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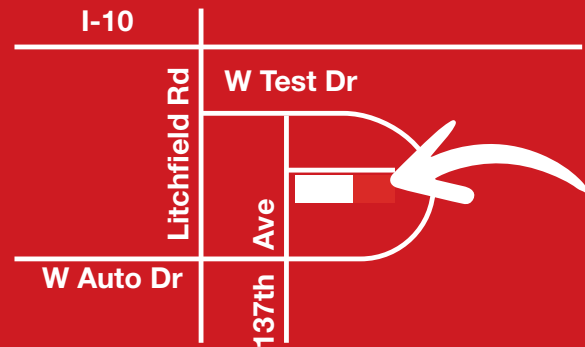


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SEPTEMBER IS

Prostate Cancer

AWARENESS MONTH

Let's talk men's health

Prostate Cancer: Do you know the risk factors?

Despite medical advances, prostate cancer remains the most common form of cancer among men. During Prostate Cancer Awareness Month, every September, it's important to take time to discuss risk factors with your loved ones and encourage screening if necessary.

Family history

Numerous studies show that men with first-degree relatives—such as a father, brother or son—who've had prostate cancer face a higher risk of developing it. The risk increases if these relatives were diagnosed before age 65.

Lifestyle

Lack of physical activity and poor dietary choices can lead

to obesity, which is linked to a higher risk of prostate cancer. Adopting healthy habits can help improve your odds.

Height

Evidence suggests taller men may have a higher risk of prostate cancer. If you fit this profile and have other risk factors, consider preventive measures.

Cancer is a complex disease with many contributing factors. Encouraging men to get regular check-ups and screenings is the best protection. Early detection makes treatment much more manageable.

Have questions about your health or the health of a man in your life? Don't wait to consult a healthcare professional.

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P.O. Box 5731

Sun City West, AZ 85376

info.westvalleystar

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— James 3:18



SEPTEMBER 25, 2025

World Pharmacists Day

Professionals tuned into your needs

Overview of pharmacy services —some may surprise you!

September 25, 2025, marks World Pharmacists Day. It's the perfect opportunity to recognize the vital role these health professionals play in our lives, and to discover the diverse services available in pharmacies across the country.

Pharmacies are often the first point of contact for various health-related issues, whether for prevention or treatment. Here are some of the expanded services you may find at your local pharmacy:

- Walk-in consultations for minor health issues
- Prescription refills
- Prescriptions for medications that don't require a doctor's diagnosis, such as emergency oral contraception or preventive malaria treatment, as well as treatments for minor health concerns like hemorrhoids, yeast infections and allergic conjunctivitis
- Vaccination for seasonal flu, shingles and more
- Laboratory tests and services, including strep throat screenings
- Chronic disease management, such as care for diabetes
- Contraceptive prescriptions
- Prescription adjustments to address unwanted side effects
- Substitutions for medications that are temporarily out of stock

In certain pharmacies, pharmacists may also provide medication administration services. They can teach you how to administer medications via inhalation, oral, topical, subcutaneous, intradermal or intramuscular delivery methods.

Your pharmacist: your first point of contact

On World Pharmacists Day, take a moment to appreciate the commitment of these professionals in your everyday life. Whether you have a minor health concern, questions about medications or need preventive care, your local pharmacist is available and attentive to your needs.

Find out more about the services offered at your local pharmacy.

America's sweetheart Julia Roberts, 57, wife of cinematographer Daniel Moder and mother of 21-year-old twins as well as an 18-year-old son, can still find time to make a movie or two. In July 2024, she began shooting the thriller "After the Hunt" with Ayo Edebiri, Andrew Garfield and Chloe Sevigny. Roberts plays a college professor grappling with her past amidst another professor's scandal. It opens on Oct. 10.



PHOTO CREDIT: DEPOSITPHOTOS

Julia Roberts

Her second film, also a thriller called "Panic Carefully," is with Eddie Redmayne, Elizabeth Olsen, Brian Tyree Henry, and Ben Chaplin. It began shooting in January but is still waiting on a release date.

★ ★ ★

Leonardo DiCaprio and Martin Scorsese's "Killers of the Flower Moon" looked like a box-office disappointment (\$158.8 million gross after a \$215 million cost), but it scored big from on-demand sales with fans preferring to see it at home instead of in theaters. It received 10 Oscar nominations, including Best Picture, Best Actress (Lily Gladstone), and Best Supporting Actor (Robert De Niro).

DiCaprio's next film is the action thriller "One Battle After Another" with Sean Penn, Benicio del Toro, and Regina Hall. It's about revolutionaries who reunite to rescue one

of their own daughters from their evil enemy. After it was completed in June 2024, they had multiple test screenings, and as a result, director Paul Thomas Anderson cut 8-10 minutes based on feedback from audiences. Now its ready for release on Sept. 26!

