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JULY 2022

# Fourth of July

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# 7 things to inspect on your car this summer

- 1 Tires.** Make sure your tires are properly inflated and have sufficient tread. Do the same for the spare and make certain you have a jack and lug wrench in the trunk.
- 2 Lights.** Ask someone to stand outside your car as you turn on your headlights, brake lights and reverse lights to ensure that they're working.
- 3 Windshield wipers.** Make sure your wipers are in good condition and can effectively clear your windows. You should also inspect the sprayer and top off the windshield washer fluid.
- 4 Fluids.** Inspect the oil as well as the brake, power steering and transmission fluids. If any of these run out, your car's components may get damaged.
- 5 Battery.** Inspect your battery for signs of corrosion, cracks and leaks. Test it with a battery tester, voltmeter or multimeter. Litchfield Auto will test it for free. Batteries should be tested twice a year and replaced approximately every five years.
- 6 Undercarriage.** Look under your car for leaks. A fluid leak can cause your steering or braking system to fail.
- 7 Air conditioner.** Make sure your air conditioner is working well. Hot summer days are on the way.

If you notice any issues during your inspection, make an appointment with

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## How hot weather affects your car

Summer driving conditions in Arizona can really put a strain on your vehicle's components. Here's how sun and extreme hot weather affects your car's tires, the engine and the battery.

**TIRES** The compressed air in your tires expands when exposed to heat, which causes them to inflate. Over-inflated tires will affect the way your car handles and increases the likelihood of getting a flat. Under-inflated tires, however, create more friction with the road and are prone to getting punctured. In summer, check the air pressure in your tires

regularly and take care to closely follow the tire manufacturer's recommendations.

**ENGINE** Coolant plays an important role in Arizona in the summer. If there isn't enough, your engine can overheat, resulting in premature wear, not to mention leaving you stranded in the heat. Be sure to check coolant levels on a regular basis.

**BATTERY** When it's hot outside, heat can build up under your hood and cause the fluid in your battery to evaporate. If the fluid level gets too low, this reduces the engine's efficiency and can create issues when starting your car. Hot weather also increases the risk of the battery overheating and can make components such as the plates and separators corrode. To avoid these problems, get your battery inspected before summer.

To minimize the impact of driving in our hot summer weather, make sure to stay on top of your car maintenance tasks, or schedule a checkup with Litchfield Auto Repair. We're here to help you get around all summer without issue.



**LITCHFIELD AUTO REPAIR**

**HOLLYWOOD** — The Cannes Film Festival has proclaimed that the next big star is Austin Butler. The usually jaded audience gave the film a 12-minute standing ovation, and when Butler recreated some of Presley's greatest hits — "Jailhouse Rock," "Blue Suede Shoes" and "Suspicious Minds" — the audience went wild. Priscilla Presley (Elvis' former wife) hugged him and the audience broke out in spontaneous applause yet again.



PHOTO CREDIT: WARNER BROS. PICTURES

**Austin Butler in "Elvis"**

★ ★ ★

Great news! "Book Club 2: The Next Chapter" is currently shooting in Italy. Diane Keaton (76), Jane Fonda (84), Candice Bergen (76) and Mary Steenburgen (69) have returned, as have Andy Garcia, Don Johnson and Craig

T. Nelson. But the men now have competition from Giancarlo Giannini, Hugh Quarshie and Vincent Riotta when the ladies take a long-desired trip to Italy, where things go off the rails and secrets are revealed. The first film cost \$14 million to produce and grossed \$104 million.

★ ★ ★

It's kind of ironic, but for as long as pictures have been talking, actresses have been complaining that when they reach a certain age there are no good roles for them anymore. But times have changed and there are many actresses who've blown up that theory. In addition to the aforementioned actresses, the British royalty of acting, four Dames Judi Dench (87), upcoming in "Allelujah," with Jennifer Saunders; Maggie Smith (87), currently in "Downton Abbey: A New Era"; Helen Mirren (76), "White Bird: A Wonder Story," out Oct. 14, and "Shazam: Fury of the Gods," Dec. 21; and Julie Andrews (86), who supplies her golden voice to "Minions: The Rise of Gru," premiering July 1.

