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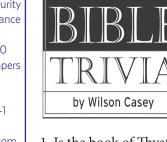
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2 · Piedmont Shopper[®] MARCH 30 - APRIL 5, 2023





1. Is the book of Thyatira (KJV) in the Old or New Testament or neither?

2. Who was David's oldest brother who picked on him for coming to the battle lines? Abner, Omri, Amasa, Eliab

3. After Sodom and Gomorrah were destroyed, who lived in a cave with his daughters? Job, Lot, Levi, Joel

4. In Luke 3, who told Roman soldiers to avoid taking money by force? John the Baptist, Paul, Mark, Matthew

5. What Canaanite city was burned down by the men of Dan? Tarsus, Antioch, Laish, Cana

6. In which book is the phrase, "Salt of the earth"? TITLE: None, Matthew, Mark, Jude

ANSWERS: 1) Neither, 2) Eliab, 3) Lot, 4) John the Baptist, 5) Laish, 6) Matthew 5:13

Comments? More Trivia? Gift ideas? Visit www. TriviaGuy.com.

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Community Calendar

ARIES (March 21 to April 19) Someone you relied on might resist your request for help. Get the facts behind their decision before jumping to conclusions. You might be in for a surprise.

TAURUS (April 20 to May 20) It's a good time for the winter-weary Bovine to start plans for spring redecorating. Indulge in something super beautiful for your home. You deserve it.

GEMINI (May 21 to June 20) An inner conflict might keep you from taking the first step toward healing an old wound. Seek the advice of a trusted friend for help in dealing with your uncertainty.

CANCER (June 21 to July 22) Change can bring confusion. You need to take a strong stand to make sure your rights are respected despite all the fuss and fury going on around you.

LEO (July 23 to August 22) Your financial situation continues to improve, although you still need to watch those expenses. Something from the past could affect a current situation.

VIRGO (August 23 to September 22) Problems adjusting to a new job and unfamiliar surroundings might tempt you to give up. But hang in there -- things get better in time.

LIBRA (September 23 to October 22) Decision time is near. Talk out your doubts with trusted advisers. If your misgivings still outweigh your enthusiasm, it's best to rethink the whole deal.

SCORPIO (October 23 to November 21) A situation has you puzzled. Be patient. The answers you seek will soon come from a source very close to the person at the center of your curiosity.

SAGITTARIUS (November 22 to December 21) Your usually active social life is in super-high gear through this week. Your hectic party-going pace eases into a period of quiet time by the weekend.

CAPRICORN (December 22 to January 19) You need to start narrowing down those several new options that have come your way to just the two or three you Community Events

The Historical High Street Baptist Church Presents Hampton University Concert Choir in Concert on April 14, 2023 at 7:00pm. \$25 Donation. Your Support is Appreciated. For Ticket Info Contact 434-251-2047/434-429-7274/434-797-3386/434-836-5514.

100 Mile Yardsale Coming Soon! May 3rd-May 6th From Danville through Amherst, VA all along Hwy 29. Don't miss this event! granthearn276@ comcast.net

BHVFD & Rescue Dept. Auxiliary Fund Raiser. Community Yard, Hot Dog, Bake Sales. Saturday April 22, 7-1pm. For Info & Table/Reservations (\$10), Call 434-685-3260.

Hillcrest Easter Fun Day! Sat. April, 8th, 12-4pm. Easter Egg/Scavenger Hunts, Arts & Crafts. Cake Walk & Fun Activities for Entire Family! 4401 Westover Drive

The Cherrystone Missionary Baptist Association's Annual Mission Dav will be at Cherrystone Center, March 26. at 4:00pm. The Cherrystone Missions Ministry is having a Shoe Rally to be presented on this day. Please Come Join Us on this Annual Day.

Please Come and Enjoy the Ballou Park "Building" Friday Nights Fun. 7PM. Dance Alone for Exercise or with Friends to a Live-Band. More-Info Call 434-709-4212



Open Enrollment for Spring Football. April 4-May 6. Tues/ Thurs/Saturdays. Fall Pioneer Football League Practices for Greensboro Panthers Tackle Football Starts July 17th. Boys/Ages 13-18. Sponsors/ Donations Welcomed. Contact Patricia Hutchins 336-501-3719. Regional North Carolina/Souther VA Panthers JV/Varsity Football. https:// www.gsopanthers.com

Free Community Lunch!! EVERY Thursday from 11-2pm at Gospel Worship Center, 3480 West Main Street, Danville, All Welcome!



really want to pursue.

AQUARIUS (January 20 to February 18) It's a wise Water Bearer who nurtures a fading friendship back to vibrant health. At work, a once-shelved idea is suddenly being reconsidered.

PISCES (February 19 to March 20) You might feel swamped by a flood of work-related obligations, but the support of a trusted associate helps you get through each one successfully.

BORN THIS WEEK: You are a caring person who often puts your own needs aside to help others. You have a gift for cultivating beautiful gardens.

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Baby

A small boy badly wanted a baby brother, so his dad suggested he pray every night for one. The boy prayed earnestly, night after night, but his prayers seemingly weren't answered. After a few weeks, he didn't bother to ask anymore.

Some months later, his dad said they were going to see Mom in the hospital and he was going to get a big surprise. When they got to the room, the little boy saw his mother holding two babies.

"Well, what do you think about having twin brothers?" his dad asked.

The little boy thought for a moment and replied, "It's a good thing I stopped praying when I did."



