

West Valley Star

MAY 2022



Fun Reading

Entertaining Features

Exceptional Values

Useful Services

...and much more



Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

1975-2022... SERVING THE VALLEY FOR 47 YEARS

SEE OUR AD ON PAGE 6



LOOK INSIDE for Local Businesses and Services

A well-maintained car is a safe car



4 maintenance tips for summer car care

If you haven't already, have your car serviced and inspected by a professional to get it ready for the scorching we know is coming. Here are four maintenance tasks you should do every year, prior to the Arizona summer.

CHANGE THE OIL. Changing the oil will ensure that the engine remains cool on hot summer days. Make certain to use a product with the quality and viscosity recommended in the owner's manual.

REPLACE THE OIL FILTER. This component cleans the motor oil to help the engine perform at its best. If the filter gets too dirty, sediment may get into the engine and prevent the oil from circulating.

CHECK THE DRIVE BELTS. Many parts of your car rely on drive belts to operate. Therefore, the belts should be inspected regularly for signs of slackening and deterioration.

INSPECT THE BRAKES. The brake calipers, discs and pads need to be in good condition to keep you and your passengers safe. Look for signs of wear and tear on a regular basis so you can replace components before a problem occurs.

To learn more about pre-summer car maintenance and keeping your vehicle well maintained, schedule an appointment with the folks at Litchfield Auto Repair.



Happy Mothers Day
to All You Moms and Grandmothers!

LITCHFIELD AUTO REPAIR



**FREE
SECOND
OPINION**

with a written
estimate from a
licensed repair facility

OFFER EXPIRES 5/31/22

www.LitchfieldAuto.com

(623) 882-8700

671 N 137th Ave, Suite 106

Goodyear



yelp

4.5 Star Customer Rating



Check out our
customer reviews
on Yelp.com

At Least There's One Fair and Honest Mechanic!

Spoil mom on Mother's Day

Delicious Mother's Day gift alternatives to chocolate

Chocolate is a standard Mother's Day gift. However, some moms simply don't like this sweet treat. Fortunately, there are plenty of other edible gifts that are sure to please.

Specialty coffee. Coffee is an excellent source of antioxidants. Prepare a gift box filled with organic or fair-trade varieties and choose whole beans to optimize freshness. You could also include an affordable coffee mill or a special coffee mug for Mom.

Seafood. If your mom is a seafood lover, gift her high-end prepared items like pre-cooked shrimp or smoked salmon bites. You could also cook her a delicious feast of mussels, oysters or scallops.

Wine and cheese. Pick out an assortment of fine cheeses to pair with charcuterie or a bottle of good wine. If you're not

sure what your mother likes, talk to the helpful staff at Winery 101 just off the 101 on Olive Avenue, or Victory Vineyard in Verrado for advice... and support your local wineries.

Honey. Many beekeepers offer varieties of their local honey as well as honey-related products in attractive packaging and pretty gift baskets. Look for local honey producers at nearby farmers markets.

Is your mom a chocaholic? Don't deny her. Tuck some specialty chocolates in any of these great gift ideas. Local chocolate maker, Cerreta Candy Company, has a gorgeous box of chocolate covered cherries for under \$15.



GOOD FOR FOUR!

\$5 Off Admission
Per Person/\$20 Value
Not valid with any other discount

Enjoy the new 5 acre addition to our

Safari Park!

See our 10 New Species! Including New Zebras, Pygmy Hippos, Clouded Leopard and Monkeys!

With 6,000 animals, 8 shows daily, tons of rides, a thousand thrills and a million smiles. All in One Day! Everyday!

Arizona's Ultimate, Year-Round Family Fun Destination.
Arizona's Largest Collection of Exotic Animals.

Northern Ave. and the 303 Freeway • 623-935-WILD (9453) • WildlifeWorld.com

Wildlife World
Zoo Aquarium & Safari Park

Celebrate Mother's Day with your grandmother

When it comes to elderly loved ones, a little extra attention in the form of a simple visit goes a long way. This is especially true if they have limited mobility or their social lives have diminished over the years. Mother's Day is the perfect opportunity to show your grandmother how much you love her. Here are four ways to give her some real joy.

Dust off old board games

Many elderly people grew up playing classic board games. Why not spend an afternoon challenging your grandma to a friendly game of Scrabble or backgammon? Many classic board games are available on Amazon, or try eBay for vintage versions.

Flip through photo albums

Although less prevalent in the digital age, physical photo albums are a treasure trove of memories. Flip through a few pictures with your grandma to reminisce about days past and learn about your family's history.



Offer a personalized gift

Personalized items make a great gift for grandmothers. For example, you could create a calendar featuring family photos. This is a fun and functional gift your grandma will cherish.

Go bargain hunting or antique shopping

Many grandmothers enjoy visiting boutiques, thrift shops and sales to sniff out rare finds. Strolling through an antique mall with your grandmother can be a fun and educational experience — even if you don't buy anything. Why not plan an outing with your grandma? You never know what hidden gems you'll discover in your neighborhood.

Grandmothers are an essential part of the family. Get your grandmother chatting and you, and maybe her great-grandchildren, will find out all kinds of interesting things.



MAY 2022

INSIDE THIS ISSUE

Hollywood	5
Veteran's Post.....	6
Senior Newsline.....	8
Your Good Health.....	10
Paws Corner.....	15
Games Page.....	21 & 22
Green Living	24
Recipe	25
Service Directory	28 & 29
Celebrity Extra	30

For Advertising
Information, call
623-249-4749

All rights reserved.
Copyright 2022
West Valley Star LLC

West Valley Star
P.O. Box 5731
Sun City West, AZ 85376
info.westvalleystar@gmail.com
www.westvalleystaraz.com



The publisher reserves the right to edit, revise, or reject any editorial copy or advertising submitted for publication. Publisher's liability for errors in ads will, in no case, be greater than the cost of the space in which the error occurs.

Member of the
**WICKENBURG
CHAMBER OF COMMERCE**

*"For the Spirit God gave us
does not make us timid,
but gives us power, love
and self-discipline."*

2 Timothy 1:7

DAYTIME SHADE
and
EVENING AMBIANCE

We design to meet your distinctive needs

- Solid & Lattice
- Enclosures: Glass & Screen
- Privacy Panels
- Roll-down Shades
- Gutters

BOOTH BUILT
PATIO PRODUCTS

We've got you covered!

CALL TODAY for your FREE Design Consultation

623-979-3339
www.boothbuilt.com

BBB ACCREDITED
SCHOA Sun City Home Owners Assoc.
ROC No. 162384 • BONDED • INSURED

HOLLYWOOD — Forget “the slap heard round the world,” let’s talk about how the Academy “missed the boat!” They should have dragged every living Oscar winner they could get to dress up the show. When they gave “The Godfather” tribute, they also should have gotten Diane Keaton, James Caan and Talia Shire to be there with Francis Ford Coppola, Al Pacino and Robert De Niro.

Paramount+ just premiered three episodes of the 10-episode limited series “The Offer: The Making of Francis Ford Coppola’s ‘The Godfather.’” The series has Matthew Goode playing producer/actor Robert Evans, Giovanni Ribisi as mobster Joe Colombo, Dan Fogler as Coppola and Patrick Gallo as Mario Puzo. A fourth “Godfather” film was canceled when Puzo, who authored the book and then the screenplays with Coppola, died in 1999.

After the James Bond tribute, the lights should have come up on all living Bonds, on stage, such as Pierce Brosnan, Timothy Dalton, George Lazenby and, of course, Daniel Craig. Happy to say, James Caan and Pierce Brosnan are co-starring in the hitman thriller “Fast Charlie,” with Caan playing a mob boss and Brosnan as his 20-year fixer/hitman. Caan also has “Acre Beyond the Rye” in pre-production, co-starring Lance Henriksen, Hallmark leading lady



PHOTO CREDIT: HBO

Alexander Skarsgard in “True Blood”

Lacey Chabert and Armand Assante. Brosnan co-stars in the Dwayne Johnson superhero film “Black Adam” and also “The Out-Law,” starring Adam Devine, Ellen Barkin and Lil Rel Howery.

★★★

It wasn’t that long ago that Alexander Skarsgard, currently playing the recurring role of Lucas Matsson in “Succession,” complained, “Starting out in Sweden, where most people are tall and blond, I was labeled ‘stupid, sexy and hunky’ on a list, and people didn’t take me seriously.” After 76 episodes of “True Blood” and winning an Emmy for “Big Little Lies,” he felt secure enough to take his shirt off and play Tarzan to great success. Now starring opposite Nicole Kidman again in “The Northman,” his co-star Ralph Ineson observed, “He’s made himself look like some kind of a monster for this part, and I thought, ‘That’s not a bodybuilder, that’s a serious actor.’” Since Skarsgard never stops working... stupid, sexy and hunky absolutely works for him!

International
NO DIET
DAY May 6, 2022

Put aside your food inhibitions and celebrate body diversity. INDD is a day to remember that healthy bodies come in all shapes and sizes. Here are a few ways you can observe No Diet Day.

