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Salome's Stars

ARIES (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.

TAURUS (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.

GEMINI (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.

CANCER (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.

LEO (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

VIRGO (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.

LIBRA (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.

SCORPIO (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

AQUARIUS (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

PISCES (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

BORN THIS WEEK: You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

100 in School

Little Johnny came running into the house after the school one day, shouting, "Daddy! Daddy! I got 100 in school today!"

"That's great, Son!" said his daddy.

"Come into the living room and tell me about it," Daddy continued.

Little Johnny said, "Well, I got 50 in spelling, 30 in math and 20 in science."

Today he represents us in Congress.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Lot in the Old or New Testament or neither?
2. How many beasts rising out of the sea did Daniel have a dream about? 4, 7, 13, 20
3. From Judges 3, who was the left-handed Benjamite that killed Eglon? Geshem, Agag, Ehud, Joram
4. In 2 Kings 4, who purified a pot of deadly stew with flour? Josiah, Elisha, Jehu, Hilkiah
5. From Judges 1:6, what king had his thumbs and toes cut off? David, Adoni-Bezek, Josiah, Herod
6. Whose biblical name means "messenger"? Aaron, Moses, Samuel, Malachi

ANSWERS: 1) Neither; 2) 4; 3) Ehud; 4) Elisha; 5) Adoni-Bezek; 6) Malachi

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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top ten

Smartest Animals*

1. Chimpanzee
2. Orangutan
3. Dolphin
4. Elephant
5. Crow
6. Pig
7. Domestic dog
8. Octopus
9. Rat
10. Squirrel

*excluding humans
Source: Safarisaficana.com

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June 2021

S	M	T	W	T	F	S
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	1	2	3
4	5	6	7	8	9	10

Holidays

- 14th - Flag Day
- 20th - Father's Day & Summer Begins

Community Events

JOHN L. BERKLEY ELEMENTARY SCHOOL REUNION!! Sat 6/12 from 12:00AM-4:00PM. Located at Ballou Park Recreation Center, 760 W. Main St. Due to COVID, No Covered Dish Meals. Please Bring Your Favorite Already Prepared Foods! For Questions, Please Call Linda Little at 434-429-7301 or Lawrance Smith at 434-250-0633.

FREE Hotdog Lunch!! Sat 6/26 from 11:00AM-12:30PM. Located at Trinity UMC, 409 Arnett Blvd Danville. Pick Up in Parking Lot Only.



BENEFIT FOR CINDY JONES!! Brosville Community Fire and EMS with be Hosting a Car Wash, to Benefit their Own Member, Cindy Jones. Known to Most Here Locally from Westside Diner. Sat 6/12 from 8:00AM-12:00PM. Located at Brosville Fire and EMS Building, 11912 Martinsville HWY, Danville. \$10 Per Vehicle. Any Other Donations for Cindy will Also be Accepted on This Day. Please Come Out and Show Your Support! Anything will be Greatly Appreciated!

Prayer Hour for Community: We are Inviting Churches to have Prayer Hour with us on Sun 6/1 at 3:00PM. Located at White Oak Mountain, 140 Giles Lane. Come Worship and Pray for Our City, Children and Nation. This will be an Outside Event, so Please Bring a Lawn Chair, or you may Sit in your Car, if you Feel More Comfortable. If you Need Directions, Please Call 434-251-6197.

FREE PUZZLE SWAP: Bring some Jigsaw Puzzles to Swap with Others. ALL Pieces must be Included in Each Puzzle. Feel Free to Stay and Work a Puzzle after you Finish Swapping. Wed 6/16 at 11:00AM, at Main St. Art Collective, 326 Main St, Danville. If you have Any Questions, Call 434-602-2017.

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Miscellaneous Items from Estate: Tools, Farm Items, Meat Grinders, Real Antiques and More! Call 434-797-3197.

Mahogany Mirror and Bow Back Chair: Mahogany Mirror, 46.5 x 30.5. Asking \$45; Bow Back Chair with Braced Back and Rush Seat. Asking \$45. Call 434-250-1942.

Old Antique Wood Wicker Wheelchair, with Movable Foot Rest. Asking \$35, Cash Only. Call 434-203-1723.

Antique Coal Scuttle Bucket, in Original Condition. Asking \$65, Cash Only. Call 434-203-0819.

Apparel, Jewelry, Clothes

Men's Jeans for Sale: 2 Pair, Size 38. Asking \$5; 1 Pair, Size 42. Asking \$5. Call 434-822-1533.

20 Pair of Men's Work Pants, Size 38. Asking \$4; 19 Work Shirts, Size XL. Asking \$1.50. Call 434-822-1533.

Women's Plus Sizes: 1X to 5X, 14W to 32W. Many New With Tags! Also, Shoes, Purses and Jewelry. Your Stuff Consignment Boutique, 434-836-1450.

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Brand New Coach Purse: Never Used. Still in Original Coach Box. Tan/Caramel Color. Model 48021. Paid \$118+, Asking \$55. Call 434-770-1541. Leave a Message.

Ladies Purses and Shoes: For More Information, Call 434-429-3337.

Dresses for Sale: Crown and Ivy, Dress Barn, Loft and More. Size 10. Asking \$8 Each, Cash Only. Call 434-656-3469.

Men's and Women's Clothing: Men's Shorts (Sizes 40-42-46), Work Boots (Size 12), Dress Shoes (Sizes 10-11); Ladies Capris (Sizes L, 22-24-26), Dresses, Suits, Handbags and Shoes. Call 434-836-3297 or 434-203-9773.

Handmade Face Masks: Fabric Face Masks. Adults or Kids, \$2 Each. New Fabrics and Designs. Call Barbara for Details at 434-799-2594.

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White Stove for Sale: Works Perfectly. Asking \$100. Call 434-251-9725.

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25" Magnavox TV: Not a Flat Screen. With Remote. Call for Price, 336-601-5407.

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32" Samsung Flat Screen TV: Call for Price, 434-432-9122.

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Announcements

Happy Birthday to Roger Little, on June 10th! Love, Your Wife and Family

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Large Antique Spinning Wheel: Asking \$125. Call 434-429-0786.

1993 Sears Roebuck Catalog: New Condition. Still in Original Mailing Package. Asking \$10. Contact: frankjumphrey@yahoo.com

Piedmont Pets
 June 3, 2021 By Paulette Dean

The old dog lies in his pen. He is protected from the sun or rain, and has plenty of food and water. But still, he spends most of his time pacing until he grows tired and must rest. For as long as he can remember, his entire world has been the confines of the 10' X 10' cage.

Across town, the young cat sits on the porch. She is the only kitten in the litter that survived the harsh winter. Every day, scraps of food are thrown out the door, and she goes to the creek to lap up water.

In another home, the beautiful exotic bird sits hour after hour in the cage. He is fed only the best birdseed mixture and even has a mirror hanging in his cage. For exercise, he stretches his wings and legs.

No jury or judge in the state could find the owners guilty of animal neglect. All the basic legal requirements are being met. The dog, the cat, the bird, cannot speak to the owners and tell them that sometimes, the minimum legal requirements are simply not enough. The common thread connecting these three stories is one of quiet desperation.

Pet owners have a legal obligation to take care of their companion animal's physical needs. But, they have a much deeper moral obligation to take care of their pet's emotional and psychological needs.

A dog who lives a solitary life is not happy. Dogs are pack animals and require companionship. Cats may be able to tolerate longer stretches of solitude, but they still require companionship. In fact, all pets, whether they be gerbils, horses, birds (and the list goes on and on) require companionship.



996 South Boston Rd.,
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A young puppy, found by himself on a busy street, was brought to the shelter. He hurriedly ate the food and drank the water in his bowls, and then he sat in the cage with his face pressed against the gate. He cried and yipped and cried. It was not until he was allowed to play with another puppy that he settled down. Perhaps he could not form the actual thought, "I am lonely," but he knew his needs were not being met.

