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Please join me on Tuesday, April 9, 2024 for pizza and Medicare Workshop at Ballou Park, 760 W. Main Street Danville, VA at 5:30pm.



ARIES (March 21 to April 19) New opportunities spring up for the Arians. Kick up those heels and go, go, go for them. Remember, someone special will be rooting for your success.

TAURUS (April 20 to May 20) Indulge in your love of beauty. Buy something marvelous for your home, then plan a romantic dinner at a special place with your special person.

GEMINI (May 21 to June 20) Your diligent search for the truth pays off. You can now go ahead and make a decision fully armed with the facts. But expect some resistance to your plans.

CANCER (June 21 to July 22) Travel is favored, but be prepared to be flexible in planning your trip. A family situation may cause you to delay your original departure date.

LEO (July 23 to August 22) Be careful to whom you confide in with your secrets. While you certainly have your admirers, you also have detractors who would love to puncture the Lion's pride.

VIRGO (August 23 to September 22) A certain family problem still needs your attention. It would be unwise at this time to let things slide. Things start to look more promising on the job.

LIBRA (September 23 to October 22) Your mate seems to feel increas-

ingly ignored. Try for a better balance between your home and work commitments. Start with a romantic weekend getaway.

SCORPIO (October 23 to November 21) Missed opportunities usually come from miscommunication, but it's not too late to correct the wrong assumptions. A timely call can help reestablish important contacts.

SAGITTARIUS (November 22 to December 21) Your usually keen sense of direction needs some sharpening this week. Stay focused on your goals despite some pesky distractions. Your efforts will soon pay off.

CAPRICORN (December 22 to January 19) Don't automatically reject suggestions from friends and family members. Some of their ideas might be helpful. Check them out before you decide to chuck them out.

AQUARIUS (January 20 to February 18) Expect to be pleasantly startled when a promise from the past finally comes through for you. Use this as an opportunity to restart a long-delayed project.

PISCES (February 19 to March 20) An air of conspiracy dominates the workplace. Avoid taking sides. This is one time when you need to concentrate on being your own best friend.

BORN THIS WEEK: You despise hypocrisy. Your honesty is admired, although your friends sometimes feel you could be less blunt and a little more diplomatic. You love living life to the fullest.

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BIBLE TRIVIA

1. Is the book of Acts (KJV) in the Old or New Testament or neither?
2. From Proverbs 30, what will pluck out the eyes of anyone who scorns their parents? Demons, Ravens, Doves, Quails
3. How many times is the word "apple" or "apples" mentioned in the Bible (KJV)? 2, 11, 37, 51
4. From Matthew 8, what Roman official asked Jesus to heal his servant? Marshall, Governor, Centurion, Jailor
5. Who wrote, "The love of money is the root of all evil"? Timothy, Isaiah, Moses, Paul
6. Who was the father of Hosea? Uzzah, Beer, Joash, Ahab

ANSWERS: 1) New, 2) Ravens, 3) 11, 4) Centurion, 5) Paul (1 Timothy 6:10), 6) Beer

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

Fraternal Order of Eagles
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April 13th, 2024
Diamond Edge

April 27th, 2024
The Stallions

May 4th, 2024
Sidekick

May 18th, 2024
Southern Class

All Shows
8 pm - 11:30 pm
Doors open @ 7:30
Admission \$10.00
21 & Up with ID
Brown Bag Fee \$5.00 per bottle

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

Young Drugstore Clerk

The proprietor of a small village drugstore was called out one sleepy summer morning, leaving the establishment temporarily under the sole management of a very young, and very uneducated, clerk.

"Just answer the phone if it rings, Jim," instructed the proprietor.

The phone rang.

"Hello," said the clerk.

"Do you have streptomycin and Aureomycin?" asked a voice at the other end.

The clerk scratched his head, then said, "Ma'am, when I said 'Hello' I told you everything I know."



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top ten

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- 4 The town of Albert, TX: \$2.5 MILLION
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- 6 The town of Bridgeville, CA: \$1.77 MILLION
- 7 Honus Wagner baseball card: \$1.1 MILLION
- 8 Ferrari Enzo: \$1 MILLION
- 9 Shoeless Joe Jackson's baseball bat: \$577,610
- 10 Ian Usher's "life": \$309,292

Source: FinancesOnline.com

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April 2024

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

Holidays

- 15th - Taxes Due
- 22nd - Earth Day

Community Events

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

Inside Yard Sale Elks Club Lodge 227, 560 Main Street on May 18th, 6:30am-Until. \$25 Per Table. Collectibles, Vintage, Coins, Antiques and More! Call 434-709-4212 or 434-441-8430 or email kittyalderson1@gmail.com for Lots More Details!

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

Bachelors Hall Fire & Rescue Department Auxiliary is having a Spaghetti Fundraiser on April 13th from 5pm-7pm. Meal Includes Spaghetti, Salad, Toast, Dessert & Drink. Take-out Available. \$12 for Adults and \$6 for Children (10 and below). 1301 Berry Hill Road. For More Info Call Ann 434-685-5075.