Stand in front of your mirror and as you look at your reflection, take a moment to love and thank your body for everything it does for you.

Engage your curiosity by preparing a new recipe. Explore an unfamiliar aisle at the supermarket or stop in at an international grocery.

Book a table at a restaurant you’ve never tried before. Pull out all the stops and order every course.

Celebrate your body! Observe International No Diet Day by expressing unconditional love and gratitude to your body. Indulge your senses and celebrate good food and good living.

A woman with her hair in a bun, wearing a light blue button-down shirt tied at the waist, is eating a slice of chocolate cake with a fork. She is holding a plate with the rest of the cake.

PANDORA

GIFT SETS
for Mom

Save
20%
On curated
gift sets

Osborne Jewelers
THE STORE INTEGRITY BUILT

15350 W. McDowell Rd., Goodyear, AZ 85395
(623) 925-1815 www.osbornejewelersinc.com

A Pandora gift set is shown in an open white box. Inside, a silver-tone bracelet and necklace are displayed on a black background. A pink heart-shaped tag is attached to the jewelry. The Pandora logo is visible on the inside of the box lid.

Patient Surveys Show VA Hospitals Improving

In the latest Medicare Hospital Consumer Assessment of Healthcare Providers and Systems patient survey, the Department of Veterans Affairs outperformed community hospitals in 10 of 11 different categories.

The report said that 54% of VA hospitals earned four or five stars, while only 35% of community hospitals did. That's a hefty increase; just a few years ago, only 26% of VA hospitals rated four or five stars.

The categories included cleanliness of the hospital, care transition, communication with nurses, discharge info and more. Questions were wide ranging, from "Did doctors treat you with courtesy and respect?" all the way to "If you were given new medication, were you told what it was for?" and "Was your personal information treated in a confidential way?"

The VA questionnaire, called the Survey of Healthcare Experience of Patients, is based on Medicare's Consumer Assessment of Healthcare Providers and Systems surveys. Results for all hospitals can be found at Medicare.gov and are updated quarterly. The latest release of the data, however, includes results from July 2020 through March 2021.



One worrying detail: Staff selects veterans to fill out the surveys based on the kind of care they got and the last time they filled out a survey. These can be either veterans who were admitted and had surgery or a treatment and then were sent home, or veterans who had care during a medical visit. Shortly afterward, they're sent the survey packet (questionnaire, cover letter, return envelope).

The Centers for Medicaid and Medicare Services (CMS.gov) website says that the survey is for a "random sample" of patients. How, one wonders, is it truly random if staff is selecting the patients to ask? Additionally, since all hospitals have a different mix of patients, it appears that those who finalize the reports average out the results in areas such as age, education, health status and so forth in what they call patient-mix adjustments. What would the results be if they weren't making adjustments?

SPRING INTO SAVINGS

UP TO \$1000 OFF NEW 2022'S

COME DRIVE THE

Club Car[®]

ONWARD

EFFICIENT ELECTRICS & EFI GAS

GREAT FINANCE PLANS AVAILABLE NOW!

OAC THRU SHEFFIELD FINANCIAL

Southwest Golf Cars

New • Used • Rebuilt • Gas & Electric Cars

Sales • Service • Repairs • Parts • Accessories

Factory Trained Technicians • Batteries • Pick Up & Delivery

1975-2022... SERVING THE VALLEY FOR 47 YEARS



*The West Valley's Only
Authorized "Club Car" Dealer*

14175 W. Indian School Rd.
Goodyear • 623-536-5625

Safeway Shopping Center
Mon-Fri 10-4, Sat by appointment

13901 W. Camino del Sol
Sun City West • 623-584-0591

East of Grand/South of Meeker
Mon-Fri 8-4:30, Sat Sales 9-3

11124 Youngtown Ave., Sun City/Youngtown • 623-977-3100
1/2 mile South of Grand off 111th Ave. | Mon-Fri 8-4



Memorial Day May 30, 2022

How Memorial Day and Veterans Day are different

Both Memorial Day and Veterans Day pay tribute to the military community. However, these patriotic holidays are often confused with one another. To better honor each day's true meaning, here's what you should know.

Memorial Day is observed to honor soldiers who died in military service protecting and serving their country. Its origins date back to after the Civil War. In 1866, residents of Waterloo, New York started decorating graves of soldiers with spring flowers. In fact, Memorial Day was originally called Decoration Day. Always observed on the last Monday in May, this year the holiday takes place on May 30.

Veterans Day pays tribute to Americans who served or currently serve their country. The holiday is held every year on November 11, marking the anniversary of the end of World War I. Initially called Armistice Day, the federal government changed the name of the event to Veterans Day in 1954.



Dream it, Lease it, Own it!

- No more Landlords selling the home from underneath you.
- No more rent increases every year.

Take control of your housing situation and build your own WEALTH with a Lease Option!

Qualifications:

- Low Credit/No Credit Okay!
- Low Security Deposits
- Single Family Homes & Townhomes

Call now for a FREE Consultation!



Ashley Atwood

Sunshine Hill Properties CEO

979-218-0047

ashley@sunshinehillproperties.com

sunshinehillproperties.com

“Inflation is when you pay fifteen dollars for the ten-dollar haircut you used to get for five dollars when you had hair.”

— Sam Ewing

SENIOR NEWSLINE

Inflation... and how to survive it

Desert Rose CONCRETE COATINGS
 Call 623-853-9051

We use two-components, solvent, polyurethane UV, absorbers – NOT single-component acrylic.

GARAGES • PATIOS • DRIVEWAYS
 COMMERCIAL • RESIDENTIAL

AZ ROC Lic #203136
www.TheDesertRose.com

Simulated CoolDeck
Simulated Flagstone
Tuscany Stain

SOLID COLOR
Polyurethane with Fleck Systems
 STARTING AT
\$349 Per Sq. Ft.
 Not valid with any other discounts. Offer expires 06/15/22

Recent government figures outlined food price increases for one month. The numbers are rather grim.

Averaged over the past 12 months, food prices have risen 8.6% (the highest increase since 1981), with poultry and fish climbing 13% and beef is up 16%. Fruits and vegetables went up 2.3%, the highest since 2010. Dairy increased 1.9%, the highest since 2011, and cereals and bakery items have risen 1.1%. Pretty soon, we'll be paying even more for just about everything when it comes to eating in or dining out, according to the U.S. Department of Agriculture.

We've been feeling the pinch every time we go to the grocery store, but to see the figures laid out in print really brings it home. So what's causing this rise in prices?

The of avian influenza (the worst since 2015) is contributing to higher retail poultry and egg prices, the report said, and a strong demand for dairy products is driving up those retail prices.

The cost of agricultural chemicals such as fertilizers and pesticides has risen 50% over the past year. Also putting pressure on food prices is Russia's invasion of Ukraine. Russia is a major exporter of nitrogen, potassium and phosphorous fertilizers.

Trucking costs spiked during the pandemic. Rising energy and transportation costs impact many things, food included. Trucking is the primary mode of transportation for food products, and the industry was already dealing with a shortage of drivers before the pandemic.

Higher labor costs are another factor, and increases in interest rates by the Federal Reserve. Companies are passing on these costs to consumers.

FULL SERVICE CAR WASH
in the Comfort of Your Own Home!

JOHNNY'S GIRLS Mobile Carwash
 Established 1972

We Supply Our Own Water & Electricity!

Courtney 602-884-5366 • Catherine 602-570-4984
 A Clean Car is a Happy Car!

NO CRACK TOO BIG OR SMALL, WE REPAIR OR REPLACE THEM ALL.

TRINITY AUTO GLASS
 623-536-2519 | trinityautoglass8065@gmail.com

- ✓ **Complete glass repair and replacement.** Whether the damage is big or small, we fix it all, and you have our no risk promise that each windshield replacement will be a perfect fit for the vehicle.
 - ✓ **On-Site Mobile Service** for your convenience
 - ✓ **Highly trained and certified repair technicians**
 - ✓ **Quality glass and equipment**
 - ✓ **Preferred vendor for most insurance providers** — and we take care of the paperwork
 - ✓ **Surety Promise** for your satisfaction
- Danielle & Robert Littleton
TRINITY AUTO GLASS LLC

What can you do to fight inflation?

1. Reassess your spending habits. If inflation is making it difficult to stay within your budget, take a moment to reassess your cash flow and where it's going.
2. Take on new debt sparingly (and avoid variable rates).
3. Become a sale shopper.
4. Maximize loyalty and reward programs.
5. Be strategic with savings.



Tintas IN SURPRISE

Granite & Flooring Warehouse

— OPEN TO THE PUBLIC —

SURPRISE'S ONE STOP SHOP!

FREE GRANITE CARE KIT
with kitchen counter purchase

#1 FABRICATOR IN SURPRISE!

SERVING SUN CITY WEST AND SURPRISE FOR OVER 16 YEARS!

AFFORDABLE CUSTOM GRANITE AND QUARTZ COUNTERTOPS

OVER 3,000 SLABS IN STOCK!

Visit our New Showroom

TAKE DYSART TO FOXFIRE DRIVE AND TURN LEFT.

