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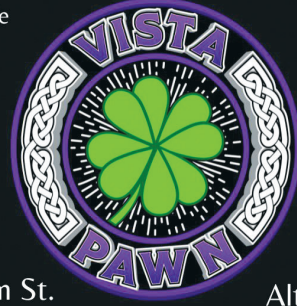
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BIBLE TRIVIA

by Wilson Casey

1. Is the book of 2 Kings (KJV) in the Old or New Testament or neither?

2. From Acts 6, which one of the seven "deacons" did great wonders and miracles among the people? Nicanor, Philip, Timon, Stephen

3. What apostle was a disciple of John the Baptist when Jesus recruited him? Andrew, Simon Peter, Thomas, James

4. From Revelation 6, what color was the sun when it became like a sackcloth of hair? Red, Black, White, Green

5. Who was Saul of Tarsus waiting for while he fasted three days in Damascus? Darius, Zenas, Ananias, Apollo

6. From Isaiah 63:2, what color garments does the Lord wear? Purple, Red, White, Gold

ANSWERS: 1) Old, 2) Stephen, 3) Andrew, 4) Black, 5) Ananias, 6) Red

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

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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

Inside Yard Sale Elks Club Lodge 227, 560 Main Street on May 18th, 6:30am-Until. \$10 Per Table. Collectibles, Vintage, Coins, Antiques and More! CONCESSIONS ALSO, FROM 9:00 AM-12:00 PM TOUR OF BUILDING \$5:00 WITH AN ELK MEMBER: FREE DRAWING FOR ATTENDEES: ANTIQUE EGG CHAIR: CORDIAL INVITATION EXTENDED FOR NEW MEMBERS TO THE ELKS. 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

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.

Homecoming at Pleasant View Baptist Church April 14th 11am. Bro. Joel Jackson will be Preaching. Lunch at 12:30. Afternoon Gospel Singing will Begin at 2pm. Everyone Invited! 1166 Halifax Road.

Steve Pettit Gospel Bluegrass Sunday. Join us at Westover Baptist Church for an Evening of BBQ & Bluegrass! BBQ Dinner, followed by a Bluegrass Concert put on by the Steve Pettit Ministries Team. Free to the Public! Sunday, April 28th. BBQ Dinner @ 5:30 pm, Concert @ 7:00 pm. (434) 822-2302 jnapier@westoverministries.org

Boots & Buckles Ball. 760 W. Main St. \$5/person. DJ Plays Country and Variety of Music. Ages 50 and Over. Registration Required. (434) 799-5216

Family Fun Day Saturday May 11th 11am to 2pm. Fairview Church at 1013 Westover Drive is hosting a FREE Community Event for Everyone. Bounce House, Inflatables, Corn Hole, Bingo, Cake Walk, Children's Games and Crafts, Free Food, Danville Fire House, Kona Ice, and Much More. Rain Date May 18. Fairview Church at 1013 Westover Drive, Danville, 434 792-3391.

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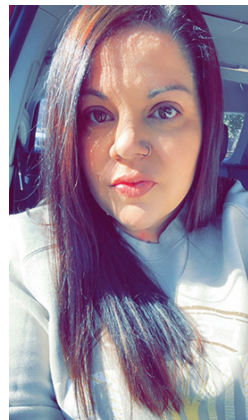
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ARIES (March 21 to April 19) You're doing better on a flexibility issue, but you still need to loosen up a bit to show that you can be less judgmental and more understanding about certain sensitive matters.

TAURUS (April 20 to May 20) Your personal aspect continues to dominate this week, but try to make time to deal with important career-linked matters as well. A change of plans might occur by the weekend.

GEMINI (May 21 to June 20) Excuses are not really needed for much of the confusion occurring this week. However, explanations from all parties could help in working things out to everyone's satisfaction.

CANCER (June 21 to July 22) A surprising (but pleasant) recent turn of events continues to develop positive aspects. But be prepared for a bit of a jolt on another issue that needs attention.

LEO (July 23 to August 22) Creating a fuss might bring you the attention that you want. But are you prepared for all the explaining you'd have to do? Better to use more subtle ways to make your bid.

VIRGO (August 23 to September 22) With education continuing to be a strong factor this week, this could be the time to start learning some new skills that can later be applied to a bid for a potential career move.

LIBRA (September 23 to October 22) You might do well to reconsider some of your current priorities before you get so deeply involved in one project that you neglect meeting the deadline on another.

