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SEE OUR AD ON PAGE 12





April is National Car Care Month

6 Essentials You Should Check Every Spring

TIRES Assess the tread depth. If it's less than 6/32 inches, invest in a new set. Inflate tires according to the manufacturer's recommendations. If the wear is uneven, visit Litchfield Auto Repair for an alignment check.

FLUIDS Depending on when your car was last serviced and the number of miles you've driven, you may need to change the oil. Additionally, top up the coolant, brake fluid and windshield washer fluids.

FILTERS Determine if the engine or cabin air filter is clogged with dirt. If so, clean or replace them.

AIR CONDITIONING Don't wait until there's a heatwave

to ensure your air conditioning system is working.

WINDSHIELD WIPERS Invest in a new set if your windshield wipers are cracked and worn.

CABIN AND TRUNK Clean the interior of your car, and make sure to organize your emergency kit, put away seasonal items and replace anything that's outdated in your first aid kit.

Be safe on the road. Give your vehicle the care and attention it needs. The professionals at Litchfield Auto Repair can help you maintain your vehicle and make necessary repairs before they become major problems.



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Here's a Tip

by JoAnn Derson

"You don't need to buy a special brush to get at high ceilings and skylights: Simply cover a broom with a pillowcase to clean cobwebs off the ceiling. To clean a skylight, cover a mop with a double layer of paper towels or newspaper, and secure with clips. Spray the paper with window cleaner and heft it up!" -- M.E. in Arkansas

Lettuce will last longer if you store it in the crisper drawer in a clean paper bag.

"Try using an empty glass wine bottle (remove the label) for rolling out pie crust or any dough. It is the best thing I've ever used ... nothing sticks to the glass, unlike my wooden rolling pin, which is now in the back of my cabinet!" -- L.F. in Texas

"When you get a new pair of running shoes, treat the insides with spray starch. We have always done this, and it keeps them fresher longer." -- S.M. in Indiana

"There usually are a lot of crumbs left in the bottom of a bag of chips or a box of crackers. I save them and add to breadcrumbs to bread fish or chicken. They add a lot of flavor, and it's basically free!" -- R.L. in Virginia

Fresh ginger can be frozen. Simply grate as needed. The flavor remains, and it will stay fresh much longer.

For moister and softer cookies, use honey as a substitute for a third of the sugar in your cookie recipe.

What type of saver are you?

The steady saver You have a firm grip on your finances and know you'll squirrel away enough to retire on. You regularly contribute to your retirement fund and put a predetermined portion of your pay into an emergency savings fund.

The part-time saver You've thought about your retirement plan and tend to put away money when you have some leftover at the end of the month. This is a great way to start, but you should put cash into your retirement fund more regularly. Getting the bank to automatically transfer funds on a specific day is a good way to move towards having better saving habits.

The future saver You know you should put away money for your retirement, but you haven't started yet. If you don't know how to begin, seek advice from a financial consultant. They can help you make a retirement plan and show you ways to maximize your savings.

The non-saver You don't save and don't plan to start. This is a risky way to conduct your financial affairs as governments and businesses alike are reducing pensions now more than ever.

Many people across the country don't know how much money they'll need to retire. To find out, reach out to Laura Robb or a financial adviser you trust.

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



Women tend to live longer than men. Which means more years of retirement that require funding, but most women have less money to invest in their retirement, due to income inequality or time spent away from the workforce to raise children or care for elderly family members.

To be financially secure, women must understand and learn how to resolve their own, unique, financial challenges and how financial planning can help them achieve their goals.

Laura Robb

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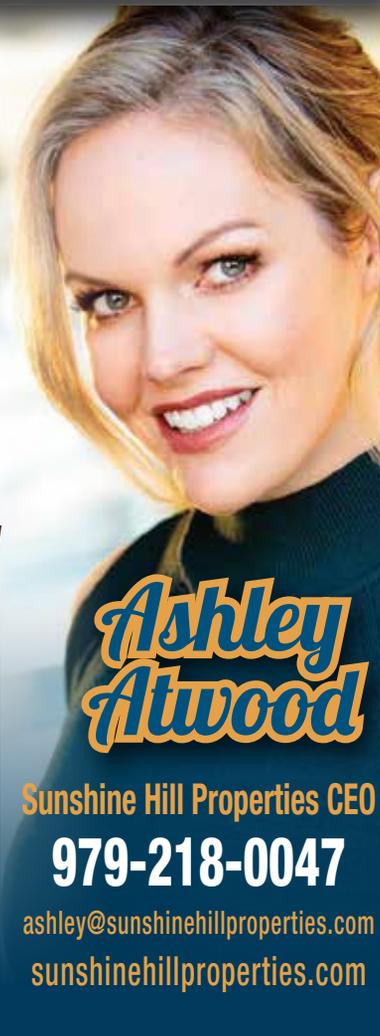
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Celebrity Extra by Dana Jackson

Q: When is the new “Jurassic Park” movie coming out? I want to make sure I don’t miss it on the big screen. Movies don’t seem to last very long in theaters these days. -- *B.D.*

A: “Jurassic World Dominion” is expected to premiere in theaters nationwide on June 10. It will no doubt be a big hit as it stars not only Chris Pratt, but features the return of characters from the original “Jurassic Park” trilogy — Jeff Goldblum, Laura Dern and Sam Neill.

