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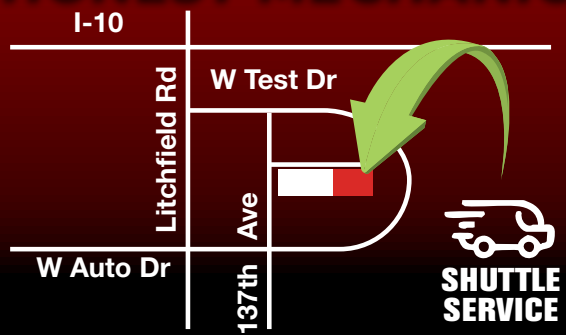
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November 11

Veterans Day

RESPECT, HONOR, GRATITUDE.

Unsung heroes: retired veterans who continue to serve



Veterans Day honors those who served in the United States Armed Forces. For many of these heroes, their service continues even after retirement. Countless veterans give quietly, guided by the same sense of duty that guided them during their active careers. Their efforts strengthen communities, support families and enrich civic life, often without recognition.

Veterans contribute in countless ways:

- **Community leadership.** They serve on school boards, city councils and nonprofit boards.
- **Mentorship.** As coaches, mentors and role models, they help young people build confidence and purpose.
- **Disaster response**. They apply specialized skills to wildfire response, hurricane relief and recovery.
- **Peer support.** Through veteran-led organizations, they help fellow veterans navigate civilian life and mental health challenges.
- **Workforce contributions.** They bring technical expertise, discipline and sound judgment to industries nationwide.
- **Nonprofit service.** They establish and support organizations addressing housing, education, disaster relief and community development.

Veterans continue to exemplify leadership, resilience and compassion through everyday acts of service. This Veterans Day, honor their lasting contributions by supporting veteran-led organizations, attending local ceremonies or offering a simple expression of gratitude. Their commitment to serving others continues to strengthen the nation.

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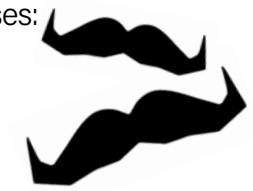
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Movember's Mission: Prevent Premature Death Among Men

Since its inception in 2003 in Melbourne, Australia, the Movember movement has raised awareness and funded initiatives related to men's health. Still, too many men are poorly informed about risks to their physical and mental well-being.

A CRISIS LONG HIDDEN

Before Movember and the moustache-growing tradition it inspired, the topic of men's health was discussed less widely. Thanks to the ongoing support and commitment of the public and experts alike, light has been shed on the major issues Movember addresses:



- **Testicular cancer**
- **Prostate cancer**
- **Mental health**
- **Suicide prevention**

Since its first donation to the Prostate Cancer Foundation of Australia in 2004, Movember has supported more than 1,320 men's health projects and partnered with organizations worldwide to advance cancer research, mental health and more.

PRACTICAL WAYS TO GET INVOLVED

- Grow a moustache in November to spark conversations about men's health with those around you
- Run or walk 60miles during November, a distance that symbolizes the 60 men who die by suicide every hour worldwide
- Plan a "Mo-ment", a get-together with friends or family to observe Movember
- Organize a fundraiser for a men's health organization

Don't forget to share your initiatives on social media! To learn more, visit ca.movember.com.



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Celebrity Extra

by Dana Jackson

Q: When's the TV show "Landman" coming back? Have they started filming yet? -- *W.C.*



PHOTO CREDIT: IMDB

Billy Bob Thorton and Ali Larter in Landman

A: According to Entertainment Weekly, after multiple delays, production is currently underway for season three of "Landman." The season two finale left Billy Bob Thornton's character heading in a new direction. Off camera, there's been some concern about the show's future after its creator, Taylor Sheridan, secured a new deal with NBCUniversal. Fortunately, "Landman" will live to see another season on its current home of Paramount+. (Sheridan's deal with Paramount doesn't end until late 2028.)

New episodes of "Landman" likely won't be available until at least mid-2027, but the majority of the cast will be returning, including Thornton, Ali Larter, Demi Moore, Sam Elliott and Michelle Randolph. Several recurring characters have also been upped to series regulars, and character-actor extraordinaire Michael Kelly ("Lioness" and "House of Cards") will join season three to play the "leader of the largest oil management firm in the world."

★★★

Q: When is "High Potential" coming back? I know it wasn't canceled, but I can't remember its premiere date. -- T.B.

A: :ABC's highest-rated drama is in no danger of cancellation. The network decided to push back season three until January 2027 (an exact date hasn't been announced) so that viewers won't have to endure a long gap between episodes (like last year) over a longer-than-usual holiday break. In the meantime, "RJ Decker" is hoping to attract more eyeballs to its show until "High Potential" returns.



