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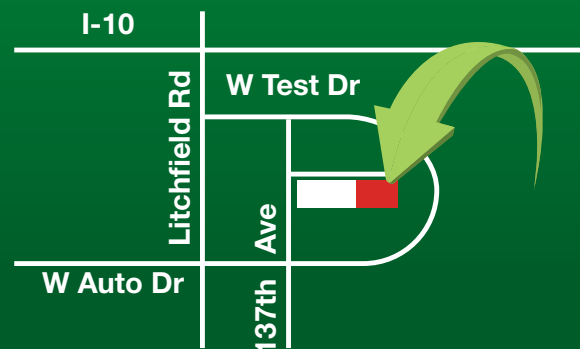
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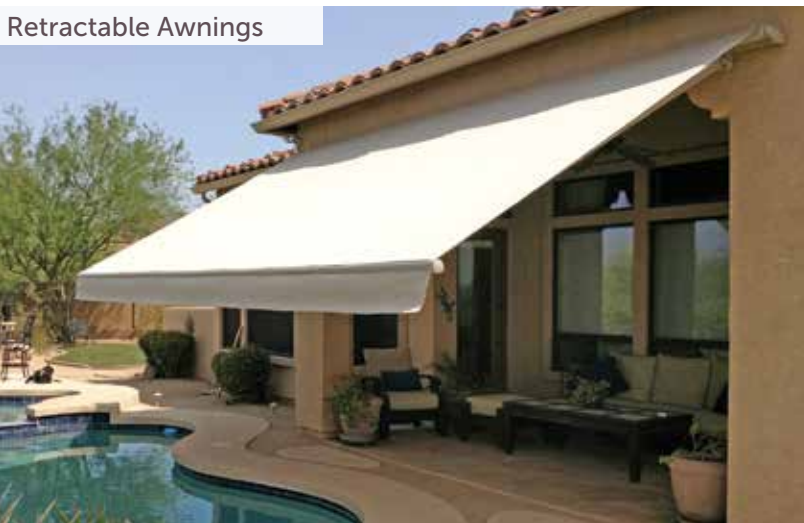
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4 trends that help you feel better

Do you feel the need to refocus? Do you want to make your well-being a top priority? These trends are excellent ways to help you achieve this goal.

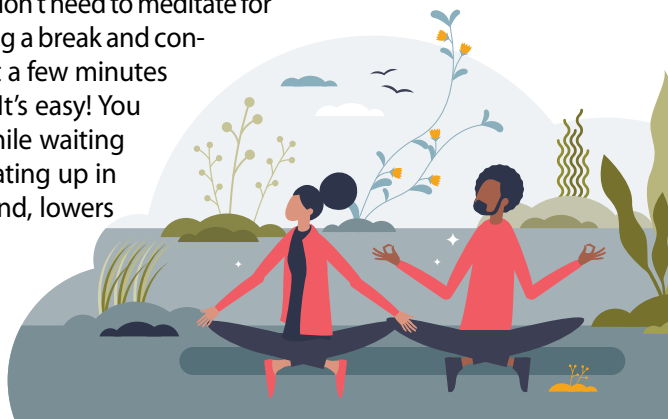
DIGITAL DETOX Spending too much time in front of screens or being too reliant on your smartphone can harm your health. To be healthier in this digital age, it's a good idea to learn to take a break from your connected devices or limit the distractions they create. You can do this by uninstalling less relevant applications, turning off notifications from messaging platforms and unsubscribing from newsletters that don't interest you. You can also try implementing screen-free time into your schedule, such as at the dinner table.

INTUITIVE EXERCISE You don't always need to push yourself to the limit to stay fit. Instead of rigorous training programs and measurable objectives, listen to your body's signals and move only for pleasure and well-being. In other words, rethink your approach to physical activity. Do what you feel capable of doing and what you feel like doing. Give yourself the freedom to move according to your mood or needs and rest when you need to. However, regularly moving your body is essential to reap all the benefits.

ANCHORING OR ROOTING Often called grounding or earthing, this practice involves establishing a direct connection with the earth to take advantage of the electrical currents that run through it and balance your bio-electrical system. It's all about getting in touch with natural elements, such as walking barefoot, lying in the grass, swimming in the sea or gardening without gloves. Grounding has been shown to reduce inflammation, chronic pain, stress and premenstrual symptoms. It can also help improve your mood, energy levels, blood circulation, sleep quality and much more.