SCORPIO (October 23 to November 21) With an important decision looming, you need to be careful about the information you're getting. Half-truths are essentially useless. Get the full story before you act.

SAGITTARIUS (November 22 to December 21) Find out what everyone's role is expected to be before accepting a workplace proposal. Getting all the facts now could prevent serious problems later on.

CAPRICORN (December 22 to January 19) A flexible position on a workplace matter could be the best course to follow during the next several days. A personal issue also benefits from an open-minded approach.

AQUARIUS (January 20 to February 18) Involving too many people in your workplace problem can backfire. Remember: Allegiances can shift. Ask trusted colleagues for advice, but don't ask them to take sides.

PISCES (February 19 to March 20) Before submitting your suggestions, take more time to sharpen the points that you want to make. The clearer the presentation, the more of a chance it has to get approved when submitted.

BORN THIS WEEK: Your clear sense of who you are gives you the confidence you need for tackling difficult situations.

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top ten

NFL Teams With Most Super Bowl Wins

1/2	New England Patriots, 6
	Pittsburgh Steelers, 6
3/4	San Francisco 49ers, 5
	Dallas Cowboys, 5
5/6/7	Kansas City Chiefs, 4
	Green Bay Packers, 4
	New York Giants, 4
8/9	Denver Broncos, 3
	L.A./Oakland Raiders, 3
10	Washington Commanders, 3

Source: ProFootballNetwork.com
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Close your eyes then barely open them....



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A Texas rancher, visiting a South Dakota farmer friend, asked him to show him his farm.

After seeing the 1,000 acre spread, the Texan bragged that down home he could get into his car, drive all day, and by evening would not have gotten to the distant point of his ranch.

The South Dakotan simply replied, "You know, I had a car like that once too."

Amber Waves

by Dave T. Phipps

OK, BESSY, MILKING TIME AGAIN...
GULP!
GEEZ, AT LEAST BUY ME DINNER FIRST.

by BUD BLAKE

NERP! AIRHEAD!
I'VE DECIDED NOT TO BE A COP WHEN I GROW UP

by Jeff Pickering

IF LAZINESS WAS MUSIC...
...YOU'D BE AN ORCHESTRA!!

King Crossword

ACROSS

- "House" actor Omar
- Nick and Nora's dog
- Mountain pass
- Mend socks
- "- to differ!"
- Flamenco cheer
- Marmaduke, for one
- Allow
- Realm
- Protuberances
- French article
- Filled fully
- Gear teeth
- Understood
- Hoodwink
- Scary cry
- Flying saucer
- Perch
- Attempt
- Knock
- School support orgs.
- Object (to)
- Battery size
- Ibsen's Gable
- Golfer Sorenstam
- Land in la mer
- Bruce Springsteen hit
- JFK regulator
- "Her" actress Rooney
- Pricy powder
- Sheltered
- Favorites
- Three, in Rome
- British ref. work
- To date
- Perched on
- "NCIS" ailer
- Sound of delight
- Bargain
- Mentor
- Zadora of "Hairspray"
- Roswell visitors
- Sluggo Williams
- Bamboo eaters
- Molten rock
- Some
- LP player
- Israeli airline
- Basra resident
- Shakespeare villain
- Actress Sedgwick
- Pronto
- di-dah
- Mouths (Lat.)

DOWN

- Rim
- Italian cheese, for short
- Ready, as for surgery
- Slowpokes
- Staffer
- Govt. loan agcy.
- Toe count
- Representative

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Weekly SUDOKU

by Linda Thistle

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

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. Paper is missing; 2. Foot is moved; 3. Collar is added; 4. Phone is moved; 5. Desk legs are longer; 6. Collar is standing straighter.

Answer

Weekly SUDOKU

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

Trivia test

by Fifi Rodriguez

- LITERATURE: What are the names of the four sisters in "Little Women"?
- U.S. STATES: Which northeastern state has a desert?
- MOVIES: Which long-running movie series features the character Legolas?
- ANATOMY: What does the lacrimal gland produce?
- GEOGRAPHY: Ellesmere Island belongs to which nation?
- SCIENCE: Which of the human senses is most closely related to memory?
- LANGUAGE: What does the Latin phrase "ad meliora" mean?
- TELEVISION: Which TV sitcom features a mom named Rainbow Johnson?
- THEATER: Who wrote the play "A Little Night Music"?
- MUSIC: Which alternative rock band went by the name of The Warlocks before becoming famous?

