

West Valley Star

APRIL 2024

Fun Reading

*Entertaining Features
Exceptional Values
Useful Services
...and much more*



Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

1975-2024... SERVING THE VALLEY FOR 49 YEARS

SEE OUR AD ON PAGE 12



***Look Inside* for Local Businesses and Services**

“Spring has Sprung!”



If your vehicle “Springs” a leak, give us a call...

April is National Car Care Month


LITCHFIELD
AUTO REPAIR



**SCHEDULE
ONLINE**

FREE
A/C INSPECTION

(\$160 VALUE)

MENTION THIS AD WHEN SCHEDULING
OFFER EXPIRES 5/15/24

AT LEAST THERE'S ONE FAIR AND HONEST MECHANIC!

GET YOUR
FREE QUOTE

(623) 882-8700

671 N 137TH AVENUE
SUITE 106 • GOODYEAR

OWNER'S EXCLUSIVE OFFER

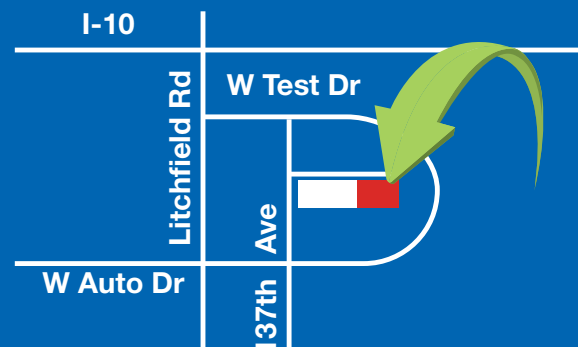
Free
SECOND OPINION

with a written estimate from a
Licensed Repair Facility

OFFER EXPIRES 5/15/24



www.LitchfieldAuto.com



SHADE SALE

THE VALLEY'S LEADING AWNING AND SHADE SPECIALISTS

40% OFF*
All Shade Products!

PROMO CODE: WVS0424 • EXPIRES: 4/30/24



Patio Screens

Window Solar Shades



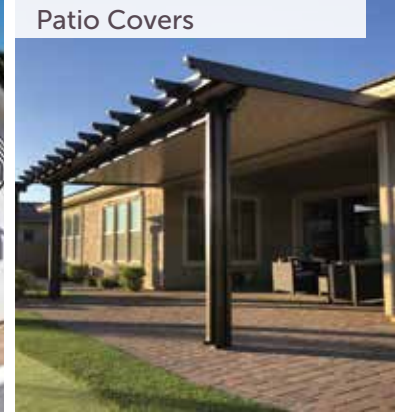
Interior Shades



Window Awning



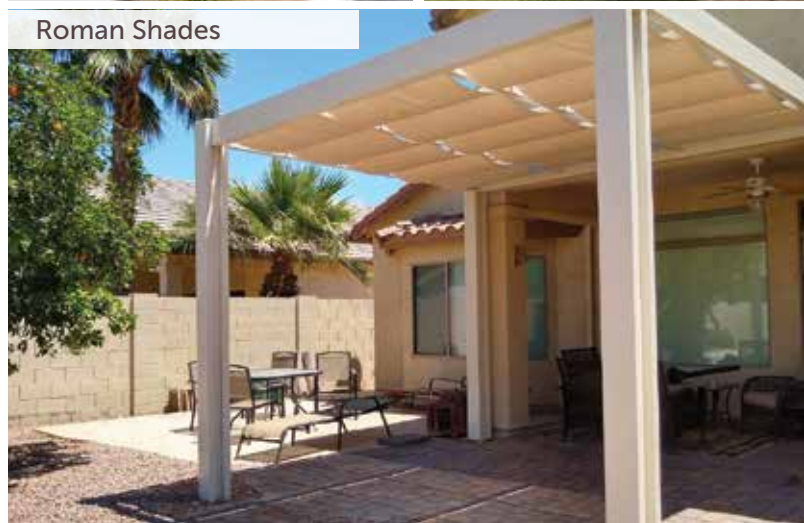
Patio Covers



Retractable Awnings



Roman Shades



LIBERTY

AWNINGS AND SHADES | 1979

Call for a FREE
in-home estimate!

602-956-1642

libertyawningsandshades.com

450 E Watkins St., Phoenix, AZ 85004
ROC 179338 • ROC 330966

Buy Now, Pay Later, Financing Options Available



Locally manufactured



Visit our Showroom to **SAVE an EXTRA 5%***

Must provide photos and rough measurements of the area to be quoted, and purchase via our Showroom Sales Team. Discount not applicable for existing outside sales estimates or scheduled outside sales estimates. Offer valid on new orders only. Excludes Alumawood Patio Covers and Roman Shade Pergolas.

Don't let back pain stand in your way

If you suffer from back pain, it can be challenging to engage in physical activities. However, it's important to stay active to stretch and strengthen your muscles. As you heal, it's important to choose safe activities. Here are a few sports that could benefit you:

Swimming is an excellent sport for people with back pain as the water takes the weight off your body. The safest stroke is the backstroke, but avoid the breaststroke, which requires you to arch your back.

Cycling can relieve back strain and gently stretch your spine without any impact.

Depending on your preference, you can opt for a road bike or a stationary bike. Just make sure it's well-suited to your frame.

Walking briskly for about 30 minutes every day can strengthen your abdominal muscles and reduce back pain. If you enjoy long walks, stick to soft surfaces, like forest trails, instead of pavement. Don't forget to invest in a good pair of shoes!

Yoga is the perfect way to relax and stretch your muscles while strengthening them through slow, deep movements. It can also help improve your posture.



APRIL 2024

INSIDE THIS ISSUE

Celebrity Extra..... 6
 Senior Newline 12
 Veteran's Post..... 13
 Paws Corner 14
 Recipe 19
 Games.....21 & 22
 Hollywood 25
 Service Directory28 & 29
 Green Living..... 29

For Advertising Information, call
623-313-6994

All rights reserved.
 Copyright 2024
 West Valley Star LLC

West Valley Star
 P.O. Box 5731
 Sun City West, AZ 85376
 info.westvalleystar@gmail.com
 www.westvalleystaraz.com



The publisher reserves the right to edit, revise, or reject any editorial copy or advertising submitted for publication. Publisher's liability for errors in ads will, in no case, be greater than the cost of the space in which the error occurs.

Member of the
WICKENBURG
 CHAMBER OF COMMERCE

"Be joyful in hope,
 patient in affliction,
 faithful in prayer."

Romans 12:12

Don't be a
DIYer
 (Destroy It Yourselfers)

Call us for a seamless, stress-free home improvement project estimate.



Install New Blinds

Paint Accent Wall

Garage Storage

Install Doggie Door

Mount TV & Speakers

Hang Curtains

- ✓ Carpentry
- ✓ Doors
- ✓ Bathroom Remodel
- ✓ Tile Work
- ✓ Fencing
- ✓ Repairs
- ✓ Upgrades
- ✓ And Many More...

We're qualified to complete
1,162
 different home projects.

MENTION THIS AD TO RECEIVE
\$25 OFF
 YOUR NEXT JOB



ACE
HANDYMAN
 SERVICES®

West Glendale: 623.299.8701
Services.AceHandyman.co

Who said healthy snacks have to be boring?

Are you looking for some healthy snack ideas? Here are a few suggestions that are sure to delight your taste buds without an ounce of guilt.

SEASONED POPCORN

Try swapping the classic butter and salt on your popcorn for seasoning that's both tasty and nutritious. You can try using herbs like thyme and rosemary or Cajun spices like garlic powder and cayenne pepper. You'll be begging for more!

DELICIOUSLY GARNISHED TOAST

Toast isn't just a breakfast food! Spread nut butter on whole-grain toast or jam made with fruit listed as the first ingredient instead of sugar. Yum!

FRESH FRUIT REINVENTED

Fresh-cut fruit is always a great option, but why not

elevate the presentation by threading pieces on skewers and alternating them with cubes of cheese? You can also coat the fruit pieces in peanut butter or hazelnut spread or dip them in Greek yogurt for an appetizing and nutritious snack.



ELEVATED TRAIL MIX

Prepare your own mix and amp up the taste by simmering nuts, like almonds, walnuts in maple syrup for a few minutes after roasting. Finish it off with a handful of dark chocolate chunks for a tasty treat!

What is the number one health tip for aging well?

GET MOVING:

Exercise & physical activity

Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.

TIPS TO CREATE A HEALTHIER LIFESTYLE?

- Measure and watch your weight
- Limit unhealthy foods and eat healthy meals
- Take multivitamins
- Drink water and stay hydrated
- Limit sugared drinks
- Exercise regularly and be physically active
- Reduce sitting and screen time
- Get enough good sleep
- Go easy on alcohol and stay sober.

