

West Valley Star

FEBRUARY 2024

Fun Reading

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



Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

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

SEE OUR AD ON PAGE 15



Look Inside for Local Businesses and Services



Show your vehicle some
this Valentine's Day

Love

...and every other day of the year!

LITCHFIELD
AUTO REPAIR

Did you know?

**NO COMMISSIONED
TECHNICIANS HERE!**

That's what makes us different –
no unnecessary upselling!

AT LEAST THERE'S ONE FAIR AND HONEST MECHANIC!

GET YOUR
FREE QUOTE

(623) 882-8700

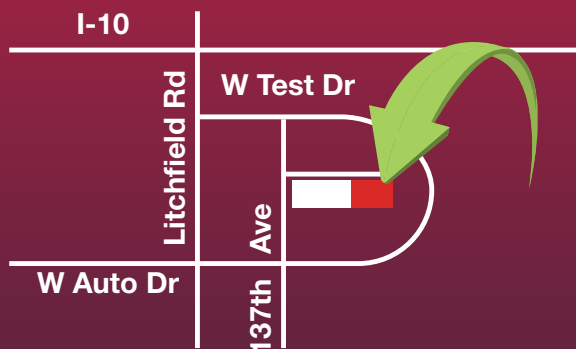
671 N 137TH AVENUE
SUITE 106 • GOODYEAR

OWNER'S EXCLUSIVE OFFER

Free
SECOND OPINION

with a written estimate from a
Licensed Repair Facility

OFFER EXPIRES 3/15/23



www.LitchfieldAuto.com

SHADE SALE

THE VALLEY'S LEADING AWNING AND SHADE SPECIALISTS

40% OFF*
All Shade Products!

PROMO CODE: WVS0224 • EXPIRES: 2/29/24



Patio Screens

Window Solar Shades



Interior Shades



Window Awning



Patio Covers



Retractable Awnings



Roman Shades



LIBERTY

AWNINGS AND SHADES | 1979

Call for a **FREE**
in-home estimate!

602-956-1642

libertyawningsandshades.com

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

Buy Now, Pay Later, Financing Options Available



Locally manufactured



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

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



Low-key Valentine's Day ideas

For some of us, February 14th isn't the big deal it used to be — and that's okay. Here are several less elaborate ways to show your special someone they mean a lot to you.

Gifts - Get creative and design a unique gift that will please your loved one. For example, you could create a poem, a love letter, a song, a video, a musical composition, a drawing or a craft.

Activities - There are numerous activities you can enjoy with your partner. Plan an evening of entertainment at home watching a movie, singing karaoke or playing board games. You could go for a nature walk or visit a local exhibit. It's the time spent together that really matters.

Meals - Instead of going out to a restaurant, purchase a ready-made meal or don your chef's hat and make a home-cooked meal. Enjoy it with your partner in the intimacy of your own home for a relaxed and uninterrupted experience.

As you can see, it's not hard to celebrate a more simple Valentine's Day.



FEBRUARY 2024

INSIDE THIS ISSUE

Your Good Health	8
Celebrity Extra.....	9
Veteran's Post.....	14
Paws Corner	18
Games.....	21 & 22
Senior Newsline	23
Hollywood	25
Recipe	27
Service Directory	28 & 29
Green Living.....	29

For Advertising Information, call

623-249-4749

All rights reserved.
Copyright 2024
West Valley Star LLC

West Valley Star

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



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

Member of the
WICKENBURG
CHAMBER OF COMMERCE

"As I have loved you
love one another"

John 13:34

Don't be a DIYer

(Destroy It Yourself)



You Have Projects. We Have Craftsmen.

We're qualified to complete

1,162

different home projects.

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



Mention this Ad to receive
\$25 off your next job



West Glendale: 623.299.8701
Services.AceHandyman.co

Romantic Valentine's Day gift ideas

Are you looking for the perfect Valentine's Day gift to make your loved one's eyes sparkle? Here are some inspiring ideas to help you pull out all the stops.

- 1. A fashion accessory.** Consider gifting your better half a piece of high-quality jewelry or a designer watch that matches their style. If you're worried about getting your partner something they won't like, take pictures of some of their current pieces and let the experts at Osborn Jewelers guide you.
- 2. A trip to the spa.** Does your sweetheart need to relax? Treat them to a stress-busting spa experience at LaBella. For a romantic touch, enjoy a spa experience as a couple. Book a room on-site and make it a romantic weekend. We have many wonderful hotels and resorts to choose from. You won't have to travel far.
- 3. A personalized work of art.** Commission a local artist to create a one-of-a-kind piece of art that captures or represents a romantic memory. It could be a photograph, painting, engraving, illustration or caricature.

- 4. An epicurean getaway.** Plan a trip that stimulates all the senses. Think fine dining, an entertaining show, a local wine, beer or cheese tasting or a visit to an art gallery. Tailor the itinerary to your partner's preferences.

- 5. Luxury skincare products.** Surprise your partner with skincare products, such as creams, serums, masks and oils, from prestigious brands that come wrapped in beautiful boxes. Ask the experts at Natural Beauty or one of our local spas for help finding the right products for your partner.

From flowers and sweets to a gourmet dinner or a balloon bouquet, how will you express your affection on February 14?



PANDORA

30% OFF*

VALENTINE'S DAY GIFT SETS
30% Off from 2/5/24 to 2/14/24 while supplies last at participating Pandora Retailers. No substitutions. See store for details.

Osborne Jewelers
THE STORE INTEGRITY BUILT

15350 W McDowell Rd. Goodyear, Az 85395
www.osbornejewelersinc.com
623-925-1815

*ON SELECT PANDORA GIFT SETS WHILE SUPPLIES LAST.

8 tips to relieve headaches



Headaches have many causes, including stress, illness, substance abuse, lack of sleep, poor posture and more. The next time you have a headache, use these eight tips to try and relieve it:

1. Drink plenty of water.
2. Dim the lights and sit somewhere quiet and meditate or do something relaxing.
3. Gently massage your head, neck and shoulders.
4. Use essential oils. Peppermint, rosemary, lavender, chamomile, and eucalyptus are all helpful scents
5. Get some caffeine. Have some tea, coffee, or something with a little caffeine in it
6. Apply heat or cold. Try a cold compress on your forehead for 15 minutes, or a heating pad on the back of your head or your neck.
7. Do yoga.
8. Take a pain reliever. Choose liquid over pills. Your body absorbs it faster. Avoid ibuprofen and nonsteroidal anti-inflammatory drugs (NSAIDs) if you have heart failure or kidney failure. Ask your pharmacist for advice on which pain reliever is right for you.

