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Alice M. Boyer

6/26/41 - 3/23/24

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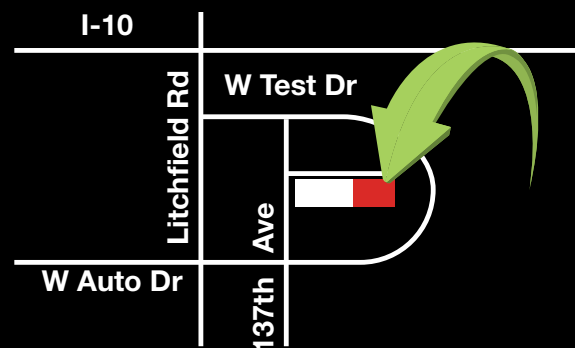


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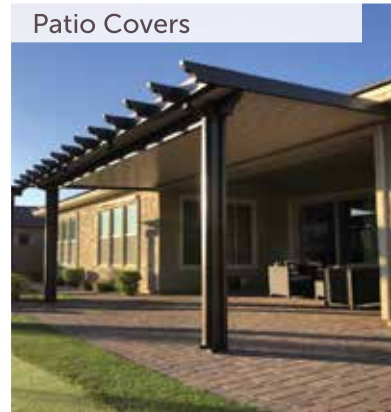
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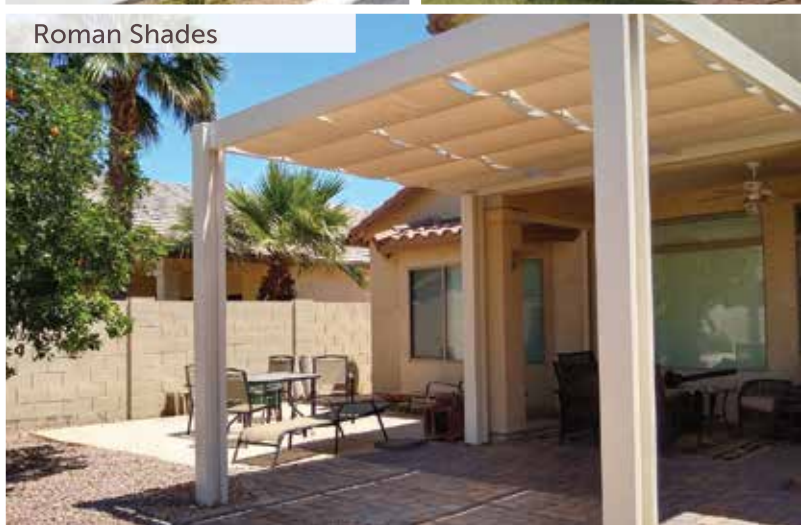
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## ***"Old" is a relative concept!***

As life expectancy continues to rise, many individuals aged 50 and over refuse to label themselves as "old," and for good reason. The lifestyle of a 50-something in 2025 differs significantly from that of a 50-something in 1960.

Nowadays, being "old" can be divided into two distinct groups: the "young old," who remain active and healthy, and the "old old," who experience a decline in their abilities. For instance, a 78-year-old woman who volunteers, takes dance classes and travels frequently might not feel old enough to move into a seniors' residence.

Ultimately, the idea of old age—beyond biological factors—is highly subjective. Some people associate being old with a lack of interest in modernity. Whether they're 60 or 80, those who shy away from new technologies or watch only classic movies and listen to the hits of yesteryear may seem older than their peers who engage with contemporary culture.

According to science, cellular aging accelerates significantly after age 75. However, healthy lifestyle practices can help individuals navigate this stage more smoothly.

Remember, getting older should never become an excuse to stop evolving or learning new things.

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**Happy Mother's Day**

**MAY 2025**

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**"And Mary said: "My  
soul glorifies the Lord  
and my spirit rejoices  
in God my Savior,"**

**— Luke 1:46-47**



# Plan a memorable Mother's Day getaway with Mom!



This Mother's Day, create lasting memories by spending quality one-on-one time with your mom. Sure, enjoying a meal together is a wonderful idea, but why not take it a step further this year by treating her to a memorable getaway?

Start by discussing her preferences. Does your mom love shopping for bargains, tasting wines or craft beers, exploring art galleries, visiting historical landmarks or recharging in the great outdoors? Choose a destination that aligns with her passions—and appeals to you, too, of course.

You can browse tourism websites and work together to plan the details of your adventure, including transportation, activities and accommodations. This planning process will build excitement and make the experience even more enjoyable.

Or stay closer to home and explore the valley or someplace in the state you've always wanted to visit.

Whether you choose to visit a bustling city, relax at a mountain spa or go on a culinary journey in a local town you've never visited before, you'll share some great moments of togetherness.

Call your darling mom today and invite her to plan a getaway with you!



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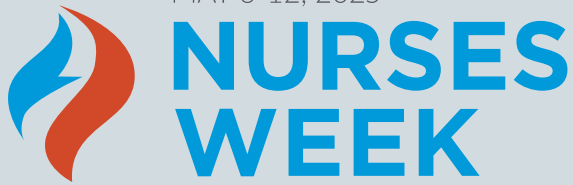
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## Nurses: The Steady Hands and Compassionate Hearts of Healthcare

As we mark Nursing Week, it's fitting to take a moment to recognize the exceptional individuals who are often the quiet heroes of our healthcare experience: nurses.

For many of us, nurses have been present during life's most pivotal moments—at the birth of a child, during a loved one's illness, or in our own times of need. Their presence offers more than clinical care. It's reassurance, deep expertise, and compassion woven into every interaction.

Today's nurses are highly trained professionals who balance the science of modern medicine with the art of human connection. They manage complex care, coordinate treatments, and communicate across disciplines, all while bringing a level of attentiveness that patients and families remember long after they leave the hospital or clinic.