Solution time: 25 mins.

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Trivia Test Answers

- Meg, Jo, Beth and Amy; 2. The 40-acre Desert of Maine; 3. "The Lord of the Rings" and "The Hobbit" trilogies; 4. Tears; 5. Canada; 6. Smell; 7. "Toward a Better Tomorrow"; 8. "Black-ish"; 9. Stephen Sondheim; 10. The Grateful Dead.

King Crossword

Answers

What's Going on in Shopperland



Shopperland is Danville, Pittsylvania County, & Caswell County

Please email community news to: info@piedmontshopper.com

Laidback Golf Tour Holds its 10th Season Opener



A Flight winner Fran Hensley putting with Allen Springs looking on

The Laidback Golf Tour began its 10th season Wednesday April 17th at Lynrock Golf Club in Eden, North Carolina. Seventeen golfers including 5 brand new Tour members came out to participate in the opener under cloudy and slightly breezy conditions. They found the course to be in very good condition with a lot of green early season grass. The par 70 course gave up eight birdies and nine rounds in the eighties to the field of players. Three of the birdies was carded by new Tour member Robbie Ferrell and two more of the eight birdies was made by another new Tour member; Allen Springs. There were only three flights represented in the match; A,C, and D. Just as in the 2023 season finale held at Caswell Pines last November; the A Flight winner had to be determined by a match of scorecards beginning at the number one handicap hole. Once again both Fran Hensley and Tim Shelton finished regulation play tied at 80. At Caswell Pines Tim won the card match but this time it was Fran coming out on top with her par on hole #14 as Tim had a bogie. The C Flight also had to have a two hole card match to determine its winner as it had a three way tie at the end of regulation with Bryan Martin, Randy Ely, and Robbie Ferrell all having scores of 82. Bryan Martin got the win also on hole #14. D Flight was won by Bart Truesdell with his round of 86. There was no Honey Hole winner today or D Flight Skins winner therefore \$40 will carryover to the next event in each of these. The Tours next scheduled tournament is at Tuscarora Country Club in Danville on Thursday May 2nd beginning at 10am. Entry fee for Tour members is \$75 Cash with Tour memberships costing \$40 per year. Registration is requested a week prior to play but no later than noon Saturday April 27th. Enter by emailing golftripman@yahoo.com. Tour stats, schedule and information can be found on our web page: TeamPages - Laid-Back Golfers.

Results from Lynrock Tournament:

A-Flight:

Fran Hensley- 80 gross, 69 net, \$50 winnings (Winner on 2 hole card match)
 Tim Shelton - 80 gross, 70 net, \$20 winnings
 Robbie Revis - 81 gross, 71 net, \$16 winnings
 Allen Springs - 81 gross, 71 net, \$32 winnings
 Allen Revis - 84 gross, 72 net

C-Flight:

Bryan Martin - 82 gross, 62 net, \$40 winnings (Winner on 2 hole card match)
 Randy Ely - 82 gross, 65 net, \$20 winnings
 Robbie Ferrell -82 gross, 64 net, \$100 winnings
 Doug Facchina - 84 gross, 67 net
 William Pittard 92 gross, 74 net
 Allyson Springs - 93 gross, 73 net
 Jody Myers - 94 gross, 76 net, \$20 winnings
 Lenwood Jackson Jr. - 105 gross, 86 net

D-Flight:

Bart Truesdell - 86 gross, 65 net, \$30 winnings
 Randy Kenyon - 90 gross, 67 net, \$10 winnings
 John Horton - 96 gross, 71 net
 Willard Vicks - 99 gross, 78 net

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Danville Kiwanis Club Guest Speaker



Dr. Ralph Hawkins, Professor of Religion at Averett University and Co-Director of the Jordan Valley Excavation Project (JVEP), was the guest speaker at the April 18, 2024 Kiwanis meeting who described JVEP as an investigation of the ancient history and archaeology of the region of the Southern Jordan Valley. Dr. Hawkins explained that JVEP's first excavation was at Khirbet-el-Mastarah which is a site consisting of numerous oval enclosures and small structures and built in the late Iron Age, Roman, and early Islamic periods. Another excavation site described by Dr. Hawkins is Khirbet Auja el-Foqa which is located on a high hill overlooking the Jericho Valley and a site that may yield evidence about the administration of Judah in the Jordan Valley during the Israelite period. To the right of Dr. Hawkins is Lawrence Meder who is the chairperson of the Program Committee. If interested in membership, contact Lawrence Meder at (636) 448-6159 or email him at tiger3@aol.com for Kiwanis Club membership information. Kiwanis Club meetings are held on the 1st and 3rd Thursdays of each month at 6:00 p.m. with meetings held at the Averett University Student Union Building, Multi-Purpose Room.

