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LETTER FROM THE EDITOR

Love is in the air

Good News celebrates the love that strengthens communities, brightens hearts, and makes life more beautiful.

Y OU KNOW that first breath of spring? The way the warmer air gives you goosebumps — the air is soft, full of promise, carrying hints of something new. After months of cold, we step outside, and for the first time, the sun lingers a little longer, warming our hands, our faces, our hearts. Maybe it's still daylight when we get home from work. Love is a lot like that. It's the warmth that lingers after the winter. The breath that fills our lungs when we didn't even realize we were holding them.

Love exists in big acts with large sums of money, sure. But more often, it's in the small acts — the moments we miss that swirl through the air like dandelion seeds, taking root in ways we may never fully see. It's checking in on a friend, even when they insist they're fine. It's the extra few seconds we hold the door open, the way

we buy the person behind us a coffee in the morning. It's letting go of old grudges, choosing forgiveness even when it would be easier to stay cold.

The beautiful thing about love is that it multiplies. The more we put out into the air, the more it spreads, catching in the wind, drifting far beyond where we first let it go. Love is not just an action or money, either — it's a kind of magic that moves everything it touches in the right direction.

This issue of Good News is dedicated to that love. Not just romantic love but the kind that makes communities stronger, hearts lighter, and life a little more beautiful. Love rooted in appreciation, in gratefulness, in the quiet choices we make every day to make the world a little warmer.

So breathe it in. And then send it back out into the air. GN

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Wesley Bryant, EDITOR-IN-CHIEF

Good News

PUBLISHING PARTNERS Jay Hutt, Kevin Maples
EDITOR-IN-CHIEF Wesley Bryant
REGIONAL PUBLISHER Jack Owens
LEAD LAYOUT ARTIST Brianna Brubaker
SENIOR LAYOUT ARTIST Melissa Davis
LAYOUT ARTIST Ben Adams
LEAD PRINT AD DESIGNER TOD PITTS
LEAD PHOTOGRAPHER Ashleigh Newnes
PHOTOGRAPHER Brooke Snyder

FREELANCE PHOTOGRAPHERS Amanda Guy, Adin Parks, Sarah Bussard, Chad Barrett, Robin Fast, Gretchen Clark

LEAD WRITER Tina Neeley
STORY WRITER Jeriah Brumfield

 $\textbf{FREELANCE WRITERS} \ Amanda \ West, Sara \ Hook, Paige \ Cushman,$

Kali Bradford, Gabriel Huff, Richard Klin

FOOD CRITIC Laura Howell

STORY COORDINATOR Haley Potter

PROOFREADER Michelle Harwell

JR. PROOFREADER Kaitlin Rettig

BUSINESS DEVELOPMENT Cindy Baldhoff, Faith Cashion, Tony Glenn, Kevin Hines, Mark Mahagan, Janet Mullins,

Sissy Smith, Sandra Thomas

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Alice McColloch and the beauty of second chances

By Richard J. Klin // Photography by Chris Morris

LICE MCCOLLOCH'S background is in the niche specialty of faux painting, a discipline that has a long, fascinating history. Faux painting, said McColloch, is quite simply "painting something to look like something it's not."

Back in the 1700s and 1800s, many people who moved to the Lynchburg area — some of whom, of course, were English — loved French wallpaper and Italian marble, but they couldn't afford to bring those commodities over from Europe. So, itinerant painters traveled through the Lynchburg area, working in structures high and low. And they painted, for example, woodwork to look like it was burled walnut or fireplaces to look like they were marble.

"So that's what I did, and that's why I was working in Lynchburg — because there are so many historic structures here."

McColloch had also relocated from North Carolina to Lynchburg to be with Randy Parr, the owner of Lynchburg Restoration. Months later, esophageal cancer quickly and unexpectedly claimed his life. And suddenly, McColloch was in an old, venerable house that happened to be in terrible shape. And she was, of course, bereft — then came COVID-19. But McColloch's story, not without hardship, is an ultimately triumphant one. It speaks well for the power of resilience and the possibility of second chances.

