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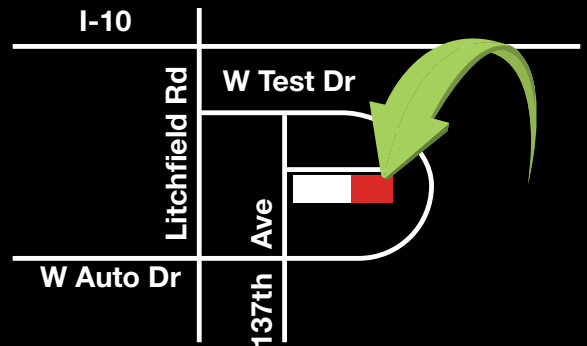
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Celebrity Extra

by Dana Jackson

Q: Is Dermot Mulroney really leaving "Chicago Fire" for good? It doesn't appear as if his character is coming back since he was fired. -- **O.C.**

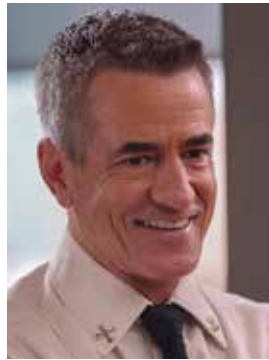


PHOTO CREDIT: COURTESY OF NBC
**Dermot Mulroney
as Chief Pascal in
"Chicago Fire"**

A: While no reason was given for Dermot Mulroney's exit from "Chicago Fire," it was preplanned and appears to be solely for storyline purposes. The actor has numerous upcoming projects, so it's very likely that he needed some time off for other endeavors. Whatever the reason, it's been reported that his character, Chief Pascal, will most likely return by this season's finale.

In the meantime, Rob Morgan will take command of the battalion as Chief Hopkins. Morgan is a talented character actor whom you'll recognize from

"Stranger Things" and "Winning Time: The Rise of the Lakers Dynasty," but he's probably best known as Turk Barrett in several Marvel productions like "Daredevil" and "Luke Cage."



Q: Is "Lioness" returning for another season, and will Nicole Kidman still be in it? She's in so many different series and movies lately. -- **P.D.**

A: Yes, "Lioness" is returning to Paramount+ for its third season. Production began in Texas back in October 2025 with star Zoe Saldana and new series regular Ian Bohen. And yes, prolific actress Nicole Kidman will also return as cutthroat CIA boss Kaitlyn Meade. You can also catch Kidman in her new series "Scarpetta" on Amazon. Season one of "Lioness" premiered in July 2023 and season two in October 2024. An official premiere date hasn't been announced yet for the upcoming season, but I would expect it by year's end.

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Working part-time after retirement: for the paycheck, yes, but mostly **FOR THE FUN!**

If you've recently retired—or even if it's been a few years—you may still miss the satisfaction of a productive day. Even with financial security, a part-time job can add structure, purpose and extra income. Many retirees say the “fun” factor is a big reason they return to work.

Sharing projects, joking with coworkers, and chatting with customers can boost your mood and keep you socially engaged. Today's employers also offer flexible hours and welcoming environments.

If you're looking to feel useful, stay connected and enjoy your days, consider updating your resume and exploring part-time opportunities.



APRIL 2026

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Ideas for nurturing—or rediscovering!—your **INNER CHILD**

As you get older, it can become harder to maintain a sense of wonder or approach life with a lighthearted attitude. Worrying about what others think about you or the fear of appearing “unserious” can hold you back. Is it still possible to let your inner child shine? Here are a few ideas to explore.

SPEND TIME OUTDOORS

Hiking in the mountains or walking in the park are excellent ways to refocus on the present moment. A connection with nature allows you to engage your senses the way you did as a child. Take a moment to smell the flowers, listen to the birds singing and touch the bark of a tree. You’re sure to feel younger.

INDULGE IN A SWEET TREAT

Children love sweets, and for good reason. These foods activate the brain’s reward system. If your health allows, go ahead and indulge. Does a particular treat remind you of family outings or friends from school? Savour it fully to relive those wonderful memories.



