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2021

To Do List :

1. Travel More
2. Pay Off Debt.
3. Purchase New Car
4. Experience the URW Difference

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The Danville Farmers' Market is following all federal, state and local health and safety guidelines for both vendors and patrons. Patrons should maintain six feet of distance between other shoppers and should not visit the market if they are ill.

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top ten

Most-Landed-On Monopoly Squares

1. Jail
2. Illinois Ave.
3. New York Ave.
4. Go
5. B&O Railroad
6. Pennsylvania R.R.
7. Reading Railroad
8. Tennessee Ave.
9. Kentucky Ave.
10. Free Parking

Source: Business Insider

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January 2021

S	M	T	W	T	F	S
27	28	29	30	31	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	1	2	3	4	5	6

Holidays
 1st - New Year's Day
 18th - Martin Luther King, Jr. Day

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Ruth in the Old or New Testament or neither?
2. From 2 Kings 13, what prophet ordered a king to shoot arrows out of a window? Paul, Job, Elisha, David
3. How many books of the Bible (KJV) are three letters long when spelled? 0, 1, 2, 3
4. What prophet saw "the tents of Cushan in affliction"? Japheth, Noah, Hezekiah, Habakkuk
5. Who said unto the Lord, "Increase our faith"? Jonah, Apostles, Moses, Thieves
6. From Joel 2:6, what shall all faces gather? Sunlight, Blackness, Fear, Warmth

ANSWERS: 1) Old; 2) Elisha; 3) 1 (Job); 4) Habakkuk 3:7; 5) Apostles (Luke 17:5); 6) Blackness

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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ALLEY OOPS! Which path does the bowling ball take to hit the pins above? Pick 1, 2, 3 or 4, and see if you are right.

VERSE OFF! From a number that's odd, cut off the head. It then will even be. Next, we say, cut off the tail. A time of day, you'll see. What number applies in this old verse? Seven (even 'eve).

FUN TIMES! Multiply 21 by 6 and the answer is 126, an instance in which all three digits used in the multiplication appear in the product. Just for fun, see if you can find another two-digit amount, which, when multiplied by 3, will function similarly. That is to say, will produce a product containing the three digits involved in the math.

P.S.: Complying amount is over 50.

Fifty-one will do it: 51 times 3 equals 153.



by Hal Kaufman

1	A	T			
2		A	T		
3			A	T	
4				A	T
5					A
6					

WHERE IT'S AT SPORTS-WISE

KNOW where it's AT in sporting terms? Let's see. Each of the six stepped-off AT teams at left has a sports connotation. See if you can puzzle terms out in accord with the following definitions:

1. Sports figure.
2. Pitcher-catcher duo.
3. Nonprofessional.
4. Boat race.
5. Wins out over foe.
6. Stadium location (two words).

Time limit: Two minutes.

1. Athlete; 2. Batter; 3. Amateur; 4. Regatta; 5. Defeat; 6. Box seat.

ZIP-ITTY DO! ZIP codes were introduced by the U.S. Postal Service in 1963. What do the letters ZIP stand for? Zoning Improvement Plan.

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ARIES (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.

TAURUS (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.

GEMINI (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.

CANCER (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

LEO (July 23 to August 22) Although the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

VIRGO (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

LIBRA (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

SCORPIO (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

SAGITTARIUS (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

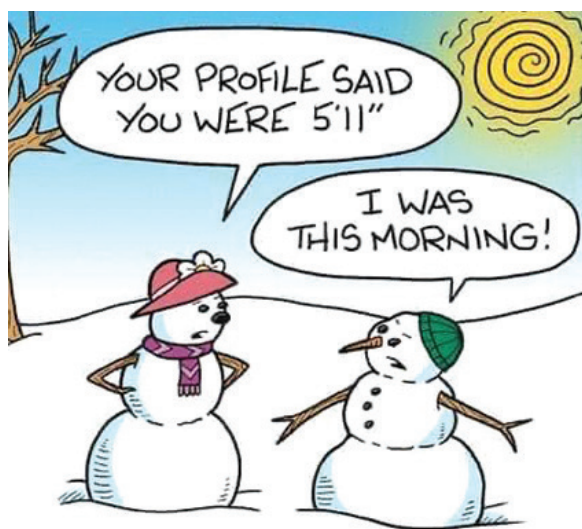
CAPRICORN (December 22 to January 19) While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

AQUARIUS (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

PISCES (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

BORN THIS WEEK: You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

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* Purchase New Year's celebration items that are on sale in January if you have a graduating senior in 2021. You can get all kinds of items for a fraction of the price, and you will be ready with all the 2021 things you need!

* Got a neckache? Grab a pair of long socks, fill each with 2 cups of uncooked white rice and a couple of drops of your favorite essential oil. Knot the sock tightly to seal. Microwave for up to 2 minutes, and test temperature before draping it over your shoulders to apply heat to sore muscles. It's so nice, especially when you're laying down.

* J.P. in New Jersey advises that instead of using candles during a power outage -- it can be dangerous! -- try a battery-operated lantern instead. You can even use solar garden lights in a vase. You'd be surprised how much they can light a room.

* "To trick yourself into saving money, round up purchases when you enter them into your checkbook register." -- S.W. in Arkansas

* "If you're storing clothes in a storage tote, put a sheet of fabric softener in as well. It can help repel bugs and keep the fabrics smelling fresh." -- M.W. in Iowa

* "Spray nonwashable plush toys with dry shampoo to clean and freshen them. Rub vigorously with a terry cloth to remove any extra residue and fluff up!" -- P.H. in Pennsylvania

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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1. "From This Day" appeared on which Machine Head album?
2. Who were the eight artists who jointly recorded "I'm Gonna Make You Love Me"?
3. Name the person who has won the most Grammys.
4. Where did the Tornados get the name "Telstar" for their 1962 instrumental?
5. Name the song that contains this lyric: "We'd laugh and we'd sing and do funny things, And it made our hearts glow."

Answers

1. "The Burning Red," released in 1999. Despite being called a "sell out" for the band's change in direction, it was their second-best-selling album.
2. Diana Ross & the Supremes and the Temptations, in 1968. Released at the time of their television special, the song shot to No. 1 within three weeks.
3. This is a tough one: the answer is Georg Solti, a Hungarian-British conductor with 31 awards. He's followed by Quincy Jones (28) and Alison Krauss (27).
4. Telstar was a television communications satellite. It's still up there, but no longer transmits.
5. "Only Sixteen," by Sam Cook in 1959. The more successful version was released in 1975 by Dr. Hook. The song tells of teen love from the viewpoint of a 16-year-old boy.

