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**Presidents' Day**  
February 17th, 2025

The third Monday in February is observed in the United States as a legal holiday in commemoration of the birthdays of George Washington and Abraham Lincoln. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers.



**ARIES** (March 21 to April 19) Having second thoughts could be a good thing, even if you're determined to go through with your plans. You might find it worthwhile to take a fresh look at how things have been set up.

**TAURUS** (April 20 to May 20) Financial matters could continue to be a problem until you're able to straighten out some of the more pesky situations. Once this happens, the rest should be easier to unsnarl.

**GEMINI** (May 21 to June 20) Family matters once again take center stage and should be dealt with competently and quickly. Again, insist that others take on their fair share of the responsibilities.

**CANCER** (June 21 to July 22) Your creative pursuits seem to be running into a roadblock. But rather than blame outside factors, look within to see if you might be holding back your efforts for some reason.

**LEO** (July 23 to August 22) Keep your keen Cat's Eye focused on relevant aspects of this new situation in your life. Don't be distracted by trivial matters. You need the pertinent facts before making a decision.

**VIRGO** (August 23 to September 22) As much as you prefer doing things on your own, continue to accept help if you still need to resolve the problem that affects your project. Meanwhile, some cheerful news is about to come your way!

**LIBRA** (September 23 to October

22) While you might begrudge the added time it will take to get your project from point A to B to C, etc., you could benefit from the facts that will emerge over this expanded time span.

**SCORPIO** (October 23 to November 21) Regarding your workplace suggestions, be prepared to produce the facts to counter reactions from skeptics who feel like your approach is unreasonable or even impossible.

**SAGITTARIUS** (November 22 to December 21) Savvy Sagittarians will look for work-related answers on their own rather than relying on unproved assumptions. It might take more time to do so, but the payoff is worth it.

**CAPRICORN** (December 22 to January 19) Your aspects continue to favor family issues, with a special emphasis this week on changes in and around your home. Get everyone to suggest what they would like to see done.

**AQUARIUS** (January 20 to February 18) A matter you thought had been settled still might produce surprises. Best advice: Continue to gather facts to bolster your position just in case you need to produce them quickly.

**PISCES** (February 19 to March 20) While your instincts are usually right when discerning 'twixt truth and deception, you could benefit from doing more research on the new "prospect" that you've been pitched.

**BORN THIS WEEK:** Your wisdom is only matched by your generosity, making you the sort of friend everyone hopes to have.

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**BIBLE TRIVIA**  
by Wilson Casey

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

2. What's the finish to this Proverbs 14:23 verse: "In all labor there is ..."? Profit, Righteousness, Grace, Rewarding

3. At whose well did Jesus meet the Samaritan woman? Joshua's, Jonah's, Jacob's, Judas'

4. From Revelation 21, how many gates does the New Jerusalem have? 1, 4, 12, 16

5. Who was king during Zechariah's time of prophecy? David, Daniel, Darius, Saul

6. How long did Aaron's followers mourn him? 3 days, 13 days, 30 days, 3 months

ANSWERS: 1) Old, 2) Profit, 3) Jacob's, 4) Twelve, 5) Darius, 6) 30 days

Comments? More Trivia? Gift ideas? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com).

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# February 2025

S	M	T	W	T	F	S
26	27	28	29	30	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	1
2	3	4	5	6	7	8

**Holidays**

- 2nd - Groundhog Day
- 14th - Valentine's Day
- 17th - Presidents' Day

**Community Events**

**Resource Fair.** April 10, 10am-1pm. 760 W. Main St. Resources for Older Adults. FREE. (434) 799-5216 cline-bl@danvilleva.gov

**A Life in Stitches.** Feb. 26, 11am-12pm. 760 W. Main St.. Edith Edmunds takes you on The Underground Railroad through her Quilt Exhibit. (434) 799-5216 cline-bl@danvilleva.gov

**Dance Every Friday.** Ballou Center (lower level), 760 West Main St. Danville, 7:00pm - 9:30pm. Facebook: BALLOU PARK FRIDAY NIGHT DANCE for Band Schedule. \$8.00.

**Christ the King Lutheran Church** Invites you to Join our Sunday Morning Service Sunday's at 11am. 1172 Franklin Turnpike. Free Books Available on Post Next to Driveway.