In the newest installment, humans and dinosaurs must learn to co-exist, and Bryce Dallas Howard leads the movement as the founder of the Dinosaur Protection Group. Steven Spielberg, who directed the original “Jurassic Park,” is one of the upcoming film’s producers, and Colin Trevorrow directs. “Jurassic World” from 2015 is one of the top 10 grossing movies of all time with \$1.67 billion at the box office worldwide.

★ ★ ★

Q: Is John Krasinski returning as “Jack Ryan” anytime soon, or is he sticking with movies from now on? -- *D.B.*

A: Even though John Krasinski will always been known as Jim Halpert from the cult hit comedy series “The Office,” he’s been fortunate to act in a wide range of projects over the

past decade. Most notably, he directed and starred in the blockbuster sci-fi horror flick “A Quiet Place” and its sequel. He even has a third installment in the works.

In between his box-office successes, he’s starred in the Amazon original series “Tom Clancy’s Jack Ryan” and is currently filming its third season. Four other actors have portrayed Ryan in films preceding the series: Alec Baldwin in “The Hunt for Red October,” Harrison Ford in both “Patriot Games” and “Clear and Present Danger,” Ben Affleck in “The Sum of All Fears” and Chris Pine in “Jack Ryan: Shadow Recruit.”



PHOTO CREDIT: AMAZON STUDIOS

**John Krasinski as
“Jack Ryan”**

Send me your questions at
NewCelebrityExtra@gmail.com or write me at
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Have some free time on your hands? Maybe you could invest your time in a cause close to your heart; give a few hours a week to an organization or help out someone you know.

Volunteering is a way to keep inertia and depression at bay when your professional work life comes to an end. And the benefits of volunteering are many, both for you and for those with whom you interact.

- Volunteering is rewarding. You'll feel useful and appreciated. It improves your quality of life and allows you to put your experience and expertise at the service of your community.

- You'll develop as a person. It gives you the opportunity to expand your horizons, develop new skills, gain more knowledge, widen your social network, and cultivate a strong sense of belonging in your community.

- Help people while doing something you love. Do you enjoy fashion? Maybe a local clothing bank could use your help.

- Volunteering is good for your health. In addition to helping you to stay active, it helps you avoid feelings of isolation, and it also reduces stress, anxiety, and symptoms of depression.

Volunteering is a great motivator and gives you purpose. Best of all, it can really give meaning to your life.

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It's time to file your taxes!

TAX DEADLINE : APRIL 15



How to handle debt during tax season

The deadline for paying your 2021 taxes is quickly approaching, and almost 20 million Americans will need to send money to the Internal Revenue Service (IRS). With many taxpayers already in debt, it's no surprise that many Americans will have trouble paying their annual taxes. Here are some tips to help you handle your tax debt and avoid fines and penalties.

File your taxes even if you can't pay

Failing to file your taxes on time can result in financial or criminal penalties, which will only make your situation worse. The IRS can tack on an extra five percent per month, up to a total of 25 percent of your total bill.

You can file for an extension to get more time, but remember the interest and penalties will still accumulate on what you owe. It's therefore best to pay as much as you can afford before the April 15 deadline.

Apply for a payment plan, delay or settlement

If you're having trouble paying your taxes, the IRS offers several options:

- **Payment plan.** You can request to pay your bill in installments. However, you'll still incur interest and penalties. Installment plans are available for those who owe less than \$50,000.
- **Delay payment.** If you can prove paying your taxes will prevent you from affording basic living expenses, you can apply for a payment delay. A delay also incurs penalties and interest but buys you time to gather the necessary funds.
- **Settlement.** The IRS might agree to lessen your bill if you successfully prove that paying the original total would cause you financial hardship.

Get help from a tax professional

Filing for an extension, requesting a payment plan or seeking a discount can be complex. A tax professional, however, can help you prepare your tax forms so you file on time and get the help you need.

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What you need to know about Botox

Many men and women get Botox injections to reduce the appearance of fine lines. Here are some things you should know about this cosmetic treatment.

What's Botox?

Botox is the trade name for botulinum toxin. This injectable treatment temporarily paralyzes the facial muscles responsible for wrinkles to make the skin appear smooth.

What areas does it treat?

Botox is most often used to smooth frown lines and crow's feet. However, it can also be used to reduce the appearance of neck wrinkles.

How long does it take?

A Botox injection session usually only takes about 30 minutes. Moreover, once administered, the treatment doesn't require any recovery time. Therefore, you can immediately resume your daily activities after receiving the injections.



When will you see the results?

You may start to notice the effects of Botox within three to four days. However, the full results might not be visible for one to two weeks. Moreover, most people require touch-up injections every three to eight months.

Are you interested in getting Botox? If so, contact Natural Beauty or a facility near you that specializes in this type of cosmetic treatment.



