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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Jeremiah in the Old or New Testament or neither?
2. The villains, Sanballat and Geshem, are mentioned in only which book (KJV)? 2 Chronicles, Ezra, Nehemiah, 2 John
3. From Ephesians 5, what did Paul recommend as a substitute for wine? Water, Laughter, Love, Holy Spirit
4. Who condemns drinkers who start early in the morning? Job, Isaiah, Ruth, Esther
5. From 1 Kings 10:26, which king had 1,400 chariots and 12,000 horsemen? David, Jehoshaphat, Solomon, Neco
6. According to many, who wrote the book of Revelation? John, Jude, Matthew, Peter

ANSWERS: 1) Old; 2) Nehemiah; 3) Holy Spirit; 4) Isaiah (5:11); 5) Solomon; 6) John (the Revelator)

Visit Wilson Casey's Trivia Fan Site at www.patreon.com/triviaguy.

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1. LITERATURE: Which 20th-century novel begins with the line, "All of this happened, more or less"?
2. GENERAL KNOWLEDGE: What are the two flowers traditionally associated with the month of December?
3. FOOD & DRINK: What is cardamom?
4. GEOGRAPHY: In which country is Mount Kilimanjaro located?
5. U.S. STATES: Which state's slogan is the "Land of 10,000 Lakes"?
6. TELEVISION: What was Archie Bunker's nickname for his wife Edith in "All in the Family"?
7. CHEMISTRY: What is the lightest element?
8. U.S. PRESIDENTS: What was the Secret Service code name for President Jimmy Carter?
9. MUSIC: Which 1980s movie features the song "The Power of Love"?
10. LANGUAGE: What does the name "Volvo" mean in Latin?

Answers

1. "Slaughterhouse-Five," by Kurt Vonnegut
2. Narcissus (paperwhite) and holly
3. A spice
4. Tanzania
5. Minnesota
6. "Dingbat"
7. Hydrogen
8. "Deacon"
9. "Back to the Future"
10. "I roll"

top ten

Pop Culture PASSWORDS

1. superman
2. pokemon
3. slipknot
4. starwars
5. metallica
6. nirvana
7. blink182
8. spiderman
9. greenday
10. rockstar

Source: Virginia Tech/Dashlane

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A cardiologist died and was given an elaborate funeral. A huge heart, covered in flowers, stood behind the casket during the service.

Following the eulogy, the heart opened, and the casket rolled inside. The beautiful heart then closed, sealing the doctor inside, forever.

At that point, one of the mourners burst into laughter. When all eyes stared at him, he said, "I'm sorry. I was just thinking of my own funeral... I'm a gynecologist."

The proctologist fainted.

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A Woman Is Out Golfing And Finds A Frog Trapped In The Woods

A woman was out golfing and hit the ball deep into the woods.

When she went to look for it she found a frog in a trap.

The frog said to her, "If you release me from this trap, I will grant you three wishes."

The woman freed the frog, and the frog said, "Thank you, but I failed to mention that there was a condition to your wishes.

Whatever you wish for, your husband will get times ten!"

The woman said, "That's okay."

For her first wish, she wanted to be the most beautiful woman in the world.

The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis whom women will flock to."

The woman replied, "That's okay, because I will be the most beautiful woman and he will have eyes only for me."

So, KAZAM-she's the most beautiful woman in the world!

For her second wish, she wanted to be the richest woman in the world.

The frog said, "That will make your husband the richest man in the world. And he will be ten times richer than you."

The woman said, "That's okay, because what's mine is his and what's his is mine."

So, KAZAM-she's the richest woman in the world!

The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack."

Moral of the story: Women are clever. Don't mess with them.

Attention female readers: This is the end of the joke for you. Stop here and continue to feel good.

Male readers: Please scroll down.

The man had a heart attack ten times milder than his wife.

Moral of the story: Women think they're really smart.

Let them continue to think that way and just enjoy the show.

Note: If you are a woman and are still reading this; it only goes to show that women never listen.

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These Seniors Couldn't Get The \$2.99 Special Without Eggs, So They Did Something Genius September 07, 2015

We went to breakfast at a restaurant where the 'Senior Special' was two eggs, bacon, hash browns and toast for \$2.99.

"Sounds good," my wife said, "but I don't want the eggs."

"Then I'll have to charge you \$3.49 because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay more for not taking the eggs?" my wife asked incredulously.

"Yes," said the waitress.

"I'll take the special, then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied.

She took the two eggs home and baked a cake.

Don't mess with Seniors!

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Checking on Neighbors

It's important to check on your neighbors regularly, especially if they're elderly. Just knock on their doors and ask if they're OK.

You: "Hello! Is anyone there?"

Female neighbor (shouting from behind her door):

"Whatever you're selling, we don't want any. That includes religion."

You: "I'm not selling anything. I'm your neighbor. Just stopping by to make sure you aren't dead."

Neighbor: "Dead? No, I don't think I'm dead. But I'm not sure about my husband. He hasn't moved from the couch since 2003. Do you think that's abnormal?"

You: "Only if he isn't holding the remote."

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Snowman is added. 2. Boy's hat is black. 3. Girl's hair is different. 4. Background hills are missing. 5. Tree is added on right. 6. Boy's left arm is hidden.

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How To Cook

We are fortunate our grand-children live close by and visit us often.

When our seven-year-old granddaughter, Morgan, comes over, she loves to watch her grandmother when she is baking. "Oma," she asked one day, "where did you learn how to cook?"

Grandma told her that she learned from her mother and passed on this knowledge to her daughter. "Someday," she continued, "your mother will pass this knowledge along to you."

There was a short silence. "No, I don't think so," Morgan said. "Mom puts everything in the microwave."



ARIES (March 21 to April 19) Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.

TAURUS (April 20 to May 20) Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.

GEMINI (May 21 to June 20) You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.

CANCER (June 21 to July 22) Your eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.

LEO (July 23 to August 22) This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.

VIRGO (August 23 to September 22) You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could prevent a stalemate.

LIBRA (September 23 to October 22) Although you can weigh all factors of a dispute to find an agreeable solution for others, you might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.

SCORPIO (October 23 to November 21) The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.

SAGITTARIUS (November 22 to December 21) This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.

CAPRICORN (December 22 to January 19) Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.

AQUARIUS (January 20 to February 18) Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or otherwise act as his or her backup in a financial matter.

PISCES (February 19 to March 20) Prioritize: Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

BORN THIS WEEK: Your capacity for care and compassion helps to bring comfort to others.

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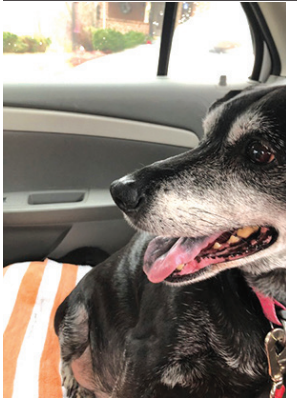
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Southside High School
Attention 1969 Classmates of Southside High School! We are Planning a 50th Reunion for September 21, 2019.

BIRTH ANNOUNCEMENT Congratulations to Jennifer and Kent Terry, on the Birth of their Baby Girl, Emerie Rose, on 12/11/18 at SOVAH!! Paternal Grandparents are Neil and Mary Jane Robbins. Maternal Grandparents are James and Judy Widner.



MISSING DOG!! 11 Year old Black Lab Mix, Answers to Sadie. Been Missing Since Monday, 12/31, in the Chatham Area. If you have seen her, or have Any Information, Please Call 434-251-2803; or Call Chatham Animal Clinic at 434-432-2273.

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WHO KILLED TAHIR MAHMUD? On September 12th, Tahir Mahmud was shot and killed in his convenience store. This crime took place at "Joy Food Mart" 505 Riverside Dr, Danville Va. ANYONE with information about this crime, contact the following: Danville Crime Stoppers 434-793-0000. Danville Police Dept. 434-799-6508. Crime Tip Line: crimetips@danvilleva.gov. 804-261-1044. \$5,000 Reward. Information given will remain confidential.

G.W.H.S. Class of 1969 CLASS REUNION, 02 NOVEMBER 2019. Share the contact with other Classmates-not to miss anyone. Either Call or Text Jimmy Parks at 443-631-6883, or Email: jimilai55@verizon.net

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PIEDMONT PETS

January 10, 2019
By Paulette Dean



DAHS Danville Area Humane Society
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Two weeks ago, we came into the shelter one morning to discover that a gerbil we had had for over four years was dying. Gerbils do not live long by human calculation (two years in the wild, longer in captivity), so we knew this little guy was elderly. He was a very handsome gerbil and was willing to let us pick him up.

Because I knew from personal experience that gerbils love to chew, I would put paper towel rolls or empty cereal boxes in his cage so he could destroy them. I feel guilty now that I did not do that daily or even weekly.

