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HAPPY LABOR DAY!

**THANK YOU
to all employees!**



The past two years have been challenging for Americans. Employees across the nation had to deal with the stress of the pandemic along with the closure of businesses, offices and schools.

Workers in all industries have shown exceptional flexibility and dedication in implementing public health measures, including physical distancing, wearing a face mask and sanitizing hands and surfaces, among others. Many had to adapt to working from home, and others were forced to change their schedule to meet increasing or decreasing workloads.

This exceptional adaptability, resilience and hard work deserve to be highlighted this year. We would like to honor our team, and workers everywhere, and express our sincere gratitude to them.

**THANK YOU
TO ALL EMPLOYEES**

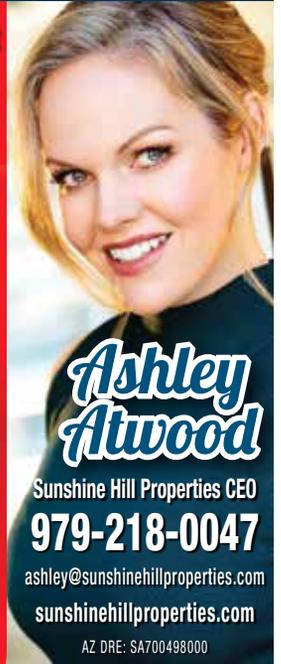
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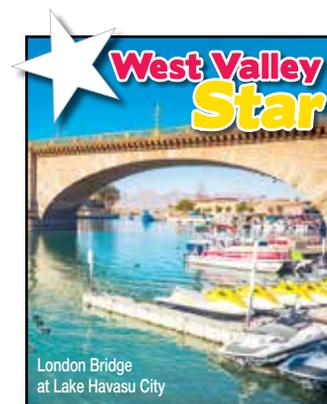
Enjoy the great outdoors even with reduced mobility

Are you in good health but use a wheelchair or walker? Whatever your mobility limitations, you can still spend time enjoying the pleasures of nature. With a bit of research, you can find outdoor destinations adapted to diverse users, including seniors with limited mobility.

An online search will yield several places designed for mobility-challenged nature lovers. Trailink.com lists wheelchair accessible trails and maps in Arizona, and www.visitphoenix.com/stories/post/accessible-hiking-spots/ has an excellent list of the top barrier-free hiking spots in greater Phoenix.

You might also find that you are interested in

some specially designed equipment to enable people with limited mobility to enjoy a unique experience despite their condition. Consider borrowing or renting an adapted wheelchair or a modified bicycle to travel on uneven or more-challenging paths.



London Bridge at Lake Havasu City

SEPTEMBER 2022

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"There will be a shelter to give shade from the heat by day, and refuge and protection from the storm and the rain.

Isaiah 4:6



"You don't have to be a visionary, you just have to have vision. I'll help you create the plan."

A down-to-earth advisor who has been in the business since 2001, Laura Robb enjoys helping clients create a financial road map to help them pursue their goals and passions in life. She works with individuals, families, single women and snowbirds, offering wealth management strategies in step with their needs, objectives and risk tolerance.

Laura's clients appreciate how she explains technical topics in terms that are easy to understand, empowering them as investors. She takes her responsibility as a steward of her clients' resources very seriously.

"I always feel honored when someone chooses me to be their financial advisor," Laura says. "It is not something to be taken for granted." She prefers an in-depth approach to getting to know clients, which guides her decision-making. She strives to provide personalized strategies for managing and preserving wealth based on strong relationships.

Laura joined Raymond James in October 2015, drawn by its in-depth resources and investing platform that empowers her personalized style of advice. Prior to that, she served as an advisor and limited partner at Edward Jones in Port Angeles, Washington, for 14 years, where she also offered her skills as a mentor, field trainer and new advisor trainer.

Laura makes time to serve in the community to make a difference in others' lives. She volunteers with Meals of Joy senior meal program, and is currently their vice-president. She also volunteers with Rotary International, Sequim Education Foundation, United Way, Montessori in the Park and she's a current class member of Leadership West.

Though she grew up in Southern California, she built her career in Washington state and now splits time between Washington and Goodyear, Arizona. When she's away from the office, you'll find her traveling, gardening, riding her motorcycle, mountain biking and spending time with family, which includes her husband, Jeffery, and their children, Danielle and Colby.

Laura Robb
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Here's a Tip

by JoAnn Derson

Test the seals on your refrigerator and freezer by closing a piece of paper in the door. If you can pull it out easily, your seal is probably loose. Clean or replace door gaskets for a better seal.

"For homemade spray and wash, mix 2 cups of water, 2 tablespoons of white vinegar, 1 tablespoon of baking soda and 1 tablespoon of dish soap." -- K.W. in Tennessee

If you've just purchased an expensive electronic item, take the packaging to a recycling center rather than advertise your purchase by putting the box at the curb. If that's not possible, cut the box into uniform pieces and bind them together, non-printed side facing out.

