospice unit, look at the list and consider the families that are staying there.

If you're a member of a service organization such as the American Legion and want to make a group

donation, look at the list of wish items they need. Right now at my medical facility, they're looking for store gift cards, sneakers, underwear, canteen coupon books and gas cards. Other facility lists are more specific, down to the actual size of pants and shoes that are needed or the type of paperback books that are preferred.

Facilities near large homeless populations often try to put together care packages for those veterans, or apartment start-up kits for those moving into housing.

Call the Voluntary Services department at a facility near you and ask how you can help.

**HAPPY Independence Day**  
**and Thank You First Responders for Your Service**

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# Summer is here: **Pool Safety is #**

Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.

Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.



Make sure kids know how to swim and learn these five water survival skills:

- **Step or jump into water over their head and return to the surface**
- **Float or tread water for one minute**
- **Turn around in a full circle and find an exit**
- **Swim 25 yards to exit the water**
- **From in the pool, be able to exit without using the ladder**

Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates. Empty kids' pools after each use. Store them upside down so they do not collect water. Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.

SOURCE: SAFEKID



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Treat your body like it belongs to **someone you love**

## The anti-diet movement and intuitive eating: putting an end to the glorification of thinness

by Marilou Morin, professional dietitian and certified intuitive eating counsellor



Is it possible to take care of yourself without trying to lose weight or control your behaviour to keep it off? The possibility certainly grabs people's attention. I invite you to read my reflection on the matter based on scientific literature as well as my 10 years of experience as a dietitian, my certification in intuitive eating and the numerous experiences of my clients.

Many people feel dis-

connected from and distrustful of their own bodies. Indeed, children as young as three years old start to assimilate the belief that being thin is better than being fat. It's no wonder that by the age of nine, one-third of girls have already tried to lose weight, according to government data.

When we acknowledge that between 92 and 98 per cent of diets fail within two to five years, and that as many

as two-thirds of people regain more weight than they lost (according to studies by Tomiyama), it's not surprising that we see so many people caught in a vicious cycle of dieting. What's more, diet culture blames the individual for failure. This leads to the perception that people who diet lack the willpower and motivation to lose weight, when really, it's the model itself that doesn't work.

The concept of intuitive

eating proposed by American dietitians Evelyn Tribole and Elyse Resch, involves the radical act of taking care of yourself with compassion, respect and kindness.

It consists of:

- Making peace with food and rediscovering the joys of eating
- Reconnecting with your body to honour your physiological, emotional, psy-

*continued to pg.20*

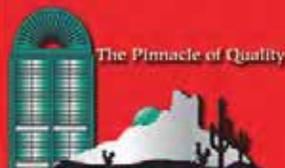
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One of the most interesting examples of irony is that the most shoplifted book in America is The Bible.

## Your Good Health

by Keith Roach, M.D

### Dust Mite Allergy Triggers Cough

**DEAR DR. ROACH:** For months, I have had a persistent cough that I have been unable to get help with. I saw an allergist three years ago and was told I am allergic to dust mites. I was first referred to a lung doctor where X-rays showed that my cheek sinus drains were completely blocked, and then to an ear, nose and throat doctor, who confirmed this diagnosis.

This ENT doctor recommended I have surgery to unblock the drains and clear out the sinus area. I understand that sinus drainage can cause coughing and wonder if this would still make me cough. I sometimes cough until I can cough up something, and this seems to stop my cough for a while. I was using a nasal rinse until about two weeks ago when it caused my nose to bleed. The ENT doctor prescribed antibiotics and oral steroids that did nothing. It doesn't

seem to matter if I'm home or sitting in the doctor's office, I'm still coughing. What is the best way to deal with dust mite allergy? -- J.S.