After a bit of trial and error, you'll discover which tips work best for you. If these solutions don't work, or if your pain is sudden and hard to bear, consult a healthcare professional.

PROMISE
HEATING & AIR

COMFORT CLUB

Peace of mind so you can **unwind!**

Protect your home from unexpected heating and cooling breakdown emergencies and protect your family's comfort.

- ✓ Priority Scheduling
- ✓ Discounts on Repairs
- ✓ Free Preventative Maintenance Twice A Year!
- ✓ Service Fee Reduced to \$59

Call Today or Schedule Online

200+ 5 Star Reviews

602-363-0230

PROMISEHEATINGANDAIR.COM

Recommended all over the West Valley

VALLEY WIDE SERVICE • SAME DAY 24/7 SERVICE

www.doorprosgaragedoors.com

623-556-8378

Family Owned & Operated FREE ESTIMATES
LIC #317653 • BONDED & INSURED

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

KEEP YOUR HOME SAFE!

MIKE'S DRYER VENT CLEANING & SERVICE

BEFORE

AFTER

- Prevents Fire & Overheating
- Clothes Dry Faster
- Saves You Time & Money
- Fire Departments Recommend Cleaning

\$49

CALL MICHAEL

623-266-1326

References available upon request

ROOF TILE REPLACEMENT

WE ALSO DO

SMOKE DETECTOR BATTERY REPLACEMENT

GUD HAND

HANDYMAN SERVICE

~Est. 2018

I care more.

If it needs fix'n, build'n, or install'n,
good hands care more.

Call/Text Josh:

602-708-4946

GudHand.com

Insured, but not a licensed contractor

Google

70+ ★★★★★ Reviews

- Ceiling Fans
 - Pendent Lights
 - Extra Can Lights
 - Cabinet Lighting
 - Outlets/Switches
 - High Ceiling's
 - Garbage Disposal
 - Toilet Repair/NEW
 - Hose Bibs
 - Int. Painting
 - Safety Bars
 - Irrigation
 - Artwork Big/Small
 - TV Installations
 - Shelving
 - Garage Racks
 - Carpentry
 - Broken Roof Tiles
 - Doggy Doors
- and so much more!!

See ALL services!





BEST VALUE, PRODUCT, SERVICE

\$200.00
Off
Shutters Only

All American Shutter.com

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

Best Value:
Product & Service

Enhance the Beauty
and Value of your home

Manufactured in Phoenix

Free Professional
Installation

Absolute Lowest Price for Basswood Shutters!

Our Products

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

Call Today
602-801-2202

IN HOME SAMPLES
FREE ESTIMATES

AllAmericanShutter.com

WHY PAY RETAIL?

Special!!

**PolyHybrid Shutters
Classic Shutters
ONLY BETTER!**

LDeren@Cox.net

NOW OFFERING CUSTOM BARN DOORS

YOUR GOOD HEALTH

by Dr. Keith Roach

***Defining Hashimoto's
and How to Treat It***

DEAR DR. ROACH: Please explain Hashimoto's disease. I have heard that it is rare, but two colleagues have recently been diagnosed. We all work in a very high-stress field. --J.H.

ANSWER: Hashimoto's thyroiditis is not at all a rare disease. It occurs in up to 10% of the population and much more frequently in women than men. Although people can be diagnosed at a young age, it is more common at older ages. It is caused by an autoimmune reaction to different parts of the thyroid, with thyroglobulin and thyroid peroxidase antibodies commonly found. TSH receptor antibodies are found on occasion.



Hashimoto's thyroiditis most commonly causes low thyroid levels, although there may be a period of time early in the disease where thyroid levels are high. Not everybody with antibodies will develop low thyroid levels. The thyroid is sometimes enlarged, but a careful exam will usually show that the gland is firm, showing that immune cells have infiltrated the gland.

Treatment of Hashimoto's thyroiditis involves replacing the thyroid hormone that the gland can no longer make. The dose depends on body size to a certain extent, but needs to be adjusted based on lab results. Most people are treated with levothyroxine, also called T4, which is the primary hormone made by the thyroid.

T4 is converted to T3 (also called triiodothyronine, the active form of the hormone) in various tissues outside the thyroid. T3 only stays in the body for a short while before it is destroyed, so a once-daily treatment with T4, which lasts longer, allows the body to convert T4 to T3.

Most people do very well with T4 treatment. A minority of people cannot efficiently make the active T3 form, in which case-combination treatment can be considered. Unfortunately, T3 must be dosed twice daily.

It is thought that stress hormones play a role, since stress does seem to increase the risk of developing an autoimmune thyroid disease like Hashimoto's.

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

Celebrity Extra by Dana Jackson



PHOTO CREDIT: COURTESY OF PARAMOUNT+

Jeremy Renner
in "Mayor of Kingstown"

Q: Why did "Jeopardy" get rid of Mayim Bialik as one of the hosts? She was my favorite. -- Y.T.

A: Mayim Bialik was dealt a double blow this past year. Her latest sitcom, "Call Me Kat," was canceled by Fox after three seasons, and she also lost her job as co-host of the popular syndicated game show "Jeopardy." According to TV Insider, Sony claimed that the decision to fire her was to "maintain continuity" for viewers by only having one host -- Ken Jennings. However, rumor has it that Sony wasn't happy with her when she refused to host the show during the writers' and actors' strikes.

Hopefully, she'll be returning to our screens soon. She's reportedly been working on a reboot of "Blossom," the sitcom that launched her career in the '90s.

★★★

Q: How is Jeremy Renner doing since his terrible leg injury? Is he going to continue acting soon? -- D.N.

A: Fortunately, two-time Oscar-nominated actor Jeremy Renner will be able to work again after nearly losing his life this past year after being run over by a snowplow on his property. He recently appeared on CNN's "New Year's Eve Live" show and told hosts Andy Cohen and Anderson Cooper that he's due back on the set of his Paramount+ series "Mayor of Kingstown."