In a healthcare system that can sometimes feel impersonal or rushed, nurses slow down—listening, observing, and responding with grace and skill. They are the ones who ensure that care isn't just effective, but also humane.

This week, and always, we honor their service, their wisdom, and their unwavering dedication to the well-being of others. To our nurses: thank you. Your work touches lives in ways that words can never fully express.

## YOUR GOOD HEALTH

by Dr. Keith Roach

### Avoid opiate withdrawal

**DEAR DR. ROACH:** I was recently in the hospital for a hip fracture and was discharged with oxycodone. I've been taking it for about two weeks after stopping morphine in the hospital (the dosage being 2.5 mg twice daily), but I am worried about withdrawal. I know two people who got very ill after suddenly stopping pain medication. -- J.S.B.

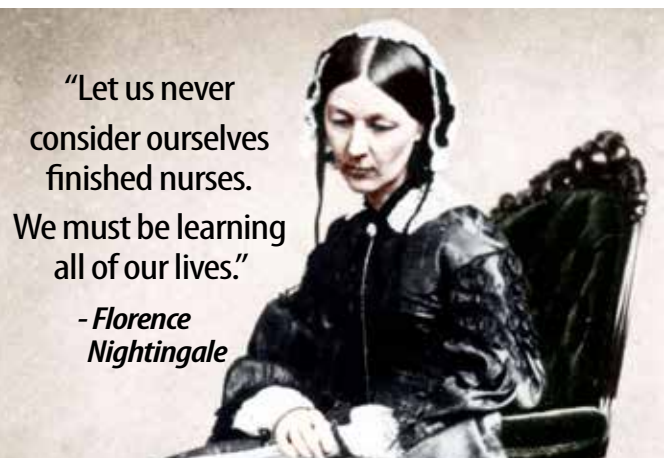
**ANSWER:** Withdrawal from opiates happens when people who are physiologically dependent on opioids suddenly stop taking them. A person can become physiologically dependent in as little as three weeks, or even shorter if they had been taking opioids in the past. Opioid withdrawal is very unpleasant, with abdominal symptoms (nausea, cramps, diarrhea, vomiting, etc.) and agitation being the most common symptoms.

The main way of avoiding withdrawal is to avoid staying on opioids too long. Changing from a long-acting opiate like oxycodone to a shorter-acting one may help. Using non-opioid pain relievers to minimize the need for opioids can also help. I have sometimes tapered down the dose slowly to try to prevent withdrawal; however, the dose you are on is already quite low, so the likelihood of withdrawal is small.

I do want to emphasize that it's important to get off these drugs. Recent studies have shown that 25% or more of people who start chronically taking opioids after a hip fracture continue to take them for months or years, but opioids are not good long-term pain medications for most people.

---

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





In films, billing is important to the career of any rising star. Battles have been waged, and jobs have been won or lost because of billing. Daisy Edgar-Jones has been first-billed above all her top-notch male co-stars. Her first top billing in "Where the Crawdads Sing" (2022) was because there was no major male star, but she was billed over Glen Powell and Anthony Ramos in "Twisters" (2024). She is also billed above Jacob Elordi and Will Poulter in "On Swift Horses," which is due this month.



PHOTO CREDIT: IMDB

**Daisy Edgar-Jones  
in "Where the  
Crawdads Sing"**

Edgar-Jones offered that she's fortunate that her A-list male co-stars have never taken issue with her being billed over them. But the truth is that her co-stars weren't being gracious; she has a brilliant agent, Christopher Farrar, who is the managing director at the United Kingdom talent agency Hamilton Hodell. He's a top-notch negotiator who makes sure that his star comes out on top ... in billing, that is!

★ ★ ★

Robert De Niro, who is considered one of our greatest actors, may have bit off more scenery than he can chew. In the crime drama "The Alto Knights," he plays two real-life crime bosses Frank Costello and Vito Genovese. It opened on March 21, and only 39% of critics on Rotten Tomatoes gave favorable reviews. Audiences didn't come to the theaters, so it only grossed \$9.5 million of its \$50-million cost. If they were trying to save money by having one actor play

two roles, they lost all their dinero at the box office!

★ ★ ★

Get ready for new "Mummy" movies! This time, they're starring 33-year-old Irish actor Jack Reynor. Reynor's best known for "Transformers: Age of Extinction" (2014), which starred Mark Wahlberg and Stanley Tucci. It cost \$210 million and grossed \$1.104 billion. Reynor also starred in "Macbeth" (2015), with Michael Fassbender as the titular character. Now Reynor has the upcoming musical-comedy film "Power Ballad," co-starring Paul Rudd and Nick Jonas.

Brendan Fraser, star of three "Mummy" films (1999, 2001 and 2008), went on to win an Oscar in 2022 for "The Whale."

★ ★ ★



PHOTO CREDIT: DEPOSITPHOTOS

**Jennifer Lawrence  
upcoming in "Die,  
My Love"**

What has become of Oscar winner Jennifer Lawrence? She wed art gallery director Cooke Maroney in 2019 in Rhode Island and gave birth to their son, Cy, in 2022. She returned to work in August 2024 to film the dark comedy "Die, My Love," in Calgary, Canada, opposite Robert Pattinson. Filming wrapped in October 2024, at which time she revealed that she was pregnant with her second child.

Pattinson, who took dancing lessons for his role, was so sure that he didn't do well because of his nervousness; he begged for the scene to be cut, which the producers declined to do.



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## Finding other veterans



The Veteran Buddy Link, created by Together We Served, has over 2.4 million veterans listed in its directory. And you're invited to join them.

