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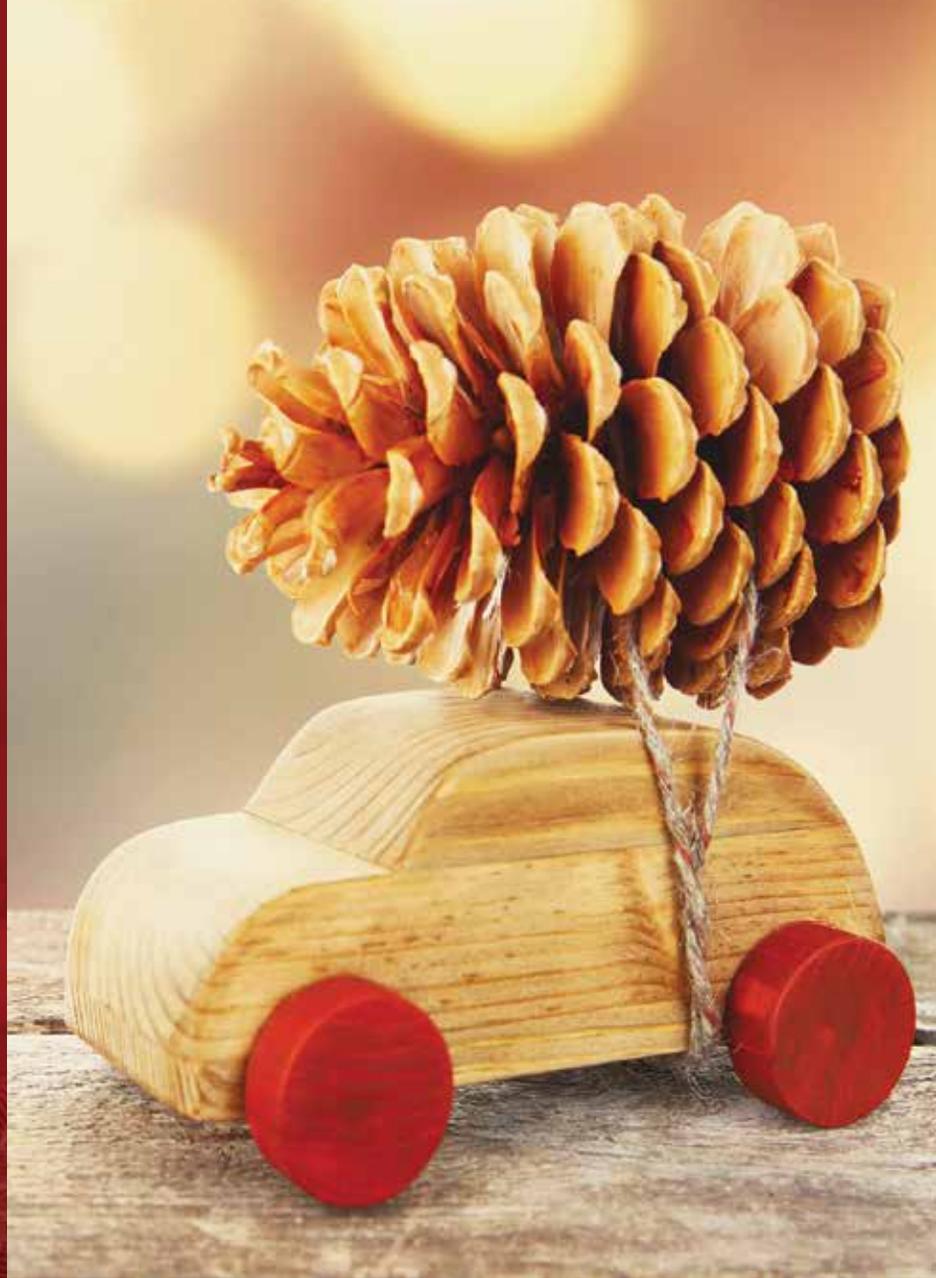
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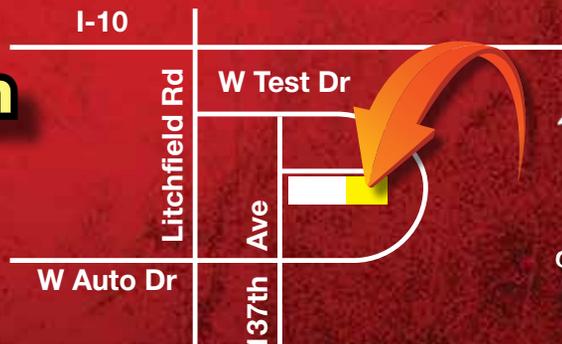


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Host an online Christmas party



If you can't visit your loved ones during the holiday season, consider getting together with them online. A virtual celebration is an alternative option that simply requires a bit of preparation. Here's what you'll need to think about.

1. TIME

Pick a date and time that accommodates everyone's availability for your online event, and don't forget to factor in time zone differences, if applicable.

2. PLATFORM

There are several online applications you can use to host your virtual get-together (Try Zoom, Microsoft Teams, Google Meet, Facetime, and Houseparty.) Select the most appropriate one based on how many people will be attending as well as their computer skills and available internet access. Some platforms also allow guests to join by telephone.

3. ENTERTAINMENT

Plan a few age-appropriate activities to make the event more fun. For example, help kiddos decorate gingerbread houses, decorate the tree, or arrange for everyone to eat a similar meal or drink the same cocktail. You can also play games that work well remotely like trivia challenges and bingo.

4. TRAPPINGS

Set up your computer in an appropriate location, and if you need a table or room to move around, prepare accordingly. Then, add some festive decorations to your background. Consider wearing a headset for superior sound quality.

If you're giving gifts to your loved ones, mail them ahead of time so they can unwrap them online during the celebration. You just might have such a good time that you'll want to schedule online get-togethers more often!



Celebrate the Season

During this holiday season,
we wish you all the best.



Debbie Allen

Financial Advisor

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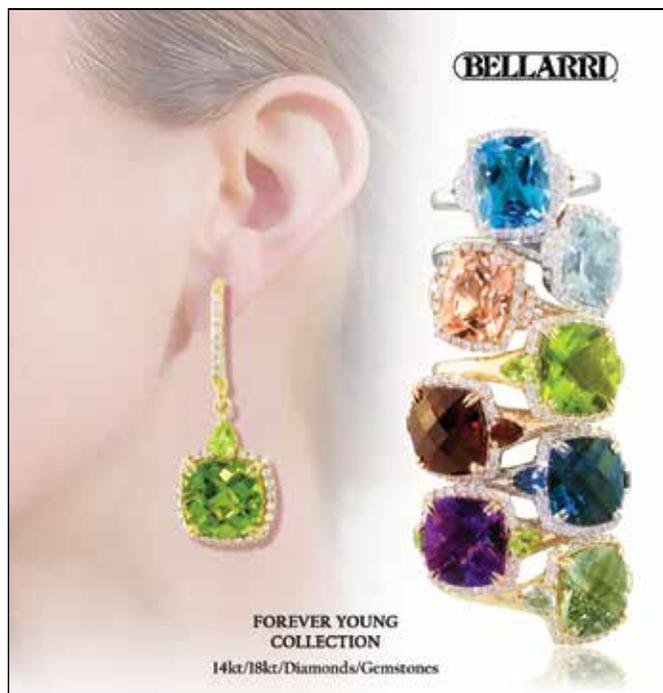


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E-Z Holiday decorating tips

It's perfectly okay to elect NOT to decorate for the holidays, but if you want your home to feel festive, without all the hassles, here are some shortcuts.