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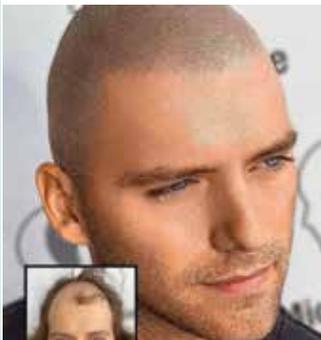
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VET'S POST by Freddy Groves

Top-Secret Ghost Army: The Stuff of Legends

It takes a certain kind of soldier to create diversions on the spot, pretend to be a much larger unit than they are and believably impersonate others, but that's exactly what the top-secret Ghost Army did in World War II. Over 1,000 men, with their actions, saved the lives of an estimated 30,000 soldiers during the war.

Their deceptions were stuff of legend, with 1,000 men pretending to be over 20,000. The 23rd Headquarters Special Troops and the 3133rd Signal Service Company created make-believe headquarters, whole divisions and fake convoys, all with the purpose of deceiving the



enemy about the size and location of Army units. Using recordings, they created the impression of large armored units and faked radio traffic, even copying the Morse code style of others. They used inflatable airplanes, rubber tanks, troops and jeeps that they'd pump up with air compressors, laid down fake tank tracks in the dirt and told tall tales in local cafes to spread false information to the enemy. They could turn on a dime, suddenly appearing miles closer than the enemy believed they were.

Now, years after the fact, they are finally being acknowledged and recognized. In February, the Congressional Gold Medal Act was signed, awarding the medal to both groups, after they were declassified in 1996.

To read more about the Ghost Army, go to the Ghost Army Legacy Project (www.ghostarmylegacyproject.org). Be sure to see the Archives for journals kept by the soldiers from those units, as well as the Secrecy and Leaks file. See ghostarmy.com for even more information. (Don't miss the pictures of all their gadgets and equipment.) There's also a book, "The Ghost Army of World War II: How One Top-Secret Unit Deceived the Enemy with Inflatable Tanks, Sound Effects, and Other Audacious Fakery" available on Amazon.com.

Look for "The Ghost Army" documentary on PBS stations and on Netflix. It was first shown in 2013. Additionally, look for the future film that's to be directed by Ben Affleck.

At this writing, there are only nine surviving Ghost Army veterans, all of them nearly 100 years old.

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Bunny Brunch

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To form the bunny, place ears at the top of a plate. Place head slightly overlapping the bottom of the ears; place the body slightly overlapping head and feet slightly overlapping body. Whipped cream or whipped butter makes a tail and toes. Sweetened, shredded coconut also makes a great tail. Banana slices and mini chocolate chips work



for bunny feet. Draw whiskers with chocolate syrup and a toothpick or use pretzel sticks. Serve immediately.

Experiment with other fun shapes and bunny faces!

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How to decorate your table for Easter

If you're bringing family and friends together for an Easter meal, here are a few tips to help you decorate your table for the occasion.

Table Linens

Find a pastel tablecloth or one with chicks, rabbits, eggs or a floral pattern. If you opt for a busy pattern, decorate minimally to prevent the table from looking overcrowded. If you choose a plain tablecloth, experiment with a colorful table runner or napkins. If you're good with your hands, try folding the napkins to look like bunny ears.

Centerpiece

Spring flowers like tulips and daffodils make great centerpieces. Check out Trader Joes, they might have Pussy Willows. You could also place a few colored eggs around the table or in small baskets. Don't forget to put a chocolate at each place setting and decorate the table with candles and greenery.

Dishware

Easter is the perfect time to dust off your festive glasses and plates. Dishware with polka dots and flowers or glasses with hand-painted landscapes and animals are ideal. If you have plates and bowls in a variety of bright colours, feel free to mix and match.

Many families like to enjoy the spring weather and dine al fresco. To avoid mishaps, and the loss of your good china, disposable plates may be a better option. You can still set an elegant table. Try adding chargers under gold rimmed plastic plates.

To find creative Easter decor ideas, check out Pinterest.com and visit our local shops and merchants for the perfect Easter-themed items.



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Dear Alex,

I am at a breaking point with my daughter - she just isn't committed to her education! Virtual learning was a challenge for her, but now that things are back on track in school, she suddenly has no interest and just wants to get her GED. I'm baffled. We raised her with the intention of her going to college to get a high paying job, for a prosperous life. Our arguing goes around in circles. Where do we go from here?

— Parent for Higher Ed

Dear Parent,

It can be challenging to watch setbacks in the plans we've set forth for our children. Your concern for your daughter's future and success is valid. In my practice I've noticed an overwhelming trend towards trade vocations and GED's in response to pandemic changes in learning. Our children have survived the trauma of the last two years, but are not thriving. GED's sound appealing because it's the quickest way out of this traumatic experience from which recovery feels hopeless.

The best way to approach this is to listen to what she wants, and ask why. Set aside some time for a candid discussion with your daughter and approach it as a self-discovery brainstorming session. Choose a neutral, safe environment, like a park or a coffee shop, and offer your full undivided attention. This will let your daughter know that she's safe to be creative and think outside the box society has put her in.

