



West Valley Star

MARCH 2022

FUN READING

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



LOOK INSIDE
*for Local Businesses
and Services*



Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars
Sales • Service • Repairs • Parts • Accessories
Factory Trained Technicians • Batteries • Pick Up & Delivery

1975-2022... SERVING THE VALLEY FOR 47 YEARS

SEE OUR AD ON PAGE 5



5 car myths debunked

Car myths can be difficult to dispel. Here are five common beliefs about driving that simply aren't true.

1. MYTH: PREMIUM GASOLINE IS BEST

FACT: Only certain vehicles require premium gasoline. If your owner's manual doesn't recommend using high octane fuel, there's no point in wasting your money. Doing so won't improve the performance of your vehicle.

2. MYTH: YOU NEED TO WARM UP YOUR CAR

FACT: If you drive in colder climates you may be used to warming up your vehicle before driving. But the truth is Winter, Spring, Summer, or Fall, it's not necessary at all. By the late 1980's fuel injection systems were introduced and made warming up the car an antiquated process.

3. MYTH: IT'S ILLEGAL TO DRIVE IN SANDALS

FACT: Though it's not particularly safe to wear sandals while driving, there aren't any laws that prevent you from doing so.

4. MYTH: DRINKING COFFEE OR OPENING A WINDOW CAN GET RID OF FATIGUE

FACT: There's no quick cure for fatigue. Driving when you're sleepy can be just as dangerous as driving while under the influence of drugs or alcohol.

5. MYTH: YOU CAN USE YOUR WINTER TIRES IN SUMMER

FACT: Using snow tires year round isn't recommended. Many states require snow tires as early as October. If you're a seasonal visitor and plan to drive your vehicle here in the Valley, running on snow tires could compromise your vehicle's performance on the road.

If you have any questions about driving or maintaining your car, contact your honest local mechanics, Litchfield Auto Repair.

At Least There's One Fair and Honest Mechanic!

LITCHFIELD AUTO REPAIR



Owner's Exclusive Offer
TO ALL CUSTOMERS

FREE
AC CHECK
(\$100 Value)

www.LitchfieldAuto.com

(623) 882-8700

671 N 137th Ave, Suite 106

Goodyear



yelp

4.5 Star Customer Rating



Check out our
customer reviews
on Yelp.com

International Women's Day

Why gender equality is important

As of 2014, 143 countries guaranteed equality between men and women in their constitutions. 52 have not. However, legalizing gender equality doesn't necessarily mean that in practice women have the same opportunities as men.

International Women's Day is celebrated on March 8 and is the perfect time to highlight how gender equality benefits everybody.



have a critical role to play in the organization's sustainable development goals. Consequently, women's equality isn't only a goal, it's a solution.

Find out how you can make a difference by visiting un.org or investigating initiatives in your community.

Multiple inequalities

In many places, women have fewer employment opportunities than men and are denied fair access to health care and education. In fact, on average, women still earn 24 percent less than men.

Every day, nearly 37,000 girls under 18 are forced into marriage, jeopardizing their education. In 2020, 32 million girls were unable to attend primary school.

Serious consequences

A lack of education means that young women aren't equipped with the skills needed to compete on an equal footing with men. However, giving women greater economic empowerment significantly increases economic growth.

An essential balance

Gender equality is a fundamental right. In fact, advancing gender equality is critical to all areas of a healthy society, from reducing poverty to promoting the health, education, protection and well-being of girls and boys.

According to the United Nations, women



SUNSHINE HILL
properties






Ashley Atwood
Sunshine Hill Properties CEO
979-218-0048
ashley@sunshinehillproperties.com
sunshinehillproperties.com

**Real Estate
Buying & Selling
DONE DIFFERENTLY!**

*Cash Offers
Lease to Own Buyers
Bad Credit - No Problem!*

**Dream It!
Lease It!
Own It!**

Eat well to live well!

March is National
Nutrition Month

Tips for healthy eating

Discover the power of eating a healthy diet and aim to help raise awareness about foods that can improve your health. Here are three tips for healthy eating.

1. EAT FRESH PRODUCE

Regularly eating fruits and vegetables can reduce your risk of diabetes, heart disease, stroke and cancer. Try to add vegetables to every meal and snack on fresh fruits.



2. LIMIT YOUR INTAKE OF FATS

According to the World Health Organization (WHO), your fat intake should be less than 30 per cent of your total caloric intake. This can help reduce the risk of certain diseases and prevent excessive weight gain. To decrease your intake of this nutrient, choose low-fat dairy products, limit the amount of fried foods you eat and replace butter with oil.

3. CONSUME LESS SALT

Limiting your salt intake to 1,500 mg per day can reduce your risk of high blood pressure, stroke and heart disease. Be particularly mindful about sodium in condiments and packaged snack foods.

Do you want to change your eating habits? Reach out to a dietitian or life coach here in the West Valley.



MARCH 2022

INSIDE THIS ISSUE

Hollywood	5
Senior Newsline.....	6
Green Living	11
Veteran's Post.....	15
Mature Living	16- 20
Games Page.....	21 & 22
Paws & Claws.....	23
Recipe	24
Celebrity Extra	27
Service Directory	28 & 29

For Advertising
Information, call

623-249-4749

All rights reserved.
Copyright 2022
West Valley Star LLC

West Valley Star

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



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

Member of the
**WICKENBURG
CHAMBER OF COMMERCE**

*"Be kind to one another,
tenderhearted, forgiving
one another, as God in
Christ forgave you."*

Ephesians 4:32

**DAYTIME
SHADE
and
EVENING
AMBIANCE**

We design to meet
your distinctive needs

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

**BOOTH BUILT
PATIO PRODUCTS**

We've got you covered!



**CALL TODAY
for your
FREE
Design
Consultation**

623-979-3339
www.boothbuilt.com



ROC No. 162384 • BONDED • INSURED

Hollywood by Tony Rizzo

HOLLYWOOD — *Wanted: big-name star, must be funny and able to move the highest-rated award show on television at a fast pace and grab enormous ratings.* ABC sent the word to the Academy Award producers that they want a big-name host this year. ABC's own Jimmy Kimmel (not a movie star like Bob Hope, Billy Crystal or many of the previous hosts), did the honors in 2018 and 2019. There was no host in 2020 or 2021, and the ratings dipped substantially. When Crystal hosted several very successful ceremonies, he began eight months early, preparing sight gags and jokes based on films of that year. The Oscars air March 27 — and a host, as of this column, hasn't been announced. It doesn't leave much time to prepare.



Maybe they should name Gal Gadot to host the awards, she seems to be getting all the plum jobs. She's already been announced as the wicked queen who gives Rachel Zegler (wonderful in "West Side Story" as Maria) the poison apple in "Snow White". Andrew Burnap, who won a Tony Award last year for "Inheritance," has also been signed -- not to play the Prince or The Huntsman, but a newly created character. In addition to another "Wonder Woman," Gadot's set



PHOTO CREDIT: DEPOSITPHOTOS

Billy Crystal

Patel, Rupert Friend ("Homeland"), Ralph Fiennes and Sir Ben Kingsley.



Paramount Picture is planning a third installment of "A Quiet Place" — without John Krasinski, who wrote and directed the first two films, and his wife, Emily Blunt, who starred in them. They have stated it's not a threequel. It will be helmed by Michael Sarnoski. On the plus side, director Michael Bay remains as one of the producers. The first two films grossed a combined whopping \$600 million.

to play the Grace Kelly role in Paramount Pictures' remake of "To Catch a Thief," the 1955 classic Alfred Hitchcock romantic thriller that starred Cary Grant. Gadot also will serve as a co-producer.



Wes Anderson is following "The French Dispatch" with a film based on Roald Dahl's book "The Wonderful Story of Henry Sugar and Six More." It'll be starring Benedict Cumberbatch, Dev

SAVIN' OF THE GREEN UP TO \$1000 OFF NEW 2022'S

COME DRIVE THE

ClubCar®

ONWARD

EFFICIENT ELECTRICS & EFI GAS

FINANCING AVAILABLE

GREAT FINANCE RATES

OAC THRU SHEFFIELD FINANCIAL

Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

1975-2022... SERVING THE VALLEY FOR 47 YEARS



The West Valley's Only
Authorized "Club Car" Dealer

14175 W. Indian School Rd.
Goodyear • 623-536-5625
Safeway Shopping Center
Mon-Fri 10-4, Sat by appointment

13901 W. Camino del Sol
Sun City West • 623-584-0591
East of Grand/South of Meeker
Mon-Fri 8-4:30, Sat Sales 9-3

11124 Youngtown Ave., Sun City/Youngtown • 623-977-3100
1/2 mile South of Grand off 111th Ave. | Mon-Fri 8-4

THOUGHT FOR THE DAY

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one which has been opened for us."

— Helen Keller



SENIOR NEWSLINE

by Matilda Charles

Is a Part B Premium Cutback Coming?

By now we know just how much our Social Security checks are going to be for this year, after the deductions for Part B.

The average dollar increase is \$92 per month for singles. The Part B deduction has gone up \$21.60, mostly due to the price of the new Alzheimer's drug, Aduhelm, for a total of \$170 per month. The drug costs \$56,000 per patient per year. And we're all going to pay for it, whether we need it or not.

