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Strange BUT TRUE

By Lucie Winborne

* The oleander is the official flower of the city of Hiroshima. It was the first to bloom again after the explosion of the atomic bomb in 1945.

* The Greek name for the mosquito is "anopheles," which means "good for nothing."

* The earliest written record that mentions the practice of medicine is Hammurabi's Code from the 18th century BC in Mesopotamia, which includes information for physicians about payments for successful treatments and punishments for medical failures. For example, payment was better for curing the wealthy, but failing to do so could result in the loss of a hand.

* Live next door to a lottery winner? You might want to use caution while shopping: A 2016 study by the Federal Reserve Bank of Philadelphia found that you're more likely to go bankrupt thanks to trying to keep up with your neighbor's new spending habits.

* Charlton Heston was cast as Moses in the 1956 blockbuster movie "The Ten Commandments" partly because he resembled Michelangelo's famous statue of Moses.

* Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged him two days before his 13th birthday.

* Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.

* The term "coccyx" (more familiarly known as your tailbone) is derived from the Greek word kokkux, or "cuckoo," because its curved shape resembles the bird's beak.

* Benjamin Franklin introduced tofu to America in 1770.

Thought for the Day: "The life given us, by nature, is short, but the memory of a well-spent life is eternal." -- Marcus Tullius Cicero

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FLASH BACK

POP ROCK & SOUL TRIVIA BY MICHAEL HARPER

1. Which single artist released "Hold Tight" as a dance cover in 1977?
2. Name the singer-songwriter who released "All by Myself."
3. What was the first Jackson Five song to top the charts?
4. Which Beatle released "Got My Mind Set on You" as a single?
5. Name the song that contains this lyric: "Sometimes a love won't let go, Hard as I try I know it shows, Everybody's telling me you'll be over her eventually."

Answers

1. Vicki Sue Robinson. The song only reached No. 67 on the Billboard chart, but went to No. 2 on the dance chart.
2. Eric Carmen, in 1976. The verse is said to be based on Rachmaninoff's Piano Concerto No. 2. It's not the only Rachmaninoff music that Carmen used as the basis for a song.
3. "I Want You Back," in 1970. It was first performed on "The Hollywood Palace" TV show in late 1969. Michael Jackson was 11 years old at the time.
4. George Harrison, in 1987.
5. "Who's Holding Donna Now," by DeBarge, in 1985. The song shot to No. 1 on the Adult contemporary chart, as did their first top 10 release, "Rhythm of the Night." DeBarge was made up of family members, mostly siblings.

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Lamentations in the Old or New Testament or neither?
2. Who used the excuse, "My family is poor, and I am the least in my father's house"? Aaron, David, Gideon, Jeroboam
3. With what kind of leaves did Adam and Eve attempt to cover their nakedness? Sycamore, Fig, Palm, Grape
4. From Judges 7, with how many men did Gideon defeat the Midianites? 3, 30, 300, 3000
5. Who was the mother of Ishmael? Tabitha, Hagar, Ruth, Mary
6. What was the homeland of Job? Thyatira, Ur, Corinth, Uz

ANSWERS: 1) Old; 2) Gideon; 3) Fig; 4) 300; 5) Hagar; 6) Uz

Comments? More Trivia? Gift ideas? Visit www.TriviaGuy.com

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August 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31	1	2	3	4
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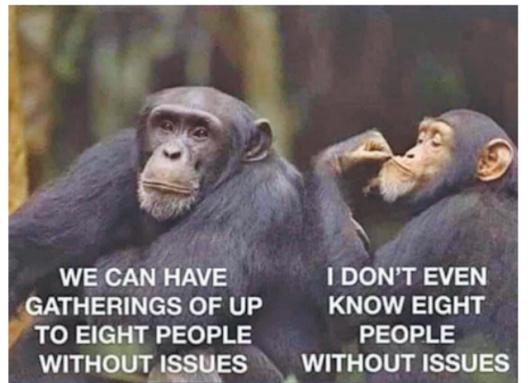
Holidays

Jury Duty

Mrs. Hunter was called to serve for jury duty, but asked to be excused because she didn't believe in capital punishment and didn't want her personal thoughts to prevent the trial from running its proper course. But the public defender liked her thoughtfulness and quiet calm and tried to convince her that she was appropriate to serve on the jury.

"Madam," he explained, "this is not a murder trial! It's a simple civil lawsuit. A wife is bringing this case against her husband because he gambled away the \$12,000 he had promised to use to remodel the kitchen for her birthday."

"Well, okay," agreed Mrs. Hunter, "I'll serve. I guess I could be wrong about capital punishment after all."