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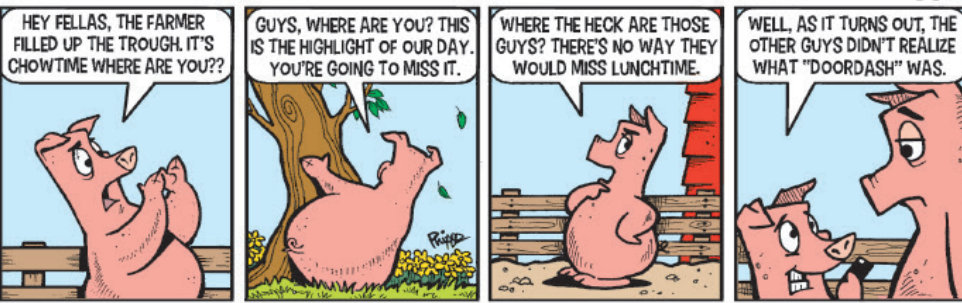
JONES CHAPEL MISSIONARY BAPTIST CHURCH
Free Clothing Giveaway - Saturday, April 6th - 11:00 am to 3:00 pm (JONES CHAPEL BAPTIST CHURCH, 201 Barrett Street, Danville, VA) - Clothing, shoes, handbags, hats, and more. Available for men, women, teens, children and toddlers. Various sizes and styles. LIMITED # OF SELECTIONS. ALL ITEMS ARE FREE!!! (229) 449-0345

CALL 822-1800 TO ADVERTISE IN THE



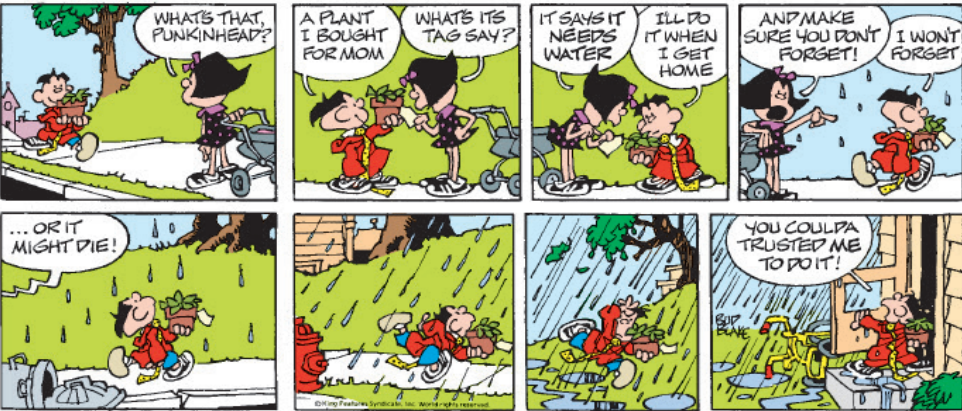
Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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.

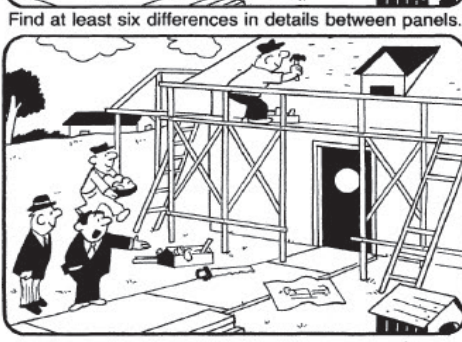
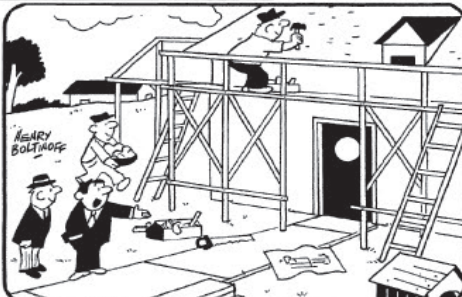
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Differences: 1. Door is taller. 2. Footbox is moved. 3. Man is taller. 4. Dormer is moved. 5. Ladder rung is missing. 6. Line in walkway is moved.

ACROSS

- 1 Goal
- 4 Hosp. hook-ups
- 7 "Peter Pan" pooch
- 11 "Pygmalion" writer
- 13 Use a straw
- 14 Bone-dry
- 15 Teeny bit
- 16 Capita lead-in
- 17 Makes lace
- 18 Tic
- 20 Laptop connection
- 22 Deli choice
- 24 Radiated
- 28 Reach
- 32 Battery part
- 33 King of the jungle
- 34 Dog's foot
- 36 Similar
- 37 Canal vessel
- 39 iPads, e.g.
- 41 "In America" writer Susan
- 43 — Perignon
- 44 Partially mine
- 46 Chip choice
- 50 First light
- 53 Suitable
- 55 Roller coaster feature
- 56 "Zounds!"
- 57 Three, in Rome
- 58 Links org.
- 59 Pear variety
- 60 Storm center

King Crossword

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		32			
33				34		35		36		
37				38		39		40		
41				42		43				
44				45		46		47	48	49
50	51	52			53		54		55	
56					57			58		
59					60					61

DOWN

- 1 Tag sale words
- 2 Breakfast chain
- 3 — Hari
- 4 AOL, for one
- 5 Perspective
- 6 Parsley piece
- 7 Site of the Martin Luther King Jr. Memorial
- 8 Coach Parseghian
- 9 Quibble
- 10 Billboards
- 12 Capital on the Potomac and 7-Down locale
- 19 Astronaut Jemison
- 21 Ga. neighbor
- 23 Super Bowl VIP
- 25 Stirred
- 26 Tend texts
- 27 Cozy rooms
- 28 Priestly vestments
- 29 Pisa farewell
- 30 Trumpet
- 31 Chow down
- 35 Bankroll
- 38 Vichy water
- 40 "— voyage!"
- 42 Shred, as cheese
- 45 Agile
- 47 Mimic
- 48 Swine
- 49 October birthstone
- 50 Cotillion celeb
- 51 Previously
- 52 Existed
- 54 Golf peg

Trivia Test Answers:
1. Likely in the late 16th century, when cats and dogs were introduced from Julian to Oregon.; 2. Australia.; 3. Ice hockey.; 4. Elba.; 5. Cappybara.; 6. Scabbars.; 7. Q.; 8. "The Beverly Hillsbillies"; 9. George H.W. Bush.; 10. 31 pairs.