I lay out my school clothes and even my hairbrush and stuff to get ready. I put my shoes and socks by the front door. I am always ready before my sister, and I get to watch TV while she is running around. -- R.G. in Florida

"Our family loves to make our own pizza, and we purchase dough from a pizzeria. On pizza nights, I pick up the dough first thing on the way home from work. I let it sit in a bowl in the car while I pick up the kids and drive home. It takes about 45 minutes, so it's risen nicely while we've been on the go." -- E.F. in New York

Hollywood by Tony Rizzo



PHOTO CREDIT: DEPOSITPHOTOS

Harrison Ford

Is "Indiana Jones 5" Harrison Ford's last film? Five-time-Oscar-winning composer John Williams let it drop, as he announced that he'd be retiring after this film, that he believed Ford would be retiring as well. After five Indiana Jones films and a career spanning over 57 films, Ford's earned the right to do nothing. For the first four "Indiana Jones" films written by George Lucas, Steven Spielberg served as director, but "Indiana Jones 5" will not be directed by Spielberg or written by Lucas. Spielberg once said he'd never make an "Indiana Jones" film without George Lucas. He's kept his word— in February 2020, Spielberg passed the baton to director James Mangold, who helmed "Walk the Line," "The Wolverine" and "Ford v Ferrari" (among others). The story's been written by Mangold, along with Jez and John-Henry Butterworth, who were also writers for "Ford v Ferrari." Originally set in 2016 for a 2019 release, it'll now open July 2023, with Ford, Phoebe Waller-Bridge, Mads Mikkelsen, Toby Jones and Antonio Banderas. Filming began in June 2021 and wrapped this past February.



Forbes named Jim Parsons the highest paid TV actor ever because of his \$26.5 million salary from "The Big Bang Theory." Since the show ended, Parsons has continued as the narrator of "Young Sheldon" and produced his "Bang" co-star Mayim Bialik's series "Call Me Kat." He and his art director husband/producing partner, Todd Spiewak, have completed the film "Spoiler Alert: The Hero Dies" (dropping Dec. 2), starring Parsons, "Fleabag" star Ben Aldridge, Bill Irwin and Sally Field. Field is currently filming "80 for Brady," opposite Jane Fonda, Lily Tomlin, Rita Moreno — and yes, Tom Brady makes a cameo. As if that weren't enough for the 75-years-young Field, she's just had her HBO series "Winning Time: The Rise of the Lakers Dynasty" renewed for a second season.



Matthew McConaughey's finally back at work on his first film since 2019's "The Gentlemen." Ironically, it's called "Dallas Sting," and it's a fact-based film about the Dallas High School girls' soccer team headed for the 1984 women's soccer competition in China. Did McConaughey pick this one because "Dallas" is in the title? After all, it was "Dallas Buyer's Club" (2013) that gave him his Oscar.

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WITH THIS AD

Veterans Service Organizations

If you're a veteran, are you in a veterans service organization? There are four groups, and while they differ in their origins, they all have the same goal: to help veterans.

The largest organization is the American Legion. Across the country are more than 12,000 posts and approximately 2 million members. The Legion is to be thanked for the GI Bill of Rights, which has helped many veterans get a college or trade education and a home with a low mortgage rate. But the Legion has done much more: The organization has also donated \$1 million to the Vietnam Veterans Memorial Fund and sponsored a study on the effects of Agent Orange. If you want to explore the Legion, read more online at www.legion.org.

Like the name says, the Disabled American Veterans (DAV) steps up to help disabled veterans with nearly anything they need. Just last year, for example, they provided 163,000 rides for veterans to reach their medical appointments and helped file over 150,000 claims. They have 26 transition service offices, helping veterans make

the change to civilian life by providing benefits counseling. For more information on the DAV, start with www.dav.org.

Paralyzed Veterans of America (PVA) changes lives. They push for better access to air travel, help veterans find employment and pay for adaptive housing and vehicles. So far they've invested over a half million dollars into spinal cord research. In one year alone, they helped veterans receive over \$78 million in benefits. Learn more at pva.org.

Started in 1899 by a few veterans during the Spanish-American War, the Veterans of Foreign Wars (VFW) has worked since then to get the rights and benefits that veterans deserve. They've assisted veterans with collecting \$10 billion in disability compensation and pension benefits with the help of over 2,000 accredited VFW reps. Today membership stands at 1.5 million. To learn more about the VFW, check www.vfw.org.

To be considered: Many of the veterans groups are losing membership due to the age of their members. Your interest will be most welcomed.

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6 tips to reduce fatigue

Have you started to feel increasingly tired as you get older? If so, here are six tips to help you boost your energy level.

Get enough sleep. Getting the right amount of rest is the best way to recharge your batteries. Whether you go to bed early or take a nap during the day, making sure you get enough sleep is important.

Eat well. Consuming heavy meals and eating too little can both make you feel sluggish. Try to eat light meals and small, protein-packed snacks to keep your energy level raised.

Move your body regularly. Light activity every day can help you increase the amount of energy you have available. In addition, if you regularly sit for long periods of time, you should take short, frequent breaks to stretch your muscles.

Take nutritional supplements. You may be feeling fatigued because your diet is lacking certain nutrients. It's a good idea to talk to your doctor to see if taking supplements or vitamins might help combat your low energy level.

Keep busy. Regularly taking on new hobbies and projects can help prevent boredom. Keeping busy can help you increase your energy level.

Get some sun. Sunlight is a natural mood booster that can help rejuvenate you and combat fatigue, especially in the winter.



Are you lost on Google?

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Games for Brain Training

Cognitive brain training can keep our cognitive abilities functioning better for 10 years.

by Matilda Charles

The Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) is not a new study, but it bears looking at for what it offers seniors in terms of cognitive abilities.

The government-funded study followed 2,832 seniors with an average age of 73 after they completed 10 training sessions and four booster sessions 11 and 35 months after the initial training. Participants were divided into four groups: memory training, reasoning training, speed of processing training and a control group with no training. What the study aimed to look at was cognitive abilities and performance in everyday activities, and they collected updated data at the one, two, three, five and 10-year points in the study.

What researchers concluded was that seniors reported less decline in cognitive abilities for 10 years in the reasoning and speed portions, not the memory, which dropped off after five years. All this in only 10 training sessions plus four booster sessions?