People acquire pets for many reasons. Then, life intrudes and their daily duties take up all their time. Tragically, in a lot of cases, the pets are in cages, pens, backyards and lonely houses.

To those of you who write anonymous letters or make anonymous phone calls, please be assured that yes, we do talk to or write the owners of the animals who are neglected emotionally. Legally, however, very little can be done.

And the old dog in the pen still paces.

KOVELS Antiques & Collecting
 By Terry and Kim Kovel

Mourning Picture

Death was an important part of life in the 19th century. Life expectancy was 38 to 44 years, and many babies died at birth or before they were a year old. Mourning and the rituals that accompanied a death were very important and lasted about a year. There was a funeral, attended by friends and family, often held at home, and burial in a family plot in the yard if there was no nearby cemetery. Black clothing was worn for the year of mourning; even the jewelry was made with black stones. Pictures, in some cases mirrors, were covered, and weekly visits to a religious service to say prayers were expected.

The next few years also included some objects that took time to make, like mourning rings and memorial pictures often created by a close relative. The picture used symbols of death and life after death. A church, tombstones, anchor, lily of the valley, forget-me-nots, urns, weeping willow trees, a coffin, candles, skulls, oak leaves and of course, angels and the cross were part of the language.

Collectors of folk art search for painted or embroidered mourning pictures that include some of these symbols and information about the deceased, including name, date of death and location. Many are signed by the artist. This framed picture was sold at a Skinner auction. It pictured willows, an urn, a tombstone, black dress, church, flowers and a weeping relative. The inscription on the tombstone says "Amos Tyler." Research found he died in 1829, probably in Massachusetts, at the age of 38. No wonder it sold for \$22,140, about 10 times estimate.

Q. My mother has an antique table that is in good condition, but the top is warped. Can it be fixed? Is that expensive? Is it smart money to replace it?

A. It depends on what the value of the table would be if it were per-



This watercolor is a mourning picture made about 1830. It is in a 7- by 9-inch frame. The picture sold for more than \$22,000.

fect. A repaired top will lower the retail price by about 20%. The cost of the repair is based on the job, not the value of the piece, so the better the table, the more important it is to put it in the best possible shape. But it must be a very good repair, and that requires a restorer who is used to working on antiques.

CURRENT PRICES

Tole coal scuttle, black, crackled pattern, gold bands, tapered rectangle, ball feet, domed lid, 17 x 18 inches, \$45.

American Indian basket, Choctaw, Mississippi bamboo, river cane, natural dye, large diamond pattern, black, orange, tan, square base flared to round top, c. 1970, 18 x 19 inches, \$280.

Architectural, frieze, terra-cotta, semi-circular, shield, 2 stylized dragons, acanthus tails, egg & dart band, squared border, made up of 10 sections, \$480.

Advertising sign, "Twin Drive-In Theater," "Turn Right" printed inside arrow, metal, painted, green, reflective yellow letters, New York City area, 24-inch diameter, \$750.

TIP: Don't store dining-table leaves on end. They may warp. Flat under the bed is an ideal storage location.

For more collecting news and resources, visit www.Kovels.com.

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Grey Truck Bed Topper for 2000 Toyota Tacoma, Extended Cab. Asking \$125. Call 434-836-3885.

2 P275/60R20 Tires for Sale: Asking \$80 for Pair. Call 276-650-1590.

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2 Doors, 1 Fender, and Step-side Bed for a 1980 GMC Truck; Tailgate for Fleetside Bed; 2- 15x8 Rally Wheels. Call for Prices, 434-728-2960.

Looking for a Backseat for a 68-69 Chevelle, 2 Door Hard-top. Call 434-710-6044.









Truck/Suv Tires: Hankook Dynapro AT2, 275/55R20, Like NEW. Only 500 Miles, 12/32 Tread. Asking \$600 OBO. Call 434-250-9340.

Auto SUVs

2014 Buick Encore: Grey, AT, AC. VADLR. Call 434-791-4000.

2011 Kia Sol: Red, AT, AC. VADLR. Call 434-791-4000.

Car Fax Vehicle History Reports **928 Riverside Drive Danville, VA 24540** **View Vehicles** www.autovillaofdanville.com

 2020 Nissan Altima Silver, AT, AC, Less Than 3k Miles, Loaded, 4 Door	 2016-2018 Chevy Cruzes. 2011 Chevrolet Malibu LT Silver, 4 Door, AT, AC	 2018 Hyundai Elentra Silver, 4 Door, AT, AC, 43k Miles	 2019 Nissan Versa SV Gray, 4 Door, AT, AC, 28k Miles
 2012-2018 Honda Accords & Civics	 2014 Camry SE Burgandy, 4 Door. AT, AC, Sunroof	 2017 Chevrolet Colorado LT Blue, Crew Cab, 4x2, V6, AT, AC	 2018 Dodge Challenger Red, 2 Door, Black Interior, AT, AC, 47k Miles
 2019 Nissan Frontier SV Black, AT, AC, 4 Door, Crew Cab, 4x2, 23k Miles	 2009 Acura TSX White, AT, AC, Sunroof	 2018 CRV EX AWD Blue, AT, AC, Sunroof, 15k Miles • 2018 CRV LX AWD Silver, 24 K Miles, AT, AC	 2005 Chrysler Town & Country Blue, 7 Passenger, AT, AC
 2006 Toyota Corolla, Gray 4 Door. AT, AC, Great on Gas	 2014-2019 Altimas and Sentras.	 2020 Honda Fit LX Gray, 4 Door, AT, AC, Very Low Miles	 2015 Kia Forte Silver, AT, AC, 12k Miles

Patient History More Than Just Medical Facts

DEAR DR. ROACH: I am 77 years old. When I go to a new doctor, there is always that past history form to fill out. I know to include current medications, including OTC and allergies, but how far back should I go? Should I include the tonsillectomy when I was in grade school (I don't recall how old I was)? Or the surgery to remove a benign tumor from my right femur in 1955? The miscarriage in 1961? Or that the last of my five children was born over 40 years ago? I would include the surgery because my right leg is about 3/4 inch shorter than my left. After all these years, it causes a backache after standing too long. -- S.B.

ANSWER: In general, doctors want all the information you can give. However, past medical history tends to become less important as people get older. I agree with you that the surgery on your femur is important; a leg-length discrepancy may still benefit from being addressed. A small (half the discrepancy or less) adjustment to the shoe of your shorter right leg may help reduce your backache. If I were your new doctor, it would be important to me to know you had a 40-year-old son (and about the rest of your children), but that would be more to know who you are as a person. I also ask my patients to identify someone in their family who can help make decisions if you are unable to. That should be done formally, through a health care proxy designation, which is complementary to the advance directive that all adults should have. It's a privilege for me as a primary care doctor to get to know my patients and follow them over years, sometimes many years. ***

DEAR DR. ROACH: I've read about a new drug for depression that is supposed to work quickly. Is it safe? -- N.F.