MINI MEDITATION You don't need to meditate for an hour to feel its benefits. Taking a break and concentrating on breathing for just a few minutes several times a day is enough. It's easy! You can meditate in small doses while waiting in line or while your food is heating up in the microwave. It calms the mind, lowers blood pressure, improves concentration, encourages positive thinking, and slows brain aging.

Where will you start to take charge of your well-being?



MARCH 2024

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What are the 2024 food trends?

Get inspired before going grocery shopping

New food trends emerge every year, like the recent popularity of gluten-free diets and superfoods. Here are some food trends to keep an eye out for in 2024.

- **Brain-boosting foods.** The desire to maintain cognitive function and feel good has become increasingly important to all age groups. Both young and old alike are looking for foods that boost brain health, such as berries, nuts, seeds, green tea and dark chocolate.
- **Plant proteins.** Many meat substitutes, such as legume hamburger patties, are ultra-processed. This year, however, informed consumers are opting for plant-based proteins that are as natural as possible to reduce their meat consumption and decrease their carbon footprint.
- **Organic products.** Organic foods are far from going out of style! A growing number of agri-food companies and producers are adapting their methods to meet the demands of environmentally conscious consumers.

Finally, fresh and locally sourced food continues to be a popular trend that's not going away anytime soon.





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The children of four-time "Superman" Christopher Reeve bare their souls in a documentary commemorating the 20th anniversary of their father's passing at the age of 52. The documentary follows his rise to fame through 1995, when he was thrown from a horse, breaking two vertebrae in his neck and leaving him paralyzed from the shoulders down.



PHOTOCREDIT: TONY RIZZO

Christopher Reeve ("Superman")

I met Christopher in 1976 when he played Katharine Hepburn's grandson on Broadway in "A Matter of Gravity." He also starred in the soap "Love of Life" and asked me to write a story on why he was leaving the soap. The photos and story ran in Soap Opera Digest, and I invited him to stay in my guest room in Hollywood if he ever needed to.

To my surprise, he called six months later after completing a role in "Gray Lady Down" with Charlton Heston and Rosemary Forsyth, and he became my house guest. I shot new photos of him, and two of them were sent to the producers of the upcoming "Superman" movie, who saw the jawline of the future

"Man of Steel" in my photographs.

In addition, he made other classic films such as "Somewhere in Time" (1980). In 2006, despite having partial paralysis and being in a wheel chair, he directed and executively produced the computer-animated sports comedy "Everyone's Hero." Christopher truly was a super man!

★★★

Former exercise guru Richard Simmons has kept a low profile for the last five years, but came out of hiding to denounce a proposed film starring comic Pauly Shore as Simmons.

"Hi, everybody!" wrote Simmons on a Facebook post. "You may have heard they may be doing a movie about me with Pauly Shore. I have never given my permission for this movie. So don't believe everything you read. I no longer have a manager, and I no longer have a publicist. I just try to live a quiet life and be peaceful. Thank you for all your love and support!"

Unfortunately for Simmons, they don't need his permission to make a movie about him. Celebrities are considered public domain. Now should the filmmakers defame or malign you, then you have recourse to sue. But he's got another problem besides the feature film rumored to be in development. A short film starring Shore as Simmons, titled "The Court Jester," already premiered at the Sundance Film Festival on Jan. 19 and is available on YouTube.


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MENTAL WORKLOAD:

The invisible work that affects women more than men

Women, regardless of their marital or employment status, tend to carry a significant, invisible burden known as mental workload.

OVERLOAD OF RESPONSIBILITIES

This mental burden involves being responsible for managing, planning and completing all the household tasks, including:

- Housework, such as cleaning, making meals and yard work
- Shopping for groceries, clothes and school supplies
- Making appointments at the hairdresser, dentist and doctor
- Hosting, buying gifts and sending invitations
- Registering for school, day care and more

Women are responsible for anticipating their family members' needs, finding solutions, making choices and following up. This exhausting job can greatly impact their physical and psychological health.



It's essential to continue discussing the unequal distribution of invisible tasks to work towards a more equal sharing of responsibilities. If you're a woman overwhelmed by your responsibilities, don't hesitate to seek resources to take off some of the pressure.

