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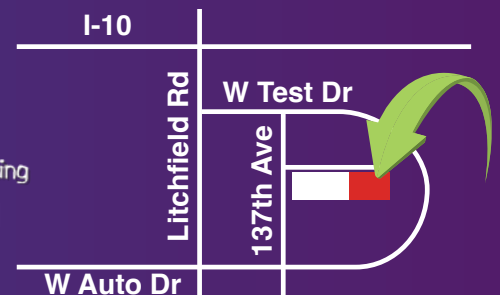
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# October is National Apple Month

## Apples on apples

Seven interesting facts about this delicious fruit.

1. The crabapple is the only apple native to North America. The wild ancestor of the sweet apples you now know and love originated in the Tian Shen mountains in modern-day Kazakhstan.
2. In the United States, 2,500 varieties of apples are grown. Gala, Red Delicious, Granny Smith, McIntosh and Honey Crisp are some of the most popular varieties.
3. Apple trees take four to five years to produce their first fruit. Many apple trees live between 50 and 80 years. However, some varieties can live up to 100 years.
4. Apples are extremely nutritious. They're fat-, sodium- and cholesterol-free. Apples are also an excellent source of dietary fiber. As the saying goes, "An apple a day keeps the doctor away"!
5. Washington is the nation's top apple-producing state. Other top-producing states include New York, Michigan, Pennsylvania, California and Virginia.
6. Apples float on water. This is because they're made up of 25 percent air. If an item is denser than water, it sinks; if it's less dense, it floats.
7. Apples are classified as pome fruits. Pome fruits consist of a central core containing multiple small seeds, which is enveloped by a tough membrane and surrounded by an edible layer of flesh. Pears, quinces, loquats and medlars are other examples of pome fruits.



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# October is BREAST CANCER Awareness Month

## Do you know the risk factors associated with breast cancer?

October is Breast Cancer Awareness Month. Even though this disease has many causes, several factors can increase the risk of contracting it. Here's an overview of some of those risk factors.

1. **Previous conditions.** You're more vulnerable to developing breast cancer if abnormal cells have been detected in your breasts in the past or had previous abnormalities.
2. **Age.** More than 80 per cent of cases occur in women over the age of 50.
3. **Alcohol.** According to the World Health Organization (WHO), drinking one beer or one glass of wine per day is enough to increase your risk significantly.
4. **Menstrual cycle.** Early menstruation and late menopause are linked to the possibility of developing the disease.
5. **Family history.** Your risk of getting the di-

sease is higher if your mother, sister or daughter has been diagnosed with breast cancer, especially if it was before menopause.

6. **Pregnancy complications.** Your risk increases if you've never carried a pregnancy to full term or if you've been pregnant after the age of 30.
7. **Body weight.** People who are obese have a higher statistical likelihood of getting breast cancer.
8. **Taking hormones.** Undergoing hormone replacement therapy for more than five years is associated with the onset of this type of cancer.
9. **Physical inactivity.** A sedentary lifestyle increases the likelihood of a breast cancer diagnosis.

For more information, visit [www.cancer.org/](http://www.cancer.org/)



**OCTOBER 2023**

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## 4 tips for safe online shopping

Many people enjoy online shopping. The product selection is virtually endless, it's convenient, and stores are open 24/7. Here are four tips to ensure you're shopping safely.

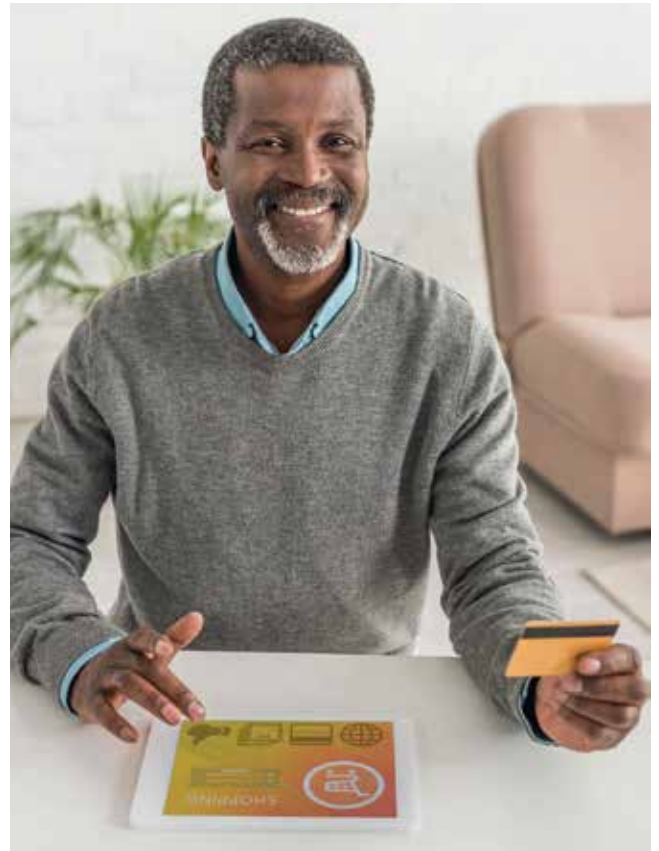
**1. Learn how to spot a scam.** Offers that sound too good to be true, websites that lack a professional design and requests for banking information when your cart is still empty are all red flags.