ANSWER: Ketamine, like many biological molecules, has two forms that are mirror images of each other. Esketamine, the more active of the two, has recently been approved by the Food and Drug Administration for treatment of depression, and is the first new class of approved depression medication in years. It is striking how quickly it works. With the intravenous drug, test subjects found their mood improving within hours, as opposed to the weeks it takes most current drugs to work. With the nasal spray form, the kind just approved by the FDA, benefit began within two hours and persisted throughout eight weeks of follow-up. It is not yet clear how long the effect will last and whether (or more likely, how often) additional doses will be necessary in long-term use. It is approved to be given only in a doctor's office, and only for people who have been resistant to other medications. There are significant potential harms. Blood pressure goes up after the dose, and people can have sedation and disorganized thinking after treatment. For now, the drug is given only through a restricted distribution system. I am cautiously optimistic. Depression is a serious disease with treatments that are not as effective as we would like. Any new type of treatment is a source of hope; however, I have seen potential "miracle drugs" turn out to be only moderately useful.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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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. Georgia's fruit	___ A ___	Roost, like a bird	___ R ___
2. Petroleum rating	___ N ___	Eight musical notes	___ V ___
3. Oak fruit	A ___	Contempt	S ___
4. Haircutter	___ A ___	Carpet style	___ E ___
5. Thing learned	___ O ___	Diminish	___ E ___
6. Actress Field	___ A ___	Inane	___ I ___
7. Young nest resident	___ I ___	Chess move	___ E ___
8. He asked for "more"	O ___	Tiny wood fragment	S ___
9. Turn away	___ V ___	Watchful	___ L ___
10. Narrative	___ P ___	Vacation spot	___ S ___

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HOLLYWOOD

by Tony Rizzo

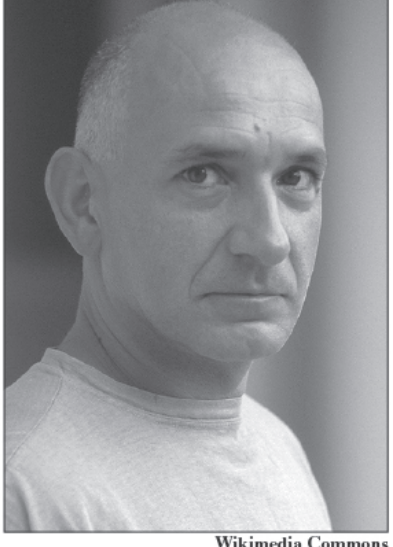
HOLLYWOOD — “Gandhi” Oscar-winner Sir Ben Kingsley was last seen in the rom-com “Locked Down,” with Anne Hathaway, Chiwetel Ejiofor and Mindy Kaling, in January via HBO Max. Now he has completed director Terrence Malick’s film “The Way of the Wind,” with “Bridge of Spies” Oscar-winner Mark Rylance, and is currently before the cameras playing the great artist Salvador Dali in “Daliland.”

I once met Salvador Dali in New York City and asked for his autograph. He took my pen and literally attacked the white index card I gave him to sign, which turned out to be a very valuable miniature piece of art. He did, however, obliterate my pen in the process. I can always get another pen, but a signed Dali more than makes up for it.

Amy Adams and Jake Gyllenhaal are producing their next film, “Finding the Mother Tree,” about the scientist who discovered how trees communicate underground. Adams, a six-time Oscar nominee, has had several films out, including “Hillbilly Elegy,” Zack Snyder’s “Justice League” (as Lois Lane), and “The Woman in the Window,” with Oscar-winner Gary Oldman and Anthony Mackie, now available for streaming on Netflix.

Adams is currently shooting two films: “Dear Evan Hansen,” the Broadway musical with Ben Platt re-creating the role that won him a Tony Award, also with Oscar-winner Julianne Moore; and “Disenchanted” (the sequel to “Enchanted”) for Disney+. Gyllenhaal has completed “The Guilty” for Netflix, with Ethan Hawke, as well as the action thriller “Ambulance” for director Michael Bay, opening in February.

Facebook seems to breed people who’ll attack anyone, famous or not. Take superstar Robert Redford, who often has problems with people tak-



Wikimedia Commons

Ben Kingsley

ing him to task for what he writes on his Facebook page, and sometimes expressing disappointment about his views. Redford addressed the issue saying, “I don’t sugarcoat my views or beliefs ... never have, never will. Money cannot buy class, or make you happy. Nor will it buy you real friendship or loyalty. Like anything else, you can use power, fame and wealth for good or bad. It’s your choice.”

“Honestly, I fail to see why so many are disappointed or let down by my opinions or postings. I’ve always been vocal and maintained who I am and what I believe. I’m not sorry you’re disappointed, but I’m sorry you can only see me as the characters I portrayed and not the person I’ve always been. Maybe it’s best not to put people on pedestals ... no one is perfect, especially me. I hope you are still a fan after you read this, if not ... peace and happiness to you.”

If Robert Redford gets called out for his views, what chance do the rest of us have? Still wanna be famous?

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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: DIAMOND — BRADY

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Brooch	Head	Necklace	Shaft
Coast	In the rough	Paste	Wedding
Cutter	Jubilee	Ring	

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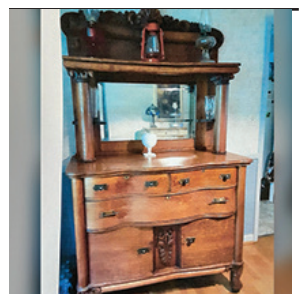
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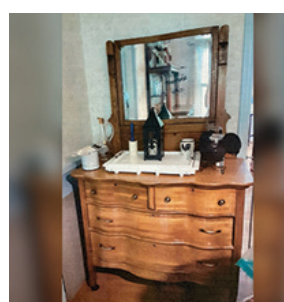
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NEARLY 200 GRADUATE FROM GEORGE WASHINGTON HIGH SCHOOL

The J.T. Christopher Stadium on George Washington High School's (GW) campus was filled with parents, family, friends and school staff on Tuesday for an in-person graduation for the Class of 2021.

At the stadium, 195 students sat next to their classmates on the football field where the GW Eagles have seen victory after victory. For the Class of 2021, their in-person ceremony was added to that list, after having spent the past year learning virtually or six feet apart with masks.

During the graduation, GW Principal Jay Lancaster told the class they learned a lesson on "appreciation versus expectation" while finishing their high school careers during the COVID-19 pandemic. The "normal" cycle of open houses, football games, homecoming, band competitions, SOL tests and more did not happen like they usually do.

Instead, students received Chromebooks and learned via Google Meets, came back to school for a very different version of in-person learning in November, and even resumed some sport activities with COVID precautions in place. This, Lancaster said, allowed the graduates to learn something that no other graduating class has before.

"You learned that the Class of 2021 would not be stopped by anything," Lancaster said. "You learned how to pass your classes and how to be successful at anything that was thrown at you all while being appreciative for everything."

In his speech titled "Smoke and Mirrors," Salutatorian Nicolas West charged his fellow classmates not to try to find the "finish line" in life, and instead urged them to continue self-improvement.

"Eagles don't wait patiently for their food to come to them," West said. "They seek it out, and they get what they deserve. So I encourage you all to take what you deserve."

Valedictorian Hannah Dow addressed the graduating class with her speech titled "Unwritten," in which she quoted the well-known Natasha Bedingfield song by the same name. With no manual to tell the students how to navigate learning in the middle of a pandemic, Dow praised her classmates for figuring it out and thriving.

"I think it is important that we realize that uncertainty is really just another word for opportunity," Dow said. "You may have heard the saying, 'when the going gets tough, the tough get going.' The ladies and gentlemen sitting here before this stage are the tough. These Eagles are strong, they are resilient, they are determined, and they are capable."



Spring 2021 Southside Soccer Club Champions

Spring 2021 U10 Champions - Compassion Healthcare

Compassion Healthcare defeated Danville Dental Associates 5-1 to win the U10 soccer championship. Other age division U10 teams included: Kickback Jack's; Moss Home Improvement & Roofing; Oakes Memorial & Signs; and Office Plus.



U10 Compassion Healthcare team, first row kneeling (l-r): Eli Stallings; Kemper Pickeral; Tucker Marshall; Brendan Harris; Jacob Hudgins; Susannah Paris; Kendyl Pickeral; and Amyah Robertson. Second row standing (l-r): Catherine Daniel; Colton Robertson; Coach Jake Wethington; Richard Curtis; Matthew Aldridge; Carter Lillard; Kyle Crawford; and Head Coach Christine Harris.