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*Yes, even cheese!
Source: rover.com

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Life Learning, Commitment and Hard Work

Dr. Glenn Mollette

We are always learning. Life is filled with education. We learn all the time.

Every day we receive new information about health, the planet, communication, medicines, the universe and more. Life is a process of learning and developing.

Education is more than grades one through twelve, college, and beyond. There are many aspects to every job we do that we never learned in school. We learn from parents if we will listen. We learn from coworkers. We learn from our failures. We learn how not to do something because we tried it once and it failed. The good thing about failing is that it doesn't have to be final. Some things are final but not everything. Just because your first marriage failed doesn't mean your second marriage will fail. Hopefully you learned from your first marriage and you won't make the same mistakes the second time around.

You may have a business failure. This happens to a lot of people. This doesn't mean your business efforts will fail in the future. Hopefully you learned from your first efforts and can avoid the same mistakes again in your next endeavor.

Possibly you tried a lifestyle that did not work out for you. Maybe you abused alcohol or even drugs or pursued a negative lifestyle that greatly diminished your life to the point where your life seemed hopeless. This doesn't mean you have to stay this way. With a dedicated decision and often help from others you can turn your life around and do better.

We can learn from mistakes. They are educational and usually expensive. They set us back in life. They aren't fun and can be tormenting.

Remember, you can't live in the past. Don't totally forget what past failure did to you because you don't want to repeat your mistakes. However, the past is over. Live your life forward.

As you go forward there are easier ways to learn. Study the lives of others. Research what they did and read. People all around us are either succeeding, failing or at least stable. Study others whose lives intrigue or impress you. Study their careers, work ethic, their values and how they make them work to achieve the life they are living. You can learn a lot by observing and studying others. You can also learn from the failures of others. What were some of their obvious mistakes?

Volunteering or taking an entry level job with someone you would like to emulate is a great way to learn their success principles.

There are cases where nothing seems to make sense. Life is not always fair. We all have different interests, physical abilities, backgrounds and lifelong developed skills. Take all these into consideration and bring them together to work for you.

Success always has new twists, turns and innovative ways. However, they are not accomplished without some form of life learning, commitment and hard work.

Hear Dr. Glenn Mollette every weekday morning at 8:56 EST on XM Radio 131

Contact him at GMollette@aol.com. Learn more at www.glenmollette.com

additional biographical, Dr. Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminars in Kentucky. He is the author of 13 books including *Uncommon Sense*, *Grandpa's Store*, *Minister's Guidebook* insights from a fellow minister. His column is published weekly in over 600 publications in all 50 states.

Amber Waves



R.F.D.



The Spats



Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15			16						17		
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38	39				40	41					
42				43	44				45	46	47
48				49					50		
51				52					53		

ACROSS

1 Glitz partner
5 Body powder
9 Use a straw
12 Andean land
13 Jannings of old films
14 Travail
15 Former Cubs slugger
17 Tolkien creature
18 Porgy's love
19 Witherspoon of "Wild"
21 Inventor Nikola
24 Pugilist's weapon
25 Yard tool
26 "CSI" procedures
30 Egg (Pref.)
31 Topped with froth
32 Picnic dessert
33 Like ghost towns
35 Dog's treasure
36 Cambodia neighbor
37 "What the Butler Saw" playwright
38 Ink stains
40 Onetime "This Old House" host Bob
42 Back talk
43 "Georgia on My Mind," for

one
48 Mine material
49 Sunrise direction
50 Counterfeit
51 Petrol
52 Obligation
53 Meditative practice

7 Fleur-de-
8 Gem's feature
9 Ideal place on a tennis racket
10 Charged bits
11 Seeger or Sampras
16 Verily
20 Jargon suffix
21 Walked (on) hang
23 Aspen attractions
24 Notoriety
26 "— you're told!"
27 Rebel Turner
28 Ex-Yankee

Martinez
29 Beheld
31 Heeded dental advice
34 Feedbag morsel
35 Obstreperous
37 Flamenco cheer
38 Online journal
39 Turkish money
40 Expansive
41 — -bitty
44 Greek cross
45 Discoverer's call
46 Pester
47 "Today" rival, briefly

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

Answer

Trivia test

by Fifi Rodriguez

- GEOGRAPHY: In which European city would you find the Spanish Steps?
- TELEVISION: What were the names of the parents on the animated TV show "The Jetsons"?
- LITERATURE: Which 20th-century novel begins with the line, "This is my favorite book in all the world, though I have never read it"?
- U.S. STATES: What is the state capital of Nevada?
- HISTORY: What was the pen name used to publish The Federalist Papers in 1787-88?
- ADVERTISING: What product is advertised in commercials that feature The Most Interesting Man in the World?
- MOVIES: Which movie features the often-quoted line, "Round up the usual suspects"?
- FOOD & DRINK: What kind of fish produces caviar?
- ENTERTAINERS: What were the names of the sock puppets used by ventriloquist Shari Lewis?
- SCIENCE: How many elements are on the Periodic Table?