Authentic brain training programs can be found online



but generally require a monthly fee. There are others, however, that we can sample for free to create our own training program. Try the dozen brain games at www.mentalup.co/blog/free-brain-games-for-seniors to see if you like these types of challenges. Look online for "free senior brain games," and you'll find many sites with free games to play without having to give any personal information or pay a fee. If you have a smart phone, check the apps for free games.

The best "brain stretching" might come from doing a variety of games. Choose from crossword, jigsaw, sudoku, chess, mazes, word puzzles, logic and more, switching around from day to day. Or go to Amazon.com and look for puzzle books. Look at the sample pages to see if they look too easy or too hard.

For a great challenge, look for online Scrabble games where you play against the computer!

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SEPTEMBER IS

Prostate Cancer Awareness Month



What are the risk factors for prostate cancer?

September is National Prostate Cancer Awareness Month, which makes it an ideal time to learn more about this disease and speak with your doctor about it, especially if you're a man over the age of 50. Here are several factors that can increase your risk of developing this type of cancer:

- **Age.** Approximately 60 percent of prostate cancer cases are diagnosed in men 65 and older.
- **Family history.** Men may be at a higher risk if a close relative was diagnosed with the disease before the age of 65.
- **Weight.** Men who are overweight are more likely to be diagnosed with an advanced stage of prostate cancer.
- **Height.** Some studies have found a link between being tall and having an increased risk of developing this type of cancer.
- **Excess calcium.** A diet that's high in dairy products and other calcium-rich foods may increase the risk of prostate cancer.

- **Genetic mutations.** Inherited mutations of two genes, BRCA1 and BRCA2, have been associated with this type of cancer.

Other risk factors include smoking cigarettes, handling certain chemicals and having high levels of androgens or inflammation of the prostate gland.

PSA TEST

The American Cancer Society recommends that men undergo prostate-specific antigen (PSA) tests starting at age 50, or sooner if they're at a high risk of developing prostate cancer. This blood test can help detect the disease in its early stages, before symptoms appear. Talk to your doctor about whether it's right for you.

To learn more about this disease, visit cancer.org.

For unknown reasons, prostate cancer is more common among men of African descent than it is among other groups, and they're more likely to die of the disease too.

YOUR GOOD HEALTH *by Keith Roach, M.D.*

Velo not intended as smoking cessation aid

DEAR DR. ROACH: I smoke cigarettes, but now I want to stop. I want to use Velo to break this habit. Are Velo pouches harmful for health? Are there any side effects? -- Z.

ANSWER: Velo is a brand of synthetic nicotine (there are many now) designed simply to provide nicotine

without smoking. The nicotine is derived from tobacco, but there is no actual tobacco in the product. The health risk is much lower compared to smoking tobacco, and much less than chewing tobacco. They come in lozenges and pouches (which are placed under the lip); many are flavored. Nicotine does not

YOUR GOOD HEALTH *continued...*

cause cancer, but there is still potential to harm your health, especially in the mouth, particularly for gum disease.

Unlike nicotine replacement products, such as patches, gum and inhalers, intended to help people quit smoking and gradually taper off, these nicotine products are intended to be used long-term. These should never be used by a person who does not smoke or use other forms of nicotine, as nicotine can make a person very ill if they are not accustomed to it. It can cause nausea and vomiting, but also abdominal pain, headache, and irritation in the mouth.

I strongly recommend you quit tobacco with the help of behavioral support through group sessions or counseling, as well as considering medications such as varenicline (Chantix) or bupropion (Wellbutrin or Zyban) in addition to nicotine replacement therapy. There is not enough information to say how effective a nicotine product like Velo would be to help you quit smoking. For people who successfully quit smoking but continue to need nicotine, long-term nicotine is not ideal, but it still has far fewer health risks than smoking.

Strange But True

by Lucie Winborne

Venus rotates so slowly that a single day on the planet lasts longer than a year.

Cherry farmers hire helicopter pilots to air-dry their trees after it rains so the fruit won't split open.

Toe wrestling has been a sport in several countries since the '70s, with men's and women's divisions and even a World Championship. Players attempt to pin and hold down their opponent's bare toes for three seconds. Best two out of three rounds wins!

The overwhelming fear of feet is called podophobia.

Scooby Doo's excessive use of the letter "R" is the result of a speech disorder known as rhotacization.

New York has been destroyed in more movies than any other city.

Statistically, the most dangerous job one can hold in the U.S. is president.

Only 2% of the world's population have green eyes, but they weren't born with them. The hue takes from six months to three years to show up in children.

Donnie Dunagan, who as a child actor supplied the voice of Disney's Bambi, went on to become a highly decorated major in the U.S. Marines -- and kept his movie role a secret for his entire 25-year military career.

About 6,000 years ago, the barren Sahara Desert was actually a lush green forest.

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Getting Ready for Medicare Open Enrollment

Before we know it, that yearly event will be here — deciding what to do about our Medicare plans between Oct. 15 and Dec. 7 for coverage that will begin Jan. 1.

There are several things to consider, such as taking on a prescription drug plan or changing to a new one, staying with original Medicare or going with an Advantage plan, or changing Advantage plans or going back to original Medicare. All these things take time to consider.

Things to think about:

- What will Social Security look like in 2023? We won't know the Social Security increase until it is announced in October. There have been guesses that we might receive as much as a 10.5% increase, which calculates to \$175 for the average beneficiary. The Part B premium will be deducted from that.
- We're likely looking at an 8.5% increase in Medicare Advantage and Part D drug plans costs.
- Check the costs of your prescriptions over the past three years, because for some of us, that's where

the big-ticket expenses are. Chances are the drug costs have gone up, possibly even significantly. And chances are they're not coming down.