It has been thirty years since I was introduced to how wonderful gerbils are. A co-worker at the bank in Utah where I worked said his roommate needed to find a home for a female hamster. I agreed to take her; as it turned out, Gabriella was actually a male gerbil.

I bought Gabe a huge habitat. Every morning, he was given two plain Cheerios as a treat, along with every other kind of food that the books told me he needed. I bought him a plastic exercise ball to put him in so he could run all over my apartment. My beloved cat, Dusty, sat by him for hours, watching him.

Gabe made the trip from Utah to Virginia in a packed car when I moved back to Virginia. One evening when I came home from my job in an ophthalmologist's office, I discovered Gabe was dying. My veterinarian told me it would probably be less stressful for him to let him die naturally, rather than bring him to the clinic to be euthanized, since he did not seem to be in pain.

Dusty and I kept vigil for hours, until I finally went to bed. About two o'clock in the morning, Dusty jumped up on the bed and put one soft paw on my

face. I followed her into the living room and discovered Gabe had gone to heaven. I will never forget that.

Gabe taught me so much about animals. He taught me that even the smallest of companion animals have specific needs. I tried to fulfill his, but I have always felt sorry that he spent his life without a gerbil friend. Gerbils like to have other gerbil friends, while hamsters prefer to be alone (according to experts).

I also was reminded for the umpteenth bazillion time that animals are sentient creatures. It is part of our huge stewardship over each animal that we bring into our lives and homes to be our companions to provide them with good lives.

That is what makes me sad about the shelter gerbil's death. Did he have a good life here? Was he happy? Oh, how I hope so. Yes, he was one little teeny tiny creature, but by virtue of the fact humans breed and then pet stores sell them for money, it seems that our responsibility is a grave one. No animal - companion, livestock, poultry, etc. - deserves to be thought of as only a commodity.

KOVELS Antiques & Collecting
By Terry and Kim Kovel

Advertising Signs

Advertising signs are popular collectibles at antiques shows, but some are sold as art at galleries or auctions. Travel posters, French art deco wine ads, art nouveau ads by Alfred Mucha, magazine covers by Rockwell Kent, pictures from calendars by Maxfield Parrish and many other commercial prints are valuable. Also high-priced are ads that might seem worthless, but are decorative or conversation pieces.

Wm Morford Auctions had a successful advertising sale that included a life-size cutout of a woman with bobbed hair, a straight dress and low-heeled shoes called "Mary Janes." The sign was promoting light bulbs in a box labeled "Edison Mazda lamps." The clothes, size and brand name, plus its almost-perfect condition, made this store display desirable and dated as circa 1920s. The sign sold for \$775.



This charming lady from the 1920s is promoting Edison-Mazda lamps (light bulbs) in a store. The life-size stand-up sign looks real and probably stopped many customers. She was kept in a shipping box until recently, when she was auctioned for \$775.

General Electric registered the Mazda name in 1909. Before that date, every light bulb company used a different metal base and a carbon filament inside the glass bulb. GE used a tungsten filament that gave more light, but cost more. They licensed the Mazda name, socket size and filament technology to other companies, and the Edison Company used them. The Edison-Mazda name was used until 1945. The name Mazda still is used for automobile lights and batteries.

Q. I inherited my grandparents' table, buffet and bookcase. I think they're walnut and they haven't been refinished. They were in my mother's basement for over 40 years and there is some mold on them. What is the best way to treat these pieces without damaging them?

A. To avoid breathing mold spores, be sure to wear a dust mask and safety goggles. Use a vacuum with a HEPA filter and brush attachment to remove any loose mold. Then, clean the surface with a solution of dishwashing detergent and warm water. Scrub gently with a sponge, cloth or brush, being careful not to soak the wood. You can use bleach or a mold killer, but be sure to test it on an inconspicuous place on the furniture before using it. Rinse with a clean cloth dipped in water and wrung out. Dry the furniture with another clean cloth. If

mold remains, the spot may need to be sanded. A combination vacuum-sander should be used. After the wood is completely dry, you can polish it.

CURRENT PRICES
Terra cotta sculpture, sitting man, braiding ropes, long gloves, 10 1/2 x 7 3/4 inches, \$70.
Toy, tractor dump truck, black rubber tread tires, crawling, tin lithograph, Marx, 14 inches, \$120.
Music, Melodeon, SD & HW smith, rosewood, reticulated music stand, 32 1/2 x 56 inches, \$180.
Tiffany glass, bowl, gold iridescent, scalloped rim, wide ribs, favrite, 1920s, 2 1/4 inches, \$210.

TIP: In snowy weather, make tracks both in and out of your door. One set of tracks leaving the house is an invitation to an intruder. Or perhaps you could walk out of the house backwards.

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Resolutions...
Now is a time when many of us reflect back on the past and try to implement a plan for a better future. Many of us have a goal to lose weight, exercise more, or stop some habit that may not be good for us. Are you including your finances in your goals for 2019? Give this some thought and decide what kind of financial goals you need to set for yourself. Here are some suggestions you may want to consider:

- Improve your credit score
 - Set a goal for a savings account
 - Pay off debt
 - Savings plan for retirement
- After you determine what your goal is the next step is to develop a plan to reach that goal. Setting a short term goal and reaching that goal will encourage you to set a larger goal. Putting your plans in writing will also help you in deciding what you need to do to reach that goal. Changing habits is never easy but one thing is for sure...nothing changes if nothing changes. Let us help you reach your financial goals!

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King Crossword

ACROSS

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
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| 50 | | | | | 51 | | | 52 | | | |
| 53 | | | | | 54 | | | | 55 | | |

DOWN

- 1 Cold War initials
- 2 Silent
- 3 Culprit, for short
- 4 Small beard
- 5 Annoyed
- 6 Retainer
- 7 Little kid
- 8 Tripoli's land
- 9 Aussie bird
- 10 Alt. spelling
- 11 Mischievous
- 12 Untouchable Eliot
- 15 Agent
- 16 Swiss mathematician
- 20 Scarlet
- 23 Hardy cabbage
- 24 Historic times
- 25 "Pay later" aftermath
- 26 Lofty
- 27 Duel tool
- 28 Hammerhead part
- 29 Grow bigger
- 32 Lincoln successor
- 33 Rid of wool
- 35 Sch. org.
- 36 Rabbits
- 38 Southern side dish
- 39 Ringlets
- 42 Early birds?
- 43 Flight component
- 44 Yon folks
- 45 Pouch
- 46 Counselors' grp.
- 47 Agt.
- 49 Dead heat

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CARS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|------------|------------|----------|---------|
| Ambassador | Corregidor | Labrador | Treador |
| Ardor | Corridor | Matador | Tudor |
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| | | | |
|---|--|--|--|
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|  2011 Chevrolet Silverado 4 door, 4x4, Blue, Loaded 2004 Silverado 2wd |  2007 Ford Mustang GT, Red, 5sp, AC |  2000-2015 Honda Civics (Sports) Accords, Civics, in stock, 2005-2015 |  2010-2014 Chevy Impala's & Malibu's. Several in stock. |
|  15 & 17 Kia Forte 4 doors, AT/AC, Low miles. |  2010-2014 Rogues AWD |  2006-2015 Nissan Altimas, Sentra & 370Z |  2007 Ford F150 X-Cab, burgundy, 2wd |
|  2013 Dodge Avenger SXT, Red, AT/AC, Sunroof, clean! |  2014 Jeep Grand Cherokee Limited 4x4, Gray, Navigation, Sunroof, Loaded |  2014 Dodge Durango Gray, AT/AC, 16k miles, 3rd row |  03 Tacoma X-cab, 5 speed, 4 cyl, 4x4 • 2002 Tacoma Pre-Runner X-Cab, Black 1994 X-Cab, Must see! 4x4 |

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SHOP The Classifieds



Weekly SUDOKU
by Linda Thistle

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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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Hospitality project creates buzz in River District



123 South Union, LLC today announced plans to redevelop the former Knights of Pythias (119-121 South Union Street) and Register & Bee buildings (123 South Union Street) into a luxury hospitality concept. Once completed, the two properties will be converted into approximately 42 boutique, limited-service suites.

Roanoke developer, Ed Walker, acquired the two properties in 2018 with plans to begin development in the first quarter of 2019. Branded as The Honey Bee, this project not only pays homage to the former use of the property, but will also highlight the region through its room décor.

"The rooms at the Honey Bee will be beautiful, well-appointed, affordable, and will celebrate the best parts of Danville," said Walker. "In my frequent visits to the community, it became obvious that the River District – as well as other appealing historic districts – needed hospitality options."

Mayor Alonzo Jones agreed that local residents and local businesses have frequently requested a hospitality option in the district. Many noting that friends and family prefer to stay in a boutique concept.