**13410 W FOXFIRE DR. STE 100
Surprise, AZ 85378**

North of Bell on Foxfire Drive

623-214-3599

Mon thru Fri 8 to 5 • Sat 9 to 2

All Major Credit Cards Accepted
Licensed | Bonded | Insured
ROC #278090K-48 | ROC #278093K-60

QUALITY

- Material
- Fabrication
- Installation
- Craftsmanship

HANDCRAFTED IN SURPRISE

- Granite
- Marble
- Quartz
- Silestone

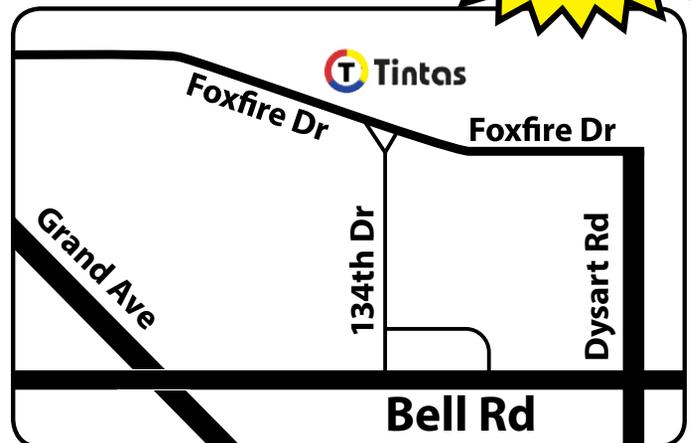
WALK IN SHOWER

- Tile: Porcelain / Travertine
- Granite • Quartz • Marble

CABINETS

- New or Reface

NEW Inventory Available NOW!



tintasgraniteandflooring.com

Can Prilosec be Taken for More than 14 Days?

DEAR DR. ROACH: What's the story with Prilosec? Doctors routinely tell people with GERD or acid stomach to take this forever. Yet it clearly describes only a 14-day treatment on the box. A physician assistant told me that because of a rare infrequent condition some users have that the manufacturer is legally bound to post the 14-day limit, but that the general population can safely ignore it. Can you enlighten and reassure those of us whose physicians have said to take it long term? -- C.D.C.

ANSWER: The patient instructions in the over-the-counter versions of proton pump inhibitors, such as omeprazole (Prilosec), do recommend a 14-day course. However, longer courses may indeed be prescribed by a licensed prescriber, such as a PA. Even so, there are relatively few people who need lifelong medication. Those who do may have a condition such as Barrett's esophagus, in which PPIs — the most potent medical treatment to suppress stomach acid — are necessary. They not only relieve symptoms, they are also prescribed in hopes of reducing the risk of developing cancer of the esophagus. The data on this are still not clear.

For people with acid reflux (also called gastroesophageal reflux disease), PPIs are usually not needed lifelong. However, it may still be reasonable to use these drugs long term if the prescriber feels the benefit outweighs the risk.

There are several risks of long-term use of PPIs. Stomach acids are important in protecting against bacteria, and two kinds of bacterial infections are more common in PPI users. The first is in the colon, especially of *Clostridium difficile*, where PPI users are about 30% more likely to be infected and may do so even without the antibiotic use that is the most common risk factor for *C. diff*. The second is pneumonia,

although the apparent association may not be as strong as formerly thought.

Low stomach acid may decrease absorption of vitamins and minerals, especially magnesium, iron and vitamin B12.

PPIs were thought to increase the risk of a rare tumor, gastric carcinoid, based on data from rats, and of colon cancer. Those risks have not been seen in humans. Early data suggest increased risk of kidney disease and dementia. That risk appears to be small, if it even exists.

Long-term PPI use has some risk of side effects and should be used only when there are benefits to PPIs that can't be obtained with other treatments, including other medications and lifestyle changes. This especially includes better diet, weight loss when appropriate and not eating right before bed.

DEAR DR. ROACH: I'm not against medical marijuana when prescribed, but why do patients want or need to smoke it? What does the secondhand smoke do to children and adults around those who are smoking it? -- C.G.

ANSWER: Secondhand cannabis smoke has potential adverse effects. It can be irritating to the eyes and respiratory tract. The psychoactive component, THC, can be absorbed by someone in close proximity, especially if exposed over a prolonged period. This is also true for the vapor made by an e-cigarette device.

Cannabis smoke is irritating for the user as well. Many people who use medical cannabis use edibles containing extracts, THC and CBD. These have no risk to others, although they do carry a higher risk of acute intoxication for the user. In any event, cannabis users should take care not to expose people who do not want to be exposed, especially children.

WITH THIS AD

SIGNATURE COMBINATION MASSAGE

FOOT REFLEXOLOGY / DEEP TISSUE / ACCUPRESSURE **\$45/hr.** Good thru 06/15/22

30 MIN Oil Back Massage **15 MIN** Head, Neck, Shoulders, Hands and Arms **15 MIN** Foot Massage *ask about our REWARD CARD!*

Mother's Day, May 8 - Pamper Mom with a Gift Certificate

OTHER BODY TREATMENTS

- Swedish/Deep Tissue
- Balancing Ritual • Volcanic Stones
- Ultimate Body Wrap

La Bella Spa **623-205-6666**
www.labella-spa.com
— OPEN 7 DAYS —
Mon-Sat 9-9 • Sun 10-9

5110 N. Dysart Road
Litchfield Park
NW Corner Dysart & Camelback
Next to Goodwill



Your body hears
everything your
mind says.

— Naomi Judd



Assisting an elderly relative from a distance

Caring for an elderly relative can be demanding at the best of times. However, if you live far away, it can make things even more difficult. Whether your loved one resides in a different city or country, here are a few strategies for taking care of them from afar.

1. Develop a network of contacts

Build a network of people who can help your elderly relative when you're not around. For example, you could ask a trustworthy friend or family member to regularly check in on them. Additionally, you can hire a health-care professional to conduct visits. Make sure you give your loved one a list of people they can contact if they can't reach you.

2. Consider a remote monitoring service

There are several devices and monitoring services available now from companies like ADT and Alarm.com, that are tailored to and custom-built for each person's needs and home environment.

3. Make the most of your visits

During your visits, assist your loved one with as many of their immediate and future needs as possible. For example, you could help them stock up on groceries, prepare meals, sort medication and schedule appointments.

3. Check in regularly

Frequently checking in with your loved one allows you to stay on top of their health and habits. On top of face-to-face visits, you can call, email or video chat to keep in touch.

4. Prepare financial resources

If you'll need to travel or take time off work to accompany your loved one to a medical appointment, it's a good idea to make room in your budget for this expense.



Additionally, some non-profit organizations offer friendly calls or visits to seniors. Find out if a service like this is available in your loved one's region.

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

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

Laura Robb

AAMS®, Financial Advisor

DIRECT 623 478 2368

Inspiring. Confidence-building. Empowering.

ROBB
WEALTH MANAGEMENT

14950 West Indian School Road
Suite 180, Goodyear

Robb Wealth Management is not a registered broker / dealer and is independent of Raymond James Financial Services, Inc. Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc.



Hello, SUMMER!



Tips for water safety

If you own a boat or kayak, if you enjoy fishing or water skiing, or if you share these fun activities with friends, here are eight tips to safely enjoy your hobbies this summer.

1. Always wear a personal flotation device (PFD) and insist passengers on your boat or jet ski do as well — it can save a life. Arizona requires anyone on a personal watercraft such as a Jet Ski or Wave Runner to wear a life vest, and all vessels to have a life vest for each person on board. Kids 12 and under are required to wear a life vest when under way.
2. Check the weather forecast before going out and remember that conditions can change quickly on the water.
3. Inspect your equipment and ensure it's in good condition before each trip.
4. Always carry safety equipment like a bailer, buoyant heaving line, sound-making device and fire extinguisher.
5. Whether operating a motorboat or paddling a canoe, never consume alcohol or drugs before going out on the water.
6. Tell friends or family where you're going and your estimated return time.



7. Distribute the load in your boat appropriately. For example, heavy items should be placed on the bottom of a canoe or kayak where they won't move around if you hit a big wave.
8. Take swimming lessons and other water safety courses related to your activities. This will help you identify hazards and perform the correct procedures in an emergency.

Have fun on the water this summer!

Do You Have Pain?

From Sports Injuries, Headaches, Migraine, TMJ, Low Back Pain, Carpal Tunnel Syndrome?

Schedule a consultation with our Certified Neuromuscular Therapist

A Certified Neuromuscular Therapist is a specialized muscular expert with additional training beyond traditional massage therapy education.

Neuromuscular Therapy is a highly-specialized manual therapy that can correct pain and dysfunction by treating trigger points, muscle adhesions, and fascial (connective tissue) patterns that may have formed due to a specific trauma, postural pattern, or repetitive movements.

Ask about Cupping, Hot Stone Massage, Lymphatic Massage and many other beneficial Massage Therapies



Acupuncture
Chiropractic
Massage Therapy

1473 North Dysart, #101, Avondale
623-925-1386



10 items to pack in your suitcase

Are you planning a trip this summer? In addition to clothes, personal hygiene products, make sure to pack these essentials.