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: SUSPENDED FROM A NECKLACE

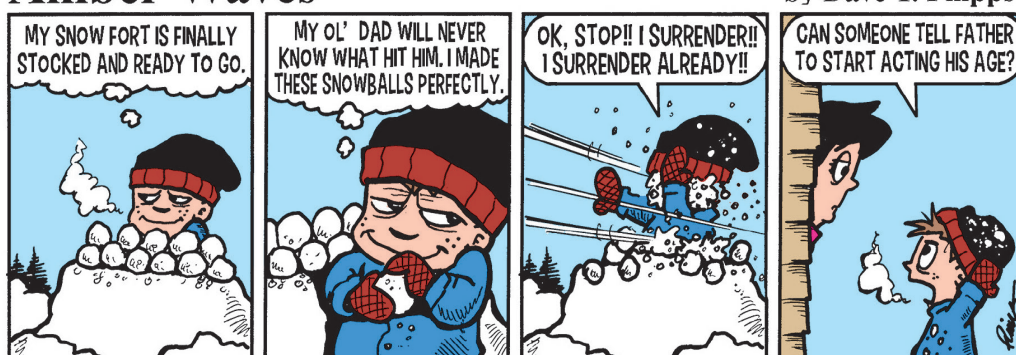
- | | | | |
|----------|----------|-----------|--------|
| Breadbox | Compact | Jerry can | Quiver |
| Capsule | Decanter | Kit | Vase |
| Cask | Gripsack | Pillbox | Vessel |
| | Inkwell | Pouch | |

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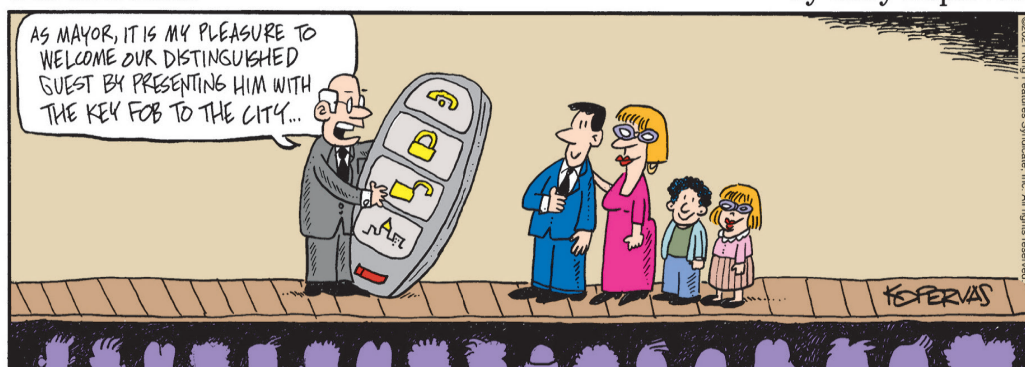
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



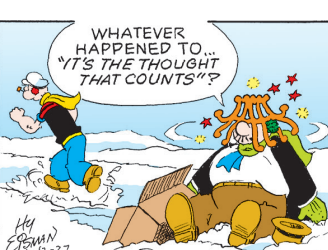
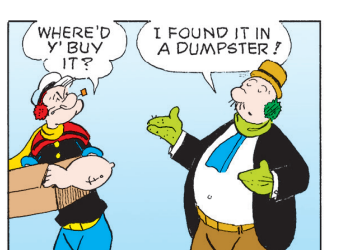
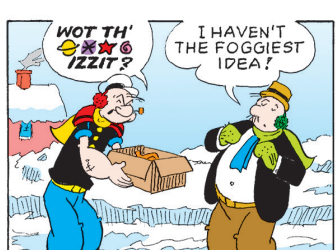
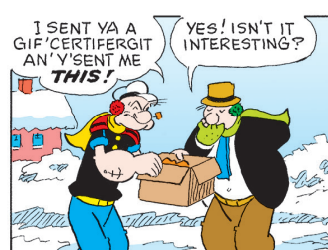
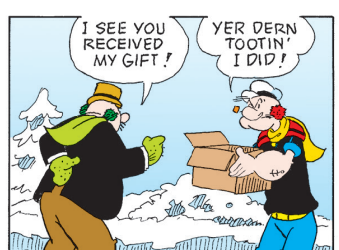
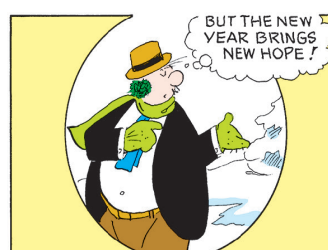
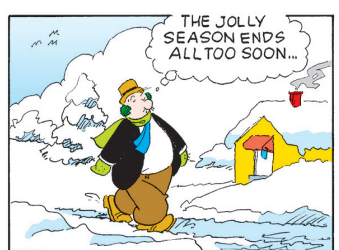
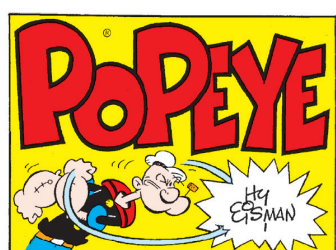
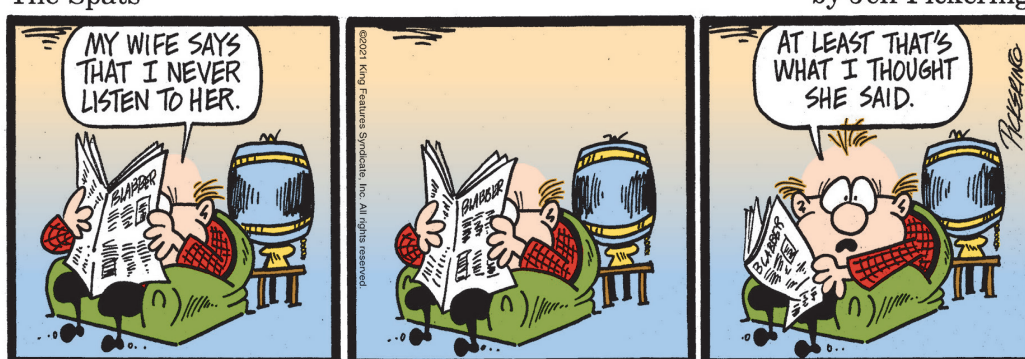
R.F.D.

