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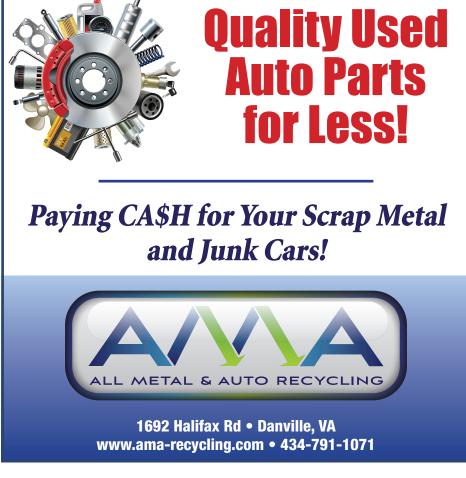


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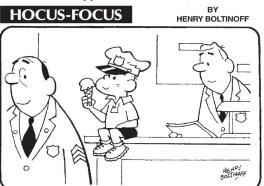
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Find at least six differences in details between panels.



Differences: 1. Boy's hat is black. 2. Notice added to bulletin board. 3. Boy is holding a follipop. 4. Officer has four stripes. 5. Officer has two buttons. 6. Desk sergeant's badge is missing.



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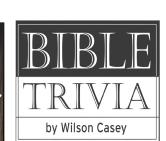
• INDUSTRIAL

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Referrals

When our local doctor began attending church services, the minister was delighted, and it wasn't long before they were helping each other in their work, the minister referring people to the doctor, and vice versa.

One referral from the doctor called at the church office with a note prescribing the minister's last four sermons. The minister was most pleased until he discovered that the patient's problem was insomnia.



1. Is the book of Jude in the Old or New Testament or neither? 2. Who did God choose to replace Moses to lead the Israelites? Aaron, Jacob, Joshua, Caleb 3. Which disciple betrayed Jesus for 30 pieces of silver? Peter, Judas, John, Matthew 4. From Matthew 12:24, who is the ruler of the demons? Lucifer, Satan, Devil, Beelzebub 5. Who was Simon Peter's brother? John, James, Andrew, Matthew 6. Which Psalm is the shortest? 23, 117, 120, 150

ANSWERS: 1) New; 2) Joshua; 3) Judas (Iscariot); 4) Beelzebub; 5) Andrew; 6) 117

Comments? More Trivia? Visit www.TriviaGuy.com

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5. San Francisco 6. San Diego

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Source: GasBuddy

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Favorite Email

Social Media - Too Much? How Much?

By Glenn Mollette

Social media is just like mom's apple pie, it's not good to eat a whole pie every day.

Over three billion people are social media users worldwide. While social media helps keep the world connected, social media addiction is becoming a global problem that keeps growing. As of 2018, one third of the global population used social media.

Internet and social media addictions continue to grow as our dependence on technology increases. Over 210 million people suffer from internet and social media addictions worldwide

A 2018 study found that teens who spend 5 hours per day using their phones were almost twice as likely to exhibit depressive symptoms than counterparts who dedicated only one hour on their phones. The relationship between excessive mobile use and depression appears to be strongly inked to gender with 58% more females than males experiencing depressive symptoms. A recent study containing over 23,500 participants between the ages of 16 and 88 found that being a young single female was most strongly associated with displaying addictive social media behavior. Addictive social media behavior was also strongly related to narcissistic personality traits and low self-esteem.

Social media addiction doesn't just affect behavior during the day; it even damages the ability to sleep. A study found that 71% of Americans sleep with or next to a mobile device. Some 47 million people in America do not get enough sleep and 55% more teens were sleep deprived in 2015 than in 1991. Exposure to screens before bed is a large factor in exacerbating sleep disorders. Thirty-five percent of people using phones less than average experienced sleep difficulty compared to 42% of those with average or above average phone usage. Forty-five percent of people check social media instead of sleeping and roughly 10% of teens check their phones more ten 10 times per night.

Fifty percent of people driving are checking social media. 90% of drivers admit to using smartphones behind the wheel. The Center for Disease Control and Prevention reports that each day nine people are killed and more than 1,000 are injured as a result of smartphone use while driving. According to the National Highway Traffic Safety Administration, teens are the largest group reported for distracted driving.

Over 240 million Americans check Facebook daily or 74% of all Americans. The majority of Americans use Facebook and most users check the app daily. Approximately 68% of Americans have an account and 51% report checking Facebook several times daily.

Question - is it possible you might accomplish more of what you want and need to do if you would spend less time on social media? Another question - Is social media making you a better and happier person?

Is it possible you should cut back on your daily portion of social media?



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ARIES (March 21 to April 19) Your honesty is, as always, admirable. But you might want to be more tactful in discussing a sensitive issue with a family member. Remember: You can give advice without giving offense.

TAURUS (April 20 to May 20) An unexpected workplace snag should be handled quickly and efficiently so that it leaves you time for family get-togethers. Also, you might soon get that long-sought apology.

GEMINI (May 21 to June 20) Aspects favor family matters, especially where children might be involved. Spending time with loved ones helps restore some much-needed balance to your typically busy sched-

CANCER (June 21 to July 22) That seemingly clearcut agreement might not be quite so straightforward after all. Recheck for language that could make you liable for hidden costs and other unpleasant surprises.

LEO (July 23 to August 22) Careful, Kitty. Better to deal with someone with proven reliability than with a big talker who promises much but can't confirm that he or she will deliver. Your social life really zings this weekend.

VIRGO (August 23 to September 22) Your matchmaking skills are at peak performance levels both in helping to staff workplace teams for upcoming projects and for bringing people together on a more personal basis.

LIBRA (September 23 to October 22) You're finally seeing some progress with your new venture. But be prepared for it to continue at a slower pace than you're used to. Meanwhile, a loved one could be preparing a surprise.

SCORPIO (October 23 to November 21) A family member's success pulls you into the spotlight as well. Enjoy it, but don't let it overshadow or otherwise obstruct what you're doing with your own creative projects.

SAGITTARIUS (November 22 to December 21) Using what you already know might not be quite enough to get a proposed project off the ground. Look for any new information that might help tilt the scales in your favor.

CAPRICORN (December 22 to January 19) Good news: While a changing workplace environment can be daunting for some, it could be the challenge you've been hoping for. If so, confront it with confidence and move on.

AQUARIUS (January 20 to February 18) It's a good time to recheck travel arrangements for any changes that could work to your advantage. Aspects also favor strengthening and restoring old, fraying relationships.

PISCES (February 19 to March 20) Using your intuitive reasoning helps you cut right through the double-talk and go straight to what's really going on around you. Stay the course until all your questions are answered.

BORN THIS WEEK: You radiate light and warmth, and others love being close to you.



- 1. GEOGRAPHY: Which South American country is home to Machu Picchu, a 15th-century Incan citadel?
- 2. GENERAL KNOWLEDGE: Which East Coast city's nickname is "Charm City"?
- 3. U.S. STATES: What is the only U.S. state whose name is one syllable?
- 4. HISTORY: Which English monarch reigned from 1625 to 1649?

LIGHT & MOREAU

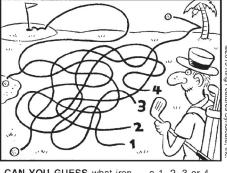
- 5. MUSIC: Which female singer had a No. 1 hit in the 1960s with the song "Downtown"?
- 6. ASTRONOMY: Which planet in our solar system is known as a morning and evening star? 7. BIBLE: How many plagues of Egypt were described in the book of Exodus?
- 8. MOVIES: How many different actors played roles in "The Three Stooges" over the years?
- 9. LITERATURE: Who wrote the 20th-century novel "So Big"?
- 10. GAMES: What color is the Connecticut property in the game "Monopoly"?

Answers

- 1. Peru
- 2. Baltimore 3. Maine
- 4. Charles I
- 5. Petula Clark 6. Venus
- 8. Six. Larry, Moe, Shemp, Curly, Joe and Curly Joe.
- 9. Edna Ferber
- 10. Light blue

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CAN YOU GUESS what iron — a 1, 2, 3 or 4 Jock MacDivot should use to get a hole in one?

Answer: His trusty 2-iron will do the trick!

A VACATION PUZZLE! See if you can substitute the digits 1, 2, 3, 4, 5, 6, 8 and 9 for the letters on the board so you will have a correct addition problem. The same digit is used for the same letter.

Answer: F=2, U=8, U=9, I=4, T=3, H=5, E=1, S=6, (289 + 49 + 35)

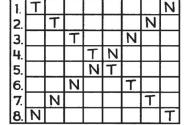
THE "H" PYRAMID! As you move down the word pyramid shown here, each word contains the same letters as the word above it, plus a new letter. We give you all the H's. Here are some hints from the top down:

3. Put out of sight. To scold mildly. A type of lightning

 Symbol for hydrogen.
 An expression of greeting 4. Tough animal skin. 6. Moved very slowly. 8. A large Spanish estate.

Answers: 1, H (given), 2, Hi, 3, Hid. 4, Hide. 5, Chide. 6, Inched. 7, Chained (xig-zag), 8, Hacienda.





FIND THE BIG WORDS!

Using the definitions and anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used

ANAGRAM:

soon + tape

ants + tang

need + twin

spar + tern

aces + hint

hunt + base

nice + tuba

DEFINITION:

1. A cooking measurer. 2. Foul water.

3. A vine around a post.

4. Owners of a business. 5. Sailors working songs.

6. What you do at the beach.

7. How they protect young

chickens 8. One who writes

tins + love

Answers: 1. Teaspoon. 2. Stagnant. 3. Entwined. 4. Partners. 5. Chantles. 6. Sunbathe. 7. Incubate. 8. Novelist.

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Morgan Nolan is a Brave Young 12 Year Old who is Battling Cancer. Please Send Cards of Encouragement to 644 Grays Park Rd, Danville Va 24541. God Bless You!!



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VOY/ET C Antiques By Terry and Kim Kovel

& Collecting

Glass Pyramid

A 4 1/2-inch-high heavy glass pyramid was in a recent house sale. It was inexpensive, but no one knew what it was used for. It was almost too heavy to lift, so it wouldn't be a practical paperweight, but we bought it to display on a table with our obelisks. A long search of pictures online revealed what it is ... a "deck prism." It was used to give extra light to parts of an antique sailing ship that were below the waterline. The first deck prisms were used about 1840. Fire was the best source of light, but it also was very dangerous on a wooden ship, so oil, kerosene lamps and candles were avoided.



This glass prism with a slightly green tint is 4 1/2 inches high and very heavy. It was used like a window on vintage sailing ships to get light below the main deck. Just an ornament today, it is worth about \$50 in an online sale.

My prism was inserted upside down into a hole on the main deck. The glass pyramid point hung down and shed some light into the room below. The base of the prism, now at the top, was set flush into the wooden deck. After a while, the caulking that held the glass would leak and the glass could chip, so the prism was carefully remounted and caulked. In 1861 a patented threaded light that could be screwed into a metal frame was invented, so prisms lost favor. But reproductions in colored

glass still are made and used, and old ones are collected. They usually sell for less than \$50.