Then there's Sophia Loren (87), who scored last year in "The Life Ahead"; Shirley MacLaine (88), upcoming in "American Dreamer," billed behind star Peter Dinklage; and Ann-Margret (81), recently in "Queen Bees," with Ellen Burstyn, Jane Curtin, Christopher Lloyd and James Caan.

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*Galatians 5:1*

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# OF YOUR SUMMER!

## Get back to nature

Birdwatch in your backyard, take an early morning stroll or bike around the local trails. Or pack your fishing rod and spend a weekend camping by the lake.

## Host a game night

Organize a regular board game night with friends. Roll the dice, shuffle the cards or test your trivia knowledge with your neighbors, or teach your grandkids a game that's new to them.

## Move your body

Sign up for a yoga, tai chi or water aerobics. These group courses can be adapted if you have reduced mobility.

## Plan a cultural outing

Treat yourself to a night out at the theatre or take in a concert, or spend an afternoon with your grandkids at the movies or a museum.

## Explore your artistic side

Whether you prefer painting, photography, knitting or playing a musical instrument, there are numerous ways to get creative. Activities like scrapbooking and crafting allow you to combine creativity and spending time with your family.

## Indulge in local fare

Discover new flavors in your neighborhood, or venture across town. Sample the menu at a local bistro, savor a cone

at a new ice cream parlor or enjoy a wine tasting at a nearby vineyard. If you don't feel like going out, you can teach your grandchildren a family recipe or host a potluck with your neighbors.

## Enjoy your own company

Spending quiet time alone can be the perfect way

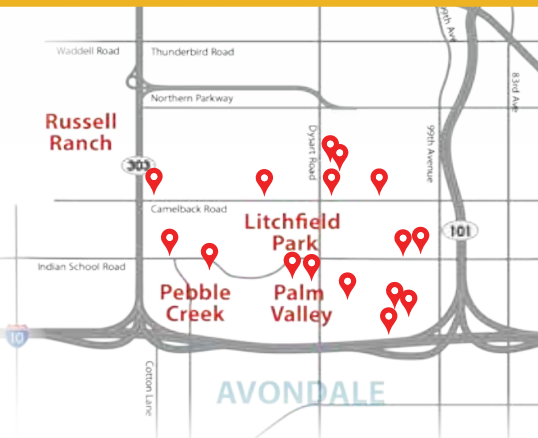
to recharge. Curl up on the couch with a crossword puzzle, retreat to the porch swing with a good book or simply relax while listening to music. Start a jigsaw puzzle or catch up on your favorite TV shows.



## Are you lost on Google?

Did you know 97% people doing online searches look for "near me"?

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## Fourth of July Fireworks Can Traumatize Pets

**DEAR PAW'S CORNER:** Please remind your readers that the noise and flash of fireworks can traumatize pets! Last year, my son and his partner took their dog "Bliss" to a Fourth of July festival. Someone set off a string of firecrackers a few feet from the booth they were visiting. Bliss bolted and pulled her leash out of my son's hand. She ran straight out into the road. Luckily, the cars all stopped, and one of the drivers caught her. Afterward she remained very anxious. Bliss now takes medication to stay calm, and it's difficult to take her to unfamiliar places. Please urge people not to set off fireworks; go to a professional display and leave the pets at home.  
-- Judith in Lake City, Florida

**DEAR JUDITH:** You told them, and I thank you!

I'm very sorry to hear that Bliss was traumatized, and I hope your son is able, through medication and training, to improve her confidence.

Bliss' parents didn't do anything wrong in taking her to the festival, but their experience shows how others' irresponsibility can have consequences for pets, and that owners have to be alert and ready to handle potential problems.