"Travelers increasingly desire to patronize lodging establishments that provide unique or memorable accommodations," said Jones. "The Honey Bee will offer visitors to our region a chance to experience all of the new River District amenities within walking distance."

"A lot of great work has happened in Danville – particularly in the last five to seven years or so – and the right people are in the right positions to keep the progress moving forward," Walker added. "Terrific people and terrific projects make for a terrific place, and Danville is a terrific place. We believe we will see more and more visitors wanting to come visit Danville and experience it for themselves."

Jones added that Walker and his team have a deep portfolio of successful historic redevelopment projects throughout the Commonwealth of Virginia.

"This team has been the driving force behind a lot of the development taking place in areas such as Roanoke, Salem, and Buena Vista. They're well-regarded for their quality of projects and their creative approach to revitalizing communities," said Jones. "We are fortunate to have a development team of this caliber select Danville as its next location for investment."

This project will bring an additional \$6.2 million of investment to the River District and is the first to make use of the new Special Projects Loan Fund. This program was established to help provide short-term financing through the Industrial Development Authority (IDA) to spur the development of catalyst or high impact projects. The IDA approved a \$3 million loan for this project at its January meeting.

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In this section: **Obituaries • Community Events • Real Estate • Recipe • Yard Sales**

Sovah Health Welcomes First Babies of 2019

DANVILLE & MARTINSVILLE, Virginia (January 3, 2019) – Sovah Health is ringing in 2019 with the year’s first bundles of joy.

Weighing 7 pounds and 11 ounces and measuring 20 inches, Nailah Jamilah was born at Sovah Health – Martinsville (“Martinsville”) to proud parents Miracle and Edgar, Wednesday, January 2, at 4:02PM.

“We are so excited to meet our new baby girl,” said Miracle. “The physicians, nurses and staff here in Martinsville all helped to make this such a special and memorable experience for us, and we are so grateful for the wonderful care our family received.”

Danville’s first baby Parker Daniel arrived several hours later on Thursday, January 3 at 12:24AM to first-time parents Kristin and Matt. Born at Sovah Health – Danville’s Family Birthing Center, Parker weighed 8 pounds and 11 ounces and measured 20 inches long.

“Dr. Newell and the team here in Danville were amazing,” raved mom Kristin.

Sovah Health is committed to providing high quality, compassionate care close to home for new and expecting parents. The Danville and Martinsville campuses both offer family birthing centers with educational classes for birthing, pregnancy, and breastfeeding, state-of-the-art facilities and equipment for labor, delivery and recovery, as well as lactation support.

“It is our privilege to provide a safe, comforting and welcoming environment for our newest and littlest community members,” said Alan Larson, Market President of Sovah Health. “Our team of expert clinical and support staff are dedicated to ensuring that every patient and his or her family have a positive experience during this special time.”

Danville’s Family Birthing Center is located on the 4th floor of the hospital at 142 South Main Street in Danville. To learn more about Danville’s services, please call 434.799.4527 or visit SovahDanville.com. Martinsville’s Women’s Center is located on the 3rd floor of the hospital at 320 Hospital Drive in Martinsville. To learn more, call 276.666.7389 or visit SovahMartinsville.com.

Pictured below are baby Nailah (Sovah Health - Martinsville) on left and Parker with parents Kristin and Matt (Sovah Health - Danville) on right.



DR. WILLIAM SWEETZER RETURNS TO DANVILLE

Sovah Health welcomes thoracic and vascular surgeon

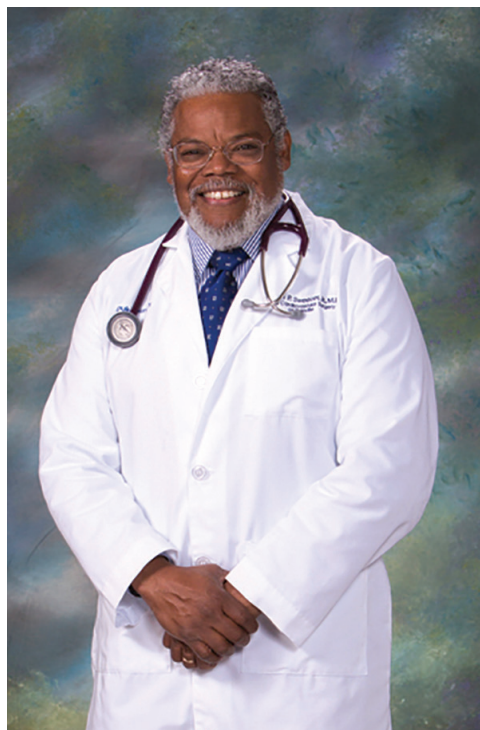
Sovah Health today announced that board certified thoracic and vascular surgeon William P. Sweetzer, Jr., MD FACS, has joined the medical staff at Sovah Health and will be seeing patients at the newly opened practice Sovah Thoracic and Vascular Surgery.

“Dr. Sweetzer was an integral part of our team for five years, beloved and respected by his fellow physicians, hospital staff, patients and the community,” said Alan Larson, Market President of Sovah Health & Chief Executive Officer (CEO) of Sovah Health - Danville. “Sovah Health is thrilled to kick off 2019 with Dr. Sweetzer’s return. His passion and expertise in thoracic and vascular surgery expands our region’s access to high quality surgical care.”

Dr. Sweetzer returns to Danville after three years in Houston, Texas, where he was in private practice and on the medical staff at Houston Northwest Medical Center, CH St. Luke’s Health – The Vintage Hospital and CHI St. Luke’s Health – The Woodlands Hospital. A graduate of Meharry Medical College (Nashville, TN), Dr. Sweetzer completed a thoracic and cardiac residency and fellowship at Wayne State University (Detroit, MI) and an endovascular surgery fellowship at Columbia-Cornell Presbyterian Hospitals (New York, NY). He is a well respected member of multiple societies and organizations including the American Medical Association, American College of Surgeons, National Medical Association, Society of Thoracic Surgeons, Cardiothoracic Surgery Network, International Society of Minimally Invasive Cardiac Surgery, Society of Vascular Surgery and the Critical Limb Ischemia Global Society.

“Coming back to Danville is truly a blessing as my wife and I have always considered this our home,” said Dr. Sweetzer. “I look forward to working with all Sovah associates to provide great care to the patients in our area, reconnecting with friends and getting involved in the community.”

Dr. Sweetzer is accepting new patients and referrals at his practice Sovah Thoracic and Vascular Surgery, located at 201 South Main Street, Suite 3400, in Danville. He performs thoracic surgery, including lung resections, esophageal surgery, and lymph node biopsies, and vascular surgery, including carotid surgery, lower and upper extremity bypass, endovascular surgery, and treatment for abdominal aortic aneurysms. The practice can be reached at 434.799.4586.



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Hoop Don’t Shoot Joins With GYM

Angie Dixon, founder of “Hoop Don’t Shoot” youth program, brought two vehicles of youth to the gym in Providence, NC, and quickly found partners in her work. The youth from Danville merged into the pick-up games at the Providence gym, finding themselves part of Covenant Reformed Baptist Church’s Sunday GYM program. John Carpenter, pastor of the church, explained to the 40 youth present, that GYM, not only advertises Covenant’s full-size gym, it stands for “Godward Youth Ministry.” Dixon and Carpenter informally agreed to ally together. Mary Yeo also discussed with Dixon about involving the younger children of “Hoop Don’t Shoot” in the church’s Saturday program for children under 13 called “Gym, Jr.”

Dixon founded the program “Hoop, Don’t Shoot: Save our Youth” in 2017 in response to the rash of gang related homicides in Danville. She wanted, she said, to “use what they love to try and help save someone.” She said she has been to “a lot of funerals” lately of young people. But since she’s been involved with reaching out, many have turned their lives around, some have been able to join the military. Others have left the gangs.

Carpenter and the members of Covenant Reformed Baptist Church founded GYM in 2008 as a youth ministry also revolving around the love of basketball. Each Sunday the church opens the gym doors to all comers to play pick-up games and then interrupts them for a “half-time” of a brief Bible study and evangelistic message before letting them go back to the game they love. The ministry has drawn in youth from Caswell County and Danville. On January 2, Carpenter says he was exiting the Danville YMCA when he saw the van marked with “Hoop Don’t Shoot” and decided to invite the ministry to join their Sunday program. Dixon took them up on the offer, bringing her group to the Providence gym and doing a live facebook video, declaring “We love it here.” Carpenter said, “We’re glad to host Hoop Don’t Shoot. We can join together. We’re eager to work with anyone who wants to reach needy people here.”

photos:

1392: Mary Yeo and Angie Dixon discuss reaching the children of Danville and Caswell County



1396: the guys of Covenant’s GYM and Dixon’s “Hoop Don’t Shoot” play basketball



1399: Angie Dixon live facebooking from the Providence Gym with her Hoop Don’t Shoot youth

1405: Joe Scruggs speaking to the youth of GYM

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

Florence Ann Davis



Florence Ann Davis, age 87, of Pelham, NC, passed away on Monday, December 31, 2018, at Annie Penn Hospital.