• I have my great-grandfather's accordion, a pre-1900 Hohner two-row button diatonic. It was appraised, and I was told it would fetch four figures. I'd love to keep it, but no one in my family wants it. It's normal fifth scalar organization, 20 plus treble buttons and 12 bass buttons in very good condition. Where should I start?

A • You probably will get the high-est price by selling the accordion at an auction of other antique musical instruments. Expect to pay the auction gallery a commission, a percentage of the hammer price. Fees are negotiable. Find out in advance what costs are and what it includes. Will the instrument be pictured in a catalog? What is the cost of shipping it to the auction? Insurance? Do you want a minimum bid? What are costs to you if it doesn't sell? You also can try a music store in your area. They may know someone who collects vintage instruments.

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1938 Calendar, Esso, "Happy Landing," child jumping from green plain, Standard Oil Company of Pennsylvania, 21 x 14 inches, \$129.

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TIP: A magnet will not be attracted to solid brass. It will cling to brass-plated iron.

For more collecting news, tips and resources, visit www.Kovels.com

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PIEDMONT PETS

July 11, 2019 By Paulette Dean

No doubt about it, the temperatures we have experienced lately are brutal. We have received many dogs and cats suffering from the effects of it; we have received at least four that have died from heat-related problems

Within the past year, there have been two important changes in law regarding the adequate of animals during summer.

In the City of Danville, it is illegal to tether a companion animal when the temperatures reach 85 degrees or during weather advisories.

Statewide, the definition of "adequate shelter" is expanded to mean: "during hot weather, [the shelter] is properly shaded and does not readily conduct heat". This means that a doghouse is not adequate shelter; in fact, they become heat boxes. There must be shade provided at all times. One little dog that died was found tethered with his chain and collar tangled up in some underbrush. He choked to death, and it was probably from seeking respite from the sun.

Never expect your pet to be without cool, fresh water. Fresh water





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must be provided at all times. Even inside pets drink more during hot weather. The absolute legal minimum for adequate water is "access to clean fresh water of a drinkable temperature." This, of course, will require extra effort by owners who leave their animals outside while they go to work.

Cats must be provided the same level of care as dogs. In fact, all companion animals in Virginia are afforded the same protections as dogs and cats.

Pet owners must be extra diligent during weather extremes to protect their companion animals.

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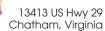
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Bissell Large Carpet Shampooer 3 Years Old, Rarely Used, Like New. Asking \$60 Firm. Call 434-835-2559.

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Washer and Dryer for **Sale** Kenmore Dryer and Amana Washer. Runs Great and Clean. Purchase As Set or Separate. Make an Offer! Call 434-250-6273.

Frigidaire Dishwasher Black, Under the Counter Style. Asking \$180. Call 434-822-5084.

Kenmore Upright Frost Free Freezer 15.7 Cubic Ft, Asking \$300. Serious Inquiries Only. Call 434-250-0984.

Washer and Dryer for Sale in Good Working Condition. Asking \$100. Call 434-709-9121 and Leave Message

New Power Air Fryer Oven with Rotisserie Rack. Asking \$145. Call 434-685-3714.

Samsung RF26 Series Refrigerator with 2 Bottom Freezer Drawers. Asking \$515. Call 434-685-3714.

Whirlpool Washer Not Yet 2 Years Old. Asking \$150. Call 434-857-8195.

Maytag Dryer 3 Prong Plug, Runs Well. Asking \$75. Call 434-857-8195.

Upright Deep Freezer Works Great, Asking \$75. Call 434-483-3981.

Upright Frigidaire Freezer Heavy Duty, 15.4 Cu Ft. Asking \$125. Call 434-836-5139.

30" Frigidaire Range Stove Asking \$100. Call 434-685-5310.

Samsung 65" Class Q9FN QLED Smart 4K UHD TV. Asking \$900. **Interested Buyers Contact** Me at: danneystore@gmail. com

Larry's **Appliance** Repairs for Doctor Washers, Dryers, Refrigerators, Dishwashers and Stoves. All Brands US and Foreign. Call (434) 548-7771.

Audio/ Video

20" Sanyo TV, Cable Ready, with Remote. Asking \$35. 20" Magnavox, Cable Ready with Remote. Asking \$35. Call 434-429-

32" Sanyo Color TV Not a Flat Screen, Manual and Remote, In Good Condition. Asking \$35. Call 434-548-2179.

Sony Mega Storage 300 CD Player with Remote and Manual. Asking \$100 Firm. Call 434-429-7658.

RCA Projector Up to 150" of Screen. 2 HDMI Ports, 1 USB Port, SD Card Port, and a Headphone Jack. Asking \$40. Call 434-250-9315.

AM/FM Cassette Radio, Asking \$30. AM/FM CD Radio, Asking \$30. Call 434-334-7074.

73 VHS Movies Asking \$35. Call 434-432-9091.

Auto

Auto Cars

2012 Dodge Charger XT, Asking \$12,000. For More Information, Call 434-713-6592.

MAGIC MAZE ● BOOKENDS

SPLIEBYVHNROLTI FC(B)ZWTQNSAKIEFC Z W O U R P M J I M H L E C Z XUOS QNRKKKKLJGE CZ|K|XVEIKOOBYADTSNKDEKOOBDNAH | T | O H E C B B B B A Y W V T R OPNLEKKYIGGEC B B R Z X S W U O P S R O P O TALPKOOBEULB J I G C E D B A C C Y X W U T

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

Blue book **Bookish** Bookstore **Booked Booklet** Casebook Booker Bookman Cookbook **Bookie** Bookplate Copybook

Daybook E-book Handbook

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2007 Chevrolet Tahoe Red. 4x4



2018 Honda Civic EX Hatchback, Black, i4turbo, AT 3k miles • Lowes Dr. Branch

\$23,999



2009 Chevrolet Impala Blue, AT, V6

146k miles • Lowes Dr. Branch

\$3,599



2003 Ford Expedition

Eddie Bauer Pkg, 4x4,Lthr, SR, Nav. 263k miles • Lowes Dr. Branch

\$5,899



2017 Nissan Versa

4 door, Remaining Factory Warranty 35k miles . Lowes Dr. Branch

\$12,799



2015 Chrysler 200

74k miles • Lowes Dr. Branch

\$12,999



2010 Dodge Caravan

V6, Pwr Doors, Rear Ent Sys, RBS

\$5,599



2014 Chevrolet Silverado Z71

4x4, Crew Cab, off road pckg, nav, tow pckg 46k miles • Lowes Dr. Branch

\$30,499



2011 Ford Focus

Red, AT, 4 door 207k miles . Lowes Dr. Branch



159k miles • Lowes Dr. Branch





2017 Nissan Versa Black, 4dr sedan, MT, RFW*

\$12,799



2003 Saturn Vue

AWD, V6, Silver 248k miles . Lowes Dr. Branch

\$2,399



2009 Saturn Vue

Black, Leather, Sunroof Lowes Dr. Branch

\$4,999



2006 Pontiac Torrent Red, AWD, V6, Leather 223k miles • Lowes Dr. Branch



2008 Ford Explorer

Burgundy, V6 153k miles • Lowes Dr. Branch

\$5,999



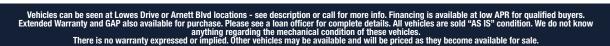
2016 Ford F150 XLT

4x4, Crew Cab, PW, PDL, Running Boards 41k miles • Lowes Dr. Branch



2007 Nissan Murano

White, AWD, V6 150k miles • Lowes Dr. Branch



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2006 Suzuki Aerio 4 Door, 4 Cyl, MT, Blue with Gray Interior, 150K Miles. Runs Good, Needs 2 Tires and Rear Hatch Glass. Also have a 2000 Ford Focus, 4 Cvl. AT. in Good Condition. Would Like to Trade Both for Older Class C Motor Home, will Consider an Older Class A. Minor Repairs okay, if it can be made Road Worthy. Please

Call 814-771-4291. 2002 BMW 3 Series 330CI Convertible, 6 Cyl, AT, White, Leather Tan Seats, Loaded. Asking \$4,000. Call 434-548-2618.

2000 BMW Z3 Roadster Convertible, 5 Spd. Asking \$4,000. Call 434-548-2618.

2010 Chevrolet Camaro SS, 5K Original Miles, 1 Owner, Accident Free, Orange with Black Leather

2000 Nissan Maxima Silver, Sunroof, Loaded, AC, 4 Door, Good Sticker. Asking \$2,200. Call 434-822-5103.

Interior. Call 434-251-7188.

2012 Chevrolet Camaro Convertible, Black with Black Interior, AT, 6 Cvl, 23K Miles, Brand New Set of Tires. In Excellent Condition. Call for Price, 434-250-2563.

1999 Volkswagen New **Beetle** 4 Cyl, AT, Yellow with Black Interior, 117,222 Miles, Clean Title, Runs Well, PW, PL CD Changer Sunroof. Asking \$2,300. Call 434-250-0380.

1995 Chevrolet Corvette 350 AT, Very Good Condition, Red with Tan Leather Int, LT1 Engine, Removable Top, Always Garage Kept. Call After 6:00PM, 434-797-9829.

1990 Ford Mustang Convertible, 5.0 Cobra, 5 Speed. Call After 6:00PM, 434-797-9829.

1987 Ford Mustang GT, Fox Body, 306 Pro Charged. Asking \$8,500. Call 434-473-2632.

2004 Buick LeSabre in Good Condition. Asking \$1,800. Call 336-394-2816.

1990 Jaguar XJS V12, 50K Miles, Red/Tan Interior, Sunroof, AC, AT, Power Windows, Heated Seats, New Tires and Battery. Asking \$5,400. Call 434-822-5323.

2000 Audi A6 No Title. Good for Parts. Asking \$600. Call 903-519-1569.

2002 Honda Accord **Sdn** MT, 5 Spd, Does Need Small Repairs. Asking \$800 Firm. Call 903-519-1569.

1990 Oldsmobile Cutlass Supreme White with Blue Interior, 159K Miles. Asking \$675. Call 434-724-

4560. 1999 Nissan Altima in Good Condition. Asking

\$1,000. Call 336-234-8518. 1996 Oldsmobile Ciera 60K Miles. Asking \$400. For More Information, Call

434-770-7406. 2009 Lincoln Town Car 115,066 Miles, White with Light Gray Interior, Full Power, Extra Clean Car, Brand New Tires, Clean Title. Asking \$7,200. Call

434-728-3755. 1984 Chevrolet El Camino SS, V8, AT, AC, Tilt, Cruise, Bucket Seats, New Rally Wheels, Bands and Centers. Asking

\$5,800. Call 434-203-1937. 2008 BMW 5 Series 535i, 130K. Asking \$11,500. Call 276-340-1825.

2008 Chevrolet Impala Super Sport; Fully Loaded, V8, Black. Call 434-575-0999.

1989 Oldsmobile Cutlass Ciera For Parts. Good Motor, Good Transmission, Interior Needs Some Work. Asking \$500. Call 434-432-2766.