Skip the tree, but display some of the ornaments on shelves or tables, near photos, etc. Add a touch of greenery or some ribbon. A pretty wooden, crystal, or metal tray or bowl looks festive filled with pretty Christmas ornaments or pine cones.

A beautiful floral arrangement will add a festive touch. Fresh flowers or artificial, either works.



Add some holiday accessories. If you're not into traditional colors, use color schemes that blend with any decor. White, silver, and gold will compliment most decor.

A string of lights here and there creates holiday ambiance.

Snowflakes won't look out of place during the rest of the winter months.

Several small trees are easier to decorate (and un-decorate and store) than one large tree. Put several throughout your house or cluster several small trees together.



DECEMBER 2022

INSIDE THIS ISSUE

Celebrity Extra.....	6
Senior Newsline.....	8
Business Profile.....	9
Green Living	13
Veteran's Post.....	14
Paws and Claws.....	15
Your Good Health.....	18
Recipe	19
Games Page.....	21 & 22
Hollywood	23
Service Directory	28 & 29

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"Glory to God in the highest, and on Earth peace, goodwill toward men."

Luke 2:14

How to save for your retirement

For many people, the coronavirus pandemic has led to considerable financial strain. And while you might be focused on balancing your current income and expenses, it's still crucial that you plan for the future. So whether your retirement is a long way off or right around the corner, here's what you should do to help ensure financial security in your golden years.

Reflect on your objectives

There are several questions you need to ask yourself as you plan for your retirement. Do you want to downsize early or continue to live in your home? Do you want to travel often or take up particular hobbies? Do you have a plan to deal with potential health concerns

or a loss of mobility? These are all factors that can help you determine how much you need to save for retirement.

Take concrete action

While it's important to reflect on your retirement goals, you should also meet with a financial adviser to put these ideas on paper. A professional can help you evaluate your current financial situation and create a realistic savings and investment strategy to help ensure you meet your retirement goals. Taking this step may allow you to enjoy your golden years free of financial strain.

It might seem stressful at first, but taking action to prepare for your retirement may give you peace of mind in the years to come.

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Christmas will be here before you know it, but these clever tips and tricks will help you get a handle on the holidays.

- Do the kiddos in your family love to decorate gingerbread houses, but you hate the mess? Decorate sugar cone Christmas trees instead.
- Manage the mess! Wrap a big box with leftover wrapping paper and use it to collect all the torn paper and trash on Christmas morning.
- Have some extra fun this year. Instead of gift tags, identify gifts with photos. The funnier the better.
- Store bead strings in empty soda or water bottles for storage.
- How to store icicle lights: Get yourself some heavy-weight plastic drop cloth rolls in the appropriate length. (\$10 or less at the hardware store.) Roll it out close to where your lights are strung. As you take the

lights down, line up the light string along the middle, down the length of the roll with the icicle strands stretched out perpendicular. Fold the plastic sheet over the light string. Start at the end WITHOUT the part you plug in, and roll that end all the way down to the opposite end. You'll occasionally have to push the lights back in toward the center. When you're done, secure the roll with a bungee cord or zip ties. You'll really appreciate this hack next Christmas. Remove the bungee cord and stand where you plug in your lights. Keep a good grip on the end of the roll that has the plug, and give it a good toss toward the opposite end of your house. Momentum should carry the roll most of the way and your light strand will roll out ready for hanging. All you'll have to do is string up your lights and fold up the plastic.



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Celebrity Extra by Dana Jackson

Q: Did they ever find a permanent host for "Jeopardy!" or will they continue to rotate the two they have now? -- A.A.

A: In July 2022, it was officially announced that Ken Jennings and Mayim Bialik would remain hosts of the hit syndicated game show "Jeopardy!". When Alex Trebek passed away from pancreatic cancer in 2020, there was a long rotation of hosts, including NFL quarterback Aaron Rodgers and fan favorite LeVar Burton ("Reading Rainbow"), until it was announced the search had ended because producer Mike Richards had landed the coveted job. He was soon fired after past sexist and racist comments of his resurfaced.

In the meantime, the show called upon past "Jeopardy!" champion Ken Jennings and sitcom star Mayim Bialik ("The Big Bang Theory") to rotate hosting duties. It was such a ratings success that they were offered contracts, and the rest is history.

★ ★ ★

Q: Who is the actress playing Princess Diana in the current season of "The Crown"? I know she's different than the actor who played her the last two seasons. Both have done a fantastic job. -- L.L.

A: Elizabeth Debicki, who is Australian, began playing

Princess Diana in season five of the Netflix series "The Crown," opposite Dominic West as Prince Charles. Debicki is a statuesque 6 feet, 3 inches tall, and with her big blue eyes, she physically inhabits the tragic character of the Princess of Wales.

Debicki's first big role was a supporting one in Baz Luhrmann's "The Great Gatsby," starring Leonardo DiCaprio. In 2016, she starred alongside Tom Hiddleston and Hugh Laurie in the British miniseries "The Night Manager," and before landing "The Crown," she starred in acclaimed director Christopher Nolan's twisty thriller "Tenet."



PHOTO CREDIT: DEPOSITPHOTOS

Elizabeth Debicki ("The Crown" and "Tenet")

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

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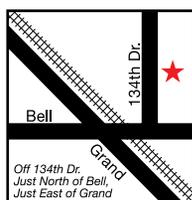


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-- Eleanor Roosevelt



How well do you know these classic CHRISTMAS MOVIES?

Christmas Movie Characters

Who is...?

