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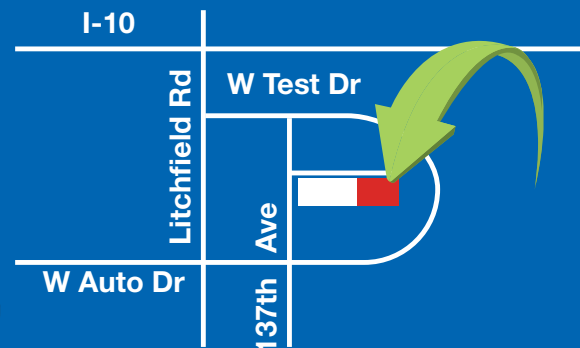
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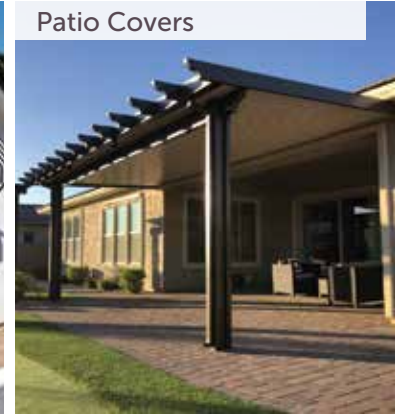
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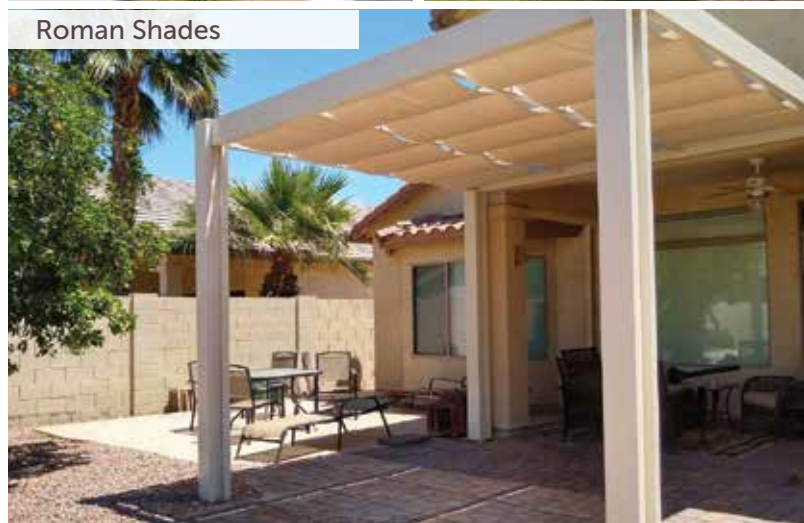
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Celebrate mom... and other mothers!



Show appreciation for your mom by spending quality time with her and the people she loves. It's also important to recognize the dedication and importance of many other mothers in your life.

Use your mobile phone

Before joining your family for Mother's Day brunch, take a few minutes to go through your phone contacts and send a short, personalized message to the extraordinary moms in your life.

Don't forget the grandmothers

Grandmothers tend to step aside to make room for mothers with young children, remind them that you're thinking of them, too!

This year, take the time to remind ALL the mothers in your life that they positively influence their children's lives and yours, too.

5 Mother's Day activity ideas

Mothers are courageous, strong and inspiring! Of course, they deserve to be thanked. Here are a handful of original Mother's Day activity ideas.

1. Family photo session

Give your mom the gift that keeps on giving, and you can split the cost among your family members. Those who never know what to gift mom will be relieved. Plus, your mother will have new and precious memories to share.

2. Afternoon tea

Restaurants in our area book quickly for brunch. Reserve an English-style experience now. Several establishments offer exceptional teas and sophisticated bites in a relaxed atmosphere. Or create your own English tea for Mom.



3. Game night

Is your mom more of a party girl? Try playing The Crumpled Paper Ball Game with her. Gather your family, put out a bowl of chips and do your best Céline Dion impression. You can easily find the rules online.

4. Outdoor day

Sometimes, the simplest activities are the most fun. Take a bike ride or a walk along the water and enjoy a picnic lunch. Being in the present moment with your mom is a great gift.

5. Wine tasting

Many artisans offer wine tastings and workshops in their picturesque wineries. Look up wineries in the area and make a reservation.

With a little research and planning you'll find the perfect activity for your mom. Focus on her interests and make Mother's Day special for both of you.



MAY 2024

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Here's a Tip

by JoAnn Derson

"Technology can be really helpful, especially if you have very little storage area for papers. I had a trustworthy teenager come over and help me scan all my important documents. I have everything on USB drives, saved to cloud, and have given copies to appropriate people. She showed me how to scan a copy of warranty receipts so I can find the information I need quickly if I have an electronic or appliance break down." -- T.L. in Massachusetts

Need to take pills daily? Set a reminder on your cellphone. It works!

I found a silver leaf pen at the craft store, and it was very easy to spruce the hardware on my favorite purse.

"If you have to cut a nylon cord or a shoelace, use a flame to melt the end into a nub that won't fray." -- R.S. in Maine

To keep your brick walkway clear of grass and weeds, sprinkle salt in the cracks.

Most recipes are geared for multiple portions, and you probably don't want to eat the same thing for five days straight. Try this: Get together with some friends and have a potluck. Have everyone bring an entree and a side dish. Split the food up packaged as meals. Everyone can cook once and eat for a week.