by Mike Marland



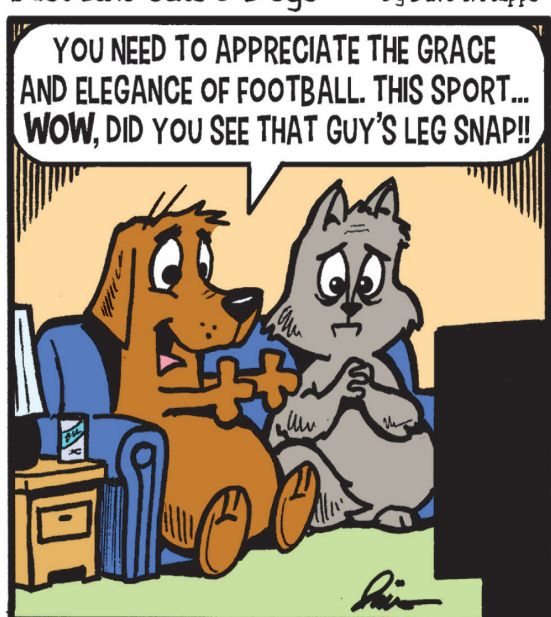
The Spats

by Jeff Pickering

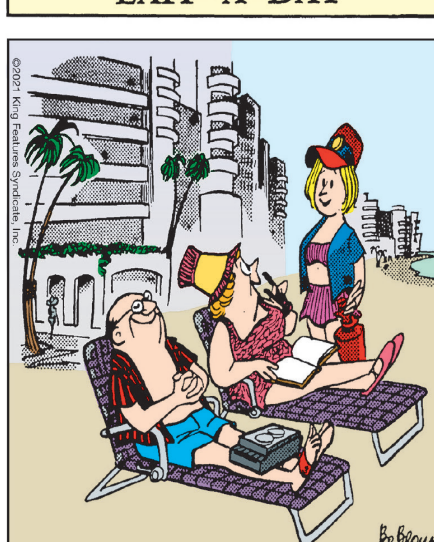


Just Like Cats & Dogs

by Dave T. Phipps



LAFF-A-DAY



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Waver

LAFTER

Help

VERSE

Thick

NEEDS

Rebuff

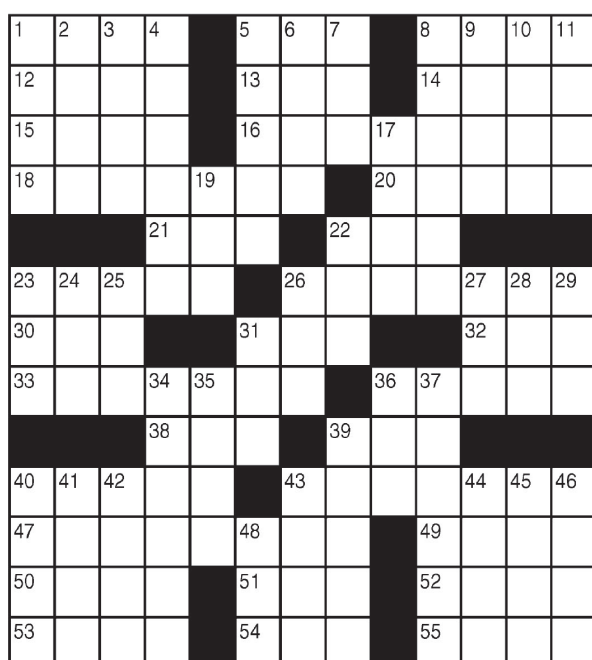
LEPER

TODAY'S WORD

King Crossword

ACROSS

- 1 Nile vipers
- 5 Cistern
- 8 Sprint
- 12 Guitarist Atkins
- 13 — -de-France
- 14 Formerly
- 15 Antelope's playmate
- 16 Its days are numbered
- 18 Degree of excellence
- 20 Endures
- 21 "Nova" aier
- 22 Lass
- 23 Regions
- 26 Volcanic crater
- 30 "Entourage" agent
- 31 Branch
- 32 Felon's flight
- 33 Trinidad music
- 36 Fountain drinks
- 38 Fine, at NASA
- 39 Marry
- 40 Dishonor
- 43 Actor Rory
- 47 Squid dish
- 49 Big fair, for short
- 50 "Oops!"
- 51 Drench
- 52 Peruse
- 53 Facts and figures

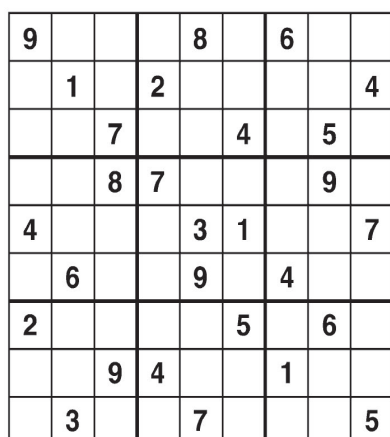


- 54 Guitar master Paul
- 55 Tolkien creations
- 1 Outlet letters
- 2 The Mets' old home
- 3 Rind
- 4 American flag feature
- 5 Bad habits
- 6 Winged
- 7 Aviv preceder
- 8 Disney duck
- 9 &&&&
- 10 Ella's style
- 11 Towel word
- 17 Israeli airline
- 19 Small ammo
- 22 Leg, in slang
- 23 Efron of "Parkland"
- 24 Man-mouse link
- 25 Zero
- 26 — -Magnon
- 27 Right angle
- 28 Squealer
- 29 Early hrs.
- 31 Request
- 34 Motorcycle maker
- 35 "The Raven," for one
- 36 Actor Gibson
- 37 Stick
- 39 Is patient
- 40 Gulf War missile
- 41 "Funny!"
- 42 Oodles
- 43 Manitoba tribe
- 44 They can take a yoke
- 45 — the crack of dawn
- 46 Agrees silently
- 48 Piercing tool

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Weekly 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.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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Trivia test by Fifi Rodriguez

1. U.S. PRESIDENTS: The poem "O Captain! My Captain!" was written after the death of which president?
2. GENERAL KNOWLEDGE: What is the weight of a U.S. quarter?
3. MOVIES: What was the name of the skyscraper in the drama "Die Hard"?
4. TELEVISION: What city was the setting for the sitcom "Mork and Mindy"?
5. SCIENCE: What is the study of knowledge, reality and existence called?
6. ANIMAL KINGDOM: What are male blue crabs called?
7. GEOGRAPHY: What is the highest point in Japan?
8. FOOD & DRINK: The acai berry is native to which continent?
9. LITERATURE: Who wrote the "Winnie-the-Pooh" book series for children?
10. MEASUREMENTS: What is an angstrom?

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Pants are missing; 2. Cap is reversed; 3. Arm is moved; 4. Handle is shorter; 5. Neckline is different; 6. Paper is moved.

10. One ten-billionth of a meter, used to measure very small distances.
9. A. A. Milne
8. South America
7. Mount Fuji
6. Jimmes
5. Philosophy
4. Boulder, Colorado
3. Nakatomi Plaza
2. 0.2 ounces
1. Abraham Lincoln



Solution time: 23 mins.

Answers

King Crossword

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

Answer

Weekly SUDOKU

When a cartoonist gives a character way too many details, one might call it overdrawn.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals O

YIAE G PGBSKKEVWS CVLAW G

PIGBGPSAB YGF SKK ZGEF

JASGVNW, KEA ZVCIS PGNN VS

KLABJBGYE.

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What's Going on in Shopperland



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Brighter Days Ahead: Celebrate the New Year with a Healthy Start

By Kristen Grabowski, FNP

A new year is always an opportunity for a fresh start. A new beginning. That's one of the big reasons so many of us set New Year's resolutions. Turning the page on the calendar gives us a chance to turn the page on unhealthy habits, resolve to be better, healthier versions of ourselves and look to the future with hope for what's to come.

As we look ahead, there is certainly much to be hopeful for in the light of the ongoing COVID-19 pandemic. As more effective treatments have been instituted and with exceptionally effective vaccines on the way, we can finally see the light at the end of the tunnel. Even so, it is still essential to our health and the health of others that we continue to do all we physically can to stop the spread of this disease – by continuing to wear our masks, maintaining social distancing and practicing good hand hygiene – until the pandemic is safely at an end.

In addition to these essential precautions, there are a few key things that can help you get and stay healthy for 2021 and beyond. So, if you're looking to make a couple resolutions to take better care of yourself, these are a great place to start. After all, there's no better time to focus on your health than right now.



Eating Healthy

There's a reason why healthy eating is always mentioned as a big contributor to your health. Because it's true. Healthy eating can reduce your risk of illnesses like heart disease, diabetes and cancer. It can help boost your energy, sharpen your mind and improve your mental health. And it doesn't have to be complicated. Simple changes can help make a big difference. Incorporate more vegetables, fruits, lean proteins and healthy grains into your diet. Plan your meals for the week to help ensure healthier eating and less temptation at the grocery store. Drink more water in lieu of soft drinks and other sugary beverages. Read the labels before you buy food to ensure that you're buying things high in good nutrients and low in saturated fat, cholesterol, sodium and sugar. Most importantly, be realistic. Changing your eating habits overnight is tough. Make your healthy eating an easier and longer-lasting shift by making one or two healthy changes a week. They'll add up over time and help you maintain your new healthy eating habits.

Start Moving

Physical activity is one of the best tools to improve or maintain good physical and mental health. Regular exercise can help you achieve and maintain a healthy weight, help reduce your risk for heart disease, strengthen your bones and muscles and help you reduce stress and anxiety. As little as 30 minutes a day can be effective. If you're not used to regular exercise or feel like you don't have time in your schedule for it, try simple activities like a lunchtime walk, playing in the backyard with your kids or pets, or a home workout using an aerobics or yoga video. The important thing is to get moving. Whatever you choose, be sure and consult your primary care provider before beginning a new fitness or sports program.