PHOTO CREDIT: HULU

Kaitlin Olson in High Potential

Kaitlin Olson, Daniel Sunjata and Judy Reyes will all be back for the third season of "High Potential" sometime after New Year's, and there'll also be a "special episode" airing in the coveted post-Super-Bowl time slot on Feb. 14, 2027. "High Potential" certainly doesn't need the ratings boost, but with this kind of exposure, it could become the highest-rated drama on network TV.

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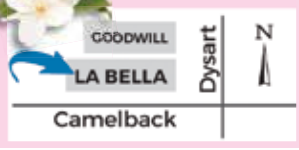
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Move over pickleball, here comes padel!



The past few years have seen a huge surge in pickleball's popularity, among both older adults and younger people. But while this activity is appreciated for its accessibility, those who want a new challenge can turn to another racquet sport that's becoming all the rage. Time to discover the charms of padel!

WHAT ARE THE RULES?

Originating in Mexico, padel shares some similarities with tennis, including its scoring system. Players use a racquet with a perforated surface and a low-pressure ball that resembles a tennis ball. Matches are usually played in doubles. The glass and mesh walls, reminiscent of squash courts, can be used by players to outmanoeuvre their opponents. Padel is a dynamic sport that requires strategic thinking.

HOW TO CHOOSE?

Some older adults wonder whether to choose padel or pickleball, since both sports are trending and share similarities. The main difference to consider is the intensity. Padel is played on a larger court than pickleball. Also note that the padel ball travels faster, and rallies are frequent. As a result, padel requires more running and can cause higher impact on the joints.

To decide which racquet sport is best for you, ask a professional for advice. As for your equipment, check out the selection at your local sporting goods stores.

Here's a Tip

by JoAnn Derson

"If you purchase sodas or other drinks that are linked together with plastic rings, cut open the loops so that there are no rings for animals or sea life to get caught in." -- ***A.A. in Florida***

Blood pressure can be affected by many things. Seeing the doctor is one of them. Request that your blood pressure be taken by a nurse or physician's assistant. Having a full bladder can also make your pressure reading higher, as can positioning your arm below heart level.

Remove sticky residue from price tags on hard surfaces with WD-40 or baby oil.

"To use the last of the peanut butter, simply add your morning oatmeal for a yummy flavored breakfast. Or add sliced bananas and a couple tablespoons of milk for a delicious dessert!" -- ***J.S. in Kansas***

When you are zesting or juicing oranges, lemons or limes, do several at a time. Freeze the citrus zest and juice in an ice-cube tray. Pop out the cubes and use them in recipes later on.

Send your tips to

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SENIOR NEWSLINE *by Matilda Charles*

Social Security increase for 2027

We have our number: The Social Security increase for 2027 is 3.6%. Across the country, I imagine seniors are reaching for calculators to figure out what that means for their budgets.

It's not great, but it could be worse. The increase was 2.8% in 2026 and 2.5% the year before. A repeat of 2023's 8.7% would have been nice.

This means about 76 million recipients will receive approximately $75 more per month, bringing the average benefit to $2,170.

To come up with this number, they create a cost-of-living adjustment, or COLA, using third-quarter figures from the Consumer Price Index for Urban Wage Earners and Clerical Workers, known as the CPI-W. Which is not us.

A show of hands: How many of us are still working as wage earners and clerical workers? Not many. Yet that is the index they use to calculate the amount of money we will get. That index takes all the things those wage earners and clerical workers spend money on -- food, transportation, clothing, education, housing -- and calculates the number from there.

Many argue that a better measure would be the Consumer Price Index for Americans 62 Years of Age and Older, or CPI-E. It gives greater weight to medical care and other expenses that more closely reflect older Americans' budgets.

Medicare costs are rising, too, with the monthly Part B premium reaching $209.50. So before we make plans for that extra Social Security money, we'll need to consider how much of it is already spoken for.

If you don't agree with using the CPI-W to calculate your Social Security COLA, let your senators and representatives know!



Adaptive sports programs

In a repeat of last year, the VA is set to give $16 million in grants to 91 groups around the country that host the annual adaptive sports program. What has gone up is the number of veterans who will be able to participate. This year the VA has enrolled an additional 290,000 veterans in healthcare.

The adaptive sports program, as well as the therapeutic arts program, is run by community, regional and national grant recipients to provide opportunities for disabled veterans to participate.

If you're interested in competing or training in these events, whether you want to aim for skiing, the wheelchair games, golf, the Golden Age games or the arts, there is a place for you.

If you want to become a Paralympic athlete, there's even a training allowance, a monthly stipend for those who are selected to compete with the national Olympic team.

For the National Disabled Veterans Winter Sports Clinic, the adaptive ski program, see www.wintersportsclinic.org. Veterans with spinal cord injuries, visual impairment, traumatic brain injury and more are eligible. The clinic runs from March 27 to April 3 next year. Click "Participate" to see how to register and to review the participant requirements.