Is it time for a new perspective on your financial future?

Who's giving you financial advice? Are they *really* tuned in to your unique goals and how today's ever-changing financial landscape impacts YOU? As a woman, your focus is different — never less important. A frank conversation with someone who shares your values and relates to you could be

**INSPIRING
CONFIDENCE-BUILDING
EMPOWERING**

Let's find out!

Laura Robb AAMS®, Financial Advisor

DIRECT 623 309 5511

ROBB
WEALTH MANAGEMENT

We moved! Next to the new city hall.
15150 W Park Place, Suite 114, Goodyear

Robb Wealth Management is not a registered broker / dealer and is independent of Raymond James Financial Services, Inc. Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc.



Celebrity Extra by Dana Jackson

Q: Is there going to be another season of “Heartland”? I was so sad when Ty died in the ending chapter and wondered if Amy found love again. -- T.A.

A: I’m assuming that you’re watching “Heartland” via Netflix because only seasons 1-15 are currently available to watch on the streaming service. Fortunately, the Canadian series is on season 17 on the CBC network, but here in the United States, you’ll have to wait a bit.

While no official statement has been released, there are reliable sources on the internet saying that season 16 will most likely be available on Netflix beginning in September, possibly earlier. This is because another streaming service, called UP Faith & Family, has first dibs on the show here in the US. Once their customers have had enough time to watch season 16, Netflix viewers will then have their chance, likely starting this September, as mentioned above.

If you can’t wait that long, visit UPFaithandFamily.com and learn how you can subscribe to the streaming platform, which calls itself “the leading streaming service for uplifting entertainment.” They offer a monthly subscription plan for just \$5.99 month, but as always, be sure to read the fine print.

★★★

Q: What is the latest on Richard Simmons? He hasn’t been seen in years, and now there’s a rumor that he died. But fortunately, it was just a rumor, right? -- E.C.

A: American fitness personality Richard Simmons, now age 75, has been reclusive for about a decade. There were rumors that he was being held against his will, but in 2022, he issued a statement to the New York Post that he was happy and healthy. Recently, however, he worried his fans again when he posted a message on X (formerly Twitter) that he was dying. He went on to explain, “The truth is we all are dying.” He continued with some tips on eating better, getting enough sleep and exercising. Several hours later, he posted again to apologize for the confusion and clarify that he isn’t dying anytime soon. He said he simply wanted to remind everyone to embrace every day that they have.

You can follow Simmons on his official page on X: @TheWeightSaint.



PHOTO CREDIT: IMDB

Richard Simmons

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

Your Local **GARAGE DOOR EXPERT** **WE GUARANTEE THE BEST PRICE & BEST VALUE**

Residential & Commercial
✓Sales ✓Service ✓Installation



FREE ESTIMATES

LIFETIME WARRANTIES

MILITARY | AAA | SENIOR | AARP
DISCOUNTS

CALL TODAY – FIX IT TODAY!

623-693-8677

Best Prices!



The Original
**AVONDALE
GARAGE
DOORS**



NO SERVICE FEES

FAMILY OWNED AND OPERATED
FOR OVER 19 YEARS!

WE’VE BEEN IN BUSINESS SINCE 2004



A+
rating

432 N. LITCHFIELD ROAD • GOODYEAR • ARIZONA • UNIT 312

Get Ready for Brutal Summer Temps!

2023 was the hottest year on record. Same expected for 2024.



EXCLUSIVE LIMITED TIME OFFER PRE-SEASON INSPECTION

only \$59 (Reg \$129)

Must schedule before **May 31, 2024**

If your unit requires service within 6 months
\$59 will be applied to the service invoice

To qualify, any necessary repairs identified during the inspection must be performed.

*Mention West Valley Star when scheduling your inspection.

Be prepared! Schedule an inspection now! **Or...**

JOIN OUR

No one wants to be caught without AC during a scorching Arizona Summer. Protect your home from unexpected heating and cooling breakdown emergencies and protect your family's comfort.

PROMISE
HEATING & AIR

**COMFORT
CLUB**



Peace of mind
so you can
unwind!



200+ 5 Star Reviews



Call Today
or Schedule
Online

 **602-363-0230**

 **PROMISEHEATINGANDAIR.COM**

 **Recommended all over the West Valley**

- ✓ Free Pre-Season Preventative Maintenance
- ✓ 15% Off Repairs Parts & Labor
- ✓ 15% Off IAQ Testing & Service
- ✓ Reduced \$49 Service Fee
- ✓ Priority Scheduling Tech at your door within 24hrs

SPRING CLEANING

Are you tired of having to tiptoe around piles of stuff in your home? Here are a few tips to help you organize and find a place for all your belongings so you can enjoy a clutter-free home:



- **WARDROBE ORGANIZATION SYSTEMS**

You can find various practical and affordable solutions for intelligently storing your clothing and accessories at local hardware and big-box stores, including hooks, shelves, shoe racks, bins and more. The possibilities are endless!

- **MULTIFUNCTIONAL FURNITURE**

If you're in the market for a new coffee table, look for one with drawers and compartments that can be used to store items like the TV remote or video game

Bye-bye, clutter!

Simple, effective storage solutions

controllers. Additionally, some ottomans double as hidden storage for things like magazines and throw blankets. Lastly, keep an eye out for sofa beds that come with drawers for extra storage.

- **BATHROOM ACCESSORIES.**

Store personal hygiene products, like toothbrushes, towels and washcloths in an organized and attractive way using trays with dividers, towel bars, shelves or shower caddies. If you're tight on space, don't hesitate to utilize the walls or even the top of the door to store items you use less frequently.



Visit your local shops for spring sales on clever storage solutions.

KEEP YOUR HOME SAFE!

MIKE'S DRYER VENT CLEANING & SERVICE

BEFORE • Prevents Fire & Overheating
AFTER • Clothes Dry Faster
• Saves You Time & Money
• Fire Departments Recommend Cleaning

CALL MICHAEL **\$49**

623-266-1326
References available upon request

ROOF TILE REPLACEMENT **WE ALSO DO** **SMOKE DETECTOR BATTERY REPLACEMENT**

DOOR PROS
GARAGE DOOR EXPERTS

VALLEY WIDE SERVICE • SAME DAY 24/7 SERVICE
www.doorprosgaragedoors.com

623-556-8378 Family Owned & Operated
FREE ESTIMATES LIC #317653 • BONDED & INSURED

Garage Door Installation • Service • Openers
Garage Door Repair • Broken Spring Specialist

Clean your pantry like a pro

Here's a step-by-step guide on how to do it right from cleaning and organization pros:

1. Empty the pantry completely. You may make some surprising discoveries!
2. Sort foods by category: Spices, canned vegetables, cereals, baking, etc.
3. Check expiration dates and get rid of any out-of-date products.
4. Clean the walls and shelves inside the pantry with an all-purpose "green" cleaner.
5. Wipe down the outside of plastic and glass containers and bottles with a damp cloth.
6. Carefully put all the items back on the shelves or in storage baskets. Put the items you use most within easy reach, or place canned goods together.
7. Wipe down the outside of the pantry, including the doors and handles.

A clean, well-organized pantry makes cooking easier and minimize food waste.

The satisfaction of stain removal

Certain substances easily stain fabrics and other materials. However, there are several tried and tested home remedies that can be used to remove stubborn stains. Here are a handful:

RED WINE. Cover the affected area with a mixture of baking soda and lemon juice. Let it soak for about an hour. You can also use white vinegar to dab out the stain if it's already dry. Finally, rinse with clean, cold water.



PEN INK. Apply a bit of white toothpaste or rubbing alcohol to the affected area and rub vigorously. You can also try using a paste made from milk and cornstarch and brushing off the dried residue after a few hours.

COFFEE. Blot the affected area with a mixture of lukewarm water, dishwashing soap (or laundry detergent) and white vinegar. Let the mixture sit for several minutes and then wash the item as usual. If the stain is still visible, gently dab it with rubbing alcohol.

BLOOD. If you're dealing with dried blood, soak the affected area in cool water mixed with white vinegar. Let it sit for about 15 minutes. Blot the mixture and rinse the garment with clean water. Avoid using hot water as this can set the stain.

OIL OR GREASE. Got some cooking oil or salad dressing on a shirt? Blot the stain gently with a paper towel to remove as much oil as possible. Gently rub an oil fighting dish soap like Dawn into the stain and let sit for 10 minutes. (Fels-Naptha soap is another good option — and you can find it at the dollar store! Wet the garment and rub with a bar of Fels-Naptha or Zote. Allow to sit.) Rinse and machine wash the garment in the warmest water temperature recommended for the garment. *Allow to air dry.* If the stain remains, repeat the process.