The Executive

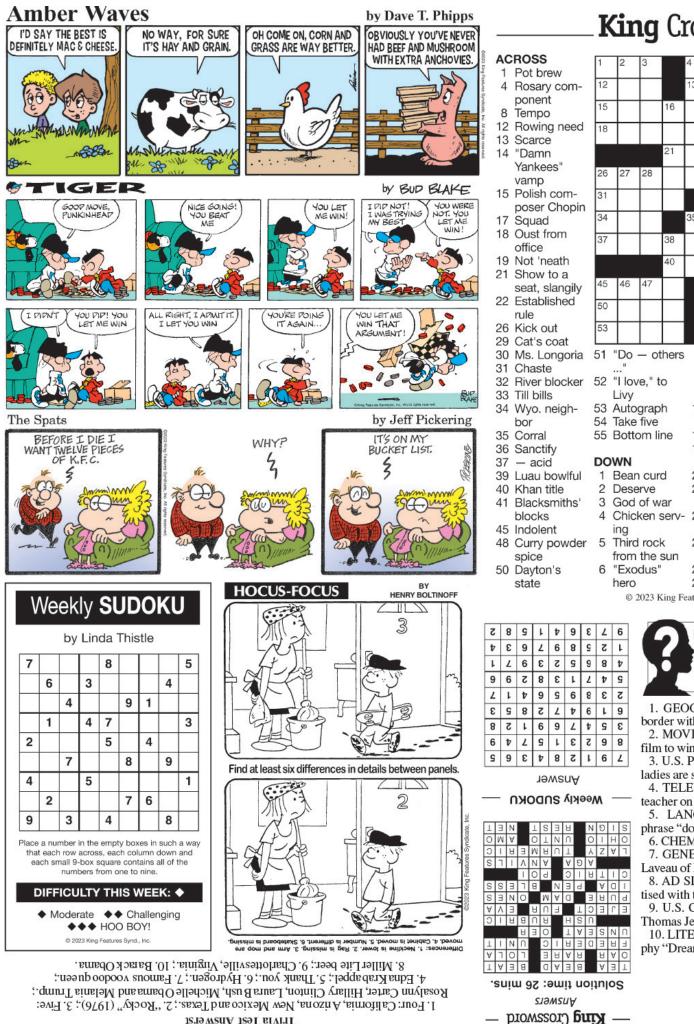
Mr. Allen, a high-powered executive trying to impress a client in his office, flipped on his intercom switch and barked to his secretary, "Miss Hunter, get my broker!"

The client was impressed until he heard the secretary's clear voice saying, "Yes, sir -- stock or pawn?"









Trivia Test Answerst

King Crossword



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Fe	Features Synd., Inc.										

SL by Fifi Rodriguez

1. GEOGRAPHY: Which U.S. states share a border with Mexico?

2. MOVIES: Which movie was the first sports film to win the Best Picture award?

3. U.S. PRESIDENTS: How many former first ladies are still living?

4. TELEVISION: What is the name of Bart's teacher on "The Simpsons"?

5. LANGUAGE: What does the Japanese phrase "domo arigato" mean in English?

6. CHEMISTRY: What is the lightest element? 7. GENERAL KNOWLEDGE: Who is Marie

Laveau of New Orleans?

8. AD SLOGANS: Which product was advertised with the slogan, "Great taste, less filling"?

9. U.S. CITIES: In which city would you find Thomas Jefferson's Monticello?

10. LITERATURE: Who wrote the autobiography "Dreams From My Father"?

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Announcements

Nicholas Baker is Turning 90! Join Us in Celebration on Saturday, May 6, 2023 @ 6pm at Concord United Methodist Church, Chatham, VA. RSVP. (434) 709-0550 chcornett2012@gmail.com

John M Langston Joint **Class** Reunion Committee has Planned our "Joint Class Reunion" for June 30, July 1-2, 2023. Classmates if you have not received a correspondent from your Class Representative, Please Text your Name, Address and Year of Graduation to: 434-710-6609 Penny Coleman Hughes or 434-713-4809 Diane Graves Lee.

Vintage Motorcycles Wanted. Have an Old Bike Collecting Dust in the Garage, Basement, or Barn? I'm Looking for Old Bikes or Parts. (434) 421-0012

Happy 91st Birthday Clyde Whitt! We Love You! Love, Your Family.

If Anyone Has a Claim to T.I. Shelton's Estate, Please Contact Mike Shelton by Mail at 125 Campbell Street, Danville, Va. 24540.

Missing Dog in Brosville Area! Max our Black Lab/ Doberman Mix is Missing. Offering Reward for Information to Bringing Him Home. My Grandchildren have had him since he was 7 weeks old and they are heartbroken. Call 434-251-6197.

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. Call 434-793-5644. Furniture Donations by Appointment.

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Piedmont Pets

March 30, 2023 By Paulette Dean

Each year animal shelters receive rabbits and ducks that had been given as surprises in Easter baskets. However, we once again emphasize, as we do every year, that live ducks, chicks, and rabbits are not the appropriate gifts to give children.

Young children oftentimes do not understand how fragile these little creatures are. In an attempt to play or give affection, children can injure or kill the delicate babies. Also, many of these animals may carry parasites. Salmonella is a real danger to children, and can be transmitted from chicken or ducks to humans.