Parts of McColloch's house now function as Point Lookout Airbnb, the end result of her pouring "all of my grief and all of my love into this house." The house, which dates from 1852, once sat on 1,500 acres and was part of the original land grant from King George II to John Lynch.

"This property now sits on a mere 2.83 acres," McColloch explained. "But it's a beautiful setting on a high bluff overlooking the James River and Treasure Island, where Harris Creek and the James River meet."

Guests can avail themselves of the restored, original house: two upstairs bedrooms and a bath, along with the downstairs game room, library, and fireplace.

All this is a sterling example of the power of second chances. But her story has a not-inconsequential personal component as well. Two years after she lost her love, McColloch reluctantly entered the world of dating. A random stroll through one dating site yielded an overwhelming, instant affinity with Mike McColloch. Mike's background was eclectic: an Oregon lawyer also studying the business of wine. Luckily for Alice, she could work on her faux painting and talk at the same time. They would have lengthy, twice-daily long-distance conversations.

"By the time we met, we'd been talking every day for around two months."

They went on an amazing Maine vacation and met each other's families. They vacationed in Ireland. Marriage was a distinct possibility. It was a trip to Scotland that truly finalized their path



together. Alice's family originates from the Isle of Skye — off Scotland's northwest coast — and the last name McColloch speaks to an obvious Scottish heritage.

"We traveled around Scotland and fell in love with it," she remembered. "When you go back to the land where your ancestors originate, there's a feeling of belonging and a richness — the depth of your roots within your soul. There's something that connects us there."

It was during this visit that plans for marriage went forward, which they resolved to do Scottish-style. A proper Scottish wedding requires a kilt that represents one's clan. The McColloch clan had a rather sordid history.

Many were rogues and thieves, and one of the last noblemen in the line bore the dubious distinction of being the last person executed by the English using the iron maiden. This ancestor, refusing to pay taxes to the English crown, had his castle confiscated. His response was to kill the new inhabitant of his castle — not exactly the preferred mode of conflict resolution. Part of the punishment also involved "completely taking the McColloch tartan out of circulation. You can't find a McColloch tartan." Sufficient research, though,

facilitated the reconstruction of a specially woven McColloch tartan and kilt.

Their Scottish wedding took place in the U.S. in April 2023, complete with bagpipes and an array of kilt-wearing wedding guests.

Mike has a downtown law office, and Alice is ensconced in a beautiful, historic house. What makes her story so powerful is that she is very cognizant of the difficulties she has faced — there is no attempt to paper over some very real trials and tribulations.

"We could not," she concluded succinctly, "be any happier."

And that pretty much says it all. GN



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The most worthwhile thing

Teresa and David Norcross

By Sara Hook // Photography by Chris Morris

HEIR RELATIONSHIP started with a coincidence. David Norcross and his family were moving from New Jersey, headed south to North Carolina in the hopes of finding a good piece of property and building a home. On the way, they took a turn to get some gas and immediately fell in love. Bedford, Virginia, was a small town with a nice community and a beautiful view of the mountains, and the Norcross family decided they would set down roots there instead. David went to a local private school, and there, one grade ahead of him, he met the love of his life, Teresa.

Years later, when David was 16, he asked her out. At the time, he didn't go to church, and Teresa took exception to that.

"She said, 'Well, if you want to see me, you're going to have to go to church,' so I started going to church with her," David said. "It was through that that I grew in my own faith."

Teresa was the only girl David had ever dated. The Christmas of 1979, right after he graduated high school, he asked her to marry him. Eight months later, they were married.

David and Teresa Norcross moved into a brand new home and three years later started expanding their family.



Teresa became a stay-at-home mom with their two children, David found a successful career in sales, and Teresa said they hope that one day they hold hands and go off into the sunset.

"It sounds a lot like a fairytale, and I guess it is really, but it's not been easy," David said. "We have our struggles — we have our arguments just like any other married couple."

When they were first married and both working, each made just over \$5 an hour. After Teresa quit her job to stay with their kids, their income was halved. Money was tight at times — at one point, they only had \$7 in their checking account — but they believe that was one of the best decisions they made for their family. As David changed careers into sales, Teresa said there was a whole new kind of financial stress when he came home without a commission.