Before your conversation, empower her to do the research. What are the requirements and time commitment for a GED versus finishing school? Is a high school diploma or specific GPA required for her chosen career path? It's also time to examine and share your perspective. Why are you personally committed to the college path, and what does she need to know about that commitment? Things that seem obvious to you, may be novel to her. The goal is to empower her to make smart decisions and develop her forward thinking mindset.

Do remember, your teen's generation has a very different understanding of the world around them. They are bombarded by voices of millennials suffering crippling student debt, burnout and fatigue. They have less value in standardized education, as they have access to any information or training they could want via the internet. And after virtual learning, a desk job feels like a jail sentence. Success no longer looks like a formulaic path to advanced degrees, promotions and retirement plans. Success is now defined by their relationships and overall mental and physical wellness. To parents, this can look lazy and unmotivated, but to the teen, this is self-preservation and self-care.

If you or your child are struggling through these conversations, reach out for support in the form of a coach, a teacher or a mentor in the field of her choice. In my practice, I work with teens to lay out realistic goals, connect them to the right people and resources they need, and provide accountability. Feel free to reach out if this is something you need some help with.

—Alex

For more tools and techniques on supporting your teen in their development and future planning, 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.

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SENIOR NEWSLINE

by Matilda Charles

How Well Do You Know Your iPhone?

Did you know there is a flashlight on your iPhone? I just found mine. Courtesy of BoomerTECH Adventures online, I've not only learned that there is a flashlight, but how to access it.

BoomerTECH Adventures is a website aimed at seniors (although I don't know why it wouldn't appeal to anybody with an Apple device) who want to expand how they use their iPhone, iPad or Mac computer and learn about all the features.

Right on the home page of the website (as of this writing) is a free video about turning slides into digital images and a free video about how to change the email password on your iPad. In addition, there is a link to its blog covering a wide variety of Apple device-related topics.

Not all the videos are free, however. There are full courses, such as the *Introduction to iPhone Basics* (\$30), which includes four videos and a course booklet. *Introduction to Zoom Basics* covers how to have video calls with your family (\$30). This one consists of eight videos that cover everything you need to know from setting it up to appropriate lighting. *Maximizing Your iPad's Potential* is a \$30 course that covers over a dozen areas and iPad topics, such as basic navigation, personalizing the look and making folders, communicating with messages and video, using the camera, editing photos and much more. Mac computer owners aren't left out — there is an *Introduction to Mac Basics* course (\$30).

BoomerTECH Adventures was started by a trio of educators, all of them seniors, which means they know we learn new things in different ways at different paces. If you have an Apple iPhone and want to know how to do more than place a call, try BoomerTECH Adventures (www.boomertechadventures.com).

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5 Easter gifts that aren't chocolate

Do you want to spoil your loved ones for Easter? If chocolate isn't the ideal option, here are five gift ideas to consider.

1

A book

Give your little ones a collection of Easter stories or a book starring a bunny. Adults may appreciate a cookbook or a guide to their favorite hobby.

2

Board games

Pick out a board game that features rabbits, chickens or eggs. A game with an egg-hunting or seek-and-find concept is also suitable.

3

Tableware

Easter-themed tableware is sure to please. For example, you could give your loved one a cute rabbit mug or a set of pastel egg cups.

4

A decorative object

Hen, chick and rabbit figurines and stuffed animals are great gifts for little ones. Additionally, these trinkets can be incorporated into your Easter decor.

5

Flowers

Bouquets of flowers and potted plants are simple gifts that show you care. Tulips, lilies, daffodils and hyacinth flowers are classic Easter blooms.

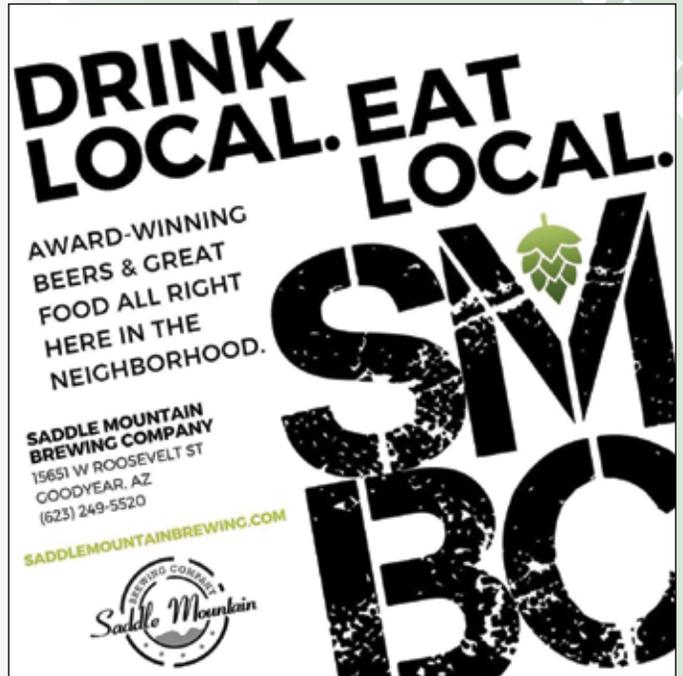
What about gifts men would like?