The film had a \$140 million budget and will need to gross \$300 million to turn a profit. But if anyone can pull audiences in, DiCaprio can!

★ ★ ★

Tom Cruise's "Mission: Impossible -- The Final Reckoning" was a disappointing finish for his "Mission: Impossible" franchise, with only \$592 million grosses after a \$400 million cost. The most successful film of the franchise was the fifth installment, "Mission: Impossible -- Rogue Nation" (2015), which cost \$150 million and grossed \$710.9 million.

With "Mission" now completed, Cruise's new mission is starring in four-time Oscar-winning director Alejandro Gonzalez Inarritu's black comedy, which is tentatively titled "Judy." It was shot from November 2024 up to this past April and co-stars Jesse Plemons, Riz Ahmed and John Goodman. It hits theaters sometime in October 2026.

Here's a Tip

by JoAnn Derson

"If you have to talk to someone at the cable company, call on a Thursday (unless it's urgent), as that's the day they tend to have the fastest response times, experts say." -- J.C. in Florida

If you have lost a zipper pull, you can create a temporary one with a paperclip.

You can use a salad spinner to gently "wring out" delicate hand washables. Remove excess water, and then hang dry or lay flat according to the garment's instruction.

Here's an oldie but a goodie! Iced coffee is at its best when brewed with twice the usual amount of ground coffee, because the coffee is diluted by the (melting) ice cubes. Or use regular-strength brewed ice coffee and serve over coffee ice cubes. They're easy to prepare: Pour cool brewed coffee into ice-cube trays and freeze.

Clear bins make it easy to group like items in your pantry. You can remove the bin, get what you need and replace it rather than digging through cans and boxes on a shelf and having to straighten it back up when you're done.

Use rubbing alcohol to clean window frames and trays. It evaporates quickly with no residue left behind.

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After



Lash Lift & Tint

DIGITAL GRANDPARENTING:

Mastering tech to stay in the loop



Today's grandparents are embracing smartphones, tablets and computers. Do you want to be a "digital grandparent"? It's all about using modern tools to maintain strong connections with your family, especially your grandchildren.

EMAIL AND TEXTING

Regular communication brings families closer. A quick "thinking of you" message or a recent photo can brighten someone's day. Consider creating a family group chat

to share updates and inside jokes, keeping everyone connected and engaged.

VIDEO CALLS

Video call platforms like Zoom, FaceTime and WhatsApp have revolutionized family communication. These tools let you see each other's faces during holidays, birthdays and special moments.

ONLINE GAMES

Dive into mobile games like Words With Friends, Draw Something, Upwords and Plato to have fun and strengthen connections. You can also explore digital escape rooms for a fun challenge. Don't hesitate to ask your grandkids about their favorite games and join in on the fun, even if you're a beginner.

Optum Community Center offers technology classes for adults 55 and older at their Pebble Creek Parkway location in Goodyear, free for eligible participants. Visit www.optum.com for details on their programs and class schedules. Also, AARP offers digital training programs. Visit www.aarp.org and search for Digital Skills Ready@50+. Even better, ask your grandkids to teach you!

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YOUR GOOD HEALTH

by Dr. Keith Roach

Metformin Can Help All People, Not Just Diabetics, Lose Weight

DEAR DR. ROACH: I am a 75-year-old woman who isn't prediabetic or diabetic. My BMI is 31.2. My doctor has prescribed a trial of metformin for weight loss as an alternative to starting Ozempic or one of the other weight-loss drugs. I have lost three pounds in a month, which is a start; exercise and healthier eating is also encouraged.

What are your thoughts on this new weight-loss tool and its possible long-term success? -- J.H.

ANSWER: Metformin, a treatment for diabetes that works mostly by preventing the liver from making sugar, isn't new and has been used to help people lose weight for at least 20 years. While it was first shown to help people with prediabetes or diabetes, it is also effective at helping people with normal blood sugar lose weight. However, the effectiveness is modest, with most people losing around 2-3 kilograms (about 5 pounds), which is stable as long as people continue taking the medicine.

I certainly agree with the changes in lifestyle. In studies, people who adhere to a healthier diet and exercise are likely to lose more weight than people who take metformin without lifestyle changes.

I've had occasional patients who get motivated by the success of metformin, making it easier for them to comply with the diet and exercise changes. I've also had people say that the weight they lose with metformin makes it easier to exercise. Metformin is moderately successful in preventing diabetes, but it is not as effective for weight loss as approved weight-loss medicines such as semaglutide (Ozempic).