REVISIT AN OLD HOBBY

Remember how you loved to sketch and doodle when you were younger? Were you quite skilled at playing the guitar or piano? Set aside a few moments throughout the week to explore an activity you’ve left behind over the years. It will boost your mood and help nurture your creative side, two essentials for keeping your mind sharp.

A promotional advertisement for Club Car golf carts. The background is light blue with decorative green foliage and a bee. The Club Car logo is in a black rounded rectangle. The word 'ONWARD' is written in large, bold, black letters. Below it, text describes the types of vehicles and financing options. A large yellow banner at the top right says 'SPRING CLOSE-OUT' and a blue banner below it says 'UP TO \$4250 OFF NEW 2026 ONWARDS'. A silver golf cart is shown in the center-right. At the bottom, four locations are listed with phone numbers, and the website 'WWW.SWGOLFCARS.COM' is prominently displayed. A green banner at the bottom right says '2027 MODELS COMING SOON!'.

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April is ORAL HEALTH MONTH

5 proven tips for a healthy mouth

Healthy teeth and gums help you smile with confidence and give you the courage to take a bite out of life! Good oral health is especially important for seniors. Regular brushing, flossing and dental checkups help prevent gum disease, tooth loss and infections that can impact overall health. Poor oral hygiene has also been linked to conditions such as heart disease and diabetes.

Maintaining a healthy mouth supports proper nutrition, boosts confidence and contributes to a better quality of life. Here are five proven tips to keep your mouth healthy.

1. MAINTAIN A RIGOROUS DAILY HYGIENE ROUTINE

Brushing your teeth at least twice a day is essential. You should also floss or use an interdental brush daily to remove plaque between your teeth. Choose fluoride toothpaste and mouth rinses to strengthen enamel and protect against cavities.

2. EAT A BALANCED DIET

Eat a variety of foods rich in fiber, vitamins and minerals. Limit sugary snacks, such as candies and cookies, as well as highly acidic foods and drinks like citrus fruits and soft drinks. And don't forget to drink plenty of water.

3. VISIT THE DENTIST EVERY YEAR

Schedule routine dental checkups to catch problems early, before they become painful—or



expensive! Professional cleanings remove tartar buildup and help prevent gingivitis.

4. AVOID HARMFUL HABITS

Certain habits can increase your risk of developing oral health problems. Smoking, for example, seriously damages your oral health and increases your risk of gum disease and oral cancer. Don't use your teeth as tools—to open packages, for instance. Avoid oral piercings, which can lead to fractures and infections.

5. EXAMINE YOUR MOUTH REGULARLY

Stand in front of a well-lit mirror, open your mouth wide and pull open your lips and cheeks. Look for sores, white or red spots, bleeding or unusual swelling. If you notice any sudden changes, book a visit with your dentist.

Consult your local dental care experts for personalized advice.

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Here's a Tip

by JoAnn Derson

To halve a lot of cherry tomatoes, try sandwiching them between two plastic lids. Press down lightly and slice through the opening to make short work of them.

Keep your crisper drawer clean by lining with fresh newspaper. It will absorb smells and liquid, and can be replaced easily.

*"The little bit of candle wax left when the candle has burned down all the way can be easily removed by setting the whole thing in the freezer for 10-15 minutes. The wax surface hardens and shrinks, making it easier to chip out."
-- Y.G. in Arkansas*

To easily thread a needle, spritz the end of your thread with a little high-hold hairspray and pull taut. It will be much easier to thread this way.

Need a quick measure? A U.S. dollar bill is exactly 6 inches long.

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Don't fall for scam emails

An email appearing to come from a familiar source may look routine, especially if a renewal notice is expected. However, an invoice claiming a credit card will be charged immediately should prompt closer review.

Common warning signs include mismatched details: a phone number or address that doesn't match the company, incorrect charges or plan names, and a renewal date that doesn't align with actual records. These messages often create urgency and direct recipients to click a link to "verify" information.

This is a typical scam tactic designed to trigger quick action. Instead, contact the company directly using a verified phone number or official website. Legitimate providers can confirm account details and identify fraudulent messages.