Staying on Top of Your Health

Taking charge of your own health is essential to your overall well-being. Establishing a good, trusting relationship with a primary care provider and scheduling annual physical exams can play a big role in helping you to do this. Annual exams can help prevent unwanted health surprises and setbacks, aid in early diagnosis of any conditions to help achieve the best outcomes and allow you to discuss any health concerns you have comfortably and confidentially. Your primary care provider can also ensure that you're on top of key health numbers like your blood pressure and cholesterol, keep you up to date on any needed immunizations and help you manage any chronic conditions you may have.

Reducing Stress

We've all experienced some level of stress at one time or another. It's a natural reaction when things aren't going as smoothly as we'd like. However, managing stress is important to maintaining physical and mental health. Too much stress can cause depression and increase blood pressure and weight gain, among other dangers to your health. Try to identify your "stressors" and learn how to manage your stress. Eating healthy and exercising are great helps, so if you're following the first two tips, you're well on your way. Remembering to breathe, being prepared and flexible when events and situations don't go as planned and treating yourself to a favorite activity are other great ways to help manage stress. And don't forget that it's okay to ask for help. Talk to a trusted friend or loved one, or seek out a mental health professional to discuss what you are going through.

Whether you're hitting the reset button on your health or looking to make improvements in a specific area, it's important to remember that your health journey is a marathon, not a sprint. Making a lot of changes overnight is an overwhelming task. Be realistic about where you're at and what you can maintain. For example, this week consider starting one or two new healthy eating habits, get moving with some physical activity a few days and make an appointment with your primary care provider for your annual check-up. Then, as you progress, you can incorporate more healthy habits into your daily schedule. Just like with healthy eating, small changes can really add up and help ensure that your health is a long-term success for 2021 and beyond.

And don't forget to wear your mask!

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Micah Collins went to Battle of Atlanta. He takes lessons at Jeff McGregor's American Karate. He placed 4th, 3rd, and 2nd Place. While at Atlanta, he met Ernest Miller, a WCW and WWF Pro Wrestler. Micah really enjoys taking karate lessons at Jeff McGregor's American Karate.

When your daughter outgrows her sandals but those babies cost \$16



New Student Access Program at Danville Public Library provides resources to all Danville Public School students

DANVILLE – Danville Public Library and Danville Public Schools recently developed the Student Access Program, giving all students, faculty, and staff associated with the school system access to materials, online databases, and streaming services through the library.

"Being able to offer this invaluable service to ALL students is remarkable," stated Anne Moore-Sparks, Communications and Community Engagement Coordinator. "We applaud the Danville Public Library for being innovative and creative in finding ways to engage our students, especially during this unprecedented time of COVID-19."

The program will launch on Monday, January 11

"We cannot be more excited about this much needed service for our community," said Russell Carter, Director of Danville Public Library. "This has certainly been a challenging year for parents, students, and the school system. We are hoping that in creating an easier way to access materials and services, we can at least bring a little positivity and assistance to the community."

Carter explained that many students in the school sys-

tem are unable to access library resources due to not being able to obtain a library card, which requires a government issued ID or a parent with the proper identification.

"Whether it's a transportation issue, family matter, or another barrier of which we are unaware, there are many students in our community who cannot visit the library in person," he said. "We want to make sure we can reach those students. Although the program only allows users to check out a limited number of physical items, it opens full access to our online and streaming services."

Students wishing to use their school ID to check out materials can also place items on hold from the public library and those materials will be delivered by library staff to their school library for pickup. Items can also be returned to the school library.

"We want to make this as easy as possible for the students, teachers, and parents," said Chrislyn Gardner, Youth Services Librarian at Danville Public Library. "To have the opportunity to assist our community's teachers and parents as they navigate this school year is very encouraging to us. When we are out of the pandemic and can return

to our normal services, we are looking forward to working with the school system to provide educational opportunities to our students."

The program is not required. Parents have the ability to opt out. A letter was distributed via the school system during first semester. Any parent wishing to opt out of the program, who did not receive the letter, can contact the media specialist at their child's school.

Bill Sgrinia, Director of Danville Parks and Recreation, praised the partnership and the service.

"Collaborations like this are invaluable to the community," Sgrinia said. "Our staff are always looking for ways to engage the citizens of Danville and the organizations who serve and this is just one of many ways we hope to work with partners to provide positive and life-changing services."

OBITUARIES

“For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord’s.” - Romans 14:8

Hugh D. Durham, Sr.

May 28, 1937 ~ December 16, 2020 (age 83)



Mr. Hugh Durham, Sr., age 83, of Gretna, VA, passed away on Wednesday, December 16, 2020 at his residence.

He was born on May 28, 1937, in Pittsylvania County, VA, to the late Charlie Henry Durham and Mary Elizabeth “Bessie” Scott Durham.

Before his retirement, Mr. Durham worked as a plumber in Miami Florida and was a member of Local 519.

He is survived by his sons, Hugh D. Durham, Jr. and his wife, Mercy and Stephen B. Durham and his wife, Sara, all of Gretna, VA; grandchildren, Wesley Durham, of Ft. Myers, Fla; Crystal Durham, of Iowa; Natalie Durham, of Gretna; and Kyle Durham, of Gretna.

In addition to his parents, Mr. Durham was predeceased by his wife, Sarah M. Durham and brothers, Eugene Henry Durham and Bruce W. Durham.

Gravesides services will be conducted at 1:00 p.m. on Monday, December 21, 2020 at Schoolfield Cemetery with Dr. Charles Searce officiating.

Due to Covid restrictions, social distancing and mask are required.

Barker Funeral Home is respectfully serving the Durham family.

Joyce Morris Lewis

May 31, 1946 ~ December 18, 2020 (age 74)



Mrs. Joyce Morris Lewis, age 74, of Danville, VA, went to be with her Lord and Savior on Friday, December 18, 2020 at UNC Rockingham, in Eden, NC.

She was born on May 31, 1946, in Danville, VA, to the late Richard Morris and Mabel Ferrell Morris

Before her retirement, Mrs. Lewis worked in the financial aid office at Danville Community College. Previously, she worked at Jon Bill before they closed. She was a member of Community Baptist Church on Iris Lane in Danville, VA. Mrs. Lewis was known to her grandchildren and great-grandchildren as Nama and as momma Lewis to her daughter, Anne Marie’s friends. The love of her life was her family, and her church family.

She is survived by her daughter, Anne Marie Jones and her, significant other, Frank Kyles, III; grandchildren, Casey Price (Amanda); Victor Gunnell Jr.; Waylon Gunnell (Vanessa Rose); Mary Jackson; Lisa Love; and Cathy Reid; great-grandchildren, Christian Price; Caitlin Price; Abigail Robertson; Brooklyn Price; Ashlynn Price; Amayia Price; Victoria Love; Melody Gunnell; Ariel Gunnell; Zachary Alverson; Robert Jackson; Catherine Jackson; Emily Jackson; Anthony Craddock; Christina Love; Hollie Rose; Blake Hedricks; Breanna Reid, and Alivia Reid; brother, Larry Morris; and many nieces and nephews.

In addition to her parents, Mrs. Lewis was predeceased by her husband, Melvin Lewis; daughter, Faye Lewis; and brothers, Charles Morris, Sr.; Richard Morris; and Michael Morris.