The Buddy Link's purpose is clear right on the front page: "Veterans take care of each other, and no veteran should ever feel alone." And once you join you'll be able to hook up with other veterans in your area. To register you only need to add your name, email address and branch of service. Then, if you like, you can add a little info about why you want to connect with other veterans in your area. Once you do that, an email will go out to the veterans around you in the same ZIP code.

Take a look at the site at [togetherweserved.com/buddylink](http://togetherweserved.com/buddylink).

From the main menu you can find the unit directory (158,000 units included so far), military photos, places to honor and remember veterans and, best of all, the veteran locator.

If you want to get an idea of the site before you sign up, take a look at the Facebook page ([www.facebook.com/togetherweserved](http://www.facebook.com/togetherweserved)) or the Instagram page ([www.instagram.com/togetherweserved](http://www.instagram.com/togetherweserved)), which is broken down by branch of service.

From the very beginning (2003), Together We Served's goal has been to help veterans reconnect with other veterans they've served with and to post photos (937,000 so far) and memories for others to see. Especially appreciated is the service recognition plaque that you can create with your badges, insignia and ribbon rack on a printable graphic that you can frame.

We won't have another official Buddy Check until October, but there's no need to wait until then to hook up with veterans around you. And if you'll want to participate in the Buddy Check in October, don't wait until the last minute. You'll need to do a bit of peer-to-peer training (watching a 34-minute video) before then. At that point, your mission will be to reach out to 10 other veterans and be sure they're doing OK.



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I love GO Pest's communication process. They send helpful reminder texts along with a post-visit text. I also appreciate the email I receive which summarizes the service. The technicians are super thorough. They caught termites at the first sign and tackled the problem, efficiently and effectively. Finally, I have to comment on the techs themselves. I have found them all to be so professional, kind, and friendly! Thank you GO Pest for being so dependable and ethical!

**Allison Green**  
★★★★★



## Tick season shifts into full gear--are you ready?

**DEAR PAW'S CORNER:** My dog "Happy" and I went hiking this weekend, and when we got back to the car, I did the usual check for bugs and burrs on his long coat. I was shocked to find 12 tiny ticks clinging to his fur. I brushed them off and found five more scurrying around my boot laces. These are baby ticks, right? Should I be worried about tick bites for both of us? -- *Karl M., Roanoke, Virginia*

**DEAR KARL:** You should continue to be vigilant over the next few days, but don't worry too much -- unless Happy shows signs of illness. Doing a "tick check" after each trip outdoors is important, and you did exactly what you needed to do.

Over the next few days, brush through Happy's coat frequently to dislodge any additional ticks. Newly hatched ticks are indeed tiny and hard to see. Run your hand through Happy's coat so that you can check his skin for visible bites or lodged ticks. If you notice a bull's-eye rash around an area, contact the veterinarian.

If you haven't treated your hiking boots or clothing with permethrin yet, now is the time to do so. Spray the treat-

ment outside, away from Happy or any other animal, and do not let Happy near those clothes until they have dried completely. The permethrin will stay effective through a few washes.

To keep ticks out of the house, follow similar procedures to flea prevention. Give Happy a regular flea and tick preventative; vacuum and mop the house regularly, and terminate any ticks you find.



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**Q:** Is it true that Billy Ray Cyrus is dating Elizabeth Hurley? I thought he was married. -- K.S.

**A:** The "Achy Breaky Heart" singer and father of Miley Cyrus recently went public with his new romance with actress Elizabeth Hurley ("Runaways"). Billy Ray Cyrus was married to Tish Cyrus for 29 years before they split. He then wed a singer named Firerose who was 29 years his junior, but they divorced less than a year later.

His relationship with Firerose seemed to cause a rift between him and his children. Perhaps Hurley can be the bridge that brings them back together. Her 23-year-old son, Damian, publicly gave his approval of their relationship with a heart emoji after the couple went Instagram official.

★ ★ ★

**Q:** Who plays Doug in the Liberty Mutual commercials? Has he acted in anything else? I don't think I'd recognize him without his mustache and sunglasses. -- N.I.



PHOTO CREDIT: DEPOSITPHOTOS

**Elizabeth Hurley**  
("Runaways")

**A:** Actor David Hoffman has starred in Liberty Mutual's LiMu Emu & Doug ad campaign since 2019. In an interview published in the New York Post in 2021, Hoffman said that he's never once been recognized on the street as Doug.



PHOTO CREDIT: LIBERTY MUTUAL INS

**David Hoffman**  
as "Doug"

When he was offered the role, he told his agent that he didn't want to look like himself in the ads for fear of being pigeonholed as "the guy in the commercial." Smart move! The commercials pay the bills, and he can do other projects like voiceover work and guest-starring on sitcoms such as "Modern Family" and films like "Bridesmaids."

Stephanie Courtney, who stars as Progressive Insurance's pitchwoman in their campaign, has a similar resume to Hoffman's. Both are alumni of The Groundlings, the improv comedy school that has served as the launching pad for many "Saturday Night Live" cast members, including Kristen Wiig and Will Forte.

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SCAN ME



## SENIOR NEWSLINE

by Matilda Charles

### What shall they call us?

Several years ago a big university decided that we should no longer be called seniors or elderly. Instead, we should be called "a person over 65" or maybe "older adult." They went so far as to direct students at the university to follow "various guidelines" to ensure that... well, what? That we're not insulted by being called seniors? That they're not inviting bias by calling us elderly?

What hooley.

The problem is that those guidelines don't all agree. While one says to avoid the label "elderly," another says it is "permitted in headlines due to space constraints." In other words, it's OK to use the offending word when it's more convenient?

Again, what hooley.