The news now is that the price of that drug has been cut in half, to \$28,200 per year, after pressure was brought to bear on the manufacturer when it was revealed that Medicare might not pay for it at all. Additional pressure came from doctors who were suspicious the drug didn't actually work and who wanted their own tests run on it. Since it must be given via IV in the hospital or doctor's office, it falls under Part B instead of the Part D drug plan.

Hot off the press is a proposal that Medicare will cover the drug -- but only for those in randomized controlled clinical trials that will settle once and for all the question about whether the drug actually works. They'll likely have a decision on that proposal in April.

And what of our Part B costs, given the lowered cost of Aduhelm? Health and Human Services Secretary Xavier Becerra ordered Medicare to look again at the premium we're being charged for 2022. There is the smallest chance it might be lowered, which has never been done before.

Last year it was estimated that our Part B premium would be \$158.50 this year. If that \$170 is cut back to that amount, it would net us an extra \$11.50 per month. What shall we spend it on?



Desert Rose
CONCRETE COATINGS
Call 623-853-9051

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

GARAGES • PATIOS • DRIVEWAYS
COMMERCIAL • RESIDENTIAL
AZ ROC Lic #203136
www.TheDesertRose.com

Simulated CoolDeck
Simulated Flagstone
Tuscany Stain

SOLID COLOR
Polyurethane with Fleck Systems
STARTING AT
\$349 Per Sq. Ft.
Not valid with any other discounts. Offer expires 04/15/22 wvs

TOYOTA/SCION/LEXUS SPECIALISTS

STOP OVER PAYING AND NOT GETTING THE SERVICE YOU DESERVE!

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



We Guarantee Personalized, Honest and Reliable Service

- Factory-Trained Master Technicians • FREE WI-FI

EXCLUSIVELY IMPORTS

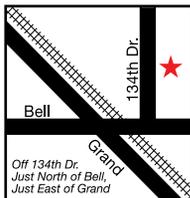
AUTO REPAIR

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

623-537-5444

www.exclusivelyimportsautorepair.com

Open Mon.-Fri.
7:30 a.m. - 5:00 p.m.



Family Owned & Operated

Natural Beauty

DERMAL ARTISTRY
.....
PERMANENT MAKEUP
& CLEANSING SPA



Facials
STARTING AT
\$99

LASER
**Teeth
Whitening**
1 HOUR \$150



14535 W INDIAN SCHOOL RD • SUITE 160 • GOODYEAR • (602) 576-5999  

Plasma Skin Tightening... starting at \$299!



PERMANENT
Eyeliner
\$199

CALL TODAY FOR YOUR PERSONAL CONSULTATION!