Hollywood

by Tony Rizzo

The search for 007 is over. Everyone guessed Tom Hardy, Henry Cavill, Idris Elba, and even this year's Best Actor Oscar winner, Cillian Murphy, but it's Brit-born Aaron Taylor-Johnson who will be Bond... James Bond! However, producer Barbara Broccoli, who is overseeing the screenplay, confessed that "filming is at least two years away."

Johnson has previously starred in "Kick-Ass" (2010) and "Avengers: Age of Ultron" (2015), among others. In addition, he has completed the reboot film of the TV series "The Fall Guy," opposite Ryan Gosling and Emily Blunt (releasing May 3). He has also completed the superhero film "Kraven the Hunter" with Ariana DeBose and Russell Crowe (out on Aug. 30), as well as "Nosferatu" with Bill Skarsgard ("It") as Count Orlok, Nicholas Hoult, Lily-Rose Depp and Willem Dafoe.

★★★

The super-busy Tom Hanks has finally picked his next project. He'll reteam with Robert Zemeckis, the director of "Forrest Gump" (for which they both won Oscars), to work on a film called "Here." It follows the events and inhabitants of a single room, spanning from the past into the future. Robin Wright (who saved "House of Cards"), Paul Bettany and "Downton Abbey's" Michelle Dockery co-star.



PHOTO CREDIT: DEPOSITPHOTOS

Aaron Taylor-Johnson
("The Fall Guy")

★★★

In 1959, when I was 13 years old, I hung around the off-Broadway Phoenix Theatre in New York City and became friends with the star of their current show, "Once Upon a Mattress," featuring a then-unknown Carol Burnett. During rehearsals, I met Mary Rodgers, the woman who created the music for the show, which ran for 470 performances. She was the daughter of Broadway legend Richard Rodgers of

Rodgers and Hammerstein.

In 1976, Mary wrote the screenplay for the film "Freaky Friday," which starred Jodie Foster, Barbara Harris, John Astin (Gomez Addams of "The Addams Family") and Dick Van Patten ("Eight Is Enough"). It cost \$5 million and grossed \$36 million.

In 2003, it was remade with Jamie Lee Curtis and Lindsay Lohan, and it was an even bigger hit (grossing \$160.8 million against its \$26 million cost). For years, Curtis and Lohan have wanted to revisit "Freaky Friday," and thanks to the Oscar that was bestowed to Curtis for Best Supporting Actress (for "Everything Everywhere All at Once"), they're finally going to get their wish. Curtis and Lohan will reprise their roles from the 2003 film for "Freaky Friday 2," due sometime in 2025 at the earliest.

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Honoring Memorial Day through meaningful volunteering

Memorial Day, observed on the last Monday in May, is dedicated to honoring and remembering military personnel who've made the ultimate sacrifice in service to their country. Unlike Veterans Day, which recognizes all veterans, living and deceased, Memorial Day specifically pays tribute to those who've lost their lives in the line of duty.

This Memorial Day, consider honoring the memory of fallen heroes by engaging in meaningful volunteer activities. Here are three impactful ways to contribute:

- 1. Participate in memorial services.** Many communities organize Memorial Day ceremonies or parades to pay their respects to the fallen. You can offer help in directing traffic, cleaning up after the event, setting up memorials, assisting with logistics or providing comfort and support to grieving families.
- 2. Lend a hand at military cemeteries.** Visit a local military cemetery and offer your time to assist with maintenance and beautification efforts. Many cemeteries organize events leading up to Memorial Day, such as placing flags and flowers on graves, and they depend on volunteers to ensure these traditions continue.
- 3. Support veteran organizations.** Volunteer your time and skills to organizations that support veterans and their families. Local chapters of organizations like the Veterans of Foreign Wars (VFW) or the American Legion often have initiatives that require assistance. You can help organize events or provide support services for veterans in need.

Volunteering is a great way to honor the sacrifices of those who have served and offer support for those who continue to serve. This Memorial Day, turn your gratitude into action.

Memorial Day



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Spring Cleaning and Safety

It's time to begin my annual spring cleaning, and this year it's going to be a bit different. Instead of just sticking with the window cleaning, closet organizing and dryer vent vacuuming type of activities, I'm going to concentrate on safety.

Grab bar in the shower: I'm going to bite the bullet and admit I probably should have one. I'll hire a handyman to make sure it's done right with the screws put into the studs so it won't come out.

New batteries in the smoke and carbon monoxide detectors: While the handyman is here, I'll have him install them because, yes, I've given up ladders.

Small rugs: The little rug I have in front of the kitchen sink has to go. It has a curled corner, and while I've managed not to trip on it, I need to remove it.

The pantry: I'll need to pull out every single thing and check the dates. This will include olive oil, spices, rice and all canned goods. In the laundry room this will include bleach, which can go stale and lose potency. (I'll need to look up the production codes to see when it was manufactured. After one year, it's probably degraded.)

Clutter: Yes, I've let certain things accumulate. I let myself get lazy over the winter about taking stacks of magazines to recycling (mostly because of the ice that always surrounds the recycling bins downtown). But they have to go.

Drugs: Expired drugs will need to go to the drop-off for disposal so they don't end up in a landfill.

Consider whether you want to add these ideas to your own spring cleaning list this year.

Here's a Tip

What's the best way to keep sheet sets together? Tuck all the pieces in a matching pillowcase, of course.

Need to hull strawberries? Try using a straw. You position the straw at the bottom of the strawberry, then push up toward the stem. It works quickly and well.