Solution time: 22 mins.

King Crossword

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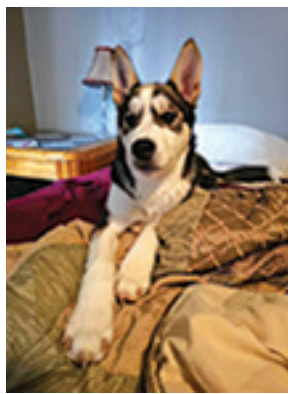


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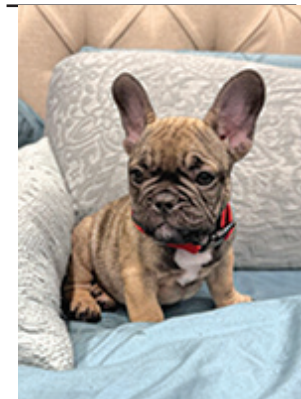
HAPPY BIRTHDAY Happy Birthday to my best friend my lover one and only. love u bae (276) 222-6204 daddysgirl@gmail.com



Happy 1st Birthday Gabby Lee Jarrett on April 1st. Love, Mama & Daddy, We Love You.

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Piedmont Pets
 April 4, 2024 By Paulette Dean

We have already had some very warm days; they remind us that summer is on the horizon. It is a good time to begin summer preparations for pets. Each year, we are heartbroken when dogs and cats are brought to us with varying degrees of heat exhaustion. And once you have seen a dead dog on a chain with no water or shade in sight, you realize how deadly the heat can be.



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

- Once the temperatures are in the low 60s, pets should be kept home unless it is possible to have someone stay in the car with them while someone else completes the shopping or errands. Never rely on cracked windows or cars parked in the shade to keep animals cool!
- Owners of all companion animals are required to provide standards of adequate care. For the purposes of summer, that means animals must be safe from the adverse effects of direct sunlight and heat. That is very clearly defined in the Code of Virginia. Doghouses quickly become sweltering heat boxes! There must be a way for the animal to escape direct sunlight and heat
- It is now illegal in Virginia for any companion animal to be tethered during a heat advisory.

We strongly urge people to walk dogs in the early morning or in the evening. Pavement can quickly burn paws. If you don't want to walk on pavement with bare feet, your animal should not have to!

It is more important than ever to provide a constant source of drinkable water. This means that outside companion animals should not be expected to drink hot water.

This is definitely not a comprehensive list, but will help some owners get prepared for the summer care of pets.

Antiques

Number 4 Bell. \$350.00. Never put up for use. Too heavy for me now to put up for use or display. (434) 386-7777 twandrews2009@comcast.net

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B & H AUCTION: We have a Variety of Online Auctions Available for Bidding, Now at <https://bhantiqueauctions.hibid.com/auctions>. Preview can be done By Appointment, Without Contact. 434-836-4636.

42 Vintage Magazines 1970's-80's. Playboys, Penthouse and others. Asking \$50 for all. Call 434-201-9563.

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4 Older Push Mowers. Craftsman, Homelite/Jacobsen, and Southland. 2 Have Briggs Engines and 2 Have Tecumseh. 2 of them are Aluminum. \$120. Text/Call (434) 429-0767

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Dressy 3 Piece Woman's Outfit. Size 2X 3 Pc Chiffon Cream Color Outfit (Pants, Tank, Jacket) Dressy and Shoes in Size 8. \$40. (434) 770-7801 b080946@gmail.com

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A DOUBLE BOGEY IN GOLF

All the map	Eggs easy	Get with	Not Miami
Go here	End end	Go big	Not yet
Come here	Fried easy	Hand fist	Voice IP
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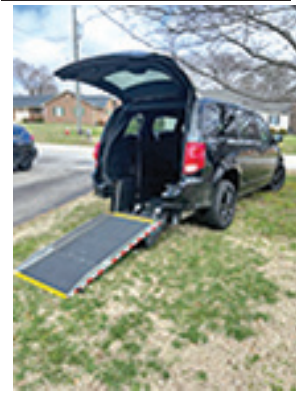
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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Decorative silver

Collectors and makers alike know that there are many ways to decorate silver. It can have an engraved design or monogram. It can be pierced or reticulated with lace-like cutouts. A textured design may be hammered, gadrooned, repousse or made with another technique. Some of the most elaborate and complex decorations on silver are applied; that is, made separately and then attached to the silver piece. Applied pieces may be functional, like handles or finials, or strictly decorative. Three-dimensional figures, especially natural elements, human figures or mythological creatures, are popular.

This Italian silver plate bowl was listed as the "Sealife bowl" at a Rago auction, where it sold for \$1,188. Its design is more complex than a typical decorative silver bowl; instead of being applied directly onto the bowl, the three-dimensional silver sea creatures are "caught" in a wirework net attached to the rim.

Another feature of this bowl, its gilt enameled interior, may serve a purpose besides decoration. As any collector knows, silver is prone to tarnish, especially when exposed to substances like salty, acidic or sulfurous foods. Some tableware is coated with gold or enamel on the interior, which protects the silver as well as adding decorative value.



Three-dimensional figures of animals and wildlife are often seen on elaborate silver pieces. This bowl takes a slightly different approach, with figures of sea animals attached to a wire net.

the price is probably too high.

TIP: Be sure to remove salt and pepper from shakers and dishes after use. Wash, then store.