2017 Mazda Mazda3 4-Door Touring, 4 Door, Blue, AT, AC. VADLR. Call 434-791-4000.

1996 Chevrolet Camaro 2 Door, 8 Cyl, AT, Red with Black Interior, Z28 LT, 1 Engine, 141K Miles, In Excellent Condition, T-Tops. Asking \$5,500. For

2007 Dodge Charger AT, Blue/Black with Black Interior, 160K Miles. Call \$4,000. Call 434-429-

More Details, Call 434-

250-2868.

2010 Toyota Prius AT, Great Gas Mileage, Very Nice, Roomy for a Small Car. Asking \$6,895. Call 434-688-8275.

2014 Nissan Maxima 4 Door, V6, AT, Black with Leather Interior, Fully Loaded: Navigation, Sunroof, Push Start, Rear View Camera, Heated/Cooling Seats, XM Radio, Custom Wheels and Lights, Non-Smoker. Asking \$13,000.



2009 Pontiac Vibe 4 Door, 4 Cyl, AT, Blue, 177,513 Miles. Just put a New Set of Tires on. Asking \$3,000 OBO. Call 434-770-5331.

2006 Toyota Corolla AT, Burgundy with Gray Interior, 165K Miles, Power Locks, Cruise, Sunroof, Well Taken Care of. Asking

\$4,500. Call 434-203-5683

or 434-799-5634. **1998 Jaguar XJ** 4 Door, 8 Cvl. AT. Green with Cream Interior, 160K Miles, Asking \$3,500. Call 336-395-4376.

Auto Parts & Accessories

1997 Ford Ranger Mo**tor** 3.0 and a 3.5 with Transmission. Asking \$400. Call 434-420-3266.

Truck Tool Boxes Regular Size, Asking \$125. Small Size, Asking \$100. No Keys. Call 434-429-4679.

Looking for a 4 Barrel Intake that Fits a 1970 Oldsmobile Delta 88, and Carburetor. \$650 OBO. Call or Text 434-517-1152.

1971 Cadillac Coupe 2 Door, 83K Miles, Runs Good. Asking \$1,500. Call 434-548-2618.

1993 S10 5 Speed **Transmission** in Good Condition. Asking \$100.

Call 434-250-7743. Super Swampers 35's, in Excellent Condition. Asking \$75 for Both. Call

434-250-7743.

2 Corvette Rally Style **Rims** 15x7, with Tires on them. No Bands or Centers. Asking \$40 for Both. Call 434-728-2897.

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

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY! © 2019 King Features Synd., Inc.

Cash Offers

Welcome'

Ride Today! Bad Credit,

No Credit, **NO PROBLEM**

w/Approved wn Payment.



Fully loaded with Leather, Northstar, Navigation, Heated & Cooled Seats, 4.6L V8, AT, Silver, only 57k miles, Stk# P5659, Priced to move at \$11,900!

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View more photos of this vehicle plus search our entire inventory online at www.sandbmotorsco.com

Wanting to Buy: 15" Tires for Chevy Astro Van, Like New Condition. Call 434-203-2840.

Set of 6' Truck Ramps Asking \$50. Call 336-394-2816.

350 Chevy Motor 107K Miles, in Good Condition. Asking \$600. Call 336-394-2816.

Used Chevy S10 Cowl Induction Hood. Fits 82-91 Square Body Truck. Asking \$150. Call 434-549-3370.

Set of 20" Tahoe Wheels with New Tires on them, 6 Lug, in Great Condition. Asking \$950. Call or Text 434-770-1477.

2 Tail Lights for 2004 Taurus. Asking \$25 for Both. Call 434-334-7074.

4 1990 Mazda Miata Wheels 15". Asking \$60. Call 434-797-3315.

Chevrolet Dully Wheels and Tires 6 Chevy C30 Dully Wheels and Tires, In Good Condition. Call 336-234-8518.

4 LT 275/70R18 Tires and 3 P275/65R18 Tires. Call for Prices, 434-250-3128.

4 Super Single Aluminum Wheels 2 with Fairly New Tires. Asking \$1,100 for All. Call 434-548-4891.

Truck Bed Body Cover for a 2004 Silverado Crew Cab, Asking \$75; Iron Truck Bed Overhead Hauling Rack, 74" L 58" W. Asking \$125. Call 434-548-8206.

Heavy Duty Rubber Bed Mat for a Long Bed Dodge Pickup. Asking \$50. Cal 434-548-8206.

Set of 265/70R15 Tires, Like New. Asking \$200.

Call 276-650-1590. 383 Small Block Chevy

Engine Asking \$5,500. Call 276-340-1825.

18' Car Trailer Brand New. Asking \$2,200. Call 276-340-1825.

Rear End for 3rd Generation Camaro. Call for Details, 434-770-7729.

Hideaway Audio Solution New In Box 100 Watt AM-FM Electronic Radio with 40' Range Hand Held Remote, Hidden Antenna, 2 Speakers, MFG. Custom Autosound. Asking \$115. Call 434-822-1383

New in Box Speedy Reel with 50' Air Hose. Asking \$45. Call 434-822-1383.

20' 5 Spoke Chrome Rims Asking \$1,200. Call 919-599-5688.

2 Rear Captain's Chairs for Dodge Ram Conversion Van. EC Tan Velour Sides with Print in Center. Call for Price, 434-228-5669.

Michelin Tires Set of 4 265-75-16, Lots of Tread Left. Asking \$125. Call 434-476-7393.

Front Bumper for 91 Ford F-150. Asking \$40. Call 336-394-5984.

Window Vent Visors 2009-2014 Ford F-150, or 2010-2014 Raptor Crew Cab. Mounts in Window Channel. New in Package. Asking \$35, Cash Only. Call 434-579-0563.

Mechanic Wanted Looking for a Person who has Knowledge of Removing and Installing Engines and Transmissions. Apply at 100 Fieldcrest Rd, Eden NC, or Call 434-483-7387.

Auto SUVs

1977 Jeep CJS 3 Speed, Straight Drive, 6 Cyl, Royal Blue. Asking \$5,000. Call 434-228-4717 and Leave a Message.

2001 Nissan Xterra 4x4 Very Nice Vehicle, Road Ready. New Timing Belt, Nice Body, Paint, and Interior. Runs and Drives Good. Asking \$4,299. Call 276-734-1057.

Wanting to Buy: Toyota RAV4, AWD with Decent Miles (Less than 130K), in Good Condition with Clean Title. Call 434-728-2897

1999 Chevrolet Tahoe White, 4WD, 202K Miles, in Great Condition. Asking \$3,200. Call 434-429-

2016 Kia Sorento LX 34K Miles, 1 Owner, AWD, Loaded. Ready To Go. Title in Hand. Asking \$16,750. Firm, No Trades. Call 434-770-6656.

2003 Ford Expedition White with Tan Leather Interior, High Miles, New Tires, Battery, Radiator. In Perfect Condition. Asking \$4,000. Call 434-822-

Wanting to Buy: a Good SUV. Call 434-429-8436.

2003 Lincoln Navigator In Good Condition, Fully Loaded, High Mileage. Asking \$2,600 Firm. Call 903-519-1569.

2000 Kia Sportage Needs Heating Coil. Asking \$2,200 OBO. Call 434-432-2766.

Rock Crawler Project Vehicle 2001 Jeep Cherokee Sport 4x4, Select Shift, AT, NOT RUNNING. Call 434-228-5669

2018 Jeep Wrangler Country Lift. Custom Steel Wheels, 35" New Mud Tires, Hardtop, Bluetooth Compatible, 22K Miles. Asking \$39,995. Call 434-770-8362.

Auto Trucks

2000 Tovota Tacoma TRD 4X4 Extra Clean, V6, ONLY 82K Miles, AT, Power Windows and Locks, AM/FM/CD Radio. Asking \$12,995. Call 434-799-1920.

2010 Ford Crew Cab 57K Miles, Red with Black Interior, 1 Owner. Asking \$20,000 Negotiable. Call 434-432-0282.

Toyota Tacoma 4x4 New Tires. Asking \$4,750 OBO. Call 434-822-3615 or 434-441-6691.

1998 Toyota Tacoma AT, Good Heat and AC, Good Shape, 159K Miles. Price is Negotiable. Call 434-429-

1967 GMC Truck V8, Straight Drive. Asking \$1,200. Call 434-685-1227

1994 Z71 Chevrolet Silverado 4WD, 200K Miles, Good Engine. Works Good. Asking \$2,200. Call 434-688-2693.

2007 Ford Ranger 2WD Regular Cab, AT, 3.0 V6, 140K Miles. Asking \$4,800. Call 434-728-3078.

2016 Chevrolet Silverado LT Crew Cab 4x4, 59K Miles. Asking \$29,500 OBO. Call 434-770-7269.

1984 Dodge Pickup Full Body, MT. Has some Rust, Dented Tailgate, and Front Passenger Flat Tire. Hasn't been Cranked in Over a Year. Will be a Good Work Truck! Asking \$400. Call 757-298-7297.

PRE-OWNED 434-791-4000







2017 Jeep Wrangler Sport 2014 Jeep Wrangler Unlimited Sport 4x4, Gray, 4 door, V6, Auto



2016 Ford Fusion, Black, AT, AC, Loaded, 2 in stock



2012 GMC Terrain SLE, Grey, AT/AC, Loaded



2013-2017 Chevy Impala's, Malibu's & Cruze. Several in stock. 89 Corvette, White



2017 Ford Flex, 4 door, Grey, 3 rows, loaded



2002-2017 Honda Accords & Civics, over 25 in stock. 2014 TSX in stock



2014 GMC Yukon XL, Black, 3rd row, Loaded, Nice!



2014 Chevy Camaro LS, yellow, V6, 6 speed, AC.



2016 Buick Cascada Convertible, silver, 12k miles, loaded



2014-2016 Roques AWD, Low miles



15 & 17 Kia Forte 4 doors, AT/AC, Low miles.



2012 Hyundai Velostar, Green, AT/AC, 3 door



2012 Ford F150 Crew Cab, Fx4, 4x4, Red, Nice! 60k miles



2006-2018 Nissan Altimas, Sentra, 370Z and Nismo



13 Charger SRT 8, red, AT/AC, Loaded. 12 & 14 Charger

Car Fax Vehicle History Reports **View Vehicles** www.autovillaofdanville.com

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Sleeper Road Tractor Intl Cab-Over Cummings, 400 BC, III Factory Recon Engine. Button Clutch. Asking \$6,000 or Trade. Call 434-203-1723.

1975 Ford F-600 Flatbed Dump Truck. In Excellent Condition, Shed Kept, Metal Sides and Tailgate. Call 252-814-7155 or 252-814-8451.

Looking to Buy 81-93 Dodge Ram Full Size Pick Up, 2 or 4WD, at a Reasonable Price. Call 434-579-8952.

Looking to Buy 87-96 Dodge Dakota Pick Up, 2 or 4WD, at a Reasonable Price. Call 434-579-8952.