DERMAL ARTISTRY

.....
**PERMANENT MAKEUP
 & CLEANSING SPA**

**Scalp
 Micropigmentation**

SCHEDULE A
 PERSONAL
 CONSULTATION



**Body
 Contouring
 ~~~~~  
 Lipo Laser**

**\$125**  
 PER AREA



**SKIN**

- Glow Facials \$150
- Microneedling \$99+
- Dermaplaning \$40
- Fibroblast Skin Tightening \$99+

**LASHES & BROWS**

- Lash Lift & Tint \$75

PERMANENT  
 EYEBROWS

**Microblading  
 Powder or Ombre Brow  
 \$299**



PERMANENT

**Lip Color or Liner**  
 STARTING AT  
**\$299**



# Women's health check

## Women's Health: THE IMPORTANCE OF TAKING CHARGE

Though women have a longer life expectancy than men, the gap is narrowing. Indeed, many women put their own well-being on the back burner to take care of others. Unfortunately, this neglect can result in physical and mental health problems. If left untreated, these issues can result in severe chronic pain or hospitalization. Some of the most common diseases and conditions that affect women include:

- Anxiety
- Arthritis
- Endometriosis
- Insomnia
- Venous insufficiency
- Osteoporosis
- Depression
- Fibromyalgia
- Migraines
- Cancer
- Diabetes
- Heart disease
- Eating disorders

### PREVENTION

Women need to take charge of their health by regularly visiting their doctor and undergoing medical screenings. Don't be afraid to speak with your physician if you're experiencing worrying symptoms.

Additionally, adopting healthy lifestyle habits is key. To stay in good health you should exercise regularly, eat a healthy diet, stop smoking, get plenty of sleep and maintain meaningful social relationships.



# Here's A Tip by JoAnn Derson

*If you store nail polish in the fridge, it will dry more quickly and last longer.*

*As tax time draws ever closer, try taping a large manila envelope to the fridge, leaving the top open. Immediately place all tax-related forms and receipts in the envelope as they come in. This way, when you are ready to start your taxes, all items will be together and easy to find.*

*"To help moisten really dry feet, slather on lotion, wrap feet in plastic wrap, then slip on some socks overnight -- or for as long as you can stand it." -- B.H. in Michigan*

*"My no-iron tip: I toss the wrinkly garment into the dryer for about five to 10 minutes with a damp washcloth, and it steams most wrinkles out. It won't look starched and pressed, but it's good enough for casual wear or running-late mornings. I haven't ironed in years." -- E.W. in Florida*

*Don't forget to clean your top load washing machine every so often. Add a gallon of vinegar and run it without clothes on the highest-temperature cycle. This will clean out the hoses and get rid of stuck-on detergents.*

*If your dog likes moistened dry food, use the water from cooking vegetables. It adds a bit of flavor and some vitamins, too!*

*"Unmatched socks are handy-dandy cleaners and have so many uses. Keep one by the dryer to get all the lint off the trap. Shake it out or pop it into the wash when needed.*

*"After you've cleaned out the gliders of your sliding-glass door, run over the parts with a little paraffin wax. It will protect the moving parts and quiet the door." -- P.J. in Oregon*

*"Take your medication tablets with a spoonful of your favorite yogurt! Place the pills on top of yogurt and they slide right down." -- A Reader in Pennsylvania*

*Do you have a screw loose... in your eyeglasses? Paint the screw with a dab of clear nail polish and quickly re-screw. It works like glue. Dab the top of the screw for a little extra insurance.*

*"I put a strip of effective tape on my dog's collar. When I let him out at night, I can shine a flashlight and spot him instantly." -- V.R. in Pennsylvania*

*Wrap the metal collar of your paintbrush with masking tape before painting. Then you can peel it off and there's no stuck-on paint.*

*"If you get a residue inside your coffee cups when they go through the dishwasher, it might be time to give your machine a once-over. In the meantime, spray the insides of the coffee cups with a bleach-based cleaner like 409 just before your turn it on. That should help." -- E.T. in Michigan*

(c) 2022 King Features Synd., Inc.

## Passionately Educating You



We want to be sure you understand the difference between your many options — particularly with Medicare Supplements and Medicare Advantage Plans — and help you choose the one that best suits your needs.

Medicare • Supplemental Insurance,  
Health Insurance • Life Insurance

Contact Ken Kelley to request a consultation



www.kelleysinsurance.com

623-221-1956 Ken

602-369-1027 Rory

Serving the Goodyear, Avondale,  
Litchfield Park & Buckeye Areas

## Spinal HEALTH

Chiropractors are more than just back doctors!

Over the last 25 years there have been more than six government studies done on chiropractic treatments in various countries, including Canada, Sweden and Australia. All these studies have shown that these treatments are safe and effective. It's no surprise, then, that chiropractic has been a recognized profession for several years now, particularly given the fact that it takes a holistic approach to health and considers the body to have its own natural healing abilities. With this philosophy in mind, chiropractors focus their attention on the relationships the nervous and musculo-skeletal systems have with other systems in the body, placing particular emphasis on the spine.

Did you know that your posture can reveal a lot about your spinal health?

If you have, a tendency to curve your back when seated; have a rounded upper back; a hip that's higher than the other; a shoulder that's higher than the other; or a tendency to tilt your head forward or keep it slightly turned, it could mean that you have certain problems with your spine. Do not hesitate to call us.



Acupuncture  
Chiropractic  
Massage Therapy

1473 North Dysart, #101, Avondale  
623-925-1386



# Tintas IN SURPRISE

## Granite & Flooring Warehouse

— OPEN TO THE PUBLIC —  
**SURPRISE'S ONE STOP SHOP!**

**FREE GRANITE CARE KIT**  
with kitchen counter purchase

**#1 FABRICATOR IN SURPRISE!**

**SERVING SUN CITY WEST AND SURPRISE FOR OVER 16 YEARS!**

**AFFORDABLE CUSTOM GRANITE AND QUARTZ COUNTERTOPS**

**OVER 3,000 SLABS IN STOCK!**

*Visit our New Showroom*

**TAKE DYSART TO FOXFIRE DRIVE AND TURN LEFT.**

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

**North of Bell on Foxfire Drive**

**623-214-3599**

**Mon thru Fri 8 to 5 • Sat 9 to 2**

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

### QUALITY

- Material
- Fabrication
- Installation
- Craftsmanship

### HANDCRAFTED IN SURPRISE

- Granite
- Marble
- Quartz
- Silestone

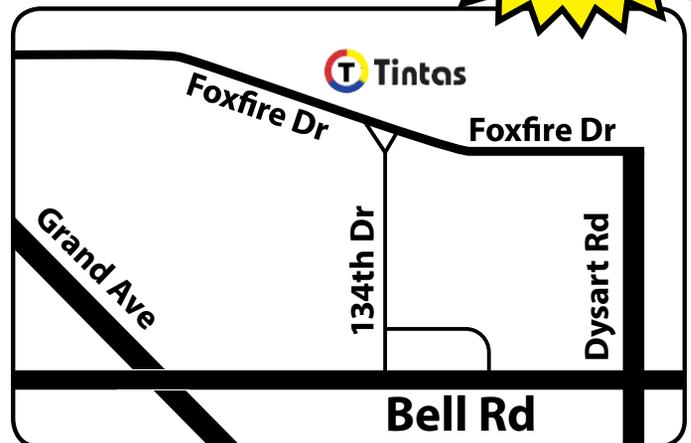
### WALK IN SHOWER

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

### CABINETS

- New or Reface

**NEW Inventory Available NOW!**



[tintasgraniteandflooring.com](http://tintasgraniteandflooring.com)

## 6 tips for consuming less at home

Responsible consumption reduces waste and limits greenhouse gas emissions. Here are six tips for consuming less in your daily life.

1. Limit or avoid plastic packaging as much as possible by buying in bulk and opting for sustainable or reusable products over single-use ones.
2. Reduce your carbon footprint by buying local products, eating less meat and purchasing eco-certified seafood whenever possible.
3. Purchase energy-efficient appliances and invest in a heating system that uses renewable energy.
4. Save water by taking five-minute showers and using rainwater for outdoor maintenance, including watering your garden.
5. Perform renovations that improve the energy efficiency of your home like installing new

insulation and triple-paned windows. Regularly cleaning and maintaining your ventilation ducts is also a good idea.

6. Unplug electronics like your TV and computer when they're not in use to prevent phantom loads.



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

**Residential & Commercial**  
✓Sales ✓Service ✓Installation

**LIFETIME WARRANTIES**

MILITARY | AAA | SENIOR | AARP  
DISCOUNTS

**CALL TODAY – FIX IT TODAY!**

**623-693-8677**

*The Original*

**AVONDALE  
GARAGE  
DOORS**



Sales, Installation, Repair



**FREE ESTIMATES**

**~~NO~~ SERVICE FEES**

FAMILY OWNED AND OPERATED  
FOR OVER 16 YEARS!

WE'VE BEEN IN BUSINESS SINCE 2004



**A+**  
rating

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

# Honesty really is the best policy at Litchfield Auto Repair



**Service with a smile at Litchfield Auto Repair.** What's not to smile about? Owner, Phil Pecora, and his son, Austin, know how to treat their customers right at this family-run repair shop, and their customers just keep coming back for more.

## Driving on empty can damage your car

Driving with a depleted gas tank is risky. In addition to the possibility you'll get stranded, you could potentially damage your vehicle. Here's what you should know...