**2. Confirm the company is legitimate.** Poor quality websites and excessive popup ads may be an indication that the company is not legit. Learn more about how what to look for at <https://www.wiki-how.com/Know-if-an-Online-Business-or-Company-Is-Legitimate>.

**3. Read the return policies beforehand.** Find out whether the company offers exchanges, returns or reimbursements and under what conditions. This will help you avoid unpleasant surprises if there's an issue with your purchase. A lack of clearly stated policies is a sign you should shop elsewhere.

**4. Double-check before you pay.** Make sure the website's URL begins with "https" and has a closed padlock or unbroken key icon beside it. Confirm the price of each item and the total cost (including taxes and shipping fees) before you enter your credit card information.

Finally, remember that you should never provide unnecessary personal details, such as your social insurance number, when shopping online.





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# Celebrity Extra by Dana Jackson

**Q:** When is the "Frasier" reboot debuting? Also, I've heard conflicting information about where it will air. Will it be on Peacock or Paramount? -- E.J.

**A:** Kelsey Grammer returns to television as his iconic character Frasier Crane this fall on Paramount+. We first met the hilariously uptight psychiatrist on "Cheers." He was then given his own equally successful spin-off in the former show of "Frasier," a sitcom that won 37 Primetime Emmy Awards and continues to run in syndication and streaming to this day. Now Frasier returns to his roots in Boston for a new sitcom filmed before a live studio audience. Alas, the late John Mahoney is gone as Frasier's cranky father, Martin, and David Hyde Pierce is reportedly not returning as Frasier's brother, Niles.

A two-episode premiere of the new "Frasier" will debut on Paramount+ on Oct. 12 with weekly episodes to follow. It's reported that the same episodes will also air on CBS on Oct. 17 as a special event, but viewers will have to subscribe to Paramount+ to watch the rest of the season.

★ ★ ★

**Q:** What was the name of the funny show Ted Knight did where he had two beautiful daughters? There was also a hilarious guy who lived in the home, too, or at least nearby. -- L.D.

**A:** You're thinking of "Too Close for Comfort," which starred Knight as a cartoonist who worked out of his home in San Francisco. Nancy Dussault played his wife, and Lydia Cornell and Deborah Van Valkenburgh played his two grown daughters who rented the apartment below. Jim J. Bullock was a hoot as Monroe.

The show changed its name and concept to "The Ted Knight Show" during its final season. Sadly, the

sitcom ended in 1987 after Knight lost his battle with cancer at the age of 62.

★ ★ ★

**Q:** Is the new "Equalizer" movie related in any way to the past and present TV series "The Equalizer"? Will Denzel Washington ever appear on the series? -- K.S.

**A:** The original version of "The Equalizer," a TV series starring Edward Woodward that ran from 1985-1989, is about a retired intelligence agent turned private detective who takes the law into his own hands. In 2021, CBS came up with a reboot featuring Queen Latifah as the headliner. Both characters have the last name McCall.

In 2014, the big-screen version of "The Equalizer" starring Denzel Washington premiered. He, too, plays a McCall, but reportedly none of these characters with the same surname are related. "The Equalizer 3," starring Washington and Dakota Fanning, is currently in theaters.

Andrew Marlowe, creator of CBS's current series "The Equalizer," says that there are no plans for these two franchises to merge, even for a special episode. Marlowe told Distractify.com, "For us, it really is about building this show and identity around Robyn McCall and being very specific to a show where Queen is really embodying the heart of it."

★ ★ ★

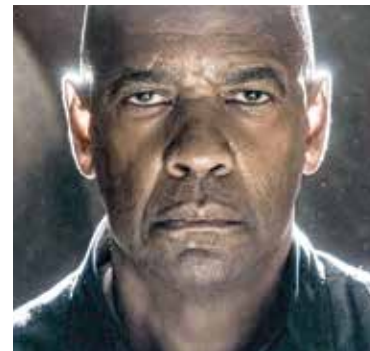


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**Denzel Washington stars in "The Equalizer 3."**

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*Thought for the Day*

*"Did I offer peace today?  
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someone's face? Did I say  
words of healing? Did I  
let go of my anger and  
resentment? Did I forgive?  
Did I love? These are the  
real questions. I must trust  
that the little bit of love  
that I sow now will bear  
many fruits, here in this  
world and the life to come."*