What to do, what to do...

Two options worth looking at: GoodRx (www.goodrx.com) and Marc Cuban CostPlus Drug Company (costplusdrugs.com). Both offer discounted prices on prescription drugs. Investigate and see what you think.

A Kaiser study concluded that seven out of 10 people did not research plans during previous open enrollments. Because of the rising costs of everything in our lives, this needs to be the year that we compare, compare, compare.

When in doubt, look into SHIP, the State Health Insurance Assistance Program, which is in every state, staffed by volunteers who can help you wade through the Medicare information. Call them at 877-839-2675 for the one near you.

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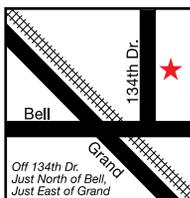
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Jasper Newton "Jack" Daniel was an American distiller and businessman, best known as the founder of the Jack Daniel's Tennessee whiskey distillery. Daniel's date of birth is unknown. He was born in January 1849, in or around Lynchburg, Tennessee. A fire destroyed the courthouse records, and his mother had died shortly after he was born. As he lay dying of blood poisoning, his last words were, fittingly, "One last drink, please."

RECIPE from *Stiletto Momma*

Bacon Wrapped Pork Chops

INGREDIENTS:

- 6 boneless pork chops
- 12 slices of regular bacon (not thick cut)
- 1 cup brown sugar
- 1½ Tbsp chili powder

INSTRUCTIONS:

Preheat oven to 400°F. Line a rimmed baking sheet with foil and top with cooking rack.

In a shallow dish, combine brown sugar and chili powder.

Wrap each pork chop with two slices of bacon. Coat bacon-wrapped pork chops with the brown sugar and chili powder mixture. Place on the prepared baking sheet.

Bake for 15 to 18 minutes. Turn oven to broil and broil the pork chops 2-4 minutes or until they reach 140°F.

Remove from the oven and let pork chops rest 5 minutes before serving (the temperature will continue to rise to 145°F).



Here's a Tip

Ripen a green tomato by wrapping it in a sheet of newspaper or placing in a small, plain paper bag. Leave it on the counter and check daily until ripe.

To keep ice cream from dripping out of the bottom of a cone, just place a small marshmallow or a piece of marshmallow in the bottom of the cone before you fill it with ice cream.

Need a funnel quickly? Double a sheet of aluminum foil and roll into a funnel shape. It works!

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Paws and Claws



"My cat hates visitors!"

Does your cat run and hide every time someone comes over? Here are four steps to desensitize your feline to strangers.

- Associate guests with something positive. For example, give your cat treats before your visitors arrive and throughout their stay. At first, do this somewhere where your pet feels safe.
- Over time, gradually lure your cat closer to your guests during their visit using its food bowl or treats.
- Initially, ask your guests to ignore your cat if it approaches them.
- Encourage your visitors to give your cat treats and play with it once it feels comfortable in their presence. Your cat will slowly understand that having guests over is fun.
- Consult a feline behaviorist if you don't see any improvement in your cat despite your best efforts.



What's behavioral grooming?

If your dog deplores being groomed, behavioral grooming may be a more enjoyable experience for him or her. Before your next appointment ask your groomer if behavioral grooming is a service they offer.

Unrestrained method

Traditional grooming methods often use restraints to hold your pet in place while they're being groomed. Behavioral grooming aims to keep your dog unrestrained while washing, cutting and drying their fur. It focuses solely on your pet's behavior. The groomer respects your furry friend's limits by reading its body language. The goal is to teach your dog to enjoy the experience by taking a respectful and unrestricted approach.

Stress reduction

Many dogs feel anxious about being manipulated, and the loud sounds of the clippers and the dryer scare them. These emotions are normal, especially when your pet doesn't know what to expect. Behavioral grooming respects your dog's limits and use techniques like positive reinforcement and increased motivation to ease your dog into the experience.

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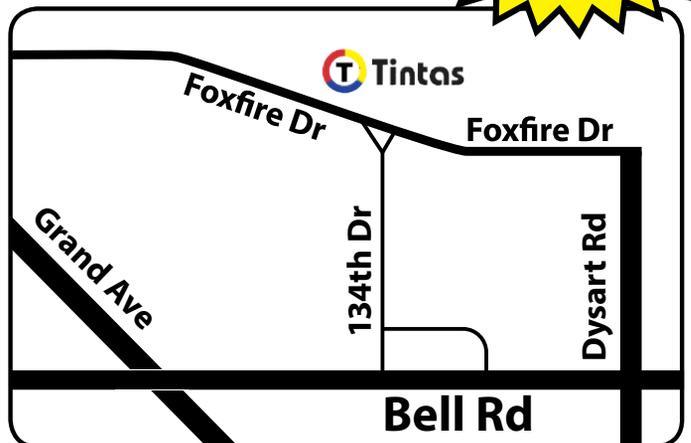
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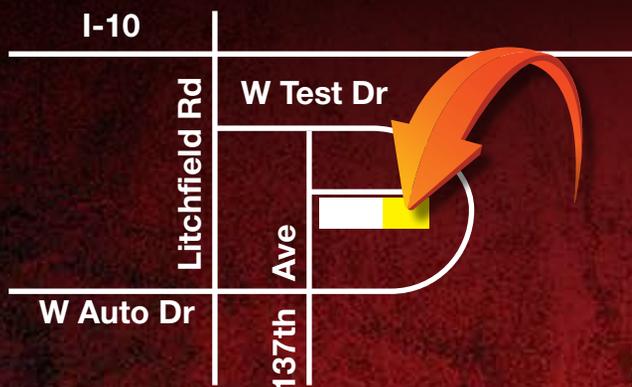
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Do you know what your dashboard lights mean?