A celebration of Mrs. Lewis’ life will be held at 4:00 p.m. on Tuesday, December 22, 2020 at Community Baptist Church on Iris Lane in Danville, VA with Pastor Ray Mintz officiating. Visitation will be held one hour prior to the service at the church.

Swicegood Funeral Service is respectfully serving the Lewis family.

Rachel Johnson

March 24, 1942 ~ December 17, 2020 (age 78)



Rachel Pruitt Johnson, age 78, of 2449 Shady Grove Rd. Providence, NC, passed away on Thursday, December 17, 2020, at Stratford Health and Rehab.

Mrs. Johnson was born on March 24, 1942, in Pelham, NC, a daughter of the late Alex Pruitt and Willie Melvin Pruitt. She lived her life in Pelham and

Providence where she was employed with Corning Glass until her retirement. She was married to Doug Johnson who survives and was a member of Gatewood Baptist Church.

In addition to her husband, she is survived by her children, Joel Johnson (Jennifer) and Robin Shephard (Davis); grandchildren, Seth Johnson, Saige Johnson, 1 LT. Joshua Puccio and Sidney Shephard; great grandson, Easton Frame; brothers, Wilson, Jimmy and Larry Pruitt; sisters, Virginia Thompson, Sylvia Adams, Gloria Bowes, Donna Gardner, Cheryl Edwards, Joyce Reid and Janie Beggarly.

In addition to her parents, she was predeceased by her brother, Andrew Pruitt.

Graveside services will be conducted on Sunday, December 20, 2020 at 2:00 PM in Schoolfield Cemetery with Reverend Adrian Moore officiating. The family will be receiving friends at her son, Joel’s home, 2857 Seamster Rd. Providence, NC, 27315 on Sunday from 11:00 am until 1:00 PM. The family requests that anyone coming into the home to please wear a mask and practice social distancing.

Swicegood Funeral Home is respectfully serving the Johnson family.

George Washington Hammack

September 23, 1955 ~ December 21, 2020 (age 65)

Mr. George Washington Hammack, age 65, of Danville, VA, passed away on Monday, December 21, 2020 at Piney Forest Health and Rehabilitation in Danville, VA.

He was born on September 23, 1955 to the late Kenny Walker and was adopted by the late Bernard Spencer Hammack and Elva Frances Hammack.

Mr. Hammack was a member of Moffet Memorial Baptist Church.

He is survived by his sister, Terri Hammack-Handy; nieces, Rebecca Handy Chesson and Alanna-Blue-Hammack; and half-siblings, Steve Walker, Keith Walker, and Cathy Hall.

In addition to his parents, Mr. Hammack was predeceased by his brother, Alan Hammack.

Graveside services will be conducted at 2:30 p.m. on Wednesday, December 23, 2020 at Mt. View Cemetery.

Due to the Covid restrictions, social distancing and mask are required.

Barker Funeral Home is respectfully serving the Hammack family.

Linda Cundiff Weatherford

January 13, 1942 ~ December 29, 2020 (age 78)



Mrs. Linda Cundiff Weatherford, age 78, of Danville, Virginia, passed away on Tuesday, December 29, 2020 at Roman Eagle Rehab and Healthcare Center.

Mrs. Weatherford was born on January 13, 1942, in Danville, Virginia, to the

late Marvin Cundiff and Otilue Edwards Cundiff. She was employed at Brockway Glass until her retirement and was a faithful member of Holland Road Baptist Church.

Mrs. Weatherford is survived by her son, Randy Weatherford and wife, DeAnna and grandchildren, Chris Weatherford, Christina DeBaere-Echols, Amber DeBaere, Bobby DeBaere, Taylor Weatherford, Patrick Weatherford, Erica Weatherford; great-grandchildren, Seban Weatherford, Denver Weatherford, Savannah DeBaere- Echols, Hazel DeBaere, Caleb Weatherford, Steven Weatherford, Peyton Weatherford, Emily Weatherford and Kayla Weatherford; sisters, Jo Thurman and Vinnie May Vasser.

In addition to her parents, Mrs. Weatherford was predeceased by her daughters, Lisa Weatherford and Wendy DeBaere.

Funeral services will be conducted Saturday, January 2, 2020 at 2PM at Swicegood Funeral Home with Reverend Avery Dalton officiating. Visitation will be held one hour prior to the service. Interment will follow in Danville Memorial Gardens.

All state and federal regulations regarding covid-19 should be followed by all attendees.

Swicegood Funeral Service is respectfully serving the Weatherford family.

Stephen Chad Barksdale

January 24, 1974 ~ December 31, 2020 (age 46)



It is with deep sorrow we announce the passing of Stephen Chad Barksdale on December 31, 2020.

Chad was born on January 24, 1974 in Danville, VA to

Ronald and Sandra Barksdale who survives.

He worked at Abbott Laboratories in Altavista, VA.

Chad loved all sports and was an avid collector.

He is survived by his daughter, Elana Coxworth (Cody); a brother, Michael Barksdale; a sister, Christy Vernon; and one granddaughter, Clementine Coxworth.

Due to the Corona virus, there will be a private graveside service for immediate family with Jonathan Taylor officiating.

In lieu of flowers, the family request donations may be made to a charity of your choice.

Barker Funeral Home is respectfully serving the Barksdale family.

In Loving Memory

David Anthony "Tony" Rice
 Legendary Guitarist & Singer

Born June 8, 1951
 Danville, Virginia

Died December 25, 2020 (aged 69)
 Reidsville, North Carolina,

Helen Tate Walker



Helen Mae Tate Walker, 94, of 156 Brentwood Drive, Danville went home to be with her Lord on Monday, December 28, 2020 at her residence.

Mrs. Walker was born in Danville, VA on March 12, 1926, son of the late Joel C. Tate, Sr. and Mary Jane Taylor Tate. She spent all of her life in the Danville area where she worked for Dan River Mills as a secretary for 50 years until her retirement. She was an active member of St Luke's United Methodist Church as long as her health permitted. She also worked as the bookkeeper for the church for a number of years. She was a joyful lady who was always known for her smile!

Mrs. Walker was married to the late Thomas Lee Walker.

Survivors include her son, Mark Walker and his wife Rebecca of Dry Fork, VA; her special friends, Emma Turner, Becky Williams, Charles and Connie Clark, Sonja Cole and Jackie Soyars all of Danville, VA.

A graveside service will be conducted on Saturday, January 9, 2021 at 2:00 P.M. at Highland Burial Park with the Reverend Susan Hannah officiating.

Wrenn-Yeatts Westover Chapel is respectfully serving the Walker family.

Online Condolences at [HYPERLINK "http://www.wrenn-yeatts.com"](http://www.wrenn-yeatts.com)

Norma Jean Saul Doss

October 26, 1943 ~ January 2, 2021 (age 77)



Norma Jean Saul Doss left her home on earth Saturday, January 2, 2021. Norma Jean was born on October 26, 1943 to the late Lloyd Ray Saul and the late Dorothy May Saul in Danville, Virginia.

Norma Jean married Kenneth Doss on May 20, 1959. Their life was not always perfect, but they shared lots of love and

it's apparent in Kenneth's care for her. He absolutely would not consider a nursing home when Parkinson's Disease kept Norma Jean from caring for herself. Kenneth still called her his girlfriend.