He said that he had a lot of loved ones to live for, including his 10-year-old daughter and the nephew he saved from being hit by

the snowplow in his driveway. In addition to acting, Renner is releasing a song called "Wait" that is dedicated to his daughter. It's the first single from his upcoming EP, "Love and Titanium," released on Jan. 19.

★★★

Q: Is Snoop Dogg really going to be one of the commentators for the Summer Olympics? Will his friend Martha Stewart join him? -- S.S.

A: I don't know about Martha Stewart, but Calvin Broadus Jr., best known as Snoop Dogg, will be providing commentary alongside Mike Tirico during primetime on NBC, as well as on Peacock. He'll also tour historic landmarks and talk with the athletes. Snoop Dogg and Kevin Hart teamed up during the 2020 Olympics in Tokyo to provide hilarious commentary for Peacock. According to USA Today, the two "generated tens of millions of views" with their highlights, no doubt leading to the decision from NBC to bring Snoop Dogg on in a bigger role this summer. The opening ceremony kicks off on Friday, July 26.

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

Your Local GARAGE DOOR EXPERT

WE GUARANTEE THE BEST PRICE & BEST VALUE

Residential & Commercial
✓Sales ✓Service ✓Installation

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



*Best
Prices!*



NO SERVICE FEES

FAMILY OWNED AND OPERATED
FOR OVER 19 YEARS!

WE'VE BEEN IN BUSINESS SINCE 2004



A+
rating

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

Tax software can't do it all!

Tax season is fast approaching! If you're thinking about using a computer program to file your taxes, you may want to reconsider. Here are four shortcomings of tax software.

1. It can't understand complex situations

Although tax software is capable of handling most common tax scenarios, it may not be programmed for more complex situations, such as multiple income sources, investments, business income or international tax matters. A professional tax preparer will ensure you don't miss out on possible deductions or credits.

2. It can't tell you if you missed something

Tax software relies on accurate data entry, meaning incorrectly entered information could go unnoticed and result in inaccurate returns. Additionally, although software can suggest deductions and credits, it may not be able to identify all the specific tax breaks that a human

tax professional could uncover.

3. It may not be up to date on the latest tax laws

Tax laws and regulations change from year to year, and tax software might not always be up to date. These inaccuracies can result in financial discrepancies and potential legal complications. A professional tax preparer ensures your taxes are filed correctly and you get the most out of your return.

4. It can't provide personalized advice

Although tax software can automate the filing process, it can't provide customized advice based on your unique situation. A tax professional offers personalized guidance tailored to your financial situation. This can help you make informed decisions and optimize your tax strategy for the future.

Don't sweat this tax season. Entrust your taxes to a local pro!



Thought for the Day:

"What you get by achieving your goals is not as important as what you become by achieving your goals." -

- Zig Ziglar

Chances are, the majority of women reading this will be faced with managing finances for themselves and their families — alone.

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

Laura Robb

AAMS®, Financial Advisor

DIRECT 623 309 5511

Inspiring. Confidence-building. Empowering.

ROBB
WEALTH MANAGEMENT

We moved!
Next to the new city hall.

15150 W Park Place
Suite 114, Goodyear

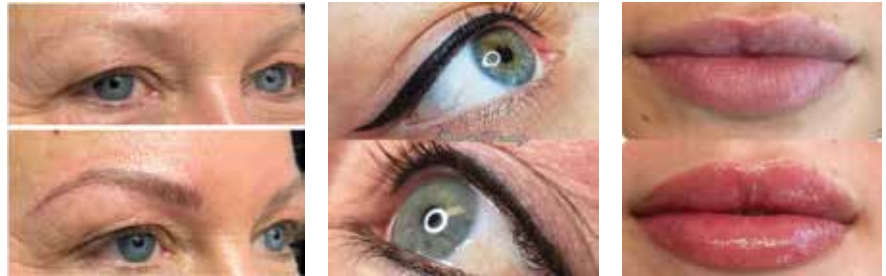
Robb Wealth Management is not a registered broker / dealer and is independent of Raymond James Financial Services, Inc. Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc.

Natural Beauty
 Permanent makeup
 Med spa



Permanent Makeup

- Microblading.....\$299
- Powder Brow.....\$299
- Combo Brow.....\$299
- Permanent Eyeliner...\$250+
- Lip Blush.....\$399



Facials, Skincare & More

- Custom Glow Facial.....\$99
- Dermaplaning Facial.....\$130
- Laser Skin Tightening Facial.. \$150
- Brow Lamination.....\$65
- Microneedling.....\$99
- Lash Lift & Tint.....\$85
- Laser Teeth Whitening.....\$150



Fibroblast Skin Tightening

Plasma Skin Tightening is a revolutionary, non-invasive alternative treatment to traditional surgery. The treatment helps eliminate excessive tissue that causes sagging skin, unwanted wrinkles, stretch marks and even diminish scarring.

- Small Area.....\$189
- Medium/Large Area....\$299+
- Full Face.....\$850



Jet Plasma Laser Treatment

Jet Plasma uses a cold plasma technology to distribute 13,000 volts of plasma energy beneath the skin's surface. It instantly tightens skin from the inside and leaves it lifted.

Benefits: Tightens loose skin, Kills the bacteria that causes acne, Calms Inflammation, Decreases Redness, Decreases Hyperpigmentation, No pain, No downtime!

- 1 Treatment.....\$150
- Package of 6.....\$600
- Package of 10.....\$850



📞 602.576.5999

📍 14535 W Indian School Rd, Ste 160, Goodyear, AZ 85395

🌐 naturalbeautypmu.com

Financing Available

CHARITY'S

PLUMBING SOLUTIONS

The Hidden Risks of Neglecting Your Water Heater:

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

As the owner of Charity's Plumbing Solutions, I recently found myself raising a pivotal question in a business meeting: "When should you replace your water heater?" The room fell silent, with only one response: "when it leaks." It became apparent that many people only consider their water heaters when a malfunction occurs, making replacement a necessity. So, I challenge you, dear reader – if your water heater were to break today, releasing 40, 50, or 75 gallons of water into your utility closet or garage, how much damage would it inflict on your belongings?