Baby animals are often acquired on impulse at Easter, without consideration of a lifelong commitment. Rabbits, chickens, and ducks have an average lifespan of 8-10 years. The longest recorded lifespan of a chicken was 34 years!

These animals have specific physical and behavioral needs that a caring, responsible owner would want to fulfill. A special diet and a carefully controlled environment are necessary for the well-being of the Easter pet.

Pet bunnies especially are being bred in increasing numbers by "rabbit mills" and breeders for the lucrative pet industry. They are marketed as easy,





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

low-maintenance pets who will sit quietly on a child's lap, when in reality they are complex animals with unique traits and needs.

The novelty of the cute bunnies, chicks, and ducklings wears off and animal shelters and humane organizations begin receiving these unwanted Easter surprises when people determine they are not willing to take on the responsibility of a full-grown pet.

Worse, many of these animals are merely dumped in the woods and parks where they are easy prey for other animals and cruel people.

We urge everyone to help make Easter a humane holiday by buying only toy or candy animals!

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Chinese Porcelain

The Hundred Treasures theme was popular in Chinese art during the Qing dynasty (1644-1911). Many objects of daily life that impart symbolic meaning were incorporated into artwork. A single vase can be a symbol of female fertility, yet this red Chinese porcelain has several small relief vases on its surface to suggest even more meaning.

Flowers are not only painted to decorate the small raised vases, but are also painted on the red ground to look like they are floral arrangements in the raised vases. Flowers are eternal symbols of beauty, and the brilliant red color of the vase has many associations to China.

The country's flag is red, which is associated not only with power, but with luck, happiness and celebrations. Traditional Chinese brides wear red for luck, and the Lunar New Year is celebrated with red lanterns and many other red decorations. The blue seal mark on the bottom of the base is like those on Qing dynasty porcelain.

*** Q:I'd like to know the value of a set of two deck chairs (possibly teak) from the SS Oceanic. They have their original blue cushions with "Home Lines" and a logo in gold. What do you think they are worth?

.Home Lines was an Italian .company that operated cruise ships and ocean liners. The company was in business from 1946 to 1988, when it merged with Holland America Line. SS Oceanic was one of Home Lines' cruise ships from 1965 to 1985, when it was sold to Premier Cruise Line. Most deck chairs don't sell for high prices. Chairs by important makers or those with a connection to an important or historic event do sell for high prices. A deck chair from the Titanic, one of seven known and with a letter of authenticity, sold for almost \$150,000 in 2015. The value of your deck chairs depends on condition and the history of the boat. They sell for \$100 to \$1,000.



The red Chinese porcelain vase decorated with vases and flowers sold at a Bunch auction in 2021 for \$354.

*

TIP: Some experts say you should restring pearls and other valuable beads every other year. Sooner or later, the stringing will break if the pearls are worn a lot.

* * *

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Jewelry, pin, porcelain, painted, courting scene, man playing guitar, seated woman with flower basket, multicolor, Limoges, France, 1 3/4 inches, \$24.

Toy, Star Trek model kit, Galileo II Shuttlecraft, The Original Series, 25th Anniversary, box, 1990s, 9 x 10 inches, \$50.

Cut glass goblet, Tramore pattern, faceted stem, star cut foot, Waterford, 7 inches, eight pieces, \$300.

Vase, Della Robbia, double gourd shape, wide blue bands, puffins around lower body, decorator's initials, Rozane, Frederick Hurten Rhead, c. 1906, 8 1/2 x 4 1/2 inches, \$4,375.

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 MAGIC MAZE
 Image: Constraint of the state of the s

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: THE — POINT OF WATER C°

Cipher Goose egg Love Nada	Naught Nil No growth No score	No value Nonentity North Nothing	Null Zilch Zip
Nada	No score	Nothing	

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6 • Piedmont Shopper[®] MARCH 30 - APRIL 5, 2023

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River District Association Dream Launch Certificates of Completion to 74 participants.



DANVILLE VA – On March 23rd the River District Association (RDA) awarded Dream Launch Certificates of Completion to 74 participants. To earn a certificate and graduate, participants must attend all 6 Dream Launch Bootcamp classes.

To date, 465 individuals have participated in all or some of the Dream Launch Bootcamp classes, and 208 have completed the entire series of classes.

The RDA Dream Launch Bootcamp is for anyone who wishes to learn more about opening, owning, and operating a business in the Dan River Region; the Bootcamp is also opened to current businesses that would like to expand as well as those that would like to audit the courses to prepare for potentially opening a business in the future. There is no cost to participate in the Bootcamp.

"Our overall goal with the Dream Launch Bootcamp program is to provide knowledge." Said Will Mackaman, RDA Programs and Services Manager. "Although business ownership does not require an advanced degree, it does require good knowledge. We are so thankful to everyone for committing their time to learn and we are also so grateful to each of our volunteer instructors. It was an awesome year!"

A portion of participants who earned their certificate will pitch their business idea in the RDA IGNITE Business Pitch Competition (Formerly the RDA Dream Launch Pitch Competition) for awards and incentives totaling \$50,000. Additionally, RDA Dream Launch Bootcamp participants who wish to open a business outside of the district are eligible to compete in the Danville Pittsylvania County Chamber of Commerce Rev-Up Pitch. Rev-up will have \$75,000 available in awards and incentives.

Registration for the 2024 Dream Launch Bootcamp Cohort will open in the fall of 2023.