**ANSWER:** There are many causes of chronic cough, but postnasal drip is at the top of the list. Dust mites are indeed a common allergen, and symptoms may include runny nose, watery eyes, sneezing and cough from postnasal drip. Specific treatment for dust mites should include physical barriers, such as covers for pillows and mattresses, and sometimes for other soft surfaces, like furniture cushions, but this is only part of an effective strategy. Removing as many fabrics as possible (draperies, carpets, stuffed children's toys) where dust mites can live is essential. Regular cleaning is necessary, and high efficiency particulate air (HEPA) filters for vacuuming have been shown to reduce dust mites. A low-humidity environment can be very effective, and cooler air -- especially at night -- can reduce irritation of nasal passages caused by dry air. Many interventions for a prolonged period are necessary to reduce dust mites and the symptoms associated with them.

This is critical, because the issue of the sinuses is probably secondary to ongoing allergic exposure. Fixing your sinuses will not fix your ongoing symptoms. Without control of the allergens, you will continue to have symptoms and may even develop sinus blockages again.



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## 5 facts about heat related illnesses

As temperatures soar, the risk of developing a heat-related illness could become more likely. Here are five things you should know about conditions such as heatstroke and heat exhaustion.

**1.** Symptoms present in numerous ways including dizziness, fainting, headache, fatigue, flushed or clammy skin, muscle cramps, confusion, heat rash and an elevated body temperature.

**2.** Older adults are at higher risk. Loss of mobility can make it difficult for seniors to stay hydrated. Plus, the sensation of thirst decreases with age. Older adults who live alone are particularly vulnerable.

**3.** Some medications

reduce heat tolerance, including medications for high blood pressure, Parkinson's disease, allergies and certain heart conditions. Always ask your pharmacist about the side effects of your medications.

**4.** Extreme heat can aggravate chronic conditions such as obesity, cardiovascular disease, hypertension, lung disease and diabetes decrease your body's ability to adapt to changes in temperature.

**5.** During a heat wave, be sure to drink plenty of water, perform physical activities in air-conditioned places, reduce caffeine and alcohol intake, wear lightweight, loose-fitting clothing and rest frequently.

## SUDOKO

by Linda Thistle

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

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. 29



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# HOW TO BEAT THE HEAT THIS SUMMER

## Pro Tips From Arizona Locals

### HYDRATE, HYDRATE, HYDRATE!

Bring water with you EVERYWHERE you go! Eat plenty of fruits & vegetables.

### CLEAN OUT YOUR CAR TODAY

Remove all things from your car or they will melt!

### CRACK THE GARAGE DOOR

Your garage holds a ton of heat. That heat can infiltrate your house through the common walls. To avoid this - crack your garage door to allow more ventilation and relieve some heat!

### BRING ITEMS IN FROM GARAGE AND PATIO

Get rid of any clutter in your garage to make room for unused outdoor furniture and gardening tools. DO NOT store items like propane tanks, aerosol cans, paint, electronics, wine, photos, and canned food.

### RUN ERRANDS FIRST THING IN THE MORNING

Whether you're headed to the grocery store, going shopping, spending time outside with the kids or taking Fido to the park- get it done early!

### LOOK OUT FOR SNAKES AND OTHER WILDLIFE

Unwelcome visitors may make their way into open doors. Keep external doors shut and the floors of garages and sheds picked up!

### VEHICLE MAINTENANCE

Under-inflated tires create excessive heat and stress that can lead to a blowout. Heat evaporates battery fluids, which can speed up corrosion. Or if your car's A/C is a little warm - check it now. Neglecting minor issues like a leaky hose can lead to early compressor failure, which can be an expensive fix.