Norma Jean is survived by her loving husband of 61 years, Kenneth. She is also survived by her children, Kathy Tate (Frank), Keith Doss (Karen), and Leslie Stevens (Gerald); six grandchildren, Andrew Tilley, Matthew Tate, Brian Doss, Britney Powell, Trey Stevens, and Collin Stevens; four great-grandchildren, Maggie, Rebecca, Lewis, and Ellie Powell; sister, Pat Pruitt (Mike); her loyal doggie, Little Bit; and beloved kitty-cat, Punkin.

Norma Jean was a faithful member of Calvary Baptist Church. She loved spending time with her family. She loved shopping, eating out, and growing beautiful flowers. She always said food tasted better when it was with a large group of family. She loved sweet tea in a glass, no plastic.

Norma Jean loved taking care of her pets and the neighborhood animals too. She also loved watching crime shows and The Walton's.

Norma Jean worked many years as a seamstress, sewing for all the neighborhood ladies so she could stay home with her children. Being a mother was definitely one of her best jobs. In late years, she worked for J.C. Penney in the catalog department and also for Belk wrapping gifts at Christmas.

Graveside services will be conducted Tuesday, January 5, 2021 at 1 PM at Danville Memorial Gardens with Reverend Rick Markham officiating. At other times, the family will be receiving friends and family at the residence of Kenneth Doss. (597 Elizabeth Street, Danville, Virginia 24541).

All state and federal regulations regarding covid-19 should be followed by all attendees

The family takes comfort in knowing she is reunited with her beloved family that has gone before her. Finally, in a healed body, planting flowers in heaven. The family would like to thank Liberty Home Healthcare and Hospice, Deacon George Barker for his faithful weekly check-ins & Meals on Wheels. Please consider a random act of kindness today in memory of Norma Jean.

Swicegood Funeral Home is respectfully serving the Doss Family.

Pauline Owen Stout

March 18, 1934 ~ January 2, 2021 (age 86)



Mrs. Pauline Owen Stout, age 86, of 892 West Fork Road, Cascade, Virginia, passed away on Saturday, January 2, 2021 at her residence.

"To be absent from the body is to be present with the Lord" -

2 Corinthians 5:8

Mrs. Stout was born on March 18, 1934, in Pittsylvania County, to the late Charlie Owen and Annie Bray Owen. She lived most of her life in the West Fork Community and worked as an inspector at Fieldcrest Mills until her retirement. She was a member of West Fork Pentecostal Holiness Church.

Mrs. Stout is survived by her daughter, Katherine Adkins; grandson, Chris Sams (Angel) and great grandchildren, Christian Sams and Julie Sams.

In addition to her parents, Mrs. Stout was predeceased by her loving husband of 23 years, Willie Page Stout; son, Johnny Adkins; brothers, Thomas, Tink, Jack, Emerson, Herman, Gaston, Albert and Archie Owen.

Graveside services will be conducted on Wednesday, January 6, 2021 at 2:00 PM in Danville Memorial Gardens with Reverend Alton Bartee and Reverend Joel Jackson officiating. The family will be receiving friends at other times at the residence.

Swicegood Funeral Service is respectfully serving the Stout family.

Elizabeth Jane Hall High



Elizabeth Jane Hall High, 87, of Danville, VA passed away on Saturday, January 2, 2021 at her residence, surrounded by her loving family. She was born October 16, 1933 in Winfield AL to the late Ethel Curtis Hall and the late Fletcher Guy Hall. She was married to Robert Lee High, who survives, of the residence. Mrs. High retired from HealthTex of Danville

on March 29, 1996 after many years of service to the company.

In addition to her husband, Mrs. High is survived by a daughter, Catherine Ann High, sons Edward Lynn High (Connie) and Stephen James High (Jessica), all of Danville. Mrs. High was predeceased by her parents and a son, Robert High, Jr.

A memorial service of remembrance and celebration to honor the life of Mrs. High will be held at a later date.

Norris Funeral Services, Inc., Mt. Hermon Chapel is serving the family.

These free obituaries are sponsored by Swicegood-Barker Funeral Services as a service to their clients/families and Piedmont Shopper readers. Please let them know we appreciate their continued support.

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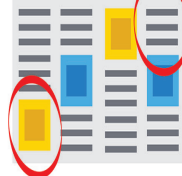
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Red Bird Times

MONTHLY SENIOR SECTION

Age with Style and Grace



FAMILY FEATURES

Aging may be inevitable, but with advancement in research and technology, there are plenty of ways you can slow, or even reverse, the hands of time to stay healthy and promote longevity.

Consider these ideas from Longevity Labs+, a company dedicated to cutting-edge aging research and the makers of spermidineLIFE, a first-of-its kind, clinically studied supplement containing natural spermidine, which renews cells and can reverse the signs of aging:

Protect Your Skin

Not only does your skin protect vital internal organs, it's an essential barrier to intruders like bacteria and other infection-causing microbes. The skin is also the body's greatest tool in managing hydration levels and providing critical cues to your nervous system about things like temperature and pain.

With such a big role in your overall health and well-being, the skin often shows the first signs of aging. Wrinkles and age spots are often indicators of a person's true age.

However, you can reduce the visible impacts of aging on the skin with daily care. Regularly moisturizing helps keep skin supple, and diligent sunscreen application year-around can protect your skin from damaging sun rays. Some compounds and nutrient plans can help nurture youthful skin.

It's also important to closely monitor your skin for changes, especially changes to moles or other spots that may be signs of skin cancer, which is generally treatable when caught and managed early. In addition, collagen peptides and a spermidine-rich diet can be key in ensuring healthy skin into your later years.

Maintain Clean and Healthy Cells

You may not realize it, but as each day passes, your body's cells age, die and accumulate toxic matter, which disrupts cellular function and causes a myriad of age-related diseases such as dementia and cardiovascular disease as well as decreases immune function. However, a compound naturally produced by the body and found in nature called spermidine can clean cells of toxic matter so they can operate with renewed youth and efficiency. Spermidine triggers a cellular renewal process called autophagy, which allows cells to shed layers of waste and regenerate instead of slowing down and dying off. As the body ages, natural levels of spermidine decline, cellular regeneration slows and signs of aging are accelerated.

Spermidine is a key to anti-aging and is believed to help reduce the onset of neurodegenerative and age-related diseases. You can boost spermidine levels by eating certain foods that are high in spermidine, like lentils, soybeans, mushrooms, aged cheese, pears, broccoli, peas and cauliflower.

However, few people eat enough spermidine-rich foods to maintain optimal levels in their later years. Taking a supplement like award-winning spermidineLIFE* can support cellular renewal and help cells stay young and healthy. The first and only clinically studied spermidine supplement in the world, it includes spermidine naturally extracted from European non-GMO wheat germ along with carefully selected vitamins, minerals and healthy fats.

Manage Physical Health

As you grow older, your metabolism slows, making it easier to hold onto extra weight. Excess pounds are associated with numerous health risks, in addition to slowing you down overall. Maintain a more youthful body and mobility by consuming a well-rounded, nutritious, whole-food diet and committing to regular exercise, which can help not only banish extra calories but also keep your muscle tone strong, your balance steady and your posture straight.

Just as important as what you do to protect your health as you age is what you don't do. That means limiting alcohol, quitting smoking and avoiding the temptation to indulge in high-fat and sugary foods.

Support Mind Matters

Worry lines aren't just wrinkles that come with age; they can be a sign of persistent angst. From stress to lack of sleep to slips in memory, there are plenty of reasons to focus on your mental health as you advance in years.

Getting enough rest can play a big role in your physical health as well as your mental wellness. Too little sleep prevents your body from reenergizing itself fully and can affect your cognition and mood. Worry and stress can also cause you to feel your years. Information is key, and smart devices such as heart rate and sleep trackers can provide you with the necessary information to find what helps and what hurts healthy circadian rhythms and deep, regenerative sleep.