Weekly SUDOKU

G	A	S	D	V	S	G	A	S	D	V	S
O	R	E	S	T	O	R	E	S	T	O	R
L	T	A	T	E	S	L	T	A	T	E	S
N	O	S	E	S	O	N	O	S	E	S	O
D	E	S	O	L	O	S	E	S	O	L	O
O	V	A	M	E	S	O	V	A	M	E	S
P	I	E	S	S	E	P	I	E	S	S	E
H	A	K	E	D	N	A	K	E	D	N	A
S	T	S	L	A	S	T	S	L	A	S	T
S	E	S	S	R	E	S	S	R	E	S	S
S	A	M	M	Y	S	O	S	A	M	M	Y
P	E	R	U	S	O	M	I	L	E	S	I
S	I	P	T	A	L	C	S	I	P	T	A

Solution time: 23 mins.

Answers

King Crossword

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Trivia Test Answerst
1. Rome, Italy; 2. George and Jane Jackson; 3. "The Princess Bride"; 4. Carson City; 5. Publius; 6. Dos Equis beer; 7. "Casa Blanca"; 8. Surgeon; 9. Lamb Chop, Charlie Horse; Hush Puppy and Wing Ding; 10. 118

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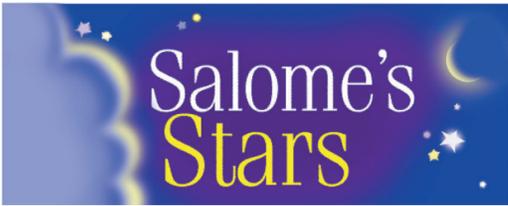
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ARIES (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

TAURUS (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

GEMINI (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

CANCER (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

LEO (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.

VIRGO (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

LIBRA (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

SCORPIO (October 23 to November 21) A recent workplace accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

SAGITTARIUS (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

CAPRICORN (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

AQUARIUS (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

PISCES (February 19 to March 20) Your inner scam-catcher is right on target, and you're absolutely right to reject that too-good-to-be-true offer. Meanwhile, something positive should be making its way to you.

YOU BORN THIS WEEK: You are generous and also sympathetic to people who find they need the help of other people.

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 2014 Dodge Durango Gray, AT, AC, 3rd Row, Loaded	 2013 Lexus RX350 Gray, AT, AC, Loaded	 2015 Jeep Cherokee Limited Tan, AT, AC, V6, FWD, Loaded 2015 Grand Cherokee White, AT, AC	 2020 Nissan Altima Silver, AT, AC, Less Than 3k Miles, Loaded, 4 Door
 2014 Corolla L Blue, 4 Door Sedan, AT, AC, Back Up Camera, Sunroof	 2015 Kia Sorento XS AWD Gray, Gray Leather, V6, AT, AC, Navigation, Sunroof	 2013 Kia Soul Tan, AT, AC, 4 Door	 2015 Ford F150 XLT Gray, Crew Cab, 4x4, 3.5 liter, AT, AC, 72k Miles
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2015 Jeep Cherokee Limited: Tan, AT, AC, V6, FWD, Loaded. Call 434-791-4000. VADLR

2014 Buick Encore: Grey, AT, AC, 4 Door, Loaded. Call 434-791-4000. VADLR

Jeep 2005, 1 owner, Grand Cherokee Laredo, 141,800 miles, 3.7L V-6, Auto, 4WD, A/C, Power windows/steering/locks/brakes, new tires, 3/22 inspection sticker, reliable vehicle. (434) 770-9862 cfdp777@gmail.com

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1970 MG Engine, Transmission, and Drive Train. Engine and Transmission Ran when Taken Out of Vehicle. Asking \$600 for All. Email: drthorn-ton1805@gmail.com

2018 Ford F-150 Crew Cab: Lariat Base, 4x4 Off Road Package, in Excellent Condition. Platinum White Paint with Black Leather Interior. Auto Start, Bed Liner, Navigation, Trailer Brake. 40K Miles. Asking \$42,800. Call 276-732-8748.

2007 Chevy Avalanche LTZ: 5.3L Engine. Loaded. Asking \$11,500 OBO. For More Information, Call or Text 434-429-6697.

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

Wanted to Buy 1987 -1996 Dodge Dakota Pick Up. 2 or 4WD at Reasonable Price. Call 434-579-8952

Looking to Buy 2009 Toyota Tacoma, 2 or 4WD, Running or Not, at a Reasonable Price. Call 434-579-8952.