EMPLOYMENT:

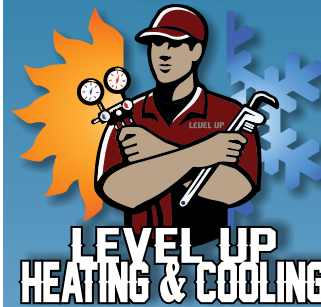
Why are women penalized?

Barriers to employment differ depending on whether the woman lives in a developing, emerging or developed country. The main reasons why millions of women aren't active in the labor force include:

- Being in a relationship with a man with a paid job while she looks after the housework and children.
- Being the mother in a single-parent family.
- Having difficulty balancing family and work, including atypical working hours or caring for children with special needs.
- Not having a means of transportation to get to work.
- Being at risk of harassment or sexual assault while traveling.
- Not having childcare resources nearby or enough money to pay for childcare.
- Living in a family where women's work is viewed negatively.
- Having a low level of education.

Even in 2024, traditional gender roles continue to persist in many countries. Men remain the breadwinners while women stay at home. Although women's work, such as preparing meals and looking after children, is undeniably essential, it's neither valued nor paid. What's more, according to the ILO, 20 percent of men and 14 percent of women worldwide consider it inappropriate or even unacceptable for a woman to work outside the home.

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Preventing Water Damage: A Call to Action

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

At a recent trade show held at Pebble Creek, I found myself engaging with homeowners on a crucial question: "Is your home unattended for several months out of the year?" To my surprise, the resounding response was often a "yes." This admission led me to pose another critical inquiry: "Do you have a way of potentially protecting your home from flooding when you're not there?" Sadly, the answer was often a resounding "No."



Water damage claims flood insurance companies every year. (Pun intended.) The repercussions of water damage extend beyond structural harm, affecting personal belongings and cherished memories. So, I implore you, dear reader, to ponder the significance of prevention. Let's delve into potential problems and their solutions.

1. Angle Stops: What are they, and how do you replace them? Angle stops serve as shut-off valves to water supplies. Each toilet boasts one, while sinks typically have two. Angle stop failure ranks among the leading causes of household floods. It's imperative to assess angle stops every few years to ensure functionality. If your home is 15 years or older, I recommend evaluation and replacement if necessary. Imagine the horror of a leaking toilet with no means to shut off the water.

2. Water Heaters: Another common culprit behind costly water damage in homes. I delved into this topic extensively in the February edition of the West Valley Star. If you missed it, I urge you to revisit the article. Water heaters aren't akin to crockpots; they demand annual maintenance per the manufacturer's instructions. Neglecting this maintenance





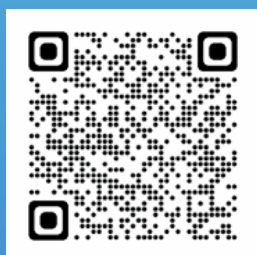
shortens the appliance's lifespan and invites potential disasters. Prioritizing annual maintenance and evaluating water heaters for replacement before leaks occur can save you both time and money. How long can you endure without hot water during repairs? 7 days? 10? 15? Do you really want to find out?

SOLUTION:

While water leaks can manifest anywhere water flows in your house, wouldn't you prefer peace of mind knowing that preventive measures are in place, regardless of whether you're home? I propose the installation of a main water line automatic shut-off system. Surprisingly, many homeowners are unaware of such devices. Thankfully, the builder of my own home included this shut-off device upon purchase.

Various types of devices exist, with the most common ones requiring power access, reliable Wi-Fi connectivity, and featuring an interactive app. These shut-off devices can detect small pinhole leaks and major breaches by continuously monitoring water line pressure and usage. When a leak is suspected, the app notifies you, and the system automatically halts water flow into your home.

In conclusion, don't hesitate to reach out to Charity's Plumbing Solutions. Our team is eager to assist you in assessing the current condition of your plumbing system and offering recommendations on preventive measures to safeguard your home against potential water damage. Give us a call today, and let's work together to protect your most valuable investment.



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Navigating Vitamins and Supplements

When a neighbor strolled by on her afternoon walk, we got to talking about how she stays in shape, and she rattled off a list of vitamins and supplements that she takes. She swears by them, and she appears to be in excellent condition... although being 20 years younger might have something to do with it.

Still, I was tempted to try some of those supplements she recommended. But a little voice told me to check first before I loaded up my cart at the big box store. It's a good thing I did.