Ms. Davis was born

on November 4, 1931, in Chesterfield, SC, a daughter of the late, Albert S. Davis and Annie Florence Wallace Davis. She lived most of her life in Pelham where she attended Pelham United Methodist Church.

Ms. Davis is survived by her special friend and caregiver, Glenda Cardwell; cousins, Terry Morgan and Jennifer Wallace.

A memorial service will be conducted on Sunday, January 6, 2019 at 3:00 PM at Swicegood Funeral Home with Pastor Paul Traywick officiating. Visitation will be held thirty minutes prior to the service. Interment will follow in the Pelham United Methodist Church Cemetery.

In lieu of flowers, the family suggests memorial donations be made to the Caswell County Senior Center, 649 Firetower Rd. Yanceyville, NC 27379.

Swicegood Funeral Service is respectfully serving the Davis family.

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Vitamin E Unlikely to Cause Ill Effects

DEAR DR. ROACH: I'm a 47-year-old female in good overall health. About six months ago, I began to take several supplements, one of which was vitamin E (200 IU). I had no noticeable adverse reactions to any of the supplements. About 10 days ago, I started taking 400 IU of vitamin E. Right about the same time as this increase, I began having painful stomach cramps, diarrhea, nausea and tiredness. After a week of this, someone suggested that the vitamin E might be the cause. I have stopped taking it and have even avoided foods high in vitamin E. Three days later, I'm still having the diarrhea and other symptoms. If the vitamin E was the cause of the symptoms, shouldn't they have gone away by now? -- K.B.

ANSWER: Vitamin E is a fat-soluble vitamin, so it is possible for levels to build up in the body if it's taken in high doses for long periods of time. However, toxic effects are unlikely at less than 1,500 IU daily, which is far higher than what you have been taking. Bleeding is one risk at high doses, as is a theoretical deficiency of vitamin A and D.

I think it is far more likely that you happened to get a case of gastroenteritis -- inflammation of the stomach/intestines, often caused by a virus. It's unlikely to be due to the vitamin E. However, since vitamin E supplementation hasn't been shown to improve any of the many conditions it has been studied for, I don't recommend that you continue to take it.

Go easy on eating for a few days after gastroenteritis: The time-tested BRAT diet (bananas, white rice, peeled apples and dry toast) is effective. You can get enough fluid through water or apple juice, along with some salt, like chicken or vegetable broth.

DEAR DR. ROACH: I was told that due to the way our food is processed and grown, most people lack magnesium and should take a magnesium supplement. Should I? I read that one symptom of low magnesium can be constipation or irregularity. -- C.B.

ANSWER: The prevalence of low magnesium depends on the population. About 2 percent of the general population has low magnesium levels, but among people with diabetes, the rate is about 25 percent. In people who abuse alcohol, the prevalence may be as high as 30 to 80 percent. Some diuretics used for high blood pressure predispose a person to magnesium deficiency. High magnesium foods include leafy green vegetables, nuts, cereals and avocados.

The most common symptoms of severe low magnesium are loss of appetite and muscle tremors and weakness. Magnesium is necessary for potassium and calcium balance, so these can be deficient in cases of low magnesium. Since only a small amount of body magnesium is in the blood, magnesium deficiency should be considered in people with unexplained low calcium and potassium.

Low magnesium is rare in nondiabetic people who eat a good diet. I don't recommend magnesium supplementation for low-risk people with no symptoms. Symptoms of low magnesium should be evaluated by a physician and not self-treated. Only those with diagnosed low magnesium should take a magnesium supplement.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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2 Side-By-Side Plots-Danville Memorial Gardens **2 Side-By-Side Cemetery Plots, Located in the Garden of Devotion by the Praying Hands Landmark at Danville Memorial Gardens.** Level spaces. If these were available for sell today from Danville Memorial Gardens, the price would be \$3,395 each. I do not need them as we have a family cemetery, so I'm selling both for a total of \$3,200, which is an excellent price. Will not sell individually. I will pay the \$175 transfer fee upon purchase to change to buyer's name. These spaces are in a beautiful area. If interested, please contact me at 540-266-2851. Cash or certified check in person; payable in full required at the time of purchase. Will meet at Danville Memorial Gardens office. Sale is final.

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 - be statin intolerant
- meet additional study criteria.

Qualified participants will receive all study medication and study related care from a dedicated team of medical staff at no cost.

Health insurance is not required to participate.

To find out more, and to see if you qualify, call:

Deana Mills, RN, CCRC
Danville Internal Medicine, Inc.
434-797-1177 leave message

Charles Billingsley

in Concert
at

The TABERNACLE



Friday, January 25th at 6:00 PM
Doors open at 5:00 PM.

There is no cost for the concert, however, a ticket is required for general admission seating. Contact the church office for ticket information. A love offering will be received.

Charles Billingsley is a nationally-known recording artist, worship leader, teacher, author and pastor. His most recent album, Only Jesus, encourages the listener to take their focus off of the situations around them, and to focus their heart's attention on worshipping the only one worthy of praise, only Jesus.

434.822.6100 • Dr. Danny Campbell, Senior Pastor
 THETABERNACLEFAMILY.ORG
 1978 South Boston Road, Danville, VA 24540

Dixie Furniture Company Antique Solid Cherry Bedroom Set: Full Bed, Dresser with Mirror, High Boy and End Table, Asking \$1,200. Call After 11:00AM, 434-797-9530.

Furniture for Sale White Sofa, in Excellent Condition, \$250; Matching Walnut 3 End Tables plus Coffee Table, \$125; 2 Glass and Metal End Tables, plus Matching Glass Round Coffee Table, \$200. Call After 11:00AM, 434-797-9530.

Brown Couch and Recliner Both in Good Condition. Asking \$300. Call 43-835-6711.

Assorted Furniture Chest, Asking \$45; Dresser with Mirror, Asking \$45; Nightstands, Asking \$20 Each; End Tables, Asking \$30; Coffee Table, Asking \$15; Recliner, Asking \$45; File Cabinet, Asking \$5. Call 434-713-4242.

Assorted Furniture Full-Size Bedroom Set, Asking \$250; Couch and Loveseat, Asking \$50; Wardrobe, Asking \$50; Bookshelf, Asking \$45; Desk, Asking \$25; Wing-back Chair, Asking \$50. Call 434-713-4242 or 434-429-9278.

Cabinets and Kitchen Table Bank of 4 Wall Cabinets, Asking \$75; Base Floor Cabinet, Asking \$35; Oval Kitchen Table with 4 Swivel Chairs, Asking \$75. Call 434-548-9663.

Entertainment Center Wooden Cabinet, 48" Long x 42" High x 14" Deep. Opening is 27" x 27". Asking \$40. Call 434-792-8614.

Dark Solid Wood Coffee Table Oval Shaped, Asking \$40; Night Stand, Dark Solid Wood, Asking \$15; Chest of Drawers, Asking \$20. Call 434-251-5652.

4 Old Cane Bottom Chairs Asking \$30. Call 336-562-3057.

Wooden Entertainment Center with Glass Doors, Asking \$20. Call 336-562-3057.

Computer Office Desk 5' Long, File, Small, Keyboard Drawer Upper 6' Tall, Can be used without upper. \$100. Text 336-583-4304, Call 336-503-0423, Leave Message

Beautiful Long Queen Ann Bench Asking \$55; Antique Black Wrought Iron Table with Glass Top and 4 Chairs, Asking \$175; Solid Oak Round Kitchen Table with No Scars on Top, Seats 4, Asking \$50. Call 434-713-3488.

Full Size Bookcase Bed No Mattress, Asking \$50. Call 336-694-3523.

Pair of Wicker Rockers Purchased from Pier 1 Imports. Have been painted Country Blue; Cushions are Included. In Great Shape. Asking \$100 Each OBO. Call 434-836-1152.

78" Wide Sofa in Excellent Condition. Asking \$30. Call 434-710-9789.

Queen Size Mattress Plush, No Stains; in Excellent Condition; Beautyrest Brand. Asking \$50. Call 434-822-0370.

Cedar Wardrobe Solid Cedar, 2 Doors with Pole to Hang Clothing; in Excellent Condition; 33" Wide x 69" High. Asking \$100. Call 434-822-0370.