2007 Honda Ridgeline: Blue, 181,291 Miles, New Tires. Asking \$10,500 Firm. Call 434-835-2592 or 434-489-3714.

1997 Ford Ranger Motor, 3.0 V6, in Good Condition. Also, AT Transmission, in Good Condition. Asking \$600 for Both, or Will Sell Separately. Call 434-665-9765.

1999 Dodge Dakota: Single Cab, V6, AT, Cold AC. Looks and Runs Good. Asking \$2,800. Call 434-250-7743.

2019 F150 XLT 4x4 Supercrew: 3.5L EcoBoost, 11K Miles, Fully Loaded. Asking \$47,990. For More Information and Pictures, Email: twogardners@gmail.com

2001 Ford Ranger Extended Cab: Runs and Drives Excellent. Asking \$5,500. Call 434-441-5261.

2019 F150 XLT 4x4 Supercrew 3.5L EcoBoost. 11K Miles, Fully Loaded. Asking \$48,500. For More Information and Pictures, Email: twogardners@gmail.com

2014 Chevrolet Silverado: 2 Door, White with Tan Interior, 4.3 V6, Extra Clean, 30K Miles. Asking \$27,500. Call 434-324-4592

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

2016 Chevrolet Silverado LT 5.3 L, Crew Cab. In Excellent Condition. Dealer Maintained. 20" Chrome Rims. 43,100 Miles. Asking \$36,000. Call 276-806-9469.

2000 Ford Diesel 7.3, with 11' Dump Bed. 155K Miles. Asking \$16,000. Call 336-514-5380.

2002 S10 Extended Cab, with All Options. Asking \$1,800. Call 434-857-2609.

1998 Dodge Ram 1500: Red, Longbed, AT, V6 Magnum. Call 434-791-4000. VADLR

2015 Ford F150 XLT: Grey, Crew Cab, 4x4, 3.5 Liter, AT, AC, 72K Miles. Call 434-791-4000. VADLR

1986 Toyota Pickup SR5 4x4: AC, New Clutch, Runs Great. 175K Miles. Asking \$2,995. Call 434-334-8354.

Auto Vans

2001 Ford Windstar Van: V6, A/C, New Tires. 200K Miles. Runs Great. Used to be a Church Van. Asking \$1,500 OBO. Call 434-688-7454.

1993 Chevrolet Van: Burgundy, Full Size. Asking \$2,000. For More Information, Call 434-792-9216.

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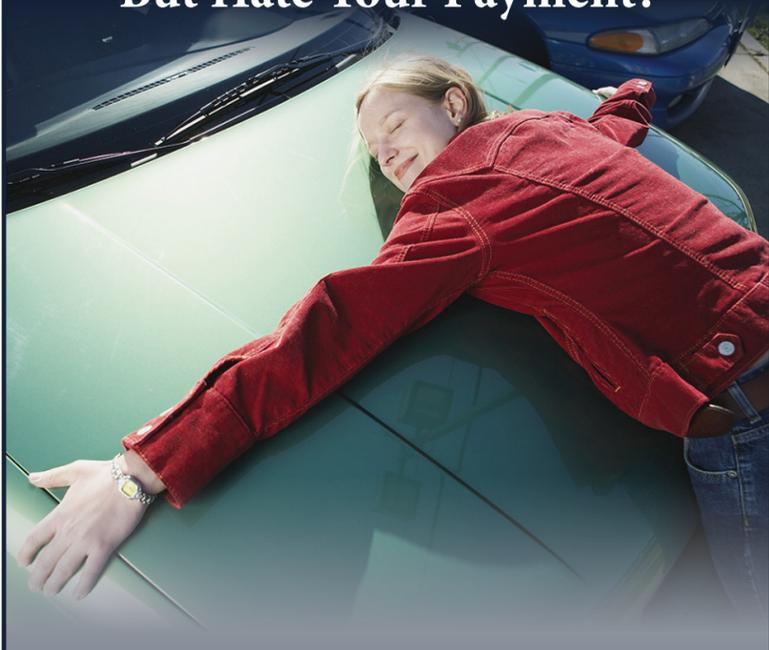
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: **Must Pay Before Passing Through**

AND	Flood	Iron	Tail
Brandenburg	Garden	Moon	Water
City	Golden	Sluice	Wooden
Departure	Head	Starting	

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Browning 725 Over and Under: Ported Barrels, Adjustable Comb, 20 Gauge, 30" Barrel. Paid \$3,200. Asking \$2,500. Call 434-836-1628 or 434-713-4983.