**IT CAN DAMAGE YOUR FUEL FILTER** - Dirt and debris will collect in your gas tank over time. If you drive while the fuel level is very low, you risk debris getting sucked into your fuel pump and clogging the fuel filter.

**IT CAN DAMAGE YOUR FUEL PUMP** - Fuel pumps are designed to operate while submerged in gasoline. Plus, the

fuel in your tank helps keep the pump cool. Running on empty will expose the fuel pump and could cause it to overheat.

**IT CAN CAUSE YOUR ENGINE TO MISFIRE** - If your gas level gets too low, the fuel pump will suck in air which can cause your engine to misfire. Over time, multiple misfires may damage your engine.

**IT CAN DAMAGE THE EXHAUST SYSTEM** - If you run out of fuel your car will sputter and stall, which can damage your catalytic converter, an expensive part of your vehicle's exhaust system.

Avoid these problems by always having plenty of fuel in the tank. Start looking for a gas station when your tank is a quarter full.



### HOW FAR CAN YOU GO ON AN EMPTY TANK?

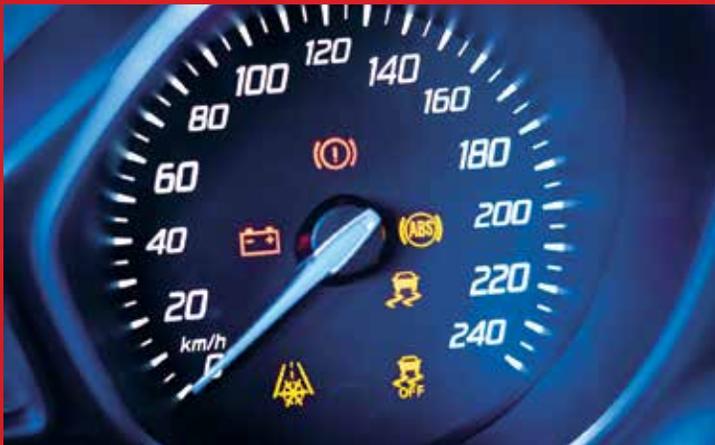
Your dashboard warning light will illuminate when two to three gallons of gasoline remain in the tank. How far you can travel depends on the type of vehicle you drive, road conditions, whether you're driving uphill or downhill and if you're cruising in town or on the highway.

# 4 signs your car needs a little TLC

Spring is here, and summer adventures and road trips are just around the corner. It's important to make sure your vehicle is safe to drive. Here are a few signs that your car could use a tune up.

## 1. You see an engine warning light

If the engine warning lights flash on your dashboard, don't ignore them. Amber lights will alert you to simple problems, such as a loose spark plug, while red lights indicate more serious issues, such as an oil leak. Engine warning lights may also indicate when your car is due for an oil change.



## 2. You hear weird noises

Strange sounds coming from your car can signify there's a problem. Noises may begin quietly and get louder as the problem gets worse. Turn off the stereo while you're driving and listen for sounds like squeaking or grinding. These noises could indicate that your car has a loose belt, low power steering fluid or unbalanced tires.

## 3. You notice strange smells

If you notice an unusual odor, it may mean there's a problem with your car. An unpleasant smell can indicate there's an issue with your exhaust system, electrical components, tires or brakes. All these problems require immediate attention from a mechanic.

## 4. You see or smell smoke

Smoke coming from your engine or exhaust pipe could be a sign that your radiator is overheating or that you have a problem with your head gasket. These are urgent issues that could ruin your engine.

If you want to be safe on the road, give your car the care and attention it needs. Litchfield Auto Repair can help you maintain your vehicle and make repairs before they become major problems.



FAMILY OWNED & OPERATED  
**LITCHFIELD**  
AUTO REPAIR



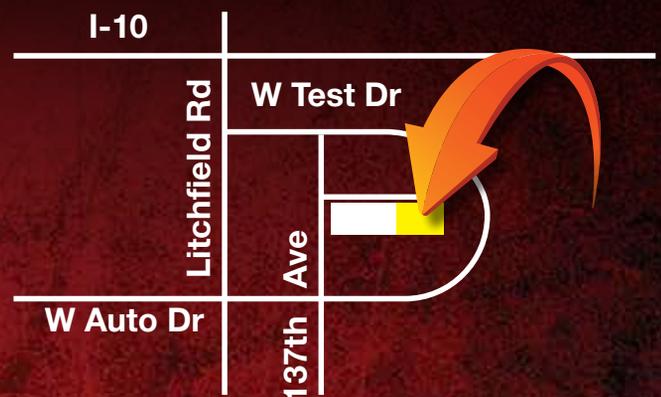
**At Least There's One  
Fair and Honest Mechanic!**

[www.LitchfieldAuto.com](http://www.LitchfieldAuto.com)

**(623) 882-8700**

**671 N 137th Ave, Suite 106**

**Goodyear**



**Readers...** when you support our local shops and businesses, be sure to tell them you saw their ad in the



## STAYING FIT

### 3 good reasons to use walking poles

Are you considering taking up hiking as a hobby? There are so many great trails here on the Westside. Before you get started, you might also think about purchasing walking poles, and here's why.

#### 1. To avoid falls

Walking poles can prevent you from falling by providing additional support. They can also help you maintain your balance and feel out the terrain. For example, you can test the depth of a puddle or a mound of snow. Additionally, walking poles help you slow down when you're descending a slope and can ensure you avoid slipping.



#### 2. To prevent aches and pains

Walking with two poles can improve your posture. It can also alleviate stress on your knees, ankles, hips and other joints. Plus, walking poles can ease any strain on your back. This is especially beneficial if you carry a heavy pack when hiking.

#### 3. To quicken your pace

Walking poles can be used to improve your stability and posture, allowing you to hike more quickly without any added effort. In addition, working out your upper and lower body together offers a more intense workout.

To get the most out of your walking poles, make sure they're the right height. Visit one of the local outdoor stores in our area to find a pair that meets your needs.

Be safe! Check out the video safety tips at [azstateparks.com/hiking-safety](http://azstateparks.com/hiking-safety).



**KEEP YOUR HOME SAFE!**

## MIKE'S DRYER VENT CLEANING & SERVICE

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

CALL MICHAEL **\$49**

**623-266-1326**  
References available upon request

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

**COLLEGE HUNKS**  
  
**HAULING JUNK & MOVING**

**STRESS FREE GUARANTEE**

Full Service Movers  
 Home & Office  
 Load, Unload &  
 General Labor  
 Packing Services & Supplies  
 Junk Removal Services

CALL TODAY FOR A FREE ESTIMATE!

**COLLEGE HUNKS** are moving the world!

Call 480-263-3044 or book online at [CollegeHunks.com](http://CollegeHunks.com)

LICENSED, BONDED & INSURED | LOCALLY-OWNED FRANCHISE

**WITH THIS AD**

## SIGNATURE COMBINATION MASSAGE

FOOT REFLEXOLOGY / DEEP TISSUE / ACCUPRESSURE **\$45/hr.** Good thru 04/15/22

**30 MIN** Oil Back Massage  
**15 MIN** Head, Neck, Shoulders, Hands and Arms  
**15 MIN** Foot Massage

*Gift Certificates Available for Any Occasion*

**ask about our REWARD CARD!**

**OTHER BODY TREATMENTS**

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

**La Bella Spa** **623-205-6666**  
[www.labella-spa.com](http://www.labella-spa.com)  
 — OPEN 7 DAYS —  
 Mon-Sat 9-9 • Sun 10-9

GOODWILL  
 LA BELLA  
 Camelback

Dysart  
 N  
 Litchfield Park  
 NW Corner Dysart & Camelback  
 Next to Goodwill

## VA Expands Services for Senior Veterans

Services for senior veterans have been expanded, including home-based primary care, veteran-directed care and medical foster homes. The plan is to make these services — 75 home-based primary care teams, 58 medical foster homes and 70 veteran-directed care programs — available at all Department of Veterans Affairs medical centers in the next few years.

The purpose of these programs is to allow senior veterans to either delay going into a nursing home and select the care environment that they prefer, or to age in place at home. What they've discovered is that veterans who use these services have fewer trips to the emergency room, fewer hospital admissions and fewer stays in nursing homes.

Medical foster homes are what you'd imagine: private homes where there is a trained caregiver 24/7. While living at one of these homes, the veteran receives home-based primary care. See [www.va.gov/geriatrics/pages/Medical\\_Foster\\_Homes.asp](http://www.va.gov/geriatrics/pages/Medical_Foster_Homes.asp) for a list of the available medical foster home programs by state.

Home-base primary care is medical services supervised by a VA physician. Typically, the veteran has complicated health needs and is unable to keep medical appointments because of illness or perhaps has a caregiver who needs help because of the responsibility for medical care. See [www.va.gov/GERIATRICS/pages/Home\\_Based\\_Primary\\_Care.asp](http://www.va.gov/GERIATRICS/pages/Home_Based_Primary_Care.asp) for more information.

Veteran-directed care lets veterans receive both the home and community-based services they desire, like choosing from a menu. Veterans often need help with activities of daily living, or there is a caregiver who needs help. Daily living activities can range from dressing, eating and taking a shower to grocery shopping and more. Each veteran is given a budget for those services, which is managed by either the veteran or the veteran's representative. This menu of services lets veterans stay in their own homes. See [www.va.gov/geriatrics/pages/Veteran-Directed\\_Care.asp](http://www.va.gov/geriatrics/pages/Veteran-Directed_Care.asp) for more information.

For a full menu of services for senior veterans, see [www.va.gov/GERIATRICS/index.asp](http://www.va.gov/GERIATRICS/index.asp). Caregiver information, fitness and rehab, brain health, advance care planning... it's all there.

# HeritageShutters.com



Serving the Valley for 49 Years! Family Owned & Operated  
**FREE Estimates & FREE Installation!**  
**VALLEY WIDE • 623-546-3500**



The Pinnacle of Quality  
**HeritageShutters.com**  
ROC #108387



## FINANCING AVAILABLE

**12 MONTHS SAME AS CASH ON O.A.C.**

With this coupon. Not valid with other offers or prior purchases. Expires 4/15/22. Go to [LocalFlavor.com](http://LocalFlavor.com) for more coupons.

---

## 15% off

any order of \$2500 or more

With this coupon. Not valid with other offers or prior purchases. Expires 4/15/22. Go to [LocalFlavor.com](http://LocalFlavor.com) for more coupons.

---

## 20% off

any order of \$3500 or more

With this coupon. Not valid with other offers or prior purchases. Expires 4/15/22. Go to [LocalFlavor.com](http://LocalFlavor.com) for more coupons.