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NON-MANDATORY PRE-BID CONFERENCE	Thursday, March 28, 2024 at 2:00 pm EDT DRHA 135 Jones Crossing Rd, Danville, VA 24541
DEADLINE TO SUBMIT QUESTIONS	Friday, March 29, 2024 at 3:00 pm EDT
BID SUBMITTAL RETURN	DRHA Atten: Beverly Moudy 135 Jones Crossing Rd, Danville, VA 24541
BID SUBMITTAL DEADLINE	Thursday, April 4, 2024 at 3:00 pm EDT
PUBLIC BID OPENING	Friday, April 5, 2024 at 2:00 pm EDT Location: DRHA, conference room 135 Jones Crossing Rd, Danville, VA
CONTRACT NEGOTIATION/EXECUTION	April 24, 2024, through April 26, 2024

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

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Q. Where can I see the new "Road House" movie? It's not playing in local theaters, as far as I can tell. The original movie with Patrick Swayze is one of my favorites. — D.D.

A. The remake of the 1989 cult classic isn't at your local movie theater. Instead, it's available now exclusively through Amazon's Prime Video streaming app. The new "Road House" stars Jake Gyllenhaal ("Brokeback Mountain") as a former UFC fighter working as a bouncer at a bar in the Florida Keys. There is also a romance (just like there was with Patrick Swayze and Kelly Lynch in the original), this time with a nurse played by Daniela Melchior ("Fast X").

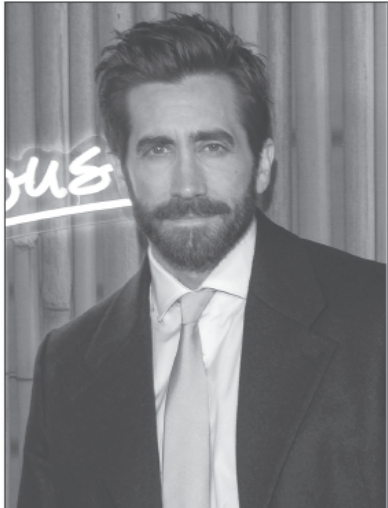
There are also plenty of fights — lots and lots of fights. Gyllenhaal sports abs of steel as he faces off against real-life UFC pro Conor McGregor, who plays a mouthy hitman in the film. Keep an eye out for another celebrity-turned-actor — Post Malone — as well as familiar actors like Lukas Gage ("The White Lotus"), Billy Magnussen ("No Time to Die") and Jessica Williams ("Shrinking").

According to an article on IndieWire, Amazon gave the filmmakers and Gyllenhaal a choice between a \$60 million budget and a big-screen release or an \$85 million budget and a streaming-only release. They chose the latter, which "typically means a larger upfront payday for the filmmaker and their star(s)."

Q. Who is the current star of "The Bachelor"? On the commercials, they said he was a tennis player, but I don't recognize him. — G.W.

A. Joey Graziadei is a 28-year-old instructional tennis pro who is originally from Pennsylvania. He first appeared as a suitor on Charity Lawson's season of "The Bachelorette," where he was the runner-up. Before this, he played tennis in college at West Chester University, where he majored in communication and media studies. He then moved to Hawaii, where he taught tennis before being cast on the ABC reality shows.

Graziadei's finale choice will have been revealed by the time you read this.



Jake Gyllenhaal ("Road House")

Hopefully, he did find true love, but if not, then his newfound fame might lead to a career as a tennis commentator on television.

Q. I saw the actress who played Blair on "The Facts of Life" recently, and she hasn't aged a bit. Is she still acting? — C.S.

A. Lisa Whelchel is best known for her role as snooty Blair Warner on the '80s sitcom "The Facts of Life." She actually debuted the role on an episode of "Diff'rent Strokes," but before this, she was a Mouseketeer on "The New Mickey Mouse Club," a series which ran in 1977.

Her acting career stalled for a while once "Facts" ended, but she had a resurgence about a decade ago with roles in several Christmas movies. Also, in 2012, she appeared as a contestant on the competitive reality show "Survivor: Philippines," and she currently hosts "Collector's Call" on the MeTV channel. The new season about "surprising collections, fascinating collectors and exciting trades" premieres on Sunday, April 7.

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

What's Going on in Shopperland



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Please email community news to: info@piedmontshopper.com

Danville named 'All-America City' finalist

Danville is among 20 U.S. cities named today by the National Civic League as a finalist for the 2024 All-America City Award. The National Civic League each year recognizes communities that demonstrate innovative, inclusive and effective efforts to tackle critical challenges. This year's finalists focused specifically on strengthening local democracy by building the capacity of residents to actively participate in civic life and have a meaningful say in decisions. "We are proud and honored to be named a finalist," Mayor Alonzo Jones said. "Our city is undergoing a remarkable transformation. We are committed to creating a city where all citizens can find opportunity and a good quality of life. This award process allows us to demonstrate the merits of our work to the nation."

City Manager Ken Larking added, "I am proud of the way multiple departments and Danville Public Schools have worked to more thoroughly engage the public in the services we provide. We are now a growing city, and it is important that we have a complete understanding of what the public wants to see in the future in their community and in their neighborhoods, so that we can make Danville the kind of place everyone is proud to call home."

This year's competition is the first entry submitted by the City of Danville since it was selected as an All-America City in 2020. Danville was also named an All-America City in 1977.

In this year's entry, the City of Danville highlighted its efforts to develop a new comprehensive plan — PLANDanville — using a process unlike any employed in the past. The process included a series of community events, workshops conducted in a storefront space secured for PLANDanville, and direct outreach into neighborhoods by a team of six community ambassadors — local individuals who had the trust and respect of other community members. In addition, PLANDanville made a sincere, sustained effort to engage schoolchildren in the planning effort, encouraging them to develop a sense of pride and ownership in their city and its future.