If you mount a magnet strip in your bathroom or on your vanity, you can use it to hold bobby pins or metal barrettes. Or mount a ribbon to hold all kinds of hair clips.

If your entertainment electronics have a clock that is too bright, cover it with plain tape. You will still be able to read the time, but the tape will lessen the glare.

If new jeans are too stiff, add half a cup of salt to your wash water along with the regular detergent.

Have stubborn stains in the toilet? Put some teeth in your cleaning job by dropping in a denture-cleaning tablet and letting it sit overnight. In the morning, scrub and flush. It just might do the job.

Save power with this tip: Use cold water to wash towels and jeans. Then hang them to dry -- preferably outside, but on an inside line is OK, too. When they are mostly dry, pop them in the dryer on air dry to fluff up. Towels and jeans take the longest to dry in the clothes dryer, and use a lot of electricity.

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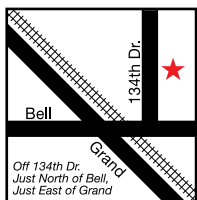
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Service-connected injuries and conditions for which you can receive compensation can be either physical or mental. But there's no one-size-fits-all when it comes to how much compensation you can receive. Whether it's hearing loss or depression, or cancer or PTSD, each one has a different rating, which results in a different level of compensation.

The Department of Veterans Affairs disability rating you are assigned after being approved is based on the severity of your condition. Your compensation will be based partially on that and partially on whatever else might increase that compensation, such as having a family or a disabled spouse, or if you've suffered severe disability or loss of limbs.

And from there it gets even more complicated.

It's possible for your rating to change over time if your condition worsens, but even when combining multiple ratings (conditions) it's nearly impossible to reach 100% disability.

Increasing your final rating by combining smaller ratings (for multiple conditions) is difficult because there are rules, charts and math to consider. There is combining the numbers, converting, rounding up or down to the nearest 10. For example, you can't take a 20% rating and a 60% rating and come up with an 80% rating. In this case, the actual combined rating equates to 68%, but it's rounded up to 70%... because the chart says so.

Combining three or more disabilities is even more complicated. And nowhere on that chart is a rating of 100% disability.

A 100% disability rating, if given, can be temporary (until your condition clears up or gets better) or permanent if given for severe conditions such as blindness or loss of limb. But reaching that level without those severe conditions is difficult enough that whole legal websites across the internet are devoted to that one effort: getting a 100% disability rating.

To wade through the disability compensation ratings and benefits, go to www.benefits.va.gov/compensation/rates-index.asp#howcalc.

The ratings calculator can be found at www.va.gov/disability/about-disability-ratings.

The VA is currently taking 158 days to make decisions about claims.



Poppies are worn on Memorial Day to commemorate the lives of those who died fighting for their country.

Poppies are handmade by veterans as part of their therapeutic rehabilitation and distributed across the country by the American Legion Auxiliary in exchange for donations that assist disabled and hospitalized veterans.

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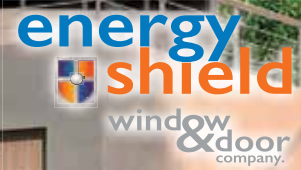
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YOUR GOOD HEALTH

by Dr. Keith Roach

Constant Aleve and Ibuprofen Consumption Can Cause Damage

DEAR DR. ROACH: My husband, age 70, has been diagnosed with osteoarthritis in his neck, for which he would take Aleve, when needed, to relieve his discomfort. Last year his back began hurting. His doctor said to get up and move more. (We have always been active, but he did slow down due to his pain.) My husband then added ibuprofen to the Aleve he was already using. His doctor said the pain is due to osteoarthritis in his mid-back area. Apparently, there is nothing to do for it but take Extra Strength Tylenol at the recommended dose. Ibuprofen or Aleve wasn't recommended because it causes liver and kidney damage, so he switched to Tylenol instead of Aleve and ibuprofen, but his pain only got worse.

He switched back to Aleve and ibuprofen. It helped before and is helping again. In addition, he is using a drug-free Aleve Direct Therapy pad that uses waveform technology. He also uses Icy Hot pain relief cream and a heating pad. These reduce his pain, but his back continues to hurt.

Should he use Aleve and ibuprofen instead of the Tylenol that doesn't seem to help? He has actually used Aleve for a very long time. He just had his blood tested, and the doctor said his liver and kidneys are good. Is there anything more we can do to relieve his osteoarthritic pain? -- S.F.A.

ANSWER: Osteoarthritis in the neck is a common and painful condition, and there are not always good treatment options. In terms of medicine, anti-inflammatory medicines, like Aleve or ibuprofen (Advil and many other brands), can be very helpful for some people.

However, taking both doesn't improve pain relief. It does increase the risk of toxicity, so he should never take two anti-inflammatory medicines -- choose just one. Tylenol helps some people, but in my experience, most people do better with anti-inflammatories instead of Tylenol, which does have a smaller risk of side effects.

In addition to liver and kidney problems, Aleve and similar medicines can cause stomach problems, ranging from mild upset to life-threatening ulcers; though, this is uncommon with over-the-counter doses. I often recommend a trial of Tylenol to see if it is as good as the anti-inflammatories. Since it's not for your husband, he should tell his doctor, and it seems reasonable for him to go back to taking Aleve alone. However, I can't tell you to disregard his physician's advice. Some people benefit from Tylenol on top of Aleve. The Aleve Direct Therapy pad uses electricity to relieve pain. It's fine to combine this therapy with medicines. Creams provide some relief, but they tend to be better on the hands, wrists and knees than the neck. In more severe cases, injections can be used before considering surgery.