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Windsong Ladies Cologne: Beautiful Shaped Glass Bottle is Almost 2/3 Full. Asking \$25. Text 336-514-7520.

Expensive FRANCE PERFUME: Déchirure Perfume by Fernand Aubry for Women. Was Released in 1988 in France. Asking \$45 Firm. Text 336-514-7520.

Windsong Ladies Cologne: Beautiful Shaped Glass Bottle is Almost 2/3 Full. Asking \$25. Text 336-514-7520.

Expensive France Perfume: Déchirure Perfume by Fernand Aubry, for Women and was Released in 1988 in France. Asking \$45 Firm. 336-514-7520.

Hot Tub for Sale: In Excellent Condition!! A Must See! Asking \$6,000. Call 434-685-3444.

Health/Medical Supplies

New Wheelchair: Asking \$150; Toilet Rise Seat, with Hand Rails. Asking \$30. Call 434-203-6070.



Studies Don't Support CBD Oil for Depression

DEAR DR. ROACH: My son is taking hemp-based CBD oil for depression. He purchased this at a health food store. His doctor prescribed pills that he was unable to tolerate due to suicidal thoughts. He is unable to go outside when taking CBD. We would like to know if it will show up in a drug test as part of a job interview. Should he be taking it? -- D.

ANSWER: There are animal studies and some preliminary data suggesting that cannabidiol, a non-psychoactive substance found in cannabis, might be effective for anxiety and depressive disorders. I hope that CBD will be proven to be a useful treatment for depression, as what we have now certainly isn't perfect. However, there are not yet high-quality studies supporting this use. The fact that your son can't go out while taking the CBD suggests to me that it may not be effective. While the pills he had previously cannot be used, there are many treatments available for depression that have better safety and effectiveness data than CBD.

Most forensic drug testing uses THC and its metabolites, so if what your son is taking is truly CBD, then it should not be identified during testing as THC. There is a chance that the "CBD oil" he purchased has THC in it: In one study, 57% of CBD oils sold were found to have measurable THC, which would show up on a drug test. Unfortunately, 25% of the oils contained no CBD at all.

I remain convinced that these drugs, THC and CBD, need to be properly studied, and when found to be useful, tested for purity and content in the same way as pharmaceuticals.

DEAR DR. ROACH: I've been taking an ACE inhibitor and a calcium channel blocker for the past four months for high blood pressure as advised by my cardiologist. In my blood test a month ago, my vitamin D level was at 16. I'm also taking weekly vitamin B12 as advised by my neurologist. Can I take vitamin D2 (50,000 IU) as a weekly dose for six weeks to overcome vitamin D deficiency, or would it interfere with blood calcium balance? -- B.S.

ANSWER: Vitamin D will not interfere with the action of your ACE inhibitor or calcium channel blocker. Vitamin D usually has a very small (if any) effect on blood calcium levels, as these are tightly regulated through multiple means, especially the parathyroid hormone level and the kidneys.

I see many people who are given a six-week course of high-dose vitamin D2, such as the 50,000 units weekly for six weeks you were prescribed. I do not prescribe it that way, since many people wrongly feel that this will "cure" their low vitamin D, and they stop monitoring it after the course of treatment. Many people have inadequate vitamin D levels, and although there is some disagreement about what levels need to be treated, yours is in the range where everyone agrees treatment is necessary. For those who need it, ongoing supplementation of vitamin D is necessary, whether through pills, diet or sun exposure. For most people with a level as low as yours, oral supplementation is by far the most effective and safest treatment. I prefer 1,000-2,000 IU of vitamin D3 daily as a starting point for supplementation in most.

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

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2 Power Chairs for Sale: Asking \$400 Each. Call 434-203-5350.



Electric Hospital Bed, with Mattress. In Good Condition. Asking \$200 OBO. Call 276-336-3420 or 276-201-3270.

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Treadmill for Sale: In Good Condition. Asking \$60; Gravity Machine for Back Aches, Asking \$75. Call 434-203-6070.

Folding Bicycle, in New Condition. Asking \$170. Call 434-203-2840.

Treadmill for Sale: Very Nice. Asking \$50. Call 434-432-0704.



Brand New Exercise Bike: Asking \$39. For More Information, Call 434-791-3890.

Peloton Exercise Bike: Lightly Used. Comes with Size 5 Shoes, and Extra Pair of Cleats for Your Own Shoe Size, if needed. Retail for Over \$2,000. Asking \$1,400. Located in Chatham Va. Call 434-710-1578.



Foosball Table for Sale: Asking \$100. Call 434-429-1822.