**Brosville Public Library** is Hosting a Veterans Coffee the Second Friday of Every Month. Join Us!

**Pelham Methodist Church Brunswick Stew** will be February 15th. Ready at Noon. \$10 per Qt. 594 Red Marshall Road Pelham, NC. Call 336-388-2542 for Pre-Orders.

**The Bible Reading Club** will Continue to Meet on Wednesdays at 6pm in the CTK Fellowship Center, 1172 Franklin Turnpike. Bring your Personal Bible, All Welcome! Join Us!

**Free Community Hotdog Lunch!** Saturday Feb. 15th 12-3pm at Christ the King Lutheran Church, 1172 Franklin Tpke. Bonus-Large Selection of Free Books Available at Little Free Library Container on driveway. All Welcome!!

**Stew February 15th at Pelham** United Methodist Church. 594 Red Marshall Road Pelham, NC. Ready at Noon, Pickup by 1pm. \$10 Per Quart. Pre-Order 336-388-0124 or 336-394-8045.

**Please Come Out and Join** the C M B A Women's Ministry as they celebrate Black History Month. The National Theme: African America and Labor. Hands that Serve: Hearts that Lead Saturday, February 15, 2025 at 3:00 PM at The Cherrystone Missionary Baptist Association 5551 Tom Fork Rd. Ringgold Va. the C M B A Women's Ministry as they celebrate Black History Month. The National Theme: African America and Labor. Hands that Serve: Hearts that Lead Saturday, February 15, 2025 at 3:00 PM at The Cherrystone Missionary Baptist Association 5551 Tom Fork Rd. Ringgold Va.

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It was the first camping experience for Paul. As soon as he had pitched his tent, he went for a hike in the woods. In about fifteen minutes he rushed back into camp, bleeding and disheveled.

"What happened?" asked a fellow camper.

"I was chased by a black snake!" cried the frightened Paul. The camper laughed and retorted, "A black snake isn't deadly."

"Listen," groaned Paul, "if he can make you jump off a fifty-foot cliff, he is!"

**Amber Waves**

by Dave T. Phipps

OH, GREAT, HERE COMES HELEN TO DO HER DAILY LIST OF COMPLAINTS.

SHE NEVER HAS ANYTHING GOOD TO SAY. ALWAYS JUST CLUCKIN' AWAY.

LOUIS, THE HENHOUSE IS A CLUCKIN' MESS. I BLAME BETTY'S CLUCKIN' KIDS.

WHOA, KISS YOUR MOTHER WITH THAT MOUTH?

**TIGER** by Bud Blake

MY POINT, HUGO. IT WAS OUT, TIGER.

MY POINT! ANY FOOL COULD SEE THAT!

WHO YOU CALLING A FOOL?

**The Spats** by Jeff Pickering

NEVER WRESTLE A DINOSAUR.

WHY NOT??

YOU'LL GET JURASS-KICKED!!

**Weekly SUDOKU**

3		2	1	7	6	4	5	
						8		1
6		9	8		4	7		3
		3		5		6	7	
		2		6		9		5
			8			3		2
1		3		6		5		
		5	7		3			9
		9			1	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. Spatula is wider. 2. The is different. 3. Sleeve longer. 4. Ear is larger. 5. Pancake is added. 6. Cap is larger.

**King Crossword**

**ACROSS**

- Water, in Mexico
- Sprite
- Pedestal
- Like holiday decorations
- Ogled
- D.C. veteran
- Ms. Moore
- Pentagon gp.
- Mild cheese
- Singer Mann
- " - Las Vegas"
- Not that
- Verbal attack
- Yr. parts
- Some latte sizes
- Cut the lawn
- Italian corn-meal recipe
- Race finish
- Rapscallions
- Word list, for short
- Goldberg on "The View"
- Lingus
- Honker
- Refines
- Duel tool
- Investigates
- Holler
- "Mayday!"
- Taxpayer IDs

**DOWN**

- Venomous viper
- Earth (Pref.)
- "Friendly skies" co.
- Stage comments
- Oklahoma city
- Fond du —
- Fleet of ships
- Pandemonium
- Pro votes
- Big rig
- Tend texts
- Oklahoma tribe
- Currier's partner
- \$ dispenser
- Denny's rival
- Japanese soup
- Battery measurements
- Primitive flutes
- Apple desktop
- Club in a Manilow song
- Office part-timer
- Charlotte's creation
- Toy train maker
- Sculpted trunks
- Bridal cover
- Curds' partner
- Great expectation
- Hurler Hershiser
- Swiss peaks
- Tic-tac-toe loser
- Storefront sign abbr.
- Poetic dusk
- Hot wok sound