I learned that too much calcium can affect the absorption of several medications, and St. John's wort can change how over 70% of prescription drugs work, sometimes in dangerous ways. I also learned that one of the supplements advertised on TV is made with grapefruit, which I cannot have.

This is a time to be cautious. Do not add any supplements to your diet without speaking with your doctor. If you're thinking about taking vitamin D or Omega-3, ask about increasing your intake of seafood instead. If you wonder about magnesium for bone health, ask whether you need it or if you should eat more bananas. Read the labels on your food. Cereal, for example, is already fortified with several vitamins.

Remember that the vitamin and supplement industry is not regulated. Many are made overseas, and our FDA has no say in what's actually in each one. Do your own online research. Checking drug interaction websites can help. The one I liked best is www.drugs.com (click "Interaction Checker").

Read what the National Institutes of Health has to say about dietary supplements for seniors at www.nia.nih.gov/health/vitamins-and-supplements/dietary-supplements-older-adults. Search their database of 178,111 supplements at dstd.od.nih.gov.


Here's a Tip

by JoAnn Derson

Keep track of takeout menus in a three-ring binder with an assortment of sheet protectors. Insert the menu into a sheet protector and file away. You can group menus by cuisine or by price.


Tired of losing matched socks? Purchase a large delicates bag for each family member. Put dirty socks in the personal bag so they cannot be lost.

If you have a hard time skinning fish that comes "skin-on," like salmon, try freezing it just long enough to firm up the flesh in order to easily peel it off or trim it.



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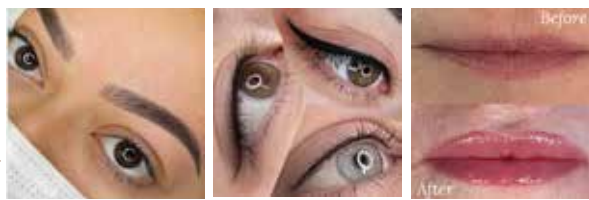
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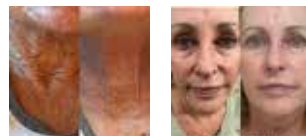
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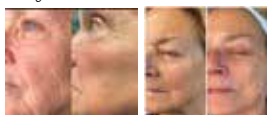
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A New Life Insurance Program

The Department of Veterans Affairs has started a new life insurance program for the first time in 50 years, and the details are worth noting. Called VALife, it's different from (and much better than) the previous insurance program. In fact, within the first year, over 30,000 veterans have signed up.

With the old program, S-DVI, veterans with service-connected disabilities only had two years to sign up from the time of receiving a disability rating. VALife has no such limitation.

With the old program, you had to be in good health (except for the disability) before you could apply. The new program has no limit, and no medical exam is required.

The old program limited veterans to \$10,000 in coverage. The new program, VALife, offers up to \$40,000 in whole life insurance.

The policy starts to build cash value after two years. If there's a death in the first two years, the payment to the beneficiary would be the premiums that had been paid plus interest. (If you currently have a policy under the old program, you can keep that coverage while you wait for the two-year benefit of the new policy to kick in -- that's if you apply before Dec. 31, 2025.)

You can apply online and get an immediate response. Additionally, you can make payments and changes to beneficiaries online. Premiums will never change and depend on your age.

If you're a veteran age 80 or under, and if you have any level of service-connected disability (that means 0-100%), your acceptance is guaranteed. If you're over 80, there are eligibility points that still might allow you to buy coverage. Go to www.va.gov/life-insurance/options-eligibility/valife to see if you're eligible and how to sign up. If you have questions, call the VA Life Insurance Center at 800-669-8477.

Here's a Tip

"When thickening soup, don't overlook instant potato mix. It's perfect for making a thin broth into a nice, thick stew sauce, and it's pretty cheap. It only takes a couple of tablespoons." -- I.F. in Utah

Want delicious fried chicken crust but not the dripping oil? Baste chicken pieces with mayonnaise, then dredge in crushed cracker crumbs mixed with a bit of flour (or crushed pork rinds if you're doing Keto). Bake and enjoy.

If your plastic food containers develop an unpleasant odor, never fear: Scrub with a paste of baking soda and lemon juice.

When putting in new plants, tear strips of aluminum foil, then use toothpicks or small stakes to pin them to the ground. The strips will blow in the breeze and the movement and light reflection will deter cats and can even discourage birds.