The All-America City application also highlighted the Police Department's nearly 40 community engagement programs, the Parks and Recreation Department's "Heart The Park" campaign, and the Danville School Board's engagement of youths by adding four student representatives to the board.

The 20 finalist communities will compete June 7-9 in Denver, Colo., for the award, which is given to 10 communities each year. Each community will bring a team of representatives to present the story of their work to a jury of nationally recognized civic leaders. The event will culminate with the closing ceremony where this year's winners will be announced.

The other finalists this year are:

- Boulder, CO
- Edinburg, TX
- Henderson, KY
- High Point, NC
- Jacksonville, NC
- La Marque, TX
- Lakewood, CO
- Lexington, KY
- Monroe County, IN
- Monrovia, CA
- New Orleans, LA
- Newport News, VA
- Oakland, CA
- Punta Gorda, FL
- Roanoke, VA
- Saginaw, TX
- Seattle, WA
- Watkinsville, GA
- Wilton Manors, FL

For more information on the National Civic League, visit <https://www.nationalcivicleague.org/>.

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ANGLERS PARK CLOSED APRIL 5-7 DUE TO MOUNTAIN BIKE RACE

Anglers Park (including the boat ramp) will be closed April 5-7, 2024 to accommodate the Danville Dash mountain biking event. Trail users are asked to use other sections of the Riverwalk Trail during this time. People travelling to Anglers Park should expect increased traffic, limited parking, and lots of people around the Anglers Park area.

The Danville Dash race is hosted by the North Carolina Interscholastic Cycling League, an organization that strives for teens to develop strong minds, bodies, and character traits through mountain biking.

For more information, contact NCICL at info@northcarolinamtb.org or Danville Parks and Recreation at (434) 799-5200 or playdanvilleva@danvilleva.gov.

Odds & Ends

Growing old

It took a while, but Fred Allen Smalls finally got his diploma from the Georgetown County High School in the town of Plantersville. He missed graduation when he moved to Washington, DC to help support his family. Born on February 5, 1918, he recently turned 106 years of age and he is still going strong. Tamara Baker, a professor at the University of North Carolina at Chapel Hill School of Medicine, told NBC News that "it's the positive social networks — the ones that are going to influence you, or get behind you to go to the doctor, to do the exercise, to eating properly. Even in some of the more impoverished neighborhoods, if you have that positive social network, that can go a long way."

Natalie had a little lamb

Natalie Renot, of Wiggins, MS, known for rescuing animals in need, has a new patient to care for—a lamb born with five legs who she calls Spider-Lamb. When she found her lamb he was in dire need but he has been responding to the care she and local veterinarians have provided. As she tells it, "I am still having to force-feed him, but I did stand him up and he walked a little bit, so I call that progress." Veterinarian Jason Gulas confirmed Natalie's assessment, noting that "he definitely has some abnormalities. He might not be normal compared to other lambs, but I think that he will live a normal-for-him life."

Making Whoopie

No, it's not what you think it is. These whoopies are the real thing — genuine cookies filled with cream the way they were first made in Maine. They're called whoopie pies and they are Maine's official state treat. In fact, the Portland Sea Dogs baseball team, with the help of the bakers at Wicked Whoopie Pies, recently earned a page in the Guinness Book of World Record for making the longest line of whoopie pies consisting of no less than 2,121 whoopie pies.

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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

Christopher Michael Dalton

December 13, 1979 ~ March 28, 2024 (age 44)



Christopher Michael Dalton, age 44, of Ringgold, Virginia, passed away on Thursday, March 28, 2024 in his home.

Mr. Dalton was born on December 13, 1979, in Danville, Virginia to Marcia Tolley Dalton and William Carl Dalton.

Mr. Dalton spent most of his life in Ringgold where he loved to hunt and fish. He also worked for Continental Express where he obtained his CDL which was his dream, to be a truck driver.

In addition to his parents, he is survived by his sons, Christopher "Gauge" Dalton (Gabriela) and Coleman Haskins (Maddie).

Christopher was predeceased by his best friend in the entire world, Artie Lee Collie.

Memorial services will be conducted on Tuesday, April 2, 2024 at 2:00pm at Swicegood Funeral Home. Visitation will be held one hour prior to the service.

Swicegood Funeral Service is respectfully serving the Dalton family.

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SENIOR NEWS LINE

by Matilda Charles

When Do We Become Too Old to Climb Ladders?

Months ago I'd made my resolutions list for 2024, carefully picking options that I could surely accomplish this year. I chose things like adopting a kitten pal for my cat, selling my father's coin collection, and hiring my handyman neighbor to paint the bathroom.

Thus far it's the bathroom painting that is causing the greatest annoyance and hesitation. Why, I keep wondering, can't I do it myself? I've painted many, many rooms over the years and done a fine job. But, dare I climb a ladder again?

I even went to the internet for support that would tell me it's OK at my age to climb a ladder and apply paint to the walls.

An Australian study cut right to the chase with statistics about how many over the age of 65 had died from injuries sustained after falling from a ladder, not to mention the list of possible ladder-related injuries that put many others in the hospital.

A U.S. home-care website was aimed at the adult children who need to convince elderly parents to stay off ladders, and suggested citing statistics about deaths and injuries. Should that not work, said the website, pull in reinforcements like doctors and extended family to convince the renegade senior to stay off ladders.

The NIH (National Institutes of Health) even chimed in with a study about the risks of ladder use by seniors and went so far as to analyze the types of dangerous tasks seniors might do that involve ladders. That's where I part company with the NIH's study: I'm not interested in trimming tree limbs or cleaning leaves out of gutters.