**-- Henri Nouwen**



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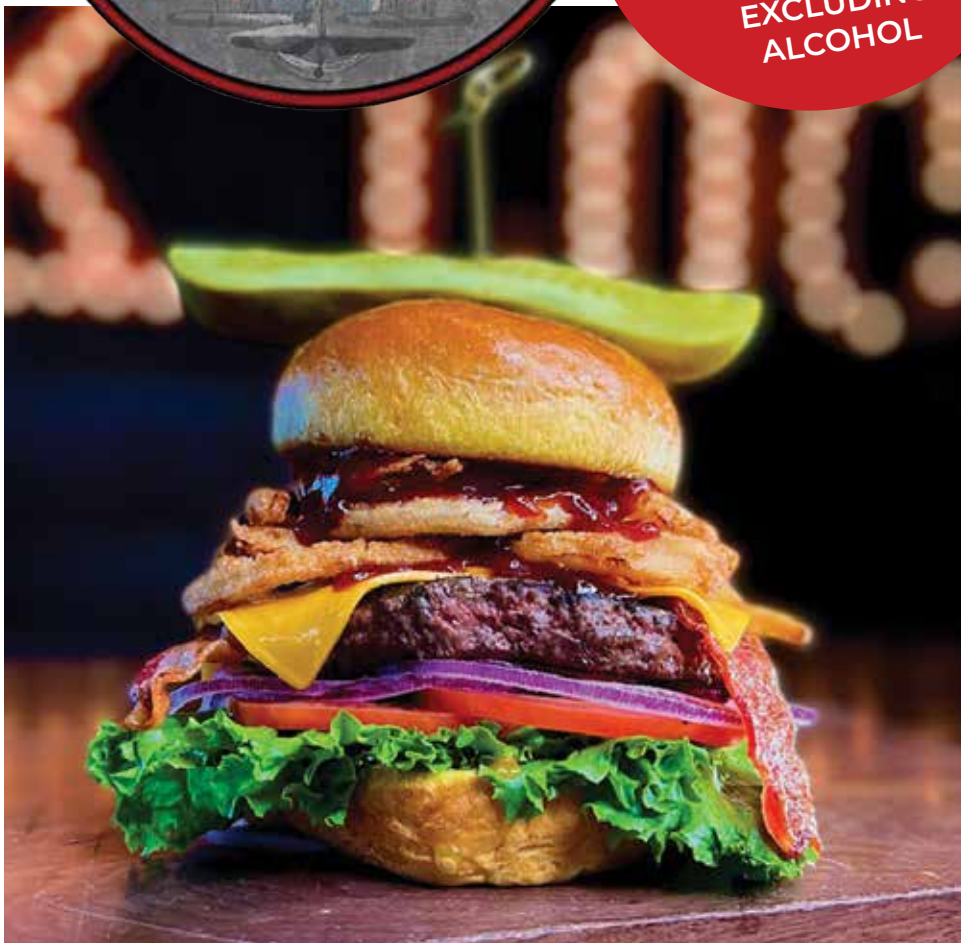


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## Wait Times for Community Care

Despite the amount of attention paid to it over the years, the Department of Veterans Affairs still struggles with wait times for medical appointments. Wait time eligibility becomes crucial when a veteran seeks medical care through Community Care. With the wrong wait time, the veteran can be denied treatment out in the community. The calculation of wait times has to be exact, either 20 or 28 days depending on the type of care.

If you are a VA staffer in charge of making Community Care medical appointments for a veteran patient, which of the following options do you choose in setting the appointment for a patient and starting the wait time clock? The date the provider wants the patient to be seen ... the date the patient wants to be seen ... the date the care provider or the veteran makes a request for an appointment?

Only one of those is correct. The correct answer is that the starting date for calculating wait time is that moment when a care provider or veteran asks for an appointment.

Unfortunately, in one location, staff was using a combination of methods for calculating wait times using their own unauthorized wait time calculator they created from an online app. It threw off the numbers by 12 days, making it look like veterans were not eligible for Community Care.

The ongoing mistake only came to light when a trainer used that same calculator in another facility. At the same time, a veteran had been denied Community Care because the inaccurate calculations indicated that he was not wait-time eligible and he was given a VA facility appointment instead. As a result, there was a congressional inquiry.

The Office of Inspector General for the VA stepped in and discovered a great big mess of confusion and inconsistency at both facilities due to staffers using a calculator that a member of staff had made.

If you want Community Care, you need VA approval first. To see if you qualify, read the fine print at [www.va.gov/CommunityCare](http://www.va.gov/CommunityCare).

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# Here's a Tip

by JoAnn Derson

*"Just after Labor Day, our family starts to think about who will host holiday dinners. We do it in a lottery. Whoever just hosted is exempt, if they want to be. The rest of us, who'd like to host, put their names in a pot and we randomly draw names. The events are the usuals, like Christmas and Thanksgiving, but also a cookie-making party and a children's party. It's better than one person always having to do it — or always getting to do it." -- E.D. in Massachusetts*

*Here's a great cleaning idea for your outdoor furniture. Load it all in the back of a truck, take it to a self-serve car wash and clean with the pressure hoses. Let dry, and it's ready.*

*Keep nail-polish bottles easy to open by rubbing a little bit of petroleum jelly inside the cap of the bottle.*

*M.C. in Arizona would like to know some alternative uses for hair conditioner. Here goes: use as a shaving lotion for legs or face; a makeup remover; ouch-free bandage removal; soften makeup brushes or paintbrushes before storage; get knots out of doll hair or costume wigs; wash delicates (think silks and pantyhose); rub on a shower rod to help curtain glide effortlessly; and lastly, soak a shrunken sweater in a conditioner/water solution to soften the fibers, then gently try stretching the sweater back to size.*

## SENIOR NEWSLINE by Matilda Charles

### Wrapping up the End of the Year

These last few months of the year are the perfect time to review where we've been in 2023 and gather some ideas about how we might do things differently next year. Saving money is at the top of many to-do lists now, especially for entertainment and groceries.