Water damage transcends the inconvenience of a leak; it involves potential harm to your drywall and the rapid growth of mold. While the answers to these questions may vary for everyone, the underlying message is clear: addressing water heater issues before they become catastrophic is crucial.

Homeowners often lack awareness of what they don't know, and a common refrain I hear is, "Really, I didn't know that." This realization typically follows an explanation of the maintenance schedule for a water heater. Every water heater comes with an owner's manual, but not every homeowner is aware of this valuable resource. The manual provides guidance on flush outs, anode rod replacements, and element replacements, depending on the type of setup – gas, electric, or tankless. In an era where reading manuals may seem outdated, understanding the maintenance of your water heater can save you thousands in the long run.

During a recent estimate visit to a home, I discovered that the homeowners were on their third water heater in 14 years. When I inquired about annual maintenance, they admitted they hadn't done any. I humorously remarked, "Your water heater is not a crockpot; it's not set it and forget it." After a brief educational session, they selected a new water heater that suited their needs, but not without additional costs. The two days without hot water resulted in over 20 linear feet of drywall





repair, water heater stand repair, and mold remediation.

The homeowners had noticed a small leak days before but had not acted until it became an inconvenience. When asked why they waited, their response was, "We didn't think it was a big deal." This underscores the reality that homeowners may not realize the importance of timely intervention.

I was recently called out to a home to give an estimate on repairs and updates. The customer had suffered a loss prior, early in 2023. The homeowner's insurance company was requiring verification the water heater was 10 years old or less. Another requirement was verification that the home had a pressure regulating valve and the installation of a main water shut-off device with leak detection. If you are unfamiliar with these terms and components for your home, I can tell you that installing them is not a simple \$500 repair. But, in this case it was required in order to obtain homeowners insurance, all because of a lack of maintenance.

So, whether you're a seasoned homeowner, a first-time buyer, or someone who recently purchased a new home, understanding the current state of your water heater and plumbing is essential. Give us a call at Charity's Plumbing Solutions, and we'll be happy to assist you. Don't wait until a minor issue turns into a major inconvenience – let us help you avoid the hidden risks of neglecting your water heater.

www.Charitysplumbingsolutions.com
602-853-5981

ROC #348216

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



Homeless Veterans Grants for 2024

The annual Point-in-Time Count takes place on a given night in January every year and attempts to estimate the number of homeless who are out on the streets. The January 2023 count revealed that, what many of us sensed, there was an increase in the number of homeless veterans -- 7.4% over the previous January. With housing costs what they are in the Phoenix area, we anticipate another increase for 2024. (In 2021, a count of 637 homeless veterans made Arizona one of 10 states where more than 15% of people staying in homeless shelters were veterans.)

To try to get ahead of the problem, the Department of Veterans Affairs has announced millions to be spent on grants to help homeless veterans.

The Supportive Services for Veteran Families (SSVF) grants will give out hundreds of millions to organizations that help veterans and their families find housing, find more stable housing or avoid loss of their home. The exact amount of the grants is yet unknown.

But the Legal Services for Homeless Veterans and Veterans At-Risk for Homelessness Grants program will give over \$26 million to groups and organizations to help with the legal side of things: court proceedings, defense related to

homelessness in criminal cases and legal representation.

VA efforts during 2023 saw progress in several areas despite the increase in the number of homeless veterans. During 2023, the VA awarded over \$1 billion in grants to groups and organizations for homeless veterans. Nearly 39,000 homeless veterans found permanent housing, and over 145,000 veterans and their families were helped to avoid foreclosure on their homes. The HUD-VASH program helped 13,000 veterans find affordable housing as well as support services.

Those support services follow the Housing First model, which uses a plan with specific steps: Get the veteran into housing and then ensure they can stay there by offering several types of support. That can include job training, education help, health care and legal assistance. Studies have shown that veterans who are in the Housing First program find housing much more quickly (in 35 days as opposed to 223 days).

If you know veterans who are either homeless or in danger of becoming homeless, help them go online to www.va.gov/homeless or call 877-4AID-VET (877-424-3838) to get help.

SUN DEVIL
HEATING & COOLING
ARIZONA'S BEST QUALITY AT THE COOLEST PRICES

TRANE

FREE SERVICE CALL
WITH REPAIR (\$98 VALUE)
Some restrictions apply.
Call for details
Exp. 8/30/23

\$500 OFF ANY NEW INSTALL
Some restrictions apply.
Call for details
Exp. 8/30/23

0% Financing
Some restrictions apply.
Call for details
Exp. 8/30/23

602-819-9735
SUNDEVILAZ.COM • ROC 237769

Family Owned & Operated A+ Rating with BBB
ZERO complaints with the ROC
Free Estimate for New Units

SOLD!

Auction etiquette: dos and don'ts



In our area, it seems like there are several auctions happening every week. Some are sales conducted at residences, others take place weekly at local auction houses. If you've never participated in a live auction before, bidding might seem like an intimidating prospect. The process itself is relatively straightforward once you get the hang of it, and here are a few dos and don'ts to keep in mind.



- **Do establish a budget.** It's important to know what you're willing to spend before getting caught in a bidding war. Make sure you set a spending limit for each item you want, and stick to it.

• **Don't accidentally make a bid.** Standing up, waving or scratching your nose or ear can all be considered signals that you want to place a bid. Be aware of the way you move, and make sure you aren't causing confusion during a live auction.

• **Do get the auctioneer's attention.** Raising your hand or nodding your head will typically gain the auctioneer's notice. If there are several people bidding, it may be necessary to speak up to get the auctioneer's attention. However, this should only be done if necessary.

• **Don't be the first bidder.** The auctioneer often starts out with a high asking price and then slowly drops the amount until they get the first bid. Wait for someone else to make a bid, then decide if you want to start counter-bidding.

Remember, once you place a winning bid on an item, it becomes your property. Therefore, make sure you have everything you need to haul your new treasure home right away, although some sales may offer delivery options. Call ahead to find out all the details.