Growing forgetful as you age is also common to an extent, but memory problems can be exacerbated by stress, lack of sleep and other factors. You can also keep your mind sharp by playing games, doing puzzles, reading and maintaining an active and engaging social life with others. Even during this pandemic, phone and video calls can help engage your mental state through important social activity.

Find more ideas for navigating your later years with grace at spermidinelife.us.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Eat Away Your Age

This tasty recipe features three of the top 10 spermidine-rich foods: broccoli, mushrooms and aged cheese. It also keeps well, so you can prepare it for a casual brunch then reheat for an easy breakfast the next day.

Longevity Breakfast Bake

Prep time: 30 minutes
Cook time: 1 hour
Servings: 8

- 1 tablespoon olive oil
- 1 pound uncured, organic bacon
- 1 pound sliced, organic white mushrooms
- 1 pound organic broccoli
- 1/2 cup water
- 2 cups grated aged cheddar cheese
- 14 organic eggs
- 1-2 teaspoons garlic salt
- fresh ground black pepper, to taste

In skillet over medium-high heat, heat oil. While skillet is warming, chop bacon into small pieces. Cook bacon until crispy. Transfer bacon to plate covered with paper towel to absorb excess grease.

Drain most grease from skillet, reserving some to saute mushrooms.

Saute mushrooms until translucent. Cut broccoli into thick, bite-sized pieces; cover and microwave 4 minutes with water to soften.



Photo courtesy of Getty Images

Heat oven to 350 F.

Crack eggs and whisk until egg whites and yolks blend together in one consistent color. Season with garlic salt and pepper, to taste.

In bottom of baking pan or cast-iron skillet, spread broccoli and mushrooms evenly. Add crispy bacon bits and cheddar cheese. Pour eggs into pan and carefully stir until ingredients are evenly mixed. Bake 40-45 minutes, or until top of casserole starts to brown.





2020
THE QUALITY INITIATIVE
RECOGNITION PROGRAM

Chatham Health and Rehabilitation Center received recognition from the American Health Care Association/National Center for Assisted Living (AHCA) in the 2020 Quality Initiative Recognition Program.

This program honors AHCA nursing center members who achieve one or more of the following AHCA Quality Initiative goals:

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What Caregivers Should Know About Medicare

Dear Savvy Senior,

I am the caregiver for my 81-year-old mother, who recently fell and broke her hip, and have a lot of questions about how original Medicare works and what it covers. Where can I get some help understanding this program?

Overwhelmed Caregiver

Dear Caregiver, Excellent question! Having a working knowledge of Medicare can help you take full advantage of the coverage and services it provides to ensure your mom receives the best care possible. Here's what you should know.

Medicare Assistance

A good starting point to get familiar with Medicare is the official "Medicare & You" handbook that overviews the program. It's mailed to all beneficiaries every fall and provides an up-to-date description of all services and benefits. You can also see it online at Medicare.gov/medicare-and-you.

If you have a particular question, you can call and visit with a Medicare customer service representative at 800-633-4227. Medicare also works closely with State Health Insurance Assistance Programs (SHIP) to provide free health insurance counseling. To find a SHIP counselor in your area visit ShiptaCenter.org or call 877-839-2675.

Caregivers also find Medicare's secure website – MyMedicare.gov – especially useful. After setting up a personal account for your mom, you can view the details of her coverage, track recent health care claims and keep up to date on the preventive services she qualifies for.

Compare Tools

Medicare can also help you locate the right health care providers for your mother. At Medicare.gov/care-compare you can find and compare doctors, hospitals, home health agencies, dialysis facilities, inpatient rehab facilities, long-term care hospitals and nursing homes in your mom's area.

What Medicare Covers

Medicare can reduce many out-of-pocket medical expenses your mom incurs, but it doesn't cover everything. Understanding what Medicare does and doesn't cover can save you time and spare you frustration when navigating the caregiving maze. Here are some key points for caregivers:

Besides basic hospital and physician services (which includes telehealth services)

and optional prescription drug benefits, Medicare covers home health care too. To qualify, your mom must be homebound, under a physician's care and in need of part-time skilled nursing care or rehabilitative services like physical therapy.

Medicare also helps pay for oxygen, catheters and other medical supplies that a doctor prescribes for home use. The same is true for medically necessary equipment like oxygen machines, wheelchairs and walkers.

In addition, Medicare covers skilled care in a nursing home for limited periods – up to 100 days – following hospital stays. But it doesn't cover long-term stays. Patients who need custodial care (room and board) must pay out of pocket unless they're eligible for Medicaid or have private long-term care insurance.

Medicare pays for hospice care too, for someone with a terminal illness whose doctor expects to live six months or less. The hospice benefit also includes brief periods of respite care at a hospice facility, hospital or nursing home to give the patient's caregivers an occasional rest.

Besides long-term nursing home stays, original Medicare typically doesn't cover regular dental care or dentures, regular eye exams or eyeglasses, and hearing exams and hearing aids. Likewise, it won't pay for nonemergency ambulance trips unless a doctor certifies they're medically necessary.

To find out what Medicare covers, visit Medicare.gov/coverage and type in the test, item or service you have questions about, or download the Medicare "What's covered" app in either the App Store or Google Play.

Financial Assistance

If your mom lives on a limited income, you should check whether she qualifies for help with prescription drug costs or with other Medicare-related premiums, deductibles and copayments.

For help with drug costs, visit SSA.gov/prescriptionhelp or contact Social Security at 800-772-1213 and ask about the "Extra Help Program." For help with other Medicare costs, go to Medicare.gov or call 800-633-4227 and ask about the "Medicare Savings Programs."



Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------------|---------------|------------------------|---------------|
| 1. Kindling material | __ I __ _ _ _ | Easily cut, as a steak | __ E __ _ _ _ |
| 2. Put your feet up | __ _ _ _ X | Running race | __ _ _ _ Y |
| 3. Keep balls in the air | __ G __ _ _ | Rainforest | __ N __ _ _ |
| 4. Dummy bullet | __ _ _ _ K | Tasteless | __ _ _ _ D |
| 5. Moisten the lawn | __ T __ _ _ | Place a bet | __ G __ _ _ |
| 6. Use a broom | __ W __ _ _ | Slumbered | __ L __ _ _ |
| 7. Give one's word | __ _ _ _ R _ | Take for granted | __ _ _ _ M _ |
| 8. Investigate | __ _ _ B _ | Writing style | __ _ _ S _ |
| 9. Root for | __ _ _ _ R | Blush location | __ _ _ _ K |
| 10. Baby feline | K __ _ _ _ | Fingerless glove | M __ _ _ _ |

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Birdhouse NEWS

THE KID'S A BORN ANGLER

Tyler Grimshaw was 10 years old back in June when he landed a trophy trout that weighed in at 41 pounds, says the Association of Mature American Citizens [AMAC]. He's 11 years old now and he recently went back to the Flaming Gorge Reservoir in Utah where he made his first catch and he did it again, this time reeling in a 48-pound trout. In both cases, Tyler released his catch. Perhaps he hopes the trout will grow bigger, giving him a chance to eventually break the state record for lake trout, which stands at nearly 54 pounds.

ANOTHER MAN'S TRASH, ETC.