Look at all your streaming services to see which ones you might be willing to stop using. Make calls to the cellphone services around you and see who has good deals, likely with bundling. Phone plans for seniors generally have a lower cost. A surprise for me: I recently changed cellphone companies. Since I was bringing my own phone number and did not want a deal to buy a phone, I was given a \$200 promo gift card to spend anywhere.

At my local grocery store, I typically accrue \$5-10 per quarter just for buying the store brand and using the coupons offered. Consider the money you could save with a store membership or VIP card. On Walmart Plus, I often earn \$3-\$4 each time I place online orders for free delivery to my home because of the deals and discounts that pop up on the screen. Additional Plus benefits include travel, video streaming, 10 cents per gallon saved at several gas stations and more. The first 30 days are free to try the service, with a whole year costing \$98. If you're on SNAP, Medicaid or other programs, your cost would be half that.

Take a look at "500 Great Ways to Save for Dummies" by AARP. The book is on Amazon, both in paperback and for a Kindle e-reader, as well as thousands of other places online. This book might be one you want to keep for a long time. You can also ask your library or senior center if they will purchase the book to keep on the shelves.



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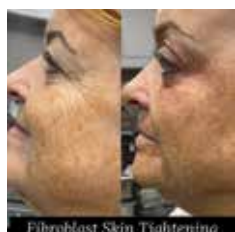
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## How to Best Utilize Compression Stockings

**DEAR DR. ROACH:** Would you please address how to use compression socks? I sit most of the day, so wearing the socks helps my legs to feel less heavy and tired by the end of the day. Are there people who should not wear them? And what about wearing them during exercise? -- C.S.

**ANSWER:** Compression stockings are most commonly used for people with chronic venous insufficiency, a common condition in middle-aged to older people. The major symptom is swelling in the feet and lower legs. The swelling is usually minimal or gone in the morning and gets worse during the day, especially with prolonged standing and even sitting.

The underlying problem is that the veins, which carry blood from the legs back to the heart, get leaky over decades, and the fluid accumulates in the legs under the force of gravity. Your doctor can prescribe the right size, length and strength of stocking based on your personal condition.

The fact that you feel better with compression stockings suggests that you might have venous insufficiency, but it's still a good idea to ask your doctor about them. Compression stockings are pretty safe, but should not be worn by people with serious reduction in arterial blood flow to the legs.

Arterial disease is completely different from venous insufficiency. It's

caused by blockages in the arteries that carry blood from the heart to the legs. An expert, such as a vascular surgeon, is an appropriate consultant for a person with arterial insufficiency before they consider using compression stockings.

Unless you have moderate to severe arterial disease (in which case you should check with your doctor if you aren't sure), there is no harm from wearing compression stockings during exercise. There may even be some benefit.

Compression stockings should not be worn by those with an acute clot in a major leg vein (a deep venous thrombosis). Once the clot is stabilized for a few days with medication, compression stockings can help treat and even prevent swelling in the affected leg.

People with moderate to severe heart failure should exercise care before using compression stockings, which put the leaked-out fluid back into the circulation and can worsen heart failure. Again, this is an issue to discuss with your regular doctor or cardiologist prior to using compression stockings on your own.

Finally, severe venous insufficiency can cause breakdown in the skin. A person with ulcers or open wounds, or with any kind of acute infection, should be evaluated and treated prior to using compression stockings. A wound care nurse is an ideal consultant in this case.

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# Paws and Claws



## How to own a pet if you're allergic to animals

Passionate animal lovers with allergies may be unwilling to live a life without pets. While no cat or dog is completely hypoallergenic, there are many breeds that shed little and, therefore, rarely cause allergic reactions. Here are just a few:

### DOGS

- Maltese
- Bouvier des Flandres
- Poodle
- Lhasa apso
- Shih tzu
- Yorkshire terrier

### CATS

- Balinese
- Bengal
- Devon rex
- Javanese
- Siamese
- Siberian



Another way to reduce your symptoms is by taking allergy medication. Consult an allergist, doctor or pharmacist to determine the right treatment.



Additionally, there are several ways to mitigate your allergy symptoms if you live with a pet. This includes brushing your animal outside every day, washing them once or twice a week with an anti-allergen shampoo and keeping them out of your bedroom. You should also limit the amount of carpet and fabric furniture in your home as these tend to accumulate allergens.

### DID YOU KNOW?

Contrary to popular belief, pet allergies aren't caused by cat or dog fur. Rather, they're a reaction to a protein found in the animal's saliva, skin cells and urine. In most cases, allergy symptoms are triggered by exposure to dander that pets normally shed.

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## Gluten Free Coconut Bread

### INGREDIENTS:

2-¼ cups gluten free flour blend (If your flour blend does not have some tapioca starch in it, use 2 cups and ¼ cup tapioca starch — *we like the texture*)

1½ teaspoon xanthan gum or gum-free baking binder if your flour blend does not already contain it

1½ teaspoon salt

1 teaspoon baking powder

1 teaspoon ground cinnamon

¾ cup coconut oil

1½ cups sugar

1 teaspoon vanilla extract

3 large eggs

⅔ cup coconut milk

5 oz sweetened flaked coconut

nonstick cooking spray (or a bit more coconut oil or butter for baking dish)

### DIRECTIONS

Preheat oven to 350°.