Scrolling around the internet I see that universities, institutes, corporations and others are all copying off each other's paper and deciding that certain words ought to be banned when it comes to age. Instead of saying "a group of seniors," they want writers to insert a specific number, such as "persons 65 years and older." Many of the style guides seem to be fixated on age 65, yet others suggest leaving the actual number out altogether if possible. It's safer that way.

I don't care if someone wants to call me a senior as long as they're willing to help me by reaching for the item on the high shelf at the grocery store. I do care that nobody at the dealership tries to sell me an unnecessary service for my car just because I'm an older female. I do care that the guy at the cellphone store doesn't doubt me when I say that my phone battery is defective. I do care that my Social Security check is deposited on time. The Merriam-Webster dictionary, bless their hearts, lists several definitions for "senior." I like the second one: a person with higher standing or rank.



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-- Douglas MacArthur



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# Chicken Madeira

## INGREDIENTS

- 1 lb Chicken Breasts
- 1 lb Asparagus, blanched\*
- 3/4 tsp Sea Salt, divided, and Black Pepper to taste
- 3 Tbsp Unsalted Butter, divided
- 2 Tbsp Olive Oil, divided
- 16 oz Button Mushrooms, thickly sliced
- 1 small or 1/2 medium Yellow Onion, finely diced
- 2 large Garlic Cloves, minced
- 2 Tbsp Fresh Parsley, finely chopped, plus to garnish
- 1 1/2 cups Madeira Wine, or sweet white wine
- 1 1/2 cups Low Sodium Beef Stock or broth
- 1/2 cup Whipping Cream, heavy or regular
- 1 cup Mozzarella Cheese, shredded

## INSTRUCTIONS

1. To blanch Asparagus: Remove fibrous stems from asparagus by snapping them off. Fill a medium pot with 6 cups water, bring to a boil and add 1 Tbsp salt. Add asparagus and boil uncovered until crisp tender and bright green (2-3 minutes then remove from hot water and set aside).
2. Place a large heavy (oven-safe) pan over medium/high heat and melt in 2 Tbsp butter and 1 Tbsp oil. Add sliced mushrooms and cook 5 min until soft. Stir in diced onion and cook 3 min. Add minced garlic cloves then season with 1/4 tsp salt and 1/4 tsp black pepper and 2 Tbsp parsley. Cook another 2 min then remove mixture to a plate and wipe skillet clean with wet paper towel.
3. Slice chicken breasts in half lengthwise and pound each cutlet between plastic wrap until no more than 1/4" thick. Season chicken all over with 1/2 tsp salt and 1/4 tsp black pepper. Place same pan over medium/high heat and add 1 Tbsp butter and 1 Tbsp oil. When butter is finished foaming, add chicken breasts and sauté 3 to 4 min per side or until golden and cooked through. Remove chicken from pan to the same plate with mushrooms.
4. In the same pan, add 1 1/2 cups Madeira and boil until reduced by half (5 minutes vigorous boiling), scraping the bottom of the pan to deglaze. Add 1 1/2 cups beef broth and boil until 2/3 cup liquid remains or about 1/4 of it's original volume (10 min). Reduce heat to medium, add 1/2 cup cream and simmer until sauce thickens (2 min). Season with salt and pepper to taste.
5. Return chicken to the pan, turning it to coat in the sauce. Top with mushrooms, asparagus, and sprinkle with 1 cup of mozzarella cheese over the top. Broil 3-4 minutes or until cheese is melted. Remove from oven.



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# **PALO VERDE POOLS & OUTDOOR LIVING**

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*In Arizona, luxury outdoor living spaces aren't just amenities—they're a way of life, enhancing everyday comfort, relaxation, and the joy of year-round outdoor living. And you still have time to create your own paradise at home to enjoy this summer — reach out to Palo Verde Pools today! **855-981-POOL (7665) | [PaloVerdePools.com](https://PaloVerdePools.com)***

**Do you dream of an oasis in your own backyard... stepping through the doorway into a relaxing paradise without ever leaving your home?**

Palo Verde Pools specializes in transforming backyards into personalized retreats, with an emphasis on quality craftsmanship, thoughtful design, and crystal-clear communication every step of the way. From your first conversation to the final walkthrough, their goal is to make the process as smooth and enjoyable as the final result will be.

Their story started back in the late '80s, when Jay Kelly began servicing pools and steadily expanded his passion into construction and design. That hands-on journey evolved into what is now Palo Verde Pools—a family-owned business backed by over 40 years of combined experience.

Jay, a true Arizona native, and his wife Kaylan, a proud US Navy veteran who found her forever home in the Southwest, are both deeply inspired by desert living. As a family that lives for the outdoors—whether it's golfing, off-roading, scuba diving, or just relaxing in the backyard—"We

know how powerful a well-designed space can be for creating connection and lifelong memories," says Kaylan.

Jay told us, "At Palo Verde Pools, we specialize in creating custom outdoor spaces that fit our clients' lifestyles—whether that's a simple, elegant pool for weekend relaxation or a full-blown luxury backyard resort. We don't believe in a "one size fits all" approach. Some clients want a clean, modern look with low-maintenance features, while others dream of swim-up bars, fire features, and fully integrated outdoor kitchens—and we love doing both."

No matter the size or scale, Palo Verde's focus is always on quality, creativity, and making the most of the space. Whether it's a cozy courtyard or a sprawling estate, they believe every yard has the potential to be amazing. Kaylan shared one very special project that was exactly that—amazing.

"We've had the privilege of building some incredible, high-end backyards over the years—but the project that stands out the most wasn't about luxury. It was about love. We had the opportunity to donate and build a backyard, for an amazing local family who fosters special needs babies.