The heat from the dryer may set the stain permanently. Always air dry to make certain the stain is gone before drying in the dryer.

Give these a try! Removing stains always gives you a feeling of relief and satisfaction.

HOT SUN vs COOL SHADE

We design to meet your distinctive needs

- Solid & Lattice
- Enclosures: Glass & Screen
- Privacy Panels
- Rolldown Shades
- Gutters

CALL TODAY for your FREE Design Consultation

ALUMAWOOD

BOOTH BUILT PATIO PRODUCTS **623-979-3339** www.boothbuilt.com

BBB A+ SCHOA Sun City Home Owners Assoc. TARA

ROC No. 162384 • BONDED • INSURED

CHARITY'S

PLUMBING SOLUTIONS

Common Plumbing, Remodeling or Upgrades Homeowners Don't Think About

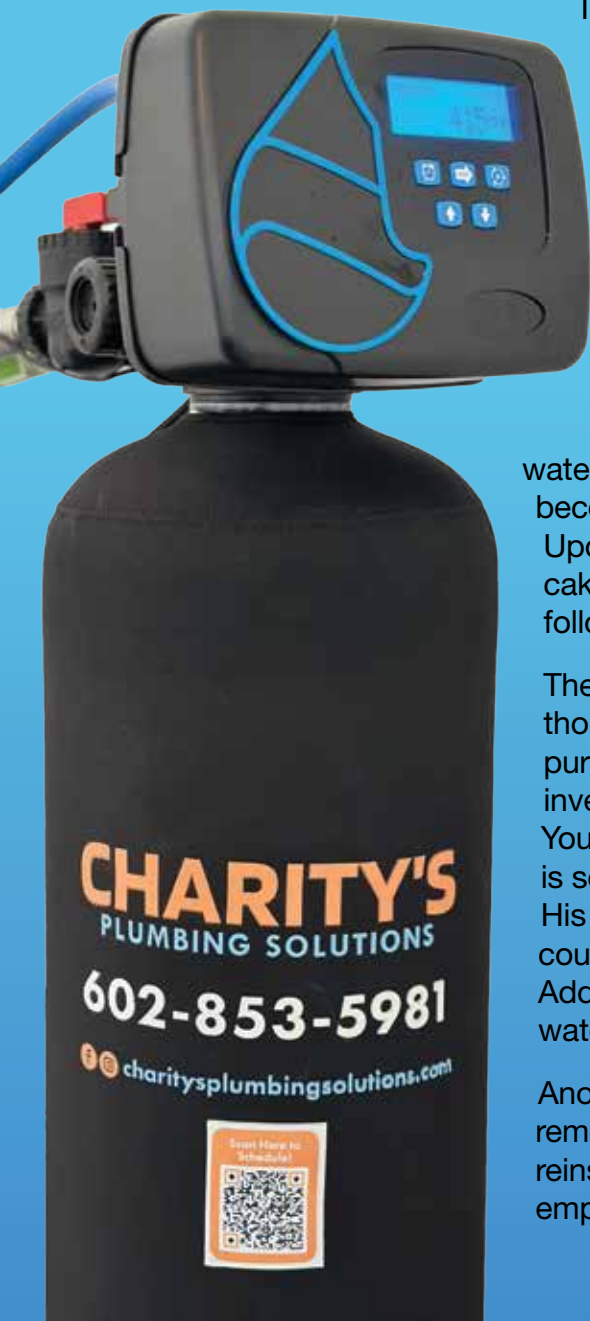
Insights from Charity Tovar,
Owner of Charity's Plumbing Solutions

Every week, I receive requests for estimates from prospective clients looking to remodel or make improvements to their homes. Today, I want to highlight some common oversights that people tend to overlook or are unaware of when undertaking remodels or improvements in their homes.

In November 2023, I visited a prospective client who had recently completed a remodel on three bathrooms and was now looking to remodel his fourth. The three bathrooms he had remodeled brushed gold and black fixtures. During our conversation, I inquired, "When are you planning to get a water treatment system? You have a loop on the house, right?" To which he replied, "It's not a priority." I emphasized, "You may want to consider a water treatment system as your next priority. You've spent over \$30,000 on your bathroom remodels, and Arizona's water can ruin these fixtures faster than you think." Fast forward to February 2024, and I received a call: "Charity, I need that water treatment now!" In just four months, calcium buildup had become very evident, clogging up his pinhole shower heads. Upon inspection, I found that all the brushed gold fixtures were caked with calcium. He had a water treatment system installed the following week.

The moral of this story is, if you're going to invest tens of thousands of dollars in bathroom improvements or have just purchased a brand new home, it's crucial to protect your investment by including a water treatment system in your budget. You may wonder how this happened in just four months. The reality is scale and buildup don't just happen where you can see them. His nearly 20-year-old home had copper pipes with buildup that could migrate to the water exit points, causing clogs in fixtures. Additionally, the source of water from your municipality is a factor; water quality varies from city to city.

Another overlooked aspect is the installation of toilets during a remodel. Some homeowners assume that the tile installer will reinstall the toilets, but as a licensed plumbing company, I want to emphasize the importance of having a plumber handle this task.



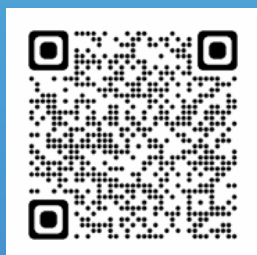


The toilet sits on a flange, which holds it in place over the sewer line. Over time, the flange can crack, settle, corrode, or warp. Therefore, it's essential to have a plumber remove the toilet, cap the sewer, and test the emergency shut-off valve. Additionally, changes in floor thickness can affect the water-tight seal between the toilet and the flange, resulting in gaps that can lead to leaks.



Just recently, we received a call from a client in Laveen who noticed a water spot on the ceiling of their first floor. Upon investigation, we discovered that the leak came from a toilet on the second floor. The client had recently had their bathrooms redone, and the toilet had been improperly installed by the flooring contractors, resulting in a gap between the toilet and the flange. Sewer water had seeped into the subfloor, causing extensive damage that required costly repairs.

In conclusion, if you have questions about your remodel, repairs, or need a second opinion, don't hesitate to call Charity's Plumbing Solutions. We're here to review your project and ask the questions you may not know to ask. Your peace of mind and the integrity of your home are our top priorities.



www.Charitysplumbingsolutions.com

602-853-5981 ROC #348216

Mention this ad and we will waive our service call fee.

Senior Safety Tips

I never thought this kind of thing would happen where I live: A woman was kidnapped in front of a store, in broad daylight, by a man carrying a gun. It's hard to even type those words, so shocked am I to learn of it.

To cut to the chase, the woman is thankfully fine, although no doubt rattled and upset. After being forced to drive the kidnapper to another location, she was able to drive away safely after he fled the vehicle.

Still, it might not have turned out that way.

I can't count the thousands of times I've gone to that same store, or strolled down the main street to the ice cream shop, or come out of a restaurant... at night... and never been afraid. After all, the relative safety in this area is why I moved here. But there are no guarantees that things will stay the same, are there? Unfortunately, that woman's experience has been a life changer for me.

I now carry my wallet and cellphone in an inside coat pocket. If a thief wants my purse, he can have it, with no hesitation that might cause him to do bodily harm to me.

I'm now paying more attention to what's around me -- people in parking lots, people milling around -- instead of

just going on my merry way oblivious to my surroundings.

If I'm headed to the car, my keys are in my hand. Once in the car, I lock the doors, something I've never felt compelled to do.

I trust my instincts if something makes me uneasy. After a recent trip to a store, I waited a minute and walked out with a couple of college students after asking if I could walk across the parking lot with them. They were pleased to escort me all the way to my car.

Stay safe out there and beware of what's going on around you.

Crimes against persons are certainly not unheard of here in the Valley (Maricopa County), perhaps making all of us aware of our surroundings and more conscious of our personal safety. But, if you're a winter visitor, is that still true once you return home? Sadly crime happens everywhere. Don't put yourself at risk. Be smart and take note of your surroundings when traveling or when you're alone, and don't make yourself a target. It's not a bad idea to practice Matilda's safety tips no matter where you are.