The Fourth of July can be a trying day for pets. Crowded parties and loud fireworks can really stress them out. Large fireworks displays are no different than big thunderstorms to most pets, and should be treated as such.

If fireworks will be within earshot of your home this holiday, prepare a safe area for your pet to shelter where the noise will not bother it as badly. If a ThunderShirt works for your dog (or cat), use it. Don't bring pets to fireworks displays, and if you're setting off backyard fireworks, put your pets inside.

Send your comments, questions or tips to:


[ask@pawscorner.com](mailto:ask@pawscorner.com)

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# Here's a Tip

by JoAnn Derson

If you drop an egg, sprinkle with salt before you attempt to clean it up. The salt binds the whites, which will not spread, making pickup easier!

You can sharpen scissors by cutting folded aluminum foil into small strips.

The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day.

Add a small bit of boiling water to a glass of iced tea to clear it up if it is cloudy. You can do this to a pitcher just before serving.

If you're traveling with pets, you know you'll need to bring something for them to drink out of. If you have ice in a container, they can lick the ice to stay hydrated, but it doesn't slosh around or spill easily.

"The next time you're making corn for dinner, grab a Bundt pan. The corn cob gets set up-right in the center, and when you cut down, the kernels fall right into the pan on all sides."  
-- A.S. in Texas

Boiling potatoes? Plants love starch. Let your cooking water cool, then use it to water the plants in your garden.

When your cut-up fruit is about to expire and you don't think you'll be able to eat it in time, just freeze it for smoothies. Lay it out in a single layer and pop it in the freezer. When it's frozen, put it in a baggie for easy storage.

Stubborn stains in the toilet? Try dropping in a few denture tablets before going to bed, then scrub and flush in the morning.

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*Dear Alex,*

*I'm very nervous in writing here as I'm afraid to use the wrong words and cause trouble. My grandchild recently shared that she has "preferred pronouns" and wants to be referred to as "they". I adore her, and I want to be supportive, but I am so confused about what this actually means. Help!*

— Bewildered Grandparent

**Dear Grandparent,**

Thank you for asking this question. They (your grandchild) has obviously chosen you as a safe and supportive person in their life. Your support and acceptance of this request will shape the future interactions they will have with others when sharing pronouns and identity markers moving forward.

The best way to be supportive of your grandchild is to respect and honor their request. Now that you are aware of your grandchild's preferred pronoun, make an effort to use it. If you make a mistake, correct yourself without judgment. It might take some time to get used to using the pronoun they, as it's not a familiar way of referring to your grandchild.

If you want to know why they identify as they,...ask them! This is your chance to learn more about your grandchild and grow closer together. Try to keep an open mind and really hear what they are saying. You may have to change the way you were taught to think. For example, there is a clear distinction between anatomy, gender, pronouns and sexual orientation. While these four identifiers can be linked they don't necessarily need to be.

Try not to pressure your grandchild into sharing their sexual orientation, this is non-related to pronouns or gender identity and it is for them to share with you when they are ready. Remember, gender identity is how someone sees, expresses and understands their own self, and it can evolve and change with the individual as they change! Allow your grandchild to explore this fluidity as they establish their own identity.

The conversation doesn't have to be had in one sitting. Creating an ongoing open dialogue around this topic might open communication and insight across generations. Allowing the both of you to find common ground and respect for each other's beliefs and understandings. You might be surprised by what you learn from them! If you are having difficulty starting this conversation or need some guidance on how to approach them, please feel free to reach out.

—Alex

For more information, visit [www.alimentallife.com](http://www.alimentallife.com)

**Do you have a question for Alex? Looking for advice or have concerns?**  
You can email questions for Alex's column to [INFO.WestValleyStar@gmail.com](mailto:INFO.WestValleyStar@gmail.com)

The information provided in this column does not, and is not intended to, constitute medical advice; instead, all information, content, and suggestions are for general informational purposes only.