SWEETHEART OF A DEAL

UP TO \$1750 OFF NEW 2024 MODELS

HURRY! OFFER EXPIRES 2/29/24

COME DRIVE THE



ONWARD

EFFICIENT ELECTRICS & EFI GAS

FINANCING AVAILABLE - OAC THRU SHEFFIELD FINANCIAL

Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

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

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

8430 E. Raintree, Scottsdale 480-590-1475



The West Valley's
Authorized Club Car Dealer

14175 W. Indian School Rd.
Goodyear • 623-536-5625
Safeway Shopping Center
Mon-Fri 10-4, Sat 10-3

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

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

AT LEAST THERE'S ONE FAIR



LITCHFIELD
AUTO R

www.LitchfieldAuto.com

(623) 882-8700

671 N 137TH AVENUE
SUITE 106 • GOODYEAR

See our offer on the inside front cover.

R AND HONEST MECHANIC!



FIELD REPAIR





Does Pet Insurance Extend to Pet Sitters?

DEAR PAW'S CORNER: I left my dog Shep in the care of a pet sitter for a week while I was away on business. The sitter texted me that Shep cut his paw during a walk in the nearby woods, and they took him to my veterinarian for care. Shep is doing fine now. I have pet insurance, but I don't think it's my responsibility to pay for this. The injury occurred while the sitter was walking him. The sitter says that injury and illness are my responsibility to cover. Who should pay? -- *Bill in Chicago*

DEAR BILL: Did the sitter give any details of how Shep was injured? The circumstances are important. For example, if Shep was on-leash and stepped on an unexpected piece of debris in the path, that's different than if Shep was let off-leash and was running free in the woods. But, if you normally let him off-leash in the woods and instructed the sitter that it was OK to do that, then that's another consideration.

Talk more with the sitter to get more details. In the meantime, pay the vet and submit the reimbursement claim to the pet insurance company.

Professional sitters routinely include a statement in their contract with clients that any illness or injury is the responsibility of the client. This protects them from financial loss if something does happen. However, if they are accused of deliberately neglecting or abusing a pet in their care, that statement won't protect them.

On this note, I'll add that sitters should purchase liability insurance that specifically covers them and their business in case a claim is made against them -- or worse, if they're injured while caring for someone else's pet.

Here's a Tip

by JoAnn Derson

If you like taking baths, invest in a second rubber bath mat to drape over the side of the tub so you can hold on for support and your hands will not slide.

For delicious baked potatoes, boil a pot of salted water, add whole potatoes with skin, remove from heat and let stand for 15 minutes. Finish in the oven for a sturdier skin. Check for doneness after 15 minutes. Baking time can be cut in half! -- J.L. in Florida

Great diet tip: Portion out your meal and pack up leftovers right away. You won't be as tempted to go back and have seconds.

GOOD FOR FOUR!

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

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

Safari Park!

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

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

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

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

Wildlife World
Zoo Aquarium & Safari Park

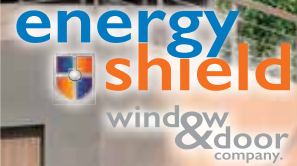
MANUFACTURED EXCLUSIVELY FOR ARIZONA IN ARIZONA!

ARIZONA'S TRUSTED WINDOW & DOOR COMPANY

5 WINDOW SPECIAL

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

- PREMIUM WINDOWS
 - REVOLUTIONARY GLASS
 - MAXIMUM HEAT REFLECTION
 - EXTREME DUST CONTROL
 - HIGHEST POSSIBLE QUALITY
- 0% INTEREST OAC • ROC#310824



NOW OFFERING VIRTUAL ESTIMATES

Please send:

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

EMAIL TO: quotes@energyshieldwd.com

**FACTORY DIRECT INSTALLERS
LICENSED GENERAL CONTRACTOR**

AFFORDABLE MULTI SLIDE DOOR SYSTEMS



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

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



EnergyShieldWindowsAndDoors.com



Se Habla Espanol



**Factory Showroom Open
MON-FRI 9AM - 5PM**

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

ROC# 310824

*Join the West Valley Star
in Supporting*

**Raffle Drawing Benefitting
Betty H Fairfax
and Cesar Chavez
Student Service Clubs**



Up for Grabs:

- 6-Year RUUD Water Heater
- 6-Stage Reverse Osmosis
- 48K Water Softener



**Tickets \$15
EACH ITEM**

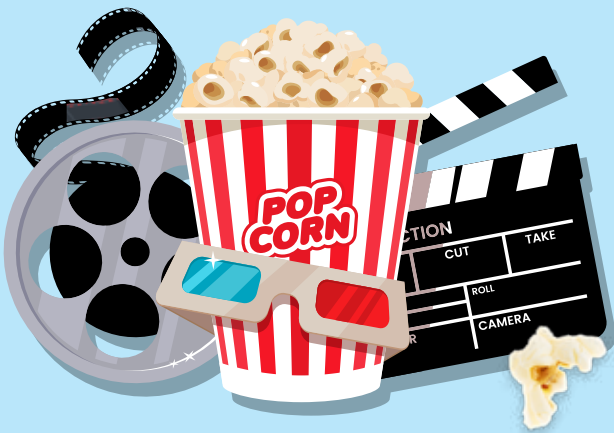
**Winners Announced
April 6th - 5pm
Laveen & South Mtn
Community Park
Picnic**

Sponsored by

**CHARITY'S
PLUMBING SOLUTIONS**

ROC No.348216

Subject to raffle rules.
Rules are listed when
purchasing tickets
via the online site.



WIN DINNER at...



13832 W McDowell Rd
Goodyear
(623) 536-8440
www.applebees.com

plus MOVIE TICKETS!

Circle 29 of the Advertisers found in this month's West Valley Star and mail this page in to win.

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

TO WIN Enter by February 14, 2024

OFFICIAL CONTEST RULES. Solve the puzzle and mail in this page to win. Circle all or part of the names of 29 advertisers found in this month's West Valley Star ads. Names may run left, right, up, down or diagonally. Must be 21 or older to enter. Employees of the West Valley Star or its advertisers are ineligible. A drawing will be held from all correct entries. One winner will receive dinner for two and two movie passes. Three winners will receive a consolation prize of two movie passes. Winners will be notified by phone, and prizes will be sent by mail.

