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5. Basking Shark
6. Giant Squid
7. Giant Pacific Octopus
8. Oarfish
9. Ocean Sunfish
10. Japanese Spider Crab

Source: TreeHugger.com

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of 3 Kings (KJV) in the Old or New Testament or neither?

2. Who said, "I indeed baptized you with water, but He will baptize you with the Holy Spirit"? Matthew, Mark, John the Baptist, Luke

3. From Leviticus 14, how long was a "clean" person required to remain outside his tent? One night, Two nights, Four days, Seven days

4. What town or city was Saul of Tarsus near when he converted to Christianity? Damascus, Assos, Corinth, Gaza

5. Jesus says that you have to do what to see the kingdom of God? Love one another, Be born again, Do what's right, Tithe

6. Which apostle's mother-in-law is mentioned in the Bible? Peter, Judas, James, Andrew

ANSWERS: 1) Neither, 2) John the Baptist, 3) Seven days, 4) Damascus, 5) Be born again, 6) Peter

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

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Upcoming Events

March 9th, 2024
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March 23rd, 2024
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O

Bingo Thursday open 5 start 6 and Sundays open 4 start 5:00

Salome's Stars

ARIES (March 21 to April 19) Congratulations, Lamb. The end of the month brings good news in the workplace, thanks to all the efforts you've made to get your projects off the ground and running.

TAURUS (April 20 to May 20) Don't let yourself be cowed into thinking that you're not up to the challenge you've taken on. Keep reinforcing your self-confidence. No one and nothing can stop you.

GEMINI (May 21 to June 20) Positive responses to a recent workplace move should give you the added assurance that you're on the right track. Celebrate the good news with family and/or friends.

CANCER (June 21 to July 22) There's still a little emotional fuzziness you have to work through before you can feel really certain about your recent decisions. But you're on the right track. Stay with it!

LEO (July 23 to August 22) You're tempted by an offer that seems close to what you've been looking for. But before you pounce on it, see if you can coax out some added perks to sweeten the deal.

VIRGO (August 23 to September 22) Your efforts to settle a volatile situation should prove to be successful. Now could be a good time to analyze what might have created the problem in the first place.

LIBRA (September 23 to October 22) A once-close associate reemerges with news that could cause you to reconsider a recent decision. But don't make a move before consulting a trusted adviser.

SCORPIO (October 23 to November 21) You might feel pressured to reveal a colleague's secret. But you can rely on your strong Scorpion sense of rectitude to help you continue to do the right thing.

SAGITTARIUS (November 22 to December 21) A pesky situation is still creating problems. But you are moving ahead with it, and it should soon be successfully resolved in your favor.

CAPRICORN (December 22 to January 19) A spate of indecision leaves you susceptible to doubt. But you'll soon regain your emotional sure-footedness and be back leading the way as usual.

AQUARIUS (January 20 to February 18) Love rules the week with new romances favored for single Aquarians looking for partners. Cupid also targets renewed commitment for wedded Water Bearers.

PISCES (February 19 to March 20) A surge of creativity keeps you happily busy through the week. But set aside some quiet time to share with loved ones. Some long-awaited news finally comes through.

BORN THIS WEEK: People rely on you whenever they need someone they can trust to be caring, considerate and also discreet.

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DAYLIGHT

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March 2024

S	M	T	W	T	F	S
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Holidays

- 10th - Daylight Saving Begins
- 17th - St. Patrick's Day
- 19th - Spring Begins
- 31st - Easter

Community Events

Summer Program. New Testament Christian Academy Summer Program will be starting registration April 1, 2024. Registration Fee is \$25. This program will run from May 17-August 2. Please call 434-836-2808. (434) 836-2802 ntca2023@gmail.com

Meet the Browns at Ballou March 9, 6-7:30 P.M. \$12/person. 760 W. Main St. Mr. Brown impersonator show with dinner served. Tickets purchased by March 4. (434) 799-5216

Resource Fair April 18, 10 a.m.-1 p.m. Community Market. FREE. Resources for seniors, document shredding, information sessions. (434) 799-5216

Craft and Yardsale Vendors Wanted! Local Event on March 2nd, 8th and 9th. Call 434-713-9867 for More Information.