The lights on your dashboard are your car's way of telling you something's wrong. Knowing what the lights mean will help you understand what's at stake.



Engine. The light that looks like an engine silhouette could indicate a minor problem like a loose gas cap, but it may indicate a severe issue. If the light comes on and the car drives smoothly, don't panic. However, it would be best to see Litchfield Auto Repair as soon as possible. If the engine light comes on and your vehicle starts operating erratically, pull over and call a tow truck.



Battery. Your battery light tells you that your battery may need replacing or recharging. Moreover, it can indicate trouble with the car's alternator, wiring or other electronics. Consequently, your car may not start the next time you turn the key.



Temperature. If you see a thermometer light up, your car is running too hot. You could have low coolant levels, a broken water pump or a burst coolant hose. Driving an overheated car could cause costly damage. Therefore, visit an auto repair shop as soon as possible.



Oil. Oil pressure troubles trigger a light that looks like an old-school oil can. The solution could be as simple as adding some oil. However, if that doesn't work, there could be an issue with the oil pump or a blown piston ring.



Brakes. A light that looks like an exclamation mark inside a couple of circles means brake trouble. You may have simply left the parking brake on. However, it can also mean your brake pads are worn or the brake fluid is low.

No matter what light you see, Litchfield Automotive Repair can run a diagnostic on your vehicle to determine the problem and offer solutions.



5 car noises you should never ignore

Visual checks are an essential part of vehicle care and maintenance. However, you should also use your ears. Strange noises are clues about potential problems. Here are five noises you shouldn't ignore.

1. Squeaking or grinding. If you hear a grinding or squeaking noise every time you stop, your car's brake pads, shoes or rotors may be worn out. If left unchecked, these issues can be hazardous.

2. Hissing. Your engine could be overheating if you hear a hissing sound coming from under the hood. This sound could also mean the exhaust system is plugged.

3. Chirping. A high-pitched chirping sound could indicate that you need to adjust or replace the engine's timing or serpentine belt.

4. Rattling. If your steering wheel is rattling or your tires are shaking, it's time to act. It may mean you've lost a lug nut, or your power steering fluid is low.

5. Rumbling. A loud rumbling noise while accelerating is often a sign there's a hole in your muffler or exhaust system. This is dangerous because toxic fumes can leak into the cabin.

See a professional automotive technician if you hear strange noises coming from your car. Failing to act quickly could result in more costly repairs down the road.

Why you should rotate and balance your tires

Tires are a critical component of your safety on the road — and they're expensive. So it's important to do everything you can to make them last as long as possible. Rotating and balancing your tires are two effective methods of prolonging their lifespan. Here's why.

• **More even wear.** Your car's front tires wear out more quickly than the rear ones because turning increases friction with the road. A tire rotation exchanges your tires from front to back and from right to left, so your tires wear more evenly, prolonging the useful life of each tire.

• **Increased safety.** Your vehicle will handle better because rotating your tires leads to less wear and extends the life of the tire treads, giving you better traction for longer.

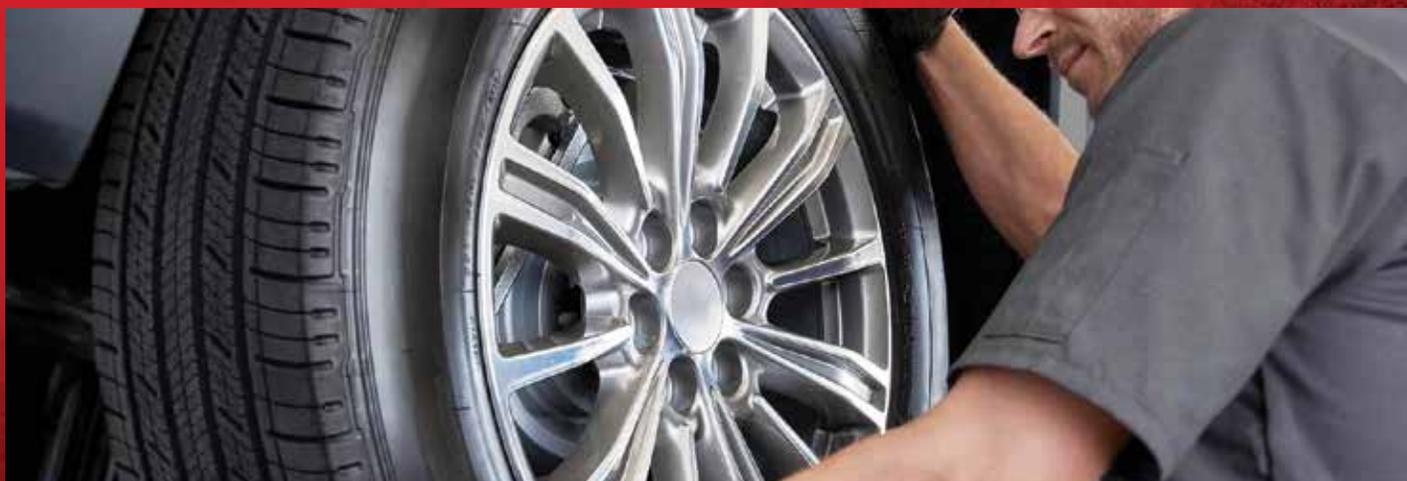
• **Opportunity for inspection.** Rotating your tires is an excellent time to visually inspect them for damage. It's important

to check the tread depth and air pressure and get them balanced if you've noticed vibrations. Unbalanced tires wear out unevenly, decreasing performance when turning or braking.