SPRING SAVINGS UP TO \$1750 OFF NEW 2024 MODELS

COME DRIVE THE

Club Car®

ONWARD

LEAD ACID & LITHIUM ELECTRICS AND EFI GAS

FINANCING AVAILABLE

AS LOW AS 0%

OAC THRU SHEFFIELD FINANCIAL

Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

1975-2024... SERVING THE VALLEY FOR 49 YEARS

****NEW LOCATION NOW OPEN****

(1 block East of white TESLA building)

8430 E. Raintree, Scottsdale 480-590-1475



*The West Valley's
Authorized Club Car Dealer*

14175 W. Indian School Rd.

Goodyear • 623-536-5625

Safeway Shopping Center

Mon-Fri 10-4, Sat 10-3

13901 W. Camino del Sol

Sun City West • 623-584-0591

East of Grand/South of Meeker

Mon-Fri 8-4:30, Sat Sales 9-3

11124 Youngtown Ave., Sun City/Youngtown • 623-977-3100

1/2 mile South of Grand off 111th Ave. | Mon-Fri 8-4

Here's a Tip

by JoAnn Derson

Use a muffin pan to make cookie cups for ice cream or fruit. Just flip your muffin pan over, and press dough over the upturned wells. It will puff up a little, but once it settles, they make very nice bowls. I do this with pizza dough as well. Prebake for a few minutes to form the bowl, then fill with ingredients and complete baking.

Put a tension rod in the cabinet under your sink, and use it to hang spray bottles for extra storage.

"Bread tags (the little plastic clips that hold bread bags closed) make great cord organizers when you are using a multiple outlet power strip. Write the kind of device (e.g. TV, Xbox, cable box) on the tag, then clip it to the plug end of the cord. When you need to unplug, it'll be easy to see which is which." -- C.C. in Ohio

Travel a lot? Make use of those shower caps by pairing up shoes and using the shower cap to hold them together while simultaneously protecting your clothes from the shoe bottoms. Smart!

I sew looped tags onto the corner of our family's wash cloths. My husband installed several hooks in the shower, and when we are finished with our wash cloth, we hang it up by the tag after rinsing it out. They do not mildew this way, because they are allowed to dry.

VETERAN'S POST *by Freddy Groves*

Expanded PACT Act

Expanded benefits for the PACT Act have kicked in years sooner than expected. Recently, as of March 5, 2024, veterans exposed to toxins can get VA health care without applying for VA disability benefits first. The PACT Act covers over 20 presumptive illnesses for exposure to Agent Orange and other toxins, as well as burn pits, radiation, oil well fires, depleted uranium and more. The covered illnesses include emphysema, chronic bronchitis, a dozen types of cancer and interstitial lung disease. Deployment wasn't necessary; veterans were exposed to asbestos, firefighting foam, paints, chemicals, pesticides, Camp Lejeune water and more here in the U.S.

If you have filed before and were turned down, file again — or call. The VA is supposed to go through the files and contact you, but don't wait on that. If you're already enrolled in VA health care, call your local VA health facility and ask for your initial screening for toxin exposure. Don't wait on this; get a baseline test. To get more information, call 800-698-2411 (800-MYVA411) or go online to VA.gov/PACT and scroll through the information. You'll find links to file for VA disability, a supplemental claim and more. Read about military exposures at www.publichealth.va.gov/exposures.

The VA has spent millions to inform veterans about PACT, but there are some they're leaving out: members of the Maine National Guard who trained at the Canadian military support base in Gagetown, New Brunswick, Canada. In 1966 and 1967, the place was saturated with Agents Orange and Purple as a means of testing effectiveness in killing foliage. Gagetown is still used for National Guard training, not only for units from Maine but other states as well. People became ill, of course, from exposure, but they're not eligible for VA health care for exposure to Agent Orange or any of the other "rainbow" of toxin colors at Gagetown.

TOYOTA/SCION/LEXUS SPECIALISTS

STOP OVER PAYING AND NOT GETTING THE SERVICE YOU DESERVE!

Also Servicing Subaru, Honda, Nissan and All Other Asian Vehicles



We Guarantee Personalized, Honest and Reliable Service

- Factory-Trained Master Technicians • FREE WI-FI

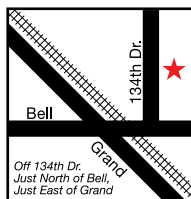
EXCLUSIVELY
IMPORTS
AUTO REPAIR

13365 W. Foxfire Dr.
Suites 5 & 6 • Surprise

623-537-5444

www.exclusivelyimportsautorepair.com

Open Mon.–Fri.
7:30 a.m. – 5:00 p.m.



Family Owned & Operated



You're retired. Your money isn't.

Gain experienced guidance while ensuring your retirement accounts are following your investment strategy. Contact me today, and let's make sure you're still on the right track.



Chad Swanson
Financial Advisor
1616 N Litchfield Rd
Suite #125
Goodyear, AZ 85395
623-536-2378



Debbie Allen
Financial Advisor
1616 N Litchfield Rd
Suite #125
Goodyear, AZ 85395
623-536-2378

IRT-4395I-A AECSPAD 21020905



Homemade Dog Treats

DEAR PAW'S CORNER: My new puppy's training is going very well, and he responds very well to rewards of little treats. I worry about feeding him so many processed, store-bought snacks though. What are some natural or homemade alternatives for treats? -- *Maggie T., Nashua, N.H.*



DEAR MAGGIE: Many alternative recipes for homemade doggie treats are available on the internet and at the bookstore, but the healthiest ones share many common features. This means that you can find quite a few good recipes out there, or develop a few of your own.

Common ingredients in dog treats are meat protein (either from fresh meats, broths or strained baby foods), whole-grain flours (like wheat, oats, corn or rice), eggs and powdered supplements (like brewer's yeast or garlic). A variety of flavorings can be added, including peanut butter, sugar or molasses, vanilla, salt, and small amounts of cheese or milk. Dry or instant yeast can be added to biscuit-type recipes, to allow the dough to rise before baking.

A popular training asset is liver treats, which can be made fairly easy and which last about four to five days if stored properly (in an airtight container and refrigerated). Chicken livers, eggs and sweetener are pureed, flour or cornmeal is mixed in (some owners add powdered supplements as well) and the mixture is baked, cooled and sliced into bite-size treats.

Certain foods are never safe for dogs, so don't use any recipe that contains these ingredients: chocolate, onions, raisins/grapes or macadamia nuts. They seem like fairly innocent foods, but can cause serious health problems in dogs.

Baking and testing these snacks out on your puppy can be a lot of fun. Remember, you can also share recipes with other dog owners and perhaps find the perfect treat for your companion.

Send your tips, comments or questions to ask@pawscorner.com.

TEMPERATURES ARE RISING!



Prep Your A/C with a
Summer Tune Up

Maintenance
Service
Repair & Installation

Goodman

MENTION THIS AD FOR A COOL DEAL!
10% OFF A New Installation!



Call Today
to Schedule Your
**Summer
Tune Up**

623-999-8226

www.LEVELUPHVAC.com

Licensed • Bonded • Insured
ROC No. 328964

ASK ABOUT DUCT CLEANING & SANITATION

Strange But True

by Lucie Winborne

Andrew Jackson's parrot was kicked out of his funeral for swearing.

In 1947, *The New York Times* opined that "the pizza could be as popular a snack as the hamburger if Americans only knew more about it."

Buzz Aldrin's mother's maiden name was Moon.

Indonesian farmers introduce fish into their rice fields so the fish droppings will act as fertilizer. In turn, the fish also eat harmful insects and improve oxygen circulation, increasing crop yields by up to 10%.

Jim Carrey was the first actor to have three number one movies in one year.

The Palais Ideal in France was built entirely of stones that a postman named Ferdinand Cheval picked up on his mail route.

Honey hunters in Mozambique use special calls to recruit the services of birds known as honeyguides. The birds lead the humans to bees' nests, and in return, they get the leftover beeswax.

Army ants that misinterpret the scent trails left by other ants will sometimes break from the crowd and march in circles. If enough ants join them, they can form massive "death spirals."

John Quincy Adams was an avid skinny-dipper who included dips in the Potomac River as a regular part of his exercise regimen.

Online learning resources for seniors: stay curious

Are you looking to expand your knowledge and learn something new? Fortunately, there are plenty of online learning resources available that are specifically tailored to seniors.

One great resource for seniors is Coursera, an online learning platform offering courses from top universities around the world. You can take classes on topics ranging from computer science to psychology, and everything in between.

Many world-renowned museums offer both free and paid virtual tours (the Louvre, the Metropolitan Museum of Art and the Smithsonian). You can tour art and history collections from the comfort of your home.

Another great resource is TED Talks. These short, informative videos cover a wide range of topics and are presented by experts in their fields. You can learn about everything from the latest scientific discoveries to the art of storytelling.

If you're looking for something more interactive, you might want to check out Skillshare. This online learning community offers thousands of courses on topics like photography, graphic design and cooking. You can even find local experts to help you hone a new skill.

Why not embrace your curiosity and dive into the world of online learning?

