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ARIES (March 21 to April 19) You might be hurt by a colleague's harsh criticism. But don't let it shake your confidence in what you're trying to do. A more positive aspect starts to appear by week's end.

TAURUS (April 20 to May 20) You're torn between your sensible self and the part of you that enjoys acquiring lovely things. Best advice: Wait for a sale, and then buy yourself something wonderful.

GEMINI (May 21 to June 20) Your artistic side has practical applications this week, such as redecorating your home or redesigning your personal stationery. Whatever you do, someone special will like it.

CANCER (June 21 to July 22) You could be drawn into a problem between friends or family members. Best bet: Ask the questions that go to the heart of the matter, and then get them all together for a group hug.

LEO (July 23 to August 22) As much as you love being the center of attention, your big Lion's heart impels you to share the spotlight with a colleague who helped you with that well-praised project.

VIRGO (August 23 to September 22) Your eagerness to act on a challenge is wisely tempered early in the week by a lack of necessary information. Things begin to clear up during the weekend.

LIBRA (September 23 to October 22) A relationship you'd hoped would keep going seems to be going nowhere. Close it out and move on to a brighter romantic aspect just beginning to manifest itself.

SCORPIO (October 23 to November 21) Things don't go completely as planned this week. But enjoy the surprises, even if you have to adjust your schedule. Some of them could be quite delightful.

SAGITTARIUS (November 22 to December 21) Making choices is usually easy for you straight-shooting Archers. But a new development could deflect your aim. Try to put off decisions until you know more.

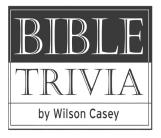
CAPRICORN (December 22 to January 19) While part of you might prefer taking a more familiar path, let your more daring and -- admit it -super-curious self see what the unexplored has to offer.

AQUARIUS (January 20 to February 18) Those nasty types have slithered back under the rocks and present no more problems. Now's the time to move ahead on that promising new relationship.

PISCES (February 19 to March 20) A new offer could clear up that lingering money problem. Also, a more confident attitude on your part might help you get that personal situation back on track.

BORN THIS WEEK: You have a way of turning chaos into order. You're also generous with your help for those who seek it.

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- 1. Is the book of Nahum (KJV) in the Old or New Testament or neither?
- 2. From Leviticus 19:25, the fruit of a newly planted tree must not be eaten until which year? 2nd, 3rd, 4th, 5th
- 3. What was Bathsheba doing on the roof when David first saw her? Bathing, Praying, Singing, Hiding
- 4. Samson's strength was correlated with what part of his body? Heart, Chest, Hair, Legs
- 5. Job suffered from what physical affliction? Deafness, Boils, Blindness, Coughs
- 6. Who was the mate of Esther? Jehu, Darius, Xerxes, Abner

ANSWERS: 1) Old, 2) 5th, 3) Bathing, 4) Hair, 5) Boils, 6) Xerxes

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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10. Simon Leviev

Source: Google

Fraternal Order of Eagles 5731 S. Boston Hwy Sutherlin, VA **January 28th 2023** All Shows **Southern Class** 8 pm - 11:30 pm Doors open @ 7:30 Band Admission \$10.00 21 & Up with ID Brown Bagging \$5.00 tag **OPEN TO THE PUBLIC** fee per bottle Bingo Thursday open 6 start 7 and Sundays open 4 start 5:00

Community Calendar

Community Events

Community Breakfast. Come Join Us at Calvary Baptist Church Saturday January 28 for Devotion and Breakfast! Devotion Starts at 8:40 and Breakfast from 9-10. All are Welcome! 416 Edgewood Drive, Danville.

Free Community Hot Dog Lunch!! Saturday Jan. 28, 2023. Trinity United Methodist Church, 409 Arnett Blvd. Danville,-Va. Eat Inside 11:30 - 1:00pm. All Welcome!!

Curtis Hyler & Jubilation Concert February 4th at 7pm. Doors Open at 6pm. Love-Offering Will be Taken. Woodlawn Baptist Church, 2500 Westover Drive, Danville. www.woodlawnbaptistchurch.net

The Pelham Fire Department Will Have their Last Stew until October on Saturday Feb 4. Stew Will be Ready from 9 til 1200 and Will be \$8.00 a Qt. To Preorder Call 434-709-7568, 434-250-3734 or 336-388-2080 and Leave a Message. Your Support is Deeply Appreciated!

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Dieting Rules

If you eat something and no one sees you eat it, it has no calories.

If you drink a diet soda with a candy bar, the calories in the candy bar are canceled out by the diet soda.

When you eat with someone else, calories don't count if you don't eat more than they do.

Food used for medicinal purposes NEVER counts, such as hot chocolate, brandy, toast, and Sara Lee Cheesecake.

If you fatten up everyone else around you, then you look thinner.

Movie-related foods (Milk Duds, buttered popcorn, Junior Mints, Red Hots, Tootsie Rolls, etc.) do not have additional calories because they are part of the entertainment package and not part of one's personal fuel.

Cookie pieces contain no calories; the process of breaking causes calorie leakage.

Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.

Foods that have the same color have the same number of calories. Examples are: spinach and pistachio ice cream; mushrooms and white chocolate. NOTE: Chocolate is a universal color and may be substituted for any other food color.

Anything consumed while standing over the kitchen sink has no calories.

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. Customer | N | Walk the beat | L | | |
|---------------------------------|-----|-------------------|-----|--|--|
| 2. Eagle's nest | A | Spooky | E | | |
| 3. Comb companion | U | Impetuous | A | | |
| 4. Gentle | _ E | Kindling | _ I | | |
| 5. Root for | R | Blush location | K | | |
| 6. Specialist | E | Sell abroad | 0 | | |
| 7. Lacy little mat | _ 0 | Every 24 hours | _ A | | |
| 8. Rely upon | P | Protect oneself | F | | |
| 9. Champagne glass | T _ | Freak coincidence | K _ | | |
| 10. More recent | W | At no time | V | | |
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Amber Waves



R.F.D.







by Mike Marland WELL, YOU'RE YOU'RE AN IDIOT IF YOU BELIEVE <u>THAT</u>! AN IDIOT IF YA *DON'T* ! POLITICS

The Spats I ACCIDENTLY GAVE MY WIFE A GLUESTICK INSTEAD OF CHAPSTICK.

by Linda Thistle

2

1

6

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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LOOKS LIKE I MAY HAVE TO PUT UP BARRIERS TO SEPARATE MY CUSTOMERS.

MilLiE's

COVID

GETTIN' BAD

AGAIN?



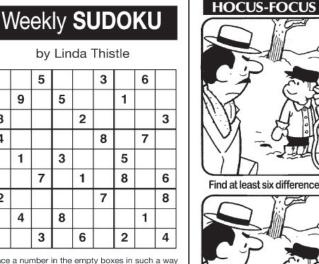


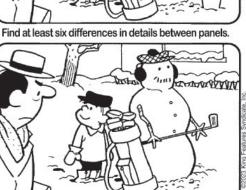
BY HENRY BOLTINOFF

THEY

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11111





King Crossword ACROSS

showdown 26 Criticize agai and again

30 Nabokov

novel

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| 5 | Right angle | 12 | | П | Т | 9 | 13 | | | 2 | 14 | | Т | |
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| 12 | Check | | | | 18 | T | \vdash | | 19 | 20 | | - | | \vdash |
| 13 | Sheep call | J. | 75 | S | | _ | _ | | | _ | ـــــ | | | |
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| 15 | storm Rub with an | 25 | | | Π | | 26 | Π | | | | 27 | 28 | 29 |
| | emery board, | 30 | | \vdash | | 31 | Т | \top | Т | \vdash | | 32 | \top | \Box |
| 17 | perhaps Speck | 33 | 1 | t | 34 | | T | + | T | | 35 | | + | T |
| | Author | | | | 36 | + | \vdash | + | | 37 | | + | + | \vdash |
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| 25 | Hamilton-Burr showdown | 51 | | | + | | 52 | + | + | | 53 | + | + | \vdash |
| 26 | Criticize again | \Box | | 1 | | 8 | | 1 | _ | | | 1 | 1 | |

48 French river 49 Wildebeest 50 Cold War ini-

31 Two-tone tials

cookies 32 Ms. Thurman 33 Road marker 35 Help a crook 36 Temporary

calm 37 Steinway product

38 "With any luck' 41 Fragrant tree

42 2004 on a cornerstone

43 Color akin to turquoise

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51 Getz of jazz 52 Kenny G's instrument 53 Litigates

DOWN "Bow-wow!"

3 Up to "Anna Christie" playwright

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Answer

Weekly SUDOKU

Solution time: 23 mins.

Answers

King Crossword

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5 Black, in

verse 6 Murphy's - 10 Presidential

power Penn or Astin

Island garland 22 German car name 23 Authentic 24 "The Sound

of Music' teenager 26 Drags out 27 Hefty horn © 2023 King Features Synd., Inc.

28 Portent 29 Peacekeeping

org. 31 Piece of work 34 Football team 35 Boeing rival

37 Chart format 16 Calendar box 38 Med. plan options

39 Skip 21 Dutch cheese 40 Tower city 41 Change 44 - pickle 45 Baton Rouge sch.

46 Exploit 47 Hosp. parts

Rodriguez

1. MUSIC: Which band sang the theme song to TV's "Friends"?

2. ANATOMY: What is the only bone in the human body that isn't attached to another bone nearby?

3. LITERATURE: What is the setting for the "Anne of Green Gables" novel series?

4. TELEVISION: Who plays the lead role in the sitcom "Mr. Mayor"?

GEOGRAPHY: Where are the Spanish Steps located?

6. HISTORY: How long did the first man in

space, Yuri Gagarin, orbit the planet? 7. AD SLOGANS: Which restaurant chain advises customers to "eat fresh"?

8. SCIENCE: What is the only form of energy that can be seen with the human eye? 9. ANIMAL KINGDOM: With which animal do humans share 98.8% of their DNA?