Grease two loaf pans.

Combine gluten free flour blend, xanthan gum or binder (if needed), salt, baking powder, and cinnamon in a bowl and set aside.

Put coconut oil or butter into a large mixing bowl, and slowly mix in sugar and vanilla until smooth and well blended. Add eggs one at a time, beating after each addition.

Add milk, mix for 2 minutes. Add dry ingredients in two or three steps, mixing well after each addition. Stir in coconut by hand or on lowest setting. Mix thoroughly. Divide batter into two loaf pans.

Bake for 55-60 minutes. A toothpick inserted near the middle should come out with just a crumb or two. Remove from oven, rest for about 10 minutes, then turn out onto a rack to cool completely.



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# Check-engine light on?

## Here's what it really means

It can be nerve-racking to see the check-engine light flick onto your dashboard. However, it's important that you remain calm. Here's what you should know.

### What it indicates

The check-engine light connects to your vehicle's diagnostic system, which is an onboard computer that monitors vehicle performance and automatically repairs issues. If it encounters a problem it's unable to fix, the diagnostic system turns on the engine-shaped orange or yellow light. This indicates that you need to get your car professionally serviced.

### What you should do

If your check-engine light comes on, there's no need to panic or call a tow truck. It rarely signals an urgent problem such as a complete engine failure. Rather, in most cases, the check-engine light is merely warning you of an impending issue.



When you see it come on, you should have your car serviced as soon as possible. Make an appointment with Litchfield Auto Repair and one of our qualified mechanics will be able to tell you what the problem is and perform the necessary repairs.



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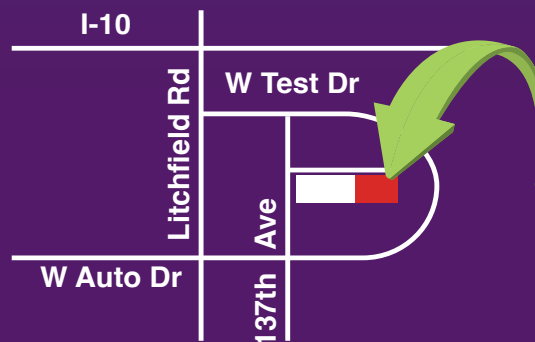


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# 5 tips for avoiding driving-related pain

## 1. Adjust your seat

How to tell if your seat is properly positioned?

- You can press down on the pedals using your entire foot, heel to toe
- Your elbows are slightly bent when you grip the steering wheel
- There's 1-2 inches of space between the back of your knees and the front of your seat
- Your thighs and back are fully supported by the seat and backrest

If you find you need more lumbar support, place a cushion behind the small of your back.

## 2. Relax your posture

Sit comfortably against the backrest and place your hands on the steering wheel at the nine and three o'clock positions. Avoid leaning your head forward. If you're forced to lean forward, it means your seat is excessively reclined and needs to be adjusted.

## 3. Take regular breaks

If you're going on a long drive, stop every couple of hours to walk around and stretch. This will ease sore muscles and promote blood circulation. You can also move your arms, wrists and neck when waiting at a red light.

## 4. Check the air flow

To promote blood circulation when driving, direct heat to your upper body rather than to your legs. Conversely, in summer, direct the air conditioning toward your legs.

## 5. Empty your pockets

If you have bulky items in your pockets, they can hinder movement in your pelvis or impede circulation in your legs. Before you get behind the wheel, remove your wallet, smartphone and other objects from your pockets.

Adopt these good habits and you should feel more alert at the wheel and be free of pain when you reach your destination.

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# Big DECISIONS ► Have you considered EVERY ANGLE?

## ***Should you gift your children during your lifetime or in your will?***

Do you have grown-up children? As the cost of living continues to rise, they'll likely need extra money to reach certain milestones, such as buying a home. Are you considering giving your children a financial boost by leaving them part of your estate? One thing is certain: this decision shouldn't be taken lightly. Here are a few things to consider before writing your kids a generous check.

### **Legal and tax considerations**

Legally, you can give your children as much money as you want. From a tax point of view, typically the giver must pay a

gift tax on the gifted amount. However, you can gift someone up to \$17,000 before paying this tax. Keep in mind that you'll be taxed for withdrawing money from a 401(k) or IRA.

### **The importance of professional advice**

Make an appointment with a financial expert to avoid acting blindly or emotionally. They'll carefully analyze your situation and may conclude that giving your child money during your lifetime could put you in a difficult financial situation and that it would be wiser to leave them money in your will. Don't forget that your children have other ways of achieving their goals.

## *Is it time for a new perspective on your financial future?*

Who's giving you financial advice?  
Are they *really* tuned in to your unique goals and how today's ever-changing financial landscape impacts YOU?  
As a woman, your focus is different — never less important.  
A frank conversation with someone who shares your values and relates to you could be

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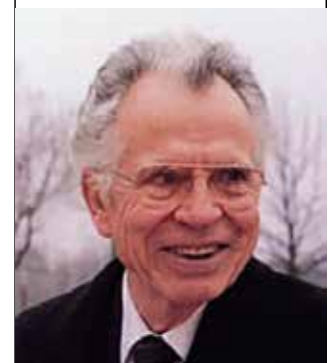


Finally, if you want to give your children money without compromising your quality of life, plan for various scenarios and make a few calculations that consider unforeseen circumstances.