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

Name _____

Address _____

Phone _____

email _____

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

King Crossword

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19			20						
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45		46		47	48	49	
50	51	52				53	54			55		
56					57					58		
59					60					61		

ACROSS

- 1 Hot tub
- 4 Pack (down)
- 8 Honeycomb division
- 12 Joke
- 13 Teen fave
- 14 Celestial bear
- 15 Capote nickname
- 16 Difficult problem
- 18 Celery unit
- 20 Pantheon member
- 21 Morays
- 24 Twilight, poetically
- 28 "Bravo!"
- 32 Wry Bombeck
- 33 Raw rock
- 34 Begets
- 36 Melody
- 37 Actress Meg
- 39 Maintains
- 41 Wheel connectors
- 43 Bake sale orgs.
- 44 -- Victor
- 46 Dugout seating
- 50 Sociable and

DOWN

- 1 lively
- 55 "Caught ya!"
- 56 Medicinal plant
- 57 Vogue rival
- 58 Singer Phair
- 59 Reporter's quest
- 60 Workout count
- 61 Mimic
- 1 Boot camp VIPs
- 2 Section
- 3 Water, in Mexico
- 4 Hearts, slangily
- 5 Big fuss
- 6 Calendar abbr.
- 7 Advertise
- 8 Get cozy (with)
- 9 Blunder
- 10 Baton Rouge sch.
- 11 Felon's flight
- 17 Eggy quaff
- 19 Triathlon segment
- 22 Secular
- 23 Razor sharpener
- 25 Algerian port
- 26 During

- 27 Red planet
- 28 Mrs. Dithers of "Blondie"
- 29 African antelope
- 30 "Hud" actress Patricia
- 31 Faxed
- 35 Equine homes
- 38 Butterflies
- 40 Language suffix
- 42 High school subj.
- 45 Declare
- 47 "The Lion King" lion
- 48 Intel product
- 49 Visibility hindrance
- 50 Fire
- 51 Flamenco cheer
- 52 At once
- 53 --de-France
- 54 Jungfrau, for one

Answers on Page 29

Time to beat: 24 minutes

JANUARY WINNERS

GRAND PRIZE

Tina Butir - Goodyear

WINNERS OF MOVIE PASSES

Noe Ramirez
Buckeye

Allison Zuckerman
Goodyear

Jill Weir
Goodyear

Sudoku

by Linda Thistle

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

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 JANUARY SOLUTION

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

Daily Step Counting

How many daily steps do we really need for optimum health? Ten thousand steps seems to be the gold standard to keep diabetes and high blood pressure (as well as several other conditions) at bay. How to count those steps is the tricky part.

Before you decide on a target number of steps per day, speak with your medical provider and ask how many you should be doing. You might learn that with an otherwise active, healthy lifestyle, several thousand steps per day might be enough, rather than the entire 10,000.

I can't recommend the little clip-on step counters. Unfortunately, they all come up with different results and there's no way to tell which are accurate.

Fitbit is a popular tracker. Each model has pros and cons,

according to thousands of online reviews. Some do more than just count steps; they also keep tabs on your location with GPS, your pace and how far you've walked, your sleep profile, your heart rate and your stress level. They can be pricey, especially if you want to unlock all the features and sign up for Fitbit Premium to see all your data on the dashboard.

Other options are the Apple Watch, 3DTriSport Walking 3D Pedometer, Garmin Vivofit 4 activity tracker and many more you can search online. If you have a subscription to Consumer Reports, check their reviews on activity trackers for seniors.

Before you opt for an expensive tracker, visit a store where they're sold and try them out. Several Medicare Advantage plans provide either free or reduced-cost Fitbit devices.

Delicious Outdoor Living!

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

Before



It all started with a text!

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

TEXT Chad 623-547-0110

SAVE UP TO \$500 ON SELECT PACKAGES

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

PROUDLY OFFERING

FIREMAGIC

**FREE
IN-HOME
ESTIMATES**



**AF OUTDOOR
KITCHENS**

An Arizona Fireplaces Company

Call Today to Schedule a
FREE In-Home Estimate

602-344-4844 www.AFOutdoorKitchens.com

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

THE POTTERY PLACE WAREHOUSE
Great Selection
A Fun Place to Shop!

20% OFF GLAZED POTS Only
EXPIRES 3/15/24
Coupon must be presented at counter when paying!
Some exclusions may apply. Cannot combine with any other offer.

10% OFF!
Except GLAZED POTS
EXPIRES 3/15/24
Coupon must be presented at counter when paying!
Some exclusions may apply. Cannot combine with any other offer.

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

WITH THIS AD

SIGNATURE COMBINATION MASSAGE

FOOT REFLEXOLOGY / DEEP TISSUE
ACCUPRESSURE - with FREE HOT STONE **\$49.99 /hr.**

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

Good thru 03/15/24

Give a Gift Certificate - TLC for your Valentine

OTHER BODY TREATMENTS

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

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

5110 N. Dysart Road
Litchfield Park
NW Corner Dysart & Camelback
Next to Goodwill

WITH THIS AD

HOT SUN VS COOL SHADE *We've got you covered!*

CALL TODAY for your FREE Design Consultation

We design to meet your distinctive needs

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

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

ALUMAWOOD

BBB A+ ACCREDITED
SCHOA Sun City Home Owners Assoc
FOUR
ROC No. 162384 • BONDED • INSURED

Strange But True

by Lucie Winborne

The cat in "The Godfather" was a stray that director Francis Ford Coppola found in the studio and handed to Marlon Brando before the shot. The animal took a shine to Brando and settled in his lap, purring so loudly that the crew was afraid the noise would drown out the dialogue.

And speaking of cats ... cheetahs communicate with house cat-like meows rather than roars like most big cats.

A tool bag lost during a spacewalk orbits Earth and is visible to people on the ground.

Prior to the 17th century, common folk seated themselves on stools and benches, while chairs were designed for royalty and the rich.

Pogonophobia is the fear or dislike of beards.

For Scrabble's 50th anniversary in 1988, a giant game utilizing six-foot tiles that required two large men to lift was played in Britain's Wembley Stadium.

Fireflies are the most efficient producers of light in the world.

A runaway tortoise in Putnam County, Florida, covered a span of five miles in three and a half years before ending up at Florida's Wildest Animal Rescue, where a staff member was able to determine its identity and reunite it with its owners.