Scammers usually send these emails in bulk, not targeting specific individuals. The takeaway: track subscriptions, verify renewal dates, avoid clicking suspicious links, and confirm anything questionable directly with the company.



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Common Indoor Air Pollutants



OPERATION CLEAN AIR: Get rid of indoor air pollution

Spring cleaning may make you think of washing windows and laundering curtains, but what about the air inside your home? In some residences, the air indoors can be more polluted than the air outside. And unfortunately, dust and dirt can make respiratory issues like asthma worse. Here are five strategies to help you breathe easier.

KEEP YOUR FLOORS CLEAN: Make sure people take their shoes off at the door and vacuum with a high efficiency particulate air (HEPA) filter. This way, you'll reduce allergens and harmful chemicals that can get into your home.

DON'T LET IT GET TOO HUMID: Excess humidity attracts mold, dust mites and other allergens. Use a dehumidifier or the AC to keep humidity levels low.

GET SOME HOUSEPLANTS: Not only do plants help filter the air in your home, they can also boost your mood. Peace lilies and rubber plants make great air purifiers and are easy to take care of.

HAVE YOUR DUCTS CLEANED: Think of air ducts as the lungs of your home; all the air from your heating and cooling systems flow through them. If you can't remember the last time you had them professionally cleaned, now's the time.

CHANGE YOUR FILTERS: Your air conditioner, furnace, dryer and range hood all have filters that should be changed regularly to keep them working efficiently and the air in your home clean.

This spring, breath easier by adding the above five items to your cleaning routine.

Strange But True

by Lucie Winborne

The chess-playing supercomputer Deep Blue could calculate 100 to 200 billion different positions in less than three minutes.

Each spacecraft headed for Mars gets a thorough cleaning beforehand as a precaution against contamination from Earth.

TV's classic "Jeopardy" theme was composed by Merv Griffin as a lullaby for his son.

Chihuahuas have one of the largest brain-to-body size ratios of any dog breed

During the Cold War, Ronald Reagan and Mikhail Gorbachev agreed to lay aside their differences in the event aliens ever invaded Earth.

Waste fat from bacon was turned into glycerin and used to make explosives during World War II.

Pablo Picasso became a suspect in the 1911 Mona Lisa theft after it was discovered he had kept sculptures stolen from the Louvre by a friend.

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Hollywood by Tony Rizzo

What do Arnold Schwarzenegger and Sylvester Stallone have in common? They just can't seem to move on from characters they've created. "Mission: Impossible" director Christopher McQuarrie is writing and directing "King Conan," a sequel to 1982's "Conan the Barbarian." It follows a 78 year-old Conan who's been king for 40 years and is being forced out of his kingdom. And what a coincidence, Schwarzenegger just happens to be 78! "Conan the Barbarian" was a huge box-office hit in 1982 and grossed \$80 million (worth \$240 million today). But a reboot with Jason Momoa in 2011 only grossed \$63.5 million.



Arnold Schwarzenegger and Sylvester Stallone

PHOTO CREDIT: IMDB

Schwarzenegger might be wiser to revisit "The Terminator," which spawned six sequels and grossed more than \$2 billion. He also has an upcoming role in the martial-arts comedy film "Kung Fury 2," which David F. Sandberg ("Shazam!") has written, is producing, and is starring in along with Michael Fassbender and David Hasselhoff. It was shot between 2018 and 2020 but was stopped by investors who filed lawsuits. It is still incomplete with ongoing legal issues.

Add to the mix "The Man with the Bag," in which Schwarzenegger plays Santa Claus. Alan Ritchson, Awkwafina, Jane Krakowski and Ken Jeong co-star in the film.

Meanwhile, Stallone, 79, is an executive producer of the prequel "John Rambo," which is shooting in Bangkok and stars Noah Centineo as a young Rambo. This is the sixth "Rambo" film; the first five grossed \$819 million combined since 2008.



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Strange But True

Sweden is so efficient at waste disposal that only 1% of its garbage goes to landfills.