**"Don't go  
through life,  
grow through life."**

**-- Eric Butterworth**





HOLLYWOOD — The big question around Hollywood today is, how will CBS, NBC and ABC have their normal September premiere season with the actors' and writers' strikes still unresolved and the fact that they haven't even had meetings to resolve the issues? CBS will kick off this strike-impacted season with the premiere of "Yellowstone," starring Kevin Costner, Kelly Reilly and Cole Hauser. "Yellowstone" has already had a five-year run on their parent company, Paramount+.

Also hailing from the streaming service is "Star Trek: Picard," "Star Trek: Short Treks," "Star Trek: Strange New Worlds," the reboot of "Twilight Zone," "Mayor of Kingstown," "1883" starring Isabel May, Tim McGraw and Sam Elliott; "1923" starring Helen Mirren and Harrison Ford; and Joshua Jackson's series "Fatal Attraction."

ABC's parent company is Disney, with Disney+ to give us all things "Star Wars," such as "The Mandalorian," "The Book of Boba Fett," "Obi-Wan Kenobi" -- plus shows like "Willow," "The Right Stuff," "Hawkeye" and "The Mysterious Benedict Society."

NBC has Peacock, so expect series like "Brave New World," "Dr. Death," "Days of Our Lives: Beyond Salem," "The Lost Symbol," "One of Us Is Lying," "The Girl in the Woods,"

"Bel-Air," "Queer as Folk," "Vampire Academy," "The Calling" and "Irreverent." If you resisted paying for streaming services, you'll have a lot to watch.

★ ★ ★

Taylor Swift keeps breaking records. Not only has she become the first performer to gross more than \$1 billion in ticket sales in her recent tour, her movie "Taylor Swift: The Eras Tour" opens in theaters on Oct. 13. Tickets are priced at \$19.89 for adults and \$13.13 for children. The previous first-day record holder for ticket sales was \$16.9 million, and with AMC's highly aggressive measures, her film will no doubt break records even before it hits theaters. After earning \$92 million in 2022, a fraction of what Swift will make for 2023, it'll push her \$740 million net worth over the top. No doubt she's a "Taylor made" billionaire!

★ ★ ★



PHOTO CREDIT: DEPOSITPHOTOS

**Taylor Swift**

## Here's A Tip

To keep windshield wipers clean between replacement periods, dampen a soft cloth with rubbing alcohol and wipe the length of the blade.

Use an empty paper towel roll to store plastic grocery bags. Just stuff to capacity. These "bag sticks" are easy to store in a drawer or even mounted on the side of a trash can with double-stick tape.

When cleaning glass tabletops or chrome fixtures, try using newspaper instead of paper towels or rags. There is no lint left behind, and newspaper gives a better shine.

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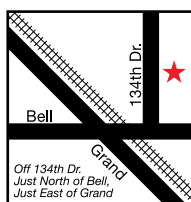
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## Why work for Benevilla?

Our past employee and now amazing volunteer Darlene Turner says it best. "Benevilla has been a life-shaping company for me for over 25 years. Benevilla provides the opportunity to give back, help where there is help needed, and build a positive and strong community for the good of all."



*Employee recognition is the highlight of the Benevilla Tri-Annual team gatherings. Pictured here are the nominees and winner of the Benevilla "Excellence in Caring" award*

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- **Assistant Child Development Director & On-Call Teacher's Assistants** @ Benevilla Wirtzie's Preschool and Childcare program



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U T D U R N L L B B A A H R I W O B D P Y  
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### TO WIN Enter by OCTOBER 18, 2023

**OFFICIAL CONTEST RULES.** Solve the puzzle and mail in this page to win. Circle all or part of the names of 23 advertisers found in this month's West Valley Star ads. Names may run left, right, up, down or diagonally. Must be 21 or older to enter. Employees of the West Valley Star or its advertisers are ineligible. A drawing will be held from all correct entries. One winner will receive dinner for two and two movie passes. Three winners will receive a consolation prize of two movie passes. Winners will be notified by phone, and prizes will be sent by mail.

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

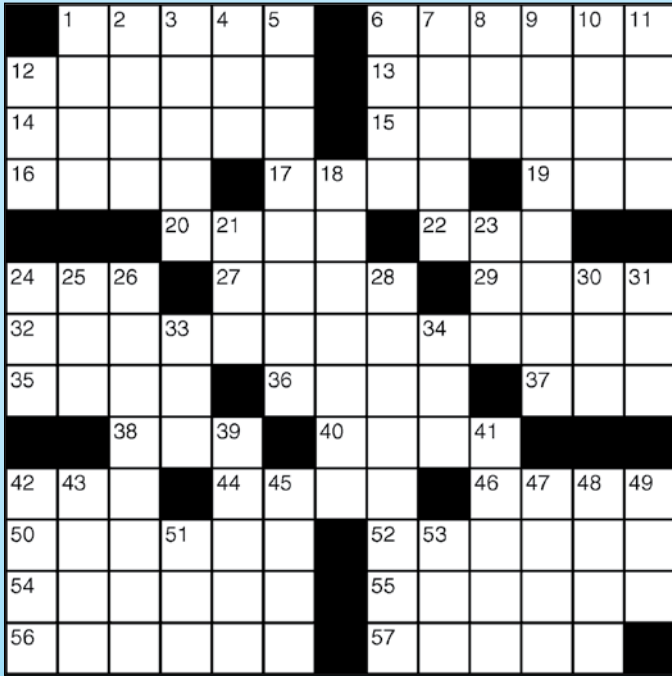
Address \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