Funding for the RDA Dream Launch Boot Camp, IGNITE Business Pitch and Rev-Up Danville Pittsylvania Pitch is made possible by the City of Danville Economic Development office, Pittsylvania



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R DISTRICT ASSOCIATION EARNS 2023 GREAT ICAN MAIN STREET AWARD FOR EXCELLENCE IN DOWNTOWN REVITALIZATION

Through Collaborative Leadership and Holistic Economic Development Efforts

CHICAGO, ILL., (March 27, 2023) – Main Street America announced today that River District Association (RDA) in Danville, Virginia, has received the prestigious Great American Main Street Award (GAMSA), which recognizes communities for their excellence in comprehensive preservation-based commercial district revitalization. The 2023 GAMSA designations, sponsored by The Hartford, were presented at the opening plenary for the Main Street Now Conference in Boston, Massachusetts.

Selected by a national jury of industry professionals and local leaders in the fields of economic development and historic preservation, River District Association is being recognized for creating a fertile environment for economic vitality through exceptionally strong collaborative leadership and partnerships. "River District Association demonstrates that a strong organizational foundation based on an ethos of collaboration and strategy leads to transformative change," said Main Street America Interim President and CEO, Hannah White. "Their tire 2less efforts to build meaningful relationships with local stakeholders to inform and realize a holistic economic development approach has created an entrepreneurial ecosystem for the downtown and its surrounding region."

Danville's downtown is well known for its rich manufacturing heritage, which built large brick facilities along the town's eponymous waterway. As these industries shrank during the 1980s-2000s, the downtown suffered economically. Today, the downtown is not only rebounding, but thriving as an attractive place for residents and visitors to remember the area's history while contributing to a vibrant future for all.

Revitalization work led by RDA began in 1999 with a mission to coordinate efforts with the city agencies. While these early efforts resulted in some progress, meaningful change was hampered by the continued decline of the town's mill industry. Strategically designed action plans in 2011 and 2017which included the allocation of public dollars into the downtown and retooled RDA's organizational structure based on the principles of the Main Street Approach—supported sustainable economic initiatives, multifunctional promotional activities, and property development. The results: Danville's vision of a vibrant downtown is coming to fruition. Since 2010, the River District has leveraged \$52 million in public investment to attract \$310 million in private investment to facilitate the creation of more than 150 businesses and the addition of over 1,200 residential spaces. "This is a tremendous honor for our community, and very important for our local residents who have been through so much economic turmoil over the decades," said Diana Schwartz, CEO at River District Association. "This recognition will continue to drive home the understanding that Danville truly is a city once again on the rise. It is because of the resilience of the people in our community that Danville is a great place for those that choose to live, work, play, pray, and invest in."



Jeff McGregor's American Karate

Micah Collins, student at Jeff McGregor's American Karate wins First Place in Forms, Weapons and Sparring at the James White Karate Championship held in Lancaster, SC. Micah is the son of Dixie and Harry Collins. Congratulations Micah! Pictured: Micah Collins and Master Instructor Jeff McGregor.



RDA credits a creative and entrepreneurial mindset, as well as intentional efforts to increase the strength, collaboration, trustworthiness, and reputation of the organization as their keys to success.

Notable accomplishments include investing in the professional development of board members, establishing rock-solid relationships with stakeholders, and implementing thoughtfully constructed, yet ambitious strategic plans. Their Dream Launch series is credited as its most impactful programming. Consisting of four distinct, yet integrated programs, the program equips budding entrepreneurs and established businesses with education and financial tools. Since 2018, the program's business bootcamp series has provided free start-up training to over 465 participants (200 of which completed all 6 Dream Launch Bootcamp Classes) and has distributed \$375,000 in grants.

"Danville's transformation is proof of the power of the Main Street Approach," remarked Courtney Mailey, Virginia Main Street State Coordinator at Virginia Department of Housing and Community Development. "Leaders in every facet of the community are united in a common vision and plan for the future. And they stick to it! They understand the importance of downtown revitalization and entrepreneur support in creating a positive quality of life for the entire region."

The organization's Vote Your Main Street campaign resulted in securing a \$150,000 preservation award that provided funds for the renovation of a historic property, an increase sense of community pride, and organizational sustainability for RDA as a part owner in the building. Their façade improvement program has provided nearly 40 property owners and tenants with grants, in-kind professional services, and technical assistance. From fresh coats of paint to new signs, these improvements are inspiring a positive multiplying effect on the community's sense of pride and physical appearance. "We are immensely proud of the city of Danville, the Danville River Association, and the residents for earning this coveted national award for their Main Street efforts," said Bryan Horn, Director of DHCD.

"Danville continues to exemplify the profound impacts that downtown revitalization can have on communities and regional economies, and we applaud them for their efforts to create a vibrant community to live, work, and visit."

86th ACJA-LAE National Conference in Louisville, KY

Chapter Advisor John Wilt represented Alpha Upsilon Lambda Professional Chapter at the March 12-17 86th annual meeting of the American Criminal Justice Association-Lambda Alpha Upsilon (ACJA-LAE). The annual meeting was held in Louisville, KY. John competed in the mock crime scene, firearms and talent show competition events and



completed seven academic exams ranging from homeland security to criminal law. John is holding a 2nd and 3rd place trophy for crime scene and talent show respectively. John also received a medal for 2nd place in LAE Knowledge. He is chairperson of the national association chapter advisors' committee and is ACJA-LAE's historian. John also sang the National Anthem at the opening and closing banquets.