Peloton Bike \$1400 Peloton exercise bike, lightly used. Retail over \$2000. Comes with size 5 shoe and extra pair of cleats for your own shoes size if needed. (434) 710-1578 m_jamerson1988@icloud.com

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Multi-Function Power Tower: Like New. Asking \$115. Pictures Available. Located in Mt Hermon Area. Call 434-728-7700.

Furniture & Accessories

Tree Stump Coffee Table: Asking \$200. Picture on Website. Call 434-548-7408.

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Mahogany Mirror, Chair, Wooden Hutch: Mirror-46.5 x 30.5. Asking \$45, Cash Only. Bowback Chair Rush Seat. Asking \$40, Cash Only. Wooden Hutch 76"H x 17.5"D x 51 1/4" W. Asking \$225, Cash Only.

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Table with 2 Leaves, and 6 Chairs. Cherry Wood. Asking \$415 OBO. Call 434-822-0327.

Office Table or Desk: 30" Tall x 3'9" Wide, in Good Condition. Asking \$15. Call 434-836-4414.

Solid Wood Rectangle Dining Room Table, Brand New, with 1 Leaf. Still has Tags. Asking \$1,000 Firm. Call 434-835-2592 or 434-489-3714.

Metal Stackable Chairs: Asking \$5 Each. Call 434-548-4891.

Coffee Table with Glass Top, Black. Asking \$20. Call 434-709-5856.

Wicker Chair, Vanity Set, Small Cabinet with Glass Doors, and an Ottoman. Call for Prices, 434-836-3297.

Solid Wood Kitchen Table, with 6 Chairs. Golden Oak Color. Asking \$150. Call 434-429-0806.

Daybed with Mattress: 32.5 W x 78 3/4 L. Asking \$190. Call 336-627-7908.

Table and 6 Cane Bottom Chairs, with 2 Drop Leafs. 40 x 62, in Excellent Condition. Asking \$300.

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Looking for an Experienced Framer, to Build Storage Sheds in a Manufacturing Facility. For More Information, Contact David at 434-797-1013.

Final Finish/Roofer Needed: Looking for a Motivated Individual to Join our Growing Company. Job Consists of: Various Duties like Painting, Roofing (Metal and Shingles), Building and Installing Doors, Minor Electrical and Installing Trim. All Work Performed Inside and Out of the Elements. Call 434-797-1013.

Apertura inmediata para Builder / Se buscan constructores / redactores para la construcción de edificios portátiles. El horario de trabajo es de lunes a viernes de 7:00AM-3:30PM. Entrenamiento pagado. Posiciones inmediatas disponibles. Llame a Marcus al 336-388-3001, Cell 434-710-6069

Part Time Certified Nursing Assistant: Chatham Family Medical Center has an Opening for a Part Time Certified Nursing Assistant. Candidate Should have Experience in Phlebotomy and Obtaining Vitals. Some Clerical Work is Required. Approximately 20 Hours a Week. Day Shift. Please Email Resume to: cfmc19144@gmail.com

Looking to Hire All Around Helper! Must be Able to Chauffeur, General Help Around the House, and Help Selling Items on the Internet. Call 434-425-2461.

Help Wanted with Landscaping: The Sky is the Limit!! You Must have Reasonable Transportation, Operate a Weed Eater and Zero Turn. Pay Based on Experience. For More Information, Call 434-770-4901.

Nail Tech/Hair Stylist Needed: Come Join our You-Topia Family! We are Looking for a Nail Tech, and have a Station Available for a Stylist. We Offer a Wonderful Work Environment, and a Great Experience! For More Information, Call 434-429-3015.

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IMMEDIATE OPENING FOR FRAMER/BUILDER: Local Portable Building Company, Based in Providence NC, Looking for Experienced Framers. Immediate Positions Available. Production Based Pay, Average \$22.00 Per Hour. Work Schedule is Monday-Friday from 7:00AM-3:30PM. Apply in Person at 1228 Carroll Rd, Providence NC, or Call 336-388-3001.

Sitter Needed for Elderly Lady: 2nd/3rd Shift, Part Time Or Full Time, in the Brosville Area. Serve Meals (Microwave), Some Personal Assistance and Minimal Housekeeping. Dementia Patient -Very Mobile and Able to Communicate. Call 434-203-1094.



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Trailer with Firewood for Sale: Asking \$125 for All. Call 434-250-3730.

18000 BTU Window AC Unit: Requires 220 Amp Outlet. Call for Price, 434-489-3122.

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Door Draft Stopper: Purchased at Ollies. Look Brand New. Located in the Mt. Hermon Area. Asking \$2 for 2. Call 434-728-7700

Queen Size Royal Blue Bedspread: Chanel, with White Flowers and Matching Pillow Shams. Asking \$20. Call 336-388-0696.