Their home is full of love, patience, and strength—and we knew we wanted to do something special for them. Our goal was to give this incredible couple a peaceful space to relax and recharge when the kids are sleeping, and a safe, sensory-friendly area where the children could play and feel joy. It wasn't the biggest or most elaborate build we've done, but it was by far the most meaningful for us and for our crews. That project reminded us why we do what we do. It's not just about pools or landscaping, it's about creating spaces that bring people comfort, connection, and peace. That's the heart of Palo Verde Pools."

So how does one go about acquiring luxury in one's own backyard? Our pros advise, "One of the biggest challenges is that no two spaces—or clients—are the same. Every yard comes with its own set of limitations, whether it's size, elevation changes, access issues, or city-specific building restrictions. On top of that, each client has a unique vision, budget, and lifestyle."

- **Plan thoughtfully and prioritize quality** over speed. Custom pools and luxury outdoor spaces are big investments, and it's important to take your time in the planning stages. Don't rush into decisions—really think about how you want to use the space, the flow, and the materials. This is something you'll enjoy for years to come, so every detail counts.
- **Do your research.** Make sure you're choosing a builder with a proven track record. Palo Verde Pools has been in business for 19 years and they're not going anywhere. "We've earned a reputation for quality and reliability, and we stand behind our work."
- **Communicate openly** with your builder. Make sure you're on the same page about your vision, your budget, and your expectations. Ask questions, be honest about your wants and needs, and make sure you're comfortable with the design and the process from start to finish.
- **Trust the process** and the people you hire. Building something custom takes time, and sometimes challenges will arise. But if you've chosen a team that listens, is transparent, and has a track record of quality work, you'll be in good hands. A great outdoor living space is about more than just the finished product—it's about the experience along the way.

Every Palo Verde Pools design is developed personally by Kaylan. From the very first consultation to the final design presentation, it's a one-on-one process built around clear communication and personalized attention. You'll meet on site together, walking the space, and talking through your vision, lifestyle, and goals for the backyard. This helps her get a real feel for the space and understand how you want to use it. After that, the designing begins, taking into account everything from flow and functionality to aesthetics and finishes.

Once the design is ready, a follow-up meeting is scheduled to walk through it together, answer questions, and make



*For Jay and Kaylan, the most rewarding part of these projects is seeing the transformation—not just of the space, but of the people who get to enjoy it. "There's nothing like watching a client walk into their finished backyard for the first time and seeing their face light up. Knowing that we helped create a place where their family will make memories, host celebrations, relax after a long day—for us, that's what it's all about."*

any tweaks needed. It's a collaborative process from start to finish, and the Kellys believe that's what makes the final product feel so personal and dialed-in.

"We don't just drop a design and disappear—we're there every step of the way to make sure it's exactly what you envisioned (and usually better!)."

When you're investing in a custom, high-end outdoor space, it's important to understand that great work takes time. These aren't cookie-cutter builds—they're complex, highly detailed projects that require thoughtful planning, skilled trades, and constant oversight.

According to Jay, their approach is simple: speed is never the top priority—quality craftsmanship and clear communication always come first. "We set expectations early, communicate often, and stay transparent throughout the entire process. That means no sugar-coating timelines or cutting corners to rush a job. We'd rather take a little longer and get it right the first time than deliver something that's just "okay". Our clients trust us to create something special—and we take that trust seriously. That's why we're hands-on every step of the way, making sure the quality, finishes, and details meet our standards—and theirs."

At the heart of Palo Verde Pools is a simple belief: everyone deserves a backyard that feels like a getaway. "We're here to bring that vision to life—with creativity, integrity, and a whole lot of passion."

You can still get that luxury oasis in your backyard in time to enjoy it this summer. Start your research with a call to Palo Verde Pools and find out what possibilities await.

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# Here's a Tip

by JoAnn Derson

*I have made whipped cream for the first time -- in my coffeemaker! I have a French press that I rarely use, until now. Add heavy whipping cream and a bit of sugar to the pot, and use the screen to whip the cream by rapidly bringing it up and down. Magic!*

*"I make a large batch of pancakes on Sundays and reheat them through the week. In order to re-create that fresh from the pan crisp (which you don't get if you microwave them), I use my toaster." -- P.E. in Ohio*

*Ice-cube trays can be handy for freezing portions of foods. Clean and snip fresh herbs from your garden. Fill the ice-cube tray with table-spoons of olive oil and tuck the herb snippings into the oil. Then freeze. Pop out and store in a zip-top bag.*

*"Use a muffin pan to make big ice cubes for drinks." -- A.L. in Missouri*

*Hashbrowns can be made on a waffle iron. Coat liberally with canola oil or non-stick spray, and add shredded potatoes and finely diced onion. Allow the iron to cook the potatoes to your desired level of crispness.*

*To cool canned and bottled drinks down fast mix ice and water. The water is a better conductor of the cool. Make the ice last longer and stay colder by sprinkling a little salt on the ice/water mixture.*

Send your tips to...

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# Diversity in Policing: Why representation matters

National Police Week, observed from May 11 to 17, 2025, is an essential opportunity to reflect on the importance of diversity within law enforcement agencies across the United States. Explore how a diverse police force creates trust, enhances communication and promotes effective policing.

- **Diversity builds trust.** Representation matters in policing. When community members see officers who share their backgrounds and experiences, it fosters a sense of legitimacy and connection. This representation makes individuals feel seen and heard, strengthening community ties.
- **Diversity improves community relations.** Diverse officers bring valuable cultural insights that help them understand the unique challenges and needs of the communities they serve. This leads to more effective and empathetic policing.
- **Diversity fosters better problem-solving and innovation.** A diverse police force offers a wealth of experiences and viewpoints. A team made up of officers with different life experiences and perspectives can collaborate to develop creative strategies to reduce crime and improve public safety.