The Golden Age Games, for veterans age 55 and



above, includes 20 medaled sports events broken into eight age categories. Whether you're into archery, track and field, bowling, horseshoes or any of the 19 sports, there is room for you. Competitions will be held June 23 to June 29, 2027.

The National Veterans Creative Arts Festival submission window will be Feb. 1 - March 15, 2027, and covers a wide range of artistic endeavors, from creative writing to dance to music to art, and more. See department.va.gov/veteran-sports/national-veterans-creative-arts-festival for more information.

Keep an eye on department.va.gov/veteran-sports for information on all the categories and events, and especially the registration dates.

As always, volunteers are needed. These events can't take place without the hundreds of volunteers who step up to ensure that disabled veterans have the opportunities to participate.





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Check on your buddies *by Freddy Groves*

Grab your calendar and on the 22nd of every month, every year, make a note for that day: Buddy Check.

The reason: veteran suicides.

The VA has taken major steps to address veteran suicides. Last year alone they fielded 1.3 million chats, texts and calls to the Veterans Crisis Line. They've launched Risk ID, a program that evaluates veterans and spots the red flags for at-risk veterans. They've spent millions on grants for suicide prevention programs. But they can't do everything.

Buddy Check 22 was started years ago as a reminder that the rate of veteran suicides was shockingly high -- the latest report indicates that we're still losing 17 veterans per day to suicide -- but we can do something about it. And that includes you.

The note on your calendar will be your reminder to reach out to another veteran and check in. It's not hard. You can give them a call and ask how they're doing. You can send a text message saying you're thinking about them. You can invite them out for coffee or lunch. You can stop by and take a tray of coffee and donuts to snack on while you get caught up.

Pull in your friends, too. Enlist their help in expanding the list of veterans that are contacted every month.

If something doesn't sound (or feel) right when you check on a fellow veteran, you can provide resources for help.

To learn more about Buddy Check 22, see www.militaryveteranproject.org/buddycheck22.

Take a look at the American Legion's Buddy Check information (www.legion.org/advocacy/be-the-one/buddy-check). Learn how to spot the danger signs and what to do about it.

Keep this information below in your wallet for when you need to support another veteran:

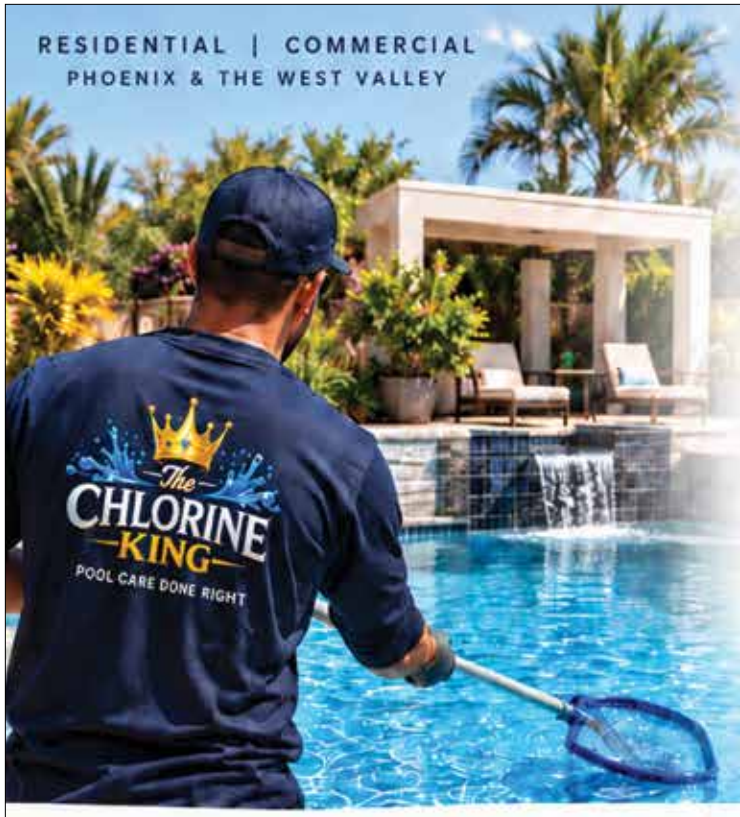
VA Crisis Line (Open 24/7)
800-273-8255, then press 1. (Or dial 988.)

Veteranscrisisline.net
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You don't need to be enrolled in VA healthcare to get help there.



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Paws Corner by Sam Mazzotta

Fall leaves hide ticks and fleas, new danger

DEAR PAW'S CORNER: I wanted to share a scary event that happened a few days ago. My chocolate Lab "Terry" was romping around in the leaf piles that my son had raked together when she suddenly yelped and limped back toward me. Her front paw was cut and bleeding.

Because it looked significant, I took her to the veterinarian to get checked out, where she got stitches and an inflatable collar to prevent her from licking the injured area while it heals. We looked through the leaf pile later and found a garden tool that had been forgotten during cleanup!