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

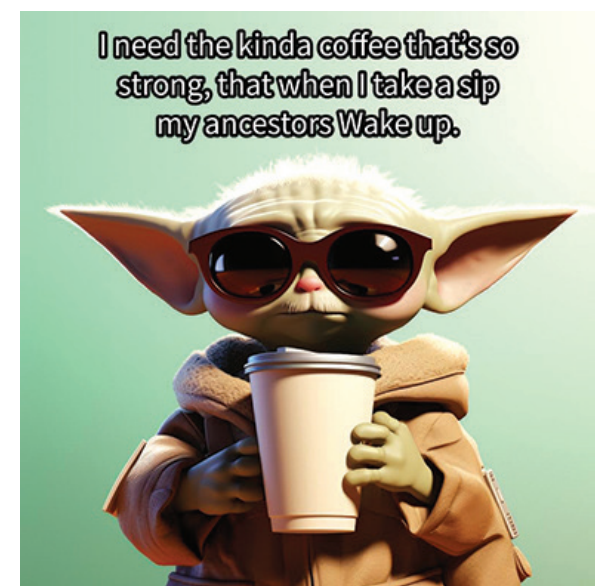
FREE HOT DOG LUNCH! March 23rd, 11:30am - 1:00pm. Trinity United Church, 409 Arnett Blvd. Danville, Va.

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

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Amber Waves

by Dave T. Phipps

TODAY'S THE DAY. I REALLY NEED TO GET IN SHAPE.

I SUPPOSE I REALLY COULD START EXERCISING MORE.

BESIDES, I'M WILLING TO BET IT'S MOSTLY GENETIC.

THAT'S IT. ONLY ONE ACRE FOR LUNCH FROM NOW ON.

TIGER

by BUD BLAKE

LET'S RACE!

OKAY HUGO--WE'LL RACE DOWN ROUND THE FIRE-PLUG, UP OVER THE HILL, AND BACK HERE

READY, SET, GO!

HEY YOU DIDN'T EVEN RACE!

LET'S LOOK AT IT THIS WAY: I CAME IN SECOND

The Spats

by Jeff Pickering

I TAKE MY WIFE EVERYWHERE

...BUT SHE KEEPS FINDING HER WAY BACK.

Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Car door is different. 2. Rear tire is moved. 3. Side mirror is added to car. 4. Teddy bear is missing. 5. License plate is missing.

King Crossword

ACROSS

- Manhandle
- Annex
- Trig function
- Within (Pref.)
- "Ben- —"
- Toledo's lake
- "Sure, of course"
- Bakery buy
- "Yippee!"
- Apple music service
- Pride parade initials
- "Let me think ..."
- Valley in California
- Indy event
- Wall climber
- Rocker Rose
- Plains grazers
- Formerly known as
- Earth (Pref.)
- Stink
- "It's — real!"
- Texter's "Enough!"
- Bring up
- Tell
- Pink hue
- Lena of "The Reader"
- Sake, e.g.
- Curse
- Greek mountain
- Blood part
- Ore source
- Aswan's river
- Congers
- Flag feature
- Like lions
- Expert
- Filches
- Israeli carrier
- Guitarist
- Clapton
- Funny person
- Visitor to Siam
- Ogler's look
- Altar affirmative
- Jazz lover

DOWN

- Calico's call
- "My Way" writer
- Beehive State
- Jesuit university
- Sushi fish
- Press for payment
- Zwei follower squad
- Stunning gun
- Pester
- Chopper
- Story thread
- Pepsi rival
- Victory sign
- Longing
- Telly watcher
- Cleveland

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Trivia test by Fifi Rodriguez

- GENERAL KNOWLEDGE: Which large U.S. city is nicknamed Rip City?
- MOVIES: Which movie features the quote, "She doesn't even go here!"
- GEOGRAPHY: Which national capital city is the northernmost in the world?
- TELEVISION: Which long-running sitcom features a dad named Phil Dunphy?
- GAMES: In chess, how many knights does each player have at the beginning?
- GEOLOGY: What natural phenomenon is associated with igneous rock?
- LANGUAGE: How many official languages are in the United Nations?
- MUSIC: David Grohl was a drummer in which band before he became the frontman for the Foo Fighters?
- ANIMAL KINGDOM: What is a group of alligators called?
- FOOD & DRINK: What kind of meat is used in Hasenpfeffer, a traditional German stew?

Solution time: 24 mins.

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King Crossword Answers

1. Portland, Oregon; 2. "Mean Girls"; 3. Reykjavik, Iceland; 4. "Modern Family"; 5. Two; 6. Volcanic eruption; 7. Six; 8. Nirvana; 9. A congregation; 10. Rabbit.

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Announcements

Summer Program. New Testament Christian Academy Summer Program will be starting registration starting April 1, 2024. Registration fee is \$25. Please call 434-836-2802 This program will run from May 27-August 2. (434) 836-2802 ntca2023@gmail.com

Delta Sigma Theta Sorority BINGO Scholarship Fundraiser. Hosted by Delta Sigma Theta Sorority, Incorporated March 3, 2024 Ballou Park Senior Citizen Center lower level 3pm-7pm. Tickets are available via Eventbrite. (434) 251-6914 fin3st2018@yahoo.com

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Piedmont Pets

March 7, 2024 By Paulette Dean

Pittsylvania County does not have a county-wide law that prohibits dogs from roaming freely. The City of Danville does have a city-wide prohibition. However, dogs in both locations routinely are lost or stray away from their homes. Lots of circumstances cause a dog to be lost, independent of actions of the owners. For instance, gates are left open by accident, dogs dart out of an open door, they may wiggle out of a collar attached to a leash, etc.