"I had to learn to be supportive and secretly sweating bullets," Teresa said.

Teresa, David said, was the backbone of his success as a professional. Even when he made mistakes, she was there to help.

"She tried to help me clean them up, and it's because of that that I'm a success," David said. "[She] was always supportive — always stood beside me."

The Norcrosses have dealt with health problems as well, as David had a heart attack in his 40s. Still, their support for each other has carried them through. In particular, Teresa said, David made sure that she was supported in case something happened to him.

"We weren't sure what kind of health complications would come along with that, so my mom and dad had a lot next door to them, and we asked them if we could build a house there," Teresa said. "David did that for me."

Their mutual support, commitment, and faith have been a foundation for their marriage, leading them through times of both stress and grief. Not once have they considered quitting as an option, David said, even when they've fought.

"We were never going to quit on one another," David said. "No matter what kind of struggles we face, there was no quitting."

Through all of those trials David and Teresa have grown closer together and more alike, no longer two people from vastly different cultural backgrounds. Now, as David nears retirement, they have the same goal: to spend the rest of their life taking care of their little house and four acres of land, and having a good Christmas for their kids and grandkids.

"We have no desire to travel the world," Teresa said. "This is where we're going to be."

It may have started with pulling off at an exit for gas, but the couple's love and connection is no coincidence. It was built intentionally through many trials and successes.

"My dad always taught me 'nothing worthwhile is ever easy,' and that's the truth," David said. "There's never been anything more worthwhile than our life together." GN



David and Teresa Norcross share a special moment.

Derek and Marilyn Norfield

The wisdom of a long marriage

By Sara Hook // Photography by Chris Morris and submitted by Derek and Marilyn Norfield



"Derek was offered a job over here," Marilyn said.

"The children weren't in school yet, so we decided that we might as well come and see how it was. So we came for a year, and that year has stretched."

Now, the Norfields own Visiting Angels, where they've served the community for years. As with

everything they do, it's a team effort.

"We've just always supported each other. When he was traveling, I was raising the kids," Marilyn said. "Five years ago, he was diagnosed with colon cancer, so now he's the one that stays home, and I'm the one that goes out to work."

The key, Derek said, is that they both offer 100% to each other, even when things aren't going the way you'd like.

"If you have a problem, you don't cut your partner off," Derek said. "You take special care of them."

The Norfields have two children, seven grandchildren, and recently welcomed their first great-grandson

EW MARRIAGES can boast five decades of experience, and the Norfields are some of the few. Even more impressive, they have a lifetime of friendship, beginning for Marilyn at the tender age of 3 when she met Derek at Sunday school. They grew up in the same town in England, attending the same church and going to the same youth group. Eventually, that friendship grew into something greater.

Derek thought Marilyn was gorgeous and knew they got along well. He asked her out in a park at night during a youth event. Years later, the pair were married and began their life together. Their marriage has been full of travel — both loved to visit new places, and Derek's job often took him away from home. It was his job that brought the pair to the United States and eventually home to Lynchburg, where they have now lived for over 40 years.



"Everything that we face, we've had the Lord with us. Our faith has carried us through a lot of things."

-Marilyn Norfield

into the world. They are no longer able to travel like they used to, but they enjoy plenty of time together watching Formula One, football, and cooking shows. Being with each other is enough.

"[We] enjoy doing a lot of the same things together," Derek said. "We're each other's best friends."

The years they have spent together have given them a lot of wisdom on what exactly, makes a marriage work.

"Don't give up too easily when times get hard," Marilyn said. "Divorce is not the option. You work your problems out if you have difficulties."

Communication is the other key, Marilyn said, as well as a mutual faith — something that has been very

important to them. Recent years have brought quite a few trials, as Derek's cancer sent him to the hospital many times. Despite those circumstances, the Norfields have maintained a positive, hopeful attitude. After all, Marilyn said, they know there is a good outcome coming. Hosting negative thoughts can only start a downward spiral.