Certificate of Recognition



The Danville City Council has recognized John Wilt for completing marathons in all 50 States. The April 16, 2024 Certificate of Recognition begins with John's running career on December 1, 1976 in Fairbanks, Alaska, includes certification in January 2024 by the 50 States Marathon Club, mentions running a total of 111 marathons with 52,412.09 logged miles in a 47-year period of time and concludes with this statement: "Now, therefore, I, Alonzo L. Jones, Mayor of the City of Danville, Virginia, do hereby recognize John Wilt and sincerely congratulate you and all your success and send a heartfelt thank you for representing the City of Danville on a local and national level."

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

Yvonne Hazelwood Rigney

July 5, 1932 ~ April 20, 2024 (age 91)



Yvonne Hazelwood Rigney made a peaceful passage from this life to her eternal home on Saturday, April 20, 2024 at the age of 91. She had been a resident of Roman Eagle Nursing Home for the past seven years after experiencing

declining health. Born on July 5, 1932 in Danville, she was the only child of William Hester Vaden and Lottie Green Davis Vaden. She made Danville her home her entire life and had many friends. Yvonne realized her lifelong dream of becoming a hairdresser once her children were in school, and she spent the bulk of her career as the owner of her own salon as well as serving as instructor for several years at Danville Beauty Academy. She thoroughly enjoyed her patrons, using her creativity to give her customers new styles and color for over 30 years.

After retiring, she and her husband, Thomas opened The Shirt Shack providing screen-print t-shirts locally. She and Thomas enjoyed traveling together, something neither had been able to do before they married later in life. During their 42-year marriage they enjoyed frequent fishing trips to Morehead pier for 20 years, taking several cruises, family beach vacations, and Atlanta Braves games.

Yvonne was strongly dedicated to her home church, North Main Baptist for over 30 years and then later Shermont Baptist Church. She was active in Sunday School, singing in the choir, supporting annual Brunswick stew, and participating in the Seniors Royal Gems activities and trips.

She loved her family very much and enjoyed spending time with them. When she and Thomas married, they embraced a fully blended family

concept with all children and grandchildren treated as one family. "Stepchild" and "step-grandchildren" were never words used by either of them in how they treated any of us. They hosted many cookouts, birthday parties, wedding celebrations, and their home was the center of all holiday dinners. Yvonne had a great sense of humor and enjoyed her life. She was very creative and active in multiple crafts over the years from making earrings to learning cake decorating and taking up painting. She was an outstanding cook and made the BEST homemade yeast rolls ever!

Yvonne is survived by her children: Debbie Hazelwood Tuggle (Wayne) of High Point, NC and son, Hank Hazelwood, Jr. (Vicky) of Callands, VA as well as Thomas' two daughters: Robin Schultz (Craig) and Donna Ingram (David). She also leaves her much loved grandchildren: Brannan Smithwick, Micheal Hazelwood, Kim Hazelwood, Karen Ingram, Stephanie Hall, Chris Newton, Kaitlyn Ingram, and Kristen Shelton (Jim).

Predeceased by both her parents, William Hester Vaden and Lottie Green Davis Vaden, her daughter, Connie Hazelwood, her first husband and father to her three children, Henry Wilton Hazelwood, and her husband of 42 years, Thomas Rigney, she has many loved ones to welcome her to her Heavenly home.

The family would like to thank the staff at Roman Eagle, especially Northeast wing for their compassion and caring. Special appreciation is extended to Patricia Wright, Brenda Knight, Stacey, Val, Nancy, Sandy, and Suzanne who always treated our mom like she was family.

It was her wish to have a simple graveside service in Highland Burial Park, buried beside her daughter, Connie, which will be on Tuesday, April 23, 2024 at 2:00 pm. The family will receive friends in the Chapel of Swicegood Funeral Home on Monday evening, April 22, 2024 between 6:00 - 7:30 pm.

Swicegood Funeral Service is respectfully serving the family.