The vet also found three ticks on Terry, but fortunately they weren't attached. I hope you'll publish my story so your readers will know to put safety first before letting their dog play in the fall leaf piles! -- *Karen G., Lebanon, New Hampshire*

DEAR KAREN: Thank you for sharing your story. Most dogs absolutely love romping in leaf piles, and if a few precautions are taken, they can play safely and have a great time.

Before raking leaves into piles, walk through the area and pick up any trash or sharp debris. Keep your garden tools together, and when putting them away, check whether any are missing.

Make sure your pet is adequately protected against flea and tick infestation. Ticks especially love to hide out under leaves in the grass, waiting to hitch a ride on the first warm-blooded creature that passes by. Use a tick repellent on yourself if you plan to hang out in the yard with your dog.

And, of course, do a thorough check of your dog's coat for ticks after playtime and before they come into the house.



November is National

Alzheimer's Disease Awareness Month



TOGETHER, WE REMEMBER. TOGETHER, WE CARE.

Alzheimer's disease: RECOGNIZE THE SIGNS

Everyone's forgetful sometimes; but when is forgetfulness a cause for concern? Every November, National Alzheimer's Disease Awareness Month is an opportunity to get educated about a devastating disease that afflicts more than seven million Americans. Do you know how to recognize the symptoms? Here are some signs to be aware of.

- **Memory loss.** Forgetting a name or an appointment and remembering it later is normal. If you start forgetting things more often and can't recall the information later, you might want to pay attention.
- **Problem-solving challenges.** Difficulty balancing your budget from time to time isn't concerning. However, if you find you're forgetting what numbers are and how to use them, have a conversation with your doctor.



- **Difficulty with familiar tasks.** Have you been forgetting how to drive to a familiar place? Do you find a routine work task more complicated to complete? Have you forgotten how to play a favorite game? These may be signs of a more serious condition.
- **Extreme personality changes.** Have you been experiencing rapid mood swings, feeling suspicious of people or acting more aggressively than usual? Talk to a doctor. The same goes for the onset of other out-of-character behaviors, including withdrawal from social activities.
- **Misplacing things.** Have you been losing everyday items and then been unable to retrace your steps to find them? Do you suspect someone of stealing your belongings when they go missing? Do you sometimes find lost items in odd places—the iron showing up in the freezer, for example? These could be red flags.

Alzheimer's disease is progressive, sometimes starting as early as 15 to 20 years before diagnosis. If you've noticed these symptoms in yourself or a loved one, reach out to your doctor or visit www.alzfdn.org for more information.

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Strange But True

by Lucie Winborne

Silver conducts electricity better than any other substance.

The origin of the phrase "to put someone on hold" was Alexander Graham Bell handing his telephone to his partner, Mr. Watson, and saying, "Here, hold."

There are 86 LEGO bricks for every person on earth.

Barbie was co-designed by engineer and professional missile designer Jack Ryan, who was also the sixth husband of Zsa Zsa Gabor.

The flute requires more air than any other instrument, including the tuba.

An ounce of gold can be stretched more than 50 miles.

The first prototype of cold cream was created around 150 C.E. by the Greek physician Galen.

A dashboard was initially a piece of wood attached to a horse-drawn carriage to prevent mud from splattering up from the horses and onto the driver.

Over 80% of patients on the U.S. national transplant waiting list need a kidney.

Green living

Greying Green: Seniors Leading The Eco-Conscious Movement

As concerns about climate change continue to take center stage, an inspiring and unexpected group is stepping up: older adults. Far from being passive observers, many individuals over 60 are passionate advocates for the eco-conscious movement.

WHY OLDER ADULTS ARE GOING GREEN

For many seniors, sustainability is a personal issue. They've witnessed decades of environmental change and feel a responsibility to act. Unsurprisingly, their motivation often stems from a desire to protect the planet for future generations, like their grandchildren.

ACTIVE AND IMPACTFUL INVOLVEMENT

Older adults can take meaningful action to contribute to eco-friendly change. Here are a few suggestions:

- Downsizing by moving to a smaller, more energy-efficient home or retirement community
- Choosing eco-friendly transportation options like walking, cycling or public transit for short trips
- Volunteering with local environmental groups and community gardens
- Participating in climate marches and advocating for stronger environmental protections
- Supporting eco-friendly businesses and choosing sustainable products

Interested in joining the movement? Visit your local environmental action center for resources and volunteer opportunities.