Viking burials included board games.

When making badminton shuttlecocks, the most prized feathers are said to come from a goose's left wing.

The 1967 Outer Space Treaty prohibits any nation from trying to own the moon.

A young man from Arizona saved a woman's life by using CPR he'd learned from watching an episode of "The Office."

Spiders recycle webs by eating them.

A study has shown that dunking an Oreo in milk for three seconds renders the optimal balance between soginess and structural integrity.

Sloths may be the only animals that don't fart.

"Family Feud" host Richard Dawson met his second wife, Gretchen Johnson, when she was a contestant on the show -- and yes, he kissed her.

VETERAN'S POST by Freddy Groves

Protecting your benefits

On National Slam the Scam Day for 2026, the VA stepped up, along with other federal agencies, with an array of information to keep veterans safe from scams and fraud. Thieves don't just work one day per year. However, we must stay vigilant all year to protect our benefits and personal information.

Why do they want us? Because we have income and benefits. How do they approach us? Phone calls, emails, text messages, social media, phishing, impersonation, fake charities -- you name it, the crooks have thought of it as a way to get to us.

If you're approached, whether on the phone or in email, the more urgent the problem, the more likely it's a scam. A scammer might pretend to be from the VA and try to claim there's something wrong with your benefits -- and that you need to hand over your personal information so they can "fix" the problem. They might want your bank account access info or password, your Social Security number, your date of birth. The answer is no.

Don't do a direct deposit into another person's account -- even if it's a relative! If you need a fiduciary situation (where someone helps you with finances), have that person go through the accreditation process and be authorized to assist you. You're protected that way.

If you're told you need to hand over a fee to get claims assistance from the VA or to apply for increased benefits, it's fraud.

Invest in a shredder and use it to cut up not only VA documents with personal information on them, but any documents that can go astray, even when you put out the trash.

If someone calls and claims to be from the VA and asks you to pay for something with a gift card or bitcoin, feel free to laugh as you hang up the phone. It's an impostor. Report it to the VA at 800-827-1000.

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A slow drip from a pipe, roof damage after a monsoon storm, or a worn-out water heater can lead to warped wood, drywall damage, and mold growth. Because homes aren't constantly exposed to moisture, these issues often go undetected until repairs become costly.

Warning signs include water stains, peeling paint, musty odors, or unexplained increases in water bills. Regularly checking under sinks, around appliances, and inspecting the roof after storms can help catch problems early.

The takeaway: don't assume you're safe from water damage just because you live in a dry climate. Address small leaks quickly, maintain your home's structure, and schedule routine inspections to prevent expensive repairs later.

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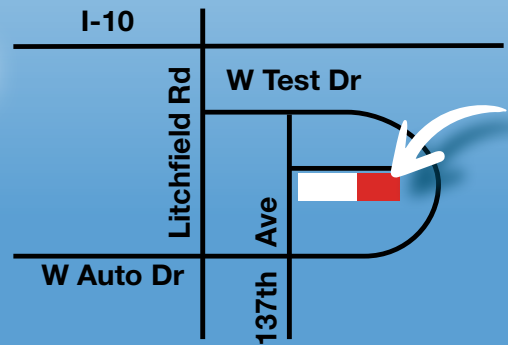
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There's always opportunity to improve your golf game. And when it comes to lowering your score, putting remains one of the fastest ways to see results. By incorporating a few targeted exercises into your routine, you can build consistency, confidence and control on the greens—no matter the season.

PRACTISE YOUR STROKE

Place two small boxes—like golf-ball or tissue boxes—on the floor. Space them far enough apart that the head of your putter fits between them. Practise your putting stroke along this small "corridor," trying not to touch the boxes. This exercise trains your swing to stay straight and accurate once you're on the green.

MASTER DISTANCE CONTROL

Place a sheet of paper on a carpeted floor. This will be your target. Stand a few yards away and putt the ball toward the sheet so it lands on the paper. Gradually move farther back to increase your ability to judge distance during actual play.