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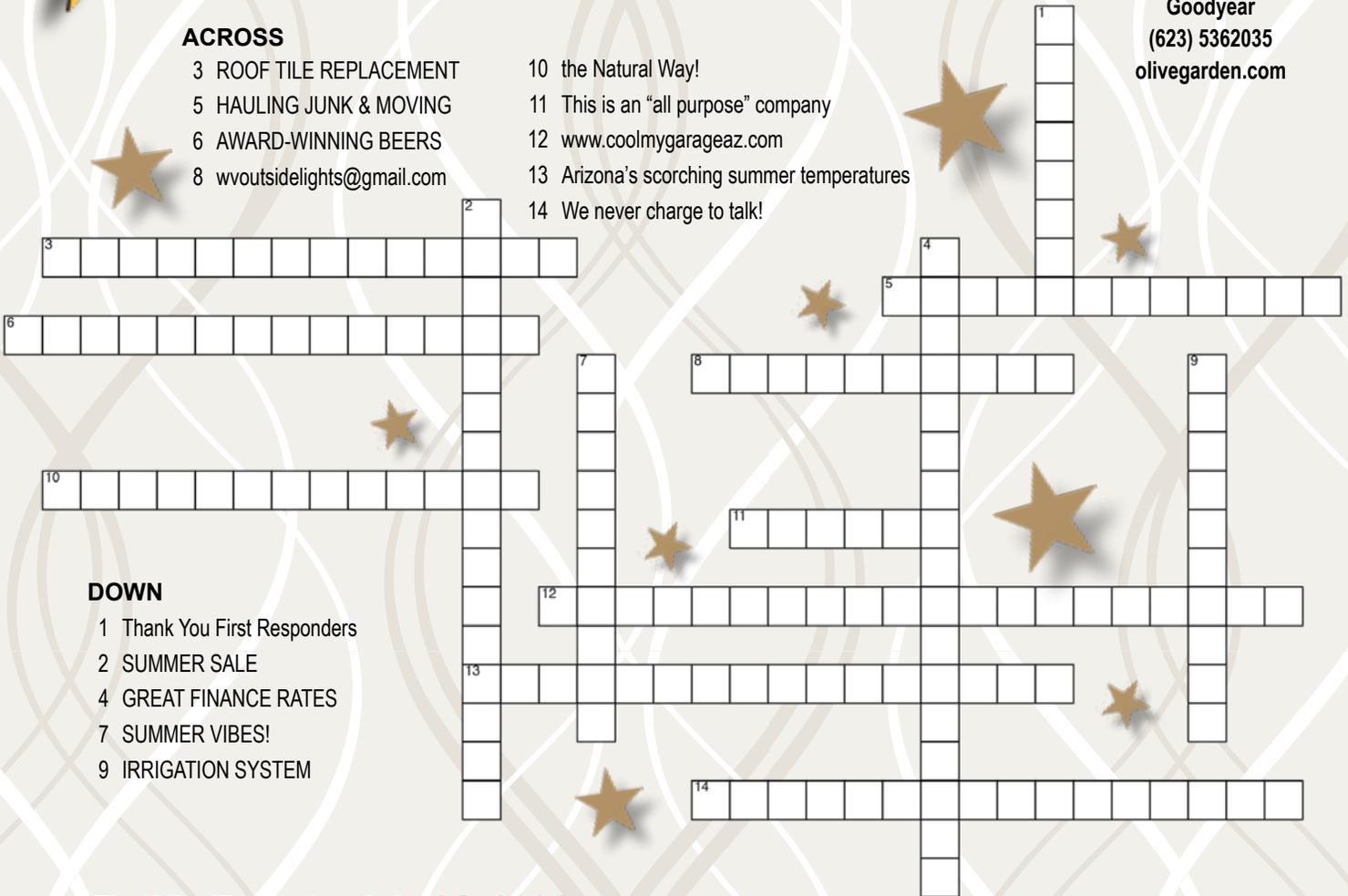
Answers to the clues can be found in this month's West Valley Star

### ACROSS

- 3 ROOF TILE REPLACEMENT
- 5 HAULING JUNK & MOVING
- 6 AWARD-WINNING BEERS
- 8 vvoutsidelights@gmail.com
- 10 the Natural Way!
- 11 This is an "all purpose" company
- 12 www.coolmygarageaz.com
- 13 Arizona's scorching summer temperatures
- 14 We never charge to talk!