• **Increased fuel efficiency.** Worn-out tires have uneven contact with the road and increased friction, making your engine work harder, decreasing fuel efficiency.

• **Fewer trips to the garage.** If you don't regularly rotate your tires, you must replace your front tires more often than your rear ones. When you keep them rotated, you can replace all four tires at once, reducing the number of trips to the tire shop.

Most manufacturers recommend rotating and balancing your tires every 5,000 miles. However, the recommended frequency can vary on the type of tires, the size of your vehicle and the road conditions where you usually drive.

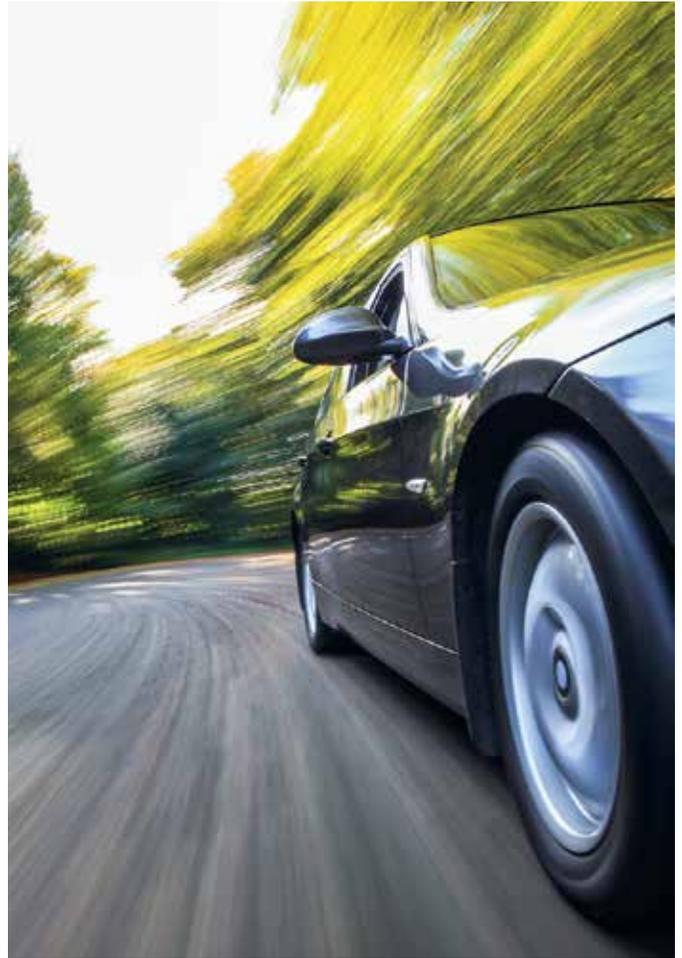


5 interesting facts about speeding

Speeding is one of the main causes of car accidents in the United States. Here are some facts on this subject that should cause drivers to think twice.

1. If you speed, you won't arrive at your destination much faster. Cruising at 75 miles per hour in a 65-mile-per-hour zone for 50 miles only shaves off six minutes from your total driving time.
2. A car's braking distance is nearly three times longer at 60 miles per hour than at 30 miles per hour. And if you're driving a semi-truck, it's about twice as long as that. For example, the braking distance of a semi going 60 miles per hour is more than 500 feet.
3. In terms of force, a collision at 30 miles per hour is similar to a fall from four stories. A collision at 60 miles per hour is more like a fall from 14 stories.
4. The faster you drive, the more your brain is bombarded with visual information. This results in tunnel vision and a decrease in depth perception.
5. Studies suggest that if everyone drove just one mile per hour slower on urban streets, this would lead to a six percent decrease in traffic fatalities.

To sum up, there's really no good reason to speed. Always respect speed limits and encourage those around you to do the same.



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Celebrity Extra by Dana Jackson

Q: I was surprised to see a commercial for a new series based on Anne Rice's novel "Interview With the Vampire." I didn't recognize the lead actor. Who is he? -- B.K.

A: "Interview With the Vampire" was written by Anne Rice in just five weeks, and was first published in 1976. The film, which debuted in 1994, starred two Hollywood powerhouses — Tom Cruise and Brad Pitt — as Lestat and Louis, as well as an impressive performance from 10-year-old Kirsten Dunst, who portrayed a child vampire.

In the upcoming television series of the same name, Sam Reid plays Lestat, and Jacob Anderson is Louis. Reid, who is Australian and studied at the London Academy of Music and Dramatic Art, is best known to American audiences for playing John Glenn in the short-lived ABC series "The Astronaut Wives Club." Anderson, who is British, played Grey Worm, the chosen commander of the Unsullied in HBO's "Game of Thrones." "Interview With a Vampire" premieres on Oct. 8 on AMC and AMC+.

★ ★ ★

Q: I was so shocked and sorry to hear that Anne Heche was involved in a terrible car accident recently. I've loved her ever since she played twins on a soap opera decades ago. What were their names again? -- L.O.

A: Actress Anne Heche first became a household name among soap fans when she played twins Vicky and Marley on "Another World" from 1987 to 1991. She won a Daytime Emmy Award, and then went on to have a successful movie career, namely "Six Days, Seven Nights" opposite Harrison Ford, "Donnie Brasco" with Johnny Depp, and even a remake of "Psycho," where she played the Marion Crane (Janet Leigh) role.

Heche also had a successful primetime television career with regular roles in "Everwood," "Nip/Tuck" and "Men in Trees." She's also in the upcoming, highly anticipated HBO series "The Idol," starring The Weeknd and Lily-Rose Depp. Heche has been honest about her demons. Her mem-

oir "Call Me Crazy" talks frankly about the abuse she suffered from her father, as well as her continued struggles with mental health. Her recent car accident, in which she had to be rescued from her burning vehicle after she crashed it into a house, has left her future uncertain.