Tracy Cook Owen

November 30, 1973 - April 19, 2024



Tracy Cook Owen, 50, went home to be with her Saviour on April 19, 2024, due to a massive heart attack.

Tracy was born in Danville, VA where she spent her entire life. She loved life and lived it to the fullest. She loved her family and making memories with them.

She was preceded in death by her mother, Susie Aherron Boyd and her father, Grover Cook.

Left to cherish her memory,

her son Cody Owen, her companion of 18 years Joe Beamon, her brother Dwayne Cook, her stepfather Curtis Boyd (Debbie), granddaughter Ava Beamon, Stepson Alex Beamon, nephew Zach Oxendine, niece Trinity Oxendine, great niece Zoey Oxendine.

Graveside service will be held at Danville Memorial Gardens, 58 West, Thursday April 25, 2024 at 2pm, with Reverend Chris Williamson officiating.

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celebrity extra
by Dana Jackson

Q. Whatever happened to the actress who starred in "Cold Case"? I haven't seen her in anything since it ended. — H.C.

A. The CBS crime-procedural-drama series "Cold Case" had a very successful seven-season run from 2003-2010. It didn't spawn off any "Cold Case" franchises — like "CSI," "Law & Order" and the "Chicago" shows have — but it might be returning with a new cast and a new setting. The original series was set in Philadelphia and starred Kathryn Morris and Danny Pino, but the new version could be set in the Southwestern United States.

Morris has been working steadily ever since the series ended, just not in anything as long-running. Her last regular series was "Reverie," a sci-fi drama that only lasted one season on NBC. She recently starred in the comedy film "Hayseed," which you can find on Amazon Prime Video. But next up for her is the thriller "From Embers," an indie film co-starring Matthew Morrison ("Glee") and Kara Wang ("Top Gun: Maverick").

Q. Are they really bringing back "Melrose Place" with Heather Locklear? How is she doing since her troubles from a few years back? — J.F.

A. It's still in the development stages, but yes, another reboot of "Melrose Place" is on the way. According to Entertainment Weekly, "when one of their dearest friends dies suddenly, the OG residents of 'Melrose Place' gather to honor the deceased." But once the reunion kicks off, it "uncovers old traumas, rekindles old romances ... and reveals new secrets."

You might remember that there was another attempted reboot of the show back in 2009, but it was canceled after one season. It had a mostly new cast of twentysomethings and starred Katie Cassidy, but this new reboot reunites members of the original cast. Heather Locklear, Laura Leighton and Daphne Zuniga are all reportedly returning, with more likely on the way.

As for Locklear, there were articles last July that stated she was reentering rehab for alcohol abuse, but there's been no negative press since then. The fact that CBS Studios is willing to employ her for



Courtesy of NBC
Kathryn Morris as Monica Shaw in "Reverie"

this new project means she's likely back on her feet again.

Q. I can't believe they're canceling "Station 19" after its current run. It's the best the show has ever been. — S.A.

A. The "Grey's Anatomy" spin-off "Station 19," which follows first responders in Seattle, actually has great ratings for its new, later time slot. So, it's surprising that it's being canceled after its current seventh season. Fans and critics alike are saying that it's thriving under new showrunners Zoanne Clack and Peter Paige.

There's no word on it being shopped around to streaming platforms, but many shows have been saved this way. Could it be another "Lucifer" or "Manifest"? Both are examples of series that were given the boot by their original networks due to low ratings, only to thrive under new showrunners.

"Station 19" executive producer Shonda Rhimes also has a development deal with Netflix, so this theory is not far-fetched. Keep your fingers crossed that it happens!

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

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* It's tough to eat home-cooked meals as a single eater. Most recipes are geared for multiple portions, and you probably don't want to eat the same thing for five days straight. Try this: Get together with some friends and have a potluck. Each guest brings an entree and at least two side dishes, in extra-large portions, and his or her own leftovers containers. Split the food up amongst the guests, packaged as meals. Everyone can cook once and eat for a week.

* "If your baby gets very rashy on her backside, try to give her some 'air time' each day. Just an hour a day with no diaper has made a big difference in my baby girl's rash." -- H.P. in Illinois

* "Leftover dry erase calendars make good bingo card bases. Cut out a five by five section, and use a permanent marker to fill the squares with small random numbers. Make matching call cards from the unused squares. Place the call cards in a sandwich baggie and the rest in a larger plastic bag. Include a couple dry erase markers, and you have a set that can be used anywhere (ours is in the car) over and over again." -- E.W. and S.D. in Oregon

* Did you have too much summer fun last year? Be ready to soothe that sunkissed skin this year with frozen aloe vera. Use an ice-cube tray to freeze aloe vera gel, and let the soothing begin!