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RECIPE *by Donna Erickson*

World's Best Granola



INGREDIENTS

Yields about 5 cups

3 cups old-fashioned rolled oats (not quick-cooking)

1/2 cup brown sugar

1 teaspoon cinnamon

1/2 teaspoon baking powder

1/2 teaspoon salt

1/2 cup coarsely chopped almonds

1/2 cup coarsely chopped pecans

1/4 cup canola oil

1/2 teaspoon vanilla

2 egg whites, slightly beaten

1/2 cup raisins

DIRECTIONS

1. Preheat the oven to 350 F. Line a rimmed baking sheet with parchment paper, or spray with nonstick spray.
2. Combine the oats, brown sugar, cinnamon, baking powder, salt and nuts in a large mixing bowl.
3. Stir together the oil, vanilla and egg whites in a small bowl. Add to dry ingredients and toss well.
4. Spread the mixture evenly on the baking sheet. Bake until golden brown, about 25-30 minutes. Cool completely; stir in raisins and store in an airtight container.

Cook's Note: If you wish, substitute 1/4 cup pure maple syrup and 1/4 cup honey for the brown sugar. Combine with liquid ingredients before tossing with dry ingredients.



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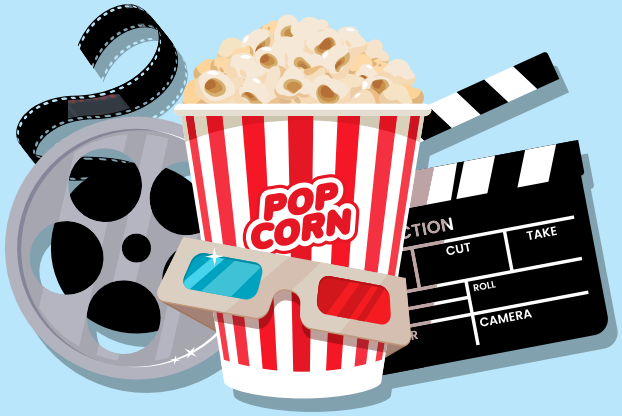
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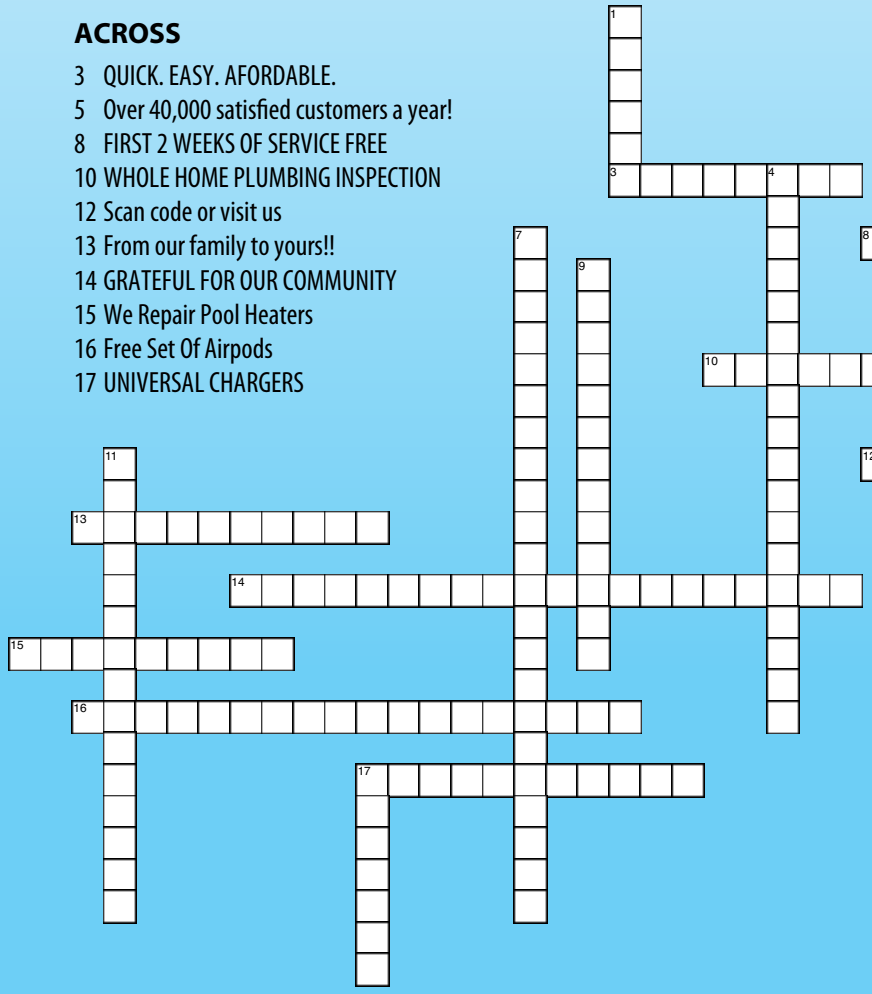
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10 WHOLE HOME PLUMBING INSPECTION
12 Scan code or visit us
13 From our family to yours!!
14 GRATEFUL FOR OUR COMMUNITY
15 We Repair Pool Heaters
16 Free Set Of Airpods
17 UNIVERSAL CHARGERS



DOWN

1 Choose more, save more!
2 BEAUTIFUL SPACES ★ LASTING VALUE
4 SPRINKLER REPAIR & INSTALLATION
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7 Miracle of 34th Street
9 CONSULTATIONS ARE ALWAYS FREE
11 LeVian
17 EXCLUSIVE DINING SPACES

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Check www.westvalleystaraz.com for any corrections or announcements. Scan and email completed puzzles to info.westvalleystar@gmail.com or...