Wanting to Buy 1986-2005 Chevy 2500, Gas, AT, V8, 4 Door Long Bed, 4x4, Low Miles, in Good Condition. Reasonably Priced. Call Before 9:00PM, 434-656-6563.

1993 GMC 4x4 Dually Work Body, 1 Ton, 150K Miles, Runs but has Transmission Issues. Asking \$1,500. Call 434-251-6116.

2015 Nissan Frontier Pickup 4 Door, Desert Runner, V6, AT, AC. VADLR. Call 434-791-4000.

1990 Chevy S10 Pickup Beige, Regular Cab, 2WD, AT, V6. VADLR. Call 434-791-4000.

2007 GMC Canyon Extra Cab, Blue, AT, AC. VADLR. Call 434-791-

1967 GMC Truck V8, Straight Drive, Asking \$1,200. Call 434-685-1227.

GMC Canyon 2012 4WD, AT, New Shocks, Brakes and Rotors, Regular Gas, 4 Door, 170K Miles, Runs and Drives Great! Reliable Truck. Asking \$7,500. Call 434-710-1396.

Auto Vans

1999 Pontiac Montana Front and Rear AC, New Inspection Sticker, 6 Cyl, AT, 160K Miles. Asking \$1,200 OBO. Call 434-429-3867.

1999 Dodge Caravan Handicap Van Accommodates a Wheelchair. Call for Price, 434-724-7002.

2013 Toyota Sienna LE Van 7 Passenger, Green. Nice! VADLR. Call 434-791-4000.

Baby & Children Items

Little Boy's Clothing, Sizes 10, 12, and 14. Very Good Condition. Asking \$.50 Each. Call 276-632-

5035. 1st Quality Name Brand Clothing, Infant, Boys and Girls through size 20. Maternity wear, Baby Equipment, Toys, Books & DVDs. Kids' Stuff Consignment

Boutique. (434) 836-1450 **Baby Cribs with Mat**tresses Asking \$85 Each. For More Information, Call 434-770-8502 or 434-334-3545

Eddie Bauer Baby Stroller Asking \$35. Call 434-713-3488.

Babysitter Looking for a Babysitter for Friday and Saturday Nights. I have 2 Boys, Ages 2 and 6. Prefer you keep them at my house. For More Information, Please Call 434-229-3461.

Girl's and Boy's Clothing/Shoes Summer and Winter. Too Many Items to List. Will Sell by the Bag, or Individually. For More Information, Call 434-770-7801.

Boats

Pontoon Boat Asking \$1,000. For More Information, Call 434-724-2161.





2002 BENNINGTON PONTOON 20' PON-TOON. WRAP AROUND COUCH WITH SUN LOUNGER AND FOLD UP CHANGING AREA. SWIVEL TABLE. 4 SWIVEL SEATS. AM/FM CAS-TABLE. SETTE. PLAYPEN COV-ER (CUSTOM MADE VINYL COVER WITH SNAPS). BIMINI TOP WITH COVER. LIVE **TROLLING** WELL. MOTOR. FISH FIND-ER. 2002 LOAD-RITE TRAILER WITH NEW TIRES AND SPARE. SINGLE AXLE. 50 HP YAMAHA 2 STROKE PONTOON, MOTOR. TRAILER AND MOTOR ARE IN EXCELLENT CONDITION. GARAGE KEPT. ONE OWNER. LOTS OF EXTRAS! ASKING \$13,500. CALL

Old Town Tandem Kayak Old Town Tandem Loon 160T Kayak, in Excellent Condition. Asking \$800. Call 336-234-8921. https://paddling.com/gear/ old-town-canoe-kayakloon-160t-kayak/

434-685-2138



20' 200 HP GradyWhite Gulfstream Boat, Inboard/ Outboard Motor, Custom Bimini Canopy Top. Good Mechanical Shape, Ready to put in the Water. Cox Tandem Axle Trailer with New Rollers. Asking \$5,000 OBO. For More Details, Call 434-251-7091.

Books

Books for Sale Paperback and Hardback, Thriller and Mysteries. Asking \$1-\$2 Each. Call 434-548-2179.

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mer Reading Program. **Building Supplies**

Sanded Plywood 120" x 17" x 5/8" Sanded Plywood, Maple and Cherry. Asking \$5. Call 434-250-2050.

Wanting to Buy: 4x8 Sheets of Insulation Board, Any Size Width, at a Fair Price. Call 276-806-4049.

New Sink Base Cabinet Still in Box, Standard Size, Unfinished Stain or Paint Ready, from Home Depot. Asking \$50 Firm. Must Pick Up! No Delivery. Call 434-251-6558.

Business Equipment



Konica Minolta Bizhub 223 Copier Black and White, Asking \$250. If Interested, Call 434-793-8382 and Leave a Message, or Email United-Baptist@ netzero.net

Local Jobs Marketplace





Employment Help Wanted

Painter (Part-Time) The painter position at Averett University performs duties as assigned in accordance with applicable laws and company policies; provides an exceptional living and working environment by painting interior and/or exterior areas of the property; and assists with scheduling of make ready units, preparation of the area to be painted and painting designated areas. The position also maintains a safe and clean work area, works cooperatively with all departments, pays close attention to detail and may be asked to work with residential students or other employees, to assist with material pickups and other requests as needed. Specific responsibilities include but are not limited to: making on-site preparations such as building scaffolding, covering fixtures, etc., preparing walls and other surfaces for painting by scraping, using sandpaper, removing old paint, etc., filling cracks & holes with appropriate materials (e.g. plaster), mixing paint & other materials to prepare the right color or texture, painting surfaces according to instructions with various tools, assisting with snow removal as needed, and other duties as assigned. Job Qualifications: Technical school preferred, High School Diploma or G.E.D required Minimum 1-2 years' experience in painting or equivalent field Previous commercial or residential painting experience required Ability to work in a fast-paced environment while accomplishing tasks effectively Valid Driver's license with clear driving record. Knowledge of painting materials and how to select, mix & apply, Knowledge of commercial painting techniques, and Aptitude in using appropriate tools (brushes, caulking guns, etc.). Physical & Mental Demands/Work Environment The duties of this position require performance of the following activities and work in the described environment, with or without reasonable accommodations. Ability to communicate (speaking and listening) in person and telephonically Must be able to work independently to complete assigned projects and tasks Visual acuity required to perform assigned work, including prepping and painting walls, trim, doors, and other objects/features as well as accurately mixing and matching paint Most work is performed while standing with walking necessary to/from locations and around campus Ability to lift, carry or move items of up to 50 pounds, including items such as equipment, tools, scaffolding, and paint Frequently, work will require pushing/pulling reaching, bending, twisting, or climbing (stairs/ladders/ scaffolding) Will need to work under time pressure, work on multiple tasks simultaneously, perform tedious and exacting work, and At times may handle sharp or otherwise dangerous objects and work will require use chemical solutions and materials May experience frequent changes of tasks, or work an irregular work schedule/overtime Seasonally may work in conditions of varying temperatures and humidity/moisture Primary work location is indoors Complete the employment application on the Averett website: https://www.averett. edu/about-us/news-events/painter-part-time/ and send to: painter@averett.edu This position is part time and is not benefits eligible. A Background check is required for

Live-In Caretaker Needed for a Male. Negotiable Salary and Perks. For More Information, Call 434-250-9853.

Drivers Needed!! Drivers, CDL-A: Get the hometime YOU deserve! Excellent Pay and Benefits! 401k Match, Milestone Bonuses! Paid Vacation, Holidays, Sick Days New, Well Maintained Equipment. 1 Year Experience or 100K Miles. 855-200-2883

Help Wanted! Car Wash, Located at 678C MOUNT CROSS RD. (DIRECTLY ACROSS FROM AVERETT/BE-HIND STORE). Apply in Person. 434-728-3119

HELP WANTED Hot Work! Must Provide Own Transportation. Must be Dependable. No Experience Needed, Will Train, but MUST BE ABLE TO LISTEN AND FOL-LOW DIRECTIONS. For More Information, Call 434-429-8764.

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Is 'Beaver Fever' Cause of Digestive Trouble?

DEAR DR. ROACH: Last summer I went camping and ran out of clean water. I had to boil water and drink it without any treatment tablets. That evening, I had painful cramps in my stomach, and in my upper abdomen, under my ribcage. Since then, my digestion has been horrific. I have constant rank gas and bloating when eating foods I've never had a problem with before, even fruits and vegetables. I have been a big eater of probiotic foods, with no digestive disturbances. However, since this incident, any form of probiotic, whether from capsule or natural foods like sauerkraut or kimchi, gives me the worst gas and bloating I've ever had.

I had parasite and bacterial stool testing done with my doctor, and I came up clear. I feel like I need antibiotics or something to clear whatever is going on with my digestive system, but I'm hesitant because I have had four rounds of antibiotics in 2017 from surgeries. I am worried about "beaver fever." What do you recommend? -- A.L.

ANSWER: There are several infections one can get from drinking unprocessed water while camping. "Beaver fever" is a name for infection from the parasite Giardia lamblia, which is found in water where animals (especially beavers) are found. It's a reasonable thought -- it's one of the few waterborne infections that can persist for months. However, I think Giardia is unlikely. Symptoms from Giardia normally begin one to two weeks after exposure, and the parasites are killed very rapidly by boiling water.

Your symptoms are very much like irritable bowel syndrome, and I do wonder if it might have been triggered by some event that day you were camping. Usually, three sets of cultures for parasites are done to make sure there isn't an unwelcome guest in your intestine causing symptoms. A gastroenterologist would be a good choice to help you track down an identifiable cause and to get some symptomatic relief. Antibiotics are not recommended without knowing what you are treating.

DEAR DR. ROACH: Seven years ago, I had a stroke. I was immediately put on Lipitor and Plavix. The statin drugs made my arms and shoulders ache, and the doctor tested me and found no reason for it. He said anecdotally that he had many patients who complained of the same thing. He then put me on fenofibrate. The pain stopped immediately. Now he says new research shows that any cholesterol-lowering drug makes the blood tests show lowered cholesterol levels but it does not prevent heart attack or stroke. So he took me off it. I wonder if you know anything about this study that said there was no benefit to taking statins. I did not really understand what he said. - G.C

ANSWER: It sounds like the message got a bit confused. The evidence that statin drugs reduce the risk of heart attack and stroke in people at high risk, such as those who have had a previous event, is very strong. However, the evidence for fibrate drugs, such as fenofibrate, is much weaker.

Statin drugs often cause some muscle aches. Pravastatin and fluvastatin are least likely to cause this problem, so it's worth a try switching, in my opinion. Some people get relief from muscle aches with a CoQ10 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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HOLLYWOOD

by Tony Rizzo

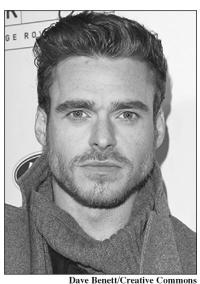
HOLLYWOOD — "Game Thrones" stars have moved on. Richard Madden, who scored big as Elton John's lover in "Rocketman," is up next in Sam Mendes' "1917," with Benedict Cumberbatch and Colin Firth. Though the 33-year-old Scotsman played a gay man in "Rocketman," he prefers not to discuss his private life and has been dogged by the press, who think his relationship with his "out" gay actor roommate and constant companion, 25-year-old Bran**don Flynn** (who recurred in HBO's "True Detective" and the Netflix series "13 Reasons Why"), are more than "just friends."