To remove the fat from your pot roast or other slow-cooked meat dish, make then refrigerate. The fat will float to the top of the juices and coagulate. Remove this layer of fat and then reheat.

To sharpen a pair of worn scissors, cut through a piece of aluminum foil that is doubled or tripled over.

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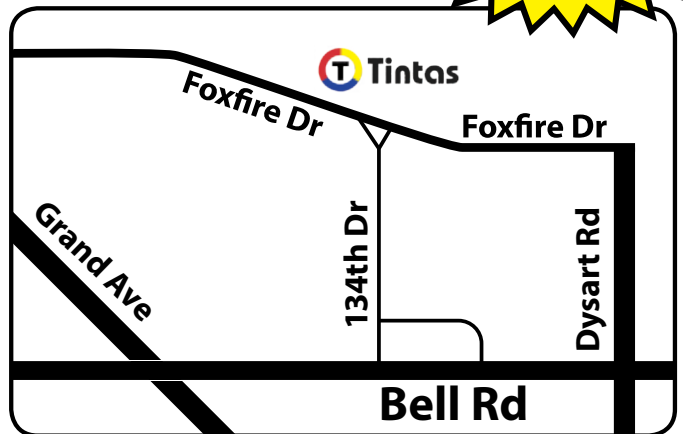
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Strange But True

by Lucie Winborne

Folks used to say "prunes" rather than "cheese" when having their pictures taken.

In 2012, a 90-year-old Baltimore woman named Venus Green locked a police officer in her basement when he tried searching her home without a warrant. Afterward, she brought a civil rights lawsuit and won a \$95,000 settlement.

"Jeopardy!" contestants stand on adjustable platforms so that they all appear to be the same height on camera.

The Statue of Liberty's full name is Liberty Enlightening the World.

A study conducted at the University of Montreal showed that young people who played the 1996 game Super Mario 64 for only two months increased their spatial and episodic memory, which improves brain capacity and helps to ward off dementia.

More than 20% of all the world's freshwater is in the Great Lakes.

While humans and giraffes obviously have vastly different neck lengths, they still have the exact same number (seven) of neck vertebrae.

An ostrich can run faster than a horse.

Prior to the adoption of standard time zones in 1883, each city or town set its own local time based on the sun's position.

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FIELD REPAIR



Quesabirria Tacos in the Crockpot

INGREDIENTS

For the Birria Stew:

- 4 dried ancho chiles
- 2 dried guajillo chiles
- 2 chipotle peppers in adobo
- 6 garlic cloves
- 1 cup crushed tomatoes
- 2 tablespoons white vinegar
- 2 teaspoons Mexican oregano
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1 tablespoon vegetable oil
- 4 pounds beef chuck roast
- 1 teaspoon salt
- 1 white onion diced
- 4 cups beef broth

For Assembly:

- 18 street taco-sized corn or flour tortillas
- 1 red onion diced
- 1 cup freshly chopped cilantro
- Shredded Oaxaca cheese or Monterey Jack cheeses

INSTRUCTIONS

Preheat the oven to 300°F.

Season all sides of the chuck roast with salt and pepper and pre-heat a cast iron skillet over medium high heat.

Add the oil and once hot, sear the meat for 4-5 minutes on all sides.

Next, add guajillo chiles, ancho chiles, chipotle peppers, onion, garlic, white vinegar, beef broth, crushed tomatoes, cumin, all spice, oregano, cinnamon, paprika, to the crock pot. Stir to combine.

Place chuck roast into the crock pot and cover. Cook for 10-12 hours on low.

Remove the chuck roast from the crock pot and place into a bowl. Shred using 2 forks.

Next, use an immersion blender to blend sauce until smooth. (Use a food processor or stand blender if you do not have an immersion blender and return to the slow cooker or transfer to a large bowl.)

Add 1 cup of sauce to the bowl with the shredded meat and stir to coat.



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SANDWICH GENERATION: 3 tips to prevent burnout



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- 2. Get your finances in order.** Talk openly about your financial situation with your family members and focus on what you can control, such as the costs associated with your children's post-secondary education and your parents' loss of independence.
- 3. Organize your schedule.** Involve other family members in your planning, and don't hesitate to delegate tasks to each person based on their abilities.

Remember, resources like home care services or financial assistance are available to you. Don't hesitate to use them to ease some of your burden.