IMPROVE YOUR GRIP

Place several balls on the ground, or on the floor if you're indoors. Take a series of putts using only one hand at a time. Repeat the exercise, alternating hands to better understand the mechanics of your swing. This exercise will also help you develop a better grip on your club.

Set a regular practice schedule to master your putts from your first round of golf of the year! Visit a sporting goods retailer in your area for all your equipment needs.



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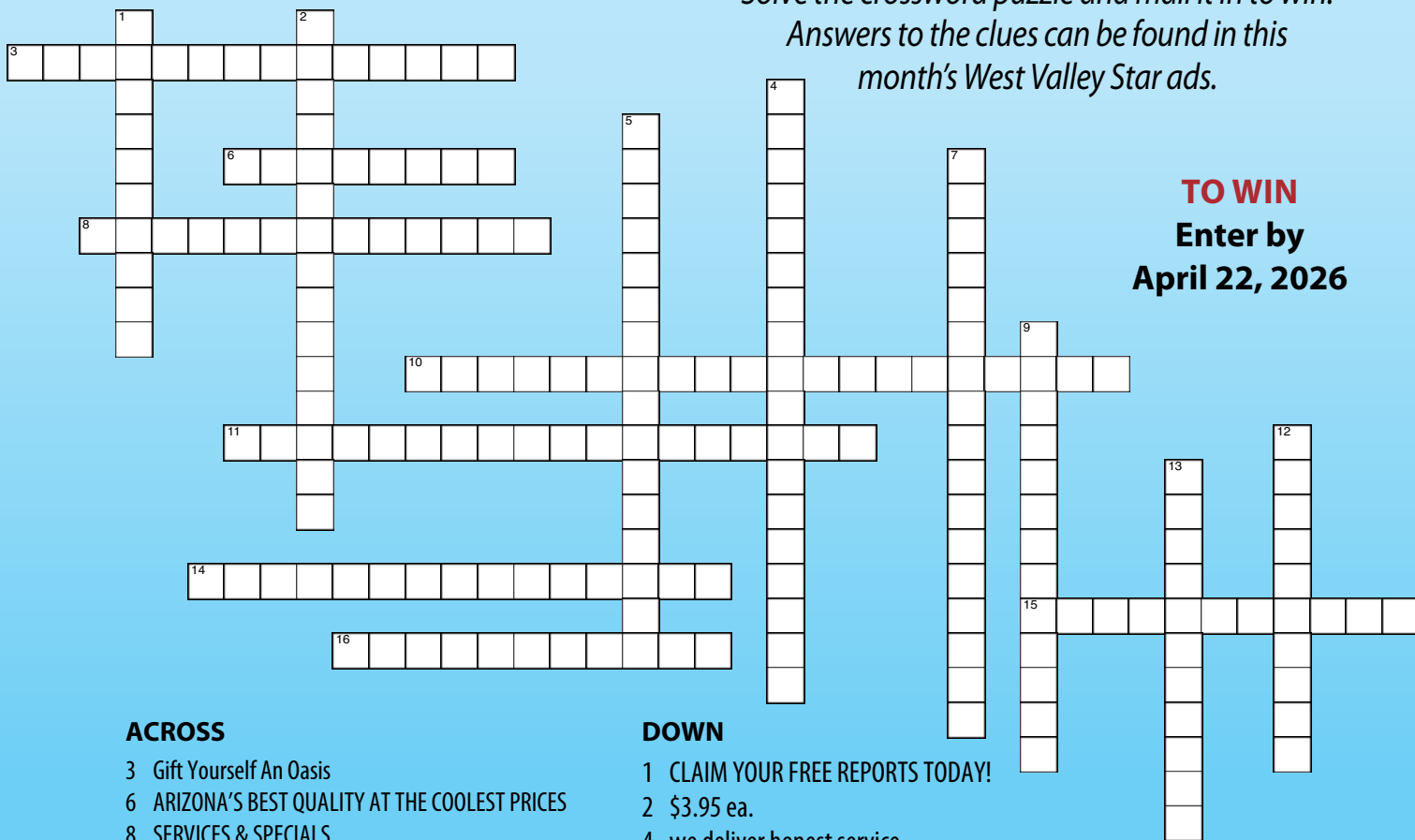
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Check www.westvalleystaraz.com for any corrections or announcements. Scan and email completed puzzles to info.westvalleystar@gmail.com or...