## SENIOR NEWSLINE

by Matilda Charles

### Here's How I Saved on Prescription Drugs

The price of prescription drugs has, like everything else, inched up. In some cases, the cost has made a massive, sudden jump, and it comes as a shock when you check out at the pharmacy. But there are ways around this unpleasant surprise.

I recently discovered a way to save a lot of money (\$80 on a 90-day prescription) by doing two things: I changed pharmacies, and I started using GoodRx. Here's how:

Go to the GoodRx website ([goodrx.com](http://goodrx.com)) and put in your zip code so that all the local pharmacies show up. Enter the name of the medications you take, as well as the dose and number of pills. See what each pharmacy charges using GoodRx. They will vary widely.

Boy, did I get a shock. It took me all of two minutes to call a new pharmacy and ask them to have the prescription transferred.

Then I printed out the GoodRx coupon showing the pharmacy name, the drug and dose, the price and so on. I took that to the pharmacy and voila! Eighty dollars saved.

You might also look into the Kroger Rx Savings Club at Fry's Food. The program is powered by GoodRx and can provide discounts on thousands of prescriptions -- meaning the cost to you could be \$9, \$6, \$3 or even free. The prices on some medications are so low, they often beat insurance copays.

Here are a few other ideas if GoodRx isn't going to work for you:

-- Ask your doctor if a generic would be just as good, or if another drug would work just as well.

-- Find out if you qualify for the Extra Help program to pay for your drugs by calling Social Security at 1-800-772-1213, or read the information at [www.ssa.gov/pubs/EN-05-10508.pdf](http://www.ssa.gov/pubs/EN-05-10508.pdf).

-- See if you qualify for the Pharmaceutical Assistance Program. ([www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program](http://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program))

-- Get a different Medicare drug plan more in line with the drugs you take ([www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare)).

One note: You can't use GoodRx along with a deductible from Medicare or Medicaid, but you can use it instead of those. Beware whether you'll reach your annual deductible if you don't use a Medicare drug plan or if you're in the doughnut hole (cover gap) already.



## Food waste: a self-assessment

Despite best intentions, few of us can boast of never wasting food. To improve your food usage over the next few weeks, here are some questions to help you take stock of how much you throw in the trash.

- Have any of your unopened perishables become wilted or moldy?
- Do you have to scrape food like uneaten spaghetti or milk-soaked cereal from your dishes before washing them?
- Do you dispose of food as soon as it passes the expiration date on the packaging?

Once you've evaluated what foods you throw away, you'll have a clearer picture of your household's habits. You may find you're serving oversized portions or buying more perishables than you can eat. With these insights, you'll be able to adjust your practices accordingly.

Before throwing away any food, ask yourself if it can be used in another dish. For example, leftover vegetables

might work in an omelette. Additionally, you can turn a slice of dry bread into breadcrumbs. If you've prepared too much food that can't be frozen, offer the extras to friends or coworkers. You can reduce your waste and make others happy at the same time.

## Best if used by

Remember, the expiration date leaves room for flexibility. According to the Food and Safety Inspection Service, this date isn't a guarantee of the safety of a product. Rather, it's an index of the freshness and potential shelf life of foods that haven't been opened. This means that after the date indicated, the food may no longer have the same freshness or nutritional value but may nevertheless be perfectly edible and still taste just fine.

Of course, sure signs of deterioration, like a foul odor or mold, don't lie.

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## Most VA & DoD Health Records Aren't Accurate

It can be a big problem when you need medical care and the electronic health records sent from one provider to another contain inaccuracies. After sending surveys to 7,387 health care providers in late 2020 asking about their ability to access health care information for both Department of Defense and Department of Veterans Affairs patients and whether that information was accurate, the DoD recently reported that:

- 91.2% of DoD patient records were inaccurate or incomplete.
- 67.5% of VA patient records were inaccurate or incomplete.
- 93.9% said it impacted patient care, including giving an inaccurate or incomplete diagnosis.