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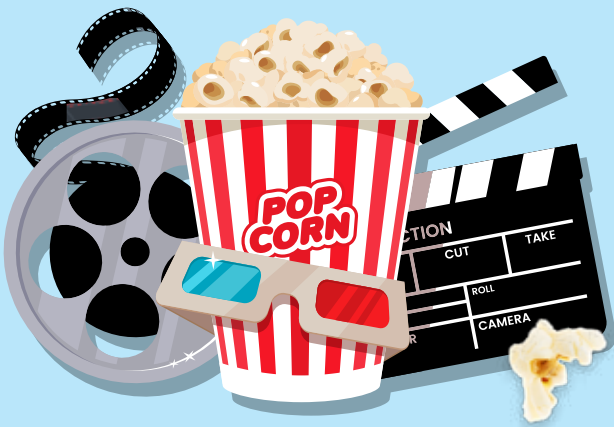
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King Crossword

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	
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33				34				35				
		36				37						
38	39	40				41			42	43	44	
45				46					47			
48				49					50			
51				52					53			

ACROSS

- 1 "Kapow!"
- 4 React in horror
- 8 Pitcher Nolan
- 12 Flamenco cheer
- 13 Genesis shepherd
- 14 Spanish greeting
- 15 Squealer
- 16 Drive-- window
- 17 "-- the picture!"
- 18 2014 biopic about actress Kelly
- 21 Rowing tool
- 22 Expert
- 23 Japanese verse
- 26 Glutton
- 27 Ultramodernist
- 30 Rhine feeder
- 31 Golf prop
- 32 Basketball tactic
- 33 Tibetan beast
- 34 4, on a phone
- 35 Dollar divisions
- 36 Observe
- 37 Texter's chuckle
- 38 Where something is created

DOWN

- 45 QB Tony
- 46 Ocho --, Jamaica
- 47 Hollywood's Thurman
- 48 Country singer Jackson
- 49 Gaelic
- 50 Fuel stat
- 51 Partner
- 52 Bump into
- 53 Sound from a hot wok
- 1 McEnroe's rival
- 2 Winged
- 3 Transcending (Pref.)
- 4 Fancy cake
- 5 Loathe
- 6 Lowly worker
- 7 Fruit-filled dessert
- 8 Horned beast
- 9 Meditative practice
- 10 Mr. Guinness
- 11 Post-WWII alliance

- 19 Pepsi rival
- 20 URL ending
- 23 Stable diet?
- 24 Small battery
- 25 Annoy
- 26 JFK Library architect
- 27 Convent resident
- 28 Tolkien creature
- 29 Approves
- 31 Math statement
- 32 Sub shop
- 34 "My word!"
- 35 Waist-cinching garment
- 36 Tea biscuit
- 37 Unfettered
- 38 Baby carriage
- 39 "Damn Yankees" role
- 40 Latin 101 word
- 41 Blaze
- 42 Periodontist's concern
- 43 Rapsallions
- 44 Kvetches

Answers on Page 26

Time to beat: 24 minutes

FEBUARY WINNERS

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by Linda Thistle

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

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 26

Dinner and a Movie FEBRUARY SOLUTION

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

Celebrity Extra by Dana Jackson

Q: When is the movie “Wicked” coming out? Will it be one of those live musicals on TV like they did with “The Sound of Music”? -- H.G.

A: “Wicked,” a prequel to the classic 1939 film “The Wizard of Oz,” is a musical, but it won’t air live on television. It will be released in movie theaters as a two-part film series -- the first releasing on Nov. 27, 2024 and the second a year later. It’s a film adaptation of the Tony-Award-winning Broadway musical, which was based on the novel written by Gregory Maguire.



PHOTO CREDIT: DEPOSITPHOTOS

**Ariana Grande
(Upcoming in
“Wicked”**

“Wicked” the motion picture will star Ariana Grande as Glinda Upland, otherwise known as Glinda the Good Witch, and Cynthia Erivo as Elphaba, aka the Wicked Witch. The film adaptation appears to be in good hands with director Jon M. Chu at the helm. He’s also directed the hit film “Crazy Rich Asians” and the well-received musical film “In the Heights.”

Chu recently thanked his cast and crew on social media, stating it was “the most ambitious cinematic production I have ever been a part of, or, frankly, ever witnessed.”

★★★

Q: Whatever happened to Antonio Sabato Jr.? I saw that his character is back on “General Hospital,” but being played by a different actor. -- K.W.