Emilia Clarke stars with Henry Golding and Emma Thompson in "Last Christmas" (in theaters Nov. 8) and "Above Suspicion," with Jack Huston. Sophie Turner, late of "Dark Phoenix," who recently became Mrs. Joe Jonas (of the Jonas Brothers), stars in "Broken Soldier," with Ray Liotta and Mark Kassen. Nikolaj Coster-Waldau has made two films in his native Scandinavia: "Suicide Tourist" and "Notat." Peter Dinklage is next in the animated feature "The Croods 2" (out Sept. 8, 2020).

Kit Harington, who came away from "Thrones" as the biggest star, must have had the greatest pressure, because he used his break to enter a treatment center to work on personal issues. Could those "issues" be because of his "Game of Thrones" co-star Rose Leslie, whom he wed in June 2018, or overmedicating?

*** "Slumdog Millionaire" Oscar-winning director Danny Boyle, who also directed the current Beatles songfest "Yesterday," is touting Robert Pattinson to become 007 after Daniel Craig completes his second of the two current Bond films. Problem is that Pattinson just signed to play Batman, and Boyle quit directing the current Bond

films due to creative differences. George Clooney, currently in the Hulu series "Catch 22," has signed with Netflix to direct and star in the post-apocalyptic film "Good Morn-



Richard Madden

ing, Midnight," about a lonely arctic scientist who tries to make contact with the crew of a spacecraft as it returns to Earth.

The original Agatha Christie hit "Death on The Nile" (1978) starred Peter Ustinov (as Hercule Poirot), Maggie Smith, Angela Lansbury, Bette Davis, Mia Farrow, David Niven and George Kennedy, but the remake stars only director Kenneth Branagh (as Poirot), with Armie Hammer, "Wonder Woman" Gal Gadot and some unknowns. Branagh's other Christie remake, "Murder on the Orient Express," grabbed \$363 million. Can he do it again with this cast? ***

Ryan Murphy and Netflix have united to bring the Tony Award-winning cast of the 50th anniversary production of "The Boys in the Band" - starring Jim Parsons, Zachary Quinto, Andrew Rannells and Matt **Bomer** — to movie and TV screens. Spoiler alert: It has no band and is not a musical, but they're all very funny and light ... in their loafers!

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Community Calendar



Community Events

Nikki's Family Restaurant and Eagle Riders Dean Ferris Memorial Ride have Teamed Up for 1 Evening, Wednesday July 31st from 3:00PM-8:00PM, Located Nikki's Family Restaurant, 3117 Riverside Dr, Danville. 10% of Sales will be Donated to The Dean Ferris Memorial Ride to Benefit DPC: Danville-Pittsylvania Cancer. Make Plans Now to Come Out and Support this Great Fundraiser for DPC! Thank You Nikki's for Giving Back to Your Community!

Signs Of The Times Seminar You are Invited to a Spectacular Event, Sponsored by the Bible Speaks Ministry: SIGNS OF THE TIMES SEMINAR. Starting July 28-August 9. Registrations Begins at 5:45PM Each Evening. Located at the Stratford Conference Center, 149 Piney Forest Rd, Danville. Admission is Free. Limited Seating. You Don't Want to Miss This Event! Hope To See You There!

Free Community Hot Dog Lunch! Sat 7/27 from 11:00AM-12:30PM. Located at Trinity United Methodist Church, Arnett Blvd. Everyone Welcome!

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Monthly Steak Supper! VFW Aux. Post #647, 58 West, will be having their Monthly Steak Supper Fri 8/2 from 5:30PM-7:00PM. The Meal will consist of: Rib-Eye Steak, Baked Potato, Salad Bar, Dessert, Tea or Coffee. Cost: \$14. All Proceeds go to Benefit Veterans and Their Families! For Take-Out, Call 434-822-0042.

God's Pit Crew Annual Benefit Golf Tournament, sponsored by USW Local 831, will be held at Goodyear Golf Club on Friday, September 20th. We are presently taking Team Registrations. 4 Person Team, Captain's Choice, Shotgun Start with Tee Times at 8:00AM and 1:30PM. Lunch: 12:30PM. Prizes for Top 4 Teams. Regular Teams: \$450, Corporate Team: \$650. Both include Red Tees and Mulligans. Businesses do not have to register as corporate. For More Information, Contact Sandra Adams at 434-836-4472.



Farmers' Friday at the ODAC The Olde Dominion Agricultural Complex is hosting Farmers' Fridays! A Virginia Grown Farmers' Market that will have Live Music, Beer, a Food Truck, and Homeplace Vineyard Wine! Alternating Fridays there will be an Open Mic Night that is Welcome to All, Looking to Showcase their Musical Talent! Fridays from 4:00PM-8:00PM. Come out Saturday morning for our Farmers' Market from 7:30am-noon! Located at 19783 US Highway 29 South, Chatham, Va. For More Information, Visit: www.theodac.com!

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MAYOR DETAILS BIG STRIDES IN FIRST YEAR OF TERM

It has been a little more than a year since Alonzo Jones took over the reins of mayor in Danville. But that year has seen much progress, especially in the three focus areas that City Council established nearly three years ago.

The focus areas are violent crime, education, and growing Danville.

"A little more than one year ago, City Council gave me the honor of serving as mayor, and at that time, I promised to build upon the efforts underway in these areas," Jones said. "I also added 'partnerships' as a fourth area of focus. We are making big strides, and we have some real partners in making this happen."

Jones points to the following developments during his time as mayor:

Crime rates are down dramatically. Earlier this year, Danville Police reported that robberies, for example, have fallen 73 percent. Also, aggravated assaults involving the use of firearms have dropped 70 percent.

The vacancy rate for licensed teachers in Danville Public Schools decreased from 20 percent to 2 percent in the last school year, resulting in licensed teachers filling 98 percent of the classrooms and higher-quality instruction.

Aggressive industrial recruitment and workforce development programs led to the announcement of four new industries and one expansion that will bring hundreds of jobs and about \$100 million in new investment.

"Obviously, last week's announcement that Ikea plans to close its plant here was a setback, and my heart goes out to each of the workers there," Jones said. "But I want to point out that the decision to close had nothing to do with the workforce or the region."

Going forward, the mayor noted that the local economy remains strong and, as evident by the economic development announcements in the past year, the city is well-positioned with the strategies and programs in place.

"Our economic development team is working hard and in cooperation with our many local and state partners," Jones said. "I am optimistic that we will see more jobs and continued investments in the year ahead."

The mayor also is optimistic about the direction in public safety.

"The police chief (Scott Booth) has put in place a number of strategies that are making a difference," Jones said. "Danville is a safer community today."

Those strategies include a departmental restructuring, additional law enforcement partnerships, use of data-driven policing, and community engagement.

"I participated in the recent graduation ceremony for the second annual Youth Police Academy, and it was amazing to see the interaction between the youths and the police officers," Jones said. "This is what is taking place throughout the community. Our citizens are stepping forward and embracing the changes. There is greater trust, and that is key to having a safer community."

Also, the mayor believes there is a greater synergy between the City Council, City staff, and the Danville Public School Board and School staff.

Last month, the school division honored city officials with a Strategic Partnership Award. In announcing the award, school leaders pointed to the collaborative relationship that has developed and led to increased investments in public education and alignment of career and technical education programs with workforce and economic development priorities.

"We are investing in our most important citizens - the children in our community," Jones said.

Jones is serving his first two-year term as mayor, which is a position determined among sitting City Council members. Jones was vice mayor for a term before becoming mayor.

"We have worked as a team and in the best interests of this city, and we will continue to do that in the year ahead," Jones said.

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DCC Student Recognized on All-Virginia Academic Team



Danville Community College student Paula Perez, second from right, was nominated to the Phi Theta Kappa 2019 All-Virginia Academic Team this year. She represented the college at the awards luncheon this spring and was recognized at that time by the Virginia Community College System. Perez completed DCC's career studies certificate program in early childhood development last fall, and is expected to earn an associate of applied science degree in early childhood education this summer. She plans to transfer to Averett University this fall and wants to teach preschool at Westover Christian Academy. Also pictured are, from left, DCC Assistant Professor of Sociology and Phi Theta Kappa Advisor Vickie Holland Taylor, DCC Interim President Dr. Betty Jo Foster, and, far right, DCC Director of Early Childhood Education Traci Daniel.

DCC Professor Recognized for 20 Years of Service in Cisco Networking Academy

Danville, Va., July 10, 2019 — Danville Community College (DCC) Associate Professor of Information Technology and DCC Cyber Center Director Steven Carrigan was recognized earlier this year for completing 20 years of service in Cisco's Networking Academy.

"I currently run the network engineer, cyber security, and small unmanned aircraft systems programs, the Cyber Knights Club, the DCC Cyber Center, and all the online courses and the data center I operate," Carrigan explained. "Currently, I have five adjuncts who all teach online and in the classroom and, at last count, my team offers about 20 different courses live online (synchronously) and I will be adding to that number hopefully by the end of this year; my goal is to make my entire program available online and in the classroom."

DCC IT Academy offerings are Cisco Academy, RedHat Academy, VMware Academy, Microsoft Academy, CompTIA Academy, and Palo Alto Academy.

Danville Community College is a two-year institution of higher education under the state-wide Virginia Community College System. DCC's service area includes the City of Danville, Pittsylvania County, and Halifax County. For more information about the college's more than 100 programs of study, visit www.danville.edu.



DCC Photo – Steven Carrigan DCC: Danville Community College Associate Professor Steven Carrigan prepares to speak during a visit from then-Virginia Governor Terry McAuliffe during an announcement from McAuliffe's office on DCC being recognized as a the "first rural community college in Virginia" to earn a prestigious cybersecurity designation from the National Security Agency (NSA) and the Department of Homeland Security (DHS): A National Center of Academic Excellence in Cyber Defense Two-Year Education (CAE2Y).

by Mike Marland



R.F.D.



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Best of luck Brianna!!!! Your community is rooting for you!!



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

Gracie Arlene Huff



Gracie Arlene Huff, age 84, of Danville, VA, passed away on Sunday, July 14, 2019, at her residence.

Mrs. Huff was born on September 18. 1934, in Danville, VA. She was married to John H. Huff who preceded her in death.

She loved to play bingo, and she ran a bingo hall in Virginia Beach, VA. Mrs. Huff loved going to the Danville Market

on Saturdays to sell crafts. The one thing that kept her going was her great-granddaughter, Ava Barrett, who was her shining light. Mrs. Huff never met a stranger.

The family would like to extend their appreciation to Mrs. Huff's granddaughter-in-law, Samantha for her love and care for the past several years.

Mrs. Huff is survived by a daughter, Edie H. Lambert (Gene); grandchildren, Jeremy Lambert (Jessica); Ronnie Barrett (Samantha); and John V. Barrett (Pamela); six great-grandchildren; and one great-great-grandchild.