A struggling college student, Conrad Duran in Albuquerque, New Mexico, and his girlfriend had been furnishing their home with what stray furniture they could find on curbsides. Just before Christmas they found a pair of dining room chairs. They left them out front and to their dismay that evening they disappeared. They thought the chairs had been stolen. They went off to be with family for the holiday weekend and on their return, reports the Association of Mature American Citizens [AMAC], there they were on the porch, completely refurbished and reupholstered. It turns out the "thieves" were actually good Samaritans. "I thought they had been stolen and lo and behold, they had

just taken them, redid them, and returned them as a Christmas gift or something like that. Now they just look absolutely beautiful," Duran told reporters.

AGED WHISKEY

Nick Drummond and Patrick Bakker had just purchased a 105-year-old house in the town of Ames, N.Y. And when they started do-it-yourself repairs on their fixer-upper they made a cheerful discovery, says the Association of Mature American Citizens [AMAC]. As they began removing some rotted wooden skirting from the home's mudroom out fell a bottle of booze. It was not just an ordinary bottle of whiskey; it was a hundred-year-old bottle of prohibition-era hooch. It prompted them to do a more thorough search that turned up a total of about 100 bottles, their labels declaring that it was the real thing: blended scotch whiskey distilled in Scotland. It seems the original owner of the house was a "rum-runner." Their plan is to put them up for auction, hopefully after they've had a sip or two.

THE 'HUG BUBBLE'

COVID-19 is particularly frustrating for those whose loved ones are in care facilities; safe distancing while wearing facemasks when visiting them is not the same as a good cuddle. Leave it to the French to find a way overcome such an emotional challenge, says the Association of Mature American Citizens [AMAC]. At least one patient care facility there is using what

it calls the "hug bubble" to allow visitors to hug and even kiss their confined family member. They walk into an inflatable plastic tunnel where the resident is behind a hermetically sealed plastic sheet, put their arms through built in plastic sleeves and embrace. They are even able to safely give each other kisses.

AN EASY WIN

Why strain your brain trying to win the lottery by coming up with a set of random numbers? The South African Lottery Commission says that a very lucky winner of a recent PowerBall drawing took home a prize equal to about 370,000 U.S. dollars with a numbers pick of the not-so-random sequence 5-6-7-8-9-10, according to the Association of Mature American Citizens [AMAC]. The Commission says it uses a random number generator, but that sometimes it can come up with a simple sequence, though it's rare.

POOP PIRATES

Porch pirates come out of the woodwork during the holidays. They search for packages left on doorsteps, hoping to find valuables inside. So, a resident in one particularly hard-hit neighborhood in Hamilton, Ontario do come up with a way to get back at the brazen thief or thieves, according to the Association of Mature American Citizens [AMAC]. He filled a box with cat poop, dressed it up as a delivery and set it up on her front porch. It was stolen within 45 minutes and the whole thing was caught on his front door video camera.

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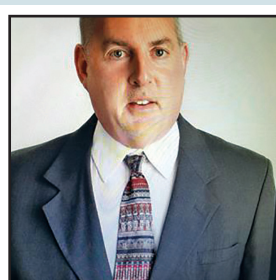
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By Ryan A. Berenz

- In 2012, what pro bowler celebrated his fifth U.S. Open title by exclaiming, "Who do you think you are? I am!"
- Before beginning his broadcasting career in 1978, Bob Trumpy played tight end for what NFL team?
- At the 1998 Nagano Winter Olympics, who scored the first ever Olympic goal for the U.S. Women's National Hockey Team?
- The Bedlam Series is the name given to the athletic rivalry between what two universities?
- What Seattle sports facility was demolished by implosion in March 2000?
- In 1993, what Detroit Pistons "Bad Boy" was involved in a scuffle with teammate Isiah Thomas that resulted in Thomas suffering a broken hand?
- What 1986 comedy film included a character named Cameron who wore Gordie Howe's No. 9 Detroit Red Wings jersey?

Answers

- Pete Weber.
- The Cincinnati Bengals.
- Cammi Granato.
- Oklahoma and Oklahoma State.
- The Kingdome.
- Bill Laimbeer.
- "Ferris Bueller's Day Off."

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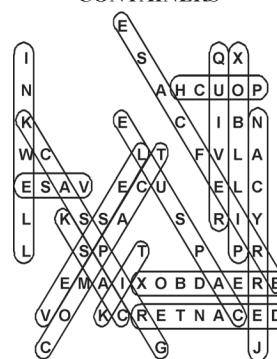
Garage Sale on Tuesday Tue Dec 29th, 2020 from 10:30 AM - 04:30 PM (434) 668-6635 classicpicker3@gmail.com

See you next week!

Even Exchange answers

- | | |
|-------------------|--------------------|
| 1. Tinder, Tender | 6. Swept, Slept |
| 2. Relax, Relay | 7. Assure, Assume |
| 3. Juggle, Jungle | 8. Probe, Prose |
| 4. Blank, Bland | 9. Cheer, Cheek |
| 5. Water, Wager | 10. Kitten, Mitten |

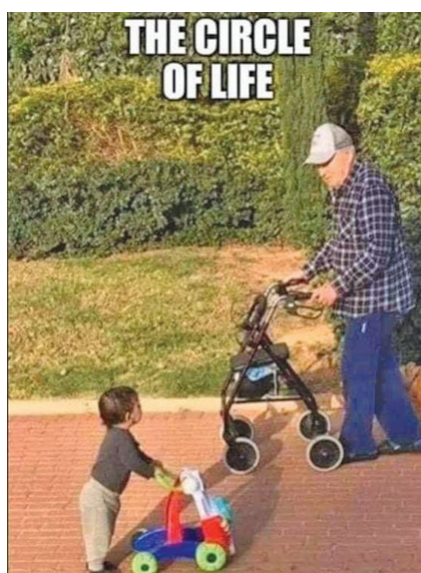
CONTAINERS



The Garden Bug

The inner petals of this Grandiflora rose are pale orange, with the undersides slightly darker. The outer petals are edged in red, and curl under. The fully-bloomed flower can be 4 1/2" across, have up to 25 petals, and carries a light, pleasing fragrance. A bush of this kind can grow 4 feet tall and 2 feet wide, and display many blooms at a time throughout a growing season. When set next to blue flowers such as delphinium it is especially striking.

Source: www.allaboutrosesgardening.com - Brenda Weaver



COLORING PAGE



SENIOR NEWS LINE

by Matilda Charles

COVID Hits Our Wallets

You can learn all kinds of things from surveys, and not all of them are good. A recent SimplyWise bi-monthly survey showed that 35% of seniors age 60 and older are willing to risk getting COVID in order to work. Of those who are over age 50, only 27% have put any money aside recently for retirement. Nearly half could not last one month off their savings. The number of people who plan to keep working after starting to collect Social Security benefits just keeps rising, up to 74% at the time of the survey. Due to finances, 17% of us are considering selling our homes. I scarcely know where to begin. Between seniors willing to risk getting COVID to keep working, seniors contemplating selling their homes and seniors not able to make it through even one month on savings -- it's a dismal picture. My thoughts on how to cut back on expenses and save money during COVID seem inadequate, but here they are:

- * Stop impulse online purchases that you make out of boredom.
- * Ask your auto insurance agent about discounts, since your driving is minimal now.
- * Double down on asking for senior discounts for everything.
- * Don't buy any new clothes (or even a new winter coat) if you're home all the time anyway.
- * Take your former entertainment budget (dinner and a movie out) and keep the cash.
- * If you're signed up for video streaming services you rarely use, cut all but one.
- * Consider selling a second vehicle if it still has payments.
- * Make a ritual of studying the weekly grocery sales.

None of these things alone will amount to much, but taken together they will keep more cash in your pocket.