**SUPPORT OUR LOCAL RESTAURANTS**

**DRINK LOCAL. EAT LOCAL.**

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

**SMBC**

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



**Mature living**

**3 tips for getting out of your comfort zone**



Are you a homebody? Are you stuck in a monotonous routine? If so, here are three ways you can push yourself to step out of your comfort zone.

**1. Challenge yourself**

Don't let your everyday routine get stale. If you enjoy going for daily walks, see if you can go further or faster. If you love making art, experiment with a different style or technique to push the limits of your creativity.

**2. Change up your routine**

Do you mindlessly go through the motions of your day? To keep things fresh, try visiting a new place, signing up for a class or striking up a conversation with a friendly stranger.

**3. Stay curious**

If you're interested in learning about another culture or have always wanted to take up a hobby, go for it. It's important to stay curious and continue to learn new things as you age.

Above all, have confidence in yourself and dare to step out of your comfort zone. Look for activities and outings in your area that will inspire you to be your best self.

**Do you need a mobility aid?**

As you get older, slips and falls can lead to serious injuries. A mobility aid, however, can be used to help you keep your balance. Here are three signs that may indicate you'd benefit from using an assistive device.

**1. You often lose your balance**

If you find that you frequently hold onto walls and furniture to keep your balance or are in constant fear of falling, it may be time to invest in a mobility aid.



## 2. You feel more tired than usual

It's normal to feel weary after walking and standing for long periods of time. However, if you quickly get wiped out by these activities, it may be time to think about investing in a wheelchair or scooter.

## 3. You have frequent falls

Trips and falls can happen to anyone, but if falling becomes a frequent occurrence, it may be time to consider using an assistive device such as a cane or walker.

Investing in a mobility aid can greatly increase your independence, safety and overall well-being. Talk to your doctor or physical therapist to find out what type of device would work best for you.



**OVER \$5 MILLION SOLD**

*Sandy Osgood* REALTOR

Call for a **FREE** home market value of your home.

DIRECT 623-521-7887 san23ar@gmail.com

COLDWELL BANKER REALTY

Coldwell Banker Residential Brokerage  
1616 North Litchfield Rd. #170, Goodyear

**DOOR PROS**  
GARAGE DOOR EXPERTS

VALLEY WIDE SERVICE • SAME DAY 24/7 SERVICE  
[www.doorprosgaragedoors.com](http://www.doorprosgaragedoors.com)

**623-556-8378** Family Owned & Operated

**FREE ESTIMATES**  
LIC #317653 • BONDED & INSURED

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

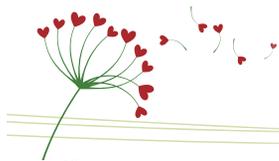
**THE POTTERY PLACE WAREHOUSE**

*Great Selection - A Fun Place to Shop!*

[www.PotteryPlaceAZ.com](http://www.PotteryPlaceAZ.com)

**17587 W. Grand Ave., Surprise** Only 20 Minutes North of I-10 & 303!  
(623) 214-9080  
Open 7 Days! 8:30 to 5:00

PRESENT THIS AD TO RECEIVE  
**10% OFF!**  
EXPIRES 4/15/22  
Coupon must be presented when at counter when paying!  
Some exclusions may apply. Cannot combine with any other offer.



# 5 things to consider when **touring retirement homes**

If you or a loved one are planning to move into a retirement home, it's a good idea to tour several facilities before making a final decision. Here are five things to consider when visiting a senior's residence.

## 1. The units

Tour the available units to find out if they include a kitchen, accessible bathroom, balcony and more. Compare different suites and select one based on your budget and needs.

## 2. The atmosphere

Visit the facility's common room and living area to observe the residents' behavior. Do they seem happy and relaxed? You should also find out what kind of activities are available.

## 3. The amenities

Some retirement homes have amenities such as a hair salon, swimming pool, theater, convenience store and restaurant. Make sure to tour these areas as well.



## 4. The neighborhood

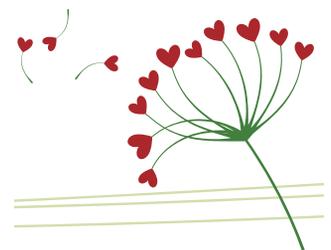
Before or after your visit, walk around the neighborhood to see if it's easy to access by public transit. You should also see if there are any interesting shops nearby and places where you can enjoy outdoor activities.

## 5. The meal plan

If you plan to use the retirement home's food services, consult the menu to get an idea of the type of food they serve and if it meets your expectations.



Moreover, factors like the parking arrangements, available storage space and cleanliness of the premises can help guide your decision. If you're unsure, don't hesitate to go back for a second tour.



## 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.

### Laura Robb

AAMS®, Financial Advisor

DIRECT 623 478 2368



14950 West Indian School Road  
Suite 180, Goodyear

"You don't have to be a visionary, you just have to have vision. I'll help you create the plan."



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



# PLAY BALL!

## Hit A HOME RUN



# West Valley Star

# ADVERTISING



A Sure Winner!

Our Readers are **AFFLUENT**

They **READ**  
...and  
They **Buy!**

PAY AS YOU GO

MAILED TO

**Pebble Creek  
Litchfield Park  
Palm Valley  
Russell Ranch  
Verrado**  
and portions of  
**Estrella  
Mountain Ranch**

Fun to Read!

LONGER SHELF LIFE

Are you getting your share of these **Affluent Southwest Valley Markets?**  
If not... call us today!

COST EFFECTIVE

Exciting!

PROVEN READERSHIP

Entertaining!

Delivered By



**LOCALLY OWNED AND OPERATED**



# GET STARTED TODAY!

# 623-249-4749

## Dear Alex,

*I tend to perseveration on the past and define what could have been rather than what could be. I look back on my life and see it through a very foggy lens. If I try to switch up my thought focus, I tend to get down and have a very hard time bouncing back. Is this normal? Sometimes I have difficulty remembering. Is that a symptomatic or just a bad memory?*

— Lost in the Past

Dear Lost in the Past,

The experience you've described is a lot more common than you'd think and issues with foggy memory seem to go hand-in-hand. While perseveration and memory loss has been linked to a wide variety of causes, including neurological conditions and frontal lobe trauma. I would assume from your question, that this experience is likely stemming from past emotional or psychological trauma.

These traumas are often repressed by our sub-conscious, hence the foggy lens. Even though the cognitive memory has been repressed. Often the sub-conscious and the body still remember. This can cause a lot of confusion for your conscious self. Especially if you're not aware of the triggers or the reasoning behind the experiences igniting this cycle.

The most traditional way to combat these episodes would be through cognitive behavioral therapy (CBT), with a licensed therapist or counselor. CBT is not easy and can be uncomfortable and you have to be willing to open up, become vulnerable and do the work. However, this isn't always the best path for everyone and there are alternatives or accompaniments to CBT that can also be helpful. For example, exploring your sub-conscious through hypnotherapy. Working with a coach such as myself to better understand the past, how to move forward and get excited about the future. A spiritual coach, such as a pastor from your church can help find purpose and reason behind trauma, and guide you toward a greater faith in God's plan. Finding a support person or group to talk openly about your experiences with can take away some of the self-guilt or loneliness of this experience. There's also meditation, nutrition, and lifestyle changes that can support overall mental wellness and brain chemistry, so you can pull yourself out of these down feelings faster.

Without knowing your individual experience, I'm unable to provide specific resources. However, don't hesitate to connect with me if you'd like explore this further. Same goes for anyone reading this and feeling similarly. You're not alone and asking for help, is taking control.

—Alex

## Alimental Life

Nourishing Growth



**Alex Koupal**

COACH & CONSULTANT

PO BOX 1861 • LITCHFIELD PARK, AZ 85340 • 602-558-9530

Do you have a question for Alex? Looking for advice or have concerns?  
You can email questions for Alex's column to [INFO.WestValleyStar@gmail.com](mailto:INFO.WestValleyStar@gmail.com)

# How to talk to your parents about moving to Assisted Living

Do you think it's time for your mother or father to move into a retirement home? Here are a few tips on how to bring up this sensitive subject.



## Gather information

Research different retirement homes in your area that offer the services your loved one needs. When you're ready to talk to your parent, bring along information sheets and brochures from several facilities. If they can use the internet, you can also send them links to the associated websites.