Spring 2021 U12 Champions - Hargrave Military Academy

Hargrave Military Academy defeated the JA Holmes Mechanical Contractors in a 2-1 penalty kick shootout after tying the U12 soccer championship game 1-1. Other age division U12 teams included: Candice & Dustin's Family Pawn; Compassion Healthcare; and City Cap.



U12 Hargrave Military Academy team (l-r): Coach Jayson Moss; Elzra Thomas; James Elliott; Bryson Moss; Isabella Gonzalez; Ava Garcia; Brent Echols; Hannah Brown; Tony Derrough; Haden Waller; Elijah Thomas; Taavon Fitz; Shane Crockett; and Head Coach Drew Norris. Not pictured: Cole Burnett and Cole Gauldin.

Blairs, Virginia - Southside Soccer Club concluded its Spring 2021 soccer season on Sunday, May 23, 2021, with three championship games. The games in each age division were hotly contested by participating teams, with the U12 Championship game going past overtime into penalty kicks. The season included 581 registrations for Spring soccer in six age divisions. Championship age divisions include U10, U12, and U15. All teams are sponsored by local businesses. The deadline for Fall 2021 registration is mid-August.

Spring 2021 U15 Champions - FarmPLUS Insurance Services

FarmPLUS Insurance Services defeated Safe Driving School of the Piedmont 3-1 to win the U15 soccer championship. Other age division U15 teams included: Crews Construction Company, Inc.; Holley & Gibson Realty; and Mama Possums Drive-In #2.



U15 FarmPLUS Insurance Services team, first row laying (l-r): AJ Jones; Noah Carter; and Landon Brown. First row kneeling (l-r): Francesco Pacello; and Nick Barnett. Second row kneeling (l-r): Daniel Lunsford; Shaun Francis; Kylin White; Samuel Rodriguez; Alex Jones; and TayVion McDaniel. Standing (l-r): Rebecca Craft; Coach Kathryn Brown; TeKai Harrington; Tildon Motley; Annabella Tuck; Katelyn Stowe; and Head Coach Chris Brown. Not pictured: Marli Garzon.

Southside Soccer Club is a non-profit (501(c)(3)) community organization providing recreational soccer for Pittsylvania County and Danville, Virginia. The club maintains access to fields, manages competitive leagues, and provides soccer instruction. The Club is managed by unpaid volunteers of parents and coaches. The Club has faithfully grown and served its community since 2003.

What's Going on in Shopperland



Shopperland is Danville, Pittsylvania County, & Caswell County

Please email community news to: info@piedmontshopper.com

Goodyear Blvd. Litter Project



(L-R) Shirley Redd, John Wilt (Chapter Advisor) and Cynthia Phillips collect litter along Goodyear Blvd. The next activity of ACJA-LAE's Alpha Upsilon Lambda Professional Chapter is the 20th annual "Run for Justice" scheduled for June 12th at Angler's Park & River Walk Trail.

ACJA-LAE New Member



Cynthia Phillips (center) receives her ACJA-LAE membership materials at Firehouse Subs. Pictured with Cynthia is Shirley Redd (Sergeant-at-Arms) and John Wilt, Chapter Advisor to ACJA-LAE's Alpha Upsilon Lambda (AUL) Professional Chapter. Firehouse Subs is a co-sponsor of the June 12th 20th Annual "Run for Justice" at Angler's Park & River Walk Trail.

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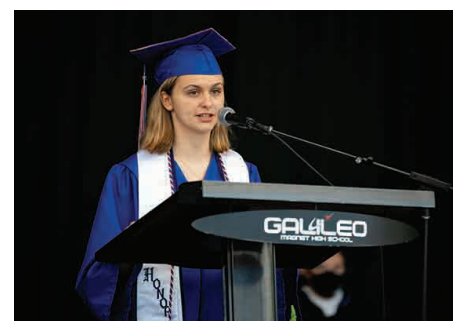
NEARLY 70 STUDENTS GRADUATE FROM GALILEO DURING IN-PERSON CEREMONY

Family, friends and school officials gathered at the Carrington Pavilion on Friday morning to celebrate Galileo High School's Class of 2021 with an in-person ceremony. Sixty-eight students turned their tassels next to their classmates, after beginning the school year virtually in August. The class amassed more than \$2 million in scholarships earned from various colleges, universities and other institutions. Galileo Principal Michelle Ramsey challenged Class of 2021, which



she started her Galileo journey with in 2017, to do four things: go the distance, change the world, be the difference and make it happen. "I challenge you to dream big but don't keep it just a dream, live it out," Ramsey said.

The students heard from Nicholas Pradhan, a 2014 graduate of Galileo and a third-year medical student pursuing his M.D. at the George Washington University's School of Medicine and Health Sciences with an interest in Internal Medicine and a concentration in Health Policy.



Pradhan was the valedictorian of his class before going on to attend the University of Virginia, graduating in 2018 with a Bachelor of Science in Biology with Distinction. He is pursuing a career in clinical medicine as well as health policy, hoping to advocate for increased access to care and health equity for all.

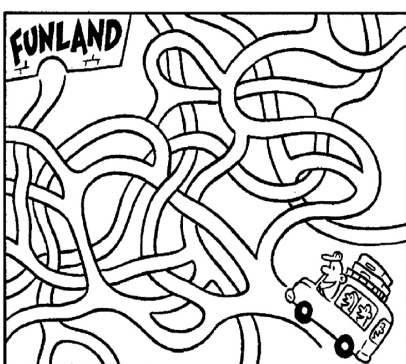


Pradhan urged the Class of 2021 to be empathetic to all people and enjoy their lives in the moment.

Valedictorian Marya Ruth Dunning spoke to the "Galileo experience" in her speech, describing how classmates often helped each other climb over bumps in the road.

"When we were overwhelmed by school work or the world around us, we had each other's backs," Dunning said. "As simple as it seems, we wore masks to create a safe environment for learning. Whenever one of us was down, another gave a part of themselves to bring them up, and that, to me, sums up the Galileo experience." Salutatorian Caroline Stinson Woods congratulated her classmates for graduating through a year where the odds seemed to be stacked against them.

"Here's what we know for certain: we survived a global pandemic, a near civil war, and Lord have mercy, online school," Woods said. "The people I knew three years ago are not the people who stand in front of me today. The difference of the last four years has been one of drastic change, maturity, and growth. The adults, and almost adults, sitting before me in their cap and gown are some of the strongest and most resilient individuals I have ever met."



A-MAZE-ING! See if you can find the route to Funland before it gets dark.



VACATION FUN! Our friends have arrived at their destination and can't wait to visit Funland. You can join in by identifying the FUN-filled words listed. Here are some hints:

1. Depressed mood.
2. A fly ball for fielding practice.
3. The animals of a certain region.
4. Fail a test.
5. Show off.
6. Able to write or speak easily.
7. Great wealth.
8. Where metal is melted.

Time limit: 60 seconds.

1. Funk 2. Fungo 3. Fauna 4. Funk 5. Flairnt 6. Fluent 7. Founna 8. Foundry

THREE FOR A DOLLAR! To win, you must knock three bottles off the shelves. But there's a catch: The numbers on these bottles must total 50.

SECRET AGENT! Since our friends used a travel agent in setting up their trip, we're going to honor the profession with a word square puzzle. The diagram at right has the word AGENT already inserted. You need to find four more five-letter words so that all words used read the same both across and down.

1. Serious play.
2. Characteristic of a king.
3. One that acts for another (AGENT, in place).
4. A minister's house.
5. Change.



Illustrated by David Coulson

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

Henry Melvin Powell, Jr.

March 30, 1934 ~ May 28, 2021 (age 87)



Mr. Henry Melvin Powell, Jr., age 87, of Danville, VA, passed away on Friday, May 28, 2021 at Roman Eagle Rehabilitation and Health Care Center.