10. MOVIES: Which movie features the famous line, "I see dead people"?

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8. Light.; 9. Chimpanzee.; 10. "The Sixth Sense" (1999). Island.; 4. Ted Danson.; 5. Rome, Italy.; 6. 108 minutes.; 7. Subway Restaurants.; I. The Rembrandts ("I'll Be There for You"); 2. The hyoid bone.; 3. Prince Edward Trivia Test Answerst



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The Cherrystone Youth Department will have a Sweetheart Reception at the Cherrystone Missionary Baptist Association Center on Feb. 4th. 2023 at 4:00 pm. The speaker is Minister Robin Owens; Associate Minister of Christian Life Church Danville, Va. Donations are \$10.00. All donations are due by Friday, January 27, 2023. For more information contact: Nicole Toomer - 434-251-0608

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Looking for FREE Gravel for a Senior Citizens Driveway. If You Can Help Please Call 434-548-7408.

Danville Museum 2021-2022 Attic Sale Donation Drop Off of Items and Furniture (No Electronics or Clothes), at the Danville Museum of Fine Arts and History. http://www. danvillemuseum.org. 434-793-5644. Furniture Donations by Appointment.

DOMESTIC VIOLENCE SUPPORT GROUP FOR WOMEN who are currently in an abusive relationship or if you need help in moving on. "Hope in Healing Support Group" Meets 2nd Wednesday of Every Month. For More Information Call: Lori: 434-251-1606 or Brenda: (434) 203-9106

Garrett Campbell of Keeling, VA has been named to the Dean's List at James Madison University for the Fall 2022 Semester. Students who earn Dean's List Honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899. Campbell is majoring in Health Science - BS. Garrett Campbell is the son of Gary and Sharon Campbell, previously of Ringgold, VA.

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Piedmont Pets

January 26, 2023

When I read a negative post on social media about a veterinarian or a veterinary clinic, I always know there must be more to the story because I think we are so blessed in this area to have wonderful clinics and professionals who provide good service to our animals. We caution the shelter staff to not endorse one clinic over another one because we trust them

One of the best things that a pet owner or guardian can do for their animal friend is to form a positive relationship with a veterinarian. Whether people adopt, buy, or are given a pet, the safest action is always to take that animal to a clinic for an examination, updated vaccinations (if needed) and any preventive care that will help that animal lead a long, happy life.

The first step in choosing a veterinary clinic is to take with friends and family members. You will probably get a wide variety of opinions.

An on-site visit would be the next step. Ask questions about hours, how they handle after-hours care, fee schedules, etc. Find out if you will be able to see the same veterinarian for each visit, if that is important to you. Does the clinic have friendly and capable support staff? Do they seem to value your pet? Is the facility clean and odor-free? Is the clinic in a good location for you?

In the end, your comfort level is a good indication about what clinic would be good for you and your pet.





996 South Boston Rd., Danville, VA 24540 Phone: (434) 799-0843

After you have chosen a veterinary clinic, regular visits will help cement the relationship. Normally, annual check-ups are suggested for animals until they become senior citizens. Dogs and cats that are seven years old generally should have checkups twice a year.

Sometimes, disagreements sadly happen and the decision is made to change clinics. In those cases, make sure that your former veterinarian sends the records to the new veterinarian. It is always better for your trusted veterinarian to have a complete picture of your animals' health.

We are grateful that we have such outstanding veterinarians in this area; they all participate in our adoption program.

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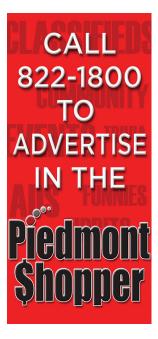
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Antiques & Collecting

Coal Scuttles

A fireplace takes a lot of watching and "feeding" if it is going to keep a room warm. Today's wood-burning fireplaces use logs cut to the right size to fit into the fireplace. A metal basket holds the logs behind andirons, and a fire screen blocks the ashes and cinders from spilling out into the room. The poker is a tool used to turn or move burning logs. The shovel removes the ashes when the fire is put out. But what is the use of the big box with a lid that is on the floor next to the fireplace?

The box is called a coal scuttle. They were first used in the 18th century to hold lumps of coal for the fire. By 1850, coal had been replaced by logs, but the box is still called a coal scuttle. The box could also be used to collect ashes when the fire was out.

This coal scuttle is made of oak with brass trim. It was made about 1900 in the shape of an earlier example with four round feet and a metal lining. It sold for \$125 at a DuMouchelles auction in Detroit.

• When I was little, before I had my ears pierced, my mother let me play dress-up with vintage clip-on earrings that originally belonged to her mother and aunt. Were clip-on earrings more popular than pierced? When did ear piercing become more common?

·Clip-on earrings were a 20th A century invention. The first earrings were for pierced ears. Post and stud earrings appeared in the mid-1800s, but by the end of the century, people saw piercings as barbaric. Earrings with screw backs were invented in 1894 as an alternative to piercing. Clip-on earrings were patented in the 1930s. Pierced ears became fashionable again in the 1960s. As the styles changed, new owners sometimes put new backings on older style earrings, changing from clip-on to pierced and vice versa.