I only want to paint a bathroom.

Update: I will not be painting the bathroom. Neither will my handyman neighbor. That neighbor, a good 20 years younger than I am, fell off a ladder and is now facing shoulder surgery.

The bathroom will stay as it is.

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* D.B. in Minnesota has this to share: "When you are going fishing and only bringing a couple of lures, use an old, empty pill container. Holds well and you won't get poked!"

* Oranges are wonderful treats and full of delicious fiber and vitamin C. Save your peels and stash them in a net bag hanging from your rearview mirror for just a day or two. As they dry, they give off the best smell.

* Need to take pills daily? Set a reminder on your cellphone. Most have alarm functions, and it works!

* "This tip is from my babysitter. She gives small children two 'get out of bed free' tickets at bedtime. If they get out of bed, say, for one last drink of water, etc. (we parents know these are stalling tactics),they have to give her a ticket. If they still have a ticket unused when they fall asleep, she will leave a prize with their parents for the morning." -- M.J. in New Mexico

* "My friend and I found these great vintage spice bottles at a garage sale. We decided that since we got such a good deal, we would treat ourselves to a few new, interesting spices that were a little pricey -- and we went in half on them." -- E.D. in Illinois

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

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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. Hard-hitting _ _ _ _ _ G _ _	Affect emotionally _ _ _ _ _ C _ _
2. Clothing get-up _ _ _ _ _ F _ _	Get the better of _ _ _ _ _ W _ _
3. Subsequent _ _ F _ _ _ _	Fall bloom _ _ S _ _ _ _
4. Protect _ _ _ F _ _ _ _	Rely upon _ _ _ P _ _ _ _
5. Bit by a hive-dweller _ _ _ _ _ G	Daring act _ _ _ _ _ T
6. Blue ribbon, e.g. _ _ _ _ _ Z _ _	Cost _ _ _ _ _ C _ _
7. Junction _ _ _ _ _ _ R	Trumpet's kin _ _ _ _ _ T
8. Dish P _ _ _ _ _	Election choices S _ _ _ _ _
9. Take heed _ _ _ T _ _ _ _	Apprentice _ _ _ V _ _ _ _
10. Grid _ _ _ _ _ R _ _	Mantra _ _ _ _ _ N _ _

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1. What South Korean golfer won the Women's PGA Championship tournament three straight years from 2013-15?

2. What basketball defensive strategy, named after a single-celled organism, was developed by the University of Pittsburgh Panthers in the 1970s?

3. Yoshinobu Yamamoto, the three-time Pacific League MVP who signed with the Los Angeles Dodgers in 2023, pitched for what Nippon Professional Baseball club in Japan?

4. In 2018, former pro triathlete Colin O'Brady completed a 54-day, 932-mile solo crossing of what continent?

5. What country music star played defensive end for the Oklahoma City Drillers semi-pro football team?

6. How many successful field goals did Tennessee Titans kicker Rob Bironas make in a 38-36 win over the Houston Texans on Oct. 21, 2007?

7. Joel Embiid, the 2023 NBA MVP, was born in 1994 in what African country?

Answers

1. Inbee Park.
2. The amoeba defense.
3. The Orix Buffaloes.
4. Antarctica.
5. Toby Keith.
6. Eight, an NFL record.
7. Cameroon.

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Slower Heart Rates Are More Common in Athletes

DEAR DR. ROACH: I have a question about a resting heart rate, specifically when it is considered too slow for one's health. I am a 67-year-old male who, from an early age to the present time,

has always been physically active every day. Now retired, I feel a great sense of accomplishment when I work out. The endorphin boosts and benefits to my body are my daily rewards.

Recently, I received a fitness watch that tracks my heart rate. My nightly sleep sessions show a range of 39-58 bpm over the past month. During a dental visit a while ago, I was told by the hygienist that she knew of an athlete who died in his sleep, and his heart rate was so slow that it just stopped. Is this possible? -- D.M.

ANSWER: This really wasn't a great thing for the hygienist to say, as there is very little truth to it. Most people who exercise do have a slower heart rate, and it's a good sign of a healthy heart. However, some older people can develop heart block when the electrical impulse from the natural pacemaker of the heart fails to pass to the ventricles. This is an occasional cause of sudden cardiac death.

Your heart rate suggests, to me, that it's more likely the healthy heart rate of an athlete than it is a disease of the electrical conduction system, but a visit with your regular doctor or cardiologist can separate this through a simple electrocardiogram in most cases. Some people just have slow heart rates, but they can be treated with a pacemaker if they're symptomatic.

DEAR DR. ROACH: I am a 79-year-old man with diabetes and high blood pressure. What are your thoughts on taking a supplement designed for horses by humans? My son-in-law takes 1 teaspoon of this every other day for building his body and suggests that it might help me. -- Anon.

ANSWER: Please don't take products designed for other animals. The dosing that is healthy for some animals can be toxic for others. I looked up the product -- it contains vitamins and minerals that are important for humans, but the dosing isn't right.

Supplements are not an effective treatment for diabetes or high blood pressure. Strong data show that people who eat well don't benefit much, or at all, from vitamin and mineral supplementation, but if you choose to do so, choose one designed for humans, not horses.

DEAR DR. ROACH: I read your recent column on overactive bladders. Like many middle-aged and older women, I've progressively had more and more trouble with frequent urination and bladder control. I saw a urologist who diagnosed me with bladder spasms. I got very good improvement on an expensive drug called Myrbetriq.