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**Trivia test** by Fifi Rodriguez

- GEOGRAPHY:** What is the highest mountain in Canada?
- TELEVISION:** Who is the host of the long-running reality series "Survivor"?
- LITERATURE:** Which animals represent the Communist Party in "Animal Farm"?
- U.S. STATES:** Which state is the birthplace of the singer Elvis?
- ASTRONOMY:** How long does it take the moon to orbit the Earth?
- MOVIES:** What is the score Elle receives on her law school admission test in "Legally Blonde"?
- AD SLOGANS:** Which product's slogan is "Is It In You"??
- LANGUAGE:** What is an eraser called in the United Kingdom?
- SCIENCE:** What are the four primary precious metals?
- GENERAL KNOWLEDGE:** Valentine's Day arose from which Roman ritual?

**Solution time: 22 mins.**

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**Trivia Test Answers**

- Mount Logan
- Jeff Probst
- Pigs
- Mississippi
- 27.3 days
- 179
- Galathea
- A rubber
- Gold, silver, platinum and palladium
- Lupercalia







# What's Going on in Shopperland



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**Thursday, 13th through Sunday, 16th**

- Yoga & More @ Danville Yoga & Meditation Center

**Thursday, 13th**

- Little Learning Lab (registration required) @ Ruby B. Archie Public Library
- Copper Pianos @ Caesars Thread Bar
- Open Mic w Matt Crowder @ Old 97 Tavern
- Trivia Night @ Ballard Brewing
- Game Night @ Renewal Brewing

**Friday, 14th and Saturday, 15th**

- Triangle Cycles Moonlight Indoor MX Series @ Olde Dominion Agricultural Complex
- Valentine's "Ghost" Experience @ Impotters Clayworx

**Friday, 14th**

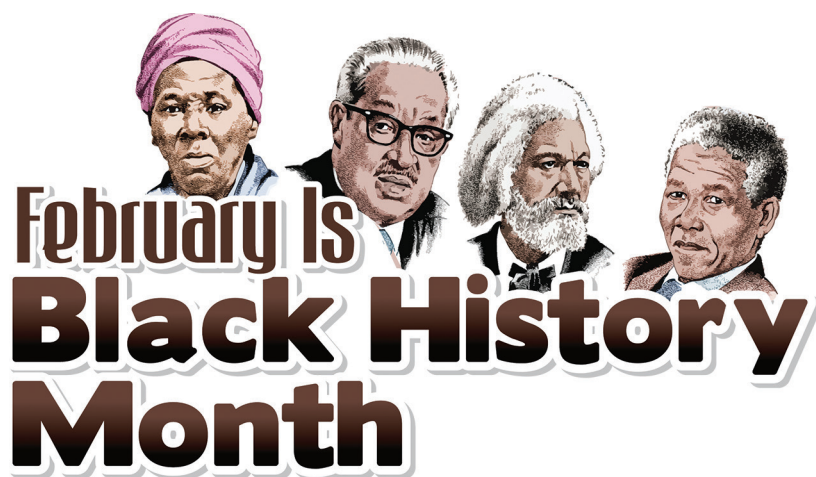
- Valentine's Dance w Heart of Glass @ Cascade Community Center
- Valentine's Dance w The Bullet Band @ Ballou Recreation Center
- Copper Pianos @ Caesars Thread Lounge
- Speakeasy Night @ Ballard Brewing
- Live Music by The League of Ordinary Gentlemen @ 2 Witches Winery & Brewing Co.
- Live Music by Mama BriBri & The Stranger @ The Golden Leaf Bistro
- Be Mine at Woodbine: Valentine's Dinner (ticketed event) @ Woodbine Vineyards

**Saturday, 15th**

- Wine Tasting @ Vintages by the Dan
- Total Body Workout Class @ Urban Fitness
- Winter Market @ Danville Farmers' Market
- Victorian Garden & Flower Show @ The Langhorne House Museum, 117 Broad Street
- Story-Time w Mrs. Judy @ The Dog-Eared Page
- Annual Galentine's Event @ The Golden Leaf Bistro
- Opening Day: The Age of Dinosaurs @ Virginia Museum of Natural History, Martinsville
- Artist's Studio Series: Cricut Basics w Brian Stanley @ Ruby B. Archie Public Library
- Cars & Coffee @ Crema & Vine
- Live Music by Matt Page @ River District Social
- Copper Pianos @ Caesars Thread Lounge
- Live Music by Blue Drive Ramblin' Duo @ 2 Witches Winery & Brewing Co.
- Vinyl & Brews @ Ballard Brewing
- Thomas Hinds Live @ Renewal Brewing

**Sunday, 16th**

- Open Mic hosted by Matt Crowder @ 2 Witches Winery & Brewing Co.
- Copper Pianos @ Caesars Thread Bar
- Dungeons, Dragons, & Drafts @ Scuffle Hill Brewing Co.