1. Paper or digital maps. Download them to your phone in case you don't have cell service.
2. Extra batteries.
3. Various waterproof, plastic and reusable bags.
4. Your chargers and a power outlet adapter.
5. A first aid kit adapted to your destination. For example, include malaria tablets if you're going to a tropical country.

If you're traveling out of the country...

6. A travel guide.
7. A copy of your travel insurance coverage.
8. A photocopy of your passport.
9. A list of information about your financial institution, embassy and emergency contact.
10. A health booklet with a list of your medications, allergies and vaccinations.

Enjoy your trip!

Natural Beauty

DERMAL ARTISTRY
.....
PERMANENT MAKEUP
& CLEANSING SPA



LASER
**Teeth
Whitening**
1 HOUR \$150



Facials
STARTING AT
\$99

14535 W INDIAN SCHOOL RD • SUITE 160 • GOODYEAR • (602) 576-5999  

Plasma Skin Tightening... starting at \$299!



PERMANENT
Eyeliner
STARTING AT \$199

CALL TODAY FOR YOUR PERSONAL CONSULTATION!

Natural Beauty



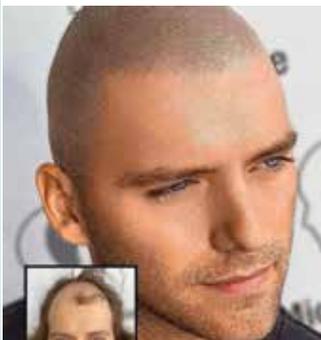
DERMAL ARTISTRY

.....

PERMANENT MAKEUP
& CLEANSING SPA

Scalp Micropigmentation

SCHEDULE A PERSONAL CONSULTATION



Body Contouring ~~~~~ Lipo Laser

\$125
PER AREA



SKIN

- Glow Facials..... \$150
- Microneedling..... \$99+
- Dermaplaning..... \$40
- Fibroblast Skin Tightening..... \$99+

LASHES & BROWS

- Lash Lift & Tint..... \$75

PERMANENT EYEBROWS

Microblading
Powder or Ombre Brow
\$299



PERMANENT

Lip Color or Liner
STARTING AT
\$299



Cool down with a cocktail this summer

While you still can, enjoy lounging on a restaurant patio or in your own backyard with one of these delicious cocktails.



- **Hard lemonade.** Jazz it up your staple lemonade with some bourbon served neat or on the rocks. If you want some fizz, try a sparkling vodka lemonade.
- **Irish ice.** Irish cream and ice cream. Smooth, creamy and ice-cold, this treat is perfect on a hot day.
- **Daiquiri.** Put your own unique spin on this classic cocktail. There are endless flavor variations — from strawberry and lime to lemon to pear.
- **Mimosa.** This low-calorie cocktail is a brunch must-have. In addition to the traditional mix of orange juice and champagne or sparkling wine, indulge in an updated version with strawberries, watermelon and mint.

Cheers!

Put citrus on the menu

Put citrus on your summer menus to stimulate your tastebuds and top up on vitamin C. Citrus fruits are bursting with freshness. Indulge in your favorite citrus or discover new varieties this summer.

Add a pieces of clementine to your favorite salad or take a chance on a new recipe with citrus as the primary ingredient. For a tasty twist, add lemon juice or zest to a vinaigrette.

Bake a delicious upside-down cake combining different varieties of oranges or add some citrus zest like lemon, lime or bergamot directly to the batter.

Garnish fish with grapefruit, orange or lemon, drizzle bergamot-infused oil on your halibut. Cover your fish with citrus slices before grilling. Shellfish is equally excellent with citrus, including red grapefruit and lime.

Think lemon-roasted chicken and beef stew flavored with orange.

Don't be afraid — get creative!



For Advertising Information, Call 623-249-4749

Paws and Claws



Can you give your cat milk?

You often see cats drinking milk in books and movies. A child rescues a hungry cat and gives it a saucer of milk. But is this the right thing to do? According to the experts, the answer is no. Here are a few reasons why.

ESSENTIAL ENZYME

Kittens can digest their mother's milk because they're born with a specific enzyme that allows them to break down lactose, a form of sugar, efficiently. However, as they get older, most cats lose this enzyme and can no longer properly digest milk.

VARIOUS HEALTH PROBLEMS

If an adult cat eats high-quality food and gets plenty of fresh water, it doesn't need to drink milk. Drinking this fat-rich substance can trigger a variety of ailments, including obesity and diarrhea. Milk is especially harmful if your furry friend is allergic to milk proteins or can't properly digest lactose.

In short, if you feed cow's milk to your adult cat, it may enjoy it at first but will suffer digestive issues and other health problems later. Consult your vet to determine what's safe to feed your cat.



Your Local **GARAGE DOOR EXPERT** **WE GUARANTEE THE BEST PRICE & BEST VALUE**

Residential & Commercial
✓Sales ✓Service ✓Installation

LIFETIME WARRANTIES

MILITARY | AAA | SENIOR | AARP
DISCOUNTS

CALL TODAY – FIX IT TODAY!

623-693-8677

The Original

**AVONDALE
GARAGE
DOORS**

Sales, Installation, Repair



FREE ESTIMATES

NO SERVICE FEES

FAMILY OWNED AND OPERATED
FOR OVER 16 YEARS!

WE'VE BEEN IN BUSINESS SINCE 2004



A+
rating

432 N. LITCHFIELD ROAD • GOODYEAR • ARIZONA • UNIT 312

What to do if your engine overheats

Your dashboard temperature light is on, and there's steam coming from under the hood — sure signs that your engine is overheating. When that happens, you need to act quickly to prevent permanent damage to your vehicle. Here's what to do when your engine overheats.



- **Turn off the AC and turn up the heat**

If your air conditioner is working, turn it off. The AC puts a lot of stress on the engine. Then turn the car's heater on full blast. The heater will cool the engine by sucking hot air from the motor and blowing it into the cabin. You may sweat a bit, but it could save your car.

- **Pull over and stop the engine**

Find a safe place to pull over and turn your hazard lights on. Stop the engine and wait at least 15 minutes until lifting the hood. Watch the dashboard temperature gauge to determine when the engine has cooled to normal levels.

- **Add coolant**

If you have spare coolant in your vehicle, top up the reservoir. Adding water will do the trick in an emergency, but you'll have to drive slowly to avoid overheating again.

- **Get to a mechanic**

Start your engine and drive slowly to your nearest automotive repair shop. If the engine overheats again, pull over and let it cool.

An overheating engine needs a professional repair. A mechanic can determine the cause of your problem and get you back on the road.

Is it safe for young children to sit in the front seat?

It may seem logical to put young child in the front seat to keep an eye on them, but the back seat is probably the safest. Legislation varies throughout North America, and no Arizona law requires it, but some safety experts say children should ride in a car's rear seats until the age of 13.

According to various safety tests, the safest place for your child is the back seat, — away from active airbags. When a child sits in the passenger seat, the airbag deploys at head level, potentially causing severe neck and head injuries. The sheer force of airbag deployment is enough to seriously harm a child.



Correctly using a car seat is one of the best steps you can take to protect your child in a crash.

Memorial DAY

MAY 30, 2022

How to honor America's fallen soldiers on Memorial Day

Memorial Day, is an annual opportunity to commemorate the men and women who gave their lives while serving in the United States military. One way to observe this occasion is to visit a veteran cemetery or memorial in your area. Decorating the graves of fallen soldiers with flags and flowers has long been a tradition of this federal holiday. However, there's another way veteran graves might be adorned.

The meaning of coins on headstones

If you visit a veteran cemetery, you might notice that coins left on some of the headstones. While its origins are uncertain, the purpose of this tradition is to let the family of the deceased know that someone visited the grave. Here's what each denomination signifies:

- Pennies. If someone places a penny on the headstone of a fallen soldier, it's to show that they stopped and paid their respects.
- Nickels. If someone places a nickel on a headstone, it means they went through basic training with the deceased.
- Dimes. If someone places a dime on a veteran's headstone, it indicates they served in the armed forces with that person.
- Quarters. If someone places a quarter on a headstone, it's because they were there when the soldier was killed in action.

If you want to let the families of fallen service members know that you appreciate their sacrifice, bring a handful of pennies with you to the cemetery.