He was born on March 30, 1934, in South Boston, VA, to the late Henry Melvin Powell, Sr. and Mable Chappell Powell.

Before his retirement, Mr. Powell was in the United States Air Force. He served his country during the Korea, Okinawa, Libya, Alaska, and Hawaii. After his retirement from the United States Air Force, he worked at C & B Life Truck, Collie Equipment, and Tractor Supply. Mr. Powell enjoyed bowling and golfing. Also, he was a member of the Danville Elks Lodge and American Legion Post #325.

He is survived by his sister, Gayle Anthony and her husband, Darra; nephews, Timothy Barts and his wife, Katherine, and Michael Brett Clark; and nieces, Caren Barts Biro, Nancy B. Scism, and Patricia Brown.

In addition to his parents, Mr. Powell was predeceased by his wife, Remona Dalton Powell; son, Henry Melvin Powell, III; and sister, June Powell Barts.

A celebration of Mr. Powell's life will be conducted at 2:00 p.m. on Saturday, June 05, 2021 at Swicegood Funeral Home with Rev. Daryl Joyce officiating. Visitation will be held one hour prior to the service. Interment will follow in Schoolfield Cemetery.

The family would like to extend a special thanks to Van Yeager, Bobby Luther, and Gwen Travis, who provided daily loving care to Henry.

Swicegood Funeral Service is respectfully serving the Powell family.

Lily (Meeks) Lakey

September 8, 1943 ~ May 30, 2021 (age 77)



Mrs. Lily Meeks Lakey, also known as, "wife, mother, maw maw, aunt and rabbit", age 77, of Danville, VA, passed away on Sunday, May 30, 2021 at SOVAH Health Danville.

She was born on September 08, 1943 in Newport News, VA to the late Warren Gee Meeks, Lorine Coble Meeks Reynolds, and step-father, Douglas Reynolds, Sr, who she also referred to as her father.

Before her retirement, Mrs. Lakey worked at Value City before it closed. Previously she worked in Dan River Mills, King of the Sea, and the Surf Restaurant. Mrs. Lakey was of the Holiness faith.

She is survived by her loving husband of 60 years, Phillip Thomas Lakey, Sr.; children, Angela Denise Lakey Rust (Mike Weber) and John Walter Lakey (Jennifer); grandchildren: Andrew Thomas Rust; Natalie Dianne Lakey; Ashley Nichole Rust (Matthew Morris); and Trey Walter Lakey; great-granddaughter, Cadence Marie Fuqua; and brother, James Edward Meeks.

In addition to her parents, Mrs. Lakey was predeceased by her son, Phillip Thomas Lakey, Jr. and siblings, Alice Meeks Clifton, Warren Gee Meeks, Jr., and sister-in-law, Doris Meeks.

A celebration of Mrs. Lakey's life will be conducted at 3:00 p.m. on Wednesday, June 2, 2021, at Swicegood Funeral Home with Pastor Estella Falden officiating. Visitation will be held from 2:00 p.m. to 3:00 p.m. prior to the service at the funeral home on Wednesday, June 02, 2021. At other times, the family will be at the residence, 723 Kemper Rd., Danville, VA.

Swicegood Funeral Service is respectfully serving the Lakey family.

Brenda "Bunny" Loftis

November 27, 1943 ~ May 31, 2021 (age 77)

Brenda "Bunny" Marshall Loftis, age 77, of Danville, VA, passed away on Monday, May 31, 2021, at her residence.

Mrs. Loftis was born on November 27, 1943, a daughter of the late Willie Randolph Marshall and Mary Adkins Marshall. She lived most of her life in Danville where she was employed with Lowes until her retirement. Mrs. Loftis was married to Gilbert Loftis who preceded her in death. She was of the Baptist faith.

Mrs. Loftis is survived by her son, Greg Saunders (Jackie); grandchildren, Randy Saunders, David Saunders, Zachary Saunders, Tiffany Saunders, Jonathan Saunders; siblings, Barry Marshall, Shelby Jones and Ray Marshall.

In addition to her parents and husband, she was predeceased by her son, Chuck Saunders.

Graveside services will be conducted on Thursday, June 3, 2021, at 2:00 PM in Highland Burial Park with Reverend Joey Bray officiating. The family will receive friends after the service.

In lieu of flowers, the family suggests memorial donations be made to Mountain Valley Hospice, 401 Technology Lane, Suite 200, Mount Airy, North Carolina 27030.

Swicegood Funeral Service is respectfully serving the Loftis family.

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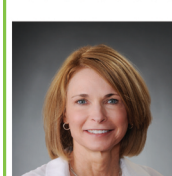
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3 Grilling Hacks for Delicious, Plant-Based Summer Menus

FAMILY FEATURES

Cooking and entertaining outdoors can bring friends and family back together, but it doesn't have to be complicated. Simple, flavorful recipes can be easy on the home chef yet still tasty and enjoyable for those at the table.

One of the best parts of the season is grilled fare like burgers, hot dogs and fresh vegetables. This year, consider adding a plant-based option to your menu. Made with simple, recognizable ingredients, Lightlife offers vegan, non-GMO options that are made for the grill, like Plant-Based Burgers, Smart Dogs and Italian Smart Sausage. These products can help satisfy the craving for protein and are made with ingredients you can feel good about serving your friends and family.

"Food brings people together, and now more than ever, grilling season and dining al fresco is one of the best ways to do that," said Tommy McDonald, executive chef at Greenleaf Foods. "Think of the grill as an additional seasoning element – a zero-fuss way to add miles of flavor. One of my favorite products is Lightlife's Smart Dogs, which have been reformulated to taste better than ever. Try topping them with a freshly made onion jam or quick-pickled relish."

Consider these tips from McDonald to properly grill plant-based variations of your favorite meals:

Be mindful of cook times. Plant-based protein products typically taste best when cooked properly, usually over a low, open flame. When you're almost ready to dish them out in recipes like Grilled Pineapple Burgers with Honey Garlic Barbecue Sauce or Avocado Toast Dogs, give them a quick sear. If you're unsure, reference the recommended cook times on the packaging.

Keep it separate. During these seasonal celebrations, there's often some people who want traditional meat and others who crave plant-based options. To satisfy your group, drop a cast-iron skillet on the grill and allow it to heat up. Put your favorite plant-based proteins in the skillet, along with veggies, to keep the grill organized.

Top it off. Don't skimp on the toppings. The next time you're looking to jazz up burgers, sausages or hot dogs, make an easy DIY onion jam to spread on top. While the burgers and dogs are on the grates, prepare some extra coals; once they've burned down a bit, bury foil-wrapped onions in the coals. After the onions are soft and warmed through, pull them out and enjoy a smokey onion jam.

For more simple summer recipes, visit Lightlife.com/Recipes.



Grilled Pineapple Burgers with Honey Garlic Barbecue Sauce

Total time: 30 minutes
Serving: 2

- 2 rings freshly cored pineapple
- 2 Lightlife Plant-Based Burger patties
- salt, to taste
- pepper, to taste
- 2 sesame seed burger buns, lightly toasted
- 1 cup baby arugula
- 1/4 cup crispy fried onions
- 2 tablespoons honey garlic barbecue sauce

Heat grill to medium. Grill pineapple slices 4-5 minutes per side until grill-marked and slightly caramelized. Cut slices in half and set aside. Wipe down grill.

Season burger patties with salt and pepper, to taste. To grill burgers from refrigerator, grill 4-5 minutes per side until evenly browned with internal temperature of 165 F.

To assemble burgers, layer toasted bottom buns with arugula then top each with burger patty and two slices grilled pineapple. Sprinkle with crispy fried onions and drizzle with barbecue sauce. Top each with top bun.