Danville Kiwanis Club



At their March 16, 2023 meeting, Danville Kiwanis Club members were entertained by Averett University's Singers and Players.

8 • Piedmont Shopper[®] MARCH 30 - APRIL 5, 2023



Jack Allen Cassidy January 5, 1950 ~ March 25, 2023 (age 73)



Jack Allen Cassidy, age 73, of 180 City View Ct., Ringgold, VA, died on March 25, 2023 at Sovah Health Danville, VA, after a decline in health for the last several years.

Born on January 5, 1950 in Danville, VA, he was the son of the late Raymond

Texas and Martha Dix Cassidy.

He lived in the Mountain Hill Community for 52 years and grew up in Providence, NC. He employed with Dan River Mills in maintenance before retiring from a serious head injury on the job. He was a veteran of the US Navy during the Vietnam War. He loved farm life, working with all kind of livestock, going fishing and to car races. On October 30, 1971, he was married to Mary (Candy) Kennon Cassidy, the love of his life for 51 years.

In addition to his wife he is survived by his daughter, Gloria Fay McCurry; granddaughters, Amanda and Shia McCurry of the residence; brothers, Calvin Cassidy of Providence, NC and William David Cassidy of California; sister, Ladonna Hanks (Keith) of Keeling, VA; nephew and dear friend, Paul Cassidy (Kathy) of Providence, NC and niece, Leah Smith (Brian) of Georgia.

In addition to his parents, he was predeceased by his grandson, Allen Texas McCurry; brothers, Charles Michael Cassidy, Raymond Douglas Cassidy and Curtis James Cassidy.

A graveside service will be conducted Wednesday March 29, 2023 at 2:00 PM in Highland Burial Park with Reverend Harvey Hazelwood officiating. The family will receive friends at the residence.

Swicegood Funeral Service is respectfully serving the Cassidy family.

Richard T. Thornton September 9, 1954 ~ March 27, 2023 (age 68)

Richard Thomas Thornton, age 68 of Danville, VA, passed away on Monday, March 27, 2023, at Duke Regional Hospital.

Mr. Thornton was born on September 9, 1954 in Danville VA, a son of the late James C. Thornton III and Dorothy Moore Thornton. He lived his life in Danville where he was employed with Intertape as a machine operator. He was a veteran of the U.S. Army.

Mr. Thornton is survived by his siblings, James C. Thornton IV, Debra T. Pierce (Danny), Ronnie K. Thornton (Vickie) and Lisa Ann Smith (Darren); he is also survived by many nieces and nephews.

All services will be private.

Swicegood Funeral Service is respectfully serving the Thornton family.



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Raymond Clay Moore



Raymond Clay Moore, 73, of Danville, VA passed away on Thursday, March 23, 2023. He was born March 22, 1950, in Danville to the late Charlie Moore and the late Louise Gauldin Moore.

Raymond is survived by his soul mate of over 30 years, Joan Moore; special daughter, Stephanie McGuire; and his best friends, Frank Wiles and Victor Morton. They were the 3 Amigos.

In addition to his parents, he was predeceased by his son, Jason Moore; and sister, Connie Moore Weadon.

To honor Raymond's wishes there will be no services.

Norris Funeral Services, Inc. & Crematory, Mt. Hermon Chapel, Danville, VA is respectfully serving the Moore family. Online condolences may be made at www.norrisfuneral.com.

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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. Portuguese capital	B	Boxer Sonny	T			
2. Belt location	A	Watch location	R			
3. Flag	B	In a of speaking	Μ			
4. Measure of salt	N	Toss a baseball	T			
5. Coastline	E	Not very tall	T			
6. Palace	S	Longhorn or angus	T			
7. Zesty	Y	So. American dance	0			
8. Wanted sign	S	Wizard Harry	T			
9 DeGeneres	E	Burn's better half	A			
10. Agile	_ I	Wood	U			
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2. Name the artist who wrote and released "For the Love of Him."

3. Who had an international hit with "Up in a Puff of Smoke"?

4. Who used the stage name Lobo?

5. Name the song that contains these lyrics: "I've been a puppet, a pauper, a pirate, a poet, a pawn and a king."

Answers

1. "Indiana Wants Me," by R. Dean Taylor in 1970. The police siren at the beginning of the song caused drivers to pull off the road, thinking the siren was real.

2. Bobbi Martin, in 1969. For a real treat, search YouTube for Martin's videos, especially "Bridge Over Troubled Water."

3. Polly Brown, in 1974. While it climbed charts worldwide, it ranked highest (No. 3) on the Billboard Dance/Disco chart.

4. Roland Kent LaVoie, singer-songwriter of the hit "Me and You and a Dog Named Boo."

5. "That's Life," made famous by Frank Sinatra in 1966. It's been widely



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by Dana Jackson

Q: I want to see the new film "Jesus Revolution," but I don't like going to movie theaters. Can I watch it at home on my TV? -H.W.

A "Jesus Revolution" is the term Time magazine called an evangelical Christian revival that began on the West Coast in the 1960s and 1970s. The movie of the same name is based on that published article as well as on a real pastor, who is played by Kelsey Grammer ("Frasier") in the film.

Jonathan Roumie co-stars in "Jesus Revolution" as Lonnie Frisbee, a charismatic street preacher who resembles Jesus. The actor started out doing guest roles in primetime shows like "Chicago Med" and "NCIS: Los Angeles," but he seems to have found his calling of starring in faith-based projects in recent years. He's played Jesus in three seasons of Angel Studios' "The Chosen," which can be streamed on Peacock.