The inaccurate or missing information included problems and conditions, lab results, medications and much more.

The VA has known for a long time that they needed to upgrade their 40-year-old computer system and proposed to merge with the DoD's system. That got started in 2018. They would begin with one facility as a test. In 2020, the VA Office of the Inspector General was tasked with finding out one overriding answer: Is it all going well at the test site before they open the system at the 174 VA medical centers, as well as the 1,577 other sites? The answer, in a word, no.

The ill-timed pandemic no doubt kept most workers at home, but they've since made progress. Just recently, the VA brought online its third site with the new system to track and store patient data.

Keep track of your records... and whether they're accurate. Carry a 3x5 card in your wallet listing your drugs and dosages, conditions and surgeries. When you go to a medical appointment at a VA facility, ask for verification that their records are correct.

## Strange But True

by Lucie Winborne

*Dragonflies can control all four of their wings independently.*

*The first person in the U.S. to use the "temporary insanity" defense was Daniel Sickles -- a Union general, senator and congressman -- after murdering the son of Francis Scott Key, composer of "The Star-Spangled Banner," who was having an affair with Sickles' wife. Sickles was acquitted.*

*The forward slashes in Web addresses serve no real purpose, according to Tim Berners-Lee, creator of the World Wide Web.*

*During World War II, it was illegal in Britain to give cats a saucer of milk, dogs a biscuit or bread to pigeons.*

*Bugs Bunny's relaxed manner of eating carrots was inspired by a scene from the movie "It Happened One Night," in which Clark Gable crunches on the vegetable while chatting with Claudette Colbert.*

*On average, less than 18 minutes of a baseball game is actual action.*

*The New York City Ballet has an annual shoe budget of \$780,000! Dancers go through 500-800 pairs of pointe shoes while performing "The Nutcracker" over a period of six weeks, and use even more pairs in two weeks performing "Swan Lake."*

*Singer Billie Holiday babysat actor/comedian Billy Crystal, and took him to his first movie.*

*There are more than 12,000 species of ants.*

*One sunflower is actually 1,000-2,000 tiny flowers held together by a base.*

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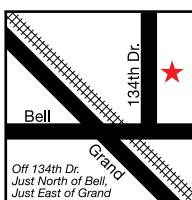
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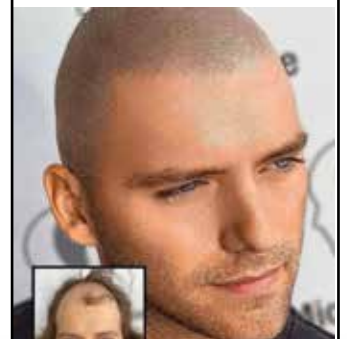
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# 5 car myths debunked

Car myths can be difficult to dispel. Here are five common beliefs about driving that simply aren't true.

## 1. MYTH: PREMIUM GASOLINE IS BEST

**FACT:** Only certain vehicles require premium gasoline. If your owner's manual doesn't recommend using high octane fuel, there's no point in wasting your money. Doing so won't improve the performance of your vehicle.

## 2. MYTH: YOU NEED TO WARM UP YOUR CAR

**FACT:** If you drive in colder climates you may be used to warming up your vehicle before driving. But the truth is Winter, Spring, Summer, or Fall, it's not necessary at all. By the late 1980's fuel injection systems were introduced and made warming up the car an antiquated process.

## 3. MYTH: IT'S ILLEGAL TO DRIVE IN SANDALS

**FACT:** Though it's not particularly safe to wear sandals while driving, there aren't any laws that prevent you from doing so.

## 4. MYTH: DRINKING COFFEE OR OPENING A WINDOW CAN GET RID OF FATIGUE

**FACT:** There's no quick cure for fatigue. Driving when you're sleepy can be just as dangerous as driving while under the influence of drugs or alcohol.