* Control kids' artwork with a digital photo album. Take photos of the best pictures of the month, then arrange them in a scrapbook template and print them out. Keep the pages in a three-ring binder. Label with the child's name.

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

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PLACES IN WESTERN AUSTRALIA



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: LASSIE'S BRED

- | | | | |
|---------|-----------|----------|-----------|
| Albany | Busselton | Harvey | Tom Price |
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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. Ice cream portion | ___ C ___ | One-mast sailboat | ___ L ___ |
| 2. Beginning | ___ S ___ | Electrical plug | ___ L ___ |
| 3. Park chair | ___ E ___ | Group of grapes | ___ U ___ |
| 4. Talking bird | P ___ | Treat for Bugs Bunny | C ___ |
| 5. Paired with gin | ___ N ___ | Subject | ___ P ___ |
| 6. Eat voraciously | ___ R ___ | Pious | ___ T ___ |
| 7. Bracelet location | ___ R ___ | Old card game | ___ H ___ |
| 8. Beautiful | ___ V ___ | Secluded | ___ N ___ |
| 9. Stockholm native | ___ W ___ | Velvety leather | ___ U ___ |
| 10. Dirty look | ___ R ___ | Open space | ___ D ___ |

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SENIOR NEWS LINE

by Matilda Charles

Walking Is Beneficial

We need to move more. They call it an inactive lifestyle when we get very little exercise and do a lot of sitting. Whether we're sitting in front of a computer, or watching TV, or even riding in a car for long hours, sitting is sitting, and too much of it isn't good for us.

Here are just a few medical problems that can come from too much sitting around: diabetes, high blood pressure and osteoporosis. And stroke and high cholesterol and the list goes on.

Are you ready to get moving yet? It's easy to start. Walking can be one of the most beneficial forms of exercise, and the benefits can be life changing: stronger bones and muscles, lower blood sugar, improved quality of sleep and much more.

Ask your doctor how many steps you need to take each day and how many minutes of exercise you need per week because -- believe it or not -- there is a risk of too much exercise. The often-quoted 150 minutes of exercise per week or 10,000 steps per day might not apply to you.

If your doctor adheres to the standard advice (thousands of steps per day), fear not. The internet is loaded with suggestions and videos aimed at seniors, and it's a good place to start for walking ideas.

If you live in a building with an elevator, stop it one floor below where you normally get off. Walk up the rest of the way.

If you have a big box store near you, use the aisles as your personal track, or make a circuit of the store once or twice.

Leave your car at the other end of a parking lot.

If you're just now beginning a walking program, start small but set attainable goals. And as always, when you exercise, stay hydrated!

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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!

Large Multi-Family Yard Sale. 176 Lynndale Drive. Lots of Different Items. Plus Size Woman's Clothes, some from Rosegal. Some Men's Clothing. DVDs, CD's. Pictures, Etc.

Huge Yard, Craft, Vendor, Food Sale! Sat May 4th, 12pm-5pm. 200 Barrett Street, Danville.

Garage Sale. Thu Apr 25th, 2024 from 10:00 AM - ? Fri Apr 26th, 2024 from 10:00 AM - ? Sat Apr 27th, 2024 from 10:00 AM - ? 114 Beech Avenue. Furniture, Pots, Pans, Dishes and Knick Knacks! Come Shop, Something For Everyone!

Multi-Family Yard Sale. Sat May 4th, 2024 from 08:00 AM - 12:00 PM. 118 Matthew Circle. Too many items to list must come see! No early birds, rain out date TBD



Huge Craft, Vendors and Food Sat May 4th, 2024 from 08:00 AM - 02:00 PM. 107 Walters Street. (770) 364-8415

Huge Family Yard Sale. Fri Apr 26th & Sat Apr 27th, from 8 AM - ?. 5047 Riverside Drive. Collectibles, Books, Kitchenware, Household Items, Clothing, Toys, Odds & Ends, Jewelry and More. (At The Cabin)

Big Yard Sale! Sat Apr 27th, 8-? 377 Summit Road. 55" TV, Furniture, New Items, Too Much to List!