### DOWN

- 1 Thank You First Responders
- 2 SUMMER SALE
- 4 GREAT FINANCE RATES
- 7 SUMMER VIBES!
- 9 IRRIGATION SYSTEM



## To Win Enter by July 21, 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 7/21/21. A drawing will be held from all correct entries. One winner will receive dinner for two and two movie passes. Three winners will receive a consolation prize of two movie passes. Winners will be notified by phone, and prizes will be sent by mail.

Check [www.westvalleystaraz.com](http://www.westvalleystaraz.com) for any corrections or announcements

Name \_\_\_\_\_

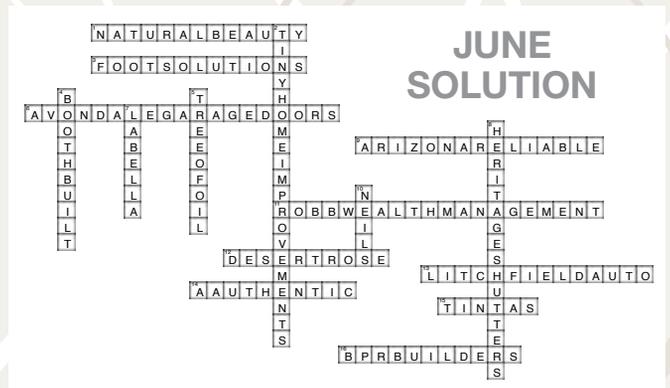
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# Tintas

## Granite & Flooring

---

## SOLID AS A ROCK

---

By Roberta M. Meehan

---

**G**ranite – a rock solid substance used since the days of the Roman Empire for its versatility, endurance, and elegance. Granite – a building block of Surprise, Arizona. Granite – the cornerstone of Tintas Granite and Flooring, a key industry in the north-west part of the Valley of the Sun.

Tintas Granite and Flooring – this is a family business – the type of business from ages gone by that any family could emphatically say, “This is

OUR business.” That is what Tintas Granite and Flooring is all about. It is an American company that started and grew with the city of Surprise, Arizona. The owners proudly proclaim that their business grew up with the relatively new city of Surprise. As Surprise grew from a few people in 1938 to over 125,000 today, it is not surprising that the Tintas family correlates their family business growth with the growth of Surprise itself.

Vasile (Bill) Tintas emigrated from Romania 29 years ago. He and his wife, Laura (also from Romania), met in this country and lived in Chicago before moving to Arizona. Bill, Laura, and their two daughters, Christine and Denice, are all a part of Surprise’s granite story. All family members know all aspects of the business. This is their business and theirs is an American success story. Not only do they work with granite, but also quartz, Silestone, marble, and more.



After working diligently for various companies for 17 years, Bill decided 18 years ago to start his own company, Tintas Granite & Flooring...a company that welcomes the public, contractors, realtors, designers, builders; a company that prides itself in being big enough to handle any customer and any job; a company that stresses quality over quantity but personable enough to consider each customer on a one-on-one basis.

In addition to the Tintas family, Tintas Granite & Flooring employs about 40 full and part time workers. Interestingly, all work is done "in house" because this granite corporation believes in hiring and keeping skilled people as their own workers for every aspect of the business.

This is an "all purpose" company, a "one-stop shop" that supplies not only the granite for a project but also produces complementary cabinetry and flooring, including showers, back splashes, and so forth. Granite, the solid foundation, comes from a variety of countries. Tintas believes the best is from Brazil because the Brazilian granite has the richest colors. Other good granite sources include Italy, India, Africa, Norway, and Ireland (to name a few!). Imported granite is used because of its quality. Native (as in Arizona) granite develops from a poorer soil and thus, while good for building, lacks the elegance, luster, and durability needed for inside-the-home construction.