Black History Month has a lengthy history that dates back more than a century. According to History.com, historian Carter G. Woodson and minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH) in September 1915. Promoting the achievements of Black Americans was among the various missions of the ASNLH. One of the ways the ASNLH sought to achieve that mission was through the establishment of Negro History Week in 1926. Organizers chose the second week of February for the event because that week happened to be when Abraham Lincoln (1809) and Frederick Douglass (1818) were born. Lincoln and Douglass played pivotal roles in the abolition of slavery in the United States. After the establishment of Negro History Week in 1926, more and more cities began to celebrate it. History.com notes that by the 1960s Negro History Week had evolved into Black History Month on college campuses, eventually leading to formal recognition of the event by American president Gerald Ford in 1976.

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## GOD'S STOREHOUSE TO HOST 11TH ANNUAL EMPTY BOWLS FUNDRAISER

God's Storehouse will host its eleventh annual Empty Bowls on Friday, February 28 at 750 Memorial Drive in Danville. The Empty Bowls fundraiser is a collaborative effort between God's Storehouse, local artists, and local restaurants. A simple meal of soup and bread or crackers will be served as a reminder that too many people throughout our region are facing hunger.

Tickets are \$25 and can be purchased at God's Storehouse, Karen's Hallmark in the Danville Mall, Fox Glove West Main Street, Haymore Garden Center, Awards and Trophy, Main Street Art Collective, or for online tickets Google: QGive Empty Bowls God's Storehouse. Tickets will be \$30 the week of the event. The event is sponsored by The Episcopal Church of the Epiphany, First National Bank, and the Danville Register and Bee.

Jonathon Scollo and other artists at the Swanson Studio of the Danville Museum of Fine Arts and History, students from Chatham Hall Fine and Performing Arts Department, and George Washington High School art teacher, Frances Viden, and students at GW and Galileo have created handcrafted ceramic bowls for the event. Ticket holders will also have an opportunity to participate in a silent and chance auction.

"Empty Bowls has become an event that everyone in our organization looks forward to every year. We love inviting our community to come and see what we do day in and day out," said Karen Harris, executive director of God's Storehouse. "Every week we provide food to our neighbors that need it and by inviting people into our space that may not usually visit our facility, we are asking them to remember that our mission cannot be filled without their support. Our hope is that the empty bowls people take home remind them to share their bounty throughout the year."

To understand the need, it's important to understand the situation God's Storehouse faces every day.

In Danville, 1 out of every 4.7 residents lives in poverty. In Danville and Pittsylvania County combined, there are more than 15,000 people who suffer from food insecurity. Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life.

"Without donations from community members, local stores, faith communities, and businesses we would not be able to keep our pantry ready for every need," Harris said. "This community is such a blessing to us and to our customers, volunteers, and staff. With our outstanding volunteers and continued support through fundraisers like this one, we will continue to serve as long as we are needed."



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# Know These 4 Core Factors to Avoid a Heart Health Syndrome

**FAMILY FEATURES**

In the U.S., 1 in 3 adults is at risk for a newly recognized syndrome that comes from a combination of heart disease, kidney disease, type 2 diabetes and excess body weight. This cluster of conditions, called cardiovascular-kidney-metabolic (CKM) syndrome, is an example of how problems in one part of your body can affect other parts.

To avoid CKM syndrome, health experts suggest paying close attention to four of the American Heart Association's Life's Essential 8 – blood pressure, lipids, body weight and blood sugar level – which are core health factors that impact your metabolic health.

Good metabolic health means your body uses energy well and keeps these factors in a normal range. However, when numbers are off in one area, it can affect others, raising your risk for heart disease, stroke, kidney disease and diabetes.