CAR CARE
SIMPLIFIED
#SHOPSMALL

FAMILY OWNED & OPERATED
LITCHFIELD
AUTO REPAIR



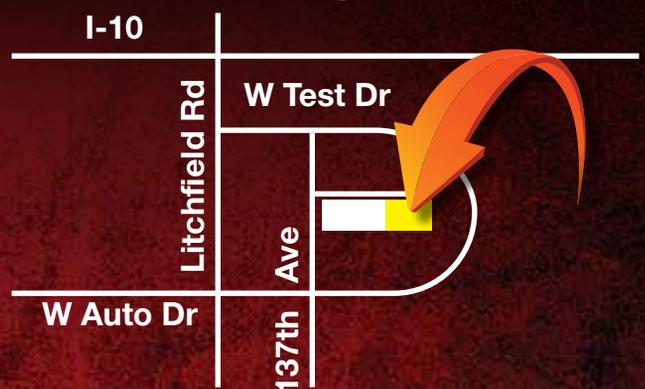
At Least There's One Fair and Honest Mechanic!

www.LitchfieldAuto.com

(623) 882-8700

671 N 137th Ave, Suite 106

Goodyear





Celebrating Our

4 common types of EMS calls

National EMS Week, May 15 to 21, is a time for all Americans to learn more about the lifesaving work emergency medical service (EMS) providers deliver every day. These front-line health-care workers are trained to arrive at the scene of an emergency and deliver medical aid. Here are some of the most common types of EMS calls they face.

TRAUMA

Traumatic injuries happen quickly and require immediate medical attention. They can be wounds sustained in car crashes, drownings, shootings and falls. About 100,000 Americans die from traumatic injuries every year and it's the leading cause of death in the country for people under 45. However, thanks to the medical training EMS workers have, many lives are saved.

National EMS Week

May 15 to 21, 2022

ABDOMINAL PAIN

Pain in the abdomen can be a symptom of gas, indigestion or a pulled muscle. However, it can also be symptomatic of pancreatitis, an intestinal obstruction or appendicitis. EMS workers have the training to assess and diagnose abdominal pains on the scene.

RESPIRATORY DISTRESS

Determining why a patient can't breathe properly is complicated and requires extensive medical knowledge. Respiratory distress can be caused by an allergic reaction, asthma, pneumonia, a stroke or a drug overdose. Each scenario requires a different treatment before the patient can be safely transported to the hospital.

CHEST PAIN

Chest pain can be caused by a variety of conditions including anxiety, acid reflux, pneumonia, and a heart attack. An EMS worker's first job on a call pertaining to chest pain is to rule out the most life-threatening condition, which is cardiac arrest, then move on to other possible causes.

EMS workers face many challenges during an average shift, but their training and dedication help save lives. This year in May, be sure to show your appreciation for these medical professionals during EMS Week.

DRINK LOCAL. EAT LOCAL.

AWARD-WINNING BEERS & GREAT FOOD ALL RIGHT HERE IN THE NEIGHBORHOOD.

SMB

BC

SADDLE MOUNTAIN BREWING COMPANY
15651 W ROOSEVELT ST
GOODYEAR, AZ
(623) 249-5520
SADDLEMOUNTAINBREWING.COM



First Responders

What police officers want you to know

Unfortunately, what many people believe about policing comes from television. For National Police Week, which takes place this year from May 15 to 21, here are some facts about this profession to keep in mind.

BECOMING A POLICE OFFICER IS DIFFICULT

Earning a police badge is challenging. Only one out of every 100 applications is accepted for training. Many cadets won't graduate from the academy, and more will quit during field training. The ones who make it are dedicated, intelligent individuals committed to keeping our communities safe.

POLICING IS INACCURATELY PORTRAYED ON TV

Shows like CSI provide a glamorized view of police work. In real life, officers involved in shootings don't go back to work right away, and murder cases aren't solved in a few days. Investigations are painstakingly slow. Don't assume that because you watch Criminal Minds, you're aware of what happens on the job.

PTSD IS A REAL PROBLEM

More than shootings can cause post-traumatic stress disorder (PTSD) in police officers. Horrible car crashes, violent altercations and failed rescue attempts can all take a toll on our officers' mental health.

MOST COPS NEVER SHOOT ANYONE

Watching the news may give you the impression police officers are always shooting at suspects. However, the exact opposite is true. Most officers go through their entire career without firing their weapon outside of a training range.

During Police Week, consider the good work officers do to keep our communities safe.





STRESS FREE GUARANTEE

- Full Service Movers
- Home & Office
- Load, Unload & General Labor
- Packing Services & Supplies
- Junk Removal Services

CALL TODAY FOR A FREE ESTIMATE!

COLLEGE HUNKS *are moving the world!*

Call 480-263-3044 or book online at CollegeHunks.com

LICENSED, BONDED & INSURED | LOCALLY-OWNED FRANCHISE





VALLEY WIDE SERVICE • SAME DAY 24/7 SERVICE

www.doorprosgaragedoors.com

623-556-8378

Family Owned & Operated

Garage Door Installation • Service • Openers
Garage Door Repair • Broken Spring Specialist

FREE ESTIMATES
LIC #317653 • BONDED & INSURED

Edward Jones > edwardjones.com | Member SIPC

Feeling like you paid too much in taxes this year?

Contact your financial advisor today to learn about investing strategies that could benefit you.





Debbie Allen
Financial Advisor
1616 N Litchfield Rd
Suite #125
Goodyear, AZ 85395
623-536-2378



Chad Swanson
Financial Advisor
1616 N Litchfield Rd
Suite #125
Goodyear, AZ 85395
623-536-2378

Readers...

when you support our local shops and businesses, be sure to tell them you saw their ad in



We'll appreciate it and so will they!

Here's A Tip

by JoAnn Derson

Freeze ketchup packets you get from takeout food. They are great for icing small bumps or bug bites.

Spread a teaspoon of peanut butter thinly on a paper plate. When your dog is busy with its treat, you can trim its nails. Or sometimes just having it nearby as a promised treat can do the trick to distract your pet. Good luck!

"Each spring I go through my makeup and toss the old items. I also restock my first-aid kit and get new bottles of sunscreen and bug spray to keep in my car kit." -- E.A. in California

"On a health kick: Keep a food and activity diary for a week.

You can get an idea of what you eat, what times of the day you are overeating and the areas where you can make improvements. Knowledge is power!" -- V.R. in Oregon

"To remove residue left over from price tags, use hairspray. Remove as much paper as possible, and then give it a good squirt. Use a plastic scraper to lightly scrape off the adhesive." -- L.P. in Ohio

"I have struggled with how to save leftover guacamole, because once it browns, it's done. I learned a new trick, though. Put the leftovers in the smallest container possible smooth down. Then carefully add a thin layer of water. Seal and refrigerate for up to three days. When you're ready to dip, pour off the water and stir!" -- C.D. in California

"I have an old cedar chest from my grandmother that had lost its smell. My husband removed all the contents and sanded it with superfine grit sandpaper. It smells wonderful now." -- J.K. in Iowa

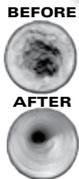
Got bread ends? Store in a bag in the freezer until you need breadcrumbs for a recipe. Pulse frozen chunks in a chopper or blender for instantly useable crumbs.

Need a quick measure? A dollar bill (or other U.S. paper currency) is exactly 6 inches long.

"If you add a teaspoon of sugar to your biscuit mix or to the dough for rolls, it will help them to brown well, and they will come out of the oven with golden tops." -- J.R. in Michigan

KEEP YOUR HOME SAFE!

MIKE'S DRYER VENT CLEANING & SERVICE



- Prevents Fire & Overheating
- Clothes Dry Faster
- Saves You Time & Money
- Fire Departments Recommend Cleaning

CALL MICHAEL **\$49**

623-266-1326
References available upon request

ROOF TILE REPLACEMENT

WE ALSO DO

SMOKE DETECTOR BATTERY REPLACEMENT

TOYOTA/SCION/LEXUS SPECIALISTS

STOP OVER PAYING AND NOT GETTING THE SERVICE YOU DESERVE!

Also Servicing Subaru, Honda, Nissan and All Other Asian Vehicles



We Guarantee Personalized, Honest and Reliable Service

- Factory-Trained Master Technicians • FREE WI-FI

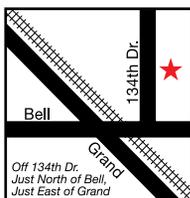
EXCLUSIVELY IMPORTS
AUTO REPAIR

13365 W. Foxfire Dr.
Suites 5 & 6 • Surprise

623-537-5444

www.exclusivelyimportsautorepair.com

Open Mon.-Fri.
7:30 a.m. - 5:00 p.m.



Family Owned & Operated



WIN DINNER at...



15311 W McDowell Rd
Goodyear
(623) 935-9731
redlobster.com

plus MOVIE TICKETS!

Circle 21 of the Advertisers found in this month's West Valley Star & mail this page in to win.