Millions of lost dogs and cats enter shelters each year, and relatively few are returned to the owner, unless that owner has been diligent about providing an easy way home for the animal.

What is the best way an owner can help ensure their lost animal (dog, cat) can return home?

The answer is a simple one – microchip that animal. Shelters and veterinary clinics scan for microchips and many animals are reunited with their owners.

A tiny transponder, called a microchip, the size of a grain of uncooked rice may solve many of these problems. This is a permanent identification system implanted under the animal's skin and read by a chip scanner. Implantation is done with an injector that places the chip under the loose skin between the shoulder blades.

The advantages are numerous. The process is quick and no more painful than a vaccination. The chip does not get lost, and a simple procedure with a scanner alerts a shelter that a microchip has been inserted. The owner's name and address can be

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

registered on a national or regional database.

A registered microchip can be a way to help your animal come home, and it can also be proof that the animal belongs to you.

Currently, microchips do not function as a GPS device, although it would be wonderful if they had that capability.

We are thrilled to let you know that we are having another free microchip clinic through the courtesy of the John B. and Elizabeth Hall Animal Rescue Fund at the shelter from 11 a.m.-1 p.m. on Saturday, March 23rd. We even register the chip for you!

This will be for residents of Danville and Pittsylvania County and there will be a limit of two per household. You will need to sign a statement that this is your animal and you are not going to advertise it for sale or giveaway.

No appointments are necessary. Please visit our website (dahsinc.com) or our Facebook page (Danville Area Humane Society VA) for more information about event.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Gothic Revival

Despite the technological and manufacturing advancements of the 19th century, many artists of the time looked to the past for inspiration. Visual artists developed the Pre-Raphaelite style. Architecture and decorative arts had the Gothic Revival.

While it started earlier in England, the Gothic Revival lasted from about 1840 until 1860 in America. Buildings and furniture were decorated with towers, pointed arches, tracery and other features borrowed from medieval castles and cathedrals.

Of course, imitating medieval style didn't mean sticking to medieval technology. Homes in the Middle Ages would have been heated by hearths, but the Victorian era had more efficient and effective ways.

Cast-iron stoves were being made about 1728, and cast iron became popular for furniture in the mid-1800s. This box-shaped Victorian wood stove sold at a Conestoga auction for \$354. The designs embossed on its front, back and sides show the decorative potential for cast iron and provide an example of Gothic Revival style. There is a row of pointed arches, also known as the Gothic arch, on each side. As arguably the most distinctive feature of Gothic architecture, this arch was often incorporated into Gothic Revival designs.

Q: My kids all have character lunch boxes. When I was in elementary school, everyone had lunch boxes with their favorite cartoon character, movie or band. When did they start making these and are old ones valuable?

A: The first character lunch box was made in 1950 when one was marketed with the cowboy movie star Hopalong Cassidy. The fictional hero walked with a limp in books, movies and television. Aladdin Industries was the first company to produce a lunch box and thermos with a licensed character. More than 60,000 Hopalong



This cast-iron wood stove kept a 19th-century room warm. Its embossed designs, especially the rows of pointed arches on its sides, were meant to evoke medieval architecture.

Cassidy lunch boxes were sold in the first year, starting the character lunch box craze that continues to this day. Vintage metal lunch boxes recently have been selling for \$200 to \$775.

TIP: Don't wax a piece of furniture that has not been cleaned in the past year.

CURRENT PRICES

Bowl, San Juan Pueblo, flared lip, two-tone, red top half, orange base, micaceous clay, signed, Myrtle Cata, late 20th century, 5 x 8 3/4 inches, \$60.
Toy, Space Crawler, Man In Space, spaceship, Major Matt Mason astronaut figure, accessories, papers, box, Mattel, 1966, \$95.

Barometer, thermometer, Federal, mahogany, weather and humidity dials, bubble level, signed, G. Carter, 39 x 9 1/2 inches, \$150.

Chrome lamp, cube shade, stacked cube base, black enameled platform, signed, Curtis Jere, Artisan House, c. 1960, 36 1/2 x 18 inches, \$485.

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

What's Going on in Shopperland



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Big Brothers Big Sisters of Danville Area



Big Brothers Big Sisters of Danville Area CEO Pat Daniel attended Big Brothers Big Sisters at Capitol Hill Day in Washington DC on February 28, 2024. 115 BBBS agency leaders from 91 agencies from 31 states were in attendance as well as local BBBS affiliate CEO's, National Staff, and BBBS Board of Directors members. Attendees visited 165 congressional and/or senate offices.