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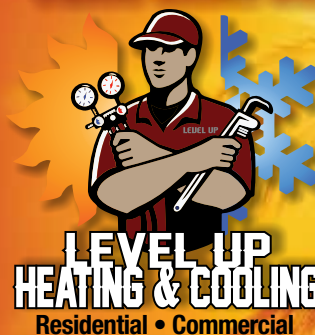


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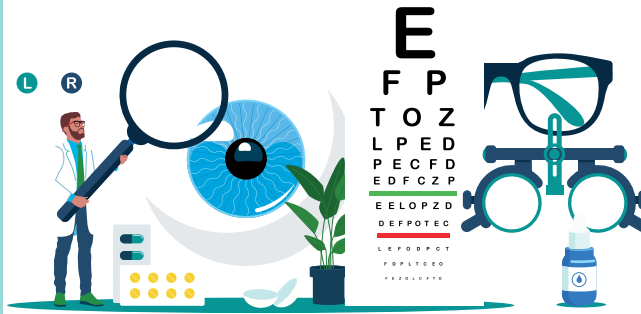
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- **Leafy greens.** Vegetables like spinach, kale and collard greens are rich in antioxidants like lutein and zeaxanthin, known to protect the eyes from harmful high-energy light waves like ultraviolet (UV) rays.
- **Omega-3 fatty acids.** Fatty fish such as salmon, mackerel and trout are abundant in omega-3 fatty acids. These essential fats contribute to the structural support of cell membranes in the eyes and may help prevent age-related macular degeneration (AMD) and dry eyes.
- **Colorful fruits and vegetables.** Fruits and vegetables with vibrant colors — like carrots, bell peppers and berries — contain vitamins, beta-carotene and antioxidants that support overall eye health.
- **Nuts, legumes and seeds.** Almonds, walnuts, lentils, chia seeds and flaxseeds are rich in vitamin E and zinc, that promote retina health and prevent cataracts and AMD.
- **Whole grains.** Whole grains like quinoa, brown rice

and oats contain vitamin E, zinc and niacin, contributing to overall eye health.

- **Water.** Staying hydrated is essential to maintain healthy eyes and prevent the symptoms of dry eyes.

May is Healthy Vision Month, so be sure to include these nutrient-rich foods in your daily meals to help maintain your vision. Remember, a well-balanced diet is a critical ingredient in the recipe for long-term eye health.



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Thought for the Day

“Don’t spend time beating on a wall, hoping to turn it into a door.”

-- Coco Chanel



Strange But True

by Lucie Winborne

Modern brunch was first proposed in 1895 as a post-hangover meal.

Quetzalcoatlus, the largest known flying animal, was as tall as a giraffe and may have used its powerful forelimbs to pole-vault into the sky.

In 1866, Cathay Williams became the first African-American woman to serve in the U.S. Army. Since women were barred from joining the military at the time, she enlisted as a man under the pseudonym William Cathay.

In Australia, weed whackers are called whipper snippers.

Beaver College changed its name to Arcadia in 2001, partly because anti-porn filters blocked access to its website.

The human body emits visible light, but it's not visible to the naked eye.

As astronauts spend months traveling to Mars, their eyeballs may change shape. Some scientists believe that's due to the pressure from fluids that won't drain from their heads, thanks to the low-gravity environment.

President Thomas Jefferson hated formal affairs so much that he would often greet foreign dignitaries in his pajamas.

Newborn babies have nearly 100 more bones than full-grown adults.

Louis Chevrolet died bankrupt and poor working as a mechanic for the company he started.

Buying a hot tub: avoid these faux pas

Are you dreaming of relaxing in your own hot tub? Before you go shopping, be aware of these three common mistakes:

Miscalculating your budget. Don't forget the cost of installation, electricity and maintenance. Carefully evaluate your budget to avoid going into debt.

Not trying it out. Imagine getting in your hot tub for the first time and realizing it's uncomfortable or the water doesn't cover your entire body when you sit down.

Paying for unnecessary extras. Having a hot tub with the latest stereo system, for example, can be costly. Why consider

flashy extras if you have no intention of using them?

Visit local hot tub retailers to find one you can enjoy year-round!