Avocado Toast Dogs

Total time: 15 minutes
Servings: 4

- Oil
- 2 medium avocados
- 1/2 lemon, juice only
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 Lightlife Smart Dogs
- 4 hot dog buns
- 1/2 teaspoon everything bagel seasoning
- sriracha

Lightly coat grill grates with oil and preheat to medium heat.

In small bowl, mash avocados, lemon juice, salt and pepper. Cover and rest in refrigerator.

Grill dogs 6-7 minutes, turning frequently.

While dogs are grilling, lightly toast buns.

Spread avocado mixture on one side of toasted buns. Sprinkle each with everything bagel seasoning. Add dogs and drizzle with sriracha.

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Strange BUT TRUE

By Lucie Winborne

- * The word hundred is derived from the word "hundrath," which actually means 120 and not 100.
 - * New Yorkers went through a bizarre phase of wearing chameleons as living ornaments in 1894. They were fastened to cushions, scarves and women's bodices with tiny chains and collars as little "jeweled playthings," but thankfully the trend was shut down by the SPCA, which banned their sale -- though not until over 10,000 of the creatures were already running loose in the city.
 - * The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
 - * Any photo you've ever seen of the Milky Way from space is either of another galaxy or an artist's rendition, since we're inside the galaxy and can't take an aerial view.
 - * Kangaroos hop because their leg structure doesn't permit them to walk independently.
 - * A 6-year-old Chinese boy named Ming Ming fell from an eight-story window, only to catch his ears in a metal grate, thereby saving his life.
 - * In 2019, the Wendy's fast-food chain released a tabletop board game titled "Feast of Legends." It's played in a similar fashion to Dungeons and Dragons, with Wendy as the Queen and main character.
 - * Bananas are a natural source of radioactive isotopes. Just a few can often trigger radiation sensors used at U.S. ports to detect smuggled nuclear material.
 - * The Sistine Chapel contains a small side room nicknamed the "Room of Tears." This is where the new Pope is taken after winning the election, to relieve the emotion of that process.
- ***
- Thought for the Day: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." -- John Quincy Adams



1. Name Gloria Estefan's first chart topper with the Miami Sound Machine.
2. Who was the first to release "Didn't I (Blow Your Mind This Time)?"
3. What Grass Roots song was used in the crime film "Jackie Brown"?
4. Where was the first Newport Pop Festival held?
5. Name the song that contains this lyric: "Glibby gloop gloopy, Nibby Nabby Noopy, La La La Lo Lo. Sabba Sibby Sabba, Nooby abba Nabba Le Le Lo Lo."

Answers

1. "Words Get in the Way," off her 1986 "Primitive Love" album. The band later recorded the song in Spanish as "No Me Vuelvo a Enamorar."
2. The Delfonics, in 1969. Others followed later, including New Kids on the Block in 1986.
3. "Midnight Confessions," in 1997.
4. At the Orange County, California, fairgrounds in 1968. Stunned organizers discovered that over 100,000 tickets had been sold, not the expected 25,000, and quickly moved everything to the parking lot. Food vendors ran out of supplies in the middle of the first day.
5. "Good Morning Starshine," by Oliver, from the musical "Hair," in 1969. Astonishingly enough, the list of artists who have covered the song includes Roger Whittaker and Sarah Brightman.

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Red Bird Times

MONTHLY SENIOR SECTION

'A LIFE WELL-SPENT' - SENIOR LEGAL PLANNING
by Robert W. Haley, Attorney

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Please email comments, suggestions or questions to rhaley@vaelderlaw.com

Everyone Thinks They Have Time To Plan Until They Don't: The Need For Planning In These Uncertain Times.

When it comes to Estate Planning in our lives, there is often a misconception that there is plenty of time to plan often leading to comments like "I will do that tomorrow." We plan for college, we plan for our careers, weddings, baby showers and house-warmings, but how many of us truly plan for our family's legal and financial future? As with all things that may not be pleasant to think about, it can become all too easy to procrastinate when it comes to thinking about our own mortality or that of our loved ones!

Not to pick on a generation exclusively here but for example, when it comes to the millennials here's a statistic: According to a recent survey from **Caring.com**, 78% of millennials don't have a will in place. However, it is a problem that is not exclusive to millennials and plagues many in every generation. The truth, is we all think we have time...until we don't. So what happens if proper estate plans are not in place? If it is as Benjamin Franklin wrote that "Nothing is certain, except death and taxes," or as Jim Morrison of the popular band The Doors succinctly sang it – "no one here gets out alive," then why don't people plan ahead for the inevitable?

People may not want to talk about death as it is an unpleasant subject, but the consequences of not planning ahead can be disastrous, frustrating and beyond stressful for your loved ones! It is worth breaking this down into components of an estate plan that everyone should have in place, as it truly goes beyond just a simple Will. Everyone's situation is different, but below are the basics everyone should meet with an elder law attorney to properly discuss and put in place:

(1) Last Will & Testament

The importance of these specific documents are well-known. A Will spells out how you want your assets distributed after your death and it names an executor to handle these transfers. Without one, you will die 'intestate', meaning your state decides how to distribute your property and funds instead of you, generally starting with your parents if you're single and childless (unless an account, such as your bank account, which designates a beneficiary or is held jointly.) If you do have minor children, you can name who you would want appointed to serve as their guardian. This is an important decision that you would not want to leave exclusively to the courts who may not understand the complexities of your family dynamic.

(2) Durable Power of Attorney

For single and healthy millennials as well as those from other generations, this may be even more important to have than a Will! In case of incapacity due to a difficult and serious illness or an unexpected accident, this document enables you to name the person or persons you would want to manage financial matters on your behalf if you were unable to do so directly.

(3) Healthcare Powers of Attorney

In case of incapacity due to a difficult and serious illness or an unexpected accident, this document enables you to name the person or persons you would want to deal with doctors and medical personal on your behalf if you were unable to express your wishes for care to directly.

(4) Living Will

Typically paired with your **Healthcare Power of Attorney** listed above, the **Living Will** defines your end-of-life wishes concerning life support, comfort measures and more. Both of these documents should include actually having a conversation with the agent or agents you have appointed as to what your personal wishes would be in the event you were unable to express them yourself. With these 2 documents, you are looking to create the situation where your agent is merely expressing to a doctor or physician at end-of-life what your wishes would be and not trying to figure out what you would have wanted on their own without having had that crucial conversation. Communication is key! Without these last 2 documents in place, it is likely you will be kept alive artificially by default, regardless if there is a reasonable expectation of your recovery.

(5) Digital Assets Inventory

What happens to your digital assets when you die? Here is something you may not have thought about: A more modern problem which didn't start to exist until the mid-1990's and is a fact of life in our society now is the issue of digital accounts! We all spend an increasingly larger and growing portion of our lives online. Various social media pages, email, online shopping, banking, paying bills, dating, cryptocurrencies, the list goes on and on! Certain online providers like

Facebook may allow you to memorialize an account, or in the case of Google, you may be able to appoint trusted contacts who can access certain types of data when you pass in certain conditions, but each account needs to be handled in a proper and thought-out way. **Digital Asset Management** is a practice area of increasing importance in estate planning that should not be neglected and goes way beyond simply keeping a list of passwords which may wind up being out-of-date by the time of your passing. It is all too simple to get locked out of online accounts, which may make obtaining access to personal photos or account information extremely difficult if not impossible. The right attorney should direct and guide you on tailoring the right plan to legally authorize someone to easily handle your 'online' estate as well. For certain more-recent generations going forward including Baby Boomers, Generation X, Millennials and others, this issue will continue to be a concern now and in the future.