Pictured with BBBS of Danville Area CEO in the first photo are Sandra Erickson of BBBS Fredericksburg and Ellie Martinez of Richmond, VA to Hampton Roads, VA.

For more information about BBBS of the Danville Area contact Pat Daniel at 434-773-8394.

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 Devyn Dickens, 3rd Generation Owner, Following Dickie Dickens



Danville Parks and Recreation March Newsletter

Danville Parks and Recreation is excited to share the following highlights for March. From events to programs to news, here's what's happening at Danville Parks and Recreation:

Events:

Spring Egg-stravaganza: March 23. Ballou Recreation Center. 10 a.m. to 12 p.m. Free event. Have a hopping good time at the Spring Egg-stravaganza inside Ballou Recreation Center. This free event will be in the lower level of the building, including activities such as pictures with the bunny, cookie decorating, crafts, and more! Call (434) 857-3384.

Green Monster: March 23, Anglers Park, 8 a.m. to 8 p.m. \$100/person. Danville's original ultra run is back! Participants can expect a two-mile course mixing gravel, wooded trail, and pavement on this challenging 12-hour day. All registrants will receive long-sleeve t-shirts, finisher medal(s), food, and swag if registered by March 8. Call (434) 799-5150.

Program Spotlights:

Junior Naturalists: March 5 and 19. 5:30 p.m. to 6:30 p.m. No fee. This hands-on learning experience explores the natural world around us through local excursions and experiential learning. Ages 6-12. Call (434) 799-5150.

Preschool Park Tales: March 13. Camilla Williams Park. 10:30 a.m. to 11:30 a.m. No fee. Join us at Camilla Williams Park for a delightful story time that will ignite imaginations while enjoying the great outdoors. Ages 2-5. Call (434) 799-5150.

Improvements and Initiatives:

The Danville Parks and Recreation maintenance division completed two new cornhole stations at Shelter 6 at Ballou Park recently. This area now gives park visitors the opportunity to play both horseshoes and cornhole in the same location. The cornhole boards are open to all park goers. Users must bring their own bags.

Odds & Ends

Party In The Potty

How do you attract a crowd in a convenience store? Easy! Throw a party in the potty. The HOP Shops chain of stores in Kentucky recently installed big red buttons in its bathrooms warning customers with a sign warning, "Do Not Push This Button." When you push the button – and that's the idea – it triggers an array of colored lights, music and, of course, a disco ball and all of a sudden you find yourself in a mini dance club. It works. Store manager Mary Moss told WDKY-TV, "I had a 60-year-old woman who came out of the restroom and told me it was the best day of her life."

How 'cool' is this

Katarzyna Jakubowska suggests that it's in their genes for women to endure hardships. She should know, having earned a page in the Guinness Book of World Records when she withstood 3 hours, 6 minutes and 45 seconds in a box filled with ice up to her neck. As she put it, "I believe that we have great strength as women" and "I wanted to show that if we want something, we can do it."

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. Personal conviction	B _ _ _ _ _	Freedom from pain	R _ _ _ _ _
2. Pirate's board	_ L _ _ _ _	Practical joke	_ R _ _ _ _
3. Semi or pickup	_ _ U _ _ _	Runner's pathway	_ _ A _ _ _
4. Stagger	_ O _ _ _ _	Space telescope	_ U _ _ _ _
5. Thirst quencher	_ _ T _ _ _	Hem and haw	_ _ V _ _ _
6. Sluggish	_ L _ _ _ _	Light rain	_ H _ _ _ _
7. Eden fruit	_ P _ _ _ _	Plenty	_ M _ _ _ _
8. Dormant	_ _ T _ _ _	Bemoan	_ _ M _ _ _
9. Singer Shelton	_ _ _ K _ _	Razor, e.g.	_ _ _ D _ _
10. Ice cream spoon	_ C _ _ _ _	Meddle	_ N _ _ _ _

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

Ronnie L. Warren

December 17, 1950 ~ March 5, 2024 (age 73)



Ronnie L. Warren, age 73, of Danville, Virginia, passed away on Tuesday, March 5, 2024 at Roman Eagle Health and Rehab.

Mr. Warren

was born on December 17, 1950 in Danville, Virginia to the late Ruby Martin Warren and Raleigh Warren.

Mr. Warren spent most of his life where he was employed as an Inspector for the city of Danville and was also a member of the River City Band. He loved to collect all sorts of guns. Mr. Warren and his wife Nancy enjoyed attending Bike Week at Myrtle Beach.

Mr. Warren is survived by his wife, Nancy Warren; daughters, Amy Edwards and Samantha Osborne; brother, Robert Warren; grandchildren, Ethan Warren, Spencer Pruitt, Conner Warren, Ally Earley, and Dawson Edwards.

Memorial services will be conducted on Thursday, March 7, 2024 at 2:00pm at Swicegood Funeral Home with Reverend Duane Blevins officiating.