A: Antonio Sabato Jr. recently expressed his disappointment on social media about not being asked to return to the daytime soap “General Hospital” in the 30 years since he departed it. He theorizes that his conservative political views aren’t in alignment with Hollywood’s and that he’s been blacklisted from the ABC soap. Whatever the reason, the soap recently recast the role he originated -- John “Jagger” Cates -- with actor Adam J. Harrington.

★★★

Q: Is it true that Jon Bon Jovi lost his voice? Will he still be able to sing? -- I.S.

A: Singer Jon Bon Jovi is recovering from surgery to mend a vocal cord injury, but his career is far from over. According to Entertainment Weekly, Bon Jovi had undergone surgery 19 months ago with a specialist in Philadelphia who used a plastic implant to fix an atrophied vocal cord.

While promoting “Thank You, Goodnight: The Bon Jovi Story,” an upcoming docuseries on Hulu about him and his bandmates, Bon Jovi said that their new record has been completed and that he recently performed live for the first time since his surgery. He’s also about to become Millie Bobby Brown’s (“Stranger Things”) father-in-law, as his son, Jake, proposed to the actress last year.

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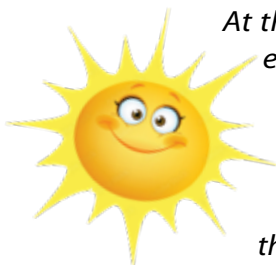
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Although many natural health products are available without a prescription, they could interact with the medications you're taking or each other. That's why it's essential to get professional advice before buying them.

It's also a good idea to always go to the same pharmacy. This ensures that the pharmacy team can access your complete medical history and provide appropriate advice. You'll establish a rapport with them and feel more at ease when discussing your individual requirements.

Remember that you should always consult with your doctor before stopping any medication. Even if you feel better or are experiencing unpleasant side effects, abruptly stopping treatment can be risky. Your pharmacist is dedicated to keeping you healthy.



At the North Pole, local time is non-existent as all lines of longitude, and consequently all time zones, converge at this point. With the sun rising and setting only once annually, synchronizing time using the sun's position is impractical.



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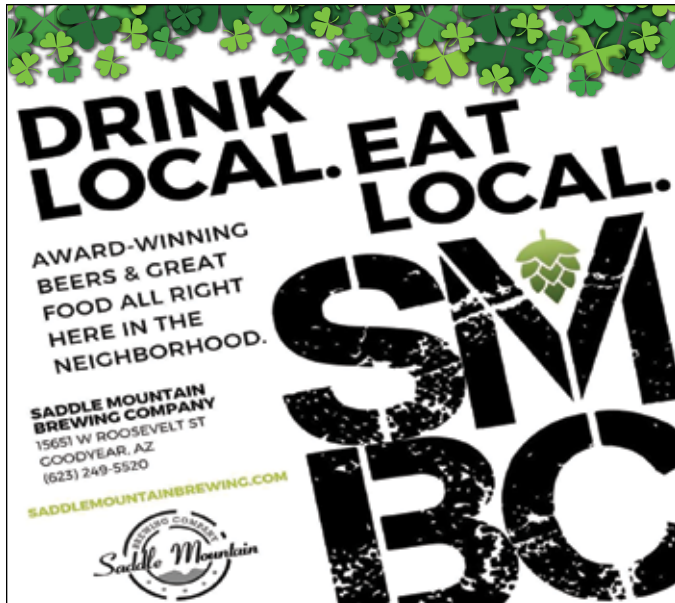
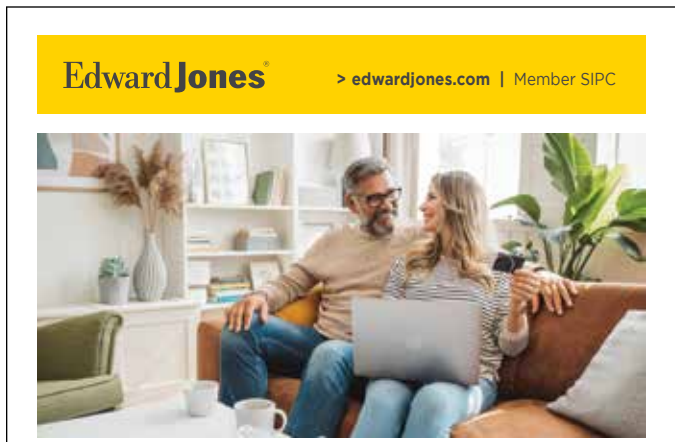
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When Dog Walking Is a Tug of War