Asian hair grows 30% faster than Caucasian hair.

HOLLYWOOD — George Clooney has given his stamp of approval for “Barbie” stars Margot Robbie and Ryan Gosling to play his parents in the upcoming prequel of “Ocean’s Eleven.”

Clooney will also co-star with Adam Sandler in an untitled Netflix film, but definitely says “no” to playing Batman ever again, despite turning up as Bruce Wayne at the end of “The Flash” (2023). He confessed that the chances of him playing Batman again are less than slim to none. “I don’t think there are enough drugs in the world for me to go back!” he remarked.



Another who also thinks he’s done playing his superhero, Aquaman, beyond “Aquaman and the Lost Kingdom” is Jason Momoa, who admitted that the new DC bosses are shifting their focus as they “start their new thing up.” He continued, “The truth



PHOTO CREDIT: IMDB

Jason Momoa as the Aquaman

of it is ... I mean, if the audience loves it, then there’s a possibility.” Considering the first “Aquaman” grossed \$1.152 billion against its \$200 million cost, DC would be crazy to replace Momoa!




Ever wondered how much “Dancing with the Stars” pays their celebrities and why it’s so important for them to make the semi-finals? Semi-finalists get \$50,000 for each week they remain in the competition. Plus, those who make it to the end will more than likely walk away with \$345,000, and one of them even gets a mirror ball trophy! It’s a lot of hard work, but can be fun and worth the prize money, especially compared to “America’s Got Talent.” The winner of “AGT” gets \$1 million, but the prize is spread out over 40 years – yes, I said it, 40 years!

Though, that’s still a better case than “American Idol,” who gives its winners \$125,000 for winning the competition and another \$125,000 to complete an album in just four months. A \$300,000 advance is also given, but the musicians won’t receive a penny from their music until the advance is paid back. Some winners even felt trapped by the record label and weren’t able to get out of the contract to record with someone else.



“The Voice” awards \$100,000 to the winner and a record deal as well, but as of this date, not one of its winners has made it big.

Edward Jones > edwardjones.com | Member SIPC



We Understand Commitment

At Edward Jones, we deliver candid guidance and personalized investment strategies to help you plan for and realize the possibilities of your future – for you, your family and generations to follow.

 <p>Chad Swanson Financial Advisor 1616 N Litchfield Rd Suite #125 Goodyear, AZ 85395 623-536-2378</p>	 <p>Debbie Allen Financial Advisor 1616 N Litchfield Rd Suite #125 Goodyear, AZ 85395 623-536-2378</p>
--	--

Chilly Weather is Coming

Time to Tune Up Your Heating System



LEVEL UP HEATING & COOLING
Residential • Commercial

Service • Maintenance
Repair & Installation

Goodman

MENTION THIS AD FOR
10% OFF A New Installation!

Call Today to Schedule Your
Winter Tune Up

623-999-8226
www.LEVELUPHVAC.com
Licensed • Bonded • Insured
ROC No. 328964

ASK ABOUT DUCT CLEANING & SANITATION



ShopSave&Floor

ROC #323927

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



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

www.shopsaveandfloor.com

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

*Must mention flyer at time of booking to qualify. Offer valid until 3/15/24

RECIPE *from Stiletto Momma*

Grilled T-Bone Steaks

INGREDIENTS

- ½ cup olive oil
- ¼ cup Worcestershire sauce
- 6 tablespoons soy sauce
- ¼ cup minced garlic
- ½ medium onion, chopped
- 2 tablespoons salt
- 1 tablespoon pepper
- 1 tablespoon crushed dried rosemary
- 3 tablespoons steak seasoning
- 3 tablespoons steak sauce (ex. A-1)
- 4 T-Bone steaks

DIRECTIONS

1. Combine the olive oil, Worcestershire sauce, soy sauce, garlic, onion, salt, pepper, rosemary, steak seasoning, and steak sauce in the container of a food processor or blender. Process until well blended.
2. Prick steaks on both sides with a fork, and place in a shallow container with a lid. Pour marinade over steaks, cover, and refrigerate at least 3 hours, or overnight.
3. Preheat an outdoor grill for medium heat.
4. Remove steaks from marinade and discard the marinade. Lightly oil the grilling surface, and place steaks on the grill. Cover, and grill steaks for about 10 minutes on each side, or to your desired degree of doneness.



Here's a Tip

I have a medicine that I take with every meal. Surprisingly, it's difficult to remember whether I took it when I'm eating on the go or out with friends. My soulution? I keep small containers in my purse labeled "lunch" and "dinner."
— Joann

Air-popped popcorn is better for you and healthier. If you have an air popper, you'll also have a jar of popcorn kernels. Keep them in the refrigerator or even the freezer. You can use them straight from the fridge, and the bonus is that you'll have less unpopped kernels and bigger, fluffier popcorn. -- E.M. in Wisconsin

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

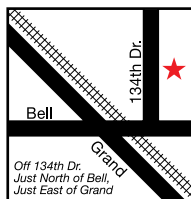
EXCLUSIVELY IMPORTS
AUTO REPAIR

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

AC & HEATING

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

Recommended All Over The West Valley!

PROMISE
HEATING & AIR

200+ 5 Star Reviews
yelp! gfb

Call or Book Online

602-363-0230
PROMISEHEATINGANDAIR.COM

AIR CONDITIONING

Sun Devil

HEATING & COOLING

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

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

AUTO REPAIR

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

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

EXCLUSIVELY IMPORTS AUTO REPAIR

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

AUTO REPAIR

At Least There's One Fair and Honest Mechanic!



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

CONSTRUCTION

RESIDENTIAL & COMMERCIAL




JIM BROWN & SONS ROOFING

- New Construction
- Repairs
- Recovers
- Maintenance

Give Us A Call!
623.247.9252
JBSroofingAZ.com

GARAGE DOOR REPAIR

LIFETIME WARRANTIES

NO SERVICE FEES

Residential & Commercial
Sales ✓ Service ✓ Installation
MILITARY | AAA | SENIOR
AARP DISCOUNTS
CALL TODAY — FIX IT TODAY!
623-693-8677
The Original
AVONDALE GARAGE DOORS
Sales, Installation, Repair

GARAGE DOORS & SERVICE



Garage Door Installation
Repair • Service • Openers
SAME DAY 24/7 SERVICE - VALLEYWIDE
623-556-8378
WWW.DOORPROSGARAGEDOORS.COM
FREE ESTIMATES
Family Owned & Operated
LIC #317653 • BONDED & INSURED

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

HANDYMAN

You Have Projects.
We Have Craftsmen.