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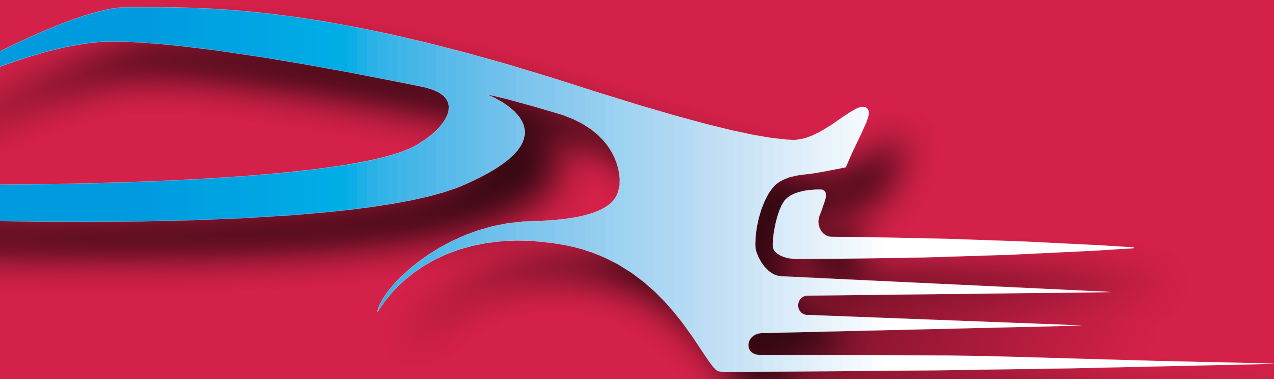
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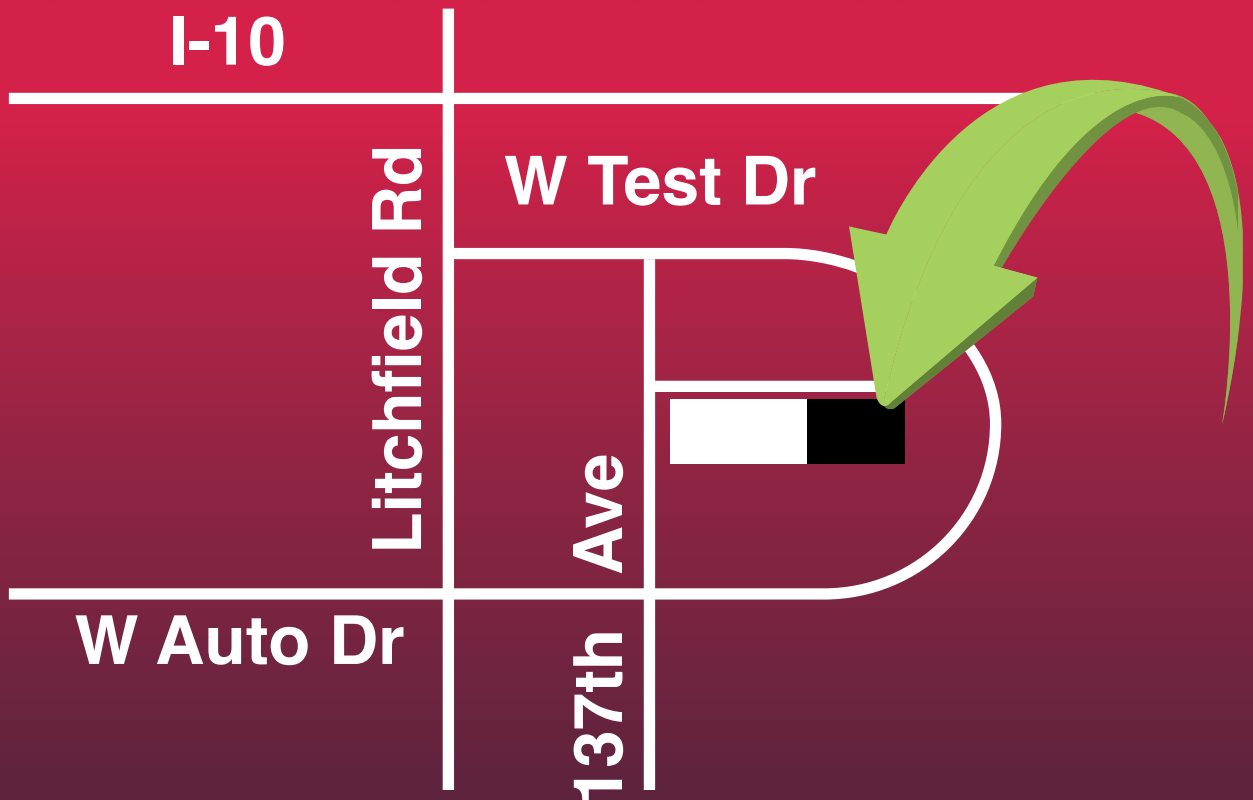
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RECIPE *from Stiletto Momma*

Mini Chicken Pot Pies

INGREDIENTS

- 2 cans (8ct) jumbo biscuits
- 1 can cream of chicken soup
- 1 cup cooked chopped or shredded chicken
- 1 cup thawed peas and carrots
- 1 can diced new potatoes, drained
- 2 tablespoons sour cream
- Pepper (to taste)

INSTRUCTIONS

1. Preheat your oven to 375 degrees.
2. Spray 2 muffin pans with oil
3. Press each biscuit down into the muffin cups, forming a cup shape with the edges raised.
4. In a separate bowl, mix cream of chicken soup, cooked chicken, mixed veggies, diced potatoes, sour cream, and pepper.
5. Spoon a few tablespoons of the mixture into each biscuit cup, filling them to the top.
6. Bake in a preheated oven for 20 minutes or until biscuits are golden.



Have you tried one of the recipes published 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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Teaching an Old Dog New Tricks

DEAR PAW'S CORNER: After my aunt passed away, I gladly agreed to take in her dog, "Hunter," a rather squat, obese Beagle. He's a happy old dog of about 9 years, but my aunt gave him little to no training other than housetraining. That makes walking him -- something the vet recommended I do twice a day, in addition to a diet -- a chore. Hunter will walk a few steps, then sit down and refuse to budge. When he does feel like walking, he either tugs the leash forward or lags behind. How can I correct this? -- *James T., Plano, Texas*

DEAR JAMES: Hunter is not used to the new lifestyle yet, and he's reacting in a predictable way. He's also out of shape and probably more stressed than you think. The first thing I prescribe is patience. The second thing I'd prescribe is persistence.