Some of my patients have read about metformin as an anti-aging drug based on animal data, and there are studies ongoing to see whether this is true in humans. I do not recommend its use for this purpose outside of a clinical trial.

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.

Strange But True

by Lucie Winborne

The eyes on Michelangelo's statue of David look in different directions. Why is debatable, but some scholars believe the artist wanted to ensure the shepherd's gaze was as impactful as possible from either side.

Earth is the only planet in the solar system with rainbows.

A heatwave can make train tracks bend.

Cigarettes were once advertised as a source of relief for asthma and hay fever.

Silk is stronger than steel.

Ninety-five percent of books that are submitted to traditional publishers are rejected.

Canada's Parliament once argued about the appropriateness of using the word "fart" on the chamber floor.

In medieval Europe, animals, especially pigs, were put on trial for crimes, with prosecutors, defense attorneys and judges.

The average lipstick has 293 swipes.

Oct. 31, 2000, was the last day all humans were together on Earth. Since that time, there has always been at least one person in space.

Ninety-five percent of the average car's lifetime is spent being parked.

Biologists have found that plants exhibit competitiveness among strangers of the same species, but are more accommodating toward their siblings.

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Gluten and celiac disease: untangling the truth

In recent years, supermarkets and specialty grocery stores have filled their shelves with gluten-free products such as breads, cereals and beers. It has caused many people to believe, often mistakenly, that gluten is harmful to their health. They turn to these products in their efforts to adopt better eating habits. What's the reality about gluten? Find out more.

Gluten is a protein primarily found in certain grains, such as wheat. It gives baked goods their soft texture and acts as a binding agent in various processed foods, including sauces, soups and deli meats. You can even find gluten in some cosmetic products. Essentially, gluten can be found just about everywhere.

Celiac disease, commonly referred to as gluten intolerance, celiac disease is an autoimmune disorder. It triggers an inflammatory reaction in the intestine when a person with the condition consumes gluten. Symptoms often include digestive issues like diarrhea, gas and nausea, but can also manifest as fatigue, headaches and joint pain. This condition affects an estimated one in 133 Americans.

In short, gluten is completely safe for individuals who don't have celiac disease, a wheat allergy or other gluten-related disorders. If you tolerate gluten well, there's no need to eliminate it from your diet.

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SENIOR NEWSLINE

by Matilda Charles

Doing the right things

How many of us are continuing to do things we feel we should, even if we don't want to?

A neighbor was bemoaning to me the fact that her husband had signed them up for yet another line dancing class at the senior center. "And I don't want to go," she said. "I'm tired of learning new dances. I'd like to just enjoy the ones I already know."

Like many of us at the senior center, my neighbor and her husband were generally signed up for one or more classes being offered. And to the staff's credit, there is a wide variety of dance classes to choose from on a rotating basis. We have tech classes, language classes, seated yoga, drawing and painting, Cooking for One, writing your memoir ... and another line dance class. We've been through several and now there's apparently one called Cowboy Hustle.

And my neighbor doesn't want to learn it.

Curiosity got the better of me, and one recent day at the senior center I asked the group waiting for a class what they keep doing just because it's the right thing to do.

There were a variety of replies:

- Attempting to walk thousands of steps per day.
- Walking the neighbor's dog so she doesn't have to give it up.
- Counting calories.
- Sewing clothes for the grandchildren.
- Eating vegetables every day.
- Taking the mother-in-law out to lunch every Friday.

I saw my "no more line dancing" neighbor again. "Maybe he just wants to keep both of you active and healthy," I suggested. "And maybe he enjoys doing things with you," I added. She smiled and nodded, acknowledging that her husband was actually a good guy. And I knew that she'd be there learning the Cowboy Hustle alongside her good guy husband.

How about you? What do you keep doing just because it's the right thing to do?

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Tips for women who want to start a business from a female financial professional...

Get your "elevator speech" ready. Be able to sell your vision. "You have to be able to pitch your company story in a clear, succinct, short pitch." And be able to explain how customers will benefit from your product or service.

Know your market. Define your product or service from the customer's point of view. "Who is the ideal customer for what you sell?"

Know – and understand – your business' current finances and financial needs. You should have "street savvy" knowledge of the financial details of your business.

Lacking this indepth understanding could be

the underlying reason why women are less likely to have loans approved than men, according to the National Women's Business Council. Moreover, the council said, male founders were more than three times as likely as female founders to get equity financing through angel investors or venture capitalists.

It's important to be able to answer questions such as 'What are the capital needs of the business over time? What are the gross margins? What's your breakeven timeframe? If you're uncertain about financials, learn from someone who gets it before you go into a pitch meeting.