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Diversity in policing isn't merely a commendable goal. It's a necessary component in creating a safer environment for everyone.

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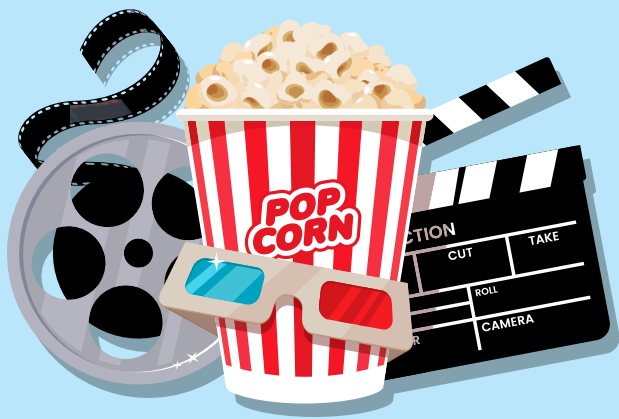
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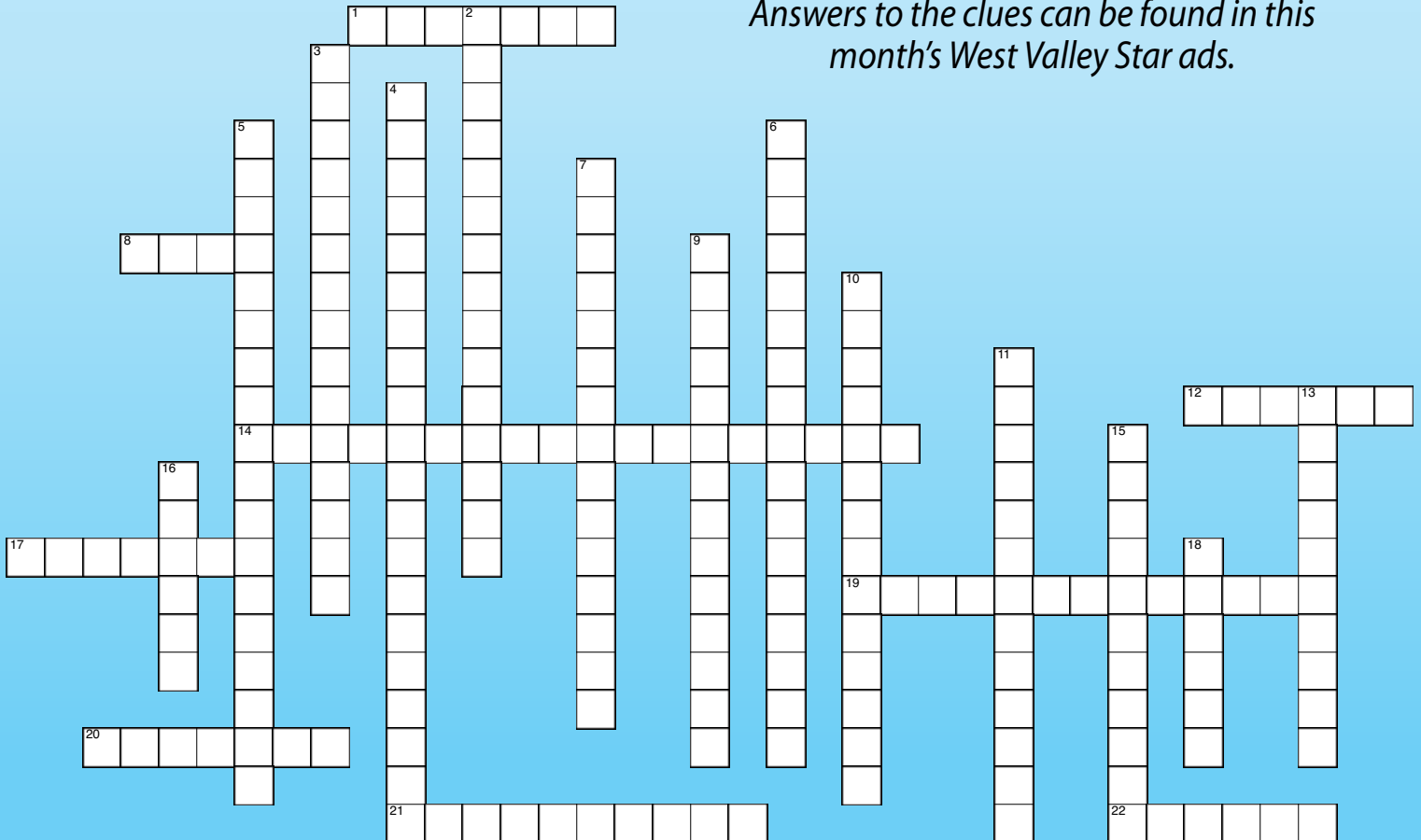


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### ACROSS

- 1 25% OFF AN EXAM
- 8 Treat Mom!
- 12 NEW SUMMER Sale
- 14 \$48,000 Starting Salary

### DOWN

- 3 FREE HOT STONE
- 4 \$6 OFF ADMISSION
- 5 THE STORE INTEGRITY BUILT
- 6 when times are uncertain
- 7 SLAB YARD

### DOWN

- 2 BAY AREA
- 3 Cathy Cooper
- 4 DRIVE WITH CONFIDENCE.
- 5 17 Weeks | 9 SALES

### DOWN

- 6 ONWARD
- 7 20% OFF SERVICE FOR SENIORS
- 9 unparalleled elegance and sophistication
- 10 40% OFF\*
- 11 Permanent Makeup

### DOWN

- 13 \$95 / Visit
- 15 Restore and add Luster
- 16 Shrink Wrap Protection
- 18 ANT CONTROL

## TO WIN Enter by May 21, 2025

**OFFICIAL CONTEST RULES.** Solve the crossword puzzle and mail it in to win. The answers to all crossword clues are found in ads appearing in this edition of West Valley Star. The answers may contain ALL OR PART of a company name. When entering an advertiser's name, there are no spaces, no LLC, or Corporations. Must be 21 or older to enter the contest. 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 2 and 2 movie passes. One winner will receive a consolation prize of 2 movie passes. Winners will be notified by phone, and prizes will be sent by mail.