1. Frank Cross' lost love in *Scrooged*
2. The former film score writer Iris meets in *The Holiday*
3. Clark's boss' wife in *National Lampoon's Christmas Vacation*
4. The daughter in *Christmas with the Kranks*
5. The little girl in *Miracle on 34th Street*
6. Kevin's mom in *Home Alone*
7. The fishmonger Jesper falls in love with in *Klaus*
8. The living rag doll in *The Nightmare Before Christmas*
9. Jack's widow in *Jack Frost*
10. Daniel's stepson in *Love Actually*
11. The Grinch's dog in *How the Grinch Stole Christmas*
12. Scott's son in *The Santa Clause*
13. Buddy's biological father in *Elf*
14. Kate's father in *Four Christmases*
15. The main character in *Jingle All The Way*
16. The young boy in *The Polar Express*

Answers to the quiz

- | | |
|---------------|-----------|
| 16. Billy | 8. Sally |
| 15. Howard | 7. Alva |
| 14. Creighton | 6. Kate |
| 13. Walter | 5. Susan |
| 12. Charlie | 4. Blair |
| 11. Max | 3. Helen |
| 10. Sam | 2. Arthur |
| 9. Gabby | 1. Claire |



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Avoiding Holiday Shopping Scams

It's that time of year again when we do holiday shopping, much of it online. It's also the time when more scammers are operating. And what is it scammers want most? They want your personal information so they can turn it into cash and fraudulent purchases.

Here are a few ways to avoid getting scammed online this holiday season:

- Beware of sales emails that include links, even if the email is from a store you usually use. Thieves are very good at making their scam pages look genuine. Instead of clicking a link, open a web browser and go directly to the website itself. Sometimes the email will request that you update your account information. Instead, call the store and ask if they've sent out that request.
- Beware of the tracking emails you get with updates about packages that you're expecting. Remember that genuine FedEx and UPS emails won't ask for any personal information from you. **DON'T CLICK LINKS.** Go directly to the website.
- Be careful where you shop online. Check reviews to see what others have to say. Avoid those with few or low ratings, or products that have only positive reviews.
- Consider using Amazon for most of your online purchases and having a Prime membership. Amazon is good at protecting customers when it comes to you receiving damaged items or not receiving any items at all. A Prime membership now costs \$139 a year, but it includes free shipping, free movies and videos, and more.

If you are scammed, report it. Call your bank and the police, and then notify the Elder Fraud Hotline at 833-372-8311.



Here's a Tip

by JoAnn Derson

Mix dishwashing detergent with baking soda and use it to scrub bathroom walls. It's very effective on soap scum, and surprisingly gentle, as baking soda is a mild abrasive that works well without scratching.

When whipping egg whites, make sure you bring your eggs to room temperature beforehand. They will yield greater volume.

Getting your old deck of cards out to play? If they feel gummy, put them in a plastic baggie, add a little bit of talc, baby powder or cornstarch, seal the bag and shake. Knock the excess off before removing from the bag. Shuffle as usual.

"Wanna spot clean your floor? Spray an old pair of socks with floor cleaner, put them on and do the cha-cha-cha." -- V.B. in Iowa

Before setting a new can of shaving cream on the sink edge, here's a man tip: paint the bottom rim with clear nail polish. It won't leave rust rings. Been doing this for years. -- M.W. in New York

Cut the top off of a soda two liter to use as a funnel. They are very easy to cut and you have a funnel whenever you need one!

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We hear it all the time... *Why rent when you can own?* But for some families, paying the mortgage — *and covering the monthly expenses* — on a home that meets the needs of their family is still out of reach for many families.

Minnesota native, Aaron Karkhoff, Sales Team Lead with Titan Solar, moved to the Valley nine years ago. "My wife and I were able to buy our home because of the solar included. What we saved in monthly utility costs increase we applied towards our mortgage payment."

The Karkhoffs added to their existing solar system once Aaron learned how solar works, and since their current system was dated, it only made sense to use the utility programs to pay for the upgrade.

Aaron was intrigued by the opportunity solar power had afforded his family, and the main advantages of solar energy: saving money every month, increasing the value of your home (4-8% according to a 2019 nationwide Zillow study), and solar is better for our environment. With over 20 years of sales experience in industries that provide services to homeowners, including real estate, joining Titan (the company who did the work on his home) was a great fit. He now has 3 years in solar with over 150 installed solar projects.

Aaron, who is the president of his local BNI networking chapter, Westside Business Leaders, believes that referrals and doing business with someone you can trust is important. Titan is the largest, locally owned installer of solar in the U.S. (Their headquarters are in Mesa.) Their panels and inverters are built in the U.S., they offer a 25-year warranty on hardware and roof penetrations, and a 25-year linear production guarantee on panels. In business for over 20 years, Titan has done over 170,000 installs — that's a key factor in an industry where the average company only lasts about 3 years.

Aaron Karkhoff and his wife, Lumi, (who is Romanian) moved to Arizona to be closer to family and stayed for the weather. Members of the PhxDriiven Supercar Club, they enjoy traveling "all the fun roads " to incredible destinations like Sedona, Las Vegas and California.

Aaron says he doesn't *sell* solar. "It's all about education and helping homeowners understand the only other option to their local utility. Utilities that are private, for-profit organizations.

Aaron sees too many solar companies selling solar incorrectly, under sizing systems and misleading homeowners with false promises of expected savings. "I wanted to provide an honest, transparent energy savings report to help homeowners make an educated decision."

Imagine locking in the price of gas back when it was only \$2.50 a gallon for the next 25+ years — only for your home. He says. " In 90 percent of our projects, homeowners will pay less each month for the same energy their home needs. And with the majority of projects requiring no out of pocket money, this means the return on investment is infinite. State and Federal Incentives help make solar affordable. Contact me to learn what your home would qualify for."

You can reach Aaron Karkhoff with Titan Solar Power at (602)245-6816 or email him at Akarkhoff@pwramerica.com to find out more about solar energy.



May 2023 bring you these gifts:
Love, Happiness and Health.

Happy Holidays!



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4 WAYS TO STAY HEALTHY through the holidays

Enjoying good times and great food in the company of loved ones is what the holiday season is all about. Unfortunately, your usual fitness routine and eating habits are likely to be interrupted. To stay healthy during this festive time, do these four things.

1. MANAGE DIETARY CHOICES

You may be tempted to sample every dish, but to avoid overeating remember to chew slowly, and keep portion sizes reasonable. Opt for fresh fruits and veggies, lean proteins and whole grains when possible.

2. AVOID FOOD GUILT

It's normal to indulge in desserts, cocktails and savory snacks during the holidays. Don't deny yourself the pleasure of enjoying the holiday foods and beverages.

3. GET UP AND MOVE

The virtues of exercise for the mind and body can't be overstated. It boosts your mood, reduces your risk of disease and helps you manage your weight. During the holidays, find fun ways to stay active like walking, dancing, skiing, ice skating and more.

4. TAKE A MOMENT TO RELAX

Remember to set aside time to recharge your batteries. The holidays can be exhausting. Fortunately, there are many simple ways to unwind like taking a bath, reading a novel and listening to music.