WOMAN
entrepreneur



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Surround yourself with a knowledgeable advisers. Dynamic individuals on your side can guide you and may be formidable references for you with an investor.

Be prepared to work harder than you ever have. Most small business owners work over 60 hours a week. And prepare yourself for inevitable setbacks.

Setbacks happen to every business at some point. In business setbacks provide valuable learning opportunities. Facing setbacks is also a part of the path to success, so dealing with it in a healthy manner is really important for entrepreneurs.



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VETERAN'S POST by Freddy Groves

When the punishment isn't enough

It's most disturbing when one in a position of authority, someone tasked with the specific job of helping veterans, turns out to be a thief. This is what came to light recently when a Veterans Service Representative (VSR) pleaded guilty to stealing money from the very veterans he was supposed to help.

The scammer broke a federal law when he solicited and accepted gratuities for helping veterans prepare their claims for retroactive disability benefits. He had his hand out for between 10 and 20% of each veteran's benefits after their claims were approved -- while he was employed by the VA. He's scheduled to be sentenced later this year and could get five years in prison, as well as a hefty fine.

Then we have the scammer nailed for identity theft and stalking. By stealing personal information, he was able to stalk victims online and in person, do transactions at their banks, change the routing information for their direct deposits, impersonate them at banks and other places, change their account information -- and have their benefits terminated. This criminal could have been given a sentence of 164 years. But no, five years it is. Why is that?

Then we have a former CEO of a Veteran Service Organization (VSO) who scammed money in federal grant funding that had been given to a nonprofit shelter for homeless veterans. He'd submitted multiple applications for the grant funding, claiming it was for counseling services that nobody ever got, and put over a million dollars in his pocket from the VA and a cool half million from the Department of Labor. His punishment could be only 10 years in prison.

Interestingly enough, there is a man with the exact same name in the same location who once claimed to be an investment counselor and had a radio talk show and who went to prison for scamming banks ...

Is he back? Is this what happens when the prison sentences are too short?

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RECIPE

Cheese and Vegetable Tart

INGREDIENTS

Servings: 4

- 1 sheet of store-bought puff pastry, thawed
- 5 ounces herb cream cheese (such as Boursin)
- 6 to 8 asparagus spears
- 12 cherry tomatoes, halved (red and yellow if possible)
- 1 egg yolk
- 2 tablespoons olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 350 F. Gently unroll the puff pastry onto a parchment-lined baking sheet.
2. Spread the cream cheese evenly over the pastry, leaving a half-inch border around the edges.
3. Arrange the asparagus and cherry tomatoes on top of the cheese.
4. Brush the edges of the pastry with egg yolk diluted with a little water to achieve a nice golden crust. Drizzle the top with olive oil. Season with salt and pepper to taste.
5. Bake for about 20 minutes, until the pastry is golden brown and crisp. Serve warm.



This delicious and colorful tart is sure to become one of your new summer favorites.

Have you tried one of the recipes in the West Valley Star?
We'd love to hear about it! Why not post a photo on our Facebook page?
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Hiring local isn't just convenient—it's a powerful way to strengthen our communities, reduce environmental impact, and ensure better, more accountable service.

DATING OVER 60: *Tips for finding romance*



Entering the dating world after 60 can be daunting. Whether you're widowed, divorced or just ready to open your heart again, "grey dating" can open the door to meaningful connections. Here are a few tips for getting back into the dating scene.

Be open but realistic

Recognize that you might not find a perfect match right away. Instead of fixating on idealized qualities, focus on compatibility and shared values. Consider what truly matters to you, such as lifestyle preferences, family dynamics or emotional needs.

Try online dating

Explore various apps and websites designed for mature daters. When creating your profile, present an authentic version of yourself and clearly express what you want.

Communicate clearly

Clear and honest communication is essential. At this stage in life, you want to invest in relationships that matter, so be upfront about your expectations. Share your relationship goals and discuss any deal-breakers early on to avoid misunderstandings later.

Enjoy the journey

Dating after 60 isn't just about "settling down." Shift your mindset from solely seeking a partner to embracing the joys of the dating experience itself. Explore new hobbies together, attend events or enjoy casual coffee dates.

Love knows no age limits, and neither should your quest for connection.