## Get the timing right

Don't rush. Wait for the right time to bring up the subject of moving into assisted living. However, you should mention the idea earlier rather than later so they can plan for the change. Talk about your concerns but don't unpack everything at once. Instead, break up the discussion over a few meetings.

## Be patient

Your parent may not respond kindly when you bring up the topic of them moving into a care home. Try not to be discouraged and offer your support. It may take them time to get used to the idea. Eventually, they may recognize that moving into assisted living is the right decision.

Finally, arrange a meeting with different facility representatives so your parent can learn more about these the facilities in their area and ask questions.





**WIN DINNER at...**

**Red Robin**

GOURMET BURGERS AND BREWS

10240 W McDowell Rd  
Avondale

(623) 907-3460

www.redrobin.com

**plus MOVIE TICKETS!**

Circle 20 of the Advertisers found in this month's West Valley Star & mail this page in to win.

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

**TO WIN Enter by March 23, 2022**

**OFFICIAL CONTEST RULES.** Solve the puzzle and mail in this page to win. Circle all or part of the names of 20 advertisers found in this month's West Valley Star ads. Names may run left, right, up, down or diagonally. Must be 21 or older to enter. Employees of the West Valley Star or its advertisers are ineligible. A drawing will be held from all correct entries. One winner will receive dinner for two and two movie passes. Three winners will receive a consolation prize of two movie passes. Winners will be notified by phone, and prizes will be sent by mail.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

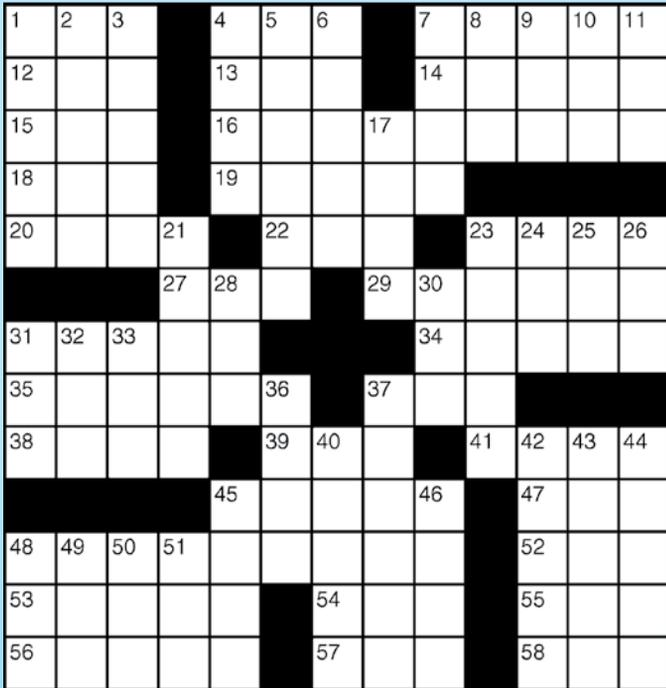
Phone \_\_\_\_\_

email \_\_\_\_\_

**Mail puzzle with answers to:**

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

# King Crossword



**ACROSS**

- 1 "Keep it down!"
- 4 Tax pro
- 7 Whizzes (by)
- 12 Horse chow
- 13 Owned
- 14 Emanations
- 15 Shred
- 16 Pennsylvania city
- 18 Guitar's kin
- 19 Symbol of freshness
- 20 Lancaster or Reynolds
- 22 "Blue Bloods" aier
- 23 Fly high
- 27 Flamenco cheer
- 29 Oliver Twist, for one
- 31 French composer Gabriel
- 34 Hilo hello
- 35 Snowman's nose
- 37 Links org.
- 38 Prop for Dr. House
- 39 Devilish laugh

- 41 Body powder
- 45 "I'm with you!"
- 47 Meadow
- 48 Pennsylvania city
- 52 Conditions
- 53 Boredom
- 54 Kimono sash
- 55 Packed away
- 56 "The Dapper Don"
- 57 Fixed
- 58 Snake's sound

**DOWN**

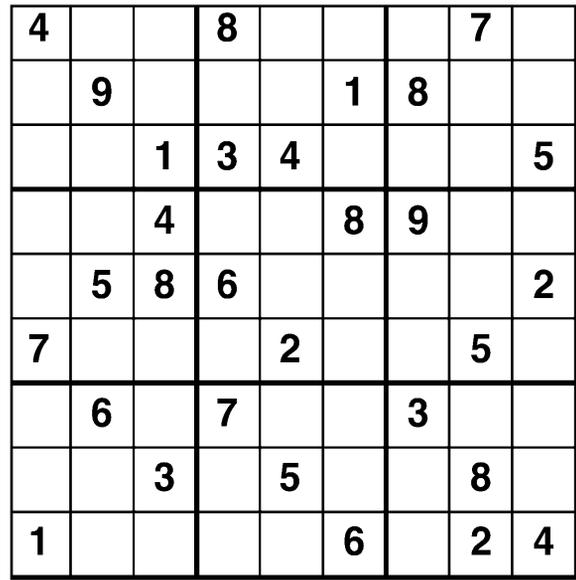
- 1 Bush
- 2 Japanese verse
- 3 High-strung
- 4 Sudan neighbor
- 5 Royal home
- 6 Extemporize
- 7 Madcap
- 8 "Shoo!"
- 9 Acapulco gold
- 10 Gullet
- 11 Capitol Hill VIP
- 17 Old U.S. gas brand

- 21 Baseball manager Joe
- 23 Pie-in-the-face sound
- 24 Discoverer's call
- 25 Satisfied sigh
- 26 Genetic letters
- 28 Summer sign
- 30 Cleaning cloth
- 31 TV watchdog org.
- 32 Small battery
- 33 Coffee vessel
- 36 Biblical pronoun
- 37 "Friends" role
- 40 Community spirit
- 42 Fake name
- 43 Some jobs
- 44 Attorney's load
- 45 Roman 1052
- 46 Skip
- 48 Plead
- 49 Rock's Brian
- 50 Potent stick
- 51 Shack

Answers on Page 29

# 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.

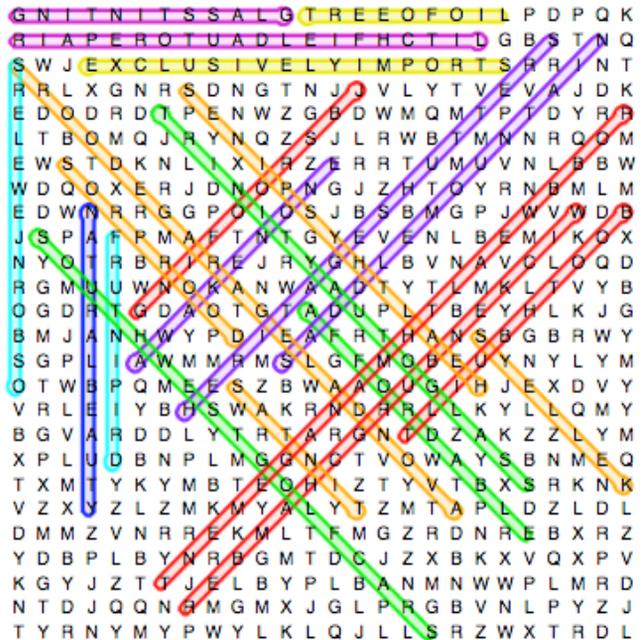
**DIFFICULTY: ★**

★ MODERATE ★★ CHALLENGING

© 2020 King Features Synd., Inc.

Answers on Page 29

# Dinner and a Movie FEBRUARY SOLUTION



# JANUARY WINNERS



**GRAND PRIZE**  
**Laura Sanchez**  
Litchfield Park

**WINNERS OF  
MOVIE PASSES**

**Marifer Estigoy** - Goodyear  
**Rosa Hernandez** - Goodyear  
**Andrea Barrios** - Goodyear



## More Tips for Finding Out-of-Stock Pet Food

**DEAR PAWS:** I wanted to respond to Casey H's concerns about finding the right pet food in the midst of these supply problems. Several of us have experienced the same shortage. Our cat is on a prescription canned and dry food to treat her cystitis. Eating the wrong food could cause real problems for her. When we went to PetSmart, the shelf was almost empty. The in-store veterinarian told us the main problem was a quality issue — the manufacturer had to destroy a huge amount of cat food and start again. That, plus the slowdown in truck deliveries, plus short staffing, are all contributing to this mess.

Casey may want to call or email the pet-food company, or talk to the manager of the store where he shops. Another

option is to make your own pet food. It's not an option for us because of our cat's medical issue, but it may be a solution for others. Your veterinarian can guide you on ingredients, and there are plenty of books with recipes that provide balanced nutrition. -- Colleen R., East Rochester, New York

**DEAR COLLEEN:** That's great advice! Store managers and the pet food manufacturers themselves can provide more insight when a specific pet food is not available. You can usually find contact information for the manufacturer on the container of pet food. Veterinarians also can help guide you to alternative pet foods, which is especially important when specific formulations are needed.

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

## NEW ENGLAND CLOCK SHOP

CAMPANA SQUARE SHOPPING CENTER • 9835 W. Bell Road • 623-977-6202

"A Family Business with Friendly Service ~ Since 1970"



### Who's Repairing Your Clock?

**HOUSE CALLS**

**CLOCK REPAIR & SERVICE**

**623-977-6202**



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

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



**Over 40,000 satisfied customers a year!**

**BONDED & INSURED**

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

**WATCH BATTERY SPECIAL** **\$3<sup>00</sup>** *ea.*

**We only use TOP QUALITY Batteries.**

No Limit. Includes Installation and Tax.

**CASH ONLY ON BATTERIES**

**NEW ENGLAND CLOCK SHOP • 9835 W. Bell Rd. • 623-977-6202**

# Kung Pao Chicken

**INGREDIENTS:**

**Chicken Marinade**

- 24 oz boneless skinless chicken breast, cut into bite-sized pieces
- 2 tbsp cornstarch
- 4 tbsp low sodium soy sauce
- 2 tbsp Chinese Shaoxing wine
- 2 tsp oil

**Kung Pao Sauce**

- 1/4 cup low sodium soy sauce
- 1/2 cup low sodium chicken broth
- 2 tsp dark soy sauce
- 2 tbsp balsamic vinegar
- 2 tbsp Chinese Shaoxing wine
- 2 tsp hoisin sauce
- 1 tbsp sugar
- 1 tsp cornstarch

**Stir Fry**

- 4 tbsp oil, for frying
- 6 red chilies, chopped roughly



- 1/2 large green bell pepper, cut into bite-size pieces
- 1/2 large red bell pepper, cut into bite-size pieces
- 1 tbsp fresh ginger
- 4 large garlic cloves, about 2 tbsp pressed garlic
- 6 green onions, cut into bite-size pieces
- 1/2 cup roasted peanuts
- 1 tsp sesame seeds, optional, garnish

**INSTRUCTIONS:**

Cut the chicken into bite-size cubes. Combine the Chicken Marinade ingredients together. Add chopped chicken and let it sit for at least 10 minutes to tenderize. In a separate dish, combine the Kung Pao Sauce ingredients together. Whisk until cornstarch is dissolved and the sauce is smooth then set aside. Preheat a wok or a large skillet with 2 tablespoons of oil. Add chicken and cook on medium-high until it's golden brown and almost fully cooked. Remove it from the pan and set aside. Add 2 tablespoons of oil to the same pan. Add chopped bell peppers, pressed garlic, grated ginger and dried chilies. Toss it together in a pan and stir fry for 4 minutes. Add the prepared Kung Pao Sauce to the pan, stir everything together. As soon as the sauce starts to thicken, add chicken to the pan. Toss to coat the chicken with the sauce. Add chopped green onion, peanuts, and sesame seeds, then stir to combine.

**KACHINA KITCHENS**  
— Your Kitchen and Bath Remodeling Specialists —

*We Beat The Big Box Stores!*

- Free Blanco sink with countertop
- Free In-home estimates
- We do custom cabinets and entertainment centers
- Complete bathroom remodeling
- Granite, Quartz and Solid Surface countertops at affordable prices
- Free soft close hinges on kitchen reface

13930 Camino Del Sol, Suite 103  
Sun City West, AZ 85375  
**623-537-9828**  
[www.kachinakitchens.com](http://www.kachinakitchens.com)

Listed with PORA  
Licensed • Bonded • Insured • ROC #225346

KraftMaid Cabinetry    Waypoint

# Strange But True

by Lucie Winborne

In 2009, the British zombie movie "Colin," on which writer/director Marc Price spent 18 months and a whopping \$70, won an award at the renowned Cannes Film Festival.

Nineteen-year-old Jonathan Parker, of Fort Loudoun, Pennsylvania, was charged with burglary after stealing two diamond rings and using the computer in his victim's house to check his Facebook profile, forgetting to log off from the site.

Vikings believed a goat in Valhalla supplied an endless supply of beer from its udders.

A football's shape (prolate spheroid) is that of an inflated pig's bladder, which is what the first footballs were made of.