Name_____

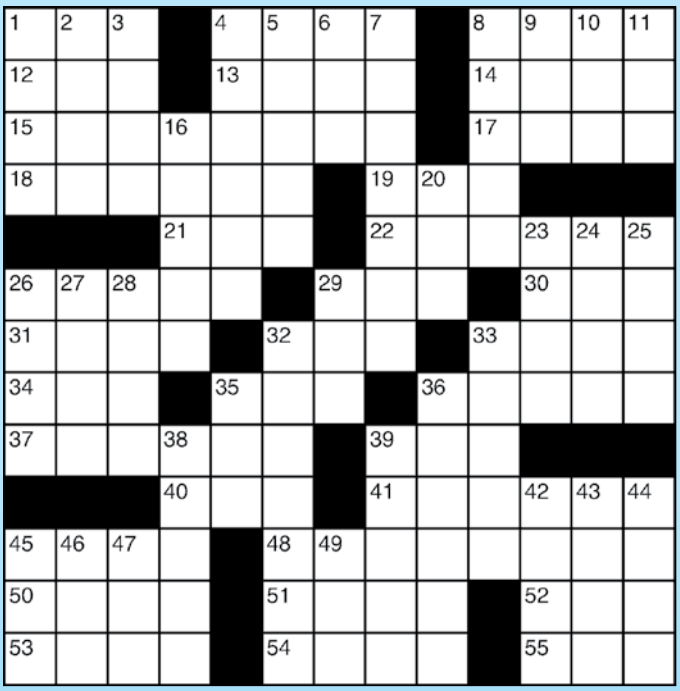
Address _____

_____

Phone _____

email _____

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



ACROSS
1 Personal
4 Poi base
8 Fraud
12 Romance
13 -- incline (tilted)
14 Unruly groups
15 Message from an admirer
17 Border on
18 On an angle
19 Vinyl records
21 Before
22 "Darn it!"
26 Scrabble pieces
29 Movie format
30 "Little piggie"
31 Rd. crossers
32 Grant's foe
33 1982 sci-fi film
34 "The Newsroom" actor Patel
35 Farm grazer
36 Resided
37 "I, Robot" author
39 Lanka lead-in
40 Storm center
41 Sculpted trunks
45 Sagan or Sandburg
48 Romantic Ella Fitzgerald song
50 Squad
51 -- Stanley Gardner
52 PC linking system
53 Short cuts
54 Snitched
55 Vintage

DOWN
1 They give a hoot
2 Scarf material
3 De -- (from the start)
4 Printer refills
5 Battery part
6 Squealer
7 Bob Marley hit song
8 Big hit
9 Corn core
10 -- Dhabi
11 Rockies hrs.
16 Tools for duels
20 Third degree?
23 To be, in Tours
24 "Neato!"
25 Superman's alias
26 "There!"
27 Currier's partner
28 Jeans maker Strauss
29 Morning moisture
32 Mini-shutout at Wimbledon
33 Spin
35 Demure
36 Buzzed
38 Thaws
39 Unmoving
42 Aviator's milestone
43 Track shape
44 Email command
45 Young lion
46 Year in Spain
47 Chest bone
49 Granada gold

Answers on Page 30
Time to beat: 26 minutes

Sudoko

by Linda Thistle

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

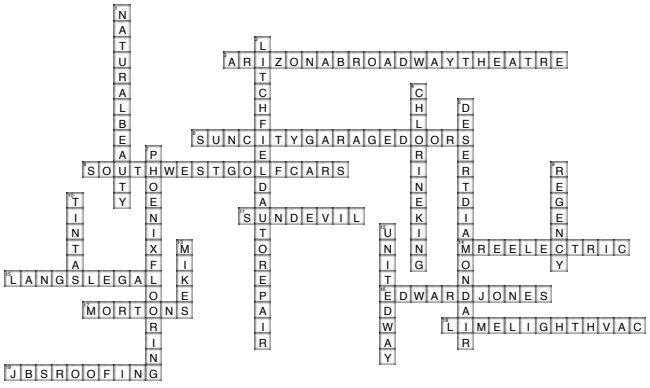
DIFFICULTY: ★ ★

★ MODERATE ★★ CHALLENGING ★★★ HOO BOY!

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Answers on Page 30

Dinner and A Movie
OCTOBER SOLUTION





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WHY OLDER ADULTS NEED PROTECTION

As skin ages, it becomes thinner and more vulnerable to damage. Although UVB rays—the main cause of sunburn—are generally weaker in winter, UVA rays still contribute to premature aging and skin cancer.