Check [www.westvalleystaraz.com](http://www.westvalleystaraz.com)  
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Name \_\_\_\_\_

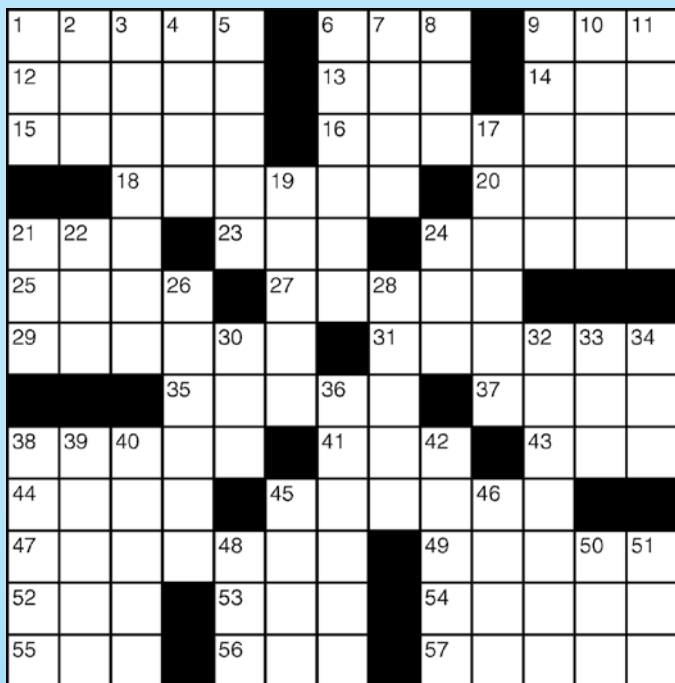
Address \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

**Mail puzzle with answers to:**

**West Valley Star Puzzle, P.O. Box 5731, Sun City West, AZ 85376**



### ACROSS

- 1 Persian Gulf emirate
- 6 Little lie
- 9 Chances, for short
- 12 Winner's gesture
- 13 "All bets -- off"
- 14 Haw preceder
- 15 Thesaurus compiler
- 16 Bach's "Coffee --"
- 18 Deserves
- 20 Legal document
- 21 Salonga of "Miss Saigon"
- 23 Commotion
- 24 Deli array
- 25 Arsenal supply
- 27 Wear down
- 29 "Othello" character
- 31 Indian instruments
- 35 Mea --
- 37 Coin aperture
- 38 Be buoyant
- 41 -- out a living
- 43 Glacial

- 44 Hoops great Monroe
- 45 Ornamental beetle
- 47 Cheery refrain
- 49 Arcade pioneer
- 52 Revue segment
- 53 Prohibit
- 54 Serious
- 55 That lady
- 56 Walgreens alternative
- 57 On mom's side

### DOWN

- 1 TiVo, for example
- 2 Mil. morale booster
- 3 "Cat on a Hot Tin Roof" role
- 4 Baseball's Tommie
- 5 Office leader?
- 6 Element
- 7 401(k) relatives
- 8 London's Big --
- 9 Butler's love
- 10 -- four (small cake)
- 11 Plane assignments

### 17 Chirps

- 19 Perfect
- 21 Science room
- 22 Brit. record label
- 24 1501, in Roman numerals
- 26 Available for work
- 28 Japanese seaport
- 30 Snip
- 32 "Open sesame" speaker
- 33 Sinbad's bird
- 34 Pigs' digs
- 36 Praline nuts
- 38 Greek cheeses
- 39 Coniferous tree
- 40 Emulate Douglass
- 42 Obliterate
- 45 Serb or Croat
- 46 Heaps
- 48 "Shark Tank" network
- 50 Emeritus, briefly
- 51 Hot temper

### Answers on Page 29

Time to beat:  
26 minutes

# Sudoku

by Linda Thistle

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

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

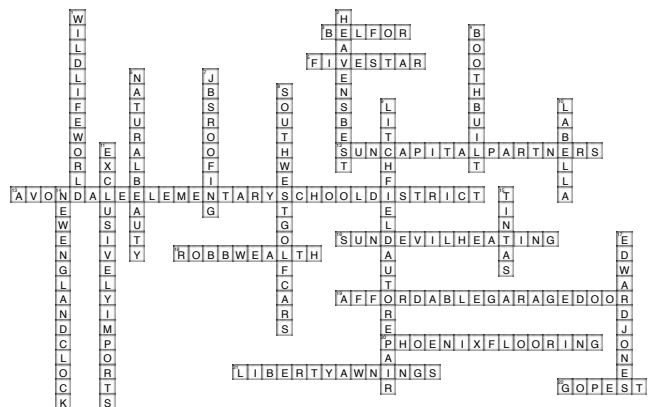
**DIFFICULTY: ★★★**

★ MODERATE ★★ CHALLENGING ★★★ HOO BOY!

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## Answers on Page 29

# Dinner and a Movie APRIL SOLUTION



## APRIL WINNERS



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**WINNER  
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**Tracy Yingst**  
EL MIRAGE



# Strange But True

by Lucie Winborne

In 2010, a group of 15 monkeys escaped from a Japanese research institute by using trees to catapult themselves over a 17-foot-high electrical fence.