## 5. MYTH: YOU CAN USE YOUR WINTER TIRES IN SUMMER

**FACT:** Using snow tires year round isn't recommended. Many states require snow tires as early as October. If you're a seasonal visitor and plan to drive your vehicle here in the Valley, running on snow tires could compromise your vehicle's performance on the road.

If you have any questions about driving or maintaining your car, contact your honest local mechanics, Litchfield Auto Repair.

## At Least There's One Fair and Honest Mechanic!

# LITCHFIELD AUTO REPAIR



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**www.LitchfieldAuto.com**

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# LITCHFIELD AUTO REPAIR

HAPPY  
4th of July

## QUIZ

### Match the 12 car parts with what they do

Do you want to understand what your mechanic's talking about when they tell you something's wrong with your car? Discover the role of various parts in your vehicle with this association game.

#### MATCH EACH CAR PART WITH ITS FUNCTION

1. Alternator
2. Spoiler
3. Spark plug
4. Driveshaft
5. Torque converter
6. Rod bearing
7. Steering rack
8. Ball joint
9. Pad
10. Catalytic converter
11. Radiator
12. Wheel bearing



- A. Converts mechanical energy into electrical energy
- B. Reduces drag
- C. Prevents the vehicle from making loud noises
- D. Squeezes the brake drums to stop the rear wheels from turning
- E. Serves the same purpose in an automatic transmission as the clutch in a manual transmission
- F. Allows the wheels to rotate freely without friction
- G. Creates a spark that ignites the air-fuel mixture in the engine
- H. Cools the engine
- I. Connects the suspension to the front wheels
- J. Connects the differential to the wheels
- K. Converts harmful nitrogen oxide gases into harmless oxygen and nitrogen gases
- L. Transmits the movement of the steering wheel to the wheels

ANSWERS  
1-A, 2-B, 3-G, 4-J, 5-E, 6-C, 7-L, 8-I, 9-D, 10-K, 11-H, 12-F

# At Least There's One Fair and Honest Mechanic!

## Watermelon 5 ways to enjoy this refreshing, juicy, tasty summer fruit

*In a salad.* Toss together cubed watermelon with a salty cheese like halloumi, feta or parmesan. You can include other tasty ingredients, such as tomatoes, fresh corn and

leafy greens like baby spinach.

*In cocktails.* Stir together watermelon juice and your favorite alcohol. Sparkling wine is a great choice. You can also try

adding melon ice cubes to a summer cocktail.

*As a popsicle.* Blend together watermelon, sugar and lemon or lime juice. Pour the mixture into popsicle moulds for

an irresistible snack.

*In a slushie.* It's easy to make homemade slushies. Simply combine watermelon and other fruits like raspberries and strawberries with a small amount of sugar, a few mint leaves and crushed ice in your blender.

*In a muffin.* The flesh and juice of watermelons are excellent for creating moist muffins. Add dried cherries, chocolate chips, blueberries or other favorite ingredients.

**Arizona's scorching summer temperatures can turn a small chip into a dangerous crack!**

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# Celebrity Extra

by Dana Jackson

**Q:** I was so sad to hear about the passing of actor Ray Liotta. I'm pretty certain I saw him on a daytime soap opera before he starred in classic movies like "Goodfellas." Which soap character did he play? -- R.B.



PHOTO CREDIT: WARNER BROS.

**Ray Liotta in "Goodfellas"**

**A:** Like many stars, Ray Liotta got his first big break on a daytime soap. In his case, it was playing nice guy Joey Perrini on "Another World" from 1978 to 1981. According to Harding Lemay, former head writer of "AW," Liotta stood out among his peers, eliciting a strong response from the audience. Sadly, he passed away in his sleep May 26 at age 67.

\*\*\*

**Q:** Whatever happened to actor Tim Robbins? He was so good in "Bull Durham" and "Shawshank Redemption," but I haven't watched him in anything since. -- G.E.