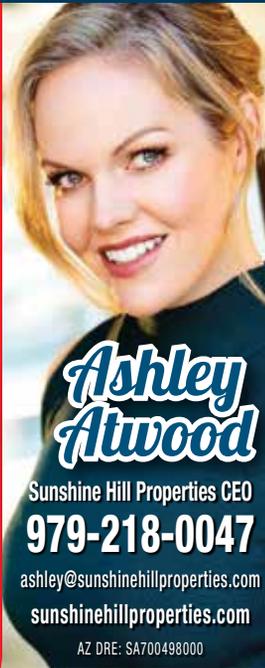
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Useful gifts for practical people

If you're not sure what to buy your loved ones for Christmas, consider giving them something practical. Here are a few ideas to inspire you.

- A gas station gift card
- A firewood sling
- A set of luxurious bed-sheets
- A portable cell phone charger

- A bathtub tray
- A gardening tote
- Heated gloves
- A bike repair kit
- Warm socks
- Swiss Army knife or card
- A headlamp
- A Bluetooth speaker

Be sure to check out your local retailers for gifts that will make your loved ones' lives easier.



Gift exchange ideas



How do you buy the perfect gift when you don't know who will receive it? This is especially true if your group has folks of various ages. Here are a few ideas that will please most people.

- An insulated water bottle or coffee mug
- Locally made spirits, beer or wine
- Nut-free chocolates
- A new board game

- A cozy blanket
- A set of wine glasses
- Reusable straws with a cleaning brush
- An apron with several pockets
- A multi-tool
- A grabber
- Tickets to the movies or a performance

If possible, ask the participants what they like so you can buy an item related to their interests.

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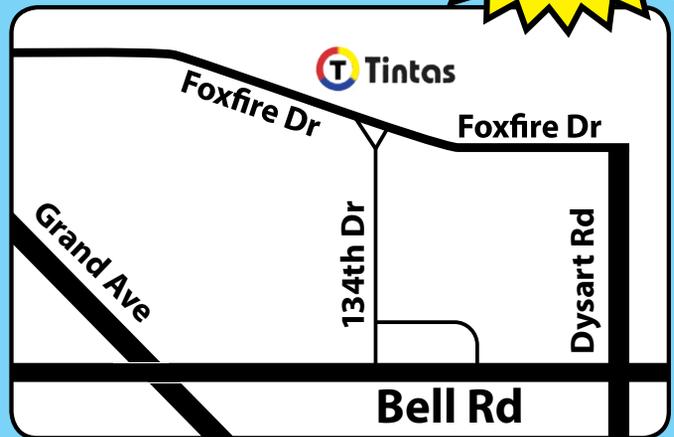
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Strange But True

by Lucie Winborne

In some parts of the world, tarantulas have "pet" frogs, which they protect from predators.

At the Harvard-Yale football matchup in 2004, Yale students played a *They dressed as Harvard pep squad members and handed out crimson and gold placards telling everyone their cards would spell out "Go Harvard." When raised, the actual message read "We Suck."*

Two of the most common paint colors at Walt Disney World are "Go Away Green" and "Blending Blue." Their curious monikers attest to the fact that Disney Imagineers created them to make your eyes ignore them.

The first known dental filling dates to the Neolithic period and was made of beeswax.

You don't need a body to play video games -- just a mind! Lab-grown human and mouse brain cells inhabiting a petri dish became sentient enough to learn how to play Pong.

Billy Joel's song "Only the Good Die Young" was banned by some radio stations for being "anti-Catholic." Joel hardly minded, however, as the resulting publicity made the tune so popular that he wrote to the president of Seton Hall College in New Jersey (the first entity to forbid it) requesting a ban on his next record as well.



Green living

Eco-Friendly Gift Wrapping Ideas

1. Fabric wrapping

Using fabric creates a unique and beautiful gift you can use time and time again. Scarves, napkins or placemats also double as a much-loved gift.

2. Kraft paper

Many types of wrapping paper can't be recycled, but kraft paper, which is biodegradable can! It's a great alternative to shiny, laminated, or any kind of glossy paper, and will give your gifts a lovely rustic look. Add some twine and a pine tree sprig for an extra festive touch.

3. Linen sacks

A fabric sack is always a stylish and practical gift wrap option — no scissors or tape needed! And there are many ways to re-use a fabric sack.

3. Old packaging

If you're at all eco-conscious or thrifty, you probably have saved some used wrapping paper or packaging.

4. Magazines & newspapers

If you have a pile of old magazines or newspapers lying around, now is your chance to give them another use. If you have neither of these at home, buying a newspaper is still a great alternative as it's affordable, recyclable, and creates a vintage Christmas look.

5. Baskets/boxes

Likewise, this is the perfect time to re-use any boxes or baskets you might have saved. Shabby-looking cardboard delivery boxes can be wrapped in kraft paper.

7. Dust bags

Many of us often have zero clue what to do with the draw-string dust bags we collect over the years. Now's your chance to get them out of the cupboard and fill them with gifts for friends and family.

8. Natural decorative elements

Opt for dried citrus fruit or sprigs of thyme or leaves instead. This is a fantastic and guilt-free way to elevate your gift's aesthetic and they can be easily composted or put in the garden after use.

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The PACT Act and You

The Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics, also known as the PACT Act, adds a number of important modifications to veteran health care.

Among other benefits, PACT requires the Department of Veterans Affairs to do a toxic exposure screening on each veteran who's enrolled in VA health care. That's a good start. Additionally, it extends eligibility for veterans who were exposed, adds more exposure locations for radiation and Agent Orange, and adds over 20 more presumptive conditions for AO and other toxin exposure, as well as exposure to burn pits.

That word "presumptive" is key. It means you don't have to fight tooth and nail to prove that an illness came from being stationed at a particular location. It's "presumed" that your illness came from being there and that the surrounding conditions were the cause. You don't have to prove a thing.

If you've been getting VA care for several years, the name can be confusing because "PACT" used to mean something else: Patient Aligned Care Teams. In that incarnation of PACT, personalized primary care was the objective. It started in 2010 with the creation of teams made up of nurses, providers,



social workers, pharmacists, nutritionists and many others. They would employ e-health visits, phone calls, monitoring at home, group visits, the whole medical gamut, to give individualized care to veterans. Surveys done then indicated that the program was modestly successful, at least when it came to reducing the number of urgent care visits (33%) and hospital admissions (12%).

Let's just hope that the current incarnation of PACT is at least that successful.

To read about the current PACT, go to va.gov/resources/the-pact-act-and-your-va-benefits. You can read about eligibility of various eras, screenings, filing claims, info for survivors and more. For specific help with how you can file a claim, call them at 800-698-2411. Or go to va.gov and file Claim Form 21-526ez online.

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Cat-proof your Christmas tree



Are you worried your feline friend might get hurt playing in your Christmas tree? If so, here are a few tips to help you avoid a holiday mishap.

- Secure your tree to a solid base or the wall to prevent it from tipping over and falling on your pet.
- Leave your tree undecorated for a few days to let your cat get used to it.
- Use decorations made of plastic or other durable materials. Firmly attach them to the branches so they don't fall off easily. Avoid edible ornaments.
- Fill a spray bottle with water and gently spritz your cat if it gets too close to the tree. This will let them know the behavior is prohibited.
- Spray your tree with store-bought cat repellent.