It would only cost you about \$140 per year to eat ramen for every meal.

France is the most visited country in the world.

Neurologists claim that every time you resist acting on your anger, you are actually rewiring your brain to be calmer and more loving.

Leonardo da Vinci was the first person to observe the curvature of the human spine.

Don Gorske earned a spot in the Guinness World Records in 2016 for the gastric feat of consuming his 28,788th Big Mac.

Mike Tyson would KO sparring partners quickly so he could get home in time to watch "Tom & Jerry."

Over the course of her 63-year reign, Britain's Queen Victoria survived no fewer than eight assassination attempts.

Like humans, male kangaroos flex their biceps to impress females.

Studies suggest that gifted people often have bad handwriting because their brains work faster than their hands.

The New York Times predicted that humans wouldn't be able to fly for at least a million years... in 1903, the same year as the Wright brothers' first manned flight.

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 5918 W Nancy Rd, Glendale

Sold: 4/10/2025  
 Sold: 4/1/2025  
 Sold: 4/1/2025  
 Sold: 3/28/2025  
 Sold: 3/21/2025  
 Sold: 3/20/2025  
 Sold: 3/6/2025  
 Sold: 2/26/2025  
 Sold: 2/11/2025

Closing Price: \$3,650,000  
 Closing Price: \$725,000  
 Closing Price: \$500,000  
 Closing Price: \$600,000  
 Closing Price: \$950,000  
 Closing Price: \$310,000  
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 Closing Price: \$1,779,000  
 Closing Price: \$415,000

Represented Buyer  
 Represented: Seller  
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 Represented: Seller  
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19231 W Missouri Ave, Litchfield Park  
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5644 N 206th Gln, Buckeye  
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6128 E Brilliant Sky Dr, Scottsdale  
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3756 N Rock Wren Ct, Buckeye  
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12814 W Shadow Hills Dr, Sun City West,  
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# Strange But True

Raspberries are a member of the rose family.

Despite creating some of the most legendary guitars in the world, LEO Fender, the founder of Fender, Music Man and G&L Guitars, couldn't actually play the instrument.

Alexandre Dumas used a particular shade of blue paper on which to write his fiction. For poetry, he used yellow paper, and his articles were penned on pink paper. Once, he ran out of blue paper and had to use a cream-colored pad instead, which he believed had a negative impact on that work of fiction.

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## Scandinavian sleep method

If you sleep as a couple and have to share your sheets and blankets, your nights may not always be the most restful. The Scandinavian sleep method, established in Denmark, Sweden, Finland and Norway, is based on a simple idea: no top sheet and one duvet per sleeper. This technique lets you bid farewell to blanket tug-of-war, chilly/hot nights and tangled bedding caused by your partner's nocturnal movements.



The Scandinavian sleep method is the perfect solution for couples who share a bed and wish they could get better sleep. It reduces nighttime discomfort and allows each person to choose the bedding that suits their unique temperature and comfort needs. If one of you tends to feel too hot and the other too cold, this method makes a lot of sense and it may promote better physical and mental health.

Adopting the Scandinavian sleep method is as easy as child's play. For more pleasant nights with your partner, visit your local bedding shop to get two twin-sized duvets (or whatever bedding you're comfortable with) and combine comfort and style.

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# Green living

## Say "goodbye" to single-use plastics: a challenge that involves everyone

Single-use plastics, such as water bottles, shopping bags, food containers, six-pack rings, stir sticks, straws and utensils, negatively impact the environment. These items pollute the soil and the oceans, and they also cause harm to animals and aquatic life. In 2025, the imperative to reduce your reliance on these products is more urgent than ever.

### What should you do?

Regardless of whether you're an individual, part of an institution or a business leader, it's important to do your part to help find sustainable solutions and minimize your dependence on single-use products.

Many alternatives are available, and new ones are being developed worldwide. Examples include refillable water and flavoured beverage dispensers, reusable to-go food containers and fast-food utensils made of compostable materials.

Not sure where to start? Here are a few tips:

- **Identify the single-use products you use daily**
- **Actively look for alternatives**
- **Inform your family or team of the changes that will take place**



Never forget that every little action matters when it comes to protecting the planet. By changing your consumption habits and choosing sustainable products, you can contribute to making a positive impact.

## PUZZLE ANSWERS

Answers to Puzzles on Page 22

DUBAI	FIB	OPTS
VSIGN	ARE	HEE
ROGET	CANTATA	
MERITS	WRIT	
LEA	ADO	MEATS
AMMO	ERODE	
BIANCA	SITARS	
CULPA	SLOT	
FLOAT	EKE	ICY
EARL	SCARAB	
TRALALA	ATARI	
ACT	BAN	SOBER
SHE	CVS	ENATE

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



## How to research your family's military history

**Gather family records.** Begin your research by collecting documents, photos, medals and letters from your relatives. Talk to family members; they may share valuable details about service branches, ranks or deployment locations.

**Utilize government archives.** Access important online resources at the National Archives and Records Administration (NARA) at [archives.gov/research/military](https://www.archives.gov/research/military). You can request Official Military Personnel Files (OMPFs) through the National Personnel Records Center (NPRC) website. And the Department of Veterans Affairs (VA) can provide information about burial sites and service histories.

**Explore online databases.** Once you have names, birthdates and locations, you can use websites like Ancestry and Fold3 to find military records, including draft cards, enlistment papers and pension records.

**Visit local and state archives.** State-run archives and local historical societies are also great places to look. They often have valuable resources, such as draft registrations, service records and newspaper clippings.

Once you've uncovered your family's military history, surprise them and share it on Memorial Day.



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