You'll want to gradually lengthen his walks. Each day, always at the same time, put Hunter on his leash and start the walk. As soon as Hunter begins to lag or tug forward, stop walking, adjust the distance so that he's standing or sitting next to you, and start again, saying, "Heel" as you step forward.

When he sits and won't budge, encourage him to go a few more steps by giving him a very small treat. Then turn around and go home. On your next walk, repeat this encouragement, going just a little farther. See what I'm getting at? Make each walk just a tiny bit farther.

As Hunter loses weight, learns to trust you and gains confidence on the leash, he will eventually pull you along. Time, patience and consistency will do the trick.

Readers, how did you train an older dog? Tell me about it at ask@pawscorner.com.

An advertisement for Wildlife World Zoo Aquarium & Safari Park. The ad features a vertical purple banner on the left with the text "GOOD FOR FOUR!" and "\$5 Off Admission Per Person / \$20 Value". The main text reads "Enjoy the new 5 acre addition to our Safari Park!" with "Safari Park!" in large, colorful letters. To the right, there are images of a monkey hanging from a branch, two zebras, two hippos, and a clouded leopard. Below the images, it says "See our 10 New Species! Including New Zebras, Pygmy Hippos, Clouded Leopard and Monkeys!". At the bottom, it lists "With 6,000 animals, 8 shows daily, tons of rides, a thousand thrills and a million smiles. All in One Day! Everyday!" and "Arizona's Ultimate, Year-Round Family Fun Destination. Arizona's Largest Collection of Exotic Animals." The address "Northern Ave. and the 303 Freeway" and phone number "623-935-WILD (9453)" are provided, along with the website "WildlifeWorld.com" and social media icons for Facebook, Instagram, Twitter, YouTube, and Snapchat. The Wildlife World logo is also present.

Pack your cooler like a pro!

Headed to the lake or taking the camper up north? To keep your food as fresh as possible follow this guide for packing your ice chest.

- Cook a few meals in advance and freeze everything that can be frozen, including meat and bottled water. These items will last longer and keep the cooler cold.
- Transfer food into airtight containers to prevent water from seeping in. This could cause bread to go soggy or lead to cross-contamination with meat.
- Put ice in the cooler a few hours before you leave so it's cold when you fill it.
- Place the most perishable items at the bottom of the cooler. Then, layer the rest of the food in the order you'll eat it (from the last meal to the first). This way, you can access what you need without emptying the entire cooler. Don't forget to put frequently used items on top!
- Put ice between each layer of food and top it off with more ice. This will ensure that the cold air circulates properly in the cooler. If the cooler isn't full, fill the gaps with ice cubes. If there are gaps, the ice will cool the air rather than the food and melt faster.
- If possible, keep drinks in another cooler so you don't have to open the food cooler as often.
- Finally, always leave your cooler in the shade to slow the melting process.



ICE BLOCKS OR ICE CUBES? Blocks of ice melt more slowly, while ice cubes fill empty spaces in the cooler. Therefore, a mixture of the two is ideal for keeping everything cold for a long time.

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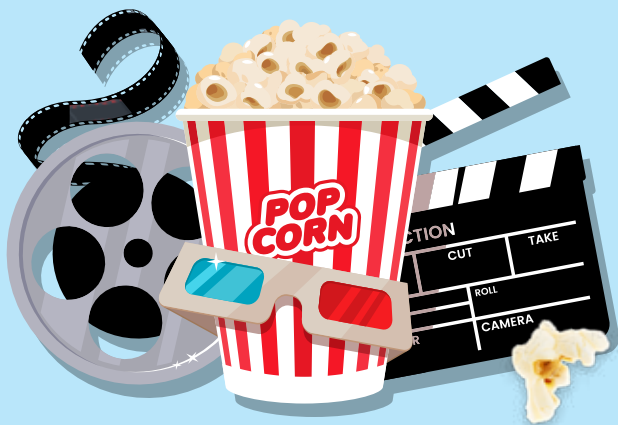
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TO WIN Enter by May 15, 2024

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

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

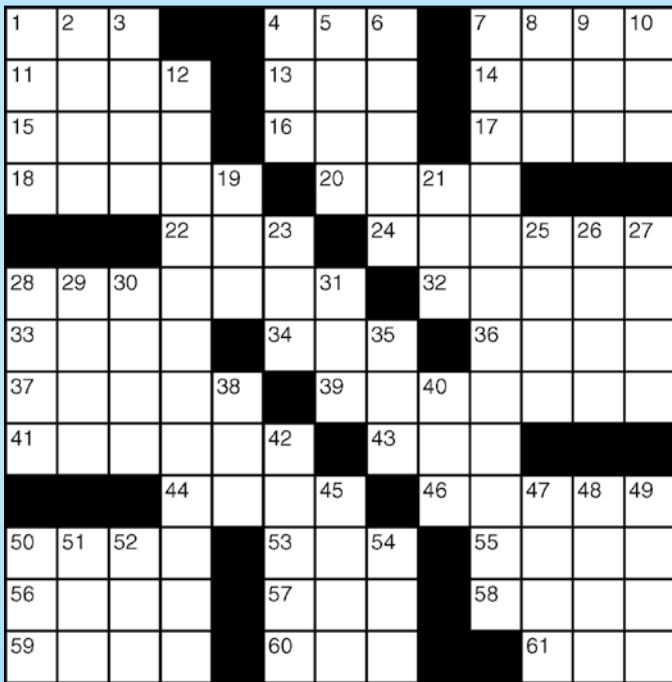
Name _____

Address _____

Phone _____

email _____

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



ACROSS

- 1 Goal
- 4 Hosp. hookups
- 7 "Peter Pan" pooch
- 11 "Pygmalion" writer
- 13 Use a straw
- 14 Bone-dry
- 15 Teeny bit
- 16 Capita lead-in
- 17 Makes lace
- 18 Tic
- 20 Laptop connection
- 22 Deli choice
- 24 Radiated
- 28 Reach
- 32 Battery part
- 33 King of the jungle
- 34 Dog's foot
- 36 Similar
- 37 Canal vessel
- 39 iPads, e.g.
- 41 "In America" writer Susan
- 43 -- Perignon
- 44 Partially mine
- 46 Chip choice