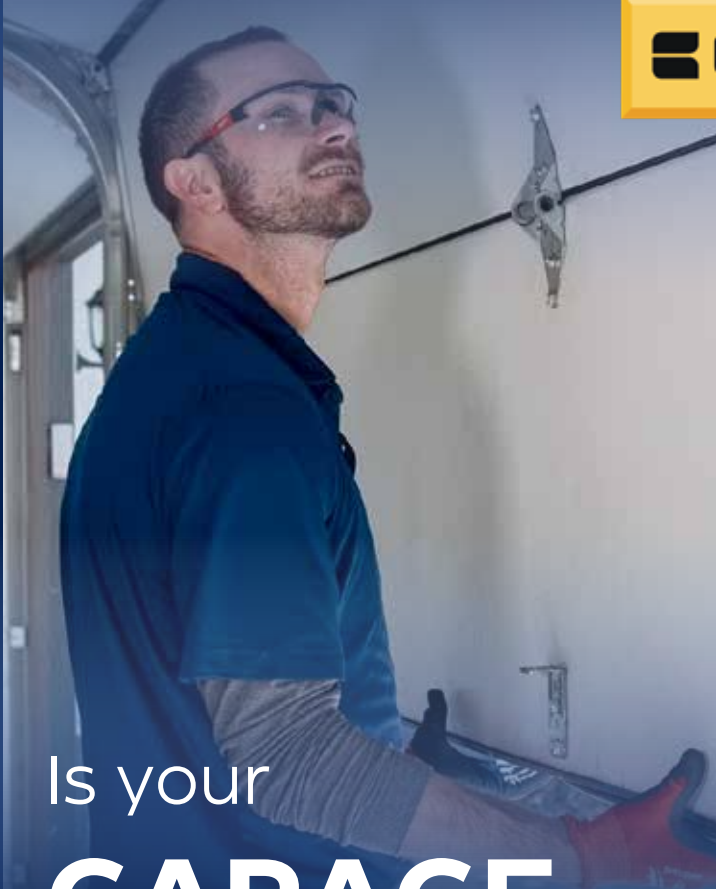
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A Place for Hannah is an Arizona non-profit dedicated to helping previously incarcerated women and justice-impacted youth rebuild their lives with dignity, stability, and hope.

Founded in 2022 by professionals with over 30 years of combined experience in behavioral health, the organization works both inside and outside prison walls to support lasting change.

Through experiential mental health classes, re-

entry and discharge planning, and community-based support, A Place for Hannah equips individuals with the tools needed to navigate life after incarceration focusing on trauma awareness, emotional regulation, communication, grief, boundaries, and life skills.

The organization also partners with schools to educate youth on mental health and resilience, helping prevent cycles of crisis before they begin.

By providing essential resources, supportive community connections, and opportunities to give back through service projects, **A Place for Hannah** empowers individuals to rediscover their inherent worth, rebuild relationships, and create brighter, more stable futures.

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For more details contact Kaylan Kelly @ 623.882.6535

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CONTACT KAYLAN KELLY AT 623-882-6535 TO GET INVOLVED.

RECIPE

Mini quiches with ham and Swiss cheese

INGREDIENTS

SERVINGS: 8

6 eggs

3 ½ ounces cooked ham, finely diced

3 ½ ounces Swiss cheese, finely diced

1/2 cup 35% heavy whipping cream

Salt and pepper, to taste

1 package of 8 puff pastry tart shells

A few sprigs of fresh thyme

DIRECTIONS

1. Preheat the oven to 400 F.
2. In a large bowl, crack the eggs and whisk them lightly. Add the ham, cheese, cream, salt and pepper. Mix well.
3. Pour the egg mixture into the tart shells, filling them about three-quarters full.
4. Bake for 18 to 22 minutes or until the pastry is golden brown and the egg filling is lightly browned.
5. Sprinkle with fresh thyme before serving.