2 Ceiling Fans, Bathroom Sink, and a Microwave Cart. Call for Prices, 434-432-8050.

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Locally Made Wreaths and Arrangements: Sunflower Wreaths, 3 Different Styles. Asking \$30 and Up; 1 Complimentary Arrangement. Call 434-548-4702, or Email: mdixon173@gmail.com

Beautiful Painting of Venice, Italy: Colors are Beautiful. Lovely Frame; in Excellent Condition. Width 44", Height 32". Asking \$350. Contact: nwilliams117@gmail.com

Fancy Plate Chargers: 6 Piece, Asking \$25. 4 Piece, Asking \$20. Call 267-304-6062.

House Plants for Sale: Very Beautiful. Asking \$5 Each. Call 434-836-1463.

Dishes for Sale: 4 Plates, 4 Saucers, and 3 Bowls, with Pink Decor. Asking \$10 for All. Call 434-792-7087.

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Craftsman Self-Propelled Push Mower Walk-Behind Self-Propelled Mower. B/S 6.75 Engine Easy Fresh Start. Variable Speed. Looks, Starts and Cuts Good! Asking \$120. Call 434-489-1430

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30" Golden Pothos: (Devil's Ivy). Asking \$40 Each. Call 434-429-3337.

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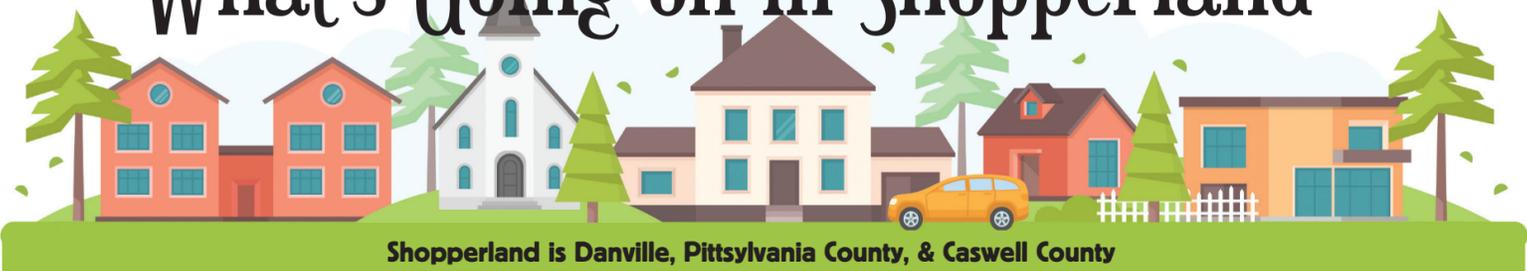


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Nursing Op-Ed by Brian Bradley, Chief Nursing Officer, Sovah Health – Danville

At a time when our nation faces a critical shortage of nurses, our communities are deeply appreciative of the thousands of young nurses answering this call to service. At Sovah Health, we recognize that while born from a call to service it takes a heart filled with compassion to be a nurse. From this compassion nurses sharpen their minds with academic preparation and clinical experience to live our mission.



Personal story

While I have served in many roles throughout my 30 years in healthcare, I know firsthand that nurses are the backbone of the American healthcare system.

Nurses are among the most compassionate, patient, resilient, and caring individuals I have ever had the privilege of working alongside. They are extraordinary people who share their passion of caregiving to the community.

The last 16 months have tested each and every one of us in a variety of ways, but our nurses were front and center – comforting patients when families and visitors were restricted, protecting each other and their families, risking their own health to fight an unknown and rapidly evolving enemy, and taking on more stress than they ever signed up for.

As we started to overcome the pandemic, it was our nurses again who mobilized to coordinate vaccination clinics, ease vaccine fears, and serve as trusted sources of credible health information in our communities.

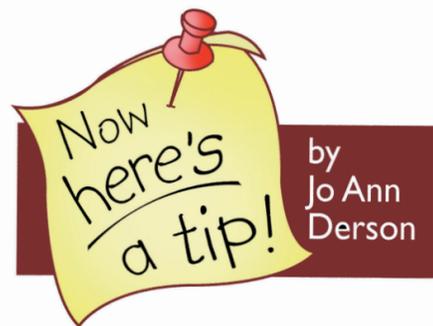
Even during the most difficult days, our nurses are always by our side – caring for someone in need, saving a life, inspiring a patient to keep fighting, or helping a family say goodbye to someone they love. It takes a special person to pursue nursing as a career, and to make it their life's work.