Snow also reflects sunlight, increasing your UV exposure. That makes sun protection important even on cold days.

CHOOSING A SUNSCREEN

With so many formulas and SPF options available, choosing sunscreen can feel overwhelming. Look for a broad-spectrum product with an SPF of at least 30 to protect against both UVA and UVB rays.

Choose a formula you find comfortable and easy to apply. Reapply every two hours while outdoors and after swimming or sweating. Follow the product's directions, and pair sunscreen with protective clothing, a hat, sunglasses and shade.

This winter, make sunscreen part of your routine. A pharmacist can help you find a product that suits your skin and daily activities.

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Holiday Tips

Serving lots of side dishes at your large family gathering? Try this trick! Keep casseroles and oven-cooked meats hot while waiting for other items to finish in the oven using a clean ice chest to store hot sides. Simply cover the bottom with a few trivets or a couple kitchen towels, and set dishes inside." -- ***M.E. in West Virginia***

You can cut the bitterness in some varieties of greens by soaking them in ice water for roughly an hour before serving. Use a salad spinner to get all of the water off.

No need to buy carpet deodorizers to freshen carpets -- baking soda can do the job. Sprinkle carpets liberally. Let set for 30 minutes to an hour, then vacuum thoroughly.

If you need 1 teaspoon of pumpkin pie spice, use 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg and 1/8 teaspoon ground cloves.

Hollywood *by Tony Rizzo*

Margot Robbie, who was hot when she played "*Barbie*" (which grossed $1.448 billion), now dreams of being 50 feet tall! In 1958, the film "*Attack of the 50 Foot Woman*" cost $89,000 and grossed $480,000, which surprised everyone. HBO then remade it in 1993 with Daryl Hannah, and now the brilliant director Tim Burton is set to direct a new remake! Robbie will produce and star in it.



PHOTO CREDIT: DEPOSITPHOTOS

Margot Robbie (Upcoming in an "Ocean's Eleven" prequel)

But poor Barbie is still in limbo while Robbie and director Greta Gerwig demand more upfront and backend money to make the sequel. Not to be left out, Ryan Gosling wants $20 million to play Ken again.

Meanwhile, Gosling has "*Star Wars: Star Fighter*" opening in May 28, 2027. Gerwig has since wrapped "*Narnia: The Magician's Nephew*" with Meryl Streep, Carey Mulligan, Ciaran Hinds and Daniel Craig, and it's set to premiere on Feb. 12, 2027. Robbie and Bradley Cooper are also producing Cooper's script of the untitled "*Ocean's Eleven*" prequel, which is set to release on June 25, 2027.

★ ★ ★

Steve McQueen, who passed away in 1980 at 50, is making a major comeback ... of sorts! Two of his best films are being remade. "*The Thomas Crown Affair*" (1968) cost $4.3 million and grossed $14 million, with Faye Dunaway co-starring. The remake is due on March 5 and stars Michael B. Jordan, Kenneth Branagh, Adria Arjona and Lily Gladstone. Netflix is also developing a remake of "*The Getaway*" (1972), which originally starred Ali MacGraw alongside McQueen and grossed $36.7 million against its $3.3 million cost.

★ ★ ★

Hats off to Marion Ross, who was known as Marion Cunningham on "*Happy Days*" (1974-1984). Ross turned 97 on Oct. 25. She was the star of about 50 films and had dozens of TV guest appearances. Her character, Emily, was wed to Captain Stubing (Gavin MacLEOd) on the last episode of "*The Love Boat*" in 1986. (I shot MacLEOd's real wedding to his second wife, Patti Kendig, in 1974.) Ross' last film was "*Senior Entourage*" (2021) before retiring at 92.



Happy 97th Birthday Marion Ross!



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How to Host a Stress Free Thanksgiving