TIP: Pictures above a bed or sofa



A coal scuttle wasn't always used for coal; it could hold logs or collect ashes. This one from about 1900 sold for \$125 at DuMouchelles in Detroit.

should fill about two thirds of the space. Hang a large picture or a group of small ones. Be sure the lowest picture will not be bumped by a person on the bed or sofa.

CURRENT PRICES

Game board, two-sided, checkers and Chinese checkers, pine, hexagonal shape, black frame, turquoise and black checkerboard on one side, multicolor Chinese checker board on reverse, c. 1925, 23 inches, \$95.

Advertising tin, Crawford's Biscuits, steam roller truck shape, red and black, hinged roof opens to biscuits, front of boiler with logo and "William Crawford & Sons Ltd., Biscuit Manufacturers, Edinburgh, Liverpool & London," 7 1/2 inches, \$615.

Toy, piano player, Le Petit Pianiste, man seated at piano, sways back and forth, hands move across keys, plays chime music, wood, metal, cloth, Fernand Martin, France, 6 inches, \$1,165.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2022 by Terry and Kim Kovel has the resources you're looking for.

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1. In October 2022, Jacob Runyan and Chase Cominsky were charged with multiple felonies in Ohio for allegedly cheating in a tournament of what sport?

2. American ballet dancer Jackson Haines (1840-75) is famous for his innovations in what sport?

3. In March 2012, what New York Yankees relief pitcher suffered an open dislocation of his ankle while at a trampoline jump center?

4. Whose resume includes head football coaching jobs with the Oakland Raiders, Tennessee Volunteers, USC Trojans, Florida Atlantic Owls and Ole Miss Rebels?

5. American professional pool player Jeanette Lee is known by what nickname?

6. Though he was born in the Soviet Union, former light-welterweight champion Kostya Tszyu represented what country during his pro boxing career?

7. What 1973 NASCAR Winston Cup Series champion retired from racing in 1988 and went on to a career in broadcasting until his death in 2007?

Answers

1. Walleye fishing (lead weights were found in their fish).

2. Figure Skating.

3. Joba Chamberlain.

4. Lane Kiffin.

6. Australia.

5. "The Black Widow."

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7. Benny Parsons.

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Danville Kiwanis Club

During 2022, the following organizations and their spokesperson were awarded grants from the Danville Kiwanis Foundation. Pictured in the front row (L-R) are: Terri and Randy Johnson, God's Pit Crew; Katy Jones, Gabriella Garden Club; Desiree Shaffer, Danville Symphony



Orchestra; Mary Alice Buck-Hayes, Danville Science Center; Carolyn Smith, Danville Area Choral Arts Society; John Wales, President, Danville Kiwanis Foundation. Pictured in the back row (L-R) are: Robbie Woodall, Danville Lifesaving Crew; Josh Lucia, Smokestack Theatre Company; Jim Martin, Danville Symphony Orchestra; Janet Laughlin, Danville Concert Association; Vanessa Scearce, Boys & Girls Club; Gary Terry, Boys & Girls Club. Not pictured is Buddy Curry, Kids & Pro.

19 Hitachi Energy Employees Recognized at Training **Completion Ceremony**



DANVILLE, VA- Hitachi Energy, in partnership with Danville Community College (DCC) and the Southern Virginia Higher Education Center (SVHEC), held a completion ceremony on January 23 for 19 employees who participated in Industrial Maintenance Mechanic Training as part of their on-going professional development.

"Hitachi Energy is committed to the personal and professional development of all employees," said Ryland Clark, Community Relations Manager, Hitachi Energy. "Having strong partnerships in the Southern Virginia region is vital for the continued growth and development of our workforce. We will continue to strengthen our partnerships and expand program offerings for our employees as part of our long-term commitment to job creation and workforce development in the county and the region."

In summer 2021, DCC partnered with Hitachi Energy and the SVHEC in South Boston to create a customized training pilot program that allowed the manufacturer to begin upskilling their workforce in the areas of Mechanical Maintenance, Electrical Power & Control, and more. With the successful completion of this pilot in December 2022, the ceremony celebrated the achievements of the 19 participants with their family, friends, and co-workers.

"We're so proud of this first cohort of Hitachi Energy employees," said Dr. Jerry Wallace, president at Danville Community College. "Bringing this kind of customized training to our industry partners is a win for everyone involved and we hope to continue to grow and expand this partnership with Hitachi Energy and the SVHEC as we introduce new cohorts."

The training, provided by DCC and hosted at the SVHEC, covers a variety of safety and health topics, as well as National Center for Construction Education and Research (NCCER) credentials, up to Level 3. Each participant received a certificate of completion that details the training they received.

"The SVHEC is honored to join with Hitachi Energy and DCC in this important workforce development project," said Betty Adams, SVHEC Executive Director. "We salute the Hitachi Energy students for their commitment and achievement and look forward to hosting future cohorts at the SVHEC. We are grateful to DCC for partnering with us on this important workforce training initiative."