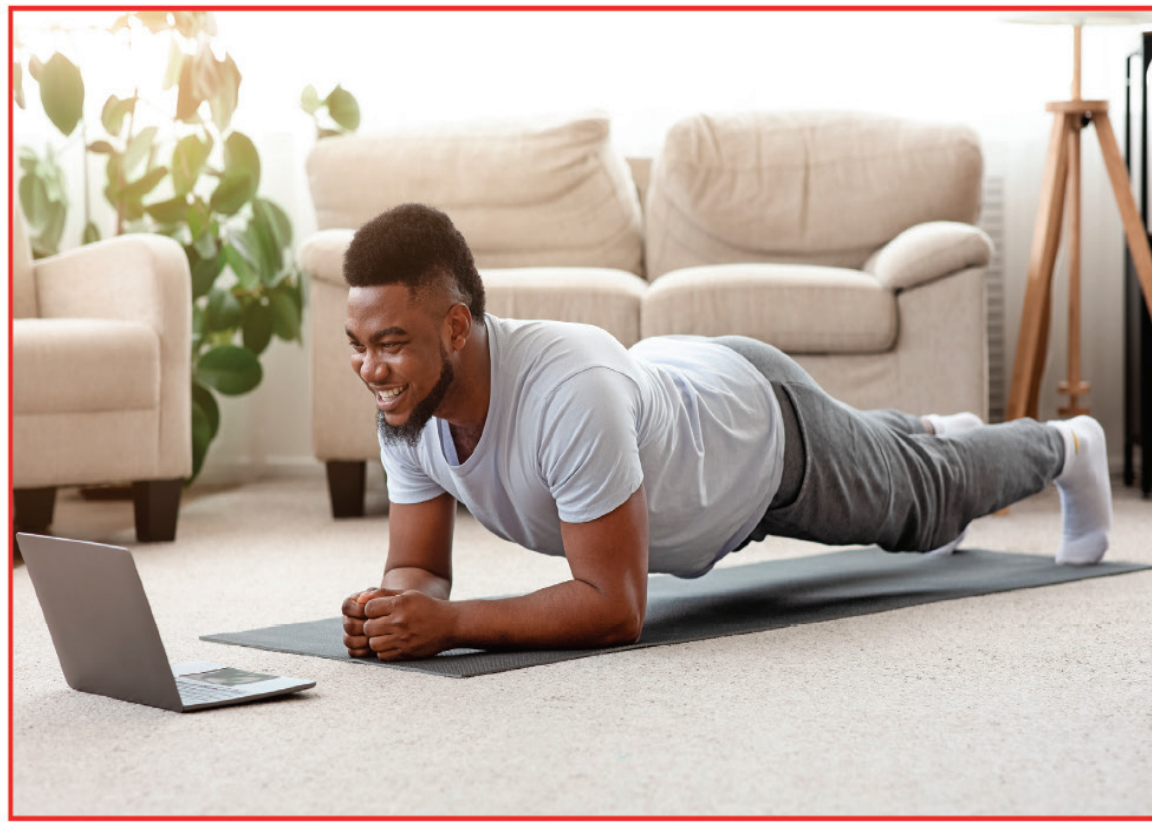
Consider these tips from the American Heart Association to help keep your core health factors under control.

**Blood Pressure**

High blood pressure, also known as hypertension, happens when the force of your blood pushing against the walls of your blood vessels is too high. High blood pressure is a leading cause of heart disease, stroke and kidney disease.

Because high blood pressure doesn't have symptoms, the only way to know you have it is to get your blood pressure checked. Healthy blood pressure is below 120/80. If your blood pressure is 130/80 or higher, talk to your doctor about checking your other core health factors.

Lifestyle changes can help reduce high blood pressure. One example is a Dietary Approaches to Stop Hypertension (DASH) eating pattern that's low in fat and rich in fruits, vegetables, whole grains and low-fat dairy products. Losing 10 pounds and reducing alcohol consumption can also reduce blood pressure.



Photos courtesy of Shutterstock



**Cholesterol**

Cholesterol is a waxy substance your liver makes then circulates in the blood where your body uses it to build cells and make vitamins and hormones. You may also get cholesterol from eating animal products. If there's too much cholesterol circulating, your risk of type 2 diabetes, heart disease and stroke may increase.

For optimal CKM health, your LDL cholesterol should be below 100 and triglycerides below 150. Triglycerides are the most common type of fat in the body. If your triglyceride level is 135 or higher, talk to your doctor about decreasing your risk.