At the time of this writing, "Jesus Revolution" is only available in theaters, where it's been quite successful, generating more than \$45 million. It will eventually be available for rent and/or purchase on the Vudu/Fandango streaming app (and perhaps someday a streaming platform like Prime Video and one of the network or cable channels). However, if you don't want to take a chance on missing it, I'd venture out to your local theater soon.

What is Kiefer Sutherland's new show about? It looks like he's playing Jack Bauer again. — L.J.

A • While actor Kiefer Sutherland is • best known for playing Jack Bauer on the hit Fox action series "24," his new show "Rabbit Hole" is a completely different project and character for him altogether. It definitely caters to Kiefer's fan base, though, but instead of playing a federal agent fighting terrorism, he's a private espionage agent framed for murder.

"Rabbit Hole" comes from the creative minds of Emmy-winning producers John Requa and Glenn Ficarra ("This Is Us"), and the show co-stars Charles Dance ("The Crown") and Rob Yang ("Succession"). The first season consists of only eight episodes, and the first two will premiere on March 26. It's available exclusively on the Paramount+ stream-



Jonathan Roumie ("Jesus Revolution")

ing service.

Sutherland had another successful series after "24" called "Designated Survivor," where he becomes president of the free world after everyone above him in rank is killed in a catastrophic attack. It aired for two seasons on ABC before airing the third season on Netflix. He also recently played President Franklin D. Roosevelt in the Showtime original series "The First Lady." Now, whether we'll see him in a silly comedy anytime soon remains to be seen.

Q: What happened to the period piece drama "Sanditon"? Wasn't it on Netflix? I tried to find it, and it's gone. -A.K.

A "Sanditon" recently had its third and final season premiere on PBS. The series is set during England's Regency era, in the early 1800s at a seaside resort called Sanditon. It's based on the unfinished novel by Jane Austen and stars Rose Williams. Andrew Davies, the Emmy and BAFTA award-winning screenwriter who has adapted classics like "Pride & Prejudice" and "Sense & Sensibility," has done a wonderful job carrying out Austen's original vision.

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

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* Thawing frozen water pipes can be very tricky. Some people use a hot pad wrapped around the pipe; others have been known to use the hair dryer method (electricity and water don't really mix; be careful). Hopefully you learned any lessons the easy way this winter, but if you had to patch any pipes, make sure you get them repaired asap. Sometimes people forget as soon as the weather turns nice. -- A plumber in Illinois

* When drilling holes in the wall, you can tape an envelope, open side out, to the wall just under where you will be drilling. Open the envelope up a bit so that any dust will fall directly down into the open envelope. It will keep your working area nice and neat!

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* When washing stockings by hand, add a tablespoon of vinegar to the rinse water. They will keep the stretch better. Also, if you line-dry them outdoors, slip a spoon or a few coins into the toe. This will keep them from twisting up in the wind.

* If you, like me, are washing your winter sweaters to pack away, add a bit of hair conditioner to the rinse. Also, don't try to pull them into shape when drying. Just lay flat to dry. If you have a screen, you can set it up so that the sweater dries from both sides. This is best. -- D.Y. in Kentucky

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

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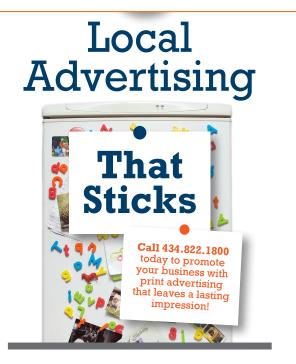
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1. What golfer, known as "The Silver Scot," won three major championships during the late 1920s and early 1930s?

2. Name the Norwegian runner who won the New York City Marathon women's division nine times from 1978-88.

3. Hank Bauer of the New York Yankees holds the longest hitting streak in the World Series (1956-58) with how many games?

4. What NASCAR driver's 105 career wins in the sport's top division ranks second all-time to Richard Petty's 200?

5. In 2021, what famous winter Olympian from Great Britain competed on the U.K. version of TV series "The Masked Dancer" costumed as a rubber chicken?

6. What professional soccer league operated from 1968-84 and included teams such as the New York Cosmos, the Los Angeles Aztecs, the Toronto Blizzard and the Washington Diplomats?

7. Cibona, Zadar, Split and Cedevita are professional basketball clubs competing in what country?

Answers



Longtime Cannabis User Still Tests Positive Weeks After Quitting

DEAR DR. ROACH: I am a 68-year-old male who has used cannabis for 51 years. During that time span, I graduated from high school and college with two bachelor's degrees and two master's degrees, and I spent 35 years as an accomplished educator, motivational speaker and author. I have been married to the same person for 31 years and have a wide circle of friends.

Twenty-five years ago, I had my thyroid removed due to cancer, and I currently take medication. I also inject testosterone and take medications for blood pressure and cholesterol, as well as Xanax. I retired to a life that involves little travel, choosing instead to spend my time reading, researching, writing and being active in my community. Once I began to notice a loss of motivation and diminished memory, I became proactive and decided to give up cannabis.

I have had no trouble quitting cold turkey and have no desire to return to it. My memory has vastly improved, and I still enjoy all the things that made my retirement enjoyable before I made this decision. After 10 weeks of not using, I still test positive for the metabolites using THC testing strips. I have read that normal detoxing for a heavy user is anywhere from six weeks to two months.