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

TO WIN Enter by May 18, 2022

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

Check www.westvalleystaraz.com
for any corrections or announcements

Name _____

Address _____

Phone _____

email _____

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		
15					16					17		
18								19	20			
			21			22	23					
24	25	26			27				28		29	30
31					32					33		
34			35		36				37			
		38		39				40				
41	42					43				44	45	46
47				48	49	50						
51				52						53		
54				55						56		

ACROSS

- 1 Karate level
- 5 Caprice
- 9 Perch
- 12 Writer Wiesel
- 13 Car
- 14 Man-mouse link
- 15 Time between vernal equinoxes
- 17 "Viva -- Vegas"
- 18 Wesley of "Blade"
- 19 Striped critter
- 21 Symbol of strength
- 22 Chirp
- 24 Right on the map?
- 27 -- chi
- 28 Evening, in an ad
- 31 Duo
- 32 Grass shack
- 33 Feedbag tidbit
- 34 Big name in scat
- 36 Boom times
- 37 "Mad Money" network
- 38 Beetle Bailey's

DOWN

- boss
- 40 Italian river
- 41 "Untrue!"
- 43 "Jurassic Park" bird
- 47 Paris pal
- 48 Game for one
- 51 Pouch
- 52 Daring Knieval
- 53 Village People hit
- 54 Exist
- 55 Fill fully
- 56 Fashion line?
- 1 Porgy's love
- 2 Carolina college
- 3 Actress Taylor
- 4 Oolong brewer
- 5 Methods
- 6 Shade
- 7 Call -- day
- 8 Code name?
- 9 Puzzle answer
- 10 Persia, today
- 11 To-do list item
- 16 "Toy Story" dinosaur

- 20 Understanding
- 22 Hosiery shade
- 23 Funny folks
- 24 Paris summer
- 25 Piercing tool
- 26 Start of summer or winter
- 27 Hoodlum
- 29 Bar bill
- 30 List-ending abbr.
- 35 Small batteries
- 37 Patients' shares
- 39 Kentucky Derby prize
- 40 Bit of butter
- 41 Houston acronym
- 42 Actor Epps
- 43 Anger
- 44 Marathoner's stat
- 45 Killer whale
- 46 500 sheets
- 49 Eggs
- 50 Allow

Answers on Page 29

APRIL WINNERS



GRAND PRIZE
Randa Merrill
Buckeye

WINNERS OF MOVIE PASSES

Alfred Gomez
Litchfield Park
Marilu Blau
Goodyear
Richard Lee
Goodyear

Sudoku

by Linda Thistle

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

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

© 2020 King Features Synd., Inc.

Answers on Page 29

Dinner and a Movie APRIL SOLUTION

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

Strange But True

by Lucie Winborne

In 2013, Belgium created five limited-edition stamps that smelled and tasted like chocolate (but were not edible).

Gambling slips from ancient China dating between 201 BC and 187 BC are the first recorded instance of a lottery. It's believed these lotteries likely helped finance large government projects, such as the Great Wall of China.

The person who graduates last in his class from West Point Military Academy is called "the goat" and receives a dollar from each classmate, as well as membership in a club that includes Gen. George Custer.

To help combat driver fatigue and boredom on long, straight roads of up to 90 miles in Australia, the government posted signs labeled "Fatigue Zone" featuring trivia questions and answers.

Ice cream was invented in 7th-century China and originally consisted of buffalo milk, flour and camphor.

In Australia, Speedos are called "Buddy Smugglers."

In 1985, a sting operation dubbed Operation Flagship mailed letters offering free tickets for Washington Redskins games to fugitive criminals. More than 100 arrests resulted, including two of America's top 10 most wanted.

Remember playing "Simon Says" in your youth? In France, it's "Jack Says"; in Norway "The King Commands"; in Japan "Teacher Says" and in Ireland "O'Grady Says."

www.westvalleystaraz.com

Alimental Life

Nourishing Growth



Alex Koupal

COACH & CONSULTANT

PO BOX 1861 • LITCHFIELD PARK, AZ 85340 • 602-558-9530

Dear Alex,

I'm stagnant at work and don't know how to advance. I've done well in my position and now I want to move out of the subordinate role and be seen more as a leader, and position myself for career growth. What I'm stuck on is getting out of the role of "helper" since that's what I have always done. Where do I start?

—Helper Monkey

Dear Helper Monkey,

This is a prevalent question. I think sometimes we assume the role of the do-er rather than the leader to fit in and be liked. It's a great way to receive praise and affirmation, as well as avoid conflict. Unfortunately this do-er mentality becomes a detriment to our ability to be seen as a leader. Here are some ways to make changes on your path towards leadership.

Practice Self-Awareness and Ask for Help – Have you ever been told you are too valuable in your current role to be moved? Being overly busy or willing to take on more than you are able to complete is not a sign of a great worker—it is a *roadblock to future opportunities*. Become aware of how you manage your time and workload. If you've got too much on your plate, you are performing in a reactive mode, with no room to think big or see beyond your giant task list. Bring a plan for streamlining to your manager, let them see your time management skills and how you can solve higher level problems.

Coach Others – A great leader is one that empowers others, which often includes coaching others and teaching new skill sets. One of my favorite ways to do this is to teach someone else your job. This may sound counterintuitive, but if someone else knows how to do your work, it makes promoting you to the next position easier for your employer. Letting go can feel uncomfortable, but there is power in delegation. Open your time and mind to working in your strengths and producing more valuable outputs that are unique to your skill set and way of thinking.

Speak Confidently, and Speak Up! – Time to remove "I'm sorry", "this might be silly but", and "I just thought I would" from your vocabulary. Being more direct and confident when sharing will better represent the value you bring to the table. Don't hold back when you have a new idea — even the worst ideas can inspire something great! This is also the time to speak with your manager and let them know your intentions. Review the organization structure and know where you want to grow. If there are open positions within your organization, how can you apply? Be prepared, this process may require you speaking to the next manager above yours.

Explore Your Options - You may want to look for a role outside your current company that is more closely aligned with your future goals. To begin, practice interview skills and revamp your resume with the help of a mentor or coach. When interviewing, relax and enjoy, and feel free to take the lead and guide the conversation. Display your leadership skills and ask for more - more money, more responsibility, more recognition and more of what you want. Negotiation is expected at higher levels in the hiring process. Do not be afraid to ask for something that seems too big, you might be surprised with a positive counter offer, and you will enjoy the opportunity to continue growing!

—Alex

For more information on managing career growth, interview skills and interpersonal communication, visit 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

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.



Green living

You've adopted environmentally responsible practices at home, adjusted your purchasing and energy consumption habits, but have you considered how you use your drinking water?

Water flows from the faucet on demand, giving you the sense that it's an infinite resource. But wastewater treatment is costly, both economically and environmentally. Eliminate some of the following bad habits to reduce your daily water consumption.

- Cooking vegetables in a whole pot of water rather than steam cooking
- Waiting for the tap water to run cold before filling your glass
- Taking frequent baths or long showers

Are you using too much drinking water?

- Letting the water run while brushing your teeth or shaving
- Using tap water to clean the yard
- Flushing with just a little urine in the toilet
- Using drinking water on your trees, flower beds and vegetable garden

There are many strategies to reduce your water consumption. Collect and use rainwater whenever possible. Limit your shower time and install low-flow toilets and faucets in your bathroom. For cold drinking water, simply keep a full pitcher in the refrigerator. A front-loading washing machine is another water-saving solution.

NEW ENGLAND CLOCK SHOP

CAMPANA SQUARE SHOPPING CENTER • 9835 W. Bell Road • 623-977-6202

"A Family Business with Friendly Service ~ Since 1970"



Who's Repairing Your Clock?

HOUSE CALLS

CLOCK REPAIR & SERVICE

623-977-6202



Since 1972, we have overhauled **Over 14,000 Mantel and Wall Clocks** and cleaned and repaired thousands of other types!

Since 1972, we have serviced **Over 7,000 Grandfather Clocks** and overhauled **Over 3,000 Grandfather Clocks!**



Over 40,000 satisfied customers a year!

BONDED & INSURED

WE HAVE INSTALLED OVER 3,000,000 WATCH BATTERIES!! THAT'S OVER 60,000 BATTERIES PER YEAR!!

WATCH BATTERY SPECIAL **\$3⁰⁰** *ea.*

We only use TOP QUALITY Batteries.

No Limit. Includes Installation and Tax.

CASH ONLY ON BATTERIES

NEW ENGLAND CLOCK SHOP • 9835 W. Bell Rd. • 623-977-6202

RECIPE

Vegetable rolls with peanut sauce

INGREDIENTS

- 4 leaves lettuce
- 1 red pepper, julienned
- 1 yellow pepper, julienned
- 1 carrot, julienned
- 1 cucumber, julienned
- A few sprigs of fresh parsley
- 1/4 cup peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons mirin
- 1/4 cup lukewarm water
- 2 tablespoons peanuts, chopped
- 1 lime, cut in half
- 1/2 teaspoon dried chili pepper flakes

DIRECTIONS

Lay one lettuce leaf flat on a plate. Take one-quarter of the peppers, carrots and cucumber and place them at one end of the leaf. Sprinkle with fresh parsley. Wrap the lettuce around the vegetables to create a roll. Repeat for the remaining three rolls. Set aside.

In a bowl, combine the peanut butter, rice vinegar and mirin. Gradually add the water, stirring constantly until you achieve the desired consistency.

Serve the rolls on a small plate garnished with chopped peanuts, fresh parsley and lime. Garnish the sauce bowl with chopped peanuts and dried chili pepper flakes.