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

West Glendale: 623.299.8701
Services.AceHandyman.co

HANDYMAN

GUD HAND

HANDYMAN SERVICE

I have an unfair advantage
I care more.

602-708-4946
GudHand.com
Insured, bonded, licensed contractor

INSURANCE

AUTO HOME BUSINESS LIFE



www.RaymondEGrim.com

AMERICAN FAMILY INSURANCE

623-876-1793
#SURPRISEINSURANCEAGENT

LANDSCAPING



Paver Installation
COMPLETE INSTALLATION OF
IRRIGATION SYSTEMS
Repairs • Leaks • Valves
Sprinklers • Timers • Vacuum Breakers
FREE ESTIMATES
Ask for Vito
623.920.9944
WE ACCEPT MAJOR CREDIT CARDS

PATIO COVERS

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



623-979-3339
BOOTHBUILT.COM
ROC No. 162384 • BONDED • INSURED

PLUMBING

CHARITY'S

PLUMBING SOLUTIONS

18 Years of Plumbing Experience



SCAN TO SCHEDULE

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

WEED CONTROL

GOT WEEDS?



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

WINDOW CLEANING

Clean Rite Window Service, LLC

Family Owned Since 1995
Servicing 1 Story Homes

Call for an estimate
623-932-0072
Ask about our
14 Day Rain Policy





Green living

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

CALL
623.249.4749



Eco-friendly investing

How to build a green portfolio

Do you want to invest in green, sustainable initiatives? If so, you'll need to be careful when building your portfolio. Here's what you should do.



Read the documentation

If you're offered a green, ethical or sustainable investment, it's important to do your due diligence as these terms aren't regulated. To find out if an investment really is what it says it is, you need to read the brochures and policies supplied by the issuer.

Get the right guidance

Fortunately, there are many financial management experts you can turn to for guidance in building an investment portfolio that aligns with your goals and values. It's best to consult a professional like Laura Robb with Robb Wealth Management, to help you make investment choices that are in line with your ecological principles.

Remember, even a green portfolio should be diversified, and it's important to make sure you invest broadly.

Good to know

Have you been told that responsible investments pay less than traditional investments? Well, that's a myth. According to an analysis published by the International Monetary Fund, investing in an environmental, social and governance (ESG) portfolio yields similar returns as investing in a non-ESG portfolio.



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

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.

SCREENS & AWNINGS

LIBERTY

AWNINGS AND SHADES | 1979
www.LibertyAwningsandShades.com

602-956-1642

Mention This Ad and Get
20% OFF Your Shade Order!

Promo Code: GSD
Cannot be combined with other offers.

PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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



Tintas IN SURPRISE

Granite & Flooring Warehouse

— OPEN TO THE PUBLIC —

SURPRISE'S ONE STOP SHOP!

FREE GRANITE CARE KIT

with kitchen counter purchase

#1

FABRICATOR IN SURPRISE!

SERVING SUN CITY WEST AND SURPRISE FOR OVER 20 YEARS!

AFFORDABLE CUSTOM GRANITE AND QUARTZ COUNTERTOPS

OVER 3,000 SLABS IN STOCK!

Visit our Showroom

TAKE DYSART TO FOXFIRE DRIVE AND TURN LEFT

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

North of Bell on Foxfire Drive

623-214-3599

Mon thru Fri 8 to 5 • Sat 9 to 2

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

QUALITY

- Material
- Fabrication
- Installation
- Craftsmanship

HANDCRAFTED IN SURPRISE

- Granite
- Marble
- Quartz
- Silestone

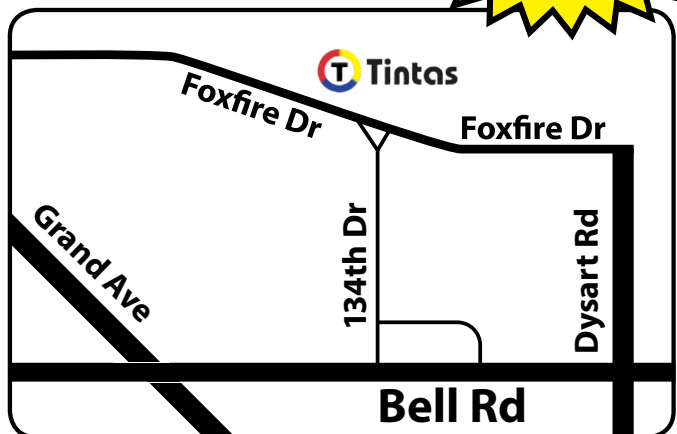
WALK IN SHOWER

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

CABINETS

- New or Reface

NEW Inventory Available NOW!



tintasgraniteandflooring.com

DRINK LOCAL. EAT LOCAL.

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

SMB

BC

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




Desert Rose
CONCRETE COATINGS

Simulated CoolDeck
Simulated Flagstone
Tuscany Stain

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

SOLID COLOR
Polyurethane with Fleck Systems
STARTING AT
\$349 Per Sq. Ft.
Not valid with any other discounts. Offer expires 3/15/24

WWS

NEW ENGLAND CLOCK SHOP

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

OPEN
Mon - Fri
9 am - 5 pm



Who's Repairing Your Clock?

HOUSE CALLS
CLOCK REPAIR & SERVICE
623-977-6202



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



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

Over 40,000 satisfied customers a year!

BONDED & INSURED

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

WATCH BATTERY SPECIAL **\$3.50** ea.
Expires 06/30/24

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

CASH ONLY ON BATTERIES

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



POSTMASTER: PLEASE DELIVER BY FEBRUARY 3
P.O. Box 5731 Sun City West, AZ 85376

PRSRD 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

Love Your Roof!



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



WANT TO LOVE YOUR ROOF?
GIVE US A CALL! ♥

623.247.9252



www.JBSroofingAZ.com



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