In addition to her parents and husband, she was predeceased by a daughter, Cathy H. Barrett;

Graveside services will be conducted 1:30 p.m. on Wednesday, July 17, 2019 in Hines Family Cemetery with Rev. Bob Huffman officiating. Visitation will be held from 12:00 p.m. until 1:00 p.m. at Swicegood Funeral Home Wednesday, July 17, 2019. After the graveside service, the family will gather at 155 Seminole Dr., Danville, VA.

Swicegood Funeral Service is respectfully serving the Huff family.

Holt Edmunds Saddler



Mr. Holt Edmunds Saddler, age 82, of 1000 Hither Lane, Dry Fork, Virginia, passed away on Tuesday, July 9, 2019 at his residence surrounded by his loving family.

Mr. Saddler was born on November 23, 1936, Halifax County, VA, to the late Andrew Jackson Saddler and Ola Mabel Tuck Saddler.

Before his retirement, he worked at Dan River Mills and was a member of the Church of God.

Mr. Saddler is survived by his wife, Carrie Hazelwood Saddler, of the residence; children, Judy Walton and husband, Billy; Tony Saddler and his wife, Shelley; and Jennifer Saddler; grandchildren, Nikki Stevens; Brandon Milam; Dan Lineberger (Chelsea); Ryan Eman; and Travis Saddler; great-grandchildren, Joeigh and Olivia Stevens; Darien and Elijah Milam; and Carson Lineberger; brother, George Wallace Morris, Jr.; and many nieces and nephews.

In addition to his parents, Mr. Saddler was predeceased by his children, Holt Andrew Saddler and Kent Franklin Saddler; siblings, Lillie Martin; Franklin Roosevelt Saddler; and Warren Morris.

A celebration of life for Mr. Saddler will be conducted at 7:30 p.m. on Friday, July 12, 2019 at Swicegood Funeral Home with Pastor Allen Anders officiating. Visitation will be held from 5:30 p.m. until 7:30 p.m. at the funeral home

Swicegood Funeral Service is respectfully serving the Saddler family.

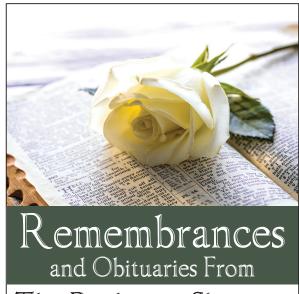
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Nestled on 3/4 of an acre, with a beautiful yard complete with shade trees. Very private and peaceful. New well pump and water filtration system. All appliances stay. As-is (needs small amount of TLC-paint, etc) Move in ready, very structurally sound. MOTIVATED SELLERS! Call or text for more information-434-250-6786

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Office Retail Locations Available 4941 HWY 29 North, Danville and 924 Arnett Blvd, Danville. For More Information, Call Richard Holbrook at 434-251-5600.

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FREE 24x50 1972 Double Wide Needs Remodeling and Electrical Updated. \$200 Lot Lease. 1st 6 Months Free. Located in Park, Call 434-770-0822.

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Real Estate



907 Halifax Rd, Danville 3 BR, 1 Bath, Sunroom, Kitchen. Asking 6,500. For More Information, Call 434-203-7064.



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Church Building For Sale Fully Equipped, Located at 305 W Main St, Danville. Multiple uses possible under Existing Zoning. Priced Below Tax Evaluation at \$143,000. Reasonable Offers Considered. For Further Information, or to Schedule a Viewing, Call 434-334-3545 or 434-770-8502.



Single Family/Duplex 3-4 Bedroom Home. Could be Duplex Again. Move In Ready. Walking Distance to Averett, Forest Hills Elementary; Near Sovah-Danville and DCC. Appliances Included. Central Heat/A/C. Asking \$45,000. Call 434-489-8226. **3 Apartment Brick House** for Sale. Located at 1398 West Main St, Danville. Asking \$72,000 OBO. Call 434-203-0041.

Building Lot 1/2 Acre in Chatham, Double Wide or Build. Existing Well and Septic Tank. Also Water and Sewer Lines. Asking \$6,500. Call 434-713-7915.

Callands VA 9.1 Acre with Single Wide, Septic and Well. For More Information, Call 434-203-4614.

Home for Sale by Owner Brick Rancher, 3 BR, 1.5 Bath, Hardwood Floors, Family Room in Basement, Appliances Included. Located at 812 Westview Dr, Danville. For More Information, Call or Text 434-489-1117.

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For Rent in Pelham: 2 BR
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434-250-2468.

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156 Powell Ave 2 BR, 1 Bath House. Nice Yard, Hardwood Floors, All Appliances Furnished. \$550 a Month, \$400 Deposit. Call 434-822-2852.

2BR 1BA Mobile Home on Private Lot. No Pets, Located in the Sutherlin Area. Call 434-421-4671.

APTS. FOR RENT 1st Month's Rent Free with a Years Lease. Deposit required 1 Br. Apt. 619 Holbrook Ave. \$295 Mo./ \$295 Dep. 2 Br. Apt. 511 Jefferson St. \$250 Mo./ \$250 Dep. All Property is in Danville, VA. Čall Ellis Real Estate 434-792-6603 for Details. Apply at Our Office located at 619 Holbrook Ave. Office hours 9 - 11:30am and 1- 4:30pm Monday-Friday. 792-6603

2BR 1BA Mobile Home \$450 a Month. \$200 Deposit. No Pets. Located 12 Miles out 41. Call 434-724-4342.

West Main Area Across from Danville Golf Course. 1 BR Apartment Efficiency, Upstairs Unit. \$325 a Month, Plus Security Deposit. Some Utilities included. No Pets, No Smoking. Call 434-251-6116.

House for Rent Front Street, 2 BR. \$500 a Month, Located off Franklin Turnpike. Call 434-797-4969.

US Marine and Vietnam Combat Veteran Seeking to Lease Property for Hunting White Tail Deer. Call Forest at 434-797-1354.

Home for Rent Taking Application for a 2 BR, 1 Bath House with Basement. All Appliances Furnished. Central Heat/AC, Back Porch with Deck. Asking \$600. Call 434-857-2751.

Rental Properties 2 and 3 BR Mobile Homes, 2 Bath, \$450 a Month. Both Located in the Tunstall School District. Condo for Rent, \$550 a Month. For More Information, Call 434-489-5754.

House for Rent 2/3 BR, 1 Bath, Hardwood Floors, Newly Painted. Located in a Good Neighborhood. \$650 a Month, \$500 Deposit. Call 434-836-2313.

Apt. For Rent 2 Br. Apt. 1st Mo. Rent free with years lease. 839 N.Main St. \$365 Mo./\$365 Dep. Call Ellis Real Estate 434-792-6603 (434) 792-6603

APTS. FOR RENT 1st Month's Rent Free with a Years Lease. Deposit required 1 Br. Apt. 619 Holbrook Ave. \$295 Mo./ \$295 Dep. 1 Br Apt. 1114 Richmond Blvd. \$295 Mo./ \$295 Dep. 2 Br. Apt. 511 Jefferson St. \$250 Mo./ \$250 Dep. All Property is in Danville, VA. Call Ellis Real Estate 434-792-6603 for Details. Apply at Our Office located at 619 Holbrook Ave. Office hours 9 - 11:30am and 1-4:30pm Monday-Friday. (434) 792-6603

House for Rent Taking Applications: 3 BR House, Refrig/Stove, DW Included. Central Air, Gas Heat, W/D Hookup. Fairfield Ave. NO PETS. \$500 Deposit, \$500 Rent. Call 434-836-9154 and Leave Message.

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Taking Applications 2BR, 2 Bath Mobile Home in the Mt Hermon Area. County Water and Sewage. Owner Cuts Grass. Will Be Available July 1st. \$400 a Month, \$400 Deposit. Call 434-836-1628.

House for Rent in Chatham 3 BR, 1 Bath with Large Front Porch, Appliances Included, Swing, Fenced in Backyard. \$600 a Month. Call 434-250-0253.

I'm Looking to Rent a 1 BR, 1 Bath House, Pet Friendly. Can Pay \$300-\$350 a Month. Call 757-509-4694.

Mobile Home for Rent 2 BR, 1 Bath, in Quiet Park. \$110 a Week. For More Information, Call 434-792-

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

3 BR Mobile Home Just Remodeled! 1 Mile from Nestle in County. Deposit Required. No Pets. For More Information, Call 434-822-6025.

House for Rent: Schoolfield Area 3 Room, 1 Bath, Heat/AC, Stove, Refrigerator, Washer/Dryer Hook Up. No Pets. Located at 26 Morris Ave. Call 434-822-6025.

2 Mobile Homes for Rent on Private Lot. Located on Green Tree Rd. \$450 a Month, \$450 Deposit. Also a 2 BR Mobile on, Located on Westover Dr. \$375 a Month. For More Information, Call 434-250-4409. **3 BR House for Rent** 2 Bath, Central Heat/AC, Full Basement, No Pets. Located in the County. \$975 a Month. Call 434-793-2422.

313 Holbrook St Large 1/2 BR, Rent Entire 1st Floor of My Home. Completely Separate Living Area and Entrances from 2nd Floor Above. 950 sq. ft, could be 1 or 2 BR. Includes ALL UTILITIES, Comcast TV and Very High Speed Internet, and Own Separate Washer/Dryer, Kitchen and Bathroom. \$700 a Month, \$500 Security Deposit. Call 251-6558 for Application and/or to View.

Apartment for Rent 2 BR, 1 Bath, Central Heat/ AC, Stove, Refrigerator and Lawn Care is Provided. No Washer/Dryer Hookup. Tenant will be Responsible for Utilities. \$500 Deposit is Required. One Year Lease. Apply First with References. \$20 Application Fee. For Application Pickup, go to Romar Elevators, US HWY 29N Danville, VA 24540.

Tunstall/Twin Springs Area Large 4 BR, Living Room, Eat In Kitchen, Dining Room, Play Room, Den and Office, Central Heat/AC, Stove, Refrigerator, Dishwasher, Large Lot Close In. Central Heat/AC. \$775 a Month Plus Deposit. Located at 1324 Orphanage Rd, Danville. Please Call 434-836-1191.



Very Nice Apartment For Rent 1 BR, Living Room, Kitchen with Electric Stove and Refrigerator, **Bathroom** with Tub/Shower, Central Heat and A/C. **Beautiful Hardwood** Floors throughout, Very Clean. Quiet Location in a Residential Area. This **Apartment is Great** for a QUIET Individual. Located near Sovah Hospital, Averett University, and DCC. No Smoking and No Pets. Available August 1, 2019. Call 434-251-1858.

House for Rent 1 BR, 1 Bath, Heat/AC. \$305 a Month, Plus Deposit. For More Information, Call 434-709-3382.



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22" Push Mower with High Rear Wheel, in Excellent Condition. Call for Price, 434-429-8436.

FREE Dirt!! Huge Amount. Must have Own Digging Equipment. For Location, Call 434-228-3488.