PHOTO CREDIT: IMDb

Ann Heche

As of this writing, she remains in critical condition. Thankfully, no one inside the home was harmed.

★ ★ ★

Q: Is Mark Harmon ever coming back to "NCIS"? He was still featured in the opening credits last season, so it makes me think he'll eventually return. -- K.L.

A: When we saw Leroy Jethro Gibbs, played by Mark Harmon, cast his fishing line into the chilly Alaskan waters on Oct. 11 of last year, it seemed like a permanent retirement for the character. That was just four episodes into the 19th season of "NCIS," and he's remained off-screen ever since — despite being in the opening credit sequence for the remainder of the season.

CBS entertainment president Kelly Kahl explained to TVLine that season 19 was a "transition year for TV's most watched drama," but that it might not be the end for Gibbs. There's a good chance he'll be taken out of the credits for season 20, but that doesn't mean he can't pop back in for a guest appearance or more.

Season 20 of "NCIS" will premiere on Sept. 19 at 9 p.m. ET on CBS.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803



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Why is it so important to find a cause you love and volunteer your time? Volunteering offers vital help to people in need, worthwhile causes, and our local community, but the benefits can be even greater for the giver. Giving to others can also boost your mental and physical health. It can reduce stress, alleviate depression, keep you mentally stimulated, and give you a sense of purpose. While it's true that the more you volunteer, the

more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your day. Giving in even simple ways can absolutely make a difference for those in need and improve your health and happiness.

Giving is also important for our community! Without volunteers, many of the services and events we enjoy in our communities would not be so readily available. Local shelters or food banks provide an important service to our less fortunate neighbors and they need how help and financial support. Giving back helps to unite our community and bridge some of the social and economic gaps.

What are some of the benefits of volunteering? It's been statistically proven that people who volunteer regularly are healthier, both physically and mentally. Individuals who have volunteered throughout their lifetime typically live longer and have better psychological well-being. In addition to the health benefits, volunteering gives people a sense of purpose. The fulfilling feeling of giving back and contributing to society is unparalleled.

When you volunteer, you have the opportunity to meet lots of new people. Working alongside individuals who also care about improving their surroundings will allow you to broaden your network of friends and additionally, it will help you to better understand the circumstances of other members of our community. Having a broad, open-minded perspective of the different walks of life around you will help you to be an effective and empathetic citizen.

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Name _____

Address _____

Phone _____

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

King Crossword

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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			18				19	20				
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42					43	44				45	46	47
48					49					50		
51					52					53		

ACROSS

- 1 Mimics
- 5 Satchel
- 8 Blue hue
- 12 Tibetan monk
- 13 Crew tool
- 14 Galoots
- 15 Spring flower
- 17 Marathon fraction
- 18 Vagrant
- 19 Nearsighted
- 21 Pie-in-the-face sound
- 24 Blueprint
- 25 San -- Obispo, CA
- 26 Lose weight
- 30 Web address
- 31 April forecasts
- 32 Pi follower
- 33 Pained expressions
- 35 Egyptian deity
- 36 911 responders
- 37 Garden statuette
- 38 Shrimp recipe

- 41 Gloomy guy
- 42 Horseback game
- 43 Record holder?
- 48 Sharif of «Funny Girl»
- 49 Melody
- 50 Long tale
- 51 Theater award
- 52 Texter's chuckle
- 53 Yon folks

DOWN

- 1 Jungfrau, for one
- 2 Standard
- 3 Brit. record label
- 4 Brazilian dances
- 5 Prosperous period
- 6 Small batteries
- 7 Glitch makers
- 8 Candy bar nut
- 9 Witticism
- 10 Wrinkled fruit
- 11 In -- (shortly)
- 16 Trench
- 20 Orange veggies
- 21 Punch

- 22 Kitten's sound
- 23 Leslie Caron film
- 24 Snoops
- 26 Strategic
- 27 Guesser's words
- 28 Caprice
- 29 Proboscis
- 31 Wheelchair access
- 34 «Cats» showstopper
- 35 Demand
- 37 Wrigley product
- 38 Espy
- 39 Lake of Lombardy
- 40 Arkin or Alda
- 41 Lass
- 44 2016 Olympics city
- 45 "Unh-unh"
- 46 Census stat
- 47 Non-clerical

Answers on Page 29

Sudoku

by Linda Thistle

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

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 29

Dinner and a Movie AUGUST SOLUTION

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

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1. Logistical benefits

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Buy local if you want your business to prosper and stand out from the crowd.

2. Networking opportunities

Opening your doors to companies in your area creates exciting business opportunities. Buying local means contributing to the economic vitality of your region and being appreciated by your community.

3. Environmental advantages

Buying local is one of the keys to reducing your company's carbon footprint. Today, products often travel thousands of miles when alternatives exist nearby. Therefore, your decision will be an inspiration to many.

4. Improve your brand image

Many consumers prioritize companies that take concrete steps to uplift their community and protect the environment. Many large businesses proudly publicize their local purchasing policies. Therefore, why not take advantage of this powerful marketing tool?