Thought for the Day

"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

-- Abraham Lincoln

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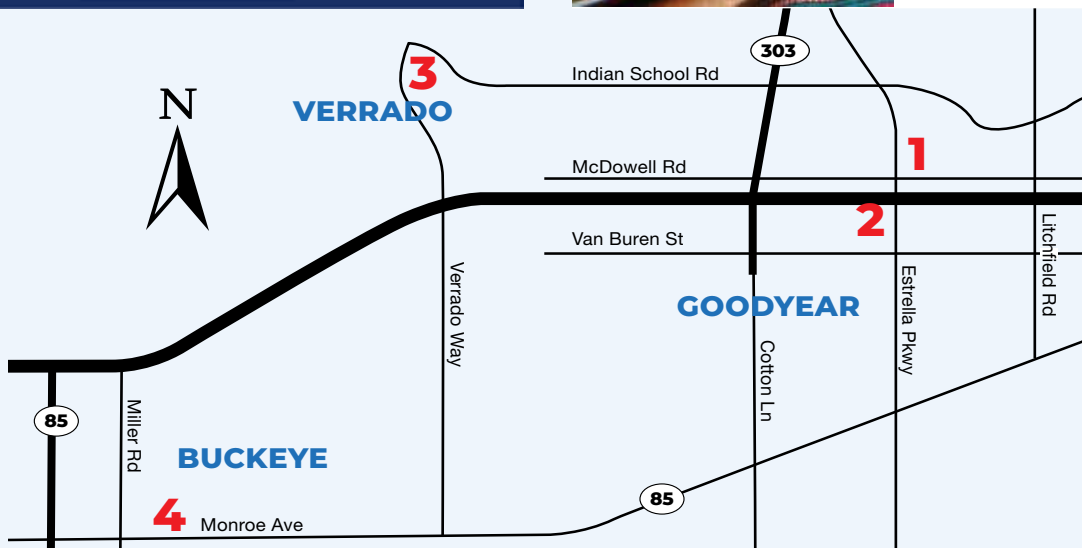


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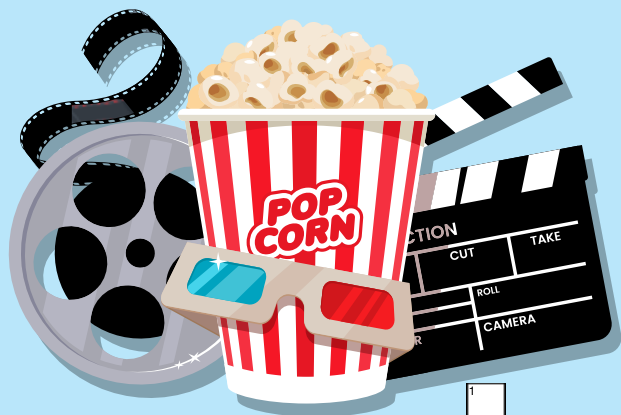


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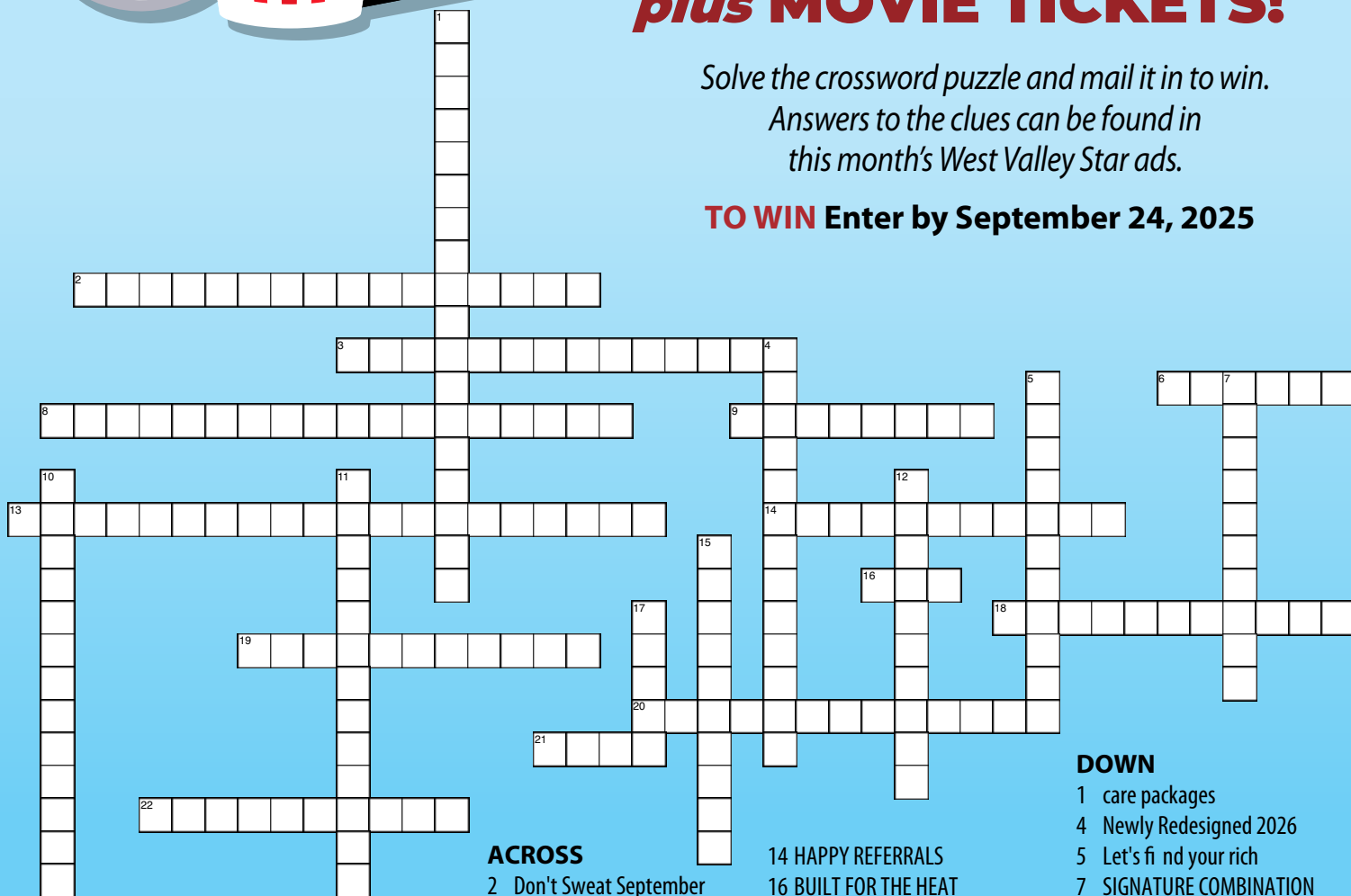