KACHINA KITCHENS

— Your Kitchen and Bath Remodeling Specialists —

**We Beat
The Big Box
Stores!**

- Free Blanco sink with countertop
- Free In-home estimates
- We do custom cabinets and entertainment centers
- Complete bathroom remodeling
- Granite, Quartz and Solid Surface countertops at affordable prices
- Free soft close hinges on kitchen reface

13930 Camino Del Sol, Suite 103
Sun City West, AZ 85375
623-537-9828
www.kachinakitchens.com

Listed with PORA
Licensed • Bonded • Insured • ROC #225346

KraftMaid Cabinetry Waypoint

Are you avoiding Social Media?

Just let me know when it's over...



Top 10 Reasons To Include Social Media Marketing In Your Business Strategy

1. Increased Awareness in Your Business
2. Improved Search Engine Rankings
3. New Customers
4. Improved Sales
5. Higher Customer Satisfaction
6. More Credibility
7. Customer Loyalty
8. Greater Knowledge of Your Customers
9. Cost-Effective Marketing
10. Establish Yourself as an Expert

Data from 2017 shows that 75% of people buy a product after seeing it in their social media feeds, and 57% of people are more likely to buy from a brand they follow on social media.

Social Media Marketing is one of the most effective forms of marketing available.

And using West Valley Star's **Social Media Management Service** is one of the smartest decisions you can make for your business.



Call today to schedule a free consultation and assessment.



Ask us how to get started... today!
623-249-4749 • info.westvalleystar@gmail.com

**WHAT
ARE YOU
WAITING
FOR?**

www.westvalleystaraz.com

DOUBLE YOUR GARAGE SPACE

PICK YOUR CABINET AND LET US BUILD IT



Serving the Valley for **50+** Years



OUR TOP SELLER!

LET US PROVIDE THE BEST WAY TO ORGANIZE YOUR TOOLS!



6' Workbench Combo w/Drawers



16' GARAGE ORGANIZER



12' GARAGE ORGANIZER

CHOICE OF WOODGRAINS

Neil's
GARAGE CABINETS

WEST VALLEY
623.583.1044

EAST VALLEY
480.990.3400

If you want to be organized... these are the guys to call!!



Call for Our **SPECIALS**



WWW.NEILSGARAGECABINETS.COM ROC NO. 214253 • LICENSED • BONDED • INSURED

AUTO REPAIR

TOYOTA-SCION-LEXUS SPECIALISTS
Also Servicing Subaru, Honda, Nissan
and All Other Asian Vehicles

Factory-Trained Master Technicians
Family Owned & Operated
Personalized, Honest and Reliable Service

EXCLUSIVELY IMPORTS
AUTO REPAIR

13365 W. Foxfire Dr. • Surprise
623-537-5444
Free Wi-Fi EIAutoRepair.com

AUTO REPAIR

At Least There's One Fair and Honest Mechanic!

LITCHFIELD AUTO REPAIR

www.LitchfieldAuto.com
(623) 882-8700
671 N 137th Ave
Suite 106 - Goodyear

AUTO GLASS REPAIR

No crack too big or small, we repair or replace them all.

TRINITY AUTO GLASS
623-536-2519
INSURANCE APPROVED COMPANY

AUTO WINDOW REPAIR

CAN'T GET IT UP? WE CAN FIX THAT!

PHOENIXPOWER WINDOWREPAIR.COM

Mobile Service
480-620-2006
Call or Text

CONCRETE COATINGS

Desert Rose CONCRETE COATINGS

Call **623-853-9051**

GARAGES • PATIOS • DRIVEWAYS
COMMERCIAL • RESIDENTIAL

AZ ROC Lic #203136
www.TheDesertRose.com

CONSTRUCTION

RESIDENTIAL & COMMERCIAL

JBS ROOFING
JIM BROWN & SONS ROOFING

- New Construction
- Repairs
- Recovers
- Maintenance

Give Us A Call!
623.247.9252

JBSroofingAZ.com

GARAGE DOORS & SERVICE

DOOR PROS
GARAGE DOOR EXPERTS

Garage Door Installation
Repair • Service • Openers
SAME DAY 24/7 SERVICE - VALLEYWIDE

623-556-8378
WWW.DOORPROSGARAGEDOORS.COM
FREE ESTIMATES
Family Owned & Operated
LIC #317653 • BONDED & INSURED

GENERAL CONTRACTOR

BPR BUILDERS
GENERAL CONTRACTOR

New Home Construction
Bathroom & Kitchen Remodels
Flooring | Exterior Modifications
Hardscapes

(602) 397-7197
info@bprcompanies.com
ROC #328139 BONDED & INSURED

HELP WANTED

I'm looking for positive, energetic, & ambitious team members who love helping others!

Highschool Diploma or GED
No Experience Necessary
We will train you!
No Salary Cap
Unlimited Growth Potential

ONLY LOOKING FOR 5 PEOPLE!
CALL 979-218-0047 NOW!

Ashley Atwood
Ashley@sunshinehillproperties.com
SUNSHINEHILLPROPERTIES.COM

INSURANCE

AUTO HOME BUSINESS LIFE

www.RaymondEGrim.com

AMERICAN FAMILY INSURANCE
623-876-1793
#SURPRISEINSURANCEAGENT

LANDSCAPING

Creation Landscaping

We put Creation into Landscaping

Commercial & Residential Maintenance

Family Owned Since 2012
(623) 297-2335

LANDSCAPING

Maintain your home with precision.

Andrew Foy
LANDSCAPE MANAGEMENT & HANDYMAN

Andrew used to maintain the lawns of the rich and famous in Montecito, CA.

SUNSHINE HILL properties Call for a quote today.
SUNSHINEHILLPROPERTIES.COM **919-601-4592**

PRINTING/GRAPHICS

Moore Graphics
since 1981

ENGINEERING COPIES
Print/Scan Color/Black
623.972.8161
MooreGraphicsAZ.com
11200 W. Wisconsin Ave.
Youngtown, AZ 85363

REAL ESTATE

MAXIMIZE YOUR PROFITS
SELL YOUR HOME WITH ME!
CASH IN ON YOUR EQUITY!

I can even help you get into a new place of your own.

CALL FOR AN APPT TODAY!
Ashley Atwood 979-218-0047
ashley@sunshinehillproperties.com
sunshinehillproperties.com

SUNSHINE HILL properties

REMEDIES

Awaken One
Home Remedies LLC
ORGANIC
Loose Leaf Tea & Herbs
623-547-0283
www.awakenonehome remedy.com
SATURDAYS
Arrowhead Farmers Market
9am-1pm Arrowhead Town Center
SUNDAYS
Cabela's Farmers Market
10am-2pm 9380 W Glendale Ave

THERAPY

Alimental Life
Nourishing Growth

Alex Koupal
LIFE COACH & SMALL BUSINESS CONSULTANT

Life Editing & Organization
Teen Career Coaching
Life Path Coaching
Health & Wellness

Call **602-558-9530** or book a session at alimentallife.com

Thought for the Day



"A truly happy person is one who can enjoy the scenery while on a detour."

-- Anonymous

BROKER

I BUY HOUSES

GOOD CONDITION OR ATROCIOUSLY UGLY

STRESS FREE FAST... FRIENDLY CUSTOMIZED!

I can help you get out from under a home that is causing you stress.

Ashley Alwood

CALL 979-218-0047 FOR A QUOTE TODAY!

Ashley @sunshinehillproperties.com

SUNSHINE HILL properties.com

SUNSHINEHILLPROPERTIES.COM

CAR WASH & DETAIL

JOHNNY'S GIRLS Mobile Carwash Established 1978

FULL SERVICE CAR WASH

in the Comfort of Your Own Home!

We Supply Our Own Water & Electricity!

A Clean Car is a Happy Car!

SCHEDULE TODAY!

Courtney or Catherine

602-884-5366 602-570-4984

GOLF CAR REPAIR

Southwest Golf Cars

Full Service Repair Shop

- Gas & Electric Tune-Ups
- Battery & Tire Replacements
- Re-Upholstery & Carpet
- Full Line of Accessories
- Annual & Safety Checkups
- Pick Up & Delivery
- Factory Trained Technicians

13901 W. Camino del Sol Sun City West • 623-584-0591

14175 W. Indian School Rd. Goodyear • 623-536-5625

GROOMING

NEW OWNERSHIP TWO LOCATIONS

PET STOP

All Breeds & Cuts • Bath and Brush Fleas and Tick Baths • Nail Trimming • Shed Control

5110 N Dysart Rd, Ste A174 • Litchfield Park Second Location Now Open!

725 N Central Ave Suite 116 • Avondale

Mon-Sat 8:00 AM - 6:00 PM (623) 547-0255

www.petstopgrooming.com

PUZZLE ANSWERS

Answers to Puzzles on Page 22

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

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

Time to beat: 25 minutes

LANDSCAPING

Water Works

IRRIGATION & LANDSCAPING

Pavers & Artificial Turf Installation

REPAIRS • LEAKS • VALVES • TIMERS IRRIGATION SYSTEMS

FREE ESTIMATES

Ask for Vito

623.261.1741

ROC#293360 • Major Credit Cards Accepted

LEASE OPTIONS

STOP MAKING YOUR LANDLORD RICH

CALL YOUR LEASE OPTION EXPERT!