DEAR PAW'S CORNER: My dog Trey is a 3-year-old mixed breed, mostly Lab, who pulls at his leash every time we go out for a walk. I don't want to use a choke collar, because it seems painful and counterproductive to punish him every time he tries to pull ahead. How can I get Trey to walk next to me and not tug all the time?
-- Bill in New Orleans

DEAR BILL: Dogs love being outside and exploring. That's a big reason why Trey is tugging at his leash -- he wants to run and explore everything in the world. But that's not possible in the city. And for the sake of your leash-holding arm, getting Trey to relax is a big deal.

You're probably saying, "Oh, this is where Sam tells us to reinforce basic obedience training." And you're right. It's important for Trey to follow your commands, especially if he pulls the leash out of your hand. But that's just one element to leash training a dog.

When you pull on the leash to slow Trey down, he will automatically pull in the opposite direction. This is a reflex action. The more you pull, the more they dig in.

So instead, try a misdirection-reward strategy. Give the command "heel" and have Trey walk calmly beside you, with the leash slack. Whenever he gets ahead of you (before the tug of war starts), stop and change direction. He'll turn to go in the direction you're heading, and when he does, give him lots of praise and maybe (at first) a little treat. Do this every time he tries to move ahead of you.



If Trey tends to pull really hard, change from a collar and leash to a chest harness. This prevents injury and can make it easier to control him.

PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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

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FIGHT FOOD WASTE

Smart food storage tips

Did you know that around one-third of all food produced worldwide is wasted? If you want to avoid becoming part of the problem and stop throwing away expired food, adopt these healthy habits.

- **Citrus fruits.** Keep them in the fridge to prolong their freshness. You can also place them in a bowl of water in the fridge to keep them delicious for a month or two.
- **Bananas.** Store them on the counter or in the pantry. Put them in the fridge as soon as they're ripe. Even if their skins turn brown from the cold, their flesh will be just right. Are your bananas overripe? Freeze them so you can add them to muffins, smoothies and more.
- **Lettuce.** Store it in the fridge in its original packaging or a non-airtight bag, wrapped in a damp cloth. Is it slightly wilted? Don't panic! Soak it in a container of cold water in the fridge to become crisp again.
- **Bread.** Store sliced bread in the pantry and eat it within two to five days for a softer texture and better taste. You can also freeze your bread and toast or defrost the slices you need as you go.

Finally, get creative when it comes to using your leftovers and extras. For example, you can make breadcrumbs from dry bread or prepare soup stock from vegetable peelings.



Filing taxes last minute: common mistakes to watch out for

Filing taxes last minute can be a stressful task, and the rush to meet the deadline often leads to common mistakes that can cost you time, money and peace of mind. Be aware of these common errors to ensure a smooth last-minute tax filing process:

- **Incomplete information.** Rushing through tax preparation can result in missing crucial information, such as forgotten deductions or credits.
- **Forgetting to sign.** Failing to sign your tax return can result in it being rejected. Ensure you've signed and dated all necessary documents.
- **Filing under the wrong status.** The wrong filing status can affect your tax liability. Make sure you select the correct one, such as single or married, based on your situation.
- **Ignoring e-file options.** Electronic filing is fast and secure and reduces the risk of errors compared to paper filing. Opt for e-filing to save time and ensure your return reaches the CRA on time.
- **Missing the deadline.** Filing late can result in penalties and interest. If you can't meet the deadline, file for an extension.



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

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- **Neglecting documentation.** Keep records of all tax-related documents and receipts for deductions. This ensures accuracy and helps in case of an audit.

- **Not seeking professional help.** If your tax situation is complex or you're unsure about deductions, credits or changes in the tax code, consider seeking assistance from a tax professional.

The deadline to file your taxes is April 30. Avoid the stress of filing taxes at the last minute and contact a local professional tax services company to ensure a smooth and accurate process.

Ever wonder why some cocktails are shaken while others are stirred? Chalk it up to the level of dilution and texture required: The longer the shake or stir, the more diluted and cold the beverage gets. Hence cocktails made with spirits, tonics and bitters should be stirred, while those featuring fruit juices, egg whites, cream or cream-based liqueurs should be shaken.



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