"Everything that we face, we've had the Lord with us," Marilyn said. "Our faith has carried us through a lot of things."

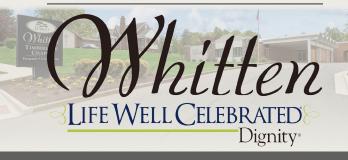
The Norfields' life of friendship and mutual support is an inspiration to couples across Lynchburg. Here's to decades more. **GN**



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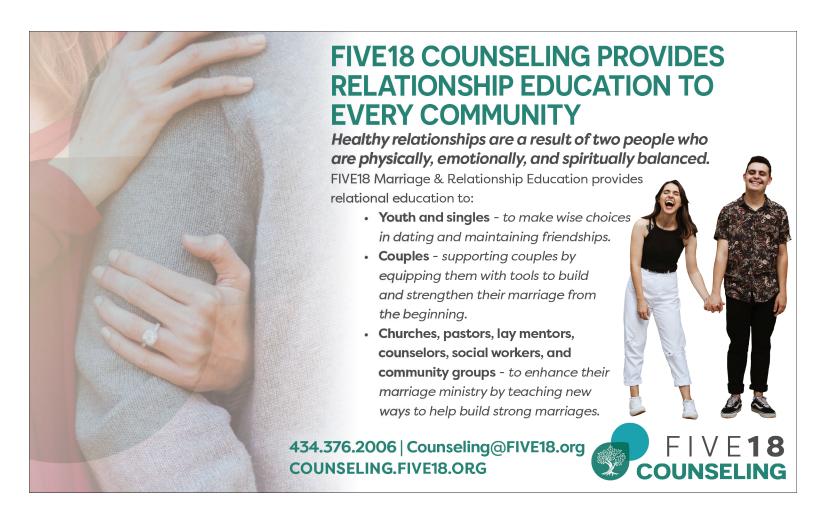
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SECOND LOVE EXISTS



Couple finds love again after tragic divorces



HE DEPRESSION. The heartache.
The negative thoughts. They hung over a divorced Kelli Hess like a never-ending fog, replaying in her mind every day like a song on repeat. No escape existed. Heartbreak took her greatest joy away, and she swore she would never trust a man again.

Tim Birchfield drifted in the same life-sucking fog. Over 19 years of marriage seemed to go down the toilet after the separation occurred around 2020. In his 40s, he, too, thought love would never again become an option — at least not any time soon.

But one night changed everything for Tim and Kelli.

THE HEARTBREAK

A Pennsylvania native, Kelli moved to Appomattox, a town near Lynchburg, after college. A love for music previously led her to obtain a degree within the field and later become a music teacher at Mount Airy Elementary School in nearby Gretna. As a woman in her 20s, the future looked bright, until life abruptly dimmed — her ex-husband's affair ushered an unforeseen divorce, leaving her devastated.

Tim, on the other hand, grew up in Virginia as an only child. He participated in football, track, karate, and other extracurriculars to remain active, graduating from Gretna High School and later marrying his high school sweetheart at 25 years old. A tragic divorce about 20 years later saw the two separate.

"I was a little depressed from the whole thing."

THE PARTY

Chastity — Kelli's co-worker and Tim's childhood friend — refused to ignore the pain her friends were experiencing, so she and her husband, Jim, invited them both to a game night in May 2021. Still heartbroken, both obliged. Chastity told Tim about Kelli to pique his interest, but he gave little serious thought to the notion.

That changed when he saw her.

"I was mesmerized at first sight with her," Tim said. "All my friends were trying to hook me up with other ladies and stuff like that — trying to get me to go to random places. I was like, 'No, I wanna see what Kelli is all about."

Kelli tried not to fall under the same spell.

"I tried really, really hard not to fall in love with Tim."

Those efforts failed drastically. They agreed to become "just friends" and hang out, but simply could not stop thinking about one another. One would ask about the activities of the other one day, then the next, and the following day — until both knew they could not fight the truth. They were in love, finding their once-broken hearts mending into something grand.

A SECRET FOR THE AGES

Kelli initially thought the relationship would fail because Tim was 18 years older than her.