Dining Table with Chairs Solid OAK table (oval) with 2 leaves. Total length, 96". Four chairs plus Two arm chairs. Beautiful set/great condition. Asking \$350. Call 434-251-0802.

Dining Room Table For More Information, Call 434-228-4190.

Solid Wood Kitchen Table with 4 Chairs, in Very Good Condition. Asking \$70. Call 434-688-6334.

2 Twin Beds with Rails Custom Made with Barn Wood; Very Heavy and Sturdy; Comes with Hardware. Asking \$225 for Both. Call 434-324-7300.

Full Size Wooden Headboard in Excellent Condition (No Bed Frame). Asking \$35. Call 434-688-0292.

Recliner for Sale Red Cloth, Asking \$20; Blue Rolling Chair, Asking \$7. Call 434-710-6531.

12' Church Pew Asking \$100. Call 434-822-6082.

Reclining Lift Chair Blue, Like New Condition. Paid \$799, Asking \$350. Call 434-421-2140.

Couch and Recliner for Sale Couch Reclines on Both Ends; Both in Good Condition; Blue, White and Tan. Asking \$100 for Both. Call 434-822-5919.

Full Size Bed with Mattress and Box Springs, Asking \$200; Chest of Drawers, Asking \$50. Call 434-201-9347.



Huge Mattress Clearance Blowout Save 50-80% on New Mattresses. Fulls from \$125, Queens from \$150 and Kings from \$195. Financing available with only \$39 down. Text "18886" to 48078 for application NO CREDIT NEEDED

Solid Cherry Wood Drop Leaf Table, with 4 Chairs (With Cushions), Like New. Call 434-724-7656.

3 Piece Bedroom Set Dark Brown, with New Box Springs, in Good Condition. Asking \$400 for All. Call 434-724-4411.

2 End Tables Light Oak, can be used for End Tables or Night Stands. Pics will be sent by Text upon request. In Excellent Condition. Asking \$50. Call 434-713-0864.

Triple Dresser with Mirrors 9 Drawers, 72" Wide x 31.5" Tall; Dark Wood, has 2 Mirrors. Will send pictures by Text upon request. Asking \$125. Call 434-822-0121.

Wanted: This End Up Chair Will Consider Similar Crate-Style Chair. Please Leave Message. 434-724-4089.

Pink Wingback Chair with Heavy Duty Mahogany Legs. Asking \$25, but Will Negotiate. Call (434) 250-7134

Lane Cedar Chest with Keys and All Paper Work, in Very Good Condition. Asking \$100. Call 434-250-7134.

Living Room Table 2 Shades of Blue, Flat Back with 3 Sides. Can use for TV Table or Back of Sofa. Asking \$60. Call 434-713-7915.

Guns

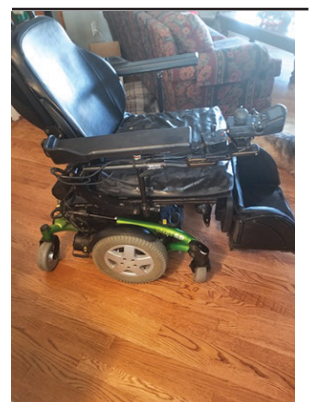
Wanting to Buy: Older Model Rifle, Remington 270 Bolt Action, Nothing Pretty. Call 434-250-3730.

Health & Beauty

5 Wheelchairs and Walker with Wheels; Asking \$125 Each. Call 434-441-1364.

Health/Medical Supplies

New Toe Separators All \$3. Located in the Mt. Hermon Area. For More Information, Call 434-728-7700.



TDX XP ELECTRIC WHEELCHAIR CHAIR RECLINES ALL THE WAY BACK. FOOT REST BUILT SO FEET DO NOT SLIDE OFF. HAS PESSURE SORE CUSHION AND BATTERY CHARGER. ASKING \$1,200. CALL 434-836-2297.

Walker with Wheels for the Elderly. Asking \$40. Call 434-429-7658.

Used C-Pap Machine with Water Warmer, Barely Used. Paid \$700, Asking \$100 Firm. Call 434-770-6838 or 434-792-1433.

Electric Hospital Bed with Free Mattress. Delivered and Set Up for \$100, or Picked Up for \$50. Call 434-713-5485.

Motorized Wheelchair in Excellent Condition, Never Used. Asking \$1,250. Call 434-688-5408.

C-PAP Machine in Gently Used Condition. Asking \$200. Call 434-713-5734.



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Homes • Land • Rentals

YOUR WEEKLY REAL ESTATE ADS START HERE



Commercial Rental Property



Realty Building: Great Office Space! Located at 2321 Riverside Dr. Office Space in the Center of City, Single Office \$155 a Month; 2 Rooms \$200 a Month; Large 9 Room Suite \$1,200 a Month. Rent Includes All Utilities; Monthly Rental Large Parking Lot. Call Johnson for Information and to See, 434-429-0845.

Mobile Homes

1 Acre Lots for Rent and Homes for Rent or Sale. Rolling Hills Mobile Home Park. Owner Financing Available for Homes. Call (336) 207-0998.

Mobile Home for Rent 1 BR for a Settled Single Person, or Settled Couple. Located in the 41 Area. No Pets, No Children. Deposit Required. For More Information, Call 434-685-7956.

Real Estate

Land For Sale Located in the Axton Area. For More Information, Call 434-728-7901.

Looking for Land for Sale Looking for 10-50 Acres for Sale in Pittsylvania County. No Relators. Call or Text Any Time, 434-770-7313.

APARTMENT FOR RENT 1 BR, Living Room, Dining Room, Large Eat-In Kitchen, 1.5 Bath; Located on West Main Street within walking distance to Averett University, Shopping Center and Hospital. Call 434-251-4256.

Almost 3/4 of an Acre on a Corner Lot, Cleared and Ready to Build On! With Owner Financing, and Some Money Down. Zoned for Single Wides, Double Wides, or Modulares. Asking \$12,000. For More Information, Call 434-250-7556 or 434-251-8184.

Church Building For Sale Fully Equipped, Located at 305 W Main St, Danville. Multiple uses possible under Existing Zoning. Priced 1% Below Tax Evaluation. For Further Information, or to Schedule a Viewing, Call 434-334-3545 or 434-770-8502.



222 Baugh St Huge Fixer Upper! Great Sound Structure. Will take \$2,000 down and monthly payments of \$500, for 8 months. Straight out purchase, \$5,500. For More Information, Call 434-549-4405.

\$200 CASH
All applications received 12/19/18 through 01/31/19 that result in a move-in will be entered into a drawing for **\$200 CASH**
We have 2 bedroom apartments AVAILABLE NOW NO WAIT LIST!
Don't miss this RARE opportunity! Come Apply Today!
PURDUM WOODS APARTMENTS
1575 Richmond Blvd. Danville, VA 24540
434-799-5742



Commercial Rental Property Prime Commercial Property Conveniently Located on 29N in the Blairs Area in the Same Parking Lot as Carini's Express. Total 1,600 Sq Ft or Can be Split into 2 Suites to suit Your Business Needs. Call for Pricing. Definitely a Must See! A Credit Application is Required Before Viewing. Please Call (434) 836-5321 to Schedule an Appointment for a Walk Through.

Real Estate for Sale Nice 3 BR, 2 Full Bath Manufactured Home, Sitting on 1.2 Acres in Blairs (Pittsylvania Co). Priced Under Tax Assessment. Possible Rent to Own. \$800 a Month + Deposit. For More Details, Call 434-228-3274.



REGIONS PREMIERE MODULAR OUTLET OFFERING QUALITY 2 STORY, CAPE COD AND RANCH HOMES ON DISPLAY. CUSTOMIZATION IS OUR SPECIALTY. REPRESENTING CHAMPION, NATIONWIDE, AND HOLMES BUILDING SYSTEMS. OPEN HOUSE SUNDAYS 12 TO 5 www.americanshowcasemodulars.com CALL 855-835-0050 American Showcase Modulares

Rental Property

2 & 3BR Mobile Homes \$120 A Week, or \$500 A Month. Electric is Optional. Call 434-981-7503 for More Details!

Taking Applications for 1 and 2BR Apartments, Apply at Hauser Realty 220 Old Greensboro Rd. 9-5pm Monday-Friday. (434) 791-2521

Mobile Homes: Rent To Own 58E of Danville, Located on Milton Hwy. Pay \$80 a Week and Own Your Mobile Home! No Pets. 434-251-3545.



2 BED 1 BATH APARTMENT 2 BR, 1 Bath. \$99 Deposit, Large Units First, and Second Floor Available. \$425 a Month. For More Details, Call 757-636-0407.

Nice Remodeled Home 3 BR, 1.5 Bath, Located on William Dr in the County. Serious Inquiries Only. \$650 a Month. Call 434-728-2084.