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

# King Crossword



## ACROSS

- 1 Swamp
- 6 Foliage
- 12 Alaskan peak
- 13 Current measure
- 14 Kidnapper's demand
- 15 European peninsula
- 16 Venetian blind part
- 17 Suffix for million
- 19 Busy insect
- 20 Penne -- Vodka
- 22 Press for payment
- 24 -- Alamos
- 27 Mexican snack
- 29 Aussie greeting
- 32 Chekhov play, with "The"
- 35 Nickelodeon's "Explorer"
- 36 Outlet letters
- 37 Venus, to Serena
- 38 CBS logo
- 40 Abel's brother
- 42 Campaigned

## DOWN

- 4 Bangkok cuisine
- 46 Elevator name
- 50 Biblical prophet
- 52 Outer-space cloud
- 54 Honor
- 55 With uniformity
- 56 Vestibules
- 57 Valleys
- 1 Repast
- 2 Visitor to Siam
- 3 Bob Marley fan, often
- 4 -- -mo
- 5 Nepal's -- Mountains
- 6 Hideaway
- 7 Plant firmly
- 8 Gorilla
- 9 Porches
- 10 Ireland
- 11 Plane reservation
- 12 ER workers
- 18 Former Chrysler CEO Lee
- 21 USPS delivery

## 23 "Yecch!"

- 24 PC screen type
- 25 Discoverer's call
- 26 Peace
- 28 Admitted to the clergy
- 30 "Entourage" role
- 31 QB's gains
- 33 Shaft of light
- 34 201, in old Rome
- 39 Bygone anesthetic
- 41 Prestigious prize
- 42 Coral formation
- 43 To boot
- 45 Easter entrees
- 47 Melody
- 48 Misfortunes
- 49 Utter
- 51 Observe
- 53 Actress Longoria

## Answers on Page 27

Time to beat:  
21 minutes

## SEPTEMBER WINNERS



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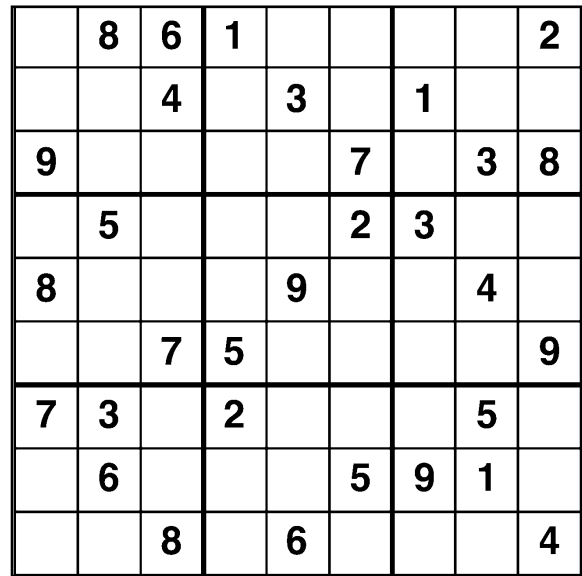
**Sandee Crellin**  
Suprise

**Gary Koltula**  
Goodyear

**Jim Jenson**  
Goodyear

# 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.

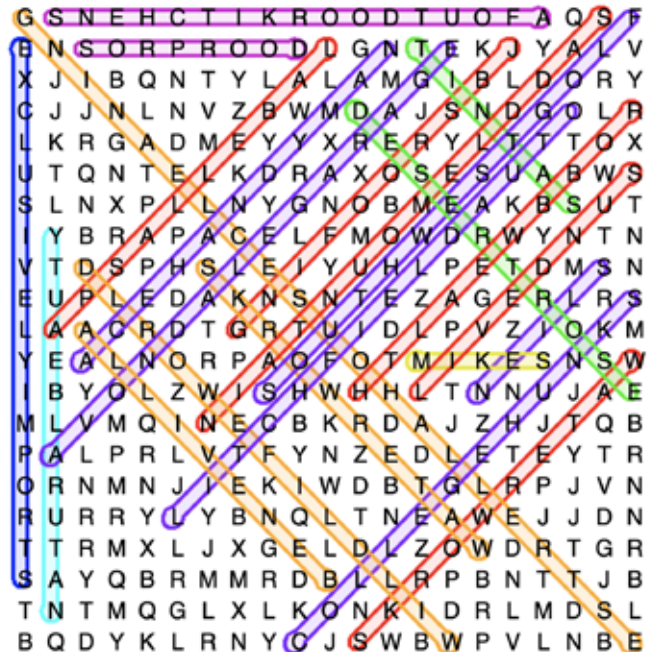
**DIFFICULTY: ★**

★ MODERATE ★★ CHALLENGING

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## Answers on Page 27

## Dinner and a Movie SEPTEMBER SOLUTION





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# FIRE EXTINGUISHER SAFETY

A fire extinguisher is a vital safety device that can help suppress small fires before they escalate into dangerous blazes. Brush up on your fire preparedness knowledge with this brief guide to fire extinguishers.