Swicegood Funeral Service is respectfully serving the Warren family.

Lucy Brumfield Haynes

September 24, 1952 ~ February 29, 2024 (age 71)



Mrs. Lucy Brumfield Haynes, age 71, of Danville, Virginia, died Thursday, February 29, 2024 at her residence.

Mrs. Haynes was born on September 24, 1952 in Danville, Virginia to the late Perrow Anderson

Brumfield Sr. and Ellen Adean Walker Brumfield.

Mrs. Haynes spent most of her life in Danville where she was a legal secretary for Carter & Craig.

Mrs. Haynes is survived by her husband, Johnnie Haynes; son, Heath Haynes; sisters, Dorothy "Tink" Emerson, Vickie Yarbrough, Lois Crane, and Jane Hawker.

In addition to her parents, she was predeceased by her sisters, Nancy Stowe, Evelyn "Pug" Hunt; and brother, P.A. Brumfield Jr.

Memorial services will be conducted on Saturday, March 9, 2024 at 2:30pm at Kingdom Hall of Jehovah's Witnesses 118 Jenny Lane Danville, Virginia with Jim White officiating. Visitation will be held from 1:30-2:30 at the Kingdom Hall.

Zoom link for Mrs. Haynes's memorial service provided below.

<https://us02web.zoom.us/j/84404007298?pwd=ZEQ5dHBITEVrOEIhS3lzZjhLV2J3dz09>
Meeting ID: 844 0400 7298
Passcode: 774521

Swicegood Funeral Service is respectfully serving the Haynes family.

Essie Strader

March 10, 1939 ~ February 26, 2024 (age 84)

Ms. Essie Strader, age 84, of Danville, Virginia, passed away on Monday, February 26, 2024 at Sovah Health.

Ms. Strader was born on March 10, 1939 in Ferrum, Virginia to the late Herman Gusler and Frances Young Gusler.

Ms. Strader spent most of her life in Danville where she was a secretary for Dan River Mills.

Ms. Strader is survived by her son David Strader (Jenn Buchanan); daughters, Susan Smith and Sandy Evans (Shea); grandchildren, Christopher Evans (Ashley Mauk), Gracie Shelton (Jonathan), Molly Smith (Ryan Thomas), and Meghan Strader.

Graveside services will be conducted on Friday, March 1, 2024 at 2:00pm at Danville Memorial Gardens with Reverend Eddie Hite officiating.

The Family would like to thank Catherine Stone, Debra Ferrell, Alexis Ferrell, and Audrey Stone for their care.

Swicegood Funeral Service is respectfully serving the Strader family.

John Dennis Scott



John Dennis Scott passed away peacefully on February 24, 2024.

John was born and raised in Concord, North Carolina. He was the son of the late Myrtle Paige Scott and Roy Rubin Scott. John was most proud of

his football scholarship to Clemson University and to be the first college graduate in his family. He majored in Parks and Recreation and had his first job with Parks and Recreation of Danville, serving those with special needs in a local kindergarten class and summer day camps.

He served as Director of Parks and Recreation in Marion, South Carolina; Director of Camp Virginia Jaycee (a residential camp for children and adults with intellectual disabilities) and later, with the State Department of Parks and Recreation in Richmond, Virginia.

In 1974 John made a career change and worked his way up to General Manager of Tamson Chevrolet in Danville. He was later employed at Fuquay Pontiac. John was past Executive Director of the Danville Arc (Arc of the Southside) and founder of White Oak School for children with developmental and intellectual disabilities. He ended his career as Executive Director of Doves, Domestic Violence Center for Women.

John had a very kind, caring spirit and later in life, enjoyed helping others, doing odd jobs as a handyman. He loved Christmas and showering his children and grandchildren with gifts. He is survived by his two brothers, Roy, R. Scott, Jr. of Concord, North Carolina, and Bob G. Scott, of Kannapolis, North Carolina; daughters, Tammy S Winters (Aaron) of Deltona, Florida, and Joie S Ford (Ron) of Danville; seven grandchildren, Haley Ford, Jordan Whitt, Jady Whitt, Honor Ford, Braedon Whitt, Hayden Ford, and Hudson Ford, all of Danville; a special friend, Jeanette Staton and dog, Taylor.

John was loved by his family, many friends, and will be greatly missed.

Please sign the online guestbook on the Memory Wall at www.townesfuneralhome.com The Scott family has entrusted arrangements to Townes Funeral Home and Crematory, 215 West Main St., Danville, VA, 434-793-1211

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Strange BUT TRUE
 By Lucie Winborne

* Andrew Jackson's parrot was kicked out of his funeral for swearing.

* In 1947, The New York Times opined that "the pizza could be as popular a snack as the hamburger if Americans only knew more about it."