Multi Family Fri May 3rd, 2024 from 09:00 AM - 02:00 PM Sat May 4th, 2024 from 07:00 AM - 12:00 PM Located behind Faith Memorial Church and Walker's restaurant Lots of men's 2 xl clothes, size 12 men's shoes, home decor, baby items, and so much more. Cheap prices

Yard Sale. Sun Apr 27th, 8-? 187 Talbott Drive, Fairfield Park. Game Tables, Clothing, Furniture, Toys, Tiffany Lamps and Much More!!

Giant Yard Sale in Chatham! Sat Apr 27th, 9-1pm. 1801 Slatesville Road Chatham. Furniture, Clocks, Collectibles, Glassware, Clothes/Shoes, Shed/Yard Full! Golf Carts and More! Must Go!!

Moving Yard/Garage Sale. Sat Apr 27th, 2024 from 09:00 AM - 02:00 PM. 133 Grove Park Circle. Household Items, Clothes, Dishes, Some Tools, Some Furniture Rain or Shine

Garage Sale. Fri April 26th, 08:00 AM - ? 5720 U.S. Hwy 29, beside Wayne's Used Cars. Something for Everyone.

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Strange BUT TRUE

By Lucie Winborne

* The Aztec death whistle produces a horrifying sound sometimes described as "the scream of a thousand corpses."

* "Miracle" berries stop human taste buds from discerning sourness for about 30 minutes.

* Beginning in June of 1979, as Skylab's re-entry approached, many American newspapers jokingly proposed "Skylab insurance," which would pay their subscribers for death or injury caused by flying orbiter fragments.

* There's a territory in Costa Rica called Territorio de Zaguates, or Land of the Strays, which is basically a huge, no-kill dog shelter where one can hike for free with the canines.

* And while we're on the subject of dogs: "Dogfooding" is the term for using a company's product to gain the trust of customers. It's said a dog food company president ate a can of the firm's food in a shareholders meeting to demonstrate that "if it's good for me, it's good for your dog." We'll take his word for it, thank you.

* The fertilizer used by the tobacco industry is radioactive.

* In 1970, actor Bill Murray joked to a fellow airline passenger that he had two bombs in his bag. The jest backfired when U.S. marshals searched his luggage, discovered \$20,000 worth of marijuana, and arrested him.

* The Black Diamond is a rare (and expensive) apple, with its jet-black hue, sweeter-than-honey taste, and crispness unmatched by any other apple. But don't look for it in your local grocery store; you'll only find this gem in Tibet.

* De-scented skunks make great pets, similar to ferrets. They're extremely docile and can even learn tricks and be called by name.

* Louis Chevrolet died bankrupt and poor working as a mechanic for the company he started.

Thought for the Day: "Don't spend time beating on a wall, hoping to turn it into a door." -- Coco Chanel

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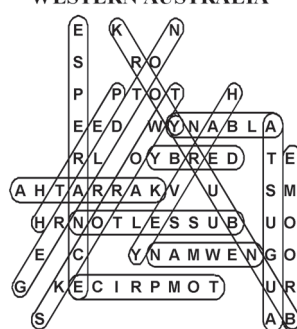
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PLACES IN WESTERN AUSTRALIA



Even Exchange answers

- Scoop, Sloop
- Outset, Outlet
- Bench, Bunch
- Parrot, Carrot
- Tonic, Topic
- Devour, Devout
- Wrist, Whist
- Lovely, Lonely
- Swede, Suede
- Glare, Glade



- Name the three Chipmunks. Which one wanted the hula hoop for Christmas?
- Which artist wrote and released "Honey Don't"?
- Was there a real MacArthur Park, as in the song written by Jimmy Webb and recorded by Richard Harris?
- What was the first release by Bread?
- Name the song that contains this lyric: "If you want it you can have it, That's what you said, But I don't want the things that you leave behind."

Answers

- Alvin, Simon and Theodore. It was Alvin who wanted the hula hoop. The animated singing trio was first created in 1958 with the novelty song "Christmas Don't Be Late."
- Carl Perkins in 1956. The song was issued as a b-side to "Blue Suede Shoes" and has been covered by dozens of artists over the years.
- Yes, in Los Angeles. The song includes all the things Webb saw around him when he was at the park, including cake left out in the rain.
- "Dismal Day," which got a fairly dismal response when it was released in 1969, only reaching No. 127 on the charts.
- "Heaven Help Me," by Deon Estus, in 1989. "Heaven" was a single from his only album, "Spell."

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