Let me show you how to get into a home or even an investment property with credit as low as 580 and \$3000 down.

Ashley Alwood

Questions? Curious? Call Today! 979-218-0047

Ashley @sunshinehillproperties.com

SUNSHINE HILL properties.com

SUNSHINEHILLPROPERTIES.COM

MOVING COMPANY

COLLEGE HUNKS MOVING

(480) 263-3044

STRESS FREE MOVING ✓

\$25 OFF ANY MOVING OR LABOR SERVICE

PAINTING

JCB PAINTING

EXTERIOR, INTERIOR and CABINETS

We will beat any written estimate

CALL/TEXT FOR YOUR FREE ESTIMATE

480-416-6339

VETERAN OWNED LICENSED BONDED INSURED ROC 326195

PROFESSIONAL. EXPERIENCED. ATTENTION TO DETAIL.

WEED CONTROL

GOT WEEDS?

SNYDER'S WEED CONTROL

Ask About Our Discounts

623-435-2208

AZ Lic #C5633B3.B5

www.snydersweedcontrol.com

WELLNESS

Chiropractic Acupuncture • Massage Hypnotherapy

A healthy spine is a happy spine

Healthy Spines

1473 North Dysart, #101, Avondale

623-925-1386

Looking for more business in

Pebble Creek ★ Litchfield Park ★ Palm Valley ★ Russell Ranch ★ Verrado ★ Estrella Mtn Ranch?

Reach over 20,000 Upscale West Valley Homes and Businesses by Direct Mail from \$70 per month

CALL 623.249.4749

West Valley Star

Q: A recent article in my local newspaper gave excellent reviews for Dylan McDermott's performance on *Law & Order: Organized Crime*. Try as I might, I have not been able to find where I might view or stream his performance in this new *Law & Order*. Might you provide this information to me? -- L.M.

A: *Law & Order: Organized Crime* stars Chris Meloni as Det. Elliot Stabler, the highly popular character he played on *Law & Order: SVU* for 12 seasons. Dylan McDermott was introduced as Stabler's formidable enemy, mafia boss Richard Wheatley, who was suspected of being behind the murder of Stabler's wife. You can watch episodes on NBC.com and the NBC App.

McDermott is a veteran of several successful shows, most notably *The Practice* and *American Horror Story*. Wheatley was a role he could really sink his teeth into, but it's not surprising that another leading role would soon present itself. So, when Julian McMahon announced he was leaving *FBI: Most Wanted* after three seasons, McDermott was offered the role of new special agent Remy Scott. He makes his debut on the CBS series on April 12.



Dolly Parton and James Patterson

PHOTO CREDIT: DOLLYPARTON.COM

Q: I saw that James Patterson's latest novel is written in collaboration with Dolly Parton. How did this come about? -- P.F.

A: Prolific author James Patterson is a big fan of fellow septuagenarian Dolly Parton and approached her with an idea about his latest manuscript. They met up in Nashville, found they had a lot in common — having both grown up in small towns — and began the creative process of writing a novel and an accompanying album of the same name: "Run Rose Run." Both were released in March, and there's talk of a feature film as well.

Parton told "Entertainment Weekly" that she'd like to play the role of Ruthanna, a retired country music star, in the film. The leading role of the Nashville hopeful, AnnieLee, has yet to be cast, but Patterson promises the part is "a real star-maker."

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

(c) 2021 King Features Synd., Inc.

HeritageShutters.com



Serving the Valley for 49 Years! Family Owned & Operated
FREE Estimates & FREE Installation!
VALLEY WIDE • 623-546-3500



HeritageShutters.com
 ROC #108387



FINANCING AVAILABLE

12 MONTHS SAME AS CASH ON O.A.C.

With this coupon. Not valid with other offers or prior purchases. Expires 6/15/22. Go to LocalFlavor.com for more coupons.

15% off

any order of \$2500 or more

With this coupon. Not valid with other offers or prior purchases. Expires 6/15/22. Go to LocalFlavor.com for more coupons.

20% off

any order of \$3500 or more

With this coupon. Not valid with other offers or prior purchases. Expires 6/15/22. Go to LocalFlavor.com for more coupons.

PROUDLY SERVING YOUR NEIGHBORHOOD!

BROKEN SPRING ALERT

Why Pay More? ALL SPRINGS ARE CREATED EQUAL!

Save On Services OFFERS

Financing Available! OAC

DOOR TUNE-UP SPECIAL

\$298⁹⁵ INSTALLED



Why Wait? Replace Every 8 Years

Includes 2 Oil Tempered Springs

Oversize Custom Doors Cost Extra Up to 2,218's)

Installed with

LIFETIME WARRANTY

Plus FREE Center Bearing

Plus FREE Lube-N-Tune!

It Doesn't have to be Expensive to get your Garage Door Opening Again!

50AZ LIC# 506141 | Not an ROC We don't need to be!

THERE IS NO PROBLEM WITH YOUR DOOR THAT WE CANNOT FIX

\$50 OFF ANY REPAIR

STUCK DOORS - OPENER ISSUES WEATHER STRIPPING ROLLER REPLACEMENT END BEARINGS • & MUCH MORE

COUPON NOT VALID FOR SPRING REPLACEMENTS

OPENER REPLACEMENT



\$559⁹⁵ INSTALLED

1/2 Horse Power Belt Drive Liftmaster Includes One Car Remote

Standard 7 ft Tall Doors 8 ft Tall Doors Add \$80.00

Limit one coupon per visit

We are a Family Owned & Operated Company!

Insured & Bonded



with 3.75% Fee



GARAGE DOORS SHOULD NOT MAKE NOISE!

602-672-1418

WWW.AFFORDABLEGARAGEDOOR.BIZ

ASK ABOUT ADDING INSULATION TO ANY GARAGE DOOR!

AVAILABLE 24/7 Call Now for Your FREE PHONE Estimate! No-Obligation Estimate!

\$49⁹⁵

Reg. \$89.95

We will lube your: Springs • Rollers • Hinges • Opener (The Proper Lubricant is Important)

We will adjust: Spring Tension and the Open & Close Force on the Opener

Over time the springs lose tension, causing the opener to lift too much weight, causing it to fail prematurely.

CRACKED OR SAGGING DOOR
If your garage door has a crack on any panel or sags in the middle, I can fix it for a fraction of the cost of replacing it.

WEATHER-STRIPPING SALE!
KEEP BUGS AND DUST OUT OF YOUR GARAGE!
We Sell & Install Weather-Stripping for the Top, Bottom & Sides of Your Garage Door

We Sell & Install **Garage Doors** at the Lowest Possible Prices Starting at **\$899.00!**

MOST COMMON PROBLEMS WITH THE DOOR OR OPENER

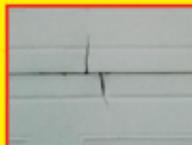


Why Wait? Replace me every 8 years.

BROKEN SPRINGS



BROKEN GEAR AND SPROCKET



CRACKED OR SAGGING PANEL



DOOR OR OPENER LOUD OR NOISY

Affordablepressurewashing.biz

Pressure Washing/Soft Washing
Graffiti • House Washing
Driveways • Solar Panel Washing
Fences & Decks • Roof Washing

Maintenance is a BIG DEAL!



BEWARE

ONE HOUR EMERGENCY GARAGE DOOR REPAIR AVAILABLE

Garage Door Problem? Tell Rick or Marcus what it is!

24-Hour Garage Door Repair Hotline | **Call 602-672-1418**

FREE No-Obligation Phone Consultation

Instead of worrying, just call us (Rick or Marcus my brother) right now. Frankly, most all garage door problems are easier to repair and less costly than you might think. And if we don't have an inexpensive solution, we'll direct you to the right place. However, we can probably help you right away with advice, pricing questions, parts, service and repairs. If you're eager to get the door working again there's no problem we can't fix the same day you call.

But no matter what the problem is we can give you good advice!

Here's some advice watch out for the companies offering GOOD, BETTER, OR BEST options, garage door springs are very heavy and it's hard to carry this kind of selection on a van, we offer only the BEST of everything we sell.

AFFORDABLE GARAGE DOORS
1744 W. Parsons Rd.
Phoenix AZ 85085

LOOKING FOR PARTS?
CALL US FIRST!



Call us today!

and experience the difference a Company that Cares makes!

602-672-1418



POSTMASTER: PLEASE DELIVER BY MAY 5
P.O. Box 5731 • Sun City West, AZ 85376

PRSR STD
U.S. POSTAGE
PAID
Phoenix, AZ
Permit No 2151

~ FUN READING ~

- Entertaining Features
- Exceptional Values • Useful Services
- Business Profile ... and much more!

*****ECRWSEDDM****
Residential Customer

THEN



NOW



“Let Our Family Cover Yours”

- New Construction, Repairs, Recovers, Maintenance
- Installation of Gutters
- Shingles, Tile, Built Up Single Ply, Foam & Coatings, Metal, Shake

Financing available
9.9% APR*

0% financing for
15 months if paid in full*

*Subject to credit approval. Exclusions apply. Ask for details!



623.247.9252

www.JBSroofingAZ.com