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-- Cyril Connolly

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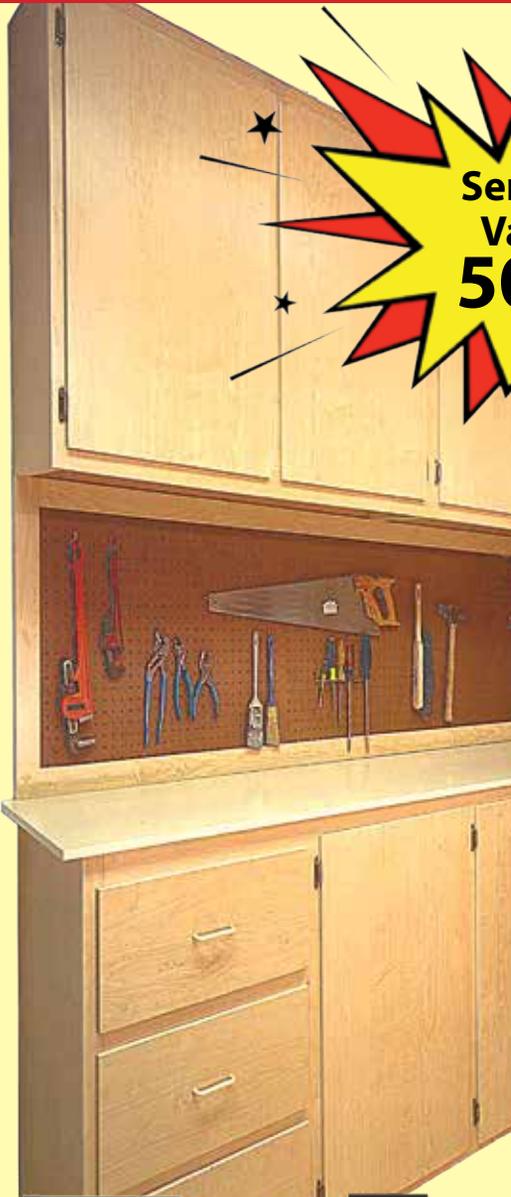


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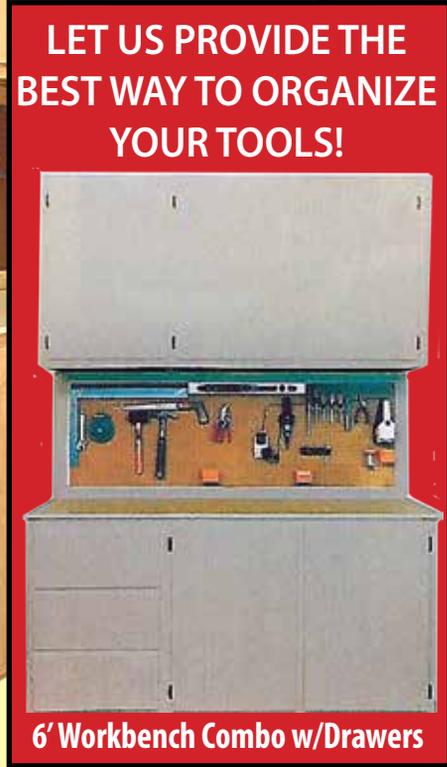
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What's community-supported agriculture (CSA)?

If you want to make buying local a part of your shopping habits, one of the best ways is to sign up to become part of a community-supported agriculture (CSA) organization. Here's what you need to know.

What is it?

CSA is a growing movement that involves purchasing a share in the season's harvest in advance. The farmer benefits from a guaranteed income, and the consumer, in return, enjoys fresh and tasty products. Food goes directly from the producer to the consumer rather than transported through a long and costly distribution chain. Removing the intermediary allows farmers to get a fair price for their products, unlike traditional delivery and sales mechanisms that often pressure their profit margins.

Community-supported agriculture allows consumers to enjoy fresh in-season produce. It also makes them more mindful of their dependence on the ecosystem.



For example, they understand that a less fruitful harvest due to poor weather conditions or pest invasions can impact the amount of food they get. This spreads the risk more evenly between farmers and consumers.

You can find nearby CSA programs at www.localharvest.org/phoenix-az.

Buy local in every industry



When you think about buying local, you probably conjure up images of a friendly farmer selling vegetables and jams on a country road or a quaint farmers' market with a friendly atmosphere. Although these examples illustrate one aspect of buying local, it goes much further.

Have you thought about these businesses?

Buying local isn't limited to specific industries. When it comes to supporting your local economy, various companies would be happy to do business with you, including:

- Telecommunications
- Banks
- Insurance companies
- Supermarket chains
- Big box stores
- Hardware stores
- Automotive repair
- Engineering firms
- Furniture retailers



Why are these important?

Even if you don't associate large companies with buying local, they play a significant role in the economic vitality of your region. That's why it's essential to be aware of where the products and services you use come from, whether you're buying fresh fruits and vegetables or doing business with an insurance company, internet provider or appliance store.

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PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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

Time to beat: 23 minutes

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-- Jerry Seinfeld

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Barriers to buying local

Buying fruit and vegetables grown thousands of miles away from home is becoming more and more questionable, especially when equivalent products exist locally. However, many Americans still can't get behind the importance of buying local. Here are a few reasons why some people still shy away from this essential practice.

We want quick and easy

Buying local products requires extra time and effort, which isn't appealing to people with busy lifestyles. For instance, reading labels or detouring to a farmers' market to get your hands on local produce can seem inconvenient.



However, the easy way isn't always the best.

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Not realizing the impacts

Enjoying fresh raspberries in the dead of winter isn't unusual in North America. Therefore, it can be easy to overlook the ecological and economic impacts of purchasing foods out of season. If you want to enjoy fresh raspberries in January, look for ones grown in a local greenhouse.

We want to save money

Locally grown food is less appealing if it's not competitively priced. However, favoring imported products to save money is short-sighted. For example, you'll pay more in the long run if the food distribution chain is disrupted and costs skyrocket. A robust local economy increases a community's resilience to recession and inflation.

Support your local producers year-round by choosing their products.

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