A few years later, an abdominal scan done for another reason revealed a large uterine fibroid. I eventually had a hysterectomy a year ago. Now at 75, I don't have any bladder spasms and don't take any medication. -- C.J.R.

ANSWER: Fibroid tumors and other pelvic masses can press on the bladder and cause symptoms that feel like an overactive bladder. These aren't common causes, but I am glad you wrote in about this cause and that your symptoms have gone away after surgery. Since the medicine worked, I suspect that the mechanical pressure of the fibroid triggered bladder contractions.

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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John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

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09-7WTB: Self Propelled Rear Wheel Drive Mower in Very Good Condition. Minor Repairs Okay. Call 434-

WTB: Tobacco Planter. Call 434-441-1364.

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WTB: Extra Large Parakeet/ Finch Cage with Stand. Call/Text 434-709-9072.

WALK Your Way to Better Health

FAMILY FEATURES

Awalk is not just good for your body, it's also good for your soul. Physical activity, like walking, is one of the best ways to reduce stress and boost your mood. However, reports show walking rates are declining steadily in the United States.

On average, 1 out of every 4 U.S. adults sits for longer than eight hours each day, per research from the Centers of Disease Control and Prevention, which can have negative consequences on physical and mental health. Regular exercise improves mood, boosts energy and can even help you sleep better. Staying active is one of the best ways to keep your mind and body healthy.

Consider this advice from the American Heart Association, which has worked for decades to promote policies and strategies that make it easier for communities to get and stay active. One example is National Walking Day, established by the organization to encourage people to move more throughout the day so they can feel, think, sleep and live better.

Indeed, adding more movement can benefit your body and mind in numerous ways, such as:

Lowering disease risk. Getting the recommended amount of physical activity (at least 150 minutes of moderate, 75 minutes of vigorous or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression, according to the U.S. Department of Health and Human Services.

Increasing sunlight exposure. Outdoor exercise is an easy way to get moving and take in the sunlight, which can improve mood, boost immunity and help you get some vitamin D. Spending time outdoors is a no-cost option and has been shown to reduce stress, promote a sense of belonging and improve mood.

Improving cognitive and mental function. Physical activity keeps your mind sharp now and later. Studies show higher fitness levels are linked to better attention, learning, working memory and problem solving. What's more, a study published in the "British Journal of Sports Medicine" shows people who get the recommended amount of physical activity are less likely to develop depression.

Living longer. Healthy life expectancy can be positively impacted by increasing activity. According to research published in the "American Journal of Epidemiology," swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%.

Get moving to reduce your stress and step into better health. Learn more at heart.org/movemore.



Photos courtesy of Shutterstock

GET INSPIRED TO GET MOVING

A little creativity can go a long way to make your walk more fun. You might think of walking as a solo activity, but a companion makes it even more enjoyable. Ask colleagues, friends or family to join you.

A walk is a perfect excuse to take a break from a long day at your desk. If you work remotely, take a conference call on the go or plan your walk as a reward for completing a project.

Use your walk as a guilt-free opportunity to listen to a new audiobook or create a walking soundtrack of your favorite upbeat music.

Mix up your scenery. Taking new routes keeps your walks interesting and helps prevent boredom from traveling the same predictable path.

If you need an extra nudge to get moving, a pet may help you get fit. Dog parents are more likely to reach their fitness goals than those without canine companions. In fact, according to the "Journal of Physical Activity & Health," dog parents are 34% more likely to fit in 150 minutes of walking a week than non-dog owners. Pets can also help lower stress, blood pressure, cholesterol and blood sugar and boost your overall happiness and well-being.



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Strange BUT TRUE

By Lucie Winborne

* Modern brunch was first proposed in 1895 as a post-hangover meal.

* Quetzalcoatlus, the largest known flying animal, was as tall as a giraffe and may have used its powerful forelimbs to pole-vault into the sky.

* Cathay Williams became the first African-American woman to serve in the U.S. Army in 1866. Since women were barred from joining the military at the time, she enlisted as a man under the pseudonym William Cathay.

* In Australia, weed whackers are called whipper snippers.

* Beaver College changed its name to Arcadia in 2001, partly because anti-porn filters blocked access to its website.

* The human body emits visible light, but it's not visible to the naked eye.

* The FBI dubbed Ted Kaczynski "The Unabomber" because his early mail bombs were sent to universities (UN) and airlines (A).

* As astronauts spend months traveling to Mars, their eyeballs may change shape. Some scientists believe that's due to the pressure from fluids that won't drain from their heads, thanks to the low-gravity environment.

* President Thomas Jefferson hated formal affairs so much that he would often greet foreign dignitaries in his pajamas.

* Newborn babies have nearly 100 more bones than full-grown adults.

* The Antikythera mechanism, discovered by sponge divers in 1900, is sometimes called the world's first analog computer. Designed to calculate dates and predict astronomical phenomena, it was so advanced nothing surpassed it for nearly 1,500 years.

* Some libraries have been known to use extraordinary measures to ensure titles remained on shelves. A notable example is Marsh's Library in Dublin, Ireland, where in the 1800s, visitors desiring to peruse rare books were locked in cages until they finished reading!

Thought for the Day: "If we open a quarrel between past and present, we shall find that we have lost the future." -- Winston Churchill

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Computer Dating

A hopeful suitor dropped into a computer-dating center and registered his qualifications.

He wanted someone who enjoyed water sports, liked company, favored formal attire, and was very small.

The computer operated faultlessly.

It sent him a penguin.