Final Words On Getting Started:

Think about the person or people you would to appoint as executor in terms of your Will, or as your agent on powers of attorney for health or finances. Strive to be honest and objective with who you choose to appoint: The best person to make financial or medical decisions on your behalf and delve into your private matters, may not be the one you feel closest to! It is also best to research actual attorneys in your area who specialize in Elder Law. While it may be tempting to attempt to save money by going with online tools such as LegalZoom, the expression "don't be penny-wise and pound-foolish" would certainly apply here. As a word of caution, I have seen quite a lot of DIY estate planning documents come into the office that were grossly inadequate or just plain wrong for the situation that they were trying to protect against. These online services won't always capture the nuances of your specific situation or adapt to changing laws. Food for thought: I may be able to pull up a video on re-doing plumbing on YouTube, but that doesn't instantly and automatically mean that I am now suddenly qualified to do that myself in my own house!

As always, if you have a question or issue that you think might be a good topic for this column, let me know! Email me at rhaley@vaelderlaw.com or send to me via snail-mail to this address:

The Estate & Elder Law Center of Southside Virginia, PLLC
742 Main Street, Danville, VA 24541

Robert W. Haley, Managing Attorney – Certified in Elder Law by the National Elder Law Foundation
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FIVE @ FIFTY FIVE
Five Essential Legal Documents You Need by Age 55

It's easy for families to put off estate planning and asset protection until "tomorrow." If we could predict the future, we would know exactly when incapacity or death would occur and plan for it. Unfortunately, we do not know what the future might hold and thus we must act now, not "tomorrow", to plan for the unexpected and the eventual.

This is why our law firm has joined the National 5@55 Campaign! The campaign seeks to educate the public and help you begin to put your plan in place. Contact The Estate & Elder Law Center at 855-503-5337 for more information on the 5 documents everyone needs!

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Birdhouse NEWS

YOU'RE NEVER TOO OLD

Like many young men and women Bill Gossett's schooling was interrupted when World War II broke out, says the Association of Mature American Citizens [AMAC]. Her parents say she is a normal child who happens to love learning. "She'll wake up on a Saturday and say, 'I wanna do elements' or, 'I wanna do states,' so whenever she's leaning into it, we're just there to support her," according to her dad. But, her mom was quick to add that "At the end of the day, she's in that toddler stage. So, she very much is still a normal 2-year-old where we have negotiations, we have tantrums, we have everything and it's different because the way we communicate with her, it has to be different because she's able to understand just a little bit more."


OOPS, WITH A CAPITAL 'O'

It's one thing to lose a winning lottery ticket; it's another if you misread the ticket and give it back and ask the seller to trash it. That's exactly what happened when Lea Rose Fiega of Springfield, MA checked the ticket she had purchased. But ten days later the store owner, Abhi Shah, scanned a stack of supposed losing tickets and found that the one Ms. Fiega thought was a loser was actually a winner, reports the Association of Mature American Citizens [AMAC]. Shah wasted no time in contacting Ms. Fiega to give her the good news. "As

soon as she came in, I hand her [the] \$1 million ticket and she freaked out and cried like a baby," Shah's father told WWLP-TV.

IT'S AS EASY AS ONE, TWO, THREE FOR HER

Eleven-year-old Sanaa Hiremath, who was diagnosed with autism when she was two years old, has set a world record for her ability to multiply very large numbers without pen and paper, calculators or any other such aid. In fact, Sanaa won the Guinness award for solving a 12 digit multiplication problem in under ten minutes using just her mind, according to the Association of Mature American Citizens [AMAC]. Her mother, Priya, home schooled Sanaa and told a Tampa, FL TV station: "One day when I was doing second-grade homework, we introduced the concept of multiplication for her for the very first time and she was able to answer instantly." She's come a long way in the meantime as evidence by her award for the "largest mental arithmetic multiplication." How difficult is that? Try multiplying 617286 times 315969?



Helping Seniors Find Discounted High-Speed Internet Services

Dear Savvy Senior,

Do you know where I can find cheaper high-speed internet services for my home? I'm 70-years old and live strictly on my Social Security and would like to find something faster and less expensive than I currently have.

Surfing Susan

Dear Susan,

There are actually two new resources available today that can help you save money on your home internet services, but what's available to you will depend on your income level and where you live. Here's where to begin.

Internet Discounts

Depending on your financial situation, a good first step to reducing your home internet costs is through the new Emergency Broadband Benefit (EBB) program. This is a temporary federal benefit that provides a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on tribal lands.

Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10 to \$50 toward the purchase price.

To qualify, you'll need to show that your annual household income is at or below 135 percent of the federal poverty guidelines, which is \$17,388 for one person or \$23,517 for two. Or, if you're receiving certain types of government benefits such as Medicaid, food stamps (SNAP), SSI, public housing assistance, veterans' pension or survivors pension benefit, or live on federally recognized tribal lands.

Households that experienced a substantial loss of income since February 29, 2020 due to job loss or furlough can also qualify for the EBB program, as long as their household income for 2020 was at or below \$99,000 for single filers and \$198,000 for joint filers.

To apply, go to GetEmergencyBroadband.org where you can apply online or print out an application and mail it in.

If you're already receiving assistance through the federal Lifeline benefit (see LifelineSupport.org), which is a \$9.25

monthly subsidy for phone or internet costs, you automatically qualify for the EBB program, and you can receive both benefits at the same time. You can apply your EBB and your Lifeline benefit to the same or separate services.

Or, if your broadband provider already has its own low-income or COVID-19 relief program, you may be able to qualify through this program as well. Talk to your broadband provider for more information.

Low-Cost Internet

If you're not eligible for the EBB program, another resource for locating cheaper high-speed internet is Aging Connected, which has a higher income qualification.

Created by Older Adults Technology Services from AARP (OATS) and the Humana Foundation, Aging Connected is a nationwide campaign created to help lower-income seniors find low-cost, in-home broadband options in their area.

Partnering with telecommunications companies, nonprofits and public entities, Aging Connected will help you search for services in your area that provide high-speed internet at a very low cost. Most participating companies charge around \$10 to \$15 per month, with no contract and no equipment fee.

Aging Connected also provides referrals to affordable desktop and laptop computers for under \$160.


To qualify, you'll need to show that your annual household income is at or below 185 percent of the federal poverty guidelines, which is \$23,800 for one person or \$32,200 for two. Or, if you're receiving certain types of government benefits similar to the EBB program.

To search, go to AgingConnected.org and type in your ZIP code, name and email address, or you can call 877-745-1930.

Other Search Options

If you find that you're not eligible for either of the previously listed resources, you may still be able to save on your internet by shopping and comparing. The best way to do this is at websites like InMyArea.com and BroadbandNow.com, both of which provide a list of internet providers in your area, along with pricing and download speeds.

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.



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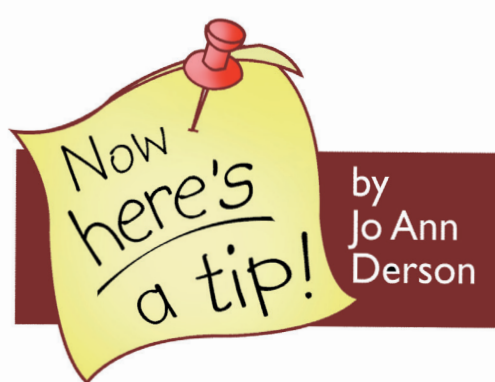
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* Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.

* To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.

* "Need to remove fruit or food coloring stains on your hands or your countertop? White vinegar will clean it off. It's good for so many things." -- R.N. in Washington

* "Instead of baking soda, I use three or four charcoal briquettes in a bowl to control odor and moisture in my refrigerator. I place the briquettes in a shallow dish, then cover the top of the bowl with a small piece of cheesecloth and secure it with a fat rubber band. The best thing is that I can still use these briquettes on the grill. In the summer, they get changed very regularly." -- M.L. in Virginia

* Great ways to remove stuck labels: nail polish remover (NOT for use on plastics), WD-40 oil, soaking in hot water, rubbing alcohol.