6

Non-traditional Easter baskets

Think outside the box... er... basket. Assemble some of their favorite snacks, some personal care products, a leatherman or a tire guage. Put everything together in anything except a traditional easter basket... a bucket, a utility box, a small cooler.

Find these and other great gift ideas at our local retailers.



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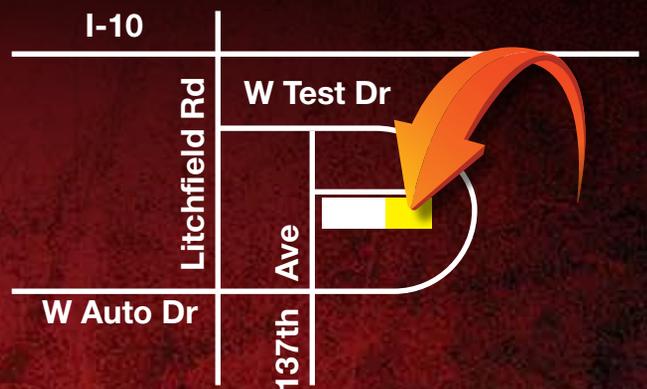


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How to Help Pets Fleeing Ukraine Find Safe Haven

DEAR PAW'S CORNER: The tragic war in Ukraine weighs heavily on my mind, as I'm sure it does for many others. And I wonder every day if the people fleeing are able to take their pets. If so, how can I help both pets and their owners coming from Ukraine? -- *Gerry A., Utica, New York*

DEAR GERRY: Animal welfare and humanitarian organizations are actively teaming up as I write this, working to find ways to provide food and shelter to the pets that Ukraine's refugees (now over 2 million and counting) brought with them on their perilous journey to the west.

Countries bordering Ukraine -- Czech Republic, Hungary, Lithuania, Poland, Romania and Slovenia -- have temporarily relaxed their restrictions on pets. But many pets need care and foster homes because their owners had to leave them and return to Ukraine to join the fight.

While donations to major organizations like the Humane Society will help, you can make the most impact by donating directly to groups that are at the borders right now, setting up pet shelters and providing medical

care to pets as they arrive. Unlike some large groups, which take a significant percentage of donations to cover administrative costs, donating directly to smaller organizations means that a much higher percentage of your dollars go directly to food, shelter and medical care (including vaccinations) for Ukraine's animals as they arrive at the borders.

A Euronews.green article profiles two groups that are on the ground right now. Go to the site and search for "Ukraine's Pet Refugees" to read about them. And the Belgian-based Eurogroup for Animals lists several more groups that are directly helping animals caught in this upheaval. Go to its website and search for «animal protection organisations-ukraine» to learn more.

To check out a registered charity before sending it money, visit www.charitynavigator.org to search by name.

Send your tips, comments or questions to ask@pawscorner.com

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RECIPE *from Stiletto Momma*

Kung Pao Chicken

INGREDIENTS:

4 boneless/skinless chicken breasts
4 slices ham
4 slices Swiss cheese
3 tablespoons melted butter
1 clove garlic
1 cup seasoned breadcrumbs
½ teaspoon thyme

Sauce

2 tablespoons butter
2 tablespoons flour
¾ cup milk
¼ cup water
2 teaspoons Dijon mustard
1 cube chicken bouillon
½ teaspoon Worcestershire sauce
Salt & pepper to taste

INSTRUCTIONS:

Preheat oven to 350°F.

Pound chicken to ¼" thick. Season with salt and pepper to taste.

Top each chicken breast with 1 slice of ham and about 1 slice of cheese. Roll the chicken jelly roll style. Secure with a toothpick.

Combine butter and garlic in a small dish. Mix breadcrumbs and thyme in a separate bowl. Dip each chicken roll in butter and then into the breadcrumb mixture.

Place in a baking dish and bake 35-40 minutes or until chicken reaches 165°F.

Sauce

Melt butter in a small saucepan. Add flour and cook 1 minute. Add in milk and wine a little bit at a time stirring after each addition until the mixture is smooth. Add in Dijon, bouillon, and Worcestershire. Bring to a boil while whisking and reduce heat. Simmer 1 minute. Remove from heat and stir. Season with salt and pepper to taste. Serve over chicken.



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7 activities that can improve your balance

You must have good balance to stand, walk, run and avoid falling. Here are seven activities you may want to try to improve your equilibrium.

1. Yoga helps strengthen several muscle groups and there are various balancing poses that can improve your stability.
2. Horseback riding works your back and leg muscles to help you stay on the horse and match its rhythm.
3. Ice skating engages your core and helps build stability in your legs. At first, it may be tricky to balance on a thin blade while gliding over a slippery surface.
4. Paddleboarding strengthens your glutes and hamstrings. If you're paddling over rough water, both sides of your body need to work equally as hard to keep you upright.
5. Dancing requires muscle co-ordination. Additionally, you must learn how to maintain your balance while performing each movement in time to music.