It should be noted that there are over 400 types of granite and that various granites can be polished either to the elegant popular look or to the more rustic leather look. Tintas Granite and Flooring inspects its purchases before importing them,

**Family Owned. From left to right. Laura, Bill, Denice, and Christine.**



which adds to the quality of the eventual products. When the granite arrives as a slab of stone, it is initially prepared so that the prospective customer can see the marbling and help to determine the best view for the proposed use.

The customer is involved in all aspects of the work. All work is custom work. A template is made and that template is used to help the customer see the best cut. After preparation, the granite is prepared to the customer's specifications (using the "measure nine times, cut once" formula).

After the granite is cut and finished (including being polished) to meet the customer's needs, it is coated with a sealant that is good for up to 20 years (and can be re-applied after that). Considering that some of the granite from ancient Roman times is still in use, one can assume that Tintas Granite and Flooring products will be functional for a long time to come!

**Visit Tintas Granite & Flooring at 13410 W. Foxfire Drive in Surprise. We're open Monday through Friday 8 am – 5 pm & Saturday 9 am – 2 pm. We are open to the public.**

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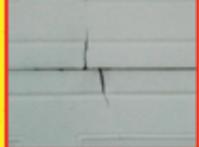


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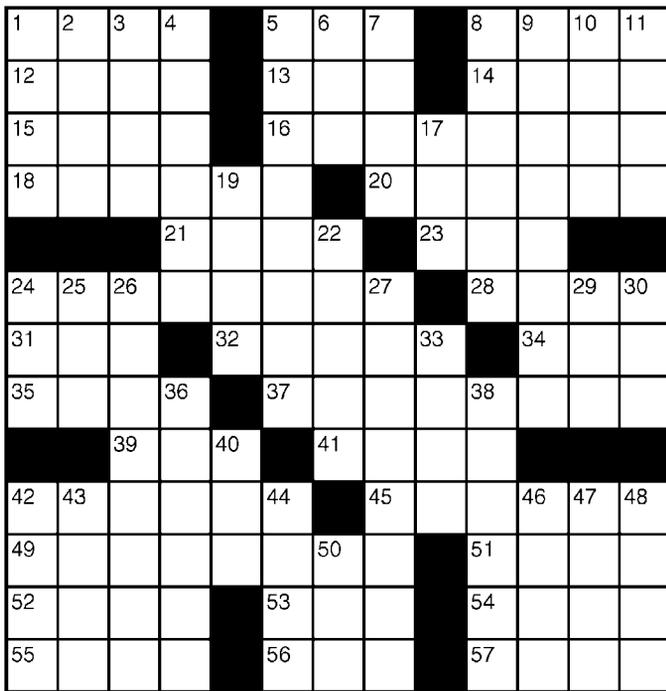
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**ACROSS**

- 1 Egyptian deity
- 5 Piercing tool
- 8 Probability
- 12 Lion's share
- 13 Hot tub
- 14 Stench
- 15 Unoriginal one
- 16 Home to the Buccaneers
- 18 Pizza topping
- 20 Wine container
- 21 Off-white
- 23 Dict. info
- 24 Spoofs
- 28 Pharmaceutical
- 31 Playwright Levin
- 32 Leg bone
- 34 Mentalist's gift
- 35 Rhett's last word
- 37 Mildew cause
- 39 Scratch
- 41 Valentine flower
- 42 Molds

**DOWN**

- 45 Foliage
- 49 Marshmallow toaster
- 51 Carousel, for one
- 52 "I cannot tell --"
- 53 Pair
- 54 Aspiring atty.'s exam
- 55 Fork setting
- 56 Still, in verse
- 57 Orange veggies

**ACROSS**

- 19 Highlander
- 22 Release a deadbolt
- 24 Cover
- 25 Altar constellation
- 26 Abba-inspired hit musical
- 27 Buck
- 29 Constitution letters
- 30 Family docs
- 33 Church section
- 36 Caught some z's
- 38 Almost
- 40 Ump
- 42 "Lion King" villain
- 43 Sainly ring
- 44 Faction
- 46 Travel permit
- 47 Dutch cheese
- 48 Collections
- 50 Regret