The 1934 mystery novel "Cain's Jawbone" by Edward Powys Mathers is printed with its 100 pages out of order. To solve the mystery, readers must determine the correct page order and the names of the six murderers and six victims. The mystery has only ever officially been solved by four people.

Researchers in Japan have fitted a train with a speaker that barks like a dog and snorts like a deer in order to prevent collisions with deer on the railway.

Canadian radio stations are required by law to play Canadian artists on the airwaves at least 35% of the time.

The Windows XP default background image of rolling green hills known as "Bliss" was historically a vineyard. The vines were taken out a couple years before the photo was taken due to a pest infestation.

A 10-second French kiss spreads around 80 million bacteria between the two smoochers.

Director Michael Bay ("Transformers") can trace his interest in action films to when he attached firecrackers to a toy train and filmed the ensuing fiery disaster with his mother's 8 mm camera. The fire department was called, and Bay was grounded.

The African country of Zambia entered the Space Race in the 1960s with a plan to visit Mars and convert aliens to Christianity. The plan unraveled when one of the "Afronauts" got pregnant, another pulled out to join a local dance group and a third went missing.

Sharks can grow up to 50,000 teeth in their lifetime.

Libyan revolutionary Moammar Gadhafi had a serious obsession with Secretary of State Condoleezza Rice, showering her with over \$200,000 in gifts and having a famous local composer write a song for her called "Black Flower in the White House."

Rapper Snoop Dogg tried to rent the country of Lichtenstein for a music video, but was rejected.

Until they are large enough to sleep upright, baby owls sleep on their stomachs because their heads are too heavy.

[www.westvalleystaraz.com](http://www.westvalleystaraz.com)

Edward Jones®

> [edwardjones.com](http://edwardjones.com) | Member SIPC



## Let's partner for life's moments.

Together, we'll help you prepare for the next one — big or small.



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



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

MKT-13987-A-A2 © 2021 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

## Chipped windshields: repair or replace?

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

### WHEN IS REPAIR POSSIBLE?

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

1. The chip's no larger than an inch in diameter.

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

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



**TRINITY AUTO GLASS**  
623-536-2519 | [trinityautoglass8065@gmail.com](mailto:trinityautoglass8065@gmail.com)

DOUBLE  
YOUR

GARAGE

# SPACE

PICK YOUR CABINET AND LET US BUILD IT



**LET US PROVIDE  
THE BEST WAY  
TO ORGANIZE  
YOUR TOOLS!**



**\$1045**

Our Top Seller for  
Over 10 Years!

**INSTALLED  
SAVE \$139**



**\$650**

**INSTALLED**

6' Workbench  
Combo w/Drawers



**\$895**

16' Garage  
Organizer

**INSTALLED  
SAVE \$198**



**\$695**

12' Garage  
Organizer

**INSTALLED  
SAVE \$159**

# Neil's

GARAGE CABINETS



If you want  
to be organized...  
these are the  
guys to call!!

**Choice of Woodgrains  
Installation Included  
Family-Owned Since 1971**

**WEST VALLEY  
623.583.1044  
EAST VALLEY  
480.990.3400**



ROC 214253



**LICENSED • BONDED • INSURED**

**VISIT OUR WEBSITE: WWW.NEILSGARAGECABINETS.COM**

**Q:** I saw that they are turning my favorite novels ("Jack Reacher") into a TV show. I never saw the movies because Tom Cruise seemed miscast in the role, but I'm willing to give the series a chance if the actor fits the part. --E.K.

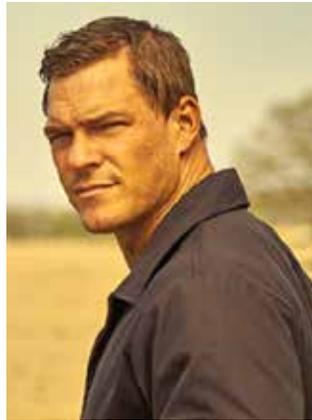


PHOTO CREDIT: IMDB

**Alan Ritchson stars in "Reacher"**

**A:** When Tom Cruise was cast as Jack Reacher a decade ago in the movie of the same title, fans of the novels balked. Isn't Jack Reacher 6'5", they asked? Even Lee Child, the author of the novels, expressed concern that 5'7" Cruise wasn't what he envisioned. The movie did well enough to justify a sequel four years later, and in 2018 a deal was signed to take the character in a new direction in the form of a series.

According to TV Guide, Reacher "is fond of staring down his adversaries and letting his imposing frame do the intimidating." Actor Alan Ritchson will now assume the big shoes of Reacher. DC Universe fans might recognize

him as Arthur Curry/Aquaman in the "Smallville" series and as Hank Hall/Hawk in "Titans."

"Reacher" premiered on Amazon's Prime Video Feb. 4 and co-stars Willa Fitzgerald ("Younger") and Malcolm Goodwin ("iZombie").

As for Cruise, don't worry, he's still gainfully employed. He's filming his eighth "Mission Impossible" film and has the sequel to "Top Gun" ("Top Gun: Maverick") due out soon.

**Q:** Whatever happened to Bridget Fonda? I loved her in "Point of No Return" and "Singles" back in the 1990s, but she seems to have disappeared. --D.J.

**A:** The daughter of Peter Fonda and niece of Jane Fonda, Bridget Fonda was the It Girl of the '90s. In addition to the movies you named, she starred in "Single White Female," "Lake Placid" and "A Simple Plan," among others. She had a handful of credits through the early 2000s, but that was it. She then married Oscar-winning composer Danny Elfman and has remained out of the spotlight.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com) or write me at KFW5,628 Virginia Drive, Orlando, FL 32803

(c) 2021 King Features Synd., Inc.

## Garage Door Problems Fixed Today!



# A-Authentic

Garage Door Service Co.

[ArizonaGarageDoors.com](http://ArizonaGarageDoors.com)

**480-374-8126**

**602-281-4126**

VALLEYWIDE

- NO EXTRA CHARGE for Evenings or Weekends
- BEST PRICES
- BEST PARTS
- BEST WARRANTY
- Family Owned & Operated

**FREE SERVICE CALL**

*\$65 VALUE*

**FREE 21 Point Safety Inspection**

With repair. With coupon only. May not be combined with any other offer.

**\$75 OFF A PAIR OF SPRINGS**

With coupon only. May not be combined with any other offer.



Check Out Our ★★★★★ Reviews!



**Military, Seniors, AARP & AAA Discounts**



Licensed | Bonded | Insured  
ROC No. 173822

**\$160 SAVINGS!**

**LiftMaster Garage Door Opener \$429<sup>95</sup>**

Includes LIFETIME WARRANTY on the Motor & Belt 1/2 HP Belt Drive - Model 8155-7, Smart Phone Compatible

Service call additional. With coupon only. May not be combined with any other offer.

**AUTO REPAIR**

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

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

**EXCLUSIVELY IMPORTS**  
AUTO REPAIR

13365 W. Foxfire Dr. • Surprise  
**623-537-5444**  
Free Wi-Fi [EIAutoRepair.com](http://EIAutoRepair.com)

**AUTO REPAIR**

**At Least There's One Fair and Honest Mechanic!**

**LITCHFIELD**  
AUTO REPAIR

[www.LitchfieldAuto.com](http://www.LitchfieldAuto.com)  
**(623) 882-8700**  
671 N 137th Ave  
Suite 106 - Goodyear

**AUTO GLASS REPAIR**

No crack too big or small, we repair or replace them all.



**TRINITY**  
AUTO GLASS  
**623-536-2519**  
INSURANCE APPROVED COMPANY

**AUTO WINDOW REPAIR**

**CAN'T GET IT UP? WE CAN FIX THAT!**

**PHOENIXPOWER**  
**WINDOWREPAIR.COM**

**Mobile Service**

**480-620-2006**  
Call or Text

**CONSTRUCTION**

RESIDENTIAL & COMMERCIAL



**JBS ROOFING**  
JIM BROWN & SONS ROOFING

- New Construction
- Repairs
- Recovers
- Maintenance

Give Us A Call!  
**623.247.9252**

ROC #s: CR43-061127, CR43-287012, CR45-198099, CR42-482024

[JBSroofingAZ.com](http://JBSroofingAZ.com)

**GARAGE DOORS & SERVICE**



Garage Door Installation  
Repair • Service • Openers

SAME DAY 24/7 SERVICE - VALLEYWIDE

**623-556-8378**  
[WWW.DOORPROSGARAGEDOORS.COM](http://WWW.DOORPROSGARAGEDOORS.COM)  
**FREE ESTIMATES**  
Family Owned & Operated  
LIC #317653 • BONDED & INSURED

**GENERAL CONTRACTOR**



**BPR BUILDERS**  
GENERAL CONTRACTOR

New Home Construction  
Bathroom & Kitchen Remodels  
Flooring | Exterior Modifications  
Hardscapes

(602) 397-7197  
info@bprcompanies.com

ROC #328138 BONDED & INSURED

**GOLF CAR REPAIR**

**Southwest Golf Cars**

**Full Service Repair Shop**

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

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

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

**INSURANCE**

**AUTO HOME BUSINESS LIFE**



[www.RaymondEGrim.com](http://www.RaymondEGrim.com)

**AMERICAN FAMILY INSURANCE**  
**623-876-1793**  
#SURPRISEINSURANCEAGENT

**LANDSCAPING**



**Creation Landscaping**

We put Creation into Landscaping

Commercial & Residential Maintenance

Family Owned Since 2012  
**(623) 297-2335**

**LANDSCAPING**



Maintain your home with precision.

**Andrew Foy**  
LANDSCAPE MANAGEMENT & HANDYMAN

Andrew used to maintain the lawns of the rich and famous in Montecito, CA.

**SUNSHINE HILL PROPERTIES** Call for a quote today.  
SUNSHINEHILLPROPERTIES.COM 919-601-4592

**LANDSCAPING**



**Water Works**  
IRRIGATION & LANDSCAPING

**Pavers & Artificial Turf Installation**

REPAIRS • LEAKS • VALVES • TIMERS  
IRRIGATION SYSTEMS

**FREE ESTIMATES**  
*Ask for Vito*  
**623.261.1741**  
ROC#293360 • Major Credit Cards Accepted