6. Rock climbing requires you to master proper balancing techniques. Your sense of equilibrium will help you ascend, reach, grasp and grip when climbing.
7. Karate helps maintain muscle mass and improve balance. For example, you must have good balance to land on your feet after a kick or jump.

Remember, before starting a new sport or physical activity, it's a good idea to talk to a doctor.

Strange But True

by Lucie Winborne

The movie "The Godfather" does not contain the words "mafia" or "la cosa nostra" because of a deal struck between the producer and the mafia.

The stick — as in a small tree branch — was inducted into the U.S. National Toy Hall of Fame in 2008.

In 1858, a brawl involving 50 congressmen broke out on the U.S. House floor. It ended when someone knocked off a man's wig, which was then accidentally put on backwards, causing both sides to laugh and stop fighting.

God and Jesus are the only characters in "The Simpsons" to have five fingers on each hand and five toes on each foot.

In South Korea, children under 17 are banned from playing online games past midnight, which is monitored by their KSSN (Korean Social Security Number).

There's a doughnut shop in Clare, Michigan, that's owned entirely by cops.

A long-haired tortoiseshell cat named Towser holds the Guinness World Record for catching mice — an estimated 28,899 in 24 years — as the pest control expert at the Glenturret whiskey distillery in Scotland.

Subaru WRX owners are the most likely in the U.S. to have a prior speeding citation.

Nineteen-year-old Shayla Wiggins, of Wyoming, found a man's corpse in a river while she was playing Pokemon Go.

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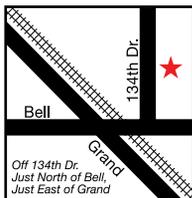
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OFFICIAL CONTEST RULES. Solve the puzzle and mail in this page to win. Circle all or part of the names of 20 advertisers found in this month's West Valley Star ads. Names may run left, right, up, down or diagonally. Must be 21 or older to enter. Employees 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 _____

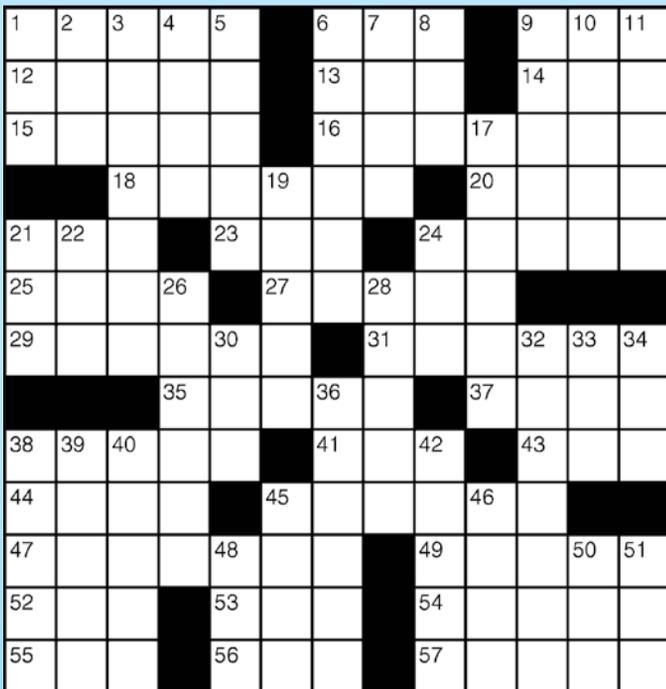
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**Mail puzzle with answers to:
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King Crossword



ACROSS

- 1 Slander in print
- 6 L-P link
- 9 Old map letters
- 12 Fred's dancing partner
- 13 Goal
- 14 Salt Lake athlete
- 15 Lightweight wood
- 16 "Lust for Life" punk rocker
- 18 Duration
- 20 Sea predator
- 21 "I'm not impressed"
- 23 Poseidon's home
- 24 Serpentine
- 25 "-- a roll!"
- 27 Lent a hand
- 29 Live-in nanny
- 31 Mine vehicle
- 35 Call on
- 37 Activist Parks
- 38 Island porch
- 41 Stitch

DOWN

- 43 Resistance unit
- 44 "Oops!"
- 45 Proverbial burg
- 47 1987 Peter Weller film
- 49 Hotel posting
- 52 CBS logo
- 53 Group of two
- 54 Said something
- 55 ISP alternative
- 56 Norm (Abbr.)
- 57 Plains shelter

- 17 There
- 19 Bike components
- 21 Ms. Farrow
- 22 Ostrich's kin
- 24 Sun. talk
- 26 Arizona tribe
- 28 Fawned (on)
- 30 Jr.'s son
- 32 Stove workspace
- 33 Fireplace residue
- 34 Zodiac animal
- 36 14-legged crustacean
- 38 Enticed
- 39 Greetings at sea
- 40 Prestigious prize
- 42 German sausage
- 45 Sulk
- 46 Scruff
- 48 LPs' successors
- 50 Scrape (out)
- 51 Observe