WITH THIS AD

SIGNATURE COMBINATION MASSAGE

FOOT REFLEXOLOGY / DEEP TISSUE ACCUPRESSURE - with FREE HOT STONE

30 MIN

Oil Back Massage

15 MIN

Head, Neck, Shoulders, Hands and Arms

15 MIN

Foot Massage

\$49⁹⁹_{hr.}

Good thru 05/15/24

GIFT CERTIFICATES AVAILABLE FOR ANY OCCASION



OTHER BODY TREATMENTS

- Swedish/Deep Tissue
- Balancing Ritual • Volcanic Stones
- Ultimate Body Wrap



La Bella Spa

623-205-6666
www.labella-spa.com
— OPEN 7 DAYS —
 Mon-Sat 9-9 • Sun 10-9

GOODWILL
LA BELLA

Dysart

Camelback

N

WITH THIS AD



THE POTTERY PLACE WAREHOUSE

Great Selection
A Fun Place to Shop!

www.PotteryPlaceAZ.com

17587 W Grand Ave, Surprise
(623) 214-9080
Open 7 Days 8:30 to 5:00

Only 20 Minutes
North of
I-10 & 303!

20% OFF
GLAZED POTS *Only*

EXPIRES 5/15/24

Coupon must be presented at counter when paying!
Some exclusions may apply. Cannot combine with any other offer.

10% OFF!

EXCEPT GLAZED POTS

EXPIRES 5/15/24

Coupon must be presented at counter when paying!
Some exclusions may apply. Cannot combine with any other offer.

AT LEAST THERE'S ONE FAIR



LITCHFIELD
AUTO R

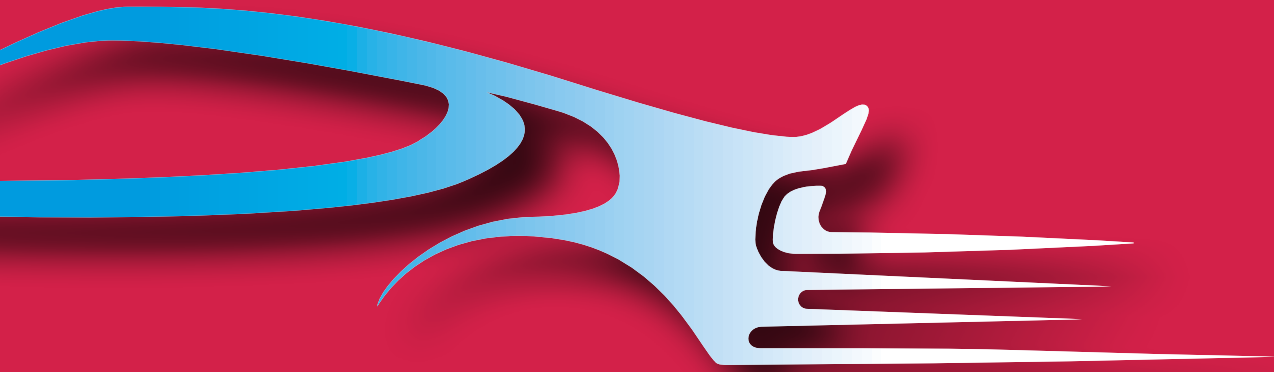
www.LitchfieldAuto.com

(623) 882-8700

671 N 137TH AVENUE
SUITE 106 • GOODYEAR

See our offer on the inside front cover.

R AND HONEST MECHANIC!



FIELD REPAIR





Tintas IN SURPRISE

Granite & Flooring Warehouse

— OPEN TO THE PUBLIC —

SURPRISE'S ONE STOP SHOP!

FREE GRANITE CARE KIT
with kitchen counter purchase

#1 FABRICATOR IN SURPRISE!

SERVING SUN CITY WEST AND SURPRISE FOR OVER 20 YEARS!

AFFORDABLE CUSTOM GRANITE AND QUARTZ COUNTERTOPS

OVER 3,000 SLABS IN STOCK!

Visit our Showroom

TAKE DYSART TO FOXFIRE DRIVE AND TURN LEFT

**13410 W FOXFIRE DR. STE 100
Surprise, AZ 85378**

North of Bell on Foxfire Drive

623-214-3599

Mon thru Fri 8 to 5 • Sat 9 to 2

All Major Credit Cards Accepted
Licensed | Bonded | Insured
ROC #278090K-48 | ROC #278093K-60

QUALITY

- Material
- Fabrication
- Installation
- Craftsmanship

HANDCRAFTED IN SURPRISE

- Granite
- Marble
- Quartz
- Silestone

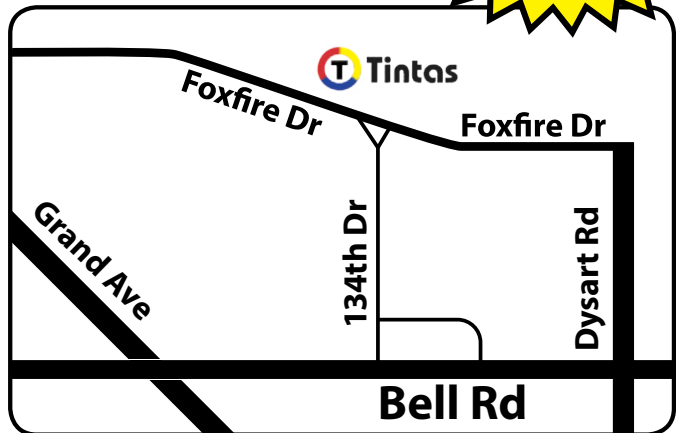
WALK IN SHOWER

- Tile: Porcelain / Travertine
- Granite • Quartz • Marble

CABINETS

- New or Reface

NEW Inventory Available NOW!



tintasgraniteandflooring.com

Fall Off The Bone Ribs

INGREDIENTS

2 to 2 1/2 pounds baby back pork ribs
Salt and black pepper

SWEET AND SPICY BARBECUE SAUCE

1 tablespoon olive oil
1/4 cup finely diced onion
1/2 teaspoon ground cumin
1/2 cup ketchup
1 tablespoon hot chili sauce
2 tablespoons light brown sugar
1 tablespoon apple cider vinegar
Salt and pepper, to taste



INSTRUCTIONS

Remove the membrane from the back of the ribs (this ensures fall-off-the-bone ribs). Generously season both sides with salt and pepper. This is also a great opportunity for adding more flavor with your favorite spice rub.

Cover the ribs with aluminum foil. Bake at a low temperature (275F) for 3 to 4 hours or until tender.

Slather the baked ribs with Sweet and Spicy Barbecue Sauce (or store bought) then broil the ribs for a few minutes until the sauce is caramelized.

Have you tried one of the recipes published in the West Valley Star? We'd love to hear about it!

Why not post a photo on our Facebook page?

www.facebook.com/WestValleyStar



BEAT THE HEAT BEFORE IT HITS
ARIZONA'S BEST QUALITY AT THE COOLEST PRICES

UNITS AS LOW AS \$49 PER MONTH

FREE IN-HOME ESTIMATE FOR UNIT REPLACEMENT

TRANE

Sun Devil HEATING & COOLING

Family Owned & Operated

WE SERVICE ALL MAJOR BRANDS

602-819-9735
SUNDEVILAZ.COM
ROC 237769

BBB ACCREDITED BUSINESS

- ✓ 0% APR - 18 MONTHS
- ✓ 10 YEAR LABOR & SERVICE AGREEMENT WITH PURCHASE OF NEW TRANE EQUIPMENT EXPIRES 3/31/24
- ✓ FREE SERVICE CALL WITH REPAIR
- ✓ \$1,500 OFF NEW INSTALLATION MUST MENTION WEST VALLEY STAR AD

Can knitting and crocheting improve your health?

Do you know that knitting and crocheting is about more than creating beautiful pieces of art? Not only are they great hobbies that can help you unwind and relax, but studies have shown that they can also have a positive impact on your health.

Both knitting and crocheting are known to reduce stress levels. The repetitive motions and focus required in these activities can have a calming effect on the mind and body, like meditation. This makes them a great way to combat anxiety and depression.

Moreover, these activities can also improve your cognitive function. Knitting and crocheting require the use of both hands, which helps improve hand-eye coordination and fine motor skills. Following a pattern and keeping track of the stitches can also help to sharpen your memory and concentration.

Knitting and crocheting can also be beneficial for your physical health. The motion of these activities can help to relieve joint pain and stiffness, which is especially beneficial for those with conditions such as arthritis.

If you're looking for a fun and engaging way to improve your health, give knitting or crocheting a try.



Delicious Outdoor Living!

Arizona's Leader in Design, Build and Installation of Outdoor Kitchens & MORE!

Before



It all started with a text!

Text us a picture of your backyard and let us do the rest!