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Answers to the clues can be found in
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TO WIN Enter by September 24, 2025



ACROSS

- 2 Don't Sweat September
- 3 Jay & Kaylan
- 6 Emergency Board-Up
- 8 puurrrr-fect
- 9 ARIZONA'S BEST QUALITY
- 13 SCHEDULE ONLINE

DOWN

- 14 HAPPY REFERRALS
- 16 BUILT FOR THE HEAT
- 18 Best Patio and Best Bar
- 19 REVERSE HAPPY HOUR
- 20 Rarest Find
- 21 WEST VALLEY: 623-853-8487
- 22 PATIO PRODUCTS

DOWN

- 1 care packages
- 4 Newly Redesigned 2026
- 5 Let's find your rich
- 7 SIGNATURE COMBINATION
- 10 \$6 OFF ADMISSION
- 11 Permanent Eyeliner
- 12 female financial professional
- 15 organized space in your home
- 17 KEEP YOUR HOME SAFE

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

**Check www.westvalleystaraz.com
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Scan and email completed puzzles to
info.westvalleystar@gmail.com or...**

Name _____

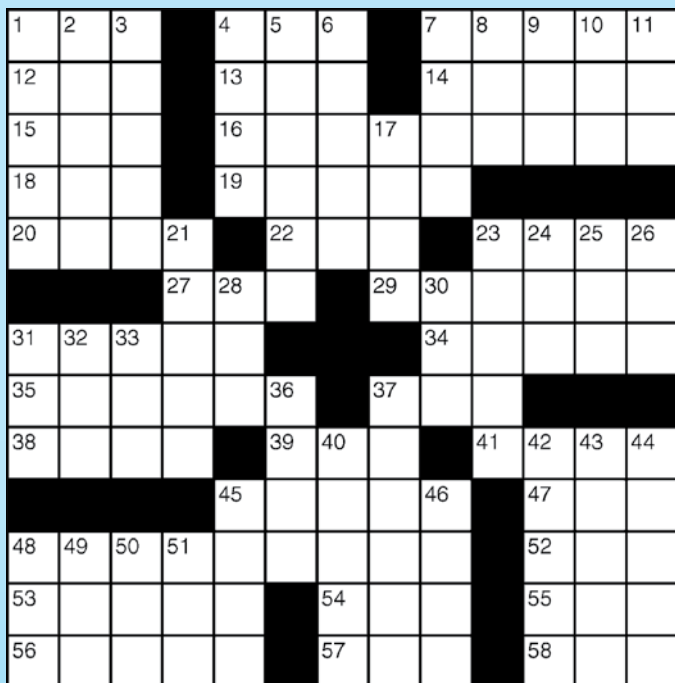
Address _____

Phone _____

email _____

Mail puzzle with answers to:

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



ACROSS

- 1 Poke
- 4 Sneaky chuckle
- 7 Niagara sight
- 12 Dos preceder
- 13 X-ray's cousin
- 14 "-- Gold" (Fonda film)
- 15 Rx writers
- 16 Salad dressing order
- 18 7, on older phones
- 19 Capital of South Korea
- 20 Salty waters
- 22 Soon-to-be grads
- 23 Desist
- 27 Drench
- 29 "Constant Craving" singer
- 31 Places in the heart
- 34 Indian yogurt dish
- 35 Wards off
- 37 However
- 38 Corridor

39 Expert

- 41 Foundered
- 45 "Peachy!"
- 47 Cravat
- 48 Tangential topic
- 52 Eggs
- 53 Zodiac ram
- 54 Khan title
- 55 Rent out
- 56 "Live at the Acropolis" performer
- 57 "Way cool!"
- 58 Vegas opener?

DOWN

- 1 Checker moves
- 2 Tennis great Agassi
- 3 -- nova
- 4 Med. plan options
- 5 Papa Hemingway
- 6 -- -miss
- 7 Tank filler
- 8 Gore and Green
- 9 Floral necklace

10 Guided

- 11 Compass dir.
- 17 Corn cover
- 21 Marble cake pattern
- 23 Bed boards
- 24 -- chi
- 25 Toronto's prov.
- 26 Links org.
- 28 Have lunch
- 30 Actress Joanne
- 31 Sound of relief
- 32 FDR project
- 33 Seminary subj.
- 36 Tools with teeth
- 37 Whale variety
- 40 Activist Chavez
- 42 Coral island
- 43 Skin care brand
- 44 "Endymion" poet
- 45 Spanish ayes
- 46 Pencil filler
- 48 Utter
- 49 Glass of public radio
- 50 Cacophony
- 51 Still, in verse

Answers on Page 29

Time to beat: 26 minutes



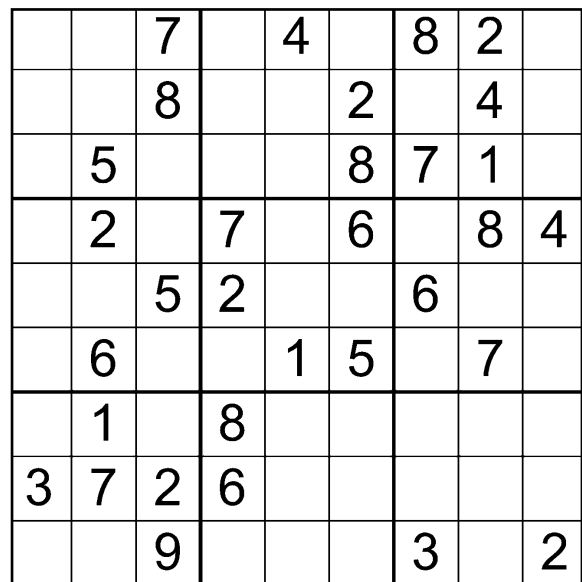
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Amy Huynh
BUCKEYE

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WINNER
OF MOVIE PASSES
Joanie Scott
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Sudoku

by Linda Thistle



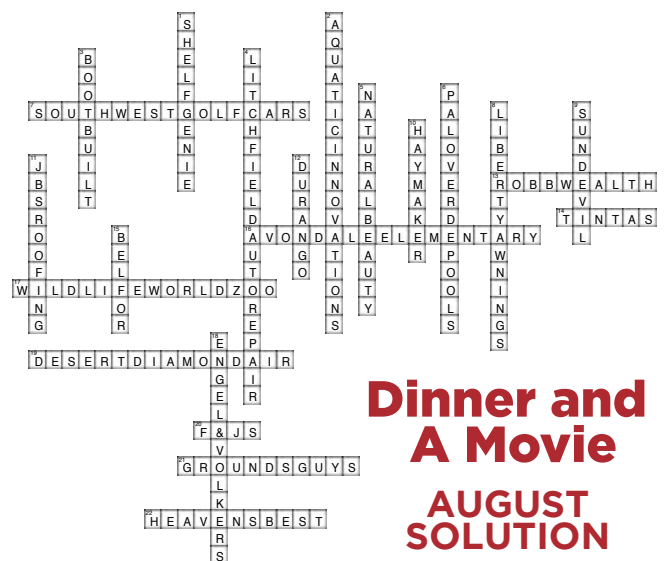
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY: ★ ★ ★

★ MODERATE ★ ★ CHALLENGING ★ ★ ★ HOO BOY!