Answers on Page 29

MARCH WINNERS

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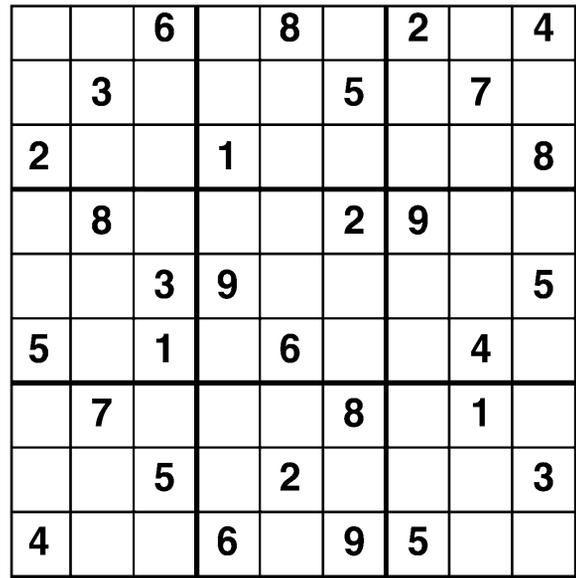
Fran Hummel
Goodyear

Maria Da Graca Santel
Litchfield Park

Tasha Wroten
Goodyear

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.

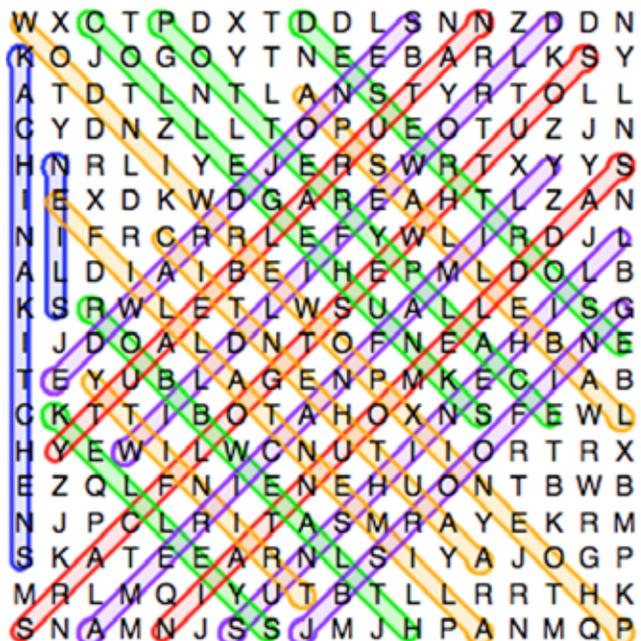
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★ MODERATE ★★ CHALLENGING

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Answers on Page 29

Dinner and a Movie MARCH SOLUTION





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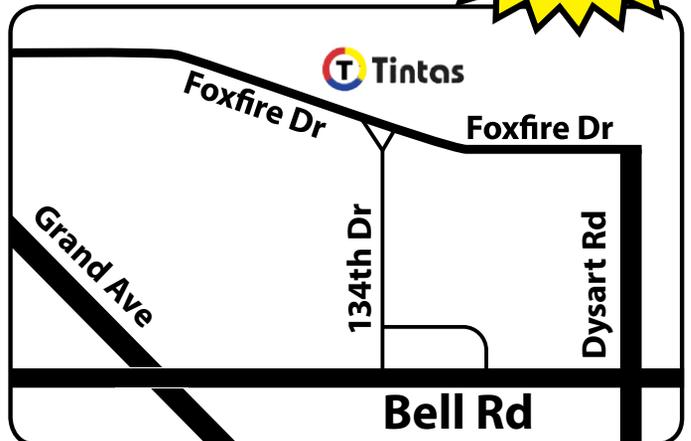
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How to choose a walk-in bathtub

A walk-in bathtub can reduce your risk of falling and make your personal hygiene routine easier to manage. Here's what you need to do to choose the right model.

Determine your needs

There are many different types of walk-in bathtubs. To narrow down your choices, you must first determine if you require a model that's wheelchair accessible, has a low edge or allows you to sit or lie down. In addition, the width of the door and the direction it opens, either in or out, should be key considerations.

Consider size and comfort

When choosing a walk-in tub, it's important to think about the size and shape of your bathroom. The dimensions of the available space will allow you to determine which models will work best. In any case, measuring your bathroom will prevent you from purchasing a bathtub that doesn't fit.

Select the required accessories

In addition to the tub itself, you may want to consider installing your bathtub with water jets, mobility aids, a retractable bench, a quick-drain system, a non-slip coating or an anti-scald valve.

Lastly, don't be afraid to ask a bathtub retailer for recommendations. After reviewing your needs, they'll be able to suggest a model that meets your requirements.



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The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as does smoking and staying out late."

"Really?" the officer asked. "Who's giving this lecture at this time of night?"

The man replied, "That would be my wife."