For more information about customized training for industry employers, call 434-797-8448.



DPS ANNOUNCES 2023 TEACHERS OF THE YEAR

Each year, Danville Public Schools (DPS) allows teachers at every building to vote and recognize their peers for outstanding work in the classroom and in the school community. The 2023 Teachers of the Year have been selected and will be honored at a ceremony in April.

The division's Teachers of the Year for 2023 are as follows:

- Lisa Charmello, Grove Park Preschool
- Tiffany Lancaster, Northside Preschool
- Sheryll Jeffries, E.A. Gibson Elementary
- Jasmine Holdness, Forest Hills Elementary
- Marianne Oakes, G.L.H. Johnson Elementary
- Brittany Custer, Park Avenue Elementary
- Ruth Brown, Schoolfield Elementary • Judy Brown, Woodberry Hills Elementary
- Tonya Snyder, O.T. Bonner Middle
- LaKisha Brandon, Westwood Middle
- Jared Smith, Galileo Magnet High
- Frenita Griffin, George Washington High
- Christie Yesalavich, I.W. Taylor Virtual Academy
- Taffene DeShazor, R.I.S.E. Academy
- Lucas Tressler, W.W. Moore Education Program

From the 2023 Teachers of the Year, the DPS nomination for the Virginia Department of Education - Mary V. Bicouvaris Virginia Teacher of the Year will be made and submitted. A teacher will also be selected to represent DPS and be considered for the Region 6 Teacher of the Year award.

Each day, our teachers work to shape the city's youth academically, socially, and emotionally. DPS acknowledges and appreciates our teachers in their dedication to their profession and our students as we continue to invest in their bright futures.

City receives award for financial reporting excellence

For the 36th consecutive year, the City of Danville's Finance Department has been awarded the Certificate of Achievement for Excellence in Financial Reporting from the Government Finance Officers Association of the United States and Canada.

The Certificate of Achievement is the highest form of recognition in governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its manage-

An impartial panel reviewed the City's comprehensive annual financial report for the fiscal year ended June 30, 2021. It determined that it met the high standards of the program, which includes demonstrating a constructive "spirit of full disclosure" to communicate its financial story clearly and motivate potential users and user groups to read the report.

The Government Finance Officers Association is a professional association of more than 21,000 government finance professionals in the United States and Canada.

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

Tammy Conness

June 16, 1963 ~ January 16, 2023 (age 59)



Tammy Jo Moore Conness, 59, of Danville, Va passed peacefully into the kingdom of heaven on Monday January 16, 2023. She was a lifelong resident of Danville and loved fishing, lighthouses, and our Lord and savior. She is the

daughter of the late Frank Moore of Danville, VA, and Jean Moore of Danville, VA, and sister of Susan Ridge of Callands, VA. She is also survived by her husband Joseph Conness of Danville.

Her greatest joys in life were her two daughters: Pamela Barnaby of Bremerton, WA and Adrian Philips of Danville, VA. She had four beautiful grandchildren: Noah Barnaby, 17; Holly Barnaby 15; Aiden Sigmon 10; and Jonah Sigmon, 9. She was so proud of her son in law USN Chief Petty Officer David Barnaby of Bremerton, WA.

Wake services will be conducted by Swicegood Funeral Home Friday January 20th 4pm-6pm. Adrian Phillips will be hosting family and friends at her residence on Saturday January 21st at 2946 West Main St. Apt. 4 in Danville, VA from 12pm-4pm. A celebration of life service will be held later this summer July 15th at State Line Baptist Church in Danville, VA from 2pm-5pm.

Bonnie (Hardy) Peacock

November 18, 1962 ~ January 21, 2023 (age 60)

Bonnie Peacock age 60, of Pelham, North Carolina, passed away on Saturday, January 21, 2023, at her residence.

Bonnie was born on November 18, 1962, in Danville, Virginia, to the late Billy Hardy and Judy South Hardy.

Bonnie is survived by her sister, Shelby H. Durham; nephews Faron W. Hardy Jr., and Wesley Durham; niece, Sheree Walker; and 5 great nieces and nephews.

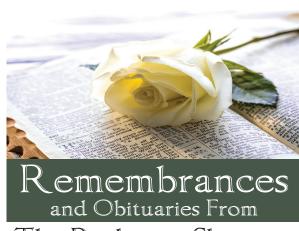
In addition to her parents Bonnie was predeceased by her husband, William Peacock; brother, Faron W. Hardy Sr.

Memorial service will be private.

Swicegood Funeral Service is respectfully serving the Peacock family.

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Carolyn (Wood) Barker

August 11, 1937 ~ January 23, 2023 (age 85)



Carolyn Wood Barker went to be with the Lord on Monday, January 23, 2023, at Sovah Danville.

Carolyn was born August 11, 1937, to the late Jessie Wilson Barker and Virgie Caroll Wood. She was predeceased by her husband,

Maurice Lee Barker Sr.; and her son, Maurice Lee Barker Jr.