Commercial Rental Property Prime Commercial Property in a Strip Mall Next to Carini's Express on 29N in the Blairs area. End Unit, 1300 Sq Ft, \$900 per month. Definitely a Must See! A Credit Application is Required Before Viewing. Please Call (434) 836-5321 to Schedule an Appointment for a Walk Through.

House for Rent 2-3 BR, Refrigerator, Range, Washer/Dryer, Central Heat/AC, Nice Desk and Detached Garage; Located in the Westover Area in a cul-de-sac; \$600 A Month, \$600 Deposit. Call 434-770-8789.

Trailer for Rent 2 BR, 1.5 Bath, Located in the Tunstall Trailer Park; Taking Applications. Possible Rent to Own. Call 434-724-7604.

Mobile Home for Rent 3 BR, 1 Bath, Located in the Providence NC Area. For More Information, Call 336-388-2424.

Mobile Home for Rent 2 BR, Located in the Tunstall Area. For More Information, Call 434-685-4642.

204 Quarry St 2 BR, Off Street Parking, Deck; Available Immediately; \$500 a Month, Will Accept Security Deposit in 3 Easy Installments; Section 8 Recipients are Welcome to Apply. Call 202-487-0051.

3 BR Mobile Home Electric Heat and Air, No Pets, Appliances. Located in Ringgold VA. Deposit Required. For More Information, Call 434-822-6025.

2 BR Apartment for Rent Exceptionally Clean, Private 2 BR Apartment in Quiet Neighborhood, Located off West Main near the Bypass. Central Air, Appliances, Washer/Dryer Hookup. \$500 a Month, \$500 Deposit. Taking Applications Now. Call 434-685-4506.

165 Garden Grove St 2 BR, 1 Bath, Stove, Washer and Dryer Hookup, Central Heat. \$525 a Month, \$525 Deposit. Located at 165 Garden Grove St. Call 434-441-7308.

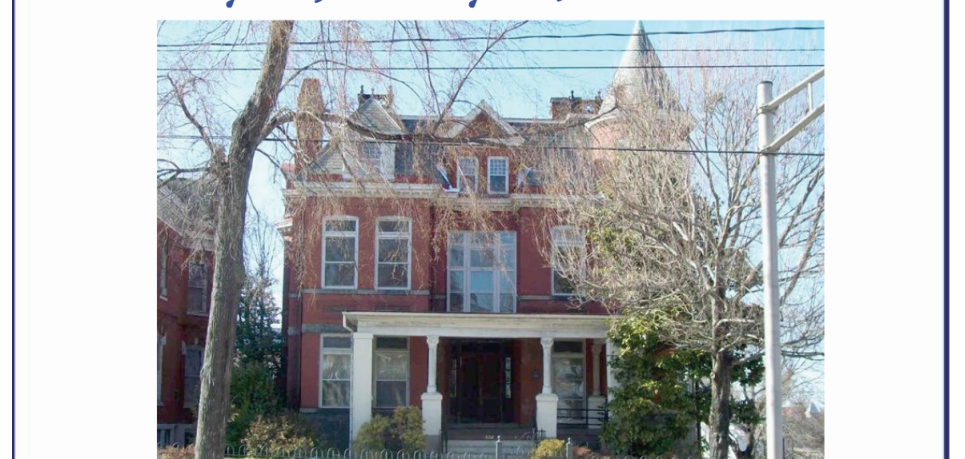
3 BR, 1 Bath Home surrounded by 18 Acres of Land. Heat Pump is less than 3 years old; beautiful ceramic tile in hallway, kitchen, and bath. Country Living at it's best! Located in Cascade. References Required! Call 434-203-1735.

Danville's Finest Townhouse Wilson Ferry Manor, 58 West. 2 BR, 1 1/2 Bath, All Appliances Included (Washer and Dryer Also), for \$725 Per Month. For More Information, Call 434-489-1182.

2BR 2BA Mobile Home \$450 a Month. \$200 Deposit. No Pets. Located 12 Miles out 41. Call 434-724-4342.

Opportunity of A Lifetime HISTORICAL HOME AUCTION

Col. James Mastin Neal Home
802 Main St. Danville, VA 24541
Saturday January 19, 2019 10 AM



Millionaire's Row

Bold, sophisticated, 3 1/2 story brick mansion with outline inspired by French Renaissance chateau. Over 8000 sq.ft., 5 BR, 5 Full Baths 2 Half Baths. Boasts Belcher Mosaic Co. windows (circa 1850-1890), leaded sidelights, and slate shingles. Built in 1890 by Col. James Mastin Neal, son of Thomas D. Neal, who revolutionized the sale of loose tobacco when he began "The Danville System" Auction method in 1858 which became known worldwide.

Victorian furnishings to be auctioned as well.

Visit WWW.SUTHERLANDAUCTIONCO.COM to view a full listing.

TERMS: REAL ESTATE-10% deposit on day of auction, balance due in 30 days/at closing. Absentee bids and pre-auction bids welcome with required deposit and certified bank letter.
PERSONAL PROPERTY...Buyers premium 13% for credit cards, 3% discount for cash or good check. Everything to be sold as-is, no warranties expressed or implied. Items may be added or deleted without notice.
INSPECTIONS-Due diligence must be used by all interested parties with reference to inspections, real estate and personal property.
ANNOUNCEMENTS-Announcements day of auction take precedence over all others. Not responsible for accidents.

Preview Friday January 18, 2019 1 PM-5 PM or by appointment.

RAIN OR SHINE

SUTHERLAND AUCTION COMPANY

418 Walters Mill Rd • Providence, NC 27315
www.sutherlandauctionco.com
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BROSVILLE AREA 3 BR, 1.5 Bath home with unfinished basement, large storage building, 2 car shed. New carpet, paint, windows, and heat pump system. Landlord Reference Required! \$750. Call 434-250-5978.

2 BR Trailer for Rent Located at 1130 Ferry Rd. \$100 a Week, \$250 Deposit. Call 434-799-8656.

3 BR, 1 Bath House Central Air, Washer and Dryer Hook Up. Located in the Chatham School District. \$350 a Month. Call 434-432-0525.

Ellis Real Estate 1st Month's Rent Free with a Years Lease.. Deposit required. 1 Br Apt. 1114 Richmond Blvd. \$295 Mo./ \$295 Dep. 1 Br Apt. 621 Holbrook Ave. \$315 Mo./ \$315 Dep. . 2 Br. Apt. 511 Jefferson St. \$250 Mo./ \$250 Dep. 3 Br. Apt. 1234 N. Main St. \$375 Mo./ \$375 Dep. All Property is in Danville, VA. Call 434-792-6603 for Details. Apply at Our Office, Located at 619 Holbrook Ave.

Looking for Rental House 4 BR, Must Accept Section 8. Call 434-713-8330.

TROUBLE IN THE "BONEYARD"! Two of the "bones" in the above game of Dominoes are the same. Can you find them in less than one minute?

Answers: Bones 5 and 13.

MANY WAYS TO REACH 100! Using five identical digits, can you come up with three other ways of writing an equation that equals 100?

Answers: (33 x 3) + (3) + (3) = (5 x 5 x 5) + (3) = (5 x 5) + (5) + (5) + (5) + (5)

FIND-A-WORD! On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

1. Recreational land. 2. Mentioned in the Bible. 3. What boxers do. 4. An expert golf score.

Answers: 1. Park 2. Ark 3. Spat 4. Par. Mystery word: Spark.

Junior Whirl!
by Charles Barry Townsend

WILD WILE TILE TALE TAME

TRY TAMING THESE PUZZLES!

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed WILD to TAME in four moves. See if you can change the following five words in four moves.

- FACE to LIFT
- HAND to BOOK
- NECK to TIES
- TIME to CARD
- LEFT to HAND

- Answers: 1. FACE, LACE, LOCE, LIFE, LIFT
2. HAND, HANK, NOK, HOOK, BOOK
3. NECK, NICK, TACK, TICS, TIES
4. TIME, TIRE, TARE, CARE, CARD
5. LEFT, LENT, LEAD, LAND, HAND

Community Calendar JANUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---------------------|-----------|----------|--------|----------|
| 30 | 31 | 1 New Year's Day | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 Martin Luther King Jr. Day | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Community Events

Learn To Dance! January 2019; East Coast Swing, February 2019; Waltz, March 2019; ChaCha. Contact Pittsylvania County Parks and Recreation at 434-432-7736.

Book Reading and Signing! Sat 1/12 at 2:00PM. Located at Main Street Art Collective, 326 Main St, Unit 100, Danville (2 Doors Up from Dell Anno's Pizza). Bill Guerant will be talking about his book 'Jim Wrenn'. Faye Kushner will be reading from her book 'The Time To Run'. Other Area Local Authors will be on hand, to discuss and sign their books: V.R. Christensen, Sandra Strange, Anthony Vacanti, Justin Dupont, Audrena Hamlin and Kathleen Kilgore. Refreshments will be Served.