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Answers on Page 29

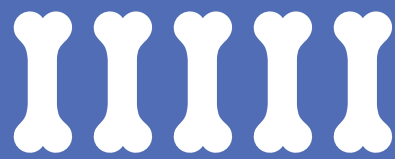


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Inside, soaring ceilings, a glass-enclosed study, and a chef's dream kitchen set the stage for effortless entertaining. With two golf courses, pools, a spa, dining, and vibrant community life, this home defines five-star living.

3 beds, 3.5 baths, 3,381 sq. ft., \$1,375,000 (Under Contract. Accepting Backups.)

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Paws Corner by Sam Mazzotta



Dogs have been performing heroic feats for as long as they've been our companions. But only a few have made it into the history books. Here are a few that you may not have heard of:

Balto and Togo: In January 1925, a diphtheria outbreak threatened Nome, Alaska. To deliver lifesaving serum, teams of sled dogs relayed 500 miles across ice and snow in treacherous weather. Togo led his dog team across the longest, most dangerous part of the relay. Balto, a young and inexperienced husky, sprinted through fierce winds to reach the town in record time. Their journey is commemorated each year with the Iditarod sled race.



Riley: A Golden Retriever search-and-rescue (SAR) dog who

became the face of SAR dogs in the wake of 9/11. At one point, Riley was sent alone in a basket over a 60-foot chasm to search the wreckage on the other side. He was one of many dogs who searched the World Trade Center rubble to recover those lost. Riley died in 2010, suffering various health problems, possibly from his time at Ground Zero.



Buddy: In 1928, this German Shepherd became the first Seeing Eye dog in the United States. She (yes, Buddy was a she) was trained by Dorothy Harrison Eustis, who matched Buddy to Frank Morris, a sight-impaired man. Morris championed the use of Seeing Eye dogs, demonstrating Buddy's skill at leading him across busy Manhattan streets.

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Ask before you throw it away

Before you decide to throw something away—whether it’s food scraps, containers or other materials—make sure it’s your only option. Depending on the situation, consider the following questions:

- Can I repair it?
- Can I sell it or donate it?
- Is it a hazardous material?
- Can I repurpose it for another use?
- Can I use it in a different way without modifying it?

Find out

If you’re unsure about how to dispose of a specific item you no longer need, check your municipality’s disposal rules or drop-off points.

Our local cities have details on their websites about how to dispose of everything from outdated computer equipment and leftover paint to returnable bottles, used batteries and even construction debris from renovations.

With a little determination and organization, you and your household can “starve” your trash can. This not only helps the planet but also encourages responsible waste management. It’s up to each of us to care for our earth!

PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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

Q: Is the series "China Beach" available to stream anywhere? Also, is Dana Delany in anything else right now? I loved that show. -- *I.N.*

A: Two years ago, TVLine published their list of the 10 most-requested shows not yet available on a major streaming service. One of those was "China Beach," the Vietnam-War-era drama starring Dana Delany and Marg Helgenberger that aired on ABC from 1988-1991. Since this wish list was posted, six of the shows have been picked up by streamers: "Homicide: Life on the Street," "Knots Landing," "Moonlighting," "Sisters," "Northern Exposure," and now ... "China Beach!"

Roku's new ad-free streaming service called Howdy (subscriptions are just \$2.99 a month) is the exclusive streamer of "China Beach." As for Delany, she was a regular on the hit series "Desperate Housewives" from 2007-2012 before starring in another successful drama called "Body of Proof." She's also returning for her third season on the



PHOTO COURTESY OF PARAMOUNT+

Dana Delany as Margaret Deveraux in "Tulsa King"

hit show "Tulsa King," which returns to Paramount+ with new episodes beginning on Sept. 21.

As for the final four shows that made TVLine's list two years ago? Fans of "Ed," "Murphy Brown," "Chicago Hope," and "Boston Public" are still hoping that the shows will find their streaming homes, but it's very likely that the usual obstacles, such as music clearances, are responsible for the delay.

★ ★ ★

Q: I just read that there's going to be another "Yellowstone" spin-off. Is this in addition to the one with Beth and Rip? I hope that one is still a go. -- *S.P.*

A: There are at least two new and upcoming "Yellowstone" spin-offs since the flagship series from creator Taylor Sheridan ended last December. First up is "Y: Marshals," where Luke Grimes will reprise his role of Kayce Dutton in his next incarnation as a U.S. marshal. As for a premiere date, Entertainment Weekly reported that the show will begin airing midway through the 2025-26 broadcast season on CBS.

As for Beth and Rip, their love story will continue sometime in 2026 with stars Kelly Reilly and Cole Hauser on their new ranch in Montana. A series title hasn't been announced, but the show will air exclusively on Paramount+.

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