50 First light

- 53 Suitable
- 55 Roller coaster feature
- 56 "Zounds!"
- 57 Three, in Rome
- 58 Links org.
- 59 Pear variety
- 60 Storm center
- 61 Designer monogram

21 Ga. neighbor

- 23 Super Bowl VIP
- 25 Stirred
- 26 Tend texts
- 27 Cozy rooms
- 28 Priestly vestments
- 29 Pisa farewell
- 30 Trumpet
- 31 Chow down
- 35 Bankroll
- 38 Vichy water
- 40 "-- voyage!"
- 42 Shred, as cheese
- 45 Agile
- 47 Mimic
- 48 Swine
- 49 October birthstone
- 50 Cotillion celeb
- 51 Previously
- 52 Existed
- 54 Golf peg

DOWN

- 1 Tag sale words
- 2 Breakfast chain
- 3 -- Hari
- 4 AOL, for one
- 5 Perspective
- 6 Parsley piece
- 7 Site of the Martin Luther King Jr. Memorial
- 8 Coach Parseghian
- 9 Quibble
- 10 Billboards
- 12 Capital on the Potomac and 7-Down locale
- 19 Astronaut Jimeson

Answers on Page 25

Time to beat: 22 minutes

APRIL WINNERS

GRAND PRIZE
Regina Juarez

Buckeye

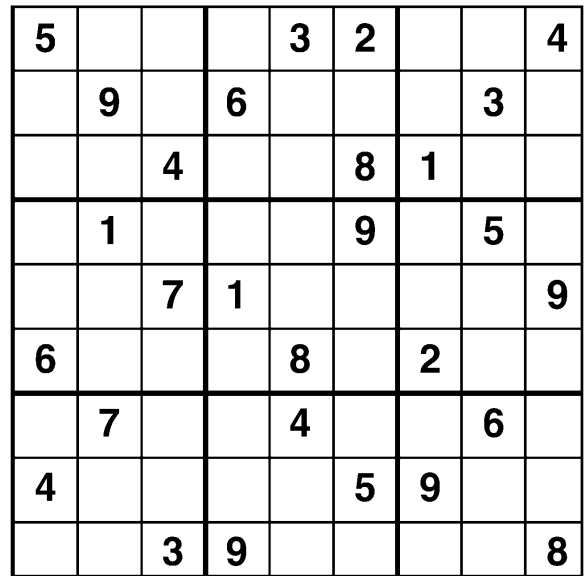
WINNERS OF MOVIE PASSES

- Michele Wade** - Goodyear
- Maureen Strachan** - Goodyear
- Angela Gibson** - Buckeye



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.

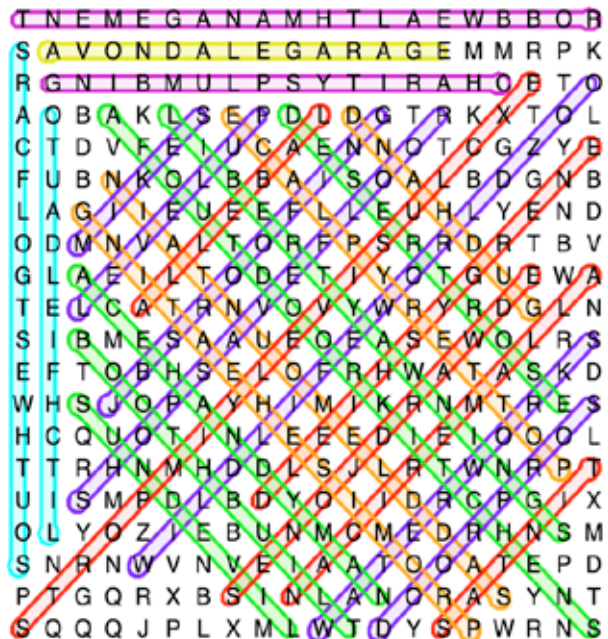
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Answers on Page 25

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PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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

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-- Bernard M. Baruch

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Q: Whatever happened to the actress who starred in “Cold Case”? I haven’t seen her in anything since it ended. -- *H.C.*

A: The CBS crime-procedural-drama series “Cold Case” had a very successful seven-season run from 2003-2010. It didn’t spawn off any “Cold Case” franchises – like “CSI,” “Law & Order” and the “Chicago” shows have – but it might be returning with a new cast and a new setting. The original series was set in Philadelphia and starred Kathryn Morris and Danny Pino, but the new version could be set in the Southwestern United States.