Craftsman Lawnmower 22" Rear Wheel Drive with bagger. \$50.00 (434) 797-3315

2 Gas Weed Eaters, Won't Run, Asking \$50 for Both. Call 336-514-8319.

Looking for Someone to Clean Up Around Yard and Remove Shrubbery. Call 434-425-2933.

38" Deck for Riding Mower Asking \$25. Call 434-792-6462.

2 High Wheels for Mower 16" High. Asking \$20. Call 434-792-6462.

Bowens Riding Mower 38" Deck with Leaf Catcher. Just Serviced, Runs and Cuts Good. Asking \$500 OBO. Call 434-728-

Ryobi 20" Mower Like New, 40 Volt Lithium Battery and Charger. Call for Price, 336-388-2124.

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Riding Mowers, Decks, Grass Catchers, Parts and More, in Excellent Condition! Call 434-429-8436.

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1 Yearling Hereford **Bull** Good for Breeding, or has been Put Up for Beef. 1-8 Month Old Bull. Would be good to Raise as Breeding Bull. Call for Price, 434-483-7331.

Miscellaneous

Vinyl Coated Tarp 15' x 35', White, Grommets every 2', UV Protected, 90lbs New in Package. Paid \$650, Asking \$500. Call 434-489-6088.

Honeywell Air Machine Call for Price, 434-251-5051.

Electric Open Sign for Store Front; Word OPEN is Red. 16" Long x 8" High. Worth \$400, Asking \$250. Call 434-429-1143.

Boxes of Yard Sale Items 7 Total, Little Bit of Everything. Worth \$30 a Box, Asking \$5. Call 434-688-9359.

Screened Tent Gazebo 10' x 12'. Used for 1 Season. Asking \$85. For More Information, Call 434-770-8502 or 434-334-3545.

1979 Sundrop Long Neck Sundrop Bottle from 1979. Sealed with Contents, in Excellent Condition. Asking \$6. Call 434-489-1430.

Sealed 1977 Coca-Cola 1902-1977 75th Anniversary Coca-Cola Bottle, in Excellent Condition. Perfect Markings. Sealed with Contents. Asking \$15. Call 434-489-1430.

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FREE Blue Plastic Rain Barrels You Must Haul. Call 434-432-8517.

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Student Desk, \$25; **Burgundy Wingback** Chair, \$50; Stainless Steel 2 Gallon Sprayer, \$40; 5 Shelf Bookcase, \$20; KS

Comforter Shams, Ruffle,

\$25. New and Like New.

Call 434-250-6861.

FREE Dirt!! Huge Amount. Must have Own Digging Equipment. For Location, Call 434-228-

Log Splitter 37 Ton 4-Way Log Splitter, Northern Tool Star. Honda Engine. Excellent Shape. Asking \$1,800. Cash Only. Call 434-203-1723.

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Canning Jars Quart Size: 14 Dozen Available. Pint Size: 4 Dozen, 11-1 Gallon Jars. CLEAN! Call 434-334-8822

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Samsung Galaxy S8 New, Used for a Short Time, got a New Phone. No Scratches. Comes with Case and Charger. Straight Talk Network. Asking \$300. Call 434-857-6071.

Motorcycles, ATVs, Go Carts, 4x4s

2016 Honda 420 Rancher 30" Silverbacks with 12" MSA Rims, 2" Lift with 20" Snorkel and Lite Bar. Asking \$3,900. Call 540-408-7350.

350 Honda Rancher ES Like New, with Helmet. Call for Price, 434-822-3615 or 434-441-6691.

2003 Honda Shadow **750** Asking \$1,750. Call After 6:00PM, 434-724-

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2007 750 Honda Shadow Spirit Saddle Man Saddle Bags, Memphis Windshield, Drive Shaft, No Chain, 5 Speed, Red with Striping, 327 Miles, Garage Kept, in New Condition. Purchased New in 2008. Asking \$3,995. Call 540-721-9913.

1996 Honda Goldwing 60K Miles, Loaded, Always Garage Kept. Selling Due to Health. Asking \$3,995. Call 434-203-1937.



2004 Electra Glide in Excellent Condition. Lots of Extras come with Bike. Low Milage. Asking \$9,500. Call 434-822-8956.

2014 Harley Davidson Heritage Soft Tail. 11K Miles, Like New, Burgundy. Asking \$10,500 OBO. Call 321-303-5460.

Polaris 2014 850 **Browning Edition** Used for Hunting and Garaged. Around 100 Hours. Looking to Possibly Trade for Vette or Mustang of Equal Value. Asking \$5,500. Call 434-262-9162.

2011 Harley Davidson Road King with Extra Chrome. For More Information, Call 434-822-5013.

Motorcycle Jackets and Accessories Size XL. Also Parts for Motorcycle. Many Items. Call for Prices, 434-793-2344.

2013 Harley Davidson 1200 Sportster Custom. 1,800 Miles, Metallic Red, Lots of Accessories, in Excellent Condition. Just Serviced. Selling Due to Health. Asking \$4,900. Call 434-793-2344.

2001 Road King Harley **Davidson** in Good Condition. Asking \$7,500. Call 336-939-3707.

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SATURDAYS 7:30 AM - 12PM MAY - OCTOBER

WEDNESDAYS 3 PM - 6 PM JULY - AUGUST

Enjoy another delicious Chef at the Market this Saturday, July 20. Local Chef Dustin Haberer with Nana Karen's Cruisin Kitchen will prepare recipes made with fresh, local market foods. Enjoy three different recipes starting at 8:00 a.m., ending at 11:00 a.m. The event is free and open to the public.

THIS WEEK'S FARM FRESH RECIPES

Peach and Pepper Honey Grilled Chicken Ingredients

- 1 Ripe Peach, Sliced
- 2 Fresh Jalapenos
- 1/2 Cup Honey
- **Grill Seasoning**
- Salt and Pepper
- 2 lb. Boneless Skinless Chicken Breast **Directions**

Thinly slice peaches. Quarter and deseed jalapenos length wise. Two options follow; either stuff the chicken breast with

the peaches and peppers to cook them; or grill them alongside liberally seasoned chicken breast. Cook chicken to 165 degrees and remove from grill. For the stuffed chicken, slice into 1/2 medallions and drizzle with honey before serving. If not, simply top the chicken with the jalapeno and peaches before you drizzle with the honey. Pairs well with jasmine rice.

Lemon Pepper Fried Zucchini and Squash Sriracha Ranch Ingredients

- 1 Medium Yellow Squash
- 1 Medium Zucchini
- 2 Cups Vegetable Oil
- 2 Cups Breader-House Autry or Similar
- 2 Eggs, Beaten
- 50/50 Mix of Sriracha and Ranch Dressing
- 3 Tablespoons Lemon Pepper Seasoning

Directions

Heat oil in a frying pan to 350 degrees, or until oil begins to appear wavy. Skipping the oil and using an air fryer is also an option! Slice the squash and zucchini into 1/4 inch slices. Split the breader into two small mixing bowls. Beat the eggs and also reserve in a small bowl. Mix seasoning into the breading before dredging. To sufficiently bread the squash and zucchini, dredge the slices in the first bowl of breader, then the egg and finally the last breading bowl. This will provide an evenly coated slice. Fry in oil for 3 to 4 minutes or until golden brown. Serve with Sriracha Ranch dipping sauce.

Musical



Yamaha Piano for Sale in Perfect Condition, with Bench and Unit to keep Piano Dry and Cool. Asking \$4,000. Call or Text 434-709-4212, or Contact: kittyalderson1@gmail.

Bose Music System 1V Radio/CD Brand New, Still in Box, Bose Music System Wave 1V Radio and CD Player in Espresso Black Color. Paid \$499, Asking \$350. Call 434-685-6014.

ES 335 TD Gibson Guitar 1972, Good Condition, Yellow/Brown, Located on Franklin Turnpike. Asking \$2,200. Call 336-939-3588.

5 Piece Drum Set: 4 Cymbals, Tamborine, Cow Bell, Stool and Hardware. In Good Condition. Asking \$200. Call 434-709-2482.

Recreation

Old Town Discovery 169 Canoe with Cane Seats and 2 Oars. Asking \$490. Call 434-728-4295.

Car Bike Carrier Like New, 2 Bike Carrier. Only Used a Few Times. Asking \$50. Call 434-793-5785.

6' Browning Baitcast Rod and a Plano 787 Tackle Box. Asking \$30. Call 434-251-1582.

15 Fishing Rods, 1 Rod and Reel. Asking \$20 for All. Call 434-728-3881.

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2017 19' Gulfstream Vintage Cruiser PRICE **REDUCTION!** Asking \$18,000. For More Information, Call 336-496-



2005 Gulfstream Motor Home Sun Voyager SE, 31', 2 Slides, Central Heat/AC, Sleeps 6, New Tires, Brake Calibers and Pads, 18K Miles. Asking \$35,000. Call 434-203-

2006 Winnebago Camper New Tires and Awning, in Excellent Condition. Asking \$6,000. Call 434-822-8085.

2000 Forest River Motorhome HD Like New, in Mint Condition Inside and Out, 30K Miles, Slide Outs, No Leaks. Asking \$20,000. Call 540-890-3824.

Aluminum 5th Wheel **Tripod** Asking \$50. Call 434-792-2502.

B&W Companion 5th Wheel Hitch Asking \$500. Call 434-792-2502.

Go-Cart for Sale New Predator 212 CC Motor. Purchased for Christmas. Asking \$300. Call 276-732-0926.

Golf Cart Batteries 6 Volt, Have a Total of 6 Batteries. Asking \$250 for All. Call 434-251-7486.

Tools & Accessories

Torch with Cart Selling due to Going Out of Business. Call for Price. 434-710-8779.

Miller High Friction Unit Welding Machine. Selling due to Going Out of Business. Call for Price, 434-710-8779.

Wagner Power Steamer 715 Wall Paper Remover, Used for 2 Hours. Asking \$30. Call 434-656-1015.

Craftsman 10" Industrial Miter Saw on Stand. Asking \$80. Call 434-688-6334.

Millermatic 130 XP Welder Asking \$200. Call 336-394-5984.

Craftsman 3000 PSI **Pressure Washer** Like New. Call 336-388-2124.

32' Heavy Duty Aluminum Ladder Paid \$379, Asking \$200. Call 434-799-0346.

Craftsman Tool Chest 7 Drawer, 1 Door, Rolling Tool Chest with Custom Stainless Steel Removable Top, in Excellent Condition. Asking \$350. Call 434-429-7554.

DAEWOO GC25S-2 FORKLIFT 5000LB CA-PACITY. TILT, UP/DOWN, SIDE TO SIDE. FORK EX-TENSIONS INCLUDED. ASKING \$5,900. CALL 434-728-1864.



Assorted Wood Working Clamps Call for Prices, 434-822-6262.

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DeWalt Cordless Drill 18 Volt, Works Great, but Batteries are Getting Weak. Still Good for Small Projects. Pictures Available. Asking \$30. Call 434-793-2536.

Band Saw Asking \$150. Call 434-250-9750.