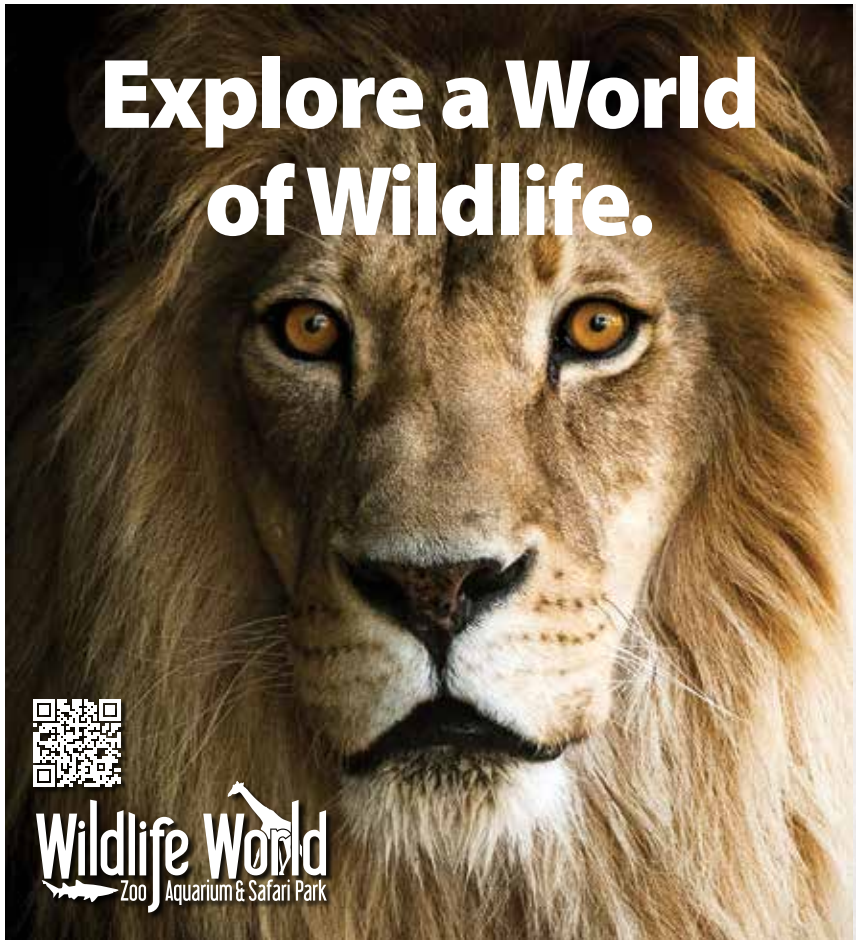


Hosting Thanksgiving? Take a deep breath. The holiday is about gratitude, connection and good company. With advance preparation, you can enjoy the celebration alongside your guests.

Try these eight tips for a calmer Thanksgiving:

1. ***Plan your menu early.*** Choose recipes two weeks ahead, sticking to dishes you know and love.
2. ***Clear some space.*** Declutter your refrigerator and freezer a week before to make room for ingredients and leftovers.
3. ***Shop in stages.*** Buy nonperishables and a frozen turkey early. Pick up fresh produce two days before.
4. ***Prep ahead.*** Chop vegetables, make cranberry sauce and bake pies the day before to lighten your workload.
5. ***Share the cooking.*** Handle the turkey and main dishes, then invite guests to bring appetizers, drinks or desserts.
6. ***Set the table early.*** Arrange linens, dishes and serving utensils the night before.
7. ***Create a drink station.*** Set out ice, glasses and beverages away from the kitchen so guests can help themselves.
8. ***Keep your expectations realistic.*** Lumpy gravy or overdone rolls won't ruin the day. Laugh off small mishaps and enjoy your company.

Spread the work over several days, accept help and keep your sense of humor. You'll spend less time in the kitchen and more time making memories.



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Strange But True

Scientists believe that the nictitating membrane (the small pink tissue in the corner of a human eye) is the remnant of a third eyelid, similar to the semi-transparent eyelid used by birds, reptiles, fish and other mammals.

The first movie fashion fad was Hollywood star Mary Pickford's long curls.

Cooks actually cut themselves less with a sharp knife because the latter uses less force to cut through food.

Goslings begin communicating with their parents while they're still in their eggs.

Baseball's L.A. Dodgers, originally founded in Brooklyn, were named after the legendary skill local residents showed at "dodging" the city's trolley streetcar system.

On May 19, 1956, Kermit the Frog received an Honorary Doctorate of Amphibious Letters from Southampton College in New York. He also gave the commencement speech.

About 1% of people have feet that are the same size.

Answers

TO PUZZLES ON PAGE 22

O	W	N		T	A	R	O	
W	O	O		O	N	A	N	
L	O	V	E	N	O	T	E	
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A	V	E	S		L	E	E	
D	E	V		C	O	W		D
A	S	I	M	O	V		S	R
			E	Y	E		T	O
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O	L	D						

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





Celebrate local shopping on Small Business Saturday!

Small Business Saturday invites shoppers to support local businesses as the holiday season begins. Established by American Express in 2010, the event takes place annually on the Saturday after Thanksgiving.

KEEP YOUR DOLLARS CLOSE TO HOME

Shopping at independent retailers helps sustain jobs, support families and keep main streets thriving. Small businesses also give back through local schools, sports teams and community initiatives.

When you buy from a neighborhood shop, you're investing in the people and places that make your community special. Small Business Saturday is an opportunity to discover unique gifts while helping these businesses flourish during an important shopping season.

GET INVOLVED

Start your holiday shopping at local stores, explore businesses you haven't visited and recommend your favorites to friends and family.

You can also spread the word on social media. Share your favorite finds, name or tag the stores you visit and use #SmallBusinessSaturday to encourage others to shop locally.

To learn more, visit the U.S. Small Business Administration website. Every local purchase is a chance to support your neighbors and strengthen your community.

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