Firstly, it's important to familiarize yourself with the different types of fire extinguishers and their suitable applications:

- Class A fire extinguishers are suitable for ordinary combustibles like wood and paper
- Class B extinguishers are suitable for flammable liquids and gases
- Class C extinguishers are intended for use on fires involving appliances, motors and tools
- Class D extinguishers are designed for use on combustible metals
- Class K extinguishers are suitable for kitchen fires

You can also find multipurpose fire extinguishers that are suitable for more than one class, like A-B, B-C or A-B-C.

Fire extinguishers must be kept in prominent, easily accessible locations like mounted to a wall. Ideally, you should have a portable fire extinguisher on every floor of your home, especially near potential fire hazards like kitchens, garages and workshops.

## The PASS technique

In the event of a fire, remember the PASS acronym:

**Pull the pin.** Hold the extinguisher upright and pull the pin to break the tamper seal.

**Aim low.** Point the nozzle or hose at the base of the fire.

**Squeeze the lever.** Firmly squeeze the lever to discharge the extinguishing agent.

**Sweep side to side.** Sweep the nozzle or hose from side to side, covering the base of the fire until it's completely extinguished.

By understanding how to properly use and store a fire extinguisher, you can enhance fire safety in your home.

**KEEP YOUR HOME SAFE!**

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- Silestone

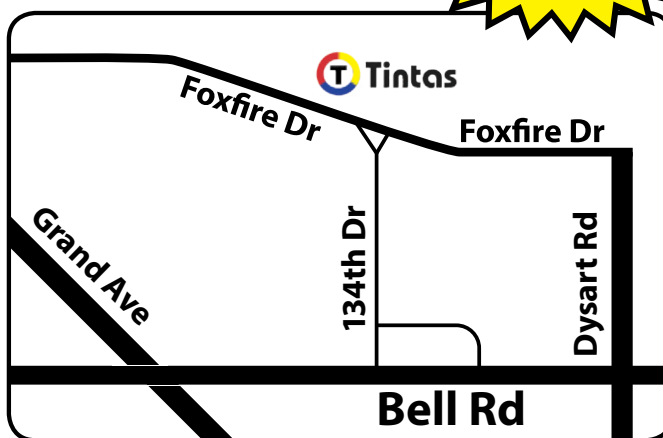
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## Strange But True

Slovenia boasts a most impressive 28,000 wineries, amounting to one winery for every 75 persons in the country.

The Mamenchisaurus sinocanadorum dinosaur's neck measured 50 feet -- six times longer than that of a giraffe!

When he was in his 50s, Steven Spielberg re-enrolled at California State, Long Beach to finish his B.A. degree three decades after dropping out. The school awarded him three course credits in paleontology for making "Jurassic Park."

In 2018, one of Stephen Hawking's older wheelchairs was auctioned off for \$387,000, with proceeds donated to his favorite charities.

Basketball backboards were invented to keep overly enthusiastic fans from interfering with a game after some spectators, early in the sport's history, leaned over railings in an effort to deflect or catch the ball.

New York-Presbyterian Hospital has created a Spotify playlist called "Songs to do CPR to," featuring hits by artists ranging from the Bee Gees to Justin Bieber.

Culinary icon Ina Garten, aka the "Barefoot Contessa," was a nuclear policy analyst for the White House before embarking on a career in cookery.

A roll-on deodorant ball was the inspiration for Apple's first mouse prototype.

## PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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

"Every day we should hear at least one little song, read one good poem, see one exquisite picture and, if possible, speak a few sensible words."

-- Johann Wolfgang von Goethe



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## 4 benefits of fabric made with recycled plastic

Clothes made from recycled plastic are becoming increasingly popular. Knowing that a plastic bottle takes between 450 and 1,000 years to decompose, it seems appropriate to support solutions that prevent these products from polluting the environment. Here are four advantages of textiles made from recycled plastic.



### 1 They use less fossil fuel

Fossil fuels, such as oil, aren't needed to produce recycled polyester and nylon. Manufacturing nylon uses 50 per cent less fossil fuel than other textiles.

### 2 They generate less carbon

Manufacturing fabrics made from recycled plastic reduces waste. Producing recycled polyester reduces carbon emissions by approximately 20 per cent and nylon by around 50 per cent.



### 3 They use less water

Recycled textiles require much less water to produce than some fabrics made of natural fibres. Cotton, in particular, requires large amounts of water to grow, which increases its environmental impact.

### 4 They can be recycled almost infinitely

Polyester created from plastic granules can be recycled again and again. This means it can be used in a variety of ways over its lifespan.

When choosing your next garment in a shop or online, remember to check the composition of the fabric.



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