**A:** Tim Robbins was one of the biggest movie stars of the '90s. Along with the two notable films you mentioned, he starred in critically acclaimed, indie-type movies like "The Player" and "The Hudsucker Proxy." In the early 2000s, he won the Best Supporting Actor Oscar for "Mystic River," but for the past decade he's been working steadily under the radar.

Robbins and co-star Leslie Mann ("This Is 40") recently departed the upcoming Amazon series "The Power" before it ever really got off the ground. Described as a global sci-fi thriller, it suffered many delays due to the pandemic, and reportedly, Robbins' role was bumped down to a recurring one before his exit. He's quickly bounced back with another series, "Wool," created by Graham Yost ("Justified") for Apple TV+.






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Check [www.westvalleystaraz.com](http://www.westvalleystaraz.com)  
for any corrections or announcements

Name \_\_\_\_\_

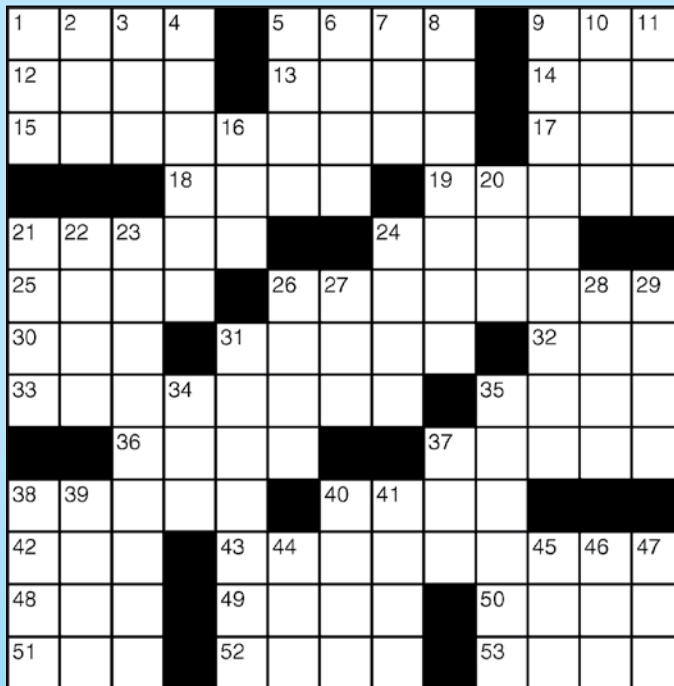
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Mail puzzle with answers to:  
West Valley Star Puzzle, P.O. Box 5731, Sun City West, AZ 85376

# King Crossword



## ACROSS

- 1 Chantilly, e.g.
- 5 Chicken --
- 9 Leg, in slang
- 12 Mr. Stravinsky
- 13 Sparkling Italian wine
- 14 Have bills
- 15 Bouncing toy
- 17 Retrieve
- 18 Ruby and Sandra
- 19 Apple products
- 21 Buy more Time?
- 24 Handle
- 25 New Mexico resort
- 26 Monotonous
- 30 Work unit
- 31 Chair designer Charles
- 32 Odometer start
- 33 Winter road clearer
- 35 Remain
- 36 Church area
- 37 Buckwheat porridge

## DOWN

- 1 Back talk
- 2 In the past
- 3 Gear tooth
- 4 Wears away
- 5 Winslet of "Titanic"
- 6 Egyptian deity
- 7 List-ending abbr.
- 8 Minnesota footballers
- 9 '60s footwear
- 10 Dumbstruck
- 11 Citi Field team

- 16 Stitch
- 20 Not neg.
- 21 Numbered rds.
- 22 Deserve
- 23 Restricted zones
- 24 Recognized
- 26 Shopper's delight
- 27 "As I see it," to a texer
- 28 Ancient mariner
- 29 Maja painter
- 31 Delta follower
- 34 Typing speed stat
- 35 Nymph pursuers
- 37 Tool set
- 38 Dossier
- 39 Stretches (out)
- 40 Baseball's Tommie
- 41 Weevil's target
- 44 Music's Yoko
- 45 "Ulalume" writer
- 46 Computer key
- 47 Filming site