Be patient to ensure you get the results you want.

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Handy accessories for your car that make great Christmas gifts!

Do you, or someone you know, spend a lot of time in your vehicle? If so, here are some accessories that can make your drives more pleasant... and they'll be most appreciated if they show up under the tree or tucked in a stocking.

1. USB adapter



This inexpensive gadget plugs into the cigarette lighter and ensures there's always a place to charge phones and other USB devices. Single and dual port versions are available.

2. Air purifier



With a car air purifier, you can breathe fresh air inside your car year-round and expel lingering smells. Some models even allow you to monitor humidity levels and detect toxic fumes.

3. Portable Wi-Fi router



With a wireless router, your passengers will be able to enjoy using the internet while they're on the road. This is especially handy on family car trips. Wi-Fi routers that plug into the cigarette lighter are also available.

4. Vacuum



Car lovers like to keep their interior impeccably clean. Gift them a compact, car vacuum with accessories to reach all the nooks and crannies.

5. Organizer



Consider an organizer to put in the trunk or between the seats. No fishing for lost items under the seats, and everything will have a spot.



6. Trash bin



If keeping the car's interior clean is a struggle, a simple trash bin can make a big difference. There are many types available, from flexible models that fit into cup holders to ones that hang on the back of your seat.

7. Dash cam



A dashboard camera is a great gift for any motorist who doesn't own one yet. Look for options with easy installation, and intuitive controls, as well as the ability to capture Full HD video in all lighting conditions.

8. Emergency Car Kit with Jumper Cables



Expect the unexpected. Look for a highly rated emergency car kit. It should have plenty of emergency essentials: jumper cables, first aid supplies, a flashlight, batteries, duct tape, an orange safety vest, and more.

Answers to the quiz on the next page:

1-B, 2-C, 3-C, 4-D

ROAD REFLEX QUIZ

Here are a few questions experienced drivers should know the answers to...



1. When can you drive in the left lane on a highway?
 - A. At any time
 - B. When passing another vehicle
 - C. Only if you're alone on the road
2. What should you never do when another vehicle is passing you?
 - A. Slow down
 - B. Maintain your speed
 - C. Accelerate
3. How can you avoid being blinded by the headlights of an oncoming vehicle at night?
 - A. Look at the curb on the right side of the road
 - B. Close your eyes momentarily
 - C. Quickly blink several times
4. Take your vehicle to Litchfield Auto Repair for
 - A. Lube, Oil & Filter
 - B. Pre-Purchase Inspections
 - C. Wheel Alignment & Tire Service
 - D. Any of these services and more!

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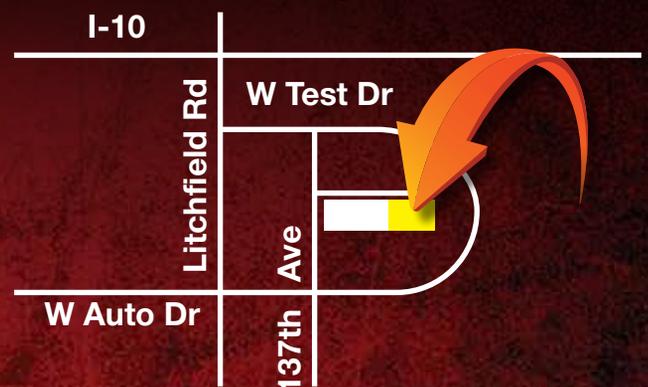


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Lowering BMI Before Surgery Can Provide Better Outcomes

DEAR DR. ROACH: I'm 72 and have had arthritis for three years: two years in both knees, and one year in my right hip and the base of my spine. I am 5'3" and weigh 221 pounds, with a body mass index (BMI) of 39. I've lost 23 pounds from January to June.

What is the BMI needed for an orthopedic surgeon to do a hip replacement for someone with osteoarthritis — without a broken hip? I recently had an assessment of my hip X-rays and was told I'm at the outer cutoff with a BMI of 39, so I'm eligible for a hip replacement operation. Then a few weeks later, I saw the surgeon, who rejected me — claiming that 39 isn't the outer limit, 35 is.

After a long talk, the surgeon said he'd do it for me, but I'd get a better result if I lose 20 more pounds and get my BMI down to 35. I felt jerked around, but said I'd wait and lose weight. I'm also trying to find a surgeon I like more than him. So, what is the BMI needed for hip surgery: 35 or 39? -- L.C.

ANSWER: There is no standard cutoff BMI for joint replacement surgery. It is true that people with a BMI over 40 are at higher risk for medical complications; however, it is also true that people with severe arthritis and a high BMI still get improvement in their quality of life with surgery. Denying a person a cost-effective surgery that can greatly improve their quality of life simply because of a BMI number (which, in itself, is a flawed metric) is inappropriate.

I can understand why you would want to see a different surgeon, as it sounds like you were not treated well. However, the surgeon was right that surgical outcomes are better if a person can lose at least 20 pounds, according to a 2019 study. This included shorter lengths of stay in the hospital and a lesser chance of needing surgical revision. I wonder, though, if part of the benefit seen in the study was due to increased exercise prior to surgery, which is known to be beneficial in surgical outcomes.

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

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Strange But True

If you've ever worried about damaging your cellphone by accidentally sitting on it, you'll be glad to know that Samsung built a robotic posterior to test the durability of its smartphones. It can repeatedly exert up to 220 pounds of pressure to simulate the act of a human sitting on their device.

More than 200 artificial languages have been created for use in books, TV and movies.

Our 50-star U.S. flag was designed by Robert Heft, a 17-year-old student in Lancaster, Ohio. He made it for a high school history project and received a B- from his teacher for lack of originality.

NASA astronaut Leland Melvin sneaked his two rescue dogs, Jake and Scout, into Houston's Johnson Space Center for his official — and unique — photoshoot.

In 2013, developers of a skyscraper in London nicknamed the "Walkie-Talkie" due to its shape, realized that some design changes were seriously and immediately in order. The building reflected the sun onto the street below for two hours a day, with a beam so hot it melted parts of a Jaguar XJ parked nearby.

Some beaches on the Japanese islands of Taketomi, Hatoma and Iriomote have star-shaped sand.