Brunswick Stew and Bake Sale! Sat 1/12, Ready at 9:00AM; Must be Picked Up by Noon! Located at Riverbend Volunteer Fire Dept, 1535 Ferry Rd (off W Main St), Danville. \$6 Per Quart. To Reserve, Call 434-792-2312; Leave Name, Phone Number and Number of Quarts.

Annual Clergy Ministry Program's Celebration of Martin Luther King Jr. Day, at Cherrystone Missionary Baptist Association! Mon 1/21 at 6:00PM. The Speaker is Pastor Dwight Steel of The Pilgrim Baptist Church in Roanoke Va.

Making Danville Smile Rock Painting Class! Sat 1/26 at 11:00AM. Located at Main Street Art Collective, 326 Main St, Unit 100, Danville. (2 Doors Up from Dell Anno's Pizza). No Experience Needed! All Ages Welcome to come paint rocks. All supplies and snacks are provided, plus drawings for prizes! Please register at eventbright.com even though it is free; need to know how many are coming.

Brunswick Stew!! Sat 1/19, Located at Bachelor Hall Fire Dept, 1301 Berry Hill Rd. Stew will be Ready Around 9:00AM. \$6 a Quart. To Pre-Order, Call 434-685-3820.

Muddin' Out Cancer To support Jason Scearce, who has recently relapsed with Leukemia. He has to go to UVA for the next two months for Stem Cell Transplant. Stew by Chasity's Cafe-pre sale for \$6/qt to be picked up on January 12th at Red Oak Hollow ATV Trails, for sale on site for \$5 a bowl (includes drink and crackers). ATV/side by side all day ride. Cost \$10/person. With orders or questions, please call Melissa @ 434-228-5712 or Leslie @ 434-489-6067.

Recreational Vehicles



Daybreak 36' #35 B, with 2 Slides, 10 Gas. Little Over 72K Miles. Reduced to \$35,000 Or best reasonable offer. Call 434-251-4813.

Countryside Service Center Complete RV Service, Roofing & Siding Repairs, Insurance Repairs Welcome. Full Service ONAN Dealer. Call (434) 822-6994

5th Wheel Hitch for Sale 16,000 lb 2700 Superglide Automatic Sliding Hitch for Short Bed Trucks. I have Bed Rails for a 2015 Chevy and a GMC 2500. Also have Bed Rails for a 2016 Ram 2500. Asking \$550 for Everything. Call 434-822-5371 or 434-203-2748.

32' Dutchman Camper Slide Out, Gas and Electric Generator, in Very Good Condition. Asking \$2,800 Negotiable. Call 434-709-7294.

Tools & Accessories

NEW 4850 WATT DUROSTAR GENERATOR, ELEC START NEW 4850 WATT DUROSTAR GENERATOR, ELEC START, RUNS ON PROPANE OR GASOLINE, ON WHEELS, 120/240V 7HP, BRAND NEW, VERY NICE GENERATOR \$450 CALL 434-709-0241

NEW 10,000 WATT DUROSTAR ELEC START GENERATOR NEW 10,000 WATT GENERATOR ELEC-START, RUNS ON PROPANE OR GASOLINE, ON WHEELS, 120/240 VOLT, 30 AMP; 50 AMP PLUGS, 18HP, BRAND NEW, VERY NICE GENERATOR. ASKING \$900. CALL 434-709-0241.

Campbell Hausfeld Pressure Washer Asking \$25. Call 336-514-8319.

McCulloch Timber Bear Chainsaw with 20" Bar. Call 276-632-3620.

Craftsman Portable Air Compressor Craftsman Oilless Upright Air Compressor. 115V, 5.5 HP, 26 Gallon Tank. Pumps up Fast, No Problems. Asking \$200. Call 336-504-0720.

Toys

Legos for Sale Built or Weighed in Bag. Asking \$5. Call 540-613-0289.

Utility Trailers

Hitch Buddy Wrought iron hitch buddy REINFORCED with angle iron for durability. Asking \$75. Call 434-251-0802.

Wanted To Buy

Want to Buy MILITARIA Civil War, Spanish American, WWI, WWII and Vietnam. Also Danville Military Institute (DMI) Items, Antique Flintlock and Percussion Guns and Powder Horns. Call Donald Crane 434-770-9790.

WTB: Hard Top for Jeep Wrangler 2002; Okay if it needs repairs. Call 434-713-3048.

Old Stereos, Turntables and Albums Pioneer, Marantz, Sony, Sansui, etc; 70's Rock Albums. Call 434-770-3830.

WTB: 245 Massy Ferguson in good condition, Reasonably priced. Call or text 434-857-6071.

WTB: Ford Maverick Parts Wanting to buy parts off a Ford Maverick, if you have one let me know. Call 434-857-6654.

In Need of Women's Clothing Sizes 10-12. Call 434-421-2600.

Want to Buy Metal Porch Gliders and Chairs. Call 434-228-3121.

WTB: Zebra Print Items and Any Left Over Yard Sale Items, and a Reasonable Price. Call 434-713-8330.

WTB: 5' or 15' Grandfather Clocks, Reasonably Priced. Call 434-441-1364.

WTB: Wrestling Items at a Reasonable Price. Call 434-713-8330.

Want to Buy Junk Cars, Call for Pricing. Junk Cars, Catalytic Converters, Radiators, Aluminum Wheels, Starters, Batteries, Radiators, Alternators & Transmissions. Call 434-250-6243.

WTB: Old Harley Davidson Parts Looking to Buy Old Harley Parts, Anything from the 40's-70's Harley Related. Call 434-421-0012.

WTB: Old Motorcycles Looking for forgotten motorcycles, the older the better. Complete bike or just a few parts. Rusty, broken, wrecked? Give me a call, 434-421-0012.

4 Speed Muncie Transmission for a 1969-1972 Nova. Call 434-792-2066.

WTB: Chicken Shaped Cookie Jars Call 434-724-4411.

Used Clothes Dryer Elderly man is in need of a Clothes Dryer, in Good Working Order. Call 434-713-5734.



MOVIE SCHEDULE

for Fri., Jan 4 - Thurs., Jan 10

Stadium seating in ALL Auditoriums

Buy Tickets Online at PALACEPOINTE.COM

| ESCAPE ROOM (PG-13) | MARY POPPINS (PG) |
|---|--|
| Fri. 4:10 - 7:10 - 10:10 Sat. 10:10 - 1:10 - 4:10 - 7:10 - 10:10 Sun. 1:10 - 4:10 - 7:10 Mon.-Thurs. 4:10 - 7:10 | Fri. 4:00 - 7:00 - 10:00 Sat. 10:00 - 1:00 - 4:00 - 7:00 - 10:00 Sun. 1:00 - 4:00 - 7:00 Mon.-Thurs. 4:00 - 7:00 |
| AQUAMAN (PG-13) | THE MULE (R) |
| Fri. 3:50 - 7:30 - 10:00 Sat. 10:00 - 1:30 - 3:50 - 7:30 - 10:00 Sun. 1:30 - 3:50 - 7:30 Mon.-Thurs. 3:50 - 7:30 | Fri. 4:40 - 7:40 - 10:40 Sat. 10:40 - 1:40 - 4:40 - 7:40 - 10:40 Sun. 1:40 - 4:40 - 7:40 Mon.-Thurs. 4:40 - 7:40 |
| BUMBLEBEE (PG-13) | REPLICAS (PG-13) |
| Fri. 4:40 - 7:15 - 10:40 Sat. 10:15 - 1:05 - 4:40 - 7:15 - 10:40 Sun. 1:05 - 4:40 - 7:15 Mon.-Thurs. 4:40 - 7:15 | Fri. 4:30 - 7:30 - 10:30 Sat. 10:30 - 1:30 - 4:30 - 7:30 - 10:30 Sun. 1:30 - 4:30 - 7:30 Mon.-Thurs. 4:30 - 7:30 |
| A DOG'S WAY HOME (PG-13) | |
| Fri. 4:10 - 7:10 - 10:10 Sat. 10:10 - 1:10 - 4:10 - 7:10 - 10:10 Sun. 1:10 - 4:10 - 7:10 Mon.-Thurs. 4:10 - 7:10 | |
| | For details about upcoming events go to PalacePointe.com/calendar or call 336.598.5050 x2 |

Fraternal Order of Eagles

5731 S. Boston Hwy Sutherland, VA



SAT
JAN
19TH

BULLET BAND

Playing a variety of music
January 19th • 8pm-Midnight
Doors open 7pm • \$10 admission
21 & up with picture ID



Bingo Thursday open 6 start 7 and Sundays open 4 start 5:30
Jackpots \$500 info 434-822-5686



Yard Sales

1200 Silver Creek Rd Inside Sale! Sat 1/12 from 9:00AM-12:00PM. Located at 1200 Silver Creek Rd, Danville. Mirrors, Pictures, Glassware, Indoor and Outdoor Furniture, Clothing and Much More.