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Indoor gardening trends to explore

Are you a veggie lover who enjoys a little refinement in your everyday meals? Before the 2026 outdoor gardening season gets underway, consider trying one of these up-and-coming trends.

SPROUTS. Bean sprouts, alfalfa sprouts or any kind of legume sprouts are ready to eat in just a few days, giving you maximum freshness and flavour with minimal effort.

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Visit your local gardening supply stores today to find everything you need to create your indoor gardens and get that green thumb growing.



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Green living

Tips for an eco-friendlier home

Want to reduce your environmental impact at home? Small, everyday actions can make a big difference. Here are a few ideas to get you started.

Start with your electricity use. Turn off extra lights and unplug appliances like toasters, blenders and printers when you're not using them. Replace traditional light bulbs with energy-efficient LED models. Choose ENERGY STAR® certified appliances and consider installing smart thermostats.

Next, think about your drinking water. Repair leaky faucets as soon as possible and turn off the water while lathering up in the shower or brushing your teeth. Installing water-saving fixtures, such as low-flow showerheads and efficient toilets, is also a good idea.

Finally, rethink your household cleaning products. Many conventional cleaners contain polluting ingredients. Instead, choose eco-friendly alternatives or make your own using simple ingredients like vinegar, lemon juice and baking soda.



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ANSWERS TO PUZZLES ON PAGE 22

S	T	R	A	P	R	A	G	S	T	E	
A	B	U	T	S	A	G	O	L	E	T	
P	A	S	T	A	M	A	D	R	U	S	H
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1	3	7	9	6	8	5	2	4		
6	5	2	3	4	7	9	8	1		
8	4	9	2	1	5	3	6	7		
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9	6	8	5	2	1	7	4	3		
7	9	6	1	8	2	4	3	5		
4	2	5	6	7	3	8	1	9		
3	8	1	4	5	9	6	7	2		



How supermarkets are helping the environment

Did you know that a growing number of supermarkets are taking steps to reduce their environmental footprint? Here's an overview.

TACKLING FOOD WASTE

Many supermarkets are partnering with anti-waste mobile apps, such as FoodHero, Flashfood and Too Good To Go. These platforms allow customers to buy unsold food at reduced prices, keeping perfectly edible food out of landfills.

IMPROVING BUILDING EFFICIENCY

Many grocery stores are now investing in technologies to reduce greenhouse gas emissions. Carbon dioxide refrigeration systems help make stores significantly more energy efficient due to features like heat recovery, high-performance building envelopes, LED lighting and solar photovoltaic panels.

SUPPORTING FOOD BANKS


As the cost of living continues to rise, families are turning to food banks more frequently. Supermarkets play an important role by donating unsold but edible food. These donations reduce waste and provide direct support to local communities.

REDUCING PLASTIC PACKAGING

Too many foods are still unnecessarily packaged in plastic. As a result, packaging standards are growing more stringent. Retailers are increasingly offering customers unpackaged fruits and vegetables, along with a wider range of bulk products.


Every industry has a responsibility to reduce its environmental impact, and food retailers are no exception.

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Thought for the Day:

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-- John F. Kennedy





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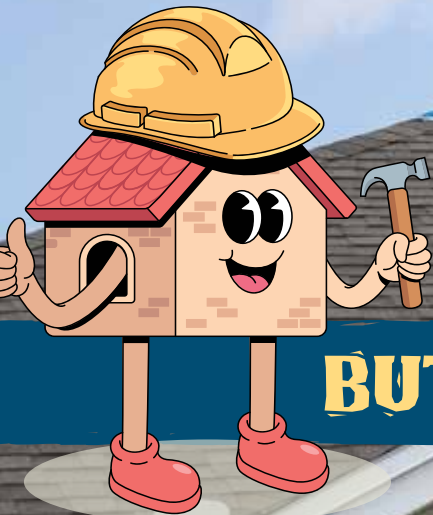
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