"I felt like that was always just a fear in the back of my mind, but as we continued to hang out, it was like the age difference was never an issue," Kelli said.









I think you have to keep a positive outlook no matter what's going on.

- Tim Birchfield

Once Kelli and Tim decided to date, they agreed on one other thing: to keep their relationship a secret due to the age difference, only telling family and close friends. After dating for about a year, they stopped caring about what others thought. Worries turned out to be fruitless anyway because no one could guess the age gap between them.

"Tim looks fantastic for his age," Kelli bragged.

JUST A COINCIDENCE?

Two years into dating, their compatibility told Tim he needed to put a ring on the relationship, so with the help of his friends — Chastity, Jim, Amelia, and Kevin — he conjured up a plan to surprise Kelli.

Huge fans of American rock musician and songwriter Dave Matthews,



the couple traveled to see him for the fourth time at a concert in Charlottesville in November 2023 with their friends. The morning of the concert, they visited Matthews' winery in the city, where Tim found a romantic spot to propose.

"You're joking," Kelli uttered in disbelief before running him down in a hug, completely forgetting about the ring for the moment.

Later that night, their friend pointed out their Airbnb number read 1111. They then looked at the time: exactly 11:11 p.m. The date happened to be Nov. 11.

"We were blown away," Kelli said. Almost a year later, they married on Aug. 3, 2024. The couple looks back now, knowing every heartache does not last forever—because life grows from what dies.

"I think you have to keep a positive outlook no matter what's going on," Tim said.

Kelli agreed.

"I would say, for people who have gone through heartbreak in the past and her maybe thinking, 'I'm never ever going to get married again. I don't think I could ever be in a relationship ever again.' No. 1: Time heals. I would always say time heals for sure. And No. 2: just to give love a chance because it does exist."

Even for people as different — or similar — as Tim and Kelli. **GN**

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BETH AND WAYNE WHITE

Loving every day

By Sara Hook Photography by Chris Morris

NYTHING CAN be found at Walmart, and Beth and Wayne White knew that to be absolutely true. After all, that's where they found each other and nearly 30 years of love.

It started as a blind date. Beth worked in night receiving at the Wards Road Walmart, spending the nights unloading trucks and stocking shelves. One of her coworkers had worked with Wayne previously and thought they would get along well.

"I reminded her of him, and he reminded her of me," Beth said. "We arranged to meet Black Friday morning at Walmart at 7 o'clock when I got off work."

Wayne met her at the door with a fresh bouquet of flowers and took her to breakfast. By the end of the date, Beth said, she had determined to keep him.

"He was [a] perfect gentleman — opened the door, paid for the meal, was thoughtful and just very kind," Beth said. "I remember very well thinking, 'I'm holding on to this fellow. There's no way I'm going to let him go."

Wayne wasn't so sure, primarily because there was an age gap of 25 years. Beth was not concerned; her parents

were 33 years apart and had been married for nearly as long.

"It really wasn't a big deal for me because I grew up with that," Beth said. "To me, age was nothing but a number."

As they grew closer together, Beth found more and more to admire about Wayne. At the time, he was living with his mother, taking care of her in her old age. It spoke volumes to her of the care he had for his mother.

"He was always concerned. He said, Tm 48, I live at home with my mom, who's going to want to go out with me?" Beth said. "That broke my heart because everybody would just look at him — his physical appearance — and not look at his heart, and I saw his heart. I saw the kindness in his eyes."

Wayne felt the same way and proposed to Beth the week after Valentine's Day in 1994. That November, 51 weeks after they first met, Beth and Wayne married.

The couple was very similar. They had many of the same interests — both were active in church, both loved reading and American history, and both loved to travel. Still, there were just as many differences.

"He was very much an introvert. I am such an extrovert," Beth said. "The idea of just staying at home on a Friday night reading a book drives me absolutely crazy, yet for him, that was a perfectly great way to spend an evening."