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RECIPE

White chocolate and cranberry cookies

INGREDIENTS:

- 1/2 cup butter, softened
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1-1/2 teaspoons vanilla extract
- 1 teaspoon almond extract
- 1 egg
- 1-1/2 cups flour
- 1-1/2 teaspoons baking soda
- 1/2 teaspoon table salt
- 1 cup white chocolate chips
- 3/4 cup dried cranberries
- 3/4 cup macadamia nuts, chopped



DIRECTIONS

1. Preheat the oven to 350 °F
2. Using a hand mixer or a whisk, blend the butter and sugars.
3. Add the vanilla and almond extracts as well as the egg. Mix well.
4. Add the flour, baking soda and salt slowly until you the dough is smooth.
5. Stir in the while chocolate chips and dried cranberries.
6. Make balls with about two tablespoons of dough and place them 2 inches apart on a cookie sheet lined with parchment paper.
7. Bake for 12 to 15 minutes, or until light brown.
8. Let cool at least 5 minutes before serving. Makes 18 cookies.

*Have you tried one of the recipes published in the West Valley Star?
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Super centerpiece ideas

Whether your style is modern minimalist or country chic, one of the great things about living here in the Valley is the variety of citrus and plants that grow here. So if your holiday table is looking a little bare, grab your scissors and head outdoors.

Citrus makes an amazing centerpiece because of its wonderful fragrance. Snip some green leaves, and if your lucky a few blossoms, and tuck them in a basket, an antique box or simply arrange them amongst some candles. Sling the tops off a few oranges or lemons will fill your home with citrusy fragrance.

The rich reds of lantana will last through your holiday dinner. Pair it with some rosemary or cedar snipped from a hedge.

Elephants food (portulacaria afra) is simple to propagate. Snip off some tubers, tuck them in some clay pots filled with potting mix, add some ribbon and a name tag. Your table will look lovely and everyone gets a sweet take home gift.



Here's a Tip

Save and clean your prescription bottles; they make a really great container for bobbins. I take a spare piece of thread, ball it up a bit and tape it to the top of the container, too. Then I sit them all in a shoe box. I can see just from the tops which color I need to use. -- L.K. in Alabama

"Fasten buttons, snaps, fasteners and zippers on your clothes before washing and drying. It will help them keep their shape. Turn socks inside out, too. It will help prevent them from getting fuzballs." -- M.W. from Saskatchewan, Canada

When mailing packages, you don't have to buy expensive packing peanuts or bubble wrap; use what's around. Plastic grocery bags are always in abundance. They can be tucked into any spare space and they barely weigh a thing. Same with newspaper; fill all the available space so that nothing bounces around in transit.

"When mailing cookies, make sure they are packed well. Use an appropriate size container, and give layers some space by separating them with small sheets of bubble wrap. My cookies arrive intact every time." -- J.J. in Florida

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OFFICIAL CONTEST RULES. Solve the puzzle and mail in this page to win. Circle all or part of the names of 22 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.

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for any corrections or announcements

Name _____

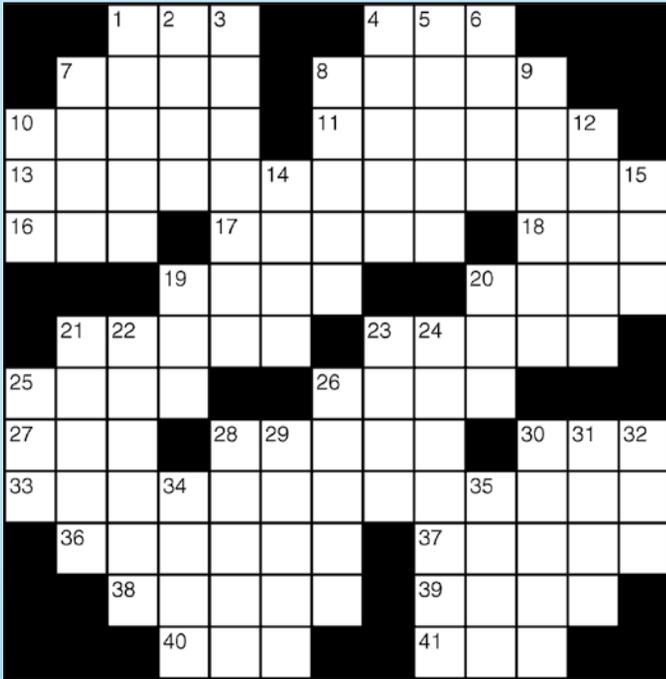
Address _____

Phone _____

email _____

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

King Crossword



ACROSS

- 1 Church seat
- 4 Brit. record label
- 7 Singer Guthrie
- 8 Golf clubs
- 10 Vault intersection
- 11 Pig sounds
- 13 Good thing with a downside
- 16 Utter
- 17 Wear down
- 18 Half of CIV
- 19 Vivacity
- 20 Prescriptions, for short
- 21 "-- were the days!"
- 23 Expire
- 25 Channel marker
- 26 Animation frames
- 27 Carte lead-in
- 28 Blood line?
- 30 Mimic

DOWN

- 3 Confusing statements
- 36 Bit of buckshot
- 37 Makes a sweater
- 38 Prolonged attack
- 39 "Downton Abbey" role
- 40 Altar constellation
- 41 Eggy quaff
- 1 Stand-in
- 2 Writer Wiesel
- 3 Is curious (about)
- 4 Goofed
- 5 Point-and-click gizmo
- 6 Hostels
- 7 Met solo
- 8 Dome home
- 9 "Jason Bourne" actress Julia
- 10 Baseball execs
- 12 Disparaging
- 14 Party cheese

- 15 USO audience
- 19 Lad
- 20 AWOL pursuers
- 21 Dutch bloom
- 22 Deceptions
- 23 Reply to "Shall we?"
- 24 Nome resident
- 25 "Kapow!"
- 26 Largest Greek isle
- 28 Grace of "Will & Grace"
- 29 Alpha's opposite
- 30 Getting on
- 31 Anti-fur org.
- 32 Curvy letter
- 34 Lamb alias
- 35 Part of A.D.

Answers on Page 24

NOVEMBER WINNERS



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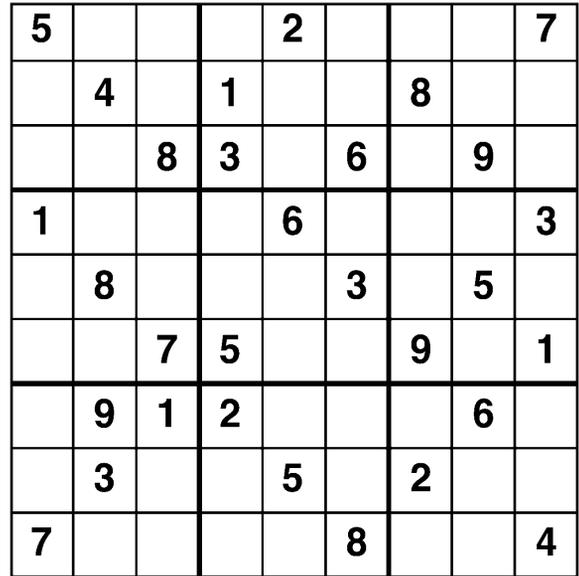
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- Sibylle Scheliga**
Glendale
- Wendy Phifer**
Litchfield Park

Sudoku

by Linda Thistle



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.