Answers on Page 29

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## The anti-diet movement and intuitive eating

continued from pg. 18

chological, relational and spiritual needs

- Learning to respect your body and take care of your health in accordance with your values

- Realizing the impact of diet culture and systems of oppression on your overall well-being

Diet culture — which glorifies thinness, stigmatizes fatness and demonizes certain foods in favour of others — is insidious. It appropriates the inclusive and benevolent language of intuitive eating to present itself in a better light. You're then proposed "anti-diet" methods for how to lose weight — what a contradiction! These include:

- "Only eat when you're hungry, and stop as soon as you feel full."

- "Lose weight by slowly savouring your food with complete awareness and enjoyment of the experience."

Do you feel influenced by an all-or-nothing mentality? Of success or failure as the only options? Eating with kindness isn't about imposing rules on yourself. It's about listening to your wants and needs, and honoring them as much as possible.

There's no right or wrong way to do this. It's a journey that's as unique as you are, and it deserves attention, time and compassion.

If you need professional guidance along the way, don't hesitate to reach out to a certified dietitian in your area.

A perfectionist walked into a bar... apparently, the bar wasn't set high enough.

## PUZZLE ANSWERS

Answers to Puzzle on pg. 21

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

Answers to Puzzle on pg. 27

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

Time to beat, 22 minutes

# Celebrity Extra

by Dana Jackson

**Q:** I'm really enjoying the new comedy *Hacks* on HBO Max. It's yet another brilliant performance by Jean Smart, whom I've watched since her *Designing Women* days. Has she ever won an Emmy or Oscar? She certainly deserves one. -- P.W.

**A:** Jean Smart, who will turn 70 this year, was best known for playing Charlene on the hit sitcom *Designing Women* in the late 1980s. Shortly after it ended, she took a big dramatic leap and wowed critics in the TV biopic *Overkill: The Aileen Wuornos Story*. Adept at both comedy and drama, she easily switched

genres, most notably as a Mrs. Robinson type in *The Brady Bunch Movie* and later as the head of a crime syndicate in the TV series *Fargo*.

In *Hacks*, Smart plays a struggling comic who reluctantly hires a young writer, played by newcomer Hannah Einbinder, to spice up her act. Einbinder is the daughter of *Saturday Night Live* alum Laraine Newman. As for Smart's fireplace mantle at home, it has room for some more Emmys after previous wins as Outstanding Guest Actress on the sitcom *Frasier* and Outstanding Supporting Actress in the comedy series *Samantha Who?*, which starred Christina Applegate. *Hacks*

is a real showcase for her talent, so don't be surprised if her agent is already telling her to prepare her acceptance speech.

★ ★ ★

**Q:** I was really sad to read that Ned Beatty died. Had he acted in recent years? -- T.T.

**A:** Ned Beatty started out as a theater actor, but his first film role was a memorable one, in *Deliverance*. A few years later he was nominated for an Oscar in the Best Supporting Actor category for *Network*. His television career was just as impressive with notable parts on classics like *The Rockford Files*, *Highway to Heaven*



PHOTO CREDIT: JAKE GILES NETTER/HBO MAX

## Jean Smart in *Hacks*

and *Homicide: Life on the Street*. He also endeared himself to both children and adults as the purple bear Lotso in *Toy Story 3*.

Beatty passed peacefully in his sleep at home at the age of 83.

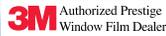
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## Here's A Tip

There's been a lot of talk at my house about kitchen gadgets that do double duty, especially since I have made whipped cream for the first time — in my coffeemaker! I have a French press that I rarely used, until now. Add heavy whipping cream and a bit of sugar to the pot, and use the screen to whip the cream by rapidly pumping it up and down. Magic! — JoAnn

Want bananas to last a little longer? Do not separate your bunch, and wrap the tip in foil. You can also put them in the refrigerator. The skins will brown, but the banana will stay fresher longer.

To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.



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