Beth loved sports, and Wayne couldn't care less. She would get season tickets to the Liberty University women's basketball games, sitting with the coach's wife and encouraging the team. He sat at the top of the stadium with a book. When they were invited to kids' games, he would go — but always with a book. At Super Bowl parties, he would come for the food and fellowship, and as soon as the game started, he'd bring out his book.

"He would come along because he wanted to be with me and he knew

that that was something I wanted to do," Beth said.

One of their biggest loves was shared, however. Both Beth and Wayne loved children, and while they could never have their own, they worked together for decades as local youth leaders, bringing groups into their house most days after church. Each one of those kids was treated as family.

Their other love, of course, was for each other, and everyone knew it. They would race to say "I love you" in the morning when they woke up, at noon, at 6 p.m., and at night before bed. That was their daily practice.

"We counted ourselves blessed because so many times, even now, I hear married people — they'll call the other on the phone, and it's rare that you hear them say 'I love you' just once," Beth said. "We were saying it four times a day, every day, for nearly 31 years."

Their marriage was certainly not perfect, Beth said, but it was good, and from the beginning, they decided that they would stick those hard moments out. Divorce was never an option.

"We took our vows seriously," Beth said.

Life was going well for the couple. Beth had gone back to school and received her doctorate, and Wayne was enjoying retirement. Then, one day, Wayne felt bad after walking the dog. It seemed he had a stomach bug. Three days later Beth had planned to file paperwork to run for city council, but they decided to put it off a few more days until Wayne's birthday. Instead, Beth convinced her husband to go to the hospital for fluids. He almost passed out standing up and was taken in an ambulance.

Hours later, Wayne was dead. He'd suffered a heart attack that day, walking the dog, and the long wait before he went to the hospital had damaged his



heart. Beth's decades-long marriage was over in moments.

Still, she has hope. Beth joined a widows' ministry, and has shared her story on the radio with the hope that it will reach others who are hurting.

"Grief hits each of us in a different way," Beth said. "It's never going to be normal, but things that I am going through or have gone through or will go through may help somebody else and may give them hope ... There is light at the end of the tunnel." GN



It's never going to be normal, but things that I am going through or have gone through or will go through may help somebody else and may give them hope ...

- Beth White

A PASSION FOR PEDIATRIC CARE

Anne Norwood's lifetime of health care for kids and parents

By Richard J. Klin Photography by Chris Morris

NNE NORWOOD has spent over 30 years as a nurse practitioner in pediatrics. Since she first began her medical career, pediatrics has been her overreaching goal — a calling. She has worked at Johnson Health Center since 2006, a facility that has since grown by leaps and bounds.

"When I started in 2006, we had one building, and I was the sixth provider at family practice. Now we have seven different offices, and we have 62 providers in pediatrics, family practice, dental, OB-GYN, [and] behavioral health," she remembered.

Pediatrics is a complicated practice that cares for — obviously — children, but it also has the added complexity of interactions with parents. There is also the wide age range of care: from infancy to age 18. Each age comes with its own set of challenges.

"There's a huge amount of knowledge to learn," Norwood stated. "And I'm still learning."

Pediatrics does have a built-in advantage in that children want to be well. "There's definitely a natural tendency for the body to try to heal itself, especially in young ages."

The nature of pediatric care has changed immensely over the years. Norwood takes pains not to

assume the role of an absolute authority, but instead see herself as an educator — an educator who assesses the particular needs of the parents, child, and family as a whole. There is a lot of parent education and then adolescent education as kids get older and take ownership of their own health.

Half of Norwood's schedule is well-child visits, which includes gaining a sense of not just the child's physical state but their mental health as well. And teen anxiety, she noted, "is through the roof." Her role as a nurse practitioner is not to offer formal counseling to a young person with, say, anxiety or depression but to identify what's going on and coordinate care with the behavioral health team.

There is a chronic shortage of child psychiatrists, which means she and her team are trying to get better and better at doing medication management of other emotional problems as well. This is an issue with all of primary care — not just pediatrics — which is learning to take on patients' emotional and psychological well-being rather than automatically referring them out.

Attention-deficit/hyperactivity disorder (ADHD) has been a huge area of interest for Norwood — then and now. She estimated that around 8% of the kids



she sees have ADHD, which falls under the domain of mainstream pediatric care.