**Kathryn Morris as
Monica Shaw
in “Reverie”**

Morris has been working steadily ever since the series ended, just not in anything as long-running. Her last regular series was “Reverie,” a sci-fi drama that only lasted one season on NBC. She recently starred in the comedy film “Hayseed,” which you can find on Amazon Prime Video. But next up for her is the thriller “From Embers,” an indie film co-starring Matthew Morrison (“Glee”) and Kara Wang (“Top Gun: Maverick”).



Q: Are they really bringing back “Melrose Place” with Heather Locklear? How is she doing since her troubles from a few years back? -- *J.F.*

A: It’s still in the development stages, but yes, another reboot of “Melrose Place” is on the way. According to Entertainment Weekly, “when one of their dearest friends dies suddenly, the OG residents of ‘Melrose Place’ gather to honor the deceased.” But once the reunion kicks off, it “uncover[s] old traumas, rekindles old romances... and reveals new secrets.”

You might remember that there was another attempted reboot of the show back in 2009, but it was canceled after one season. It had a mostly new cast of twenty-somethings and starred Katie Cassidy, but this new reboot reunites members of the original cast. Heather Locklear, Laura Leighton and Daphne Zuniga are all reportedly returning, with more likely on the way.

As for Locklear, there were articles last July that stated she was reentering rehab for alcohol abuse, but there’s been no negative press since then. The fact that CBS Studios is willing to employ her for this new project means she’s likely back on her feet again.

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Dangers of sun exposure

It's important to remember that the sun emits powerful UV rays that can affect your health and appearance:

- Sun exposure increases the risk of developing melanoma and non-melanoma skin cancer, as well as eye and lip cancer.
- Staying in direct Arizona sunlight for any length of time can cause your body temperature to rise. Also known as sunstroke, this phenomenon can be very dangerous, causing convulsions and unconsciousness.
- Sun damage is the leading cause of premature skin aging. It can cause wrinkles, sagging and dark spots.

Tips for protecting yourself

There are several habits, products and accessories to help you enjoy the sun without compromising your well-being. Here are a few examples:

- Apply a sunscreen with SPF 30 or higher when you go out in the sun. *The U.S. Food and Drug Administration requires that sunscreen remain at its original strength for at least three years.*
- Buy high-quality sunglasses that provide both UVA and UVB protection. Choose a style that also protects the sides of your eyes.
- Choose tightly woven clothing and wear a cap or wide-brimmed hat. Sun lovers: consider sun sleeves and other UPF clothing. Studies show that UV-protective clothing works better than sunscreen
- Whenever possible, avoid going out in the sun when it's at its strongest.

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Chemical-free swimming pools, also known as natural pools, are becoming increasingly popular as an eco-friendly alternative to chlorinated pools. These pools have a distinct appearance and aid in preserving the ecosystem and reducing your carbon footprint. Discover some of the benefits of chemical-free swimming pools.

Seamlessly integrate into the landscape

Instead of pouring a concrete shell that can look artificial, natural pools use durable linings and natural materials such as stones to create a more organic appearance. The result can be so realistic that the pool looks like a pond!

If you already have a pool, it can be converted to a natural swimming pool by adding a regeneration zone or biofilm filter.

Health benefits

With a chemical-free swimming pool, you don't risk inhaling chlorine fumes or encountering skin-irritating chemicals. Additionally, incorporating aquatic plants into the design increases the oxygen content of the water, creating a more enjoyable swimming environment.

Save water and energy

Natural swimming pools use biological filtration systems, minimizing water top-ups and reducing water wastage. Also, natural pools don't require heating systems, drastically reducing energy consumption. This benefits the environment and your wallet!

If you want to combine the joy of swimming with your environmental values, natural swimming pools are a promising solution. Talk to a contractor in the area to learn more.

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INTELLIGENT WATERING

Invite home automation into your garden!

Home automation is a modern technology that allows you to control various systems in your home using your smartphone. It's an efficient way to save energy and money. If you have a garden, it's a great idea to consider home automation for optimizing plant watering and conserving drinking water.

How does it work?

Using a watering timer and several sophisticated sensors and algorithms, the system detects numerous data points and variables in real time, such as soil moisture and weather. Based on these readings, the system can adjust the irrigation in your garden to provide your plants with the precise amount of water they need, and only when they need it. This means no more wasting water.

Moreover, you can also program the system to water your plants at the best times, such as early in the morning. Depending on the system you choose, you may be able to connect it to other sensors, such as a sunlight sensor and your rainwater collector or well. This allows you to set up personalized watering programs for different areas of your yard.

Talk to local home automation companies to learn more about designing a connected and sustainable garden.





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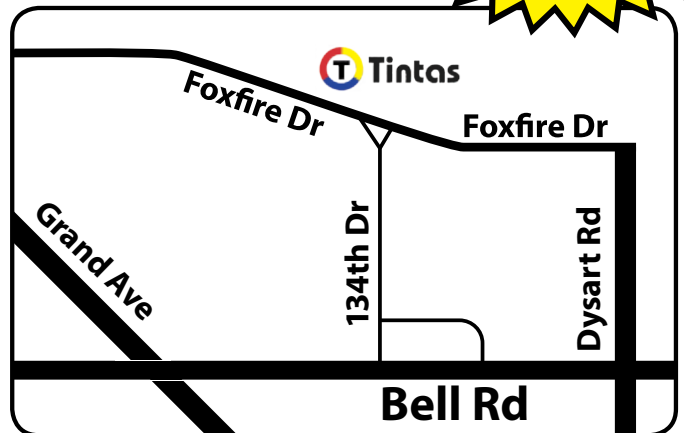
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