**PRINTING/GRAPHICS**



**ENGINEERING COPIES**  
Print/Scan Color/Black

**623.972.8161**  
[MooreGraphicsAZ.com](http://MooreGraphicsAZ.com)  
11200 W. Wisconsin Ave.  
Youngtown, AZ 85363

**REAL ESTATE**

**MAXIMIZE YOUR PROFITS**  
SELL YOUR HOME WITH ME!  
CASH IN ON YOUR EQUITY!

I can even help you get into a new place of your own.

**CALL FOR AN APPT TODAY!**  
Ashley Atwood 979-218-0048  
ashley@sunshinehillproperties.com  
sunshinehillproperties.com

**SUNSHINE HILL PROPERTIES**

**REMEDIES**

*Awaken One*  
Home Remedies LLC

**ORGANIC**  
Loose Leaf Tea & Herbs

**623-547-0283**  
[www.awakenonehome remedy.com](http://www.awakenonehome remedy.com)

SATURDAYS  
Arrowhead Farmers Market  
9am-1pm Arrowhead Town Center

SUNDAYS  
Cabela's Farmers Market  
10am-2pm 9380 W Glendale Ave

**THERAPY**

*Alimental Life*  
Nourishing Growth

**Alex Koupal**  
LIFE COACH &  
SMALL BUSINESS CONSULTANT

Life Editing & Organization  
Teen Career Coaching  
Life Path Coaching  
Health & Wellness

Call **480-369-8256** or book a session at [alimentallife.com](http://alimentallife.com)

**BAD CREDIT**

**I BUY HOUSES**

GOOD CONDITION  
OR ATROCIOUSLY UGLY

STRESS FREE  
FAST... FRIENDLY  
CUSTOMIZED!

I can help you  
get out from under a home  
that is causing you stress.

**Ashley Alwood**

CALL 979-218-0048 FOR A QUOTE TODAY!

Ashley@sunshinehillproperties.com  
SUNSHINE HILL properties  
SUNSHINEHILLPROPERTIES.COM

**GROOMING**

NEW OWNERSHIP TWO LOCATIONS

**PET STOP**

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

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

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

**LEASE OPTIONS**

**STOP MAKING YOUR LANDLORD RICH**

CALL YOUR LEASE OPTION EXPERT!

Let me show you  
how to get into a home or  
even an investment property  
with credit as low as 580  
and \$3000 down.

**Ashley Alwood**

Questions? Curious? Call Today!  
979-218-0048

Ashley@sunshinehillproperties.com  
SUNSHINE HILL properties  
SUNSHINEHILLPROPERTIES.COM

**WEED CONTROL**

**GOT WEEDS?**

**SNYDER'S WEED CONTROL**

Ask About  
Our Discounts

**623-435-2208**

AZ Lic #C5633B3.B5  
www.snydersweedcontrol.com

**CONCRETE COATINGS**

**Desert Rose CONCRETE COATINGS**

Call 623-853-9051

GARAGES • PATIOS • DRIVEWAYS  
COMMERCIAL • RESIDENTIAL

AZ ROC Lic #203136  
www.TheDesertRose.com

**HELP WANTED**

I'm looking for positive, energetic,  
& ambitious team members  
who love helping others!

Highschool Diploma or GED  
No Experience Necessary  
We will train you!  
No Salary Cap  
Unlimited Growth Potential

ONLY LOOKING FOR  
5 PEOPLE!  
CALL 979-218-0048 NOW!

**Ashley Alwood**

Ashley@sunshinehillproperties.com  
SUNSHINE HILL properties  
SUNSHINEHILLPROPERTIES.COM

**MOVING COMPANY**

**COLLEGE HUNKS MOVING**

(480) 263-3044  
STRESS FREE MOVING

**\$25 OFF**  
ANY MOVING  
OR LABOR SERVICE

**WELLNESS**

Chiropractic  
Acupuncture • Massages  
Hypnotherapy

A healthy spine is a happy spine

**Healthy Spines**

1473 North Dysart, #101, Avondale  
623-925-1386

*“Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.”*

-- Ralph Waldo Emerson

**PUZZLE ANSWERS**

Answers to Puzzles on Page 22

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

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

Time to beat: 26 minutes

**PAINTING**

**JCB PAINTING**

EXTERIOR, INTERIOR  
and CABINETS

We will beat  
any written estimate

CALL/TEXT FOR  
YOUR FREE ESTIMATE

**480-416-6339**

VETERAN OWNED  
LICENSED BONDED INSURED  
ROC 326195

PROFESSIONAL. EXPERIENCED. ATTENTION TO DETAIL.

Your AD  
Here!

**NO COMMITMENT  
GREAT LOW RATES**

**623-249-4749**

**Looking  
for more  
business in**

Pebble Creek ★ Litchfield  
Park ★ Palm Valley ★  
Russell Ranch ★ Verrado  
★ Estrella Mtn Ranch?

Reach over 20,000  
Upscale West Valley  
Homes and Businesses  
by Direct Mail from  
\$70 per month

CALL  
**623.249.4749**

**West Valley  
Star**



# 3 tips to help you get set for golf season

If you really want to enjoy golf season, it's important to take the right steps, to be well prepared and hit the greens at the peak of your abilities. Here are three tips to follow:

**1. Train** To prevent injuries and improve your performance on the links, getting into shape is a must. Your shoulders, back and hips should be a priority, as they'll be used each time you swing. Both flexibility and building muscle are key. You should also strengthen your abs, glutes and thighs, which will likewise be needed when you golf.

**2. Practice** To optimize your performance, focus on your putting first. You can improve your short game at home with minimal space and equipment by using a putter on a low- or medium-

pile carpet. When you get to the driving range, forgo the long irons and woods until you're confidently swinging with your short irons.

If you need a little help with some of the finer points of your game, there are plenty of resources on the internet that can help you perfect your technique. It's also a good idea to take a few classes to get personalized advice.

**3. Prepare** Check the condition of your clubs and address any issues before your first visit to a course. Replace the rubber on any grip that doesn't feel secure and clean the grooves on your irons if necessary. Take a close look at your shoes, and make sure you have enough balls, tees, markers and other supplies in your bag for your first round.

**GOOD FOR FOUR!**

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

Wildlife World  
Zoo, Aquarium & Safari Park

Enjoy the new 5 acre addition to our

# Safari Park!

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

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

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

Northern Ave. and the 303 Freeway • 623-935-WILD (9453) • [WildlifeWorld.com](http://WildlifeWorld.com)

Wildlife World  
Zoo, Aquarium & Safari Park

# BROKEN SPRING ALERT

**\$298<sup>95</sup>**  
INSTALLED

Why Wait? Replace Every 8 Years

Includes 2 Oil Tempered Springs  
(Oversize Custom Doors Cost Extra)

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!

50AZ LIC# 506141 | Not an ROC  
we don't need to be!

THERE IS NO PROBLEM  
WITH YOUR DOOR THAT  
WE CANNOT FIX

**\$50 OFF ANY REPAIR**

STUCK DOORS • OPENER ISSUES  
WEATHER STRIPPING  
ROLLER REPLACEMENT  
END BEARINGS • & MUCH MORE  
Coupon not valid for spring replacements.

## OPENER REPLACEMENT



**\$559<sup>95</sup>**  
INSTALLED

1/2 Horse Power Belt Drive Liftmaster  
Includes One Car Remote

Standard 7 ft Tall Doors  
8 ft Tall Doors Add \$40.00  
Limit one coupon per visit

With 3.75% Fee

GARAGE DOORS  
SHOULD NOT  
MAKE NOISE!

We are a  
**Family Owned & Operated Company!**

Save On Services OFFERS

**AFFORDABLE**  
PROTECTING YOU FROM PREDATOR SERVICE COMPANIES  
OUR PRICES CAN'T BE BEAT!  
Save on Services  
**SINCE 2009**  
**GARAGE DOOR**  
KINGS OF SAVING YOU MONEY!  
Affordable Garage Door and Opener Repair



FREE with Any Repair

**\$49<sup>95</sup>**  
Reg. \$89.95

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

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 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!  
We Sell & Install Weather-Stripping for the Top, Bottom & Sides for Your Garage Door



We Sell & Install  
**Garage Doors**  
at the Lowest Possible Prices  
Starting at  
**\$899.00!**

AVAILABLE 24/7  
Call Now for Your  
**FREE PHONE**  
No-Obligation Estimate!

Insured & Bonded



**623-745-2238**

**WWW.AFFORDABLEGARAGEDOOR.BIZ**

PLUS WE NOW SELL PARTS! Anything from springs, bearings, rollers, bottom rubber, opener parts - if we don't have it we can get it.

[www.WeSellGarageDoorParts.com](http://www.WeSellGarageDoorParts.com)

## MOST COMMON PROBLEMS WITH THE DOOR OR OPENER

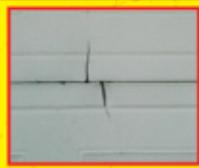


Why Wait? Replace me every 8 years.

**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**



**BEWARE**

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.

### ONE HOUR EMERGENCY GARAGE DOOR REPAIR AVAILABLE

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

24-Hour Garage Door Repair Hotline | Call 623-745-2238

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!

AFFORDABLE GARAGE DOORS  
1744 W. Parsons Rd.  
Phoenix AZ 85085

LOOKING FOR PARTS?  
**CALL US FIRST!**



Call us today!

and experience the difference a Company that Cares makes!

**623-745-2238**



POSTMASTER: PLEASE DELIVER BY MARCH 5  
P.O. Box 5731 • Sun City West, AZ 85376

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

**~ FUN READING ~**

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

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



**HAPPY 40th BIRTHDAY!**

**40**

**Financing available  
9.9% APR\***

**0% financing for  
15 months if  
paid in full\***

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

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

**“Let Our Family  
Cover Yours”**



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

**623.247.9252**



**www.JBSroofingAZ.com**



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