TEXT Chad 623-547-0110

SAVE UP TO \$500 ON SELECT PACKAGES

- Outdoor Kitchens
- Fireplaces • Firepits
- Pergolas • Shade
- Pavers • Concrete
- Gas • Electric

PROUDLY OFFERING

FIREMAGIC

FREE
IN-HOME
ESTIMATES



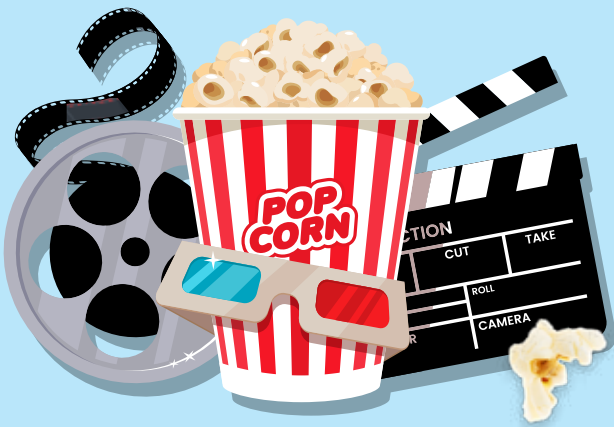
AF OUTDOOR KITCHENS

An Arizona Fireplaces Company

Call Today to Schedule a **FREE** In-Home Estimate

602-344-4844 www.AFOutdoorKitchens.com

43+ YEARS SERVING THE VALLEY! Family owners you can trust!



WIN DINNER at...

Panera
BREAD®

1452 Pebble Creek Pkwy
Goodyear
(623) 414-4879
www.panerabread.com

plus MOVIE TICKETS!

Circle 28 of the Advertisers found in this month's West Valley Star and mail this page in to win.

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

TO WIN Enter by April 17, 2024

OFFICIAL CONTEST RULES. Solve the puzzle and mail in this page to win. Circle all or part of the names of advertisers found in this month's West Valley Star ads. Names may run left, right, up, down or diagonally. Must be 21 or older to enter. Employees of the West Valley Star or its advertisers are ineligible. 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.
Scan and email completed puzzles to
info.westvalleystar@gmail.com or...

Name _____
 Address _____

 Phone _____
 email _____

Mail puzzle with answers to:
West Valley Star Puzzle, P.O. Box 5731, Sun City West, AZ 85376

King Crossword

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18							19	20				
			21		22	23		24				
25	26	27			28		29			30	31	32
33				34						35		
36				37					38			
		39	40			41		42				
43	44				45			46		47	48	49
50					51	52	53					
54					55				56			
57					58				59			

ACROSS

- 1 Manhandle
- 5 Annex
- 8 Trig function
- 12 Within (Pref.)
- 13 "Ben- --"
- 14 Toledo's lake
- 15 "Sure, of course"
- 17 Bakery buy
- 18 "Yippee!"
- 19 Apple music service
- 21 Pride parade initials
- 24 "Let me think ..."
- 25 Valley in California
- 28 Indy event
- 30 Wall climber
- 33 Rocker Rose
- 34 Plains grazers
- 35 Formerly known as
- 36 Earth (Pref.)
- 37 Stink

DOWN

- 1 Calico's call
- 2 "My Way" writer
- 3 Beehive State
- 4 Jesuit university
- 5 Sushi fish
- 6 Press for payment
- 7 Zwei follower
- 8 Blood part
- 9 Ore source
- 10 Aswan's river
- 11 Congers
- 16 Sailing hazard
- 20 Subsequently
- 22 Party cheese
- 23 Stunning gun
- 25 Pester
- 26 Chopper
- 27 Story thread
- 29 Pepsi rival
- 31 Victory sign
- 32 Longing
- 34 Telly watcher
- 38 Cleveland squad
- 40 Like lions
- 42 Expert
- 43 Filches
- 44 Israeli carrier
- 45 Guitarist Clapton
- 47 Funny person
- 48 Visitor to Siam
- 49 Ogler's look
- 52 Altar affirmative
- 53 Jazz lover

Answers on Page 30

Time to beat: 24 minutes

MARCH WINNERS



GRAND PRIZE
Christina Blackburn

Litchfield Park

WINNERS OF MOVIE PASSES

- April Heusevelot**
Goodyear
- Janessa George**
Goodyear
- Karina Madera**
Goodyear

Sudoku

by Linda Thistle

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

© 2020 King Features Synd., Inc.

Answers on Page 30

Dinner and a Movie MARCH SOLUTION

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

MANUFACTURED EXCLUSIVELY FOR ARIZONA IN ARIZONA!

ARIZONA'S TRUSTED WINDOW & DOOR COMPANY

5 WINDOW SPECIAL

\$3,550 Installed
Max Size 30 Sq. Ft. per Window

- PREMIUM WINDOWS
- REVOLUTIONARY GLASS
- MAXIMUM HEAT REFLECTION
- EXTREME DUST CONTROL
- HIGHEST POSSIBLE QUALITY

0% INTEREST OAC • ROC#310824

energy shield
window & door company

NOW OFFERING VIRTUAL ESTIMATES

Please send:

- Exterior picture of your home
- Exterior pictures of your window or doors
- Width & Height of each window needed

EMAIL TO: quotes@energysieldwd.com

FACTORY DIRECT INSTALLERS
LICENSED GENERAL CONTRACTOR

AFFORDABLE MULTI SLIDE DOOR SYSTEMS



Thermal Broken Frame, Low E Glass, Argon Gas. Custom Sizes Available

SCHEDULE YOUR FREE IN-HOME ESTIMATE
602-661-0914



EnergyShieldWindowsAndDoors.com



Se Habla Espanol



Energy Shield Windows & Doors
Factory Showroom Open
MON-FRI 9AM - 5PM

330 S. 75th Ave • Phoenix • 602-661-0914 | OPEN MON. - FRI. 7AM - 5PM, CLOSED SAT-SUN

ROC# 310824

50+

active living

Taking care of your health after 50: what you need to know

Have you recently joined the “50s club,” or have you been a member for a few years? Chances are you’ve started to notice changes in your health. Whether these changes are occasional or permanent, here are some tips to help you take good care of your health after 50.

WATCH WHAT YOU EAT

Choose nutrient-dense foods to slow muscle loss and help your body regulate cholesterol and blood sugar levels. Try putting these tips into practice:

- Eat fibre-rich foods whenever possible, such as starchy foods and legumes
- Always include fruit and vegetables in your meals
- Limit your intake of sugary, fatty and processed foods
- Add lean protein to your meals, such as poultry, fish or tofu
- Find out if you need any dietary supplements

STAY ACTIVE

Regular physical activity can help you maintain a healthy weight and reduce the risk of cardiovascular incidents, which are more likely to occur after age 50. Staying active can also improve your stamina, reduce stress and improve your sleep. Try to include these activities in your daily routine:

- Stretching
- Flexibility exercises
- Walking
- Cycling
- Swimming

GET A GOOD NIGHT’S SLEEP

Quality sleep is essential to your health. It stimulates your metabolism to regulate your mood and weight and helps control your stress levels, which can have several physical and mental consequences. Improve your sleep by following these tips:

- Follow a sleep routine by going to bed and getting up at the same times every day
- Invest in a high-quality mattress and pillow
- Avoid using screens before bed
- Try not to consume caffeinated food and drinks, like coffee, tea, cola and chocolate in the evening

GET TESTED

The risk of developing diseases linked to the circulatory system or cancer increases as you age. An annual check-up with your doctor and knowing your family history will help you spot any signs and symptoms of illness at the onset. Find out about recommended vaccinations and the following tests:

- Mammogram
- Gynecological examination
- Colonoscopy
- Prostate exam
- Blood pressure check
- Blood tests
- Eye exam

Pay close attention to your body as you move into your fifties. If you notice any worrying changes in your body, consult a health professional, such as a doctor or pharmacist.



GUD HAND
HANDYMAN SERVICE
~Est. 2018
Call/Text Josh: 602-708-4946
GudHand.com
Fingerprinted & Insured to \$1M
But is not a licensed contractor

HOLLYWOOD — Tom Cruise's "Mission: Impossible 8," which so far has been shot in England, Malta, South Africa, Norway and Italy, resumed shooting in February after the strikes were settled. It's no longer called "Dead Reckoning Part Two" and will have a new title when it opens in May 2025.

Cruise's next project will be directed by four-time Oscar winner Alejandro G. Iñárritu, who won for directing "Birdman" (2014) and "The Revenant" (2015). The title and the script, written by Iñárritu and his "Birdman" co-writers, is an original story created by the 60-year-old director, who excels as a filmmaker despite having attention-deficit/hyperactivity disorder.