"We're very good at assessing that and managing it behaviorally and medication-wise."

Autism is another area that Norwood is learning more about — both diagnosis and management.

The role of medicine has changed in many ways over the years, just as society has changed. And certainly in pediatrics, where the old model was that the doctor made unchallenged pronouncements. Pediatrics, as Norwood's observations indicate, has become more holistic, more

conscious of the need for emotional support, and follows — as best it can — the model of consensus.

But there is something extraordinary about caring for patients from infancy to high school graduation. That continuity is one of the more amazing facets of pediatric care. Young people are facing an enormous set of challenges and difficulties these days — social media, for one, has unanticipated repercussions across the board.

Luckily, there are providers like Anne Norwood doing their best to guide and help young people and parents both. **GN**

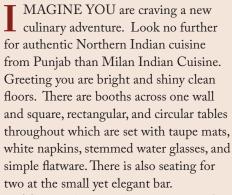


There's a huge amount of knowledge to learn. And I'm still learning.

- Anne Norwood

A taste of Punjab in Lynchburg

Milan Indian Restaurant delights the senses.



The initial atmosphere is an oasis of peace - extreme care, cleanliness and order, gentle music, and an eager and excellent staff. Upon entry, one's olfactory senses will immediately experience exotic, fresh, and fragrant spices of cumin, coriander, tamarind, and more. One's taste buds will soon follow.

I was warmly greeted by the hostess and an attractive waiter with the offer of the daily buffet. It featured an enormous selection of the most tender and succulent chicken dishes such as chicken masala (chicken roasted with chaat masala), tandoori chicken (chicken marinated in yogurt and spices and roasted in a traditional clay oven), traditional chicken curry (heavenly), and chicken chili (chicken cooked with mild green peppers and onions).

There was also vegetarian lentil soup (mild delicious flavor), vegetable pakora (spiced vegetable fritters with varied dipping sauces such as tamarind chutney and raita — yogurt mixed with cucumbers, dill, and other herbs), chat papri (crispy fried dough wafers called papri, boiled potatoes, and chickpea mixture), hot sauce (indeed hot), kachumber salad (chopped cucumbers, tomatoes, onions, and mint), vegetable korma (mixed vegetables in a curry cream sauce, garnished with almonds and cashew nuts, equally delicious), palak paneer (homemade cheese cubes and spinach in a spiced cream mixture), and aloo gajar matar (potatoes baked with carrots and green peas — a surprisingly sweet and salty mixture of contrasting colors and tastes).

The dishes were accompanied by fragrant steamed basmati rice, naan

(traditional Indian flatbread, also baked in a clay oven), gajar achar (pickled cold carrot sticks), and mint chutney. Meals are followed by a dessert of gulab jamun (sweet light pastry balls dipped in cinnamon, similar to doughnut holes) and traditional rice pudding. Namaste! GN

GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Lynchburg. This month Laura Howell visited Milan Indian

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Monument Terrace Troop Rally - Jan. 31







Photography by Chris Morris

On Jan. 31, veterans and citizens at Monument Terrace in Lynchburg marked their 1,210th consecutive weekly troop rally. The gatherings, which run from noon to 1 p.m., began in 2003 as a show of support for service members deployed to Iraq. Over the years, the rally's mission expanded to embrace all military personnel serving around the globe. The weekly tradition continues to serve as a gathering place where veterans share news, build fellowship, and connect with community members who come to express their appreciation.





Steve Bozeman
 Cars honk and wave as they pass by to show support for all troops
 Ron and Karen Hesson
 Volunteers hold flags as drivers pass
 Allen Knuckles and Martin Freerks

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SPRINGIS INTHE AIR

NOW IS THE TIME TO EVALUATE THE HEALTH OF YOUR PROPERTY

After winter dormancy, it's important to assess your landscape and see how plantings have managed through the winter. Damage that may have occurred is visible (such as broken branches), and it's also a great time to check for harmful insect populations while they are still relatively inactive.

About Bartlett Tree Experts

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