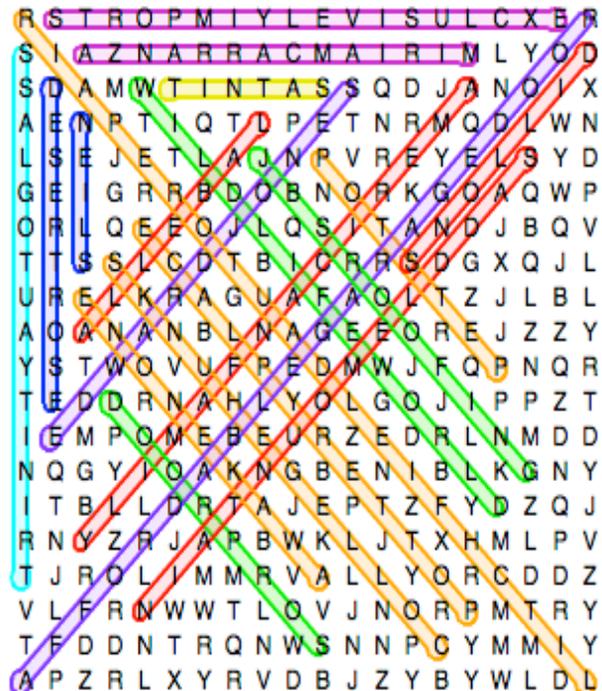
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Answers on Page 24

Dinner and a Movie NOVEMBER SOLUTION



Hollywood by Tony Rizzo

HOLLYWOOD -- Daniel Craig has played the macho "007" five times, but post-Bond, he's stretching his acting chops to play Benoit Blanc again, this time as a gay man. At the London Film Festival, "Glass Onion: A Knives Out Mystery" director Rian Johnson was asked after the film screening if Blanc was gay in reference to a scene showing the detective living with a man. "Yes, he obviously is," he replied. While the identity of "that man" has been withheld, Craig offered, "No spoilers, but who wouldn't want to live with that person?" We'll have to wait until Nov. 23 to know who he's talking about. The film boasts Angela Lansbury and Stephen Sondheim in a video chat cameo.



Harrison Ford will be General Thaddeus "Thunderbolt" Ross (previously played by the late William Hurt) in "Captain America: New World Order," due May 3, 2024. Chris Evans, who played Captain America in three films and seven "Avenger" movies, has moved on, and the character Sam Wilson (portrayed by Anthony Mackie) has now become Captain America, as seen in the Disney+ series "The Falcon and the Winter Soldier," to great success. At 80, Ford's going strong with "Indiana Jones 5" out June 2023 and "Thunderbolts" due July 2024. Evans moved on to voicing Buzz Lightyear in "Lightyear," as well as roles in AppleTV+'s "Ghosted," with Ana de Armas and Adrien Brody, and Netflix's "Pain Hustlers," with Emily Blunt and Andy Garcia.



Peter Billingsley is returning as Ralphie in HBO Max's "A Christmas Story Christmas," the sequel to the 1983 classic "A Christmas Story" (\$3.3 million cost, \$20.8 million gross). It has had annual Christmas showings that have made it the



PHOTO CREDIT: DEPOSITPHOTOS

Peter Billingsley ("A Christmas Story")

must-watch holiday classic it's become. Billingsley was 12 and is 51 years old now. It follows adult Ralphie (Billingsley) in the 1970s, returning to the house on Cleveland Street to deliver his kids a magical Christmas like the ones he had growing up. The original film was based on material from Jean Shepherd's collection of short stories, "In God We Trust: All Others Pay Cash," and starred Darren McGavin and Melinda Dillon. There

have already been two sequels: "It Runs in the Family" (1994) and "A Christmas Story 2." This upcoming "official" sequel will be true to the original, since it's being produced by Billingsley and Vince Vaughn.



International film superstar Catherine Deneuve (age 79) is best remembered for "The Umbrellas of Cherbourg" (1964), Roman Polanski's "Repulsion" (1965) and "Viva Maria!" (1965), with George Hamilton and French mega-superstar Brigitte Bardot. Even though she's never stopped working in her native home of France, she's making an international comeback in "Bernadette" as former French first lady Bernadette Chirac, wife of 1995 French president Jacques Chirac.

I met Deneuve when she and Bardot toured 26 theaters in New York with "Viva Maria!" in 1965. They attracted mob scenes, and people were fainting and going mad over her and Bardot who, despite being French movie stars, commanded crowds equal to Liz Taylor and Richard Burton.



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What makes food organic?

Organic farming is practiced on many farms, and a variety of foods can be organic including fruits, vegetables, wheat, meat, dairy products and more. But what criteria does it take for a food to be certified as organic? Here's an overview.

Fruits, vegetables and wheat

Produce and grains must be grown without pesticides or chemical fertilizers to be certified as organic. Genetically modified organisms (GMOs) are also not acceptable. Growers must practice crop rotation to prevent the depletion of nutrients from the soil and improve harvests.

Meat, fish and poultry

Animal breeding must be done under decent living conditions, without cages and in a sufficiently spacious environment. Livestock must receive adequate health care and be fed with organic foods. The use of antibiotics and growth hormones is also prohibited.

Processed foods

Organically processed foods must not contain preservatives or artificial colors or flavors. The USDA does approve some non-agricultural ingredients such as baking soda in baked goods and pectin in jams. In addition, food irradiation, which kills certain microorganisms, must not be practiced.

In addition to being grown using eco-friendly practices, organic foods are good for your health. Encourage your local organic food producers by buying their fruits, vegetables, meats, grains and other goods.



Strange But True

Since the summer of 2020, so many orca whales have launched attacks on boats off the coast of Spain and Portugal that sailors have been advised to stay in port at night.

Actor Mike Meyers originally gave the character of Shrek a thick Canadian accent but decided, after animation had begun, that a Scottish one would better suit the character. The film had to be re-animated and cost over \$4 million, or around 10% of its overall budget.

Finnish Ph.D. students graduate in style! Along with their hard-earned diploma, they receive a sword and top hat.

Baby elephants suck their trunks for comfort.

If Michael Phelps were a country, he'd rank No. 35 on the all-time Olympic gold medal list, ahead of 97 countries.

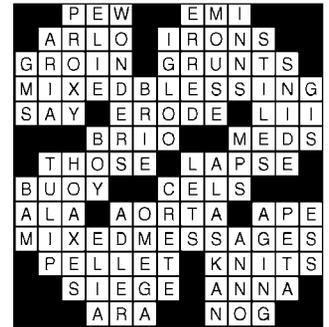
Thought for the Day:

"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end."

-- Michelle Obama

PUZZLE ANSWERS

Answers to Puzzles on Page 22



Time to beat: 24 minutes

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



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It's hard to beat the convenience of Amazon and online shopping, but don't overlook your local shops. By shopping locally at non-chain stores, typically you'll avoid the long lines, and with a little creative thinking we bet you'll find some truly unique gifts.