Carolyn is survived by her daughter, Jan Barker Sylvester (William Arthur Sylvester) of Cary, NC; daughter in law, Sheila Smith Barker of Milton, NC; brothers, Jesse Wayne Wood and Larry Michael Wood of Yanceyville, NC; grandchildren, Samuel Lee Barker (Dianna) of Yanceyville, NC, William Maurice Barker (Kimberly) of Sutherlin, VA, Richard Galen Sylvester (Jessica) of Fuquay Arena, NC and Kathryn Leigh Sylvester of Winston-Salem, NC; and 9 great-grandchildren.

Carolyn was the secretary for Barker Auto Sales Inc. and Storage and was also a member of Semora United Methodist Church in Semora, NC.

Graveside services will be conducted at Prospect United Methodist Church in Yanceyville, NC on Saturday, January 28, 2023, at 2:00pm



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by Jo Ann

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

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• What is Bryan Cranston's new show "Your Honor" about? Does he play a judge? Where

can I stream it? — L.J. . Yes, Bryan Cranston does play a A • judge in Showtime's "Your Honor," but it's not your typical courtroom drama. It's about a father who must confront his deepest convictions after his son is involved in a hit-and-run accident and becomes the target of a crime family. In addition to the four-time-Emmywinning Cranston ("Breaking Bad"), "Your Honor" boasts a stellar cast that also includes Oscar nominee Rosie Perez ("Fearless") as an assistant U.S. attorney.

Season two premiered this January on Showtime, which can also be streamed as an add-on service through existing streamers like Hulu, Prime Video, Paramount+ and AppleTV+.

.When is "The Mandalo-rian" returning with new episodes? I vaguely remember the season two finale having a very young-looking Luke Skywalker. How did they make Mark Hamill appear so young? — D.A.

. It's been more than two years A . It's been more than . since the second chapter of the Disney+ Star Wars saga "The Mandalorian" concluded. Mark Hamill, who has played Luke Skywalker since the first "Star Wars" movie wowed audiences in theaters during the summer of 1978, made a surprise cameo in the season two finale. Richard Bluff, industrial light and magic VFX supervisor, explained to IndieWire.com that they tried to recreate Luke as he looked in "Return of the Jedi," and they used both Hamill as well as a younger body double.

They then used Lola Visual Effect's 2.5D process and compiled photographs and scenes of Hamill from "Return of the Jedi," using Lola's Photoshop-like technique involving skin smoothing and shape warping through 2D compositing. The end result was an astonishingly believable likeness of a young Luke Skywalker.

Season three of "The Mandalorian" premieres on Disney+ March 1.

. I was so upset when they canceled "Good Girls." What are



Bryan Cranston ("Your Honor" and "Breaking Bad")

the three female stars doing now that it ended? — W.C.

. Christina Hendricks, Retta and A. Mae Whitman reportedly agreed to take pay cuts if NBC renewed their series, "Good Girls," for a fifth season, but unfortunately, it wasn't enough for the show to avoid the ax. It's been rumored that failed negotiations with Manny Montana, who played fan favorite Rio on the show, were what ultimately ended any chances of another season. Apparently, there was no love lost between Hendricks and Montana either, but Hendricks was disappointed in the show's cancellation.

Up next for Whitman is "Up Here," a new musical comedy series premiering on Hulu in March, co-starring Carlos Valdes ("The Flash"). And Hendricks has joined the cast of an upcoming series on AppleTV+ based on Edith Wharton's unfinished final novel, "The Bucca-

Retta signed a talent-holding deal with NBCUniversal to find projects for her to headline. In the meantime, she's been hosting "Ugliest House in America" on HGTV and is filming the upcoming film "Hitman," co-starring Glen Powell ("Top Gun: Maverick").

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

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[Section 3, Minority- and/or women-owned businesses are encouraged to respond]

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By Lucie Winborne

- * During World War II, the Lay-Z-Boy company had to stop producing recliners because of the war effort. Instead, they used their production facility to mass produce (we hope much more comfortable) seats for tanks and other military vehicles.
- * Champagne was originally a holy wine.
- * The only people guaranteed to get Super Bowl rings, regardless of a game's outcome, are the referees, though their rings aren't nearly as large or valuable as that of the players.
- * In the 1880s, a railroad signalman named James Edwin Wide taught a South African baboon to perform his job by recognizing the whistles that indicated a train was about to change tracks. Dubbed "Signalman Jack," the animal performed his duties so well that not only was he formally hired at a salary of 20 cents per day and half a bottle of beer per week, he carried on for nine years until his death from tuberculosis in 1890.
- * Trees were not around for 90% of Earth's history.
- * Queen lead singer Freddie Mercury's overbite resulted from four extra teeth in his upper jaw. He refused to have them removed, however, for fear the surgery would affect his voice and vocal range.
- * In the 2015 film "Jurassic World," Chris Pratt's character carries a stainless Marlin 1895 -- the only firearm on Marlin's website that's rated for a T-Rex.
- * Two churches in Vrontados, Greece, have a particularly unconventional way of marking the Easter holiday: They fire rockets at each other! While they used to use cannons, those were outlawed. The tradition has been carried out for at least four