The film is Cruise's first in his partnership with Warners, his new studio. However, he plans to keep making "Mission: Impossible" films, which will reconnect him to Paramount.



PHOTO CREDIT: DEPOSITPHOTOS

Director Alejandro G. Iñárritu



Wait 'til you read this! The British Board of Film Classification just "woke" up after 60 years and is changing the rating for Dame Julie Andrews' "Mary Poppins."

The film, being rereleased in England to commemorate the 60th anniversary of the classic children's film, will now be sporting a PG (parental guidance suggested) rating because of the use of one word: "hottentot," by Admiral Boom (played by Reginald Owen). He uses the term when referring to the chimney sweeps whose faces were blackened by soot. It was used by Europeans to refer to the group of nomadic herders in South Africa known as the Khoekhoe. They still live in the Western Cape and Eastern Cape Provinces in the southwestern coastal regions of South Africa and Namibia.

How absurd is it that children now have to get permission from their parents to see "Mary Poppins"? Do they really believe that six decades of children have all been corrupted? First, Disney had all those problems in Florida and now this in England! Just a spoonful of sugar makes "the wokeness" go down!

GOOD FOR FOUR!

\$5 Off Admission Per Person / \$20 Value Not valid with any other discounts.

Enjoy the new **5 acre** addition to our

Safari Park!

See our 10 New Species! Including New Zebras, Pygmy Hippos, Clouded Leopard and Monkeys!

With 6,000 animals, 8 shows daily, tons of rides, a thousand thrills and a million smiles. All in One Day! Everyday!

Arizona's Ultimate, Year-Round Family Fun Destination.
Arizona's Largest Collection of Exotic Animals.

Northern Ave. and the 303 Freeway • 623-935-WILD (9453) • WildlifeWorld.com

Wildlife World
Zoo Aquarium & Safari Park

Boomers are **Buyers**

and we can help
you reach them!

The most affluent of any age segment, boomers spend more per capita on groceries, goods and services, travel and leisure than any other age group. Our readers are affluent, active adults in the West Valley—*your ideal customers.*

LIMITED TIME OFFER

Sign a 6 month agreement
and we'll upsize all 6 ads
to the next larger size for

FREE

Don't Delay

CALL TODAY!



623.313.6994

westvalleystaraz.com

Where can a memorial service be held?

Has someone close to you just passed, or are you thinking about making pre-planned funeral arrangements? In any case, you'll need to choose a location for the ceremony. Here's an overview of the options available to you:

- **Funeral homes.** Most funeral homes have modestly decorated rooms and audiovisual equipment, so you can organize a personalized tribute that can be attended remotely, if required. It's also often possible to organize a post-funeral reception on the premises, so guests don't have to travel.
- **Places of worship.** Depending on your religious beliefs or those of your loved one, you could hold the funeral in a church, chapel, mosque, temple or other religious space.
- **Association or company halls.** In many municipalities, community associations and companies offer their premises for funeral ceremonies. If the deceased was an association member or had a special attachment to the establishment, such as being a volunteer there, this is a very appropriate choice.
- **Symbolic locations.** More funeral ceremonies are being held in non-traditional locations chosen to reflect the interests of the deceased. Your celebration could take place by a lake, on a soccer field or in a microbrewery.

Discuss your preferences with a funeral home director to find out what options are available.

Rituals to help you grieve more peacefully

The days, weeks, months and years following the death of a loved one can be very difficult. While there's no right or wrong way to feel, rituals can help you through the process.

A symbolic language

Rituals are symbolic gestures you make in memory of someone who has died. There are countless ways to remember a loved one. For example, you could:

- Listen to some of their favorite songs
- Prepare their favorite meal and enjoy it with friends
- Watch a film you both liked
- Reread their handwritten cards or letters
- Use something they often used, like their coffee mug
- Wear a piece of their clothing or an accessory
- Put flowers on their grave for their birthday
- Pay your respects in front of their photo or urn

Regardless of the ritual you choose, you don't need to worry about reopening old wounds. In fact, rituals have several benefits. They allow you to connect with your emotions and comfort yourself.

Luxury Vinyl • Tile • Laminate • Carpet • Hardwood



ShopSave&Floor

ROC #323927

Schedule your **FREE**
IN-HOME ESTIMATE
and receive **\$300 OFF***



- FAMILY OWNED
- LOCALLY OPERATED
- SHOP AT HOME
- FAST TURNAROUNDS
- MILITARY & SENIOR DISCOUNTS AVAILABLE
- OVER 20,000 HOMES COMPLETED VALLEYWIDE

www.shopsaveandfloor.com

480-818-3719 CALL OR TEXT | INFO@SHOPSAVEANDFLOOR.COM

*Must mention flyer at time of booking to qualify. Offer valid until 5/15/24

AC & HEATING

Repair & Installation
Tune-Ups & Cleanings
System Assessments & Replacement Needs
Vent & Ductwork Cleaning
Smart Thermostats

Recommended All Over The West Valley!

PROMISE
HEATING & AIR

200+ 5 Star Reviews
yelp! facebook! BBB!

Call or Book Online

602-363-0230
PROMISEHEATINGANDAIR.COM

AIR CONDITIONING

HEATING & COOLING

- Family Owned & Operated
- A+ Rating with BBB & Angie's List since 2007
- Free Estimates for New Units
- 0% Financing Available O.A.C. (on qualifying units)

602-819-9735
SUNDEVILAZ.COM • ROC #237768

AUTO REPAIR

TOYOTA-SCION-LEXUS SPECIALISTS
Also Servicing Subaru, Honda, Nissan and All Other Asian Vehicles

Factory-Trained Master Technicians
Family Owned & Operated
Personalized, Honest and Reliable Service

EXCLUSIVELY IMPORTS AUTO REPAIR

13365 W. Foxfire Dr. • Surprise
623-537-5444
Free Wi-Fi
EIAutoRepair.com

AUTO REPAIR

At Least There's One Fair and Honest Mechanic!

LITCHFIELD AUTO REPAIR

www.LitchfieldAuto.com
(623) 882-8700
671 N 137th Ave, Suite 106
Goodyear

CONCRETE COATINGS

Desert Rose CONCRETE COATINGS

Call **623-853-9051**

GARAGES • PATIOS • DRIVEWAYS
COMMERCIAL • RESIDENTIAL

AZ ROC Lic #203136
www.TheDesertRose.com

CONSTRUCTION

RESIDENTIAL & COMMERCIAL

JBS ROOFING
JIM BROWN & SONS ROOFING

- New Construction
- Repairs
- Recovers
- Maintenance

Give Us A Call!
623.247.9252
JBSroofingAZ.com

GARAGE DOOR REPAIR

LIFETIME WARRANTIES
NO SERVICE FEES

Residential & Commercial
✓Sales ✓Service ✓Installation
MILITARY | AAA | SENIOR
AARP DISCOUNTS

CALL TODAY — FIX IT TODAY!
623-693-8677

The Original
AVONDALE GARAGE DOORS
Sales, Installation, Repair

GARAGE DOORS & SERVICE

Garage Door Installation
Repair • Service • Openers
SAME DAY 24/7 SERVICE - VALLEYWIDE

623-556-8378
WWW.DOORPROSGARAGEDOORS.COM
FREE ESTIMATES
Family Owned & Operated
LIC #317653 • BONDED & INSURED

GROOMING

NEW OWNERSHIP TWO LOCATIONS

PET STOP

All Breeds & Cuts • Bath and Brush
Fleas and Tick Baths • Nail Trimming • Shed Control

5110 N Dysart Rd, Ste A174 • Litchfield Park
Second Location Now Open!
725 N Central Ave Suite 116 • Avondale

Mon-Sat 8:00 AM - 6:00 PM
(623) 547-0255
www.petstopgrooming.com

HANDYMAN

You Have Projects. We Have Craftsmen.

Carpentry ■ Bathroom Remodel
Doors ■ Tile ■ Fencing ■ Repairs
Upgrades ■ And Many More...

West Glendale: 623.299.8701
Services.AceHandyman.com

INSURANCE

AUTO HOME BUSINESS LIFE

www.RaymondEGrim.com

AMERICAN FAMILY INSURANCE
623-876-1793
#SURPRISEINSURANCEAGENT

LANDSCAPING

Water Works IRRIGATION & Landscaping

Paver Installation
COMPLETE INSTALLATION OF
IRRIGATION SYSTEMS
Repairs • Leaks • Valves
Sprinklers • Timers • Vacuum Breakers

FREE ESTIMATES
Ask for Vito
623.920.9944
WE ACCEPT MAJOR CREDIT CARDS

PATIO COVERS

- Solid & Lattice
- Enclosures: Glass & Screen
- Privacy Panels
- Rolldown Shades
- Gutters

BOOTH BUILT PATIO PRODUCTS

623-979-3339
BOOTHBUILT.COM

ROC No. 162384 • BONDED • INSURED

PLUMBING

CHARITY'S PLUMBING SOLUTIONS

18 Years of Plumbing Experience

SCAN TO SCHEDULE

(602) 853-5981
charitysplumbingsolutions.com
ROC #348216

SCREENS & AWNINGS

LIBERTY
AWNINGS AND SHADES | 1979
www.LibertyAwningsandShades.com

602-956-1642
Mention This Ad and Get
20% OFF Your Shade Order!