29 Oak Lane INDOOR MOVING SALE! Sat 1/12 from 8:00AM-12:00PM. Located at 29 Oak Lane. Retired couple downsizing; LOTS of quality women's and men's clothing, home decor, furniture, outdoor equipment and much more.

Lovely Lady Lingerie

Everything You Need For A Fun And Romantic Evening
ADULT NOVELTIES
Lingerie • Costumes
Lotions • Cards
Herbal Male Enhancement Pills



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BEAT CANCER

Jason was diagnosed with Leukemia last year! He went in remission and was doing great. About a month ago he relapsed and the Leukemia came back. He has to go to UVA for the next two months for Stem Cell Transplant. We will be having a stew cooked by Chasity Curtis c/o Chasity's Café. We will pre-sale stew tickets for \$6.00 a quart that can be picked up at 12:00 on Sat, Jan 12th @ Red Oak Hollow ATV Trails. We will also have stew on site for sale for \$5.00 a bowl. This includes a drink and crackers. We will also be hosting an ATV/Side by Side all day ride. The cost to ride is \$10.00 a person. If you are interested in buying stew or need information concerning the ride please contact Melissa Hedrick @ 434-228-5712 or Leslie Paris @ 434-489-6067



MUDDIN' OUT CANCER



* Studies show that people who eat more fiber take in fewer calories, and if you're on a healthy mission, take heed: Keep your focus on whole food sources of fiber, like veggies, fresh fruits and nutritious whole grains.

* "Make life easier on yourself. Set a timer on your phone when you put a load of laundry in the wash. That way, you can pop it in the dryer right when it's done. The less time your clothes sit, the better. You'll be done with your laundry sooner, too." -- R.R. in Arizona

* Cinnamon in the garden? Yep, cinnamon is a natural fungicide, and you can use it on cuts on flowers to help the plant root. Simply dip the cut end in cinnamon powder before rooting.

* Use clingwrap over the top of a coffee mug or tumbler in order to take your drink "to go." Just create a small hole at the edge of the cup for sipping, or poke a straw through the center for easy access.

* "I purchased a nice lotion in a very pretty pump bottle. After the lotion was all used up, I repurposed the bottle as a soap dispenser at my kitchen sink. It matches better, and I like having a pump bottle, because it's easy to get a little bit of soap on your sponge." -- E.S. in Alabama

* "If you have a lot of cans of spray paint, try storing them in a window planter. They are long and skinny, and the right depth to keep cans upright but still be able to see the tops to get the can you need quickly." -- I.L. in New York

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

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Create a Healthy, Winter-Ready Home

FAMILY FEATURES

When chilly weather arrives and the days get shorter, chances are good you'll spend the majority of your days indoors. Before you start your hibernation, it's a good idea to ensure your home is up to the task. Put your well-being at the top of the list with these ideas to help ensure a health-conscious home that's ready for the dark days of winter.

Encourage better air quality

When the house is closed up tight to keep out the cold, you may be trapping in some undesirable air pollutants. A well-sealed house may not have the best circulation, and that's the ideal environment for dust mites and other allergens to accumulate.

A thorough cleaning is the first step toward better air quality. Do a deep vacuuming of all carpets, including under furniture and around baseboards. Be sure to launder linens that aren't typically part of your regular washing routine, like window treatments and comforters.

You may want to consult a heating and cooling specialist to determine whether your ductwork is due for a cleaning. Especially if your system didn't get much use through the summer months, there may be a fair bit of dust just waiting to infiltrate your home once the furnace begins to blow.

Be sure to change filters, clean vents and air returns and, if necessary, consider adding an air purifier that helps filter any remaining particles for the best quality air. When opening windows isn't comfortable during cold winter weather, letting the sunshine in can still help to improve indoor air quality. A study by the University of Oregon's Biology and the Built Environment Center showed rooms with increased sunlight have fewer viable bacteria.

"Until now, daylighting design has been primarily about visual comfort or circadian health, but now we can say daylighting influences air quality," said Kevin Van Den Wymelenberg, co-director of the BioBE Center and co-author of the study.

Let in light

Natural light plays an important role in overall health, and reduced daylight in the winter months can have a big impact on productivity and sleep, according to a recent survey conducted by YouGov on behalf of Velux. For example, nearly two-thirds of respondents said they believe daylight affects their productivity and mood. Light is also an important cue to the body's circadian clock, and proper exposure to natural light during the day can help support better sleep when darkness falls.

What's more, sunlight is a natural antidepressant, and there is ample scientific evidence that associates daylight with better health and quality of life, such as improved mood, less fatigue and reduced eyestrain.

It may be tempting to keep the drapes closed when it's blustery outside to ward off a draft, but with well-sealed windows, there's no reason to block that all-important natural light. In rooms with ample natural light available, take advantage, especially in the morning when exposure to daylight can benefit your circadian rhythm.

However, not every room is situated to maximize your access to natural light, and that's when you can get creative. One solution is skylights, which add natural light to virtually any space. An option like a Sun Tunnel Skylight offered by Velux Skylights lends brightness to even the smallest spaces, like a bathroom or hallway. For a larger room, a fresh-air skylight can help address air quality concerns, and some models offer smartphone connectivity to open

and close the skylight and even raise or lower blinds with a few quick taps of the finger. Learn more at whyskylights.com.

Keep out the cold

As a child, you were probably warned to bundle up in cooler weather to avoid catching a cold. As an adult, you likely realize that germs, not temperatures, cause illness. However, there is some truth to the old wives' tales associating cold with getting sick. The viruses that cause colds and the flu thrive in cooler temperatures, for example. This means that, at least indirectly, a cold environment may indeed make you sick.

To ward off a chill in your home, safeguard against drafts around windows and doors. If seasonal weather-proofing is impractical, consider temporary solutions like draft stoppers or mats you can place at the base of doors. Add insulation, if needed, in areas that commonly release a significant amount of heat, such as the attic and garage.



Daylight Makes a Difference

As the days become shorter and colder, the importance of getting enough daylight is even more acute to sleep patterns, mood and productivity. These tips can help you get a better night sleep:

- Increase your exposure to natural light during the day. Take a lunchtime walk at work or, if you can't get outside, sit by a window while you eat.
- Install blackout curtains in your bedroom to block light from street lamps and the moon.
- Turn your thermostat down in the evenings to create a cooler bedroom to sleep in.
- Establish a good bedtime routine. For example, read a book instead of spending more time looking at a screen. Blue light from electronic devices mimics daylight and can trick your brain into staying alert.
- Use red or orange bulbs in kids' night lights as these are some of the least disruptive to sleep.



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Before you act, listen
Before you react, think
Before you spend, earn
Before you criticize, wait
Before you quit, TRY!
- Ernest Hemingway

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FAVORITE RECIPES

CHICKEN STIR FRY RECIPE



INGREDIENTS

- 1 lb boneless, skinless chicken breast cut into 1 inch cubes
- salt and pepper to taste
- 2 tbsp olive oil divided
- 2 cups broccoli florets
- 1/2 yellow bell pepper cut into 1 inch pieces
- 1/2 red bell pepper cut into 1 inch pieces
- 1/2 cup baby carrots sliced
- 2 tsp minced ginger
- 2 garlic cloves minced
- Stir Fry Sauce
- 2 tbsp corn starch
- 1 tbsp cold water
- 1/4 cup low sodium chicken broth
- 3 tbsp low sodium soy sauce
- 1/4 cup honey
- 1 tbsp toasted sesame oil
- 1/2 tsp crushed red pepper flakes

INSTRUCTIONS

Stir Fry Sauce
In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.

Add one tablespoon of olive oil to a large skillet or wok and heat over medium high heat. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from skillet.

Reduce heat to medium and add remaining tablespoon of oil to the skillet. Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.

Add chicken back into the skillet and stir to combine. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine.

Bring to a boil, stirring occasionally, and let boil for one minute.

Serve with rice and/or chow mein if desired.

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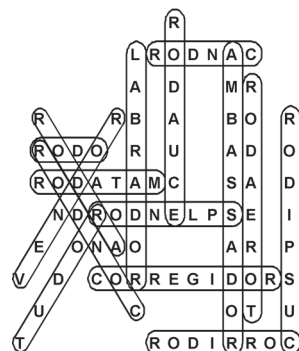
See y'all next week!

King Crossword
Answers

Solution time: 27 mins.

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Answer

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