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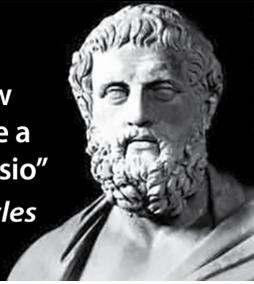
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THOUGHT FOR THE DAY

"One who knows how to show and to accept kindness will be a friend better than any possession"
— Sophocles



Hollywood

by Tony Rizzo

HOLLYWOOD — Steven Spielberg has completed directing his 36th film, "The Fabelmans," that he wrote with his "West Side Story" screen collaborator Tony Kushner. It's a semi-autobiography based on Spielberg's childhood in Arizona. The film stars Michelle Williams, Seth Rogen and Paul Dano, and opens at Thanksgiving. Spielberg will next direct a new film based on Steve McQueen's character in "Bullitt." In acquiring the rights from McQueen's estate, he took on McQueen's actor son Chad and granddaughter Molly as exec producers.



PHOTO CREDIT: GAGE SKIDMORE/WIKIPEDIA

Steven Spielberg

SIDEBAR: *It was at the premiere screening of "Bullitt" on Sunset Boulevard in 1968 that I was assaulted by Elliot Gould in the presence of his then-wife, Barbra Streisand. Three years later we had our day in court. When it was over, I'd won two judgments against Gould for battery (the only media person to ever win a lawsuit against a major star for battery) with a substantial cash judgment. Elliot and I have since made up, but that's another story!*



Lindsey Lohan made her film debut at age 12 in "The Parent Trap," followed by "Freaky Friday" at 17 and "Mean Girls" at 18. Now after more than a decade out of the spotlight, she's making a comeback at age 35 thanks to Netflix and its holiday rom-com "Falling for Christmas," set for December release.

Lohan plays a spoiled heiress suffering from amnesia after a skiing accident who is nursed back to health by a blue-collar lodge owner (Chord Overstreet, who of course has a daughter but no wife. Shades of any Hallmark Channel rom-com. The film was written and produced by former "The Young and the Restless" star Michael Damian (Danny Romalotti) and his wife, Janeen Damian, daughter of "Dukes of Hazzard" star James Best, who also directs. Lindsey's had more second chances than a cat with nine lives.

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What you should know about recycling batteries

Batteries are used in many everyday items like alarm clocks, flashlights, TV remotes and more. However, they must be recycled when they reach the end of their usable lifespan to prevent them from leaching toxic chemicals into the environment. Here's what you should know.

How to recycle batteries Store your used batteries in a clear container or plastic bag and take them to your local drop-off centre as soon as possible. It's also a good idea to place a piece of masking tape over the battery's positive and negative terminals to prevent them from creating a spark.



How batteries are recycled Before being processed at a recycling centre, batteries are sorted according to their weight and interior components like nickel, alkali, lithium and lead. Once there, the spent batteries are stripped of their metals and other elements. These components are then used to create a variety of products like silverware, pots and pans, golf clubs, concrete aggregates and more.

Do you want to do your part to protect the environment? There are now eco-friendly batteries available for purchase. Look for them at local stores.

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Turmeric Supplements Safe to Try for Arthritis

DEAR DR. ROACH: I recently read about turmeric for osteoarthritis. Please tell me more about it, like how much it costs and where I can get it. -- W.C.

ANSWER: Turmeric, a spice that has been used for millennia, is the source of curcumin, which has been shown to improve symptoms of osteoarthritis, at least in short-term studies. It is generally thought to be safe, as most people have no side effects or only occasional stomach upset, nausea or diarrhea.

A theoretical concern is bleeding, in combination with anticoagulants, but this appears to be rare. I have had many patients try curcumin, and it has improved symptoms in about half of those who tried it.

Turmeric is easy to find at any grocery store, but when curcumin is used as a supplement, it is usually combined with other supplements to help with absorption. A common one is piperine, derived from black pepper. It's difficult to use turmeric from food to get a pharmacologic effect. The usual dose is 400-500 mg two or three times daily. A month's supply from a reliable online retailer I found cost about \$10.

DEAR DR. ROACH: My husband has psoriasis on his hands,

and he thinks it's from stress. He had it a long time ago, and now it's reappeared. He is stressed because I am sick. Please tell me what cream he can use. Before, he used some good Yugoslavian cream called Vipsogal. -- M.A.M.

ANSWER: Psoriasis is a common skin condition thought to be caused by abnormalities in the immune system. There are several forms, but most people with psoriasis notice plaques or papules on the skin.

Treatment depends on the type and severity of the psoriasis, but the important part is that it needs evaluation before treatment, both to determine the correct diagnosis and assess severity. This includes at least a joint exam for psoriatic arthritis and a careful history to look for other associated conditions, such as in the eye. Severe disease may need systemic therapies, including biological ones.

I looked up Vipsogal and it is a combination of several medicines, especially high-potency steroids. These are the mainstay of treatment for most people with mild to moderate psoriasis and are available in the U.S. and Canada only with a prescription. It's a powerful medicine with the potential for real harm if used incorrectly. Your husband should see a dermatologist.



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