## JUNE WINNERS



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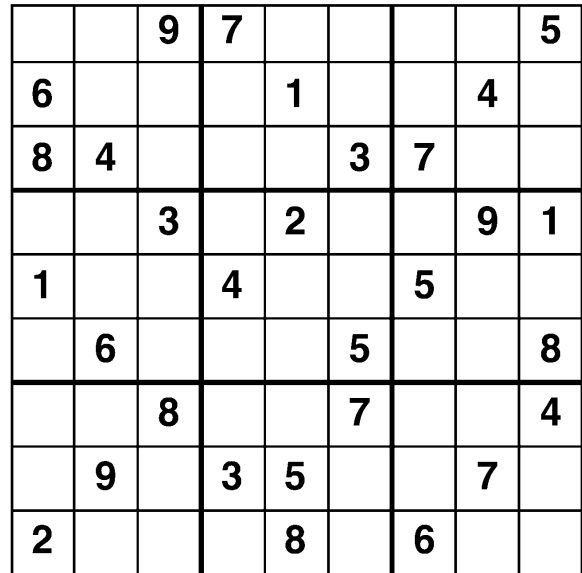
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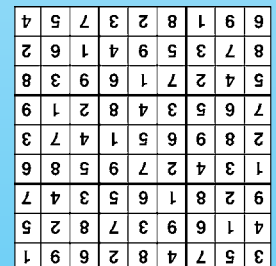
# Sudoku by Linda Thistle



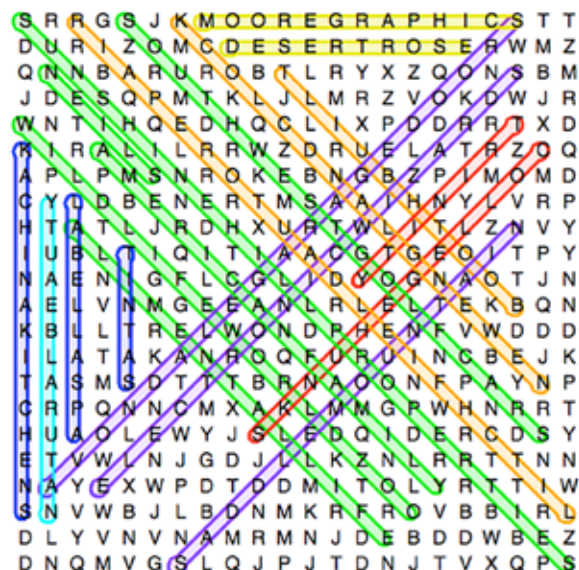
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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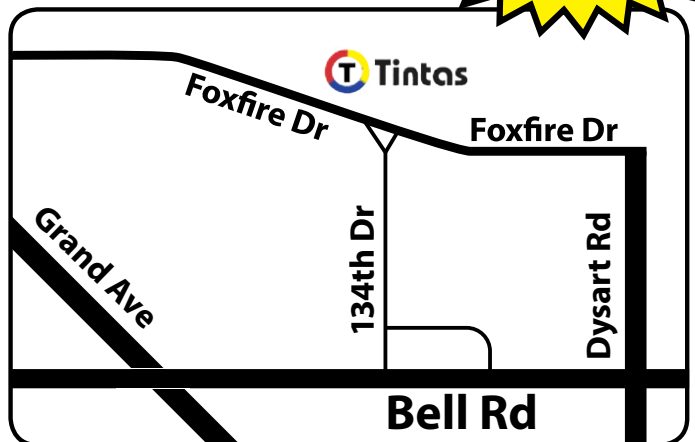
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