Thought for the Day: "The heart of man is very much like the sea, it has its storms, it has its tides and in its depths it has its pearls too." -- Vincent Van

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709-2583. Looking to Buy Monster High Items. Call 434-709-

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SENIOR NEWS LINE

According to the Centers for Disease Control

steadily risen since December. Earlier in the

RSV (respiratory syncytial virus) made it to

bit, and here comes Covid again.

affected, followed by ages 60-69.

and Prevention, the number of Covid cases has

fall, Covid took a short break while the flu and

center stage. Those illnesses are now waning a

It doesn't help that we have a new variant -- an

offshoot of Omicron, the XBB.1.5 -- taking off

around the country. By Christmas nearly half

the cases of Covid were that new variant, so it's

Seniors, as usual, are being hit hard with those

If you're hesitant to go back to being extremely

careful, we're experiencing what some doctors

are calling the Senior Wave. It means the num-

bers on a graph show that the largest group

affected with hospitalizations are seniors.

Which means it's still not time to let down

efforts to stay safe. Frequent handwashing,

And like it or not, we should. The growing

due to Covid should shake up all of us.

we know how to do this.

our guard. If anything, it means renewing our

wearing a mask in the store, even if you're the

only one who is, staying out of large groups ...

number of seniors being hospitalized or dying

Another, and possibly even more accurate, sta-

tistic for the spread of Covid is the wastewater.

This is where municipalities test the sewage for

Covid. People can hide their exposure and ill-

ness by using the at-home tests we all received

numbers, but the sewage in an area is sure to be

in the mail, thereby skewing the "official"

in the age 70+ range being the largest group

by Matilda Charles

Covid ... It's Still Here

growing.

Farm for Sell. 5594 Mt. Cross Road. Over 12 1/2 Acres, 2 Houses and 3 Buildings. Call 434-791-3606 for more Information.

Rental Property

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Vista Ct. off Westover Drive. 3 Bed/2 Bath, Full Basement, Large Covered Deck, Fenced Yard, New Stove, Carpet, Vinyl, Paint. F.P. \$1300/Mo. 434-728-2601 (434) 728-2601 **Taking Applications for** 1 and 2 BR Apartments. Apply at Hauser Realty 220 Old Greensboro Rd. 9:00AM-5:00PM, Monday-Friday, Call 434-791-2521.

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- 1. Who sang "Seasons in the Sun" in 1974? Bonus for knowing what the song is about.
- 2. Name the group that recorded "The Love You Save."
- 3. Who released the popular version of "Wild Thing"?
- 4. Which Kool & the Gang song was selected for inclusion in the National Recording Registry?
- 5. Name the song that contains these lyrics: "It's hard for a back street affair to be easy, For each hour of happiness there's two hours of pain."

- 1. Terry Jacks. The singer is dying and is saying goodbye to family and friends.
- 2. The Jackson 5, in 1970. It stayed at the top of the soul charts for six weeks. Michael Jackson was 12 years old at the time.
- 3. The Troggs, in 1966. Their name came from Troglodytes, who were cave dwellers. The Wild Ones version of the song in 1965 didn't chart.
- 4. "Celebration," in 1980. It was their only song to top the Billboard Hot 100 chart.
- 5. "Any Which Way You Can," by Glen Campbell, in 1980. The song was the title track in the film by the same name, a sequel to the 1978 film "Every Which Way But Loose." The films starred Clint Eastwood and an orangutan named Clyde.
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To see the wastewater data by county, go online to CDC.gov and search for "National Wastewater Surveillance System" (NWSS).

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The Danville Redevelopment and Housing Authority's Housing Choice Voucher program in Danville, Virginia will open a waiting list for Project based vouchers for the Danville City area on Wednesday, February 1, 2023. These vouchers stay with a specific home and cannot be used at any location. The waiting list will close once it has reached 20 applicants.

Applications must be submitted at Danville.housingmanager.com.

For more information, please call the **DRHA at (434) 792-5544** between the hours of 8 a.m. to 4:30 p.m., Monday through Friday.

EQUAL HOUSING OPPORTUNITY



The Danville Redevelopment and Housing Authority's Housing Choice Voucher program in Danville, Virginia will reopen its waiting list for regular vouchers on February 1, 2023. Anyone that applies must reside in Danville/Pittsylvania County or Martinsville/ Henry County for one year after receiving their voucher. The waiting list will remain open until February 17, 2023.

Applications must be submitted at

Danville.housingmanager.com. For more information, please call the DRHA at (434) 792-5544 between the hours of 8 a.m. to 4:30 p.m., Monday through Friday.