Promo Code: WVS
Cannot be combined with other offers.

WEED CONTROL

GOT WEEDS?

SNYDER'S WEED CONTROL

Ask About Our Discounts
623-435-2208
AZ Lic #C5633B3.B5
www.snydersweedcontrol.com



Green living

In 2024, spring chores go green

Do you associate the arrival of spring with cleaning? If you want sparkling clean results without harming the environment, adopt these eco-responsible practices.

- **Use cleaning products that are safe for the environment.**
Look for biodegradable cleaners that are ECOLOGO®-certified and preferably locally made. Alternatively, you can make your own cleaning solutions using non-toxic, inexpensive ingredients like baking soda, essential oils, lemon juice, white vinegar and table salt.
- **Dispose of hazardous products properly.**
Don't throw away items like light bulbs, batteries, leftover paint, medications and ink cartridges in your household garbage. Instead, sort them and take them to designated collection points. You can check your city or municipality's website for recycling instructions.
- **Say goodbye to single-use paper towels and wipes.**
Use washable products to dust and clean all the surfaces in your home. You can easily transform stained t-shirts and used towels into rags with a pair of scissors.
- **Optimize how you wash and dry your textiles.**
Machine wash curtains, carpets and other items in cold water using a biodegradable detergent and hang them on a clothesline to dry (if the weather permits). Alternatively, you can put them in the dryer with a few dryer balls to get rid of wrinkles and static electricity.

Our local stores are offering a greater selection of eco-friendly products that will help make your spring cleaning as green as possible. Check out farmers markets in the area as a possible source for locally made green cleaning products, or google "how to make green cleaning products".



Reach over 20,000
Upscale West Valley
Homes and Businesses
by Direct Mail from
\$110 per month

CALL
623.249.4749



GOLF CAR REPAIR

Southwest Golf Cars

Full Service Repair Shop

- Gas & Electric Tune-Ups
- Battery & Tire Replacements
- Re-Upholstery & Carpet
- Full Line of Accessories
- Annual & Safety Checkups
- Pick Up & Delivery
- Factory Trained Technicians

13901 W. Camino del Sol
Sun City West • 623-584-0591

14175 W. Indian School Rd.
Goodyear • 623-536-5625

PAINTING

JCB PAINTING

EXTERIOR, INTERIOR
and CABINETS

We will beat
any written estimate

CALL/TEXT FOR
YOUR FREE ESTIMATE

480-416-6339

VETERAN OWNED
LICENSED BONDED INSURED
ROC 326195

PROFESSIONAL. EXPERIENCED. ATTENTION TO DETAIL.

WINDOW CLEANING

Clean Rite Window Service, LLC

Family Owned Since 1995
Servicing 1 Story Homes

Call for an estimate
623-932-0072

Ask about our

**14 Day
Rain Policy**





BEST VALUE, PRODUCT, SERVICE

\$200.00
Off
Shutters Only

All American Shutter.com

Most people assume they can't afford wood shutters and blinds until they call 602-801-2202

Best Value:
Product & Service

Enhance the Beauty and Value of your home

Manufactured in Phoenix

Free Professional Installation

Absolute Lowest Price for Basswood Shutters!

Our Products

- Basswood Shutters
- Roller Shades
- Panel Tracks
- Zebra Shades
- Horizontal Blinds
- Vertical Blinds
- Motorized Products

Call Today
602-801-2202

IN HOME SAMPLES
FREE ESTIMATES

AllAmericanShutter.com

WHY PAY RETAIL?

Special!!

**PolyHybrid Shutters
Classic Shutters
ONLY BETTER!**

LDeren@Cox.net

NOW OFFERING CUSTOM BARN DOORS

Swing 
into fun!

Setting SMART goals for your golf game this year

Setting SMART goals for your golf game is a strategic approach to improvement that ensures clarity, focus and attainability. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant and Time-bound. Here's how to apply these criteria to your golf goals.

- **Specific.** Clearly define what you want to achieve. For instance, rather than a vague goal like "improve my swing," make it specific, such as "reduce my slice by refining my backswing."
- **Measurable.** Establish concrete criteria for tracking progress. Instead of a goal like "get better at putting," set a measurable goal like "reduce my three-putt instances by half."
- **Achievable.** Set goals that are challenging yet realistic. If you're currently shooting in the 100s, aiming to consistently break 80 might be too ambitious initially.
- **Relevant.** Ensure your goals align with your overall golf aspirations. If improving your short game is crucial for your overall performance, set goals that prioritize this aspect.
- **Time-bound.** Set a deadline for achieving your goals. For instance, rather than saying "improve my handicap," specify "lower my handicap by three strokes within the next three months."

Other examples of SMART goals include, "decrease my average putts per round from 34 to 30 within the next two months," and "increase my average driving distance by 10 yards through a structured fitness and training program over the next six weeks." These types of goals will give you a clear plan of action and allow you to track your progress.

PUZZLE ANSWERS
Answers to Puzzles on Page 22

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

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



**Desert Rose
CONCRETE
COATINGS**

Call 623-853-9051

We use two-components, solvent, polyurethane UV, absorbers - NOT single-component acrylic.

GARAGES • PATIOS • DRIVEWAYS
COMMERCIAL • RESIDENTIAL

AZ ROC Lic #203136
www.TheDesertRose.com

**Simulated
CoolDeck
Simulated
Flagstone
Tuscany
Stain**

SOLID COLOR
Polyurethane
with Fleck Systems
STARTING AT
\$349 Per Sq. Ft.
Not valid with any other
discounts. Offer expires
5/15/24 wvs



DRINK LOCAL. EAT LOCAL.

AWARD-WINNING BEERS & GREAT FOOD ALL RIGHT HERE IN THE NEIGHBORHOOD.

SMBC

SADDLE MOUNTAIN BREWING COMPANY
15651 W ROOSEVELT ST
GOODYEAR, AZ
(623) 249-5520
SADDLEMOUNTAINBREWING.COM



NEW ENGLAND CLOCK SHOP

CAMPANA SQUARE SHOPPING CENTER • 9835 W. Bell Road • 623-977-6202
"A Family Business with Friendly Service ~ Since 1970"



OPEN
Mon - Fri
9 am - 5 pm

Who's Repairing Your Clock?

HOUSE CALLS

CLOCK REPAIR & SERVICE

623-977-6202



Since 1972, we have overhauled **Over 14,000 Mantel and Wall Clocks** and cleaned and repaired thousands of other types!



Since 1972, we have serviced **Over 7,000 Grandfather Clocks** and overhauled **Over 3,000 Grandfather Clocks!**

Over 40,000 satisfied customers a year!

BONDED & INSURED

WE HAVE INSTALLED OVER 3,000,000 WATCH BATTERIES!!
THAT'S OVER 60,000 BATTERIES PER YEAR!!

WATCH BATTERY SPECIAL

\$3⁵⁰

ea.

Expires 06/30/24

We only use TOP QUALITY Batteries.
No Limit. Includes Installation and Tax.

CASH ONLY ON BATTERIES

NEW ENGLAND CLOCK SHOP • 9835 W. Bell Rd. • 623-977-6202 • OPEN M-F 9-5



POSTMASTER: PLEASE DELIVER BY APRIL 6
P.O. Box 5731 Sun City West, AZ 85376

PRSR STD
U.S. POSTAGE
PAID
Phoenix, AZ
Permit No 2151

~ **FUN READING** ~

- Entertaining Features
- Exceptional Values • Useful Services
- Business Profile ... and much more!

*****ECRWSEDDM****
Residential Customer

We've got you covered
when *April Showers*
bring *more than flowers*

Financing available
9.9% APR*

0% financing for
15 months if
paid in full*

*Subject to credit approval. Exclusions apply.
Ask for details!

- New Construction, Repairs, Recovers, Maintenance
- Installation of Gutters
- Shingles, Tile, Built Up Single Ply, Foam & Coatings, Metal, Shake



We're Here To Answer Your Questions. Give Us A Call!

623.247.9252



www.JBSroofingAZ.com



ROC #: 061127 - 287012 - 198009 - 082024 - 318282