Florists and Nurseries - Who wouldn't love a beautiful holiday centerpiece for their table? Plus, florists often carry unique gift items as well as floral arrangements. Gift fresh cut greens or a wreath early in the season.

Hardware Stores - This is the best place to check off the fellas on your list. Plus they usually carry beautiful bird feeders, an endless variety of goodies for a basket, and necessities everyone can use.

Second-hand Stores - Second-hand doesn't mean second best. You can find beautiful china cups to gift with some specialty teas, wrap your homemade breads or cookies on a beautiful plate, or find a lovely decorative container and add a candle and some accessories.

Be adventurous. Step inside a shop you've never visited before. You could find a little something to tuck into a stocking, or you just might find the best gift ever.



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Includes 2 Oil Tempered Springs
Oversize Custom Doors Cost Extra Up to 2,218\$)

Installed with
LIFETIME WARRANTY

Plus **FREE Center Bearing**
Plus **FREE Lube-N-Tune!**

It Doesn't have to be Expensive to get your Garage Door Opening Again!

Why Pay More? ALL SPRINGS ARE CREATED EQUAL!

Save On Services OFFERS

Financing Available! OAC

DOOR TUNE-UP SPECIAL

A-Maintain-It-Before-It-Breaks Tune-Up Special

FREE with Any Repair

\$49⁹⁵

Reg. \$89.95

We will lube your:
Springs • Rollers • Hinges • Opener
(The Proper Lubricant is Important)

We will adjust:
Spring Tension and the Open & Close Force on the Opener

Over time the springs lose tension, causing the opener to lift **too much weight**, causing it to fail prematurely.

Other Services Offered

CRACKED OR SAGGING DOOR
If your garage door has a crack on any panel or sags in the middle, I can fix it for a fraction of the cost of replacing it.

WEATHER-STRIPPING SALE!
KEEP BUGS AND DUST OUT OF YOUR GARAGE!
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Coupon not valid for spring replacements.

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INSTALLED

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8 ft Tall Doors Add \$80.00
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ASK NEVER-BREAK ABOUT GARAGE DOOR SPRINGS!



MOST COMMON PROBLEMS WITH THE DOOR OR OPENER



Why Wait? Replace me every 8 years.

BROKEN SPRINGS



BROKEN GEAR AND SPROCKET



CRACKED OR SAGGING PANEL



DOOR OR OPENER LOUD OR NOISY

HOT GARAGE?
Ask About The GF-Series Garage and Attic Cooling Fans
#1 Fan In USA



Maintenance is a BIG DEAL!



BEWARE

ONE HOUR EMERGENCY GARAGE DOOR REPAIR AVAILABLE

Garage Door Problem? Tell Rick or Marcus what it is!

24-Hour Garage Door Repair Hotline | **Call 602-672-1418**

FREE No-Obligation Phone Consultation

Instead of worrying, just call us (Rick or Marcus my brother) right now. Frankly, most all garage door problems are easier to repair and less costly than you might think. And if we don't have an inexpensive solution, we'll direct you to the right place. However, we can probably help you right away with advice, pricing questions, parts, service and repairs. If you're eager to get the door working again there's no problem we can't fix the same day you call.

But no matter what the problem is we can give you good advice!

Here's some advice watch out for the companies offering GOOD, BETTER, OR BEST options, garage door springs are very heavy and it's hard to carry this kind of selection on a van, we offer only the BEST of everything we sell.

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LOOKING FOR PARTS?
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Call us today!

and experience the difference a Company that Cares makes!

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for the holiday season

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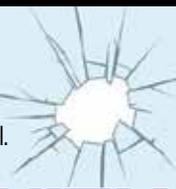
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This holiday season, drive merry, bright and sober!



Driving under the influence: effects, detection and consequences

Driving under the influence: effects, detection and consequences

The holiday season is in full swing, and celebrations of all kinds abound. However, amidst the merriment and festivities, it's important to remember you should never get behind the wheel if you're intoxicated. Here's what you should know.

EFFECTS

Many of the skills required for safe driving, such as sound judgment, acute concentration, impeccable coordination, pronounced visual acuity and quick reflexes, are impacted by drug and alcohol use. Consequently, being under the influence can result in speeding, driving off the road, swerving into oncoming traffic and dozing behind the wheel.

DETECTION

Police officers use their training as well as what they see, hear and smell to determine if a driver has drugs or alcohol in their system. Plus, they can take a breath sample to determine a motorist's blood alcohol level. Police may also issue a standardized field sobriety test

(SFST), which typically requires the driver to walk in a straight line, stand and turn or stand on one leg.

CONSEQUENCES

If you're caught driving under the influence of drugs or alcohol, you could have your license suspended following your arrest, even before being convicted.

Once convicted, the severity of your sentence will depend on your background and the circumstances surrounding your arrest. For instance, you could receive a hefty fine and jail time if you injured or killed someone.

To avoid collisions and other serious consequences of getting behind the wheel while under the influence, make sure you drive responsibly.

GET HOME SAFE

Instead of driving while impaired, do one of the following:

- Call a cab, Uber or Lyft
- Find a designated driver
- If you plan to party, arrange transportation ahead of time

So Punny

What did one Christmas tree say to the other?
Lighten up!

Why is Santa Claus so good at karate?
He has a black belt.

How does Santa keep his bathtub sparkling?
He uses comet.

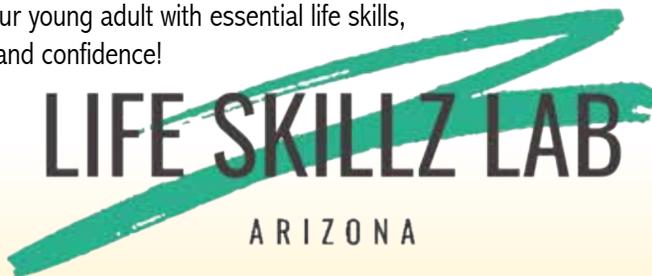
Within a week of stealing 16 statues from an Indian Hindu temple, the thieves responsible believed their subsequent nightmares and bad luck were a direct result and brought back some of the property with a note asking for forgiveness -- but still held on to two of the statues anyway.



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I pair self-discovery activities and exercises with intensive coaching and mentors for optimal impact. These interesting and engaging learning packages are created to help identify motivators, personality types, skill sets and passions to help your kids or grandkids.

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- How to Start a Side Hustle
- Avoiding Student Loan Debt
- How to Fly a Drone
- Travel Planning
- Taxes - A Necessary Evil
- Household Maintenance and Cost of Living
- Camping & Wilderness Survival Skillz
- Time Management & Organization
- Anxiety and Depression Hacks
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- Home Ownership Before 30
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