Losing body weight and increasing physical activity decrease triglyceride levels. In addition, DASH and Mediterranean (plant-based, high-fiber, low-fat) eating patterns support healthy LDL and triglyceride levels.

**Body Weight**

Healthy weight may be determined by body mass index (BMI), a number that represents your weight in relation to your height. Extra body fat can mean a higher risk for many health problems, including heart disease, stroke, high blood pressure, high cholesterol and diabetes.

CKM syndrome starts when BMI is 25 or higher and waist circumference is 88 centimeters or higher for women and 102 centimeters or higher for men. Aim for a BMI between 18.5-25.

To lose weight and keep it off, start by setting realistic goals. Understand how much and why you eat, manage portion sizes, make smart snack substitutions and be physically active.

**Blood Sugar**

High blood sugar can slowly damage the kidneys. In fact, diabetes is the leading cause of kidney disease, and it increases the risk of heart attack and stroke.

Blood sugar is measured in two ways: a fasting blood glucose test (short term blood sugar) and an A1C test (long term blood sugar control). A normal fasting blood glucose level is 70-99 and a normal A1C level is below 5.7%. Fasting blood glucose above 125 and A1C of 6.5% or higher means you have diabetes.

Habits that help you avoid high blood pressure, weight gain and high cholesterol also keep your blood sugar in check. These are especially important if you have a family history of diabetes.

Learn more about CKM syndrome and how to manage your risk at [heart.org/CKMhealth](http://heart.org/CKMhealth).



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**FLASHBACK**  
**POP ROCK & SOUL TRIVIA BY MICK HARPER**

1. Name the town mentioned in "Last Chance to Turn Around."
2. Who wrote and released "Love Is All Around"?
3. Which group wrote and released "The Tracks of My Tears"?
4. Who wrote "Anticipation"?
5. Name the song that contains this lyric: "I know you don't know what I'm going through, Standing here looking at you."

**Answers**

1. Brooklyn, in the 1965 song by Gene Pitney. Besides creating his own hits, Pitney penned chart toppers for others, including the Crystals, Ricky Nelson, Vikki Carr and Roy Orbison.
2. The Troggs, in 1967. The song charted around the globe, but it really took off when Scottish band Wet Wet Wet covered the song for the film and soundtrack "Four Weddings and a Funeral." Their version topped the charts nearly everywhere.
3. Smokey Robinson and the Miracles, in 1965. In 2021 it was ranked as "The Greatest Motown Song of All Time."
4. Carly Simon, in 1971.
5. "Hurt So Bad," by Little Anthony & The Imperials, in 1964. The song was a hit for the group, especially after they sang it on "The Ed Sullivan Show." The song has been covered by numerous others, including The Lettermen and Linda Ronstadt.

**VETERANS POST**

by Freddy Groves

Take charge of your medical care

The Veterans Administration Office of Inspector General has been busy. As always, their focus is on identifying problems that cause harm to veterans.

For example, in one VA medical center there were concerns about the care given by a dermatologist on staff. Specifically, there were 48 instances where biopsies weren't done quickly, which allowed cancers to grow and spread. And abnormal test results weren't communicated, which delayed treatment. And the dermatologist documented procedures that weren't actually done. And specialists weren't called in. And inadequate treatment was given for certain cancers. And the dermatologist had been in the habit of copying and pasting previous notes from one appointment to the next, which meant that new information wasn't added to patient files. And, and, and ... so many instances of deficiency in care, all by one dermatologist. This went on from 2021 to 2023.

The supervisors weren't let off the hook in the OIG report. During performance reviews, they rated the dermatologist as "unsatisfactory" but focused on tardiness problems instead of big concerns like not actually doing biopsies. Instead of bouncing the dermatologist out the door, they decided to recommend nonrenewal of clinical privileges, which allowed the dermatologist to keep working with patients.

And (it just keeps getting better and better) senior staff claimed not to know about what was going on despite continued reporting by staff of their concerns and the dermatologist having been given two unsatisfactory reviews. Further, they didn't follow policy and report the dermatologist to the state licensing board.

Enter the VAOIG -- in response to allegations of deficiencies in care -- and patient records were finally reviewed, including 13 additional records given to the OIG. What the OIG found was grim, especially with cancer diagnoses.

If you have a medical concern, be sure that it's addressed. If a test or biopsy is done and no one calls you, get on the phone to them in seven days and insist on knowing the result. Don't trust that "no news is good news."