* Buzz Aldrin's mother's maiden name was Moon.

* When pirate Richard Worley, captain of the New York's Revenge, captured his second ship, he named it the New York Revenge's Revenge.

* Wisconsin is known as the Badger State because the area's lead miners used to spend winters in tunnels burrowed into hills -- like badgers.

* Jim Carrey was the first actor to have three number one movies in one year.

* The Palais Ideal in France was built entirely of stones that a postman named Ferdinand Cheval picked up on his mail route.

* Honey hunters in Mozambique use special calls to recruit the services of birds known as honeyguides. The birds lead the humans to bees' nests, and in return, they get the leftover bees-wax.

* In 1964, a pre-fame 17-year-old David Bowie was interviewed on the BBC program "Tonight" as the founder of The Society for the Prevention of Cruelty to Long-Haired Men.

* Thomas Edison nicknamed two of his kids Dot and Dash after the Morse code signals.

* Army ants that misinterpret the scent trails left by other ants will sometimes break from the crowd and march in circles. If enough ants join them, they can form massive "death spirals."

* John Quincy Adams was an avid skinny-dipper who included dips in the Potomac River as a regular part of his exercise regimen.

* Crayola came from the words for "oily chalk."

* The U.S. Senate's Rule XIX states that U.S. senators cannot insult their colleagues.

Thought for the Day: "Leaders can let you fail and yet not let you be a failure." -- Stanley McChrystal

SENIOR NEWS LINE
 by Matilda Charles

It's the Little Expenses That Add Up

"But it's only ..." is a phrase I've come to dislike. It always involves money and people who don't understand living on reduced income.

"But it's only twenty dollars a month," said the one who was signing up for the new program at the rec center and trying to convince others to do the same. "But it's only an extra fifty dollars a month," said the one who was purchasing a package of extra TV cable channels and encouraging the rest of us to do the same. "But it's only..." said the one who happily signed up for a year-long membership at a certain big box warehouse, until we stopped her in mid-phrase.

"But it's only" tends to add up when we calculate all the additional expenses that have come as a result of the increase in prices of, well, everything: rent, electricity, food, clothing, car insurance, movie tickets, prescription drugs, telephone service, pet food and veterinary care.

Seniors on limited income do the mental math each and every time they hear that phrase and consider the extra expense. When they add the new number to the previous number, they come to the reality: They will not make it through the month if they add new X to the previous total Y, because the increased total Z doesn't exist.

Here are two ways I've managed to shave some dollars off the amount that goes out each month.

The car insurance company gave me a hefty discount when I inquired about combining auto and homeowners insurance under one umbrella. The savings really added up, even though it meant leaving a company I'd been with for decades that did not offer a seniors discount.

I contacted every company I deal with, and three of them offer seniors discounts, which I'd never suspected.

Sometimes all you have to do is ask.



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Treatment Given for Dry Eyes Fails to Improve Condition

DEAR DR. ROACH: I developed chronic dry eyes after having cataract surgery on both eyes. I consulted an ophthalmologist who specialized in treating dry eyes. She prescribed Restasis, but my condition didn't improve after three months of use. She then switched me to Xiidra and instructed me to use it for two more refills, which lasted for nine months.

At the end of my conversation with the dry eye specialist, she said that she had done everything she could for me. I inquired about the Miebo drug that was recently approved or the LipiFlow procedure. She mumbled something, then said "goodbye" and "good luck." Was she openly admitting her incompetence? -- K.J.W.

ANSWER: It's hard for me to believe that a dry eye specialist wouldn't know about the new treatments available in their area of expertise, and I can only guess that there was some kind of miscommunication. As a generalist, I have to know at least a little bit about a whole lot of conditions, rather than a specialist who knows a whole lot about just a few conditions.

For most people with dry eyes, starting with artificial tears is usual and effective, but I certainly have had patients use artificial tears many times daily and still have unpleasant symptoms. I also recommend trying to avoid dry areas, especially with high airflow.

Most people with dry eyes have blockages in the meibomian glands, which secrete an oily substance that helps prevent the eye fluid from drying. It also forces the lacrimal glands to make more tears. (This leads to the paradox of people having red, watery eyes when they really have dry eye disease.) Trying to unblock the meibomian glands with baby shampoo and warm water is another treatment generalists like me often try. But when these therapies aren't working, an ophthalmologist is essential.

An ophthalmologist can do an exam to be sure if the meibomian glands are blocked. Among the treatments they have available are the ones you tried: cyclosporine (Restasis), which works well for a minority of people; lifitegrast (Xiidra), which decreases inflammation; varenicline (Tyrvaya), which increases tear production; and Miebo (perfluorohexyloctane), which works by reducing evaporation.