Toys

Fisher Price Children's Table with 2 Chairs, in Very Good Condition. Asking \$15. Call 336-388-0696.

Handmade Dollhouse Asking \$35 OBO. Contact: poteatlaprade@hotmail.

Massey Train Layout HO, o-in-1 Gage, Buildings and Lots of Parts. Call for Price, 434-793-2344.

6.5 x 12 Trailer with Spare Tire, New Floor. In Good Condition. Asking \$1,500. Call 434-429-

15' Trailer with Steel Bed, Dual Axles with Title. Asking \$900. Call 434-799-0346.

5x8 Utility Trailer Tilt, Lights and Title. Asking \$500. Call 336-394-2816.

Metal All Purpose Trailer 48" W 76" L with Ball Hitch. Asking \$225. Call 434-548-8206.

New Enclosed Trailer 5 x 8. For More Information, Call 540-890-3824.



5x10 Tilt Utility Trailer Call for Price, 434-770-7729.

18' Trailer Will Haul Four 4-Wheelers. Asking \$2,350. Call 434-793-

Wanted To Buy

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

Wanting to Buy: Elvis Presley 78 RPM Records, in Any Condition. Call 434-334-9133.

Want to Buy MILI-TARIA 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 at 434-770-9790.

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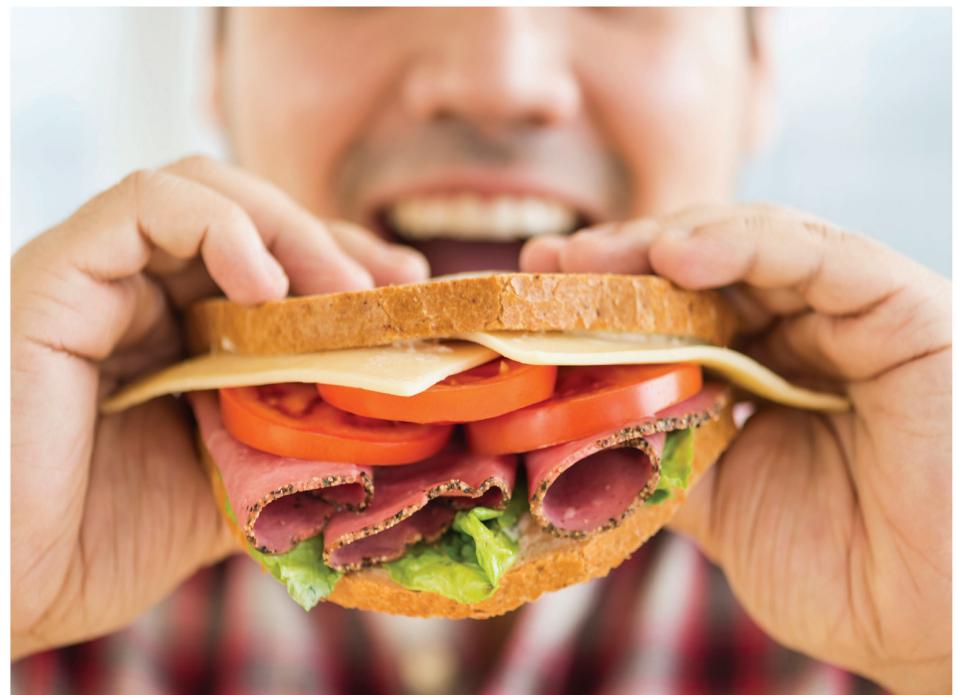
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Building a Balanced Diet with a Better Sandwich

ad diets come and go, and as many Americans find, so do the pounds they lose. Most experts agree that any of the major foods groups from your diet can be detrimental to your health and prevent you from achieving long-term healthy eating goals.

Each of the food groups plays a distinct role in fueling your body and providing it with the vitamins and nutrients it needs. Attempt a well-rounded approach to eating, such as one that includes more nutritious choices for popular dishes like sandwiches. In general, pay attention to the variety, amount and nutrition of the foods you consume.

Consider these ideas for creating a balanced diet and a nutritious sandwich to help ensure you get enough of each food group:

Start from the Outside

There are two groups of grains: whole grains and refined grains. Whole grains contain the entire grain kernel, while refined grains have been milled for a finer texture and are required to be enriched per government mandate to help the population make up for nutrient shortfalls. Grains should account for about one quarter of each meal, but at least half of them should be whole grains – a fact that may surprise some people.

"Many health professionals mistakenly encourage consumers to skip the bread when trying to improve diets," said Yanni Papanikolaou from Nutrition Strategies Inc., who completed a study to assess the energy and nutrients contributed from sandwiches in diets of children and adolescents. "Americans need to think twice before cutting bread from their diets. In fact, bread packs more of a nutrient punch than a caloric one."

The ingredients inside a sandwich, not the bread itself, are the most significant drivers of calories, fat and sodium, according to Papanikolaou's research. A separate study published in the journal "Nutrients" shows grain foods contribute less than 15 percent of all calories in the total diet,



while delivering greater than 20 percent of three shortfall nutrients dietary fiber. folate and iron and greater than 10 percent of calcium, magnesium and vitamin A.

Consumers can significantly and positively impact their caloric, fat and sodium intake by making more deliberate decisions about sandwich ingredients, including choosing either whole-grain enriched-grain bread. Find more information about the role of grains in a healthy diet at GrainFoodsFoundation.org.

Rethink the Ingredients

Making more nutritious choices with sandwiches and positively impacting your consumption of calories, fat and sodium is oftentimes a matter of changing the way you stack ingredients between the bread. Consider this sample sandwich: two slices of whole-grain or enriched bread, 2-3 slices of lunchmeat, two slices of cheese, a few spinach or lettuce leaves and a slice of tomato.

Contrary to popular belief, research shows that sandwich eaters who choose either whole- or enriched-grain bread can consume less calories, fat and sodium compared to the typical sandwich consumed in the American diet. This demonstrates the need to focus on the ingredients between the bread for a better (more healthful) sandwich.

Try a different take on a lunchtime favorite by adding spicy horseradish to this Roast Beef and Arugula Sandwich, or make packing a lunch even simpler with this Ultra-Thin Pastrami Sandwich Lunchbox.

According to the USDA, most Americans get about the right amount of protein in their diets, but could do better at choosing leaner options and adding more variety to their menus.

Incorporating more variety doesn't have to mean sacrificing convenience. For example, while prepared meats like deli meats, hot dogs and jerky are sometimes a target of critics, numerous studies and the Dietary Guidelines for Americans affirm they can be part of a healthy, balanced diet. Prepared beef products provide a convenient source of protein, vitamins and minerals. Because most prepared meats are pre-cooked, they offer consumers easy, on-the-go access to the nutrient density in meat.

The prepared meats category is diverse and offers choices to meet nutrition needs, tastes, budgets and personal preferences. Thousands of products are available in the meat case, including low- and reduced-sodium products, low- and reduced-fat products, American Heart Association-certified, organic, Kosher grass-fed options and more. Learn more at meatpoultrynutrition.org.



Roast Beef and Arugula Sandwich

Recipe courtesy of the Grain Foods Foundation Prep time: 5 minutes Servings: 2

- 1 tablespoon low-fat mayonnaise
- 2 teaspoons horseradish 4 slices whole-wheat bread
- 4 slices tomato
- 4 ounces lean roast beef, thinly sliced 1 cup arugula or wild greens

Spread mayonnaise and horseradish evenly over two

Layer tomato, roast beef and arugula on top of mayonnaise and horseradish. Top with remaining bread slices.

Ultra-Thin Pastrami Sandwich Lunchbox

Recipe courtesy of the North American Meat Institute Servings: 1

- 2 slices thin whole-wheat sandwich bread
- tablespoons low-fat garden vegetable cream cheese
 - ounce ultra-thin pastrami ounce unsalted pretzels
- 1 apple
- 1 squeezable low-fat yogurt 1 water bottle (8 fluid ounces)

Using knife, spread bread slices with cream cheese. Layer pastrami on bottom

slice and top with second slice. Fill lunchbox with sandwich, pretzels, apple, yogurt and water bottle.



Yard Sales

853 Sugartree Church Rd, Danville ESTATE/ GARAGE SALE!! Sat 7/20 from 9:00AM-Until. Gas Grill, Log Splitter, Tractor, Furniture, Misc Items, Pictures, Household Items, Men's Clothing and Much

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1164 East Franklin Turnpike Sat 7/20 from 8:00AM-Until. Don't Miss Out!

1348 Pinev Forest Rd. Danville GIANT YARD SALE!! Sat 7/20 from 9:00AM-Until. Lots of New Items!! Over 100 Pairs of Shoes, Clothing, Antiques and Much More!!

137 Stokesland Ave, Danville Sat 7/20 from 8:00AM-Until. Camping Equipment, Flowers, Glassware, Baby Items, and a Large Assortment of Different Items. Come Check Us Out!

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145 Barker Rd, Ringgold Fri 7/19 and Sat 7/20 from 9:00AM-4:00PM. Located at the Corner of Barker and Ringgold Church Rd. Garden Flowers, Different Items. Something for Everyone!!

325 Wrenn Dr, Danville 3 DAY HUGE YARD SALE!! Fri 7/19, Sat 7/20, and Sun 7/21 from 7:00AM-Until. Don't Miss Out!!

1222 Richmond Blvd, Danville Sat 7/20 from 8:00AM-1:00PM. Ladies' Clothing, Household Items, Girl's Clothing, and Much More!

136 Capri Ct, Danville MULTI-FAMILY YARD SALE!! Sat 7/20 from 6:00AM-1:00PM and Sun 7/21 from 7:30AM-1:00PM. Don't Miss Out!!

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By Samantha Weaver

Sandberg who made the following sage observation: "Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you."

- * Those who study such things have determined that one out of every four alcoholic drinks consumed in the world has vodka in it.
- * You weigh more at the North Pole than you do at the equator.
- * In response to increased airport security, a company in Japan has created the "Frequent Flyer Bra." It has no metal wires or clasps to set off metal detec-
- * Every day more money is printed for Monopoly than for the U.S. Treasury.
- * Karaoke and karate: Other than the fact that they are both from Japan, you wouldn't think they have much in common. However, they both have the same root word, "kara," which means empty. "Oke" means "voice" and "te" means "hand;" hence, "karaoke" is "empty voice," and "karate" is "empty hand."
- * A researcher in Britain calculated that local farmland contains more than 2 million spiders per acre. Must be small ones, I'd say.
- * There once was a law in Marshalltown, lowa, stating that it was illegal for a horse to eat a fire hydrant. And in Oregon, it was at one time illegal for a dead person to serve on a jury.
- * Do you want an excuse to use the number six sextillion, five hundred eighty-eight quintillion? Ask someone if he wants to know how much the Earth weighs.
- * Half of all Americans live within 50 miles of their birthplace.
- * The youngest pope was 11 years old.

Thought for the Day: "The trouble with some women is that they get all excited about nothing and then marry him." -- Cher

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King Crossword — **Answers**

Solution time: 21 mins.													
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1	5	9	6	3	4	2	8	7
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