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**SENIOR NEWS LINE**

by Matilda Charles

AARP membership: It's worth having

After many years at the same cost, AARP increased their membership fee to \$20 at the beginning of this year. But it's still a bargain when you consider the additional benefits, savings and discounts that are available, as well as the newspaper and magazine.

The website (aarp.org) lists discounted gym memberships, travel and vacation packages, insurance, flowers and so much more. If you need computer help such as hooking up to a wireless network or printer, you can get 15% off the Norton Ultimate Help Desk.

The health benefits especially are worth considering. If you suspect you need hearing aids, AARP Hearing Solutions offers a free hearing exam and then 20% off hearing aids, should you need them.

If you need at-home physical therapy, AARP offers the service through Luna, and it's covered by Medicare, Aetna, Anthem and Cigna.

Check the Optum Rx page on AARP's website for prescription drug discounts. Enter your drug in the search box and it will find the best price. Print out your discount card or have it sent to you in email.

In my area, I qualify for discount tires, Dr. Scholl's shoes (20% off) and half-price car washes, among other things.

The discounted items aren't the only thing you'll find with AARP. The Tax Aide Locator is set up to help low and moderate income seniors with tax preparation -- or, if you prefer to do it yourself with just a little bit of coaching, they can provide that, too.

The advice and how-to columns alone are worth the cost of the membership. Digitizing your old home movies, tips to help prevent falls and seven ways to avoid germs at the gym are just a few of the current columns on AARP's online front page.

To learn more about the benefits of an AARP membership, check the website or give them a call at 888-687-2277.

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### A Delectable Dessert for Valentine's Day



If you're going above and beyond a stuffed animal and boxed chocolates this Valentine's Day, try these Cheesecake Cookie Cups for a special homemade dessert. Made with love, it's a perfect combination of sweet and creamy. Visit [Culinary.net](http://Culinary.net) for more sweet treats to share with loved ones.

### Cheesecake Cookie Cups

#### INGREDIENTS

2 packages (16 ounces each) chocolate chip cookie dough

#### Whipping Cream:

- 1 cup heavy cream
- 2 tablespoons sugar

#### Filling:

- 8 ounces cream cheese, softened
- 1/2 cup powdered sugar
- 1 cup whipping cream
- crumbled cookies, for topping (optional)
- sprinkles, for topping (optional)

#### INSTRUCTIONS

Heat oven to 350 F.

In muffin tin, press three pieces of cookie dough into each muffin hole. Bake 15 minutes. Let cool 5 minutes then use shot glass and press into each hole. Let cool another 5 minutes and place on rack to cool completely.

With hand mixer, mix heavy cream and sugar until it thickens then add cream cheese and powdered sugar; cream together. Spoon into cool cookie cups.

If desired, use piping bag and pipe pretty edge around cup. Top with crumbled cookies or sprinkles, if desired.



\* When you finish a wood-working project, save your leftover bits of sandpaper and use them to sharpen your scissors. All you need is a piece long enough to make a few cuts through.

\* "Plastic grocery bags are handy for so many uses, but keeping them organized was always a pain, until I discovered that I could use an empty tissue box to store them. I just ball up each bag individually (so there is no air trapped) and stuff it in the tissue box. You can do the same thing for larger amounts of bags by using an empty 12-pack box from soda. I store one of these in my shop." -- Fred C. from Pennsylvania

\* "Tired of squirrels on your bird feeders? String a line of 2-liter soda bottles (as many as you like) together, and hang them between two trees, with the feeder in the middle. Works like a charm." -- C.V. in Maine

\* If your kids (or you) like cereal, be sure to save the heavy plastic liners that hold the cereal inside the box. They are really handy when freezing meat patties in stacks. You can use them to separate layers of cookies, too.

\* "I just finished packing up my house to move, and this little tip was a dandy: Use a toothpick to keep the open end of your tape from disappearing. When you cut the tape, slip a toothpick at the end that's still on the roll. You will never have to go fishing for it again." -- L.K. in New Mexico

\* If your water takes a minute to warm up, keep a pitcher by the sink. Let the water flow into the pitcher until it gets warm. Then, use that water (that otherwise would have been wasted) on your houseplants and in your garden.