If the problem really is the blocked glands, doctors can also consider more powerful treatments to unblock them. One of these, Lipiflow, is a heat-based treatment. My colleagues in ophthalmology, to whom I refer, tell me that this is often successful, although the process may need to be repeated -- sometimes every six months and sometimes longer. Ophthalmologists can also place plugs to reduce the loss of tears through drainage.

DEAR DR. ROACH: We're told to wash our hands with soap and water for 20 seconds to kill the COVID-19 virus. How long should we wash our hands to kill bacteria and other viruses? -- C.C.

ANSWER: 20 seconds is the right amount of time for bacteria and viruses. An alternative is an alcohol-based handrub, which is fast and effective. Of course, you should wash your hands before and after eating -- and after using the restroom. Bacterial spores cannot be easily killed, but they are effectively washed off with soap and water. In cases where spores are a concern (Clostridioides difficile is a big one), then handwashing is essential, as alcohol is ineffective.

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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SATURDAY, MARCH 16TH
10:00am
Doors open at 8, sale begins at 10 am.
Preview the sale on Friday MARCH 15th from 1pm - 4pm

Auction Location
760 Holbrook Ave, Danville, VA 24541
Rain or Shine - Auction is Inside

Such an exciting LIVE auction coming up on Saturday, March 16th!! This is a huge lifelong collection that has been hidden away for years in Downtown Danville!!

A very brief overview includes vintage automobiles, 1991 Corvette, 1990 Corvette, 1958 Ford Edsel Ranger 2 door, 1959 Ford Edsel Ranger 4 door. Allis Chalmers tractor, motorcycles, scooter, 30+ vintage pinball machines, arcade games, trucks, ATV 4 wheelers, hit & miss engine, dune buggy, scissor lift, forklift, lots of vintage advertising, many local collectibles, mid century furniture, tools, entire paint booth from GW High School, vintage bicycles, antique wood stoves, crocks, jugs, churns, vintage record albums, World War II items, old posters, shop items, appliances, collection of old bottles, copper apple butter kettles, ham boilers, stools, ladders, liquor bottles, clocks, glassware, many collectibles, antique safes, oak Hoosier cabinet, victrola, icebox, early wardrobes, Coca-Cola drink boxes, automotive parts, trailer with tank, lawn mowers, pianos, trunks, cast iron pots & pans, grinding wheel from Mabry Mill, TVs, cross cut saws, and that is only the tip of the iceberg!! We are still unpacking and finding treasures everywhere we look.

This will be a live auction only, no internet bidding.

















SALE CONDUCTED BY: Steven Burke,
VAAL #2759, VAFL #871, NCAL #9321, NCFL #10110
www.bhantiqueauctions.com 434-836-4636

TERMS: Cash, approved checks, MasterCard, Visa, American Express & Discover accepted. Everything sold as is, where is with no guarantees. All merchandise must be paid for by or at the end of the sale. 18% Buyer's premium. Any announcements made at auction take precedence over printed matter.

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THANK YOU FOR VOTING US #1

Pineapple Upside-Down Dump Cake

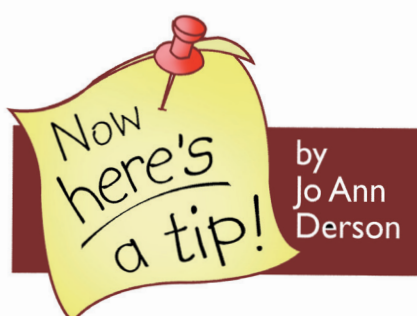


Ingredients

- 3/4 cup butter, divided
- 2/3 cup packed brown sugar
- 1 jar (6 ounces) maraschino cherries, drained
- 1/2 cup chopped pecans, toasted
- 1 can (20 ounces) unsweetened pineapple tidbits or crushed pineapple, undrained
- 1 package yellow cake mix (regular size)
- Vanilla ice cream, optional

Directions

1. In a microwave, melt 1/2 cup butter; stir in brown sugar. Spread evenly onto bottom of a greased 5-qt. slow cooker. Sprinkle with cherries and pecans; top with pineapple. Sprinkle evenly with dry cake mix. Melt remaining butter; drizzle over top.
2. Cook, covered, on high 2 hours, or until fruit mixture is bubbly. (To avoid scorching, rotate slow-cooker insert a half turn midway through cooking, lifting carefully with oven mitts.)
3. Turn off slow cooker; let stand, uncovered, 30 minutes before serving. If desired, serve with ice cream.



* Use a muffin pan to make cookie cups for ice cream or fruit. Just flip your muffin pan over, and press dough over the upturned wells. It will puff up a little, but once it settles, they make very nice bowls. I do this with pizza dough as well. Prebake for a few minutes to form the bowl, then fill with ingredients and complete baking.

* If you can put a tension rod in the cabinet under your sink, you can use it to hang spray bottles for extra storage. It's amazing how much space clears up, and it's easy to find the bottle you need.