* Have a stained coffee pot, but don't want to use a harsh chemical cleanser to scrub that stain off? For gritty cleaning power, try using a tablespoon of milk and a tablespoon of salt. The salt gives you scrubbing power, and the milk's acids help gently dissolve the stains.

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

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5 Stages of a Woman's Life:

- To grow up
- To fill out
- To slim down
- To hold it in
- To hell with it



A handheld favorite fit for a crowd

Rely on a slow cooker for potluck dinners or when you have to feed a crowd. "Suzie's Sloppy Joes" is a reinvented take on the traditional Sloppy Joe, and can feed the soccer team after practice or a busy family that has been on the go all day. This recipe, courtesy of "Crock•Pot® 365 Year-Round Recipes" (Publications International, Ltd.) from the Crock•Pot Kitchens, simmers for several hours and dishes up delectable flavor for an easy comfort meal.

Suzie's Sloppy Joes

Makes 8 servings

- 3 pounds 95 percent lean ground beef
- 1 cup chopped onion
- 3 cloves garlic, minced
- 1 1/4 cups ketchup
- 1 cup chopped red bell pepper
- 1/4 cup plus 1 tablespoon Worcestershire sauce
- 1/4 cup packed dark brown sugar
- 3 tablespoons prepared mustard
- 3 tablespoons vinegar
- 2 teaspoons chili powder
- Toasted hamburger buns

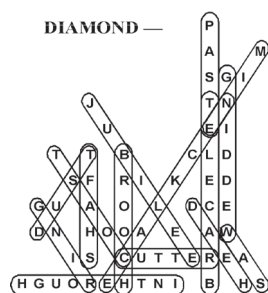
1. Cook and stir ground beef, onion and garlic in large nonstick skillet over medium-high heat until beef is browned and onion is tender. Drain and discard fat.

2. Combine ketchup, bell pepper, Worcestershire sauce, brown sugar, mustard, vinegar and chili powder in a slow cooker. Stir in beef mixture. Cover; cook on low 6 to 8 hours. To serve, spoon mixture onto hamburger buns.

Did you know? Many recipes include Worcestershire sauce to add a tangy bite to the dish known as unami, or the savory fifth flavor. Worcestershire sauce contains vinegars, molasses anchovies, and tamarind extract to give it that specialty flavor. This fermented liquid condiment was created in the city of Worcester in Worcestershire, England during the first half of the 19th century. Creators John Wheeley Lea and William Henry Perrins were chemists, and they would later go on to form the food company Lea & Perrins.

Tip: To make Sloppy Joes slightly less sloppy, serve on bite-sized slider rolls.

See You Next Week!



Even Exchange answers

- | | |
|-------------------|--------------------|
| 1. Peach, Perch | 6. Sally, Silly |
| 2. Octane, Octave | 7. Chick, Check |
| 3. Acorn, Scorn | 8. Oliver, Sliver |
| 4. Barber, Berber | 9. Avert, Alert |
| 5. Lesson, Lessen | 10. Report, Resort |



Yard Sales

1978 Joseph Martin HWY, Martinsville: HUGE CLOTHING SALE!! Sat 6/12 from 8:00AM-2:00PM. Located at Mercy Crossing Church. \$.50-\$3.00 for Name Brand Items. Proceeds Help the Back to School Program.

4003 Bridgewood Dr, Danville: 5 FAMILY YARD SALE!! Sat 6/5 from 7:00AM-1:00PM. Tools, Toys, Lighthouses, Luggage, Adult and Children's Clothing, Household Items and More!

212 Nelson Ave, Danville: Sat 6/5 from 7:30AM-Until. Boy's and Girl's Name Brand Clothing and Shoes, Wall Decor, Baby Bouncer, Ladies Sandals, and Much More!

130 Mimosa St, Danville: MEGA YARD SALE!! Sat 6/5 from 8:00AM-1:00PM. Furniture, Bakers Rack, Living Room Set, Kitchen Table, Comforter Sets, Curtains, Home Interior Pictures, Authentic Coach and MK Purses and Shoes, Dove and Household Products, Children's Designer Clothing, Plus Size Ladies Clothing, Ralph Lauren Polo Shirts (Up to 3X), and So Much More!

173 Country Lane, Danville: CARPORT SALE!! Sat 6/5 from 8:30AM-Until. Women and Children's Clothing, Shoes, Storm Window and Doors, Old Snapper Riding Mower, and Much More!

531 West Main St, Danville: MULTI-FAMILY GARAGE/YARD SALE!! Sat 6/5 from 8:00AM-11:00AM. Yard Tools, Furniture, Tiller, Muncher, Pool Table, Jeep Soft Top and Much More!

960 Fairview North Rd, Chatham: HUGE YARD SALE!! Fri 6/4 and Sat 6/5 from 8:00AM-Until.

3160 Orphanage Rd, Danville: LARGE MULTI-FAMILY YARD SALE!! Sat 6/5 from 7:00AM-Until. Toys, Baby and Kid's Items, Furniture, Household Items and More!

671 Mt Cross Rd, Danville: Fri 6/4 from 10:00AM-Until, and Sat 6/5 from 8:00AM-Until. Dressers, Housewares, Antiques, Misc and More!

504 Windsor Ct, Danville: Sat 6/5 from 7:30AM-Until. Lots of Clothing, Big Screen TV, Essentials and Lots More!

4003 Bridgewood Dr, Danville: 5 FAMILY YARD SALE!! Sat 6/5 from 7:00AM-1:00PM. Tools, Toys, Lighthouses, Luggage, Adult and Children's Clothing, Household Items and More!

3728 Walkers Well Rd, Chatham: INSIDE YARD SALE!! Thurs 6/3 and Fri 6/4 from 8:00AM-5:00PM. 5 Rooms Full of Many Nice Items. Farm House is in the Back. No Early Birds.

238 April Lane, Danville: INSIDE AND OUTSIDE YARD/ESTATE SALE!! Fri 6/11 from 8:00AM-2:00PM, and Sat 6/12 from 8:00AM-1:00PM. Antiques, Tools, Furniture, Housewares and More!

KN95 Masks 20ct boxes \$2ea Sat May 29th, 2021 from 08:00 AM - ? Sun May 30th, 2021 from 08:00 AM - ? KN95 Masks 20ct boxes \$2ea

116 Reese Dr, Danville: 2 DAY YARD SALE!! Fri 6/4 and Sat 6/5 from 7:30AM-2:00PM. Small Furniture, Vintage Glass and Much More!!

SENIOR NEWS LINE

by Matilda Charles

Favorite Foods Missing From Grocery Shelves

You'd think that the grocery store shortages would be long gone by now. But no ... they never completely went away. Only the missing items have changed.

My neighbor and I laugh and compare notes about "the toilet paper of the month," recalling the long period when getting name-brand toilet paper was impossible around here. At this point, the missing item is a type of soup, which has been gone for nearly four weeks. A particular flavor of baked beans, gone. No-salt canned green beans, vanished. Jasmine rice, steel-cut oatmeal, low-sodium tuna ... no more. Even the tags are missing from store shelves in all three shopping locations here, and managers can't order them.

My neighbor and I weren't laughing today, however, when we realized it had been a full month since a certain chocolate bar had been seen on shelves in any store here. "We're in trouble," she said, and she's right. "Do we dare order it online?" she wondered? We're considering doing just that.

The worst, though, was when I couldn't find the one cat food my elderly kitty is supposed to eat. For health issues, she can't have anything else.

I finally called the manufacturer and was told that they were unable to produce it due to lack of ingredients. Eventually, and just in time, it became available and I ordered a three-month supply. But it's something I now track on a weekly basis.

Here's what I found after contacting a few food manufacturers: Many of them are cutting out, forever, products that were slow movers. If certain food items have vanished from your store's shelves, it might be time to do an online search. Look for "discontinued foods." You could discover that it's time to stop looking because those items just aren't coming back.

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