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

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by Ryan A. Berenz

1. This relief pitcher won World Series titles with the 1969 New York Mets and the 1980 Philadelphia Phillies. His son is a country music star. Who is he?
2. Who did Muhammad Ali defeat in a hard-fought unanimous decision to retain the undisputed heavyweight championship at New York City's Madison Square Garden on Sept. 29, 1977?
3. Name the motorsports driver, engineer, designer and businessman from New Zealand who was killed in 1970 while testing a new racecar in England.
4. Center Will Perdue won three NBA championships with the Chicago Bulls from 1991-93 and won his fourth title with what team in 1999?
5. Pro Football Hall of Fame wide receiver Calvin Johnson, who played for the Detroit Lions from 2007-15, was nicknamed after what "Transformers" character?
6. Atlanta Drive GC, Boston Common Golf, Jupiter Links GC and The Bay Golf Club are among the teams in what indoor/virtual golf league?
7. Name the Hall of Fame jockey who won the Kentucky Derby riding Sea Hero in 1993 and Grindstone in 1996.

#### Answers

1. Tug McGraw (his son is Tim McGraw).
2. Earnie Shavers.
3. Bruce McLaren.
4. The San Antonio Spurs.
5. Megatron.
6. TGL Golf.
7. Jerry D. Bailey.

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### Yard Sales

**Inside Estate Sale.** 2449 Shady Grove Road, House is Full of Furniture, Household Items, Decor, Christmas and Much More! Nothing Over \$25.

**Huge Moving Garage Sale.** Fri Feb 14th, 2025 from 08:30 AM - 04:00 PM Sat Feb 15th, 2025 from 08:30 AM - 03:00 PM 920 Loop Rd, Keeling, Va. Antiques, China, oil lanterns, Cast Iron Pans, liquor decanters, books, fishing rod & reels, Tupperware, table lamps, dvd's, vhs movies, Wilton cake pans/plates/boards, t-post clips, New Oil-less turkey fryer, toaster, can opener, shower curtains, Valances & lots more! Everything must Go!



By Lucie Winborne

\* Read a week's worth of The New York Times and you'll have absorbed more information than the average 17th-century citizen would have encountered in their lifetime.

\* A 1972 plane crash that claimed the lives of 101 people occurred because the crew was distracted by a burned-out landing gear indicator light and failed to notice that the autopilot had inadvertently been disconnected.

\* California was named for a fictional island in a 16th-century romance novel.

\* Researchers testing insect repellents used Victoria Secret's Bombshell perfume as a standard and accidentally discovered that it repels mosquitoes better than many repellents on the market.

\* In 19th-century Maryland, it was illegal to sell mineral water on a Sunday.

\* People's body temperature drops when they watch videos of other folks putting their hands into cold water.

\* Onychophagia is the technical term for biting your nails.

\* A man who tattooed the word "Netflix" on his body and then tweeted a picture of the ink to the company was rewarded with a year's worth of free service.

\* In Wisconsin, the most frequently googled "how to spell" word is Wisconsin.

\* When Prohibition started, alcohol could only be bought for medicinal and religious purposes, from a pharmacy or a doctor. "Medicinal whiskey" was prescribed for just about anything and used to treat conditions such as toothaches and the flu. With a prescription, a patient could legally purchase up to 1 pint of hard liquor every 10 days.

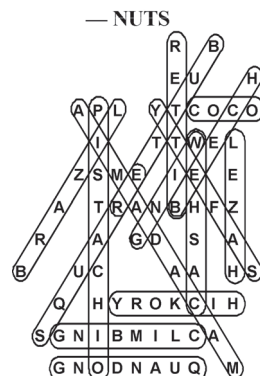
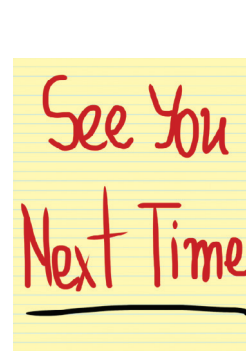
\* In medieval times, the word "abracadabra" was written out in the shape of a triangle and worn around the neck in an amulet to prevent deadly diseases.

\* It takes somewhere between 144 and 411 licks to reach the center of a Tootsie Pop.

\*\*\*

Thought for the Day: "The purpose of life is a life of purpose." -- Robert Byrne

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### Even Exchange answers

1. Clever, Clover
2. Marsh, March
3. Snitch, Stitch
4. Poster, Roster
5. Audit, Audio
6. Utter, Otter
7. Bravo, Brave
8. Sensor, Senior
9. Peppy, Puppy
10. Humble, Tumble