To aid in the process, I drink half a glass of lemon juice in the morning, drink two gallons of water or detox tea a day, cut red meat and dairy from my diet, spend an hour a day on the treadmill, and spend 40 minutes in a steam bath.

How long should I expect to continue testing positive? Is there anything else I can do to speed up the passing of the metabolites? -- Anon.

ANSWER: The active form of THC, the primary chemical in cannabis that causes the psychoactive effects (i.e., the effects for people to feel "high"), accumulates in the fat cells, where it can be stored for long periods of time.

Research in laboratory animals confirms that losing weight over the long-term releases the stored THC from the fat, making it more likely that a urine test will be positive in people who are losing weight (which might be the case with you, given your exercise and diet). Heavy users have told me that they feel like they are "coming out of a fog" for up to six months after stopping the use of cannabis. However, I can't give you any evidence-based answer on how long you will continue to show positive results.

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WTB Silver Coins. You Can Contact me by Phone or Come See me at Newcomb Carpet on West Main. Thanks, Kevin (434) 688-1355 kevin@ newcombflooring.com 1. Tommy Armour.

2. Grete Waitz.

- 3.17.
- 4. David Pearson.
- 5. Michael "Eddie the Eagle" Edwards.

6. North American Soccer League (NASL).

7. Croatia.

(c) 2023 King Features Syndicate, Inc. I don't think drinking water and tea, nor the steam bath, are significantly helping you get rid of the accumulated THC in the body, but the diet and exercise changes probably are, if you are losing fat as I suspect. Even if you aren't losing weight, you may be getting more muscular due to exercise and losing fat.

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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DANVILLE REDEVELOPMENT AND HOUISNG AUTHORITY NOTICE OF REQUEST FOR PROPOSALS RFP No. 2023-02S

Miscellaneous Interior Fixtures

AGENCY CONTACT PERSON	Caleb Milam, Procurement & Contract Administrator Telephone: 434-792-5544
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DEADLINE TO SUBMIT QUESTIONS	March 30, 2023, 12:00 PM EST
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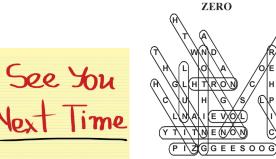


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Even Exchange answers

1.	Lisbon, Liston	6.	Castle, Cattle
2.	Waist, Wrist	7.	Tangy, Tango
3.	Banner, Manner	8.	Poster, Potter
4.	Pinch, Pitch	9.	Ellen, Allen
5.	Shore, Short	10.	Limber, Lumber





By Lucie Winborne * There is an art form called Assquatch that consists

of faces made from deer posteriors.

* Renaissance genius Leonardo da Vinci designed plans for a "mechanized knight," a robot-like creation that relied on a pulley system. When the plans were discovered nearly five centuries later and built according to his specifications, the design worked perfectly.

* In 2012, a Manchester, U.K., couple jokingly invited Queen Elizabeth to their wedding. Her Royal Highness not only showed up, but brought Prince Philip.

* Speedy Gonzales was banned by the Cartoon Network for being an offensive stereotype, only to be returned after mass protest by the Hispanic-American community.

* The lowest sounding instrument in an orchestra is the contrabassoon. Only a few soloists in the world play it.

* After winning an Oscar, Daniel Day-Lewis retired to become a cobbler in Italy. Fortunately for the theatrical world, he returned to acting after Martin Scorsese convinced him to star in "Gangs of New York."

* The first Troll doll was created by a Danish fisherman who could not afford a Christmas gift for his daughter. While it wouldn't have won any beauty contests, when other children saw it they wanted one as well.

* IKEA recalled its chocolate bars because they didn't come with an allergy warning.

* In 1877, a monkey named Jimmy was charged with assault after biting the finger of one Mary Shea. When a judge said he couldn't legally commit a monkey, Jimmy respectfully removed his velvet hat, climbed on the judge's desk, and attempted to shake his hand.

* There's a website that tells you the best time to use the restroom during a movie in a theater so you don't miss anything important.



Yard Sales

Garage Sale For 4 Weeks. Starts March 31st for 4 Weeks. 9:00AM-? 907 Montgomery Street, Reidsville, NC. Can Also Call 336-944-9603. Patio-Set, Chairs and More.

Yard Sale!!!!! April 1-2, 9-3pm. 2363 South Boston Hwy, Ringgold. Lots of Items for \$1.

Yard Sale! Sat Mar 25th, 2023 from 08:00 AM - 01:00 PM. 1578 Olde Hunting Trail. Baby Clothing, Furniture, Shoes and Much More!

Multiple Family Yard Sale Fri Mar 31st, 2023 from 10:00 AM -08:00 PM Sat Apr 1st, 2023 from 08:00 AM - 05:00 PM Sun Apr 2nd. 2023 from 08:00 AM - 05:00 PM. 2751 Union Hall School Road. Hooker Furniture, a Little Bit of Everything. (434) 812-9062 thriftygirls1074@gmail.com

Moving Yard Sale. Sat Apr 1st, 2023 from 08:00 AM - ? 2880 Franklin Turnpike. Everything Must Go.