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MAGIC MAZE \bullet — INJURY

LBYVSPMJHEBYVTQ OTLUSNILIG(P)DBYW TRHAPMKIFDEBYWU S Q O S T R E S S M R K I F D BZXHANYLWUSUSQT T D E T A L E R K R O W O N H L A J K H A P D F N N I D C G DABYCTWIIVA TRSI Q P N M L A K I H C (L E C B Z O F B Y L W C W V U S SRQPNCITAMUARTM

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

Accidental ACL Ankle Back

Combat Eye Fatal

Personal Serious Slight

Traumatic Whiplash Work related

Head Stress ©2023 King Features Syndicate, Inc. All rights reserved



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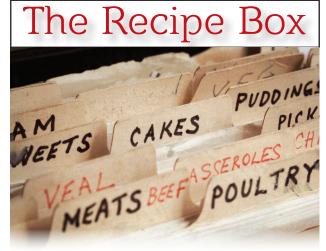
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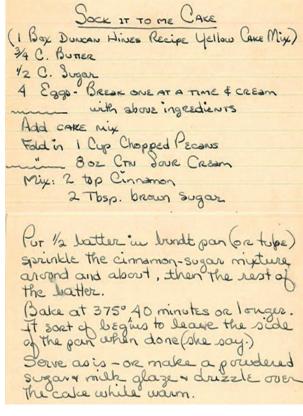
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Yard Sales

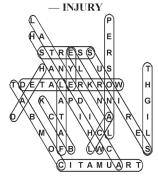
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Yard Sale. Jan. 27-28. 10am-3pm. 431 Wheatley Road. Antiques, Furniture, Clothes, Dining Set. ALL MUST GO. Priced Cheap. 434-770-9183.





Even Exchange answers

- 1. Patron, Patrol 6. Expert, Export
- 2. Aerie, Eerie
- 7. Doily, Daily
- 3. Brush, Brash
- 8. Depend, Defend
- Tender, Tinder
 Cheer, Cheek
- 9. Flute, Fluke10. Newer, Never

When your hair looks a mess but you're in a good mood.





6 Ways to Build Lasting Healthy Habits

FAMILY FEATURES

tarting on a path toward healthy habits is often easier than maintaining them long term. This year, you can avoid a major pitfall of healthy resolutions and build healthy habits that stick by working small, positive steps into your daily life.

In fact, healthy habits are the first suggested treatment strategy for people whose blood pressure and cholesterol levels are creeping higher than normal, according to an American Heart Association scientific statement.

"The current guidelines for managing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks, and increasing physical activity is a great place to start," said Bethany Barone Gibbs, Ph.D., chair of the statement writing group and chair of the department of epidemiology and biostatistics at West Virginia University School of Public Health.

These six ideas from the American Heart Association's Healthy for Good Habit Coach can help.

Habit Coach can help.

Bust Common Habit-Building Myths

You may be surprised to learn the truth about creating and sticking to healthy habits. One myth is getting healthy means doing things you don't like. Research shows positive emotions make habits stick, so set your intentions on something you enjoy. Another misconception is big results require big changes, which may lead to overly ambitious habits. However, the simpler the routine is, the more likely it is to become habit.

Work with Your "Brain Loops"

Your brain creates "loops" for habits made up of three things: a cue, a routine and a reward. Each time the loop is repeated, it becomes more routine and may become automatic. Knowing this, you can design cues for developing new, healthy habits, such as setting walking shoes by the bed to start a walking habit. The routine is putting on the shoes and walking around the block, and the reward is the pleasant sensations and brighter mood from a morning stroll.



Photos courtesy of Getty Images



Create Cues That Work for You

Most successful health habits begin with a cue. The cue can be external in your environment or internal in terms of your mindset. The more consistent the cue, the more likely it is to trigger the habit. Hacking your brain's reminder system can help you remember your cue. Some examples of visual cues are placing a sticky note where you'll see it often, keeping a water bottle on your desk or refrigerating fresh veggies at eye level.

Build a Routine That Supports Your Goals

Positive and consistent habits are important to achieve your personal goals. Small habits done consistently can add up to big results. To create a new healthy habit, think through the steps that could lead to your desired outcome. Ask yourself whether you want to do it, if it's easy and if it's high impact. It's important to choose habits that make a difference and move you closer to your goals.

For example, if one of your goals is improving your heart health, a meaningful habit might be to move more. Increasing physical activity can help lower blood pressure and cholesterol along with many other health benefits, Gibbs said.

"Every little bit of activity is better than none," she said. "Even small initial increases of 5-10 minutes a day can yield health benefits."

Use Rewards to Make Habits Stick

Start by choosing a habit you enjoy that's rewarding by itself. If you're more of a dancer than runner, increase your physical activity with an upbeat dance class. You might also look for a more enjoyable version of a new habit, such as getting more fruits and veggies by sipping on a delicious smoothie.

Understand Resets are Part of the Process

New habits are experiments. If they don't stick, you haven't failed. Instead, you've learned what doesn't work, which is useful. Get curious and ask yourself which part of the habit didn't work for you. Maybe the cue was ineffective. Maybe the steps of the routine were too ambitious and you need to split them into smaller, easier steps. If you realize you don't enjoy the habit, stop doing it and try something else.

Find more inspiration and ideas to jumpstart healthy habits this year at heart.org/habits.