CHOPPED VEGETABLE SALAD



Ingredients

- coarse salt
- 2 ears corn
- pinch of sugar
- 1/2 pound of green beans, cut into 1/4-inch pieces
- 1/2 pound of wax beans, cut into 1/4-inch pieces
- 4 plum tomatoes, seeded & cut into 1/4-inch pieces
- 1 small red pepper, seeded, deveined, & cut into 1/4-inch pieces
- 1 small yellow pepper, seeded, deveined, & cut into 1/4-inch pieces
- 1 small red onion, cut into 1/4-inch pieces
- 1 English cucumber, peeled, seeded, and cut into 1/4-inch pieces
- 3/4 cup cilantro leaves
- 2 TBSP extra virgin olive oil
- 2 TBSP rice wine vinegar
- 1 tsp freshly ground pepper

Instructions

- Chop, chop, chop! Chop all of the ingredients first.
- Prepare a large bowl with ice-water. Set aside.
- Bring a medium saucepan of salted water to a boil. Add corn and sugar. Blanch until tender (about 6 minutes).
- Remove from water and plunge immediately into ice water. Once the corn is cool, remove from the ice water.
- Remove kernels from cobs using a large knife. Transfer to a large bowl.
- Next, add green & wax beans to boiling water. Blanch until tender (about 1 minute). Remove from water with a slotted spoon, and immediately transfer to ice water. When the beans are cooled, drain in a colander.
- Add wax and green beans, tomatoes, red & yellow pepper, onion, cucumber, and cilantro, to corn. Stir to combine. Add olive oil, vinegar, 2 teaspoons salt, and pepper. Stir to combine. Adjust seasonings to your liking and enjoy immediately.



MOM'S CHILI BOWL
-serves 4-

INGREDIENTS:

- 1 lb ground beef
- 1 onion, coarsely chopped
- 1 - 32oz can whole tomatoes
- 2 c. chicken broth or water
- 1/4 c. chili powder
- 1 tbsp. Worcestershire sauce
- 1 tbsp. chopped garlic
- 1 tbsp. dried oregano
- 2 tsp. ground cumin
- 2 tsp. hot pepper sauce
- 1 tsp. dried basil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cayenne pepper
- 1 tsp. paprika
- 1 tsp. sugar
- 1 - 10.5 oz bag corn chips for garnish
- 1 - 8 oz package shredded cheddar

PREPARATION:

1. In a medium pan, fry the ground beef until the pink color is gone and meat turns brown.
2. Add the chopped onion and continue to cook until soft.
3. Add remaining ingredients and spices, then simmer on low for one hour, covered.
4. Garnish with cheese and serve with chips.

SALES This Week!



Yard Sales

Inside Yard Sale Elks Club Lodge 227, 560 Main Street on May 18th, 6:30am-Until. \$25 Per Table. Collectibles, Vintage, Coins, Antiques and More! Call 434-709-4212 or 434-441-8430 or email kitfyalderson1@gmail.com for Lots More Details!



Pelham Community Center Indoor YardSale. Sat April 6, 2024, 08:00 AM - 12:00 PM. 161 Community Center Dr, Pelham NC. Multiple Sellers, Wide Variety of Items. Limited Indoor Seller Space Available for \$5 Per Table; Outside Space also Available for \$5, but Must Provide Own Table/Tent/Etc. Call or Text 434-489-9747 for Info. (434) 489-9747

Estate Sale. Call Ray 434-489-3122 and Set Time to come out to 1316 College Park Ext. Assorted Molding, Window Weights, Speaker System includes Amp, Turntables, Etc. 2 Sets of Parlor Seats-2 Seater Couch and 2 Chairs each set.

Yard Sale. April 5th-6th, 8am-? 306 Bell Drive off Kemper Rd. Variety of Items, Good Prices!

Yard Sale. Sat Apr 6th, 8-? 3725 US Hwy 29 Blair's, Tar's Tire. Something For Everyone. Rain Cancels.

ESTATE LIQUIDATION TAG SALE. SELLING THE PERSONAL PROPERTY IN THE ESTATE OF CHARLES HERNDON, 162 ROCKLAWN AVE. DANVILLE, VA. FRIDAY APRIL 5TH 10:00AM TO 4:00PM AND SATURDAY APRIL 10:00AM TO 3:00PM - GO TO ESTATESALES.NET FOR PICTURES - SALE CONDUCTED BY JOAN DANIEL 434 251 4256 (434) 251-4256 joandaniel1945@gmail.com

A Yard Sale this Saturday. Sat Apr 6th, 2024 from 08:00 AM - 12:00 PM. 437 Lansbury Drive, Danville.

Multi Family Yard Sale. Sat Apr 6th, 2024 from 06:30 AM - 11:00 AM. Multi Family Yard Sale (Fairfield Park). 215 Leah Court.

136 Parkway Dr ESTATE SALE. 4-6 & 4-7. 9am-5pm. 136 Parkway Drive. An Entire House and Garage, Full of Furniture, Household Items, Decor, Tools, Vintage Items, and Antiques!

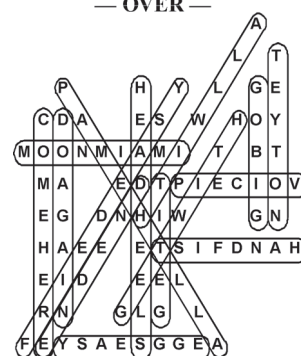
I had a thought... and then I had another thought...



They bounced off each other and now I can't find either one.

— OVER —

See You Next Time



Even Exchange answers

1. Tough, Touch
2. Outfit, Outwit
3. After, Aster
4. Defend, Depend
5. Stung, Stunt
6. Prize, Price
7. Corner, Cornet
8. Plate, Slate
9. Notice, Novice
10. Chart, Chant



Me being escorted out of China buffet after "getting my money's worth"