Yard Sale. Fri Mar 31st. 2023 from 07:00 AM - 03:00 AM. 6800 Kentuck Road. (434) 250-8288 ellen.waltman@comcaat.net

May 3rd-6th 100 Mile Yardsale Wed May 3rd, 08:00 AM & Goes Thru Sat May 6th, 02:00 PM. All Along Hwy 29! granthearn276@comcast.net

Multi Family Yard Sale! Sat Apr 8th, 2023 from 07:00 AM - ? 1554 Jamerson Road North, Danville,



Orange Breakfast Crescents

Enjoy these warm while the icing is still melting!

3 oz. cream cheese 3 T. sugar 1/4 t. almond extract 1 t. orange zest, grated 1 pkg. 8-count refrigerated crescent rolls

Blend first 4 ingredients. Separate dough into triangles. Divide cheese mixture among dough triangles, spread, leaving a 1/4-inch border. Roll each, starting at the long edge. Place on lightly greased cookie sheet, shaping into crescents. Bake at 350 degrees for 15 minutes or until lightly browned.

Topping:

1/2 c. powdered sugar 1 T. orange juice 1 t. orange zest, grated 1 t. margarine, melted 1/8 t. almond extract

Combine all ingredients while rolls are baking. Spread over hot crescent rolls and serve immediately.

3 Dietitian-Approved Ways to Add Nutrition to Your Diet for Sustained Energy

FAMILY FEATURES

utrition plays a key role in overall health and can positively affect everything from mood to energy levels. When thinking about ways to fuel busy days that will help you feel fuller, longer, look to clean, quality protein, which isn't just good for muscle growth and repair but also plays an integral part in overall health.

In fact, protein helps keep bones strong, supports your immune system, fuels metabolism to sustain energy, curbs cravings, distributes nutrients throughout your body and more.

If you're looking for ways to optimize your nutrition intake, it's important to know the U.S. Department of Health and Human Services' Dietary Guidelines for Americans recommends the average person consume 10-35% of their daily calories from protein. Some changes like replacing cereal with protein-rich foods like eggs, snacking on healthy fats like nuts or fibrous veggies and fruits, or starting meals by eating the protein first can help set you on the right path.

In honor of National Nutrition Month, consider these bite-sized tips from nutrition expert Steph Grasso, a registered dietitian nutritionist (RDN), social media influencer and member of the Orgain Nutrition Advisory Board, to help incorporate more quality nutrition into your diet in convenient, delicious ways and keep you feeling fuller, longer:

Choose nutritious, filling snacks. As part of your preparation for the week ahead, meal prep refrigerated snack containers featuring nuts, sliced cheese, veggies and a fun dip, like

Frozen Veggie Side Dish

Recipe courtesy of Steph Grasso on behalf of Orgain

- 1/2 bag (14 ounces) frozen white pearl onions
- 1 box (8 ounces) frozen quartered artichoke hearts
- 1 box (10 ounces) frozen chopped spinach salt, to taste pepper, to taste
- 1/2 cup frozen sweet peas
- 1/4 cup heavy whipping cream (optional)
- 1/4 cup 2% plain Greek yogurt
- 1/4 cup grated Parmesan cheese

Prepare frozen white pearl onions, artichoke hearts and spinach according to package instructions.

In pan over medium heat, saute onions and artichoke hearts until tender. Season with salt and pepper, to taste.

Add spinach, frozen sweet peas, heavy whipping cream, Greek yogurt and Parmesan cheese. Mix until cheese is melted, and peas are soft.

Serve with protein and grain of choice, if desired.

hummus. Grab-and-go fuel is imperative to creating balanced eating habits when life gets crazy. Another convenient solution, a highquality nutrition shake can serve as a delicious option on jam-packed days.

- Maximize nutrition when enjoying sweets. If you have a sweet tooth, adding a scoop of high-quality protein powder to baked goods can be a simple way to sneak more protein into your diet. For example, Grasso recommends adding unsweetened Orgain Plant-based protein powder to these High-Protein Pumpkin Pancakes. With 21 grams of vegan protein and an excellent source of iron with 6 milligrams per serving, organic protein powder is non-GMO and made without added sugar and artificial sweeteners.
- Have frozen veggies on hand. Frozen fruits and vegetables are just as nutritious and delicious as their fresh counterparts and often more affordable and convenient. They are typically picked and frozen at the peak of ripeness when they are most nutrient-dense. They are prepped and ready to go, making meal preparation fast and easy. An ideal accompaniment to your choice of protein and grain, this Frozen Veggie Side Dish includes Greek yogurt and cheese for an added protein punch.

Find more tips and protein-packed recipes at Orgain.com.





High-Protein Pumpkin Pancakes

Recipe courtesy of Steph Grasso on behalf of Orgain

- 2 cups oats
- 1/2 cup cottage cheese
- 1/3 cup pumpkin
- scoops Orgain unsweetened plant-based protein powder 2
- 1 teaspoon vanilla extract
- 2 egg whites
- nonstick cooking spray
- berries, for topping (optional)
- bananas, for topping (optional)
- nut butter, for topping (optional)
- syrup, for topping (optional)

In bowl, use blender to blend oats, cottage cheese, pumpkin, protein powder, vanilla and egg whites.

- Spray pan over medium heat with nonstick cooking spray.
- Use 1/3 cup measuring cup to scoop batter into hot pan one scoop at a time.

Flip pancake once pan-side is lightly browned. Remove from pan once both sides are cooked. Repeat with remaining batter.

Stack pancakes and top with berries, bananas, nut butter and syrup, if desired.