* Got popcorn? For a healthier (and much less expensive) version, go old-school: Put popping corn kernels in a regular brown paper bag, seal the bag, then microwave.

* "Bread tags (the little plastic clips that hold bread bags closed) make great cord organizers when you are using a multiple outlet power strip. Write the kind of device (e.g. TV, Xbox, cable box) on the tag, then clip it to the plug end of the cord. When you need to unplug, it'll be easy to see which is which." -- C.C. in Ohio

* Travel a lot? Make use of those shower caps by pairing up shoes and using the shower cap to hold them together while simultaneously protecting your clothes from the shoe bottoms. Smart!

* "I make plenty of cupcakes for my children's various events, but I kept having unreturned cupcake carriers. Those things are expensive! I make my own now, using a box lid. The lids for paper cartons work really well. Cut a cross into the lid top with a razor or carpet knife, and press down. Make it the size of a cupcake. Insert cupcakes and go." -- A.R. in Georgia

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

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FLASHBACK

POP ROCK & SOUL TRIVIA BY MICK

1. Which group released "I Like It"?
2. Who first released "I Heard It Through the Grapevine"?
3. The Royal Teens were best known for which song?
4. Name all the brothers in the Jackson 5.
5. Name the song that contains this lyric: "O! Smokey's got them ears on, He's hot on your trail, And he ain't gonna rest 'til you're in jail."

Answers

1. Gerry and the Pacemakers in 1964. It was the group's second hit after "How Do You Do It."
2. Gladys Knight & the Pips, in 1967. It was the Marvin Gaye cover, however, that was first inducted into the Grammy Hall of Fame in 2004. The Pips' version was inducted in 2018.
3. "Short Shorts," released in 1958. The song was penned by Bob Gaudio, writer of several of the songs released by the Four Seasons, such as "Sherry." The song was used several times in episodes of "The Simpsons."
4. Michael, Jackie, Jermaine, Marlon and Tito.
5. "East Bound and Down," by Jerry Reed in 1977. The song was the soundtrack for the "Smokey and the Bandit" film. In the film, a couple of good old boys are making a fast multi-state run to bring back 400 cases of beer, one step ahead of the sheriff.

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SALES This Week!



Yard Sales

Estate Sale, Downsizing. Fri Mar 8th & Sat Mar 9th, 9am-3pm. 236 Grove Park Circle, Danville. Furniture, Rugs, Pictures, Tools, Glassware, Vintage/Collectibles/Antiques and More!! Discover Treasures!

141 Capri Ct Friday 8-11. Fri Mar 8th, 2024 from 08:00 AM - 11:00 AM Inside sale. (434) 250-3666

Garage Sale. Fri Mar 8th, 1-5pm. Sat Mar 9th, 9-3pm. 1319 Jamerson Road North. Tools, Hunting, Fishing and Sports Memorabilia.

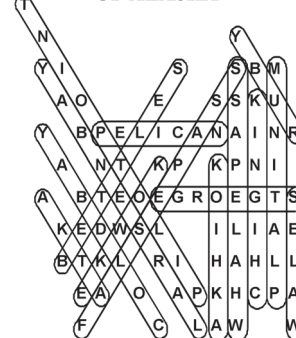


ESTATE LIQUIDATION TAG SALE. Fri Mar 8th, 2024 from 10:00 AM - 04:00 PM Sat Mar 9th, 2024 from 10:00 AM - 03:00 PM Selling the Personal Property in the Oglesby Estate 742 Westover Drive, Danville, Va. Go to estatesales.net for pictures - sale conducted by Joan Daniel 434 251 4256 (434) 251-4256 joandaniel1945@gmail.com

See You Next Time

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Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Belief, Relief | 6. Slower, Shower |
| 2. Plank, Prank | 7. Apple, Ample |
| 3. Truck, Track | 8. Latent, Lament |
| 4. Hobble, Hubble | 9. Blake, Blade |
| 5. Water, Waver | 10. Scoop, Snoop |

Ponderings

It turns out that when asked who your favorite child is, you're supposed to pick out one of your own. I know that now.

It's fine to eat a test grape in the produce section, but you take one bite of rotisserie chicken and it's all, "Sir, you need to leave!"

One thing no one ever talks about, when it comes to being an older adult, is how much time we devote to keeping a cardboard box because it is, you know, a really good box.

I can't believe I forgot to go to the gym today. That's seven years in a row now.

If you drop something when you were younger, you just picked it up. When you're older and you drop something, you stare at it for just a bit contemplating if you actually need it anymore.

I like to make lists. I also like to leave them laying on the kitchen counter, and then guess what's on the list when I am at the store.

A giraffe's coffee would be cold by the time it reached the bottom of its throat. Ever think about that? No, you only think about yourself.

Ask your doctor if a drug with 32 pages of side-effects is bad for you.