Our communities desperately need more nurses, but I believe the next great generation of heroes is waiting in the wings, ready to make their mark in service to others. Our focus at Sovah Health is our community. We are mission driven to support our community by providing safe, quality and compassionate care.

Join us next week at our on-site job fair on August 11th at Sovah Health – Danville Hoover Auditorium and August 12th at Sovah Health – Martinsville First Floor Classroom. Both events are from 11am – 2pm floating – come anytime during those hours. For more information visit SovahCareers.com.

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* Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.

* Berries are in season, and there's no greater time to stock up. But don't feel like you have to make jam out of all the berries. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.

* "Do you love burgers? Here's a great thing our family does that saves money and is very handy: When ground beef goes on sale, we buy a large quantity and premake many burger patties, seasoned and shaped just as we like them. Then we separate them with butcher's paper cut into squares. We put them in stacks, and then into empty bread bags to store in the freezer. When we are getting ready to cook out, the patties don't have to be all the way defrosted, just put on the grill and cooked up!" -- A.J. in Florida

* Okra, which is at its peak July through September, makes an excellent stew thickener. But it's quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don't wash it until you are ready to use it. There's a natural protective coating on it, and if you wash it off, it'll get slimy.

* Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

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

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City recognized for financial reporting

For the 35th consecutive year, the City of Danville's Finance Department has been awarded the Certificate of Achievement for Excellence in Financial Reporting from the Government Finance Officers Association of the United States and Canada.

The Certificate of Achievement is the highest form of recognition in governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management.

An impartial panel reviewed the City's comprehensive annual financial report for the fiscal year ended June 30, 2020. It determined that it met the high standards of the program, which includes demonstrating a constructive "spirit of full disclosure" to communicate its financial story clearly and motivate potential users and user groups to read the report.

The Government Finance Officers Association (GFOA) is a professional association of more than 20,000 government finance professionals in the United States and Canada.

RIDDLE CARD

1. What kin is the door to the doormat?
2. Where is a good place to go when you're broke?
3. What question must be answered "Yes"?
4. What was the best bet ever made?
5. What do you lose every time you stand up?

Answers: 1. Just a step farther. 2. Go to work. 3. What does 'E-S spell'? 4. The alphabet. 5. Your lap.

Junior Whirl
 by Charles Barry Townsend

FIND THE BIG WORDS!

Using the definitions and the 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 to form the word asked for.

DEFINITIONS:

1. Type of invitation.
2. A great summertime drink.
3. He guards and herds animals.
4. A great place for a race.
5. Wrongdoings.
6. An ill-mannered act.
7. Every car has one.
8. A sturdy blue cloth.

ANAGRAM:
 drag + even dome + lean hogs + deep weed + pays dims + seed dens + sure tore + dome gear + dune

A TRIANGULAR WAGER! Lay out 9 sticks on the table, as shown in Fig. 1, and bet your friends that they can't move 3 of the sticks to new positions and create 5 triangles.

Answers: 1. Engaged. 2. Lemonade. 3. Sheepdog. 4. Speedway. 5. Misdeeds. 6. Rudeness. 7. Odometer. 8. Dungeonee.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

Answers: Millages, Millages, neither, outsell, rambled, maddish, pallied.

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

Edith Faye Huppert

August 25, 1927 ~ July 30, 2021 (age 93)



Edith Faye Huppert of Danville, Virginia finished her earthly journey to be with her heavenly father July 30, 2021. She was born August 25, 1927, in Marshfield, Indiana to

John Thomas Ping and Eva Williams Ping.

Faye was retired from Corning Glass in 1995. She spent her early years in the Indiana area until she met her husband (of 74 years) Frank Huppert of Danville, Illinois. Upon marrying him she became a military wife for the next 30 years traveling throughout the Far East.

During the Korean War and the early 50's she was an active member of the USO shows entertaining the servicemen throughout the Far East.

When her husband retired from the Air Force the family moved to Danville, Virginia where she resided until her death. She had been declining health for the past four years.

She was a member of Vandola Baptist Church, Corning Glass Retiree Club, Scottish Women's Club (Past President), Air Force Auxiliary, and MRP.

She is survived by her sons Larry (Betty), Frank II (Vickie), Mitchell (Revonda), daughter lone Taunton (Calif.), brother Thomas Ping (Ohio), and sisters Eldora Allen (Michigan), Jeanette Haskins (Illinois) and Kaye Chase (Ohio). She was predeceased by her parents, three brothers, four sisters and one daughter. She has eight grandchildren, ten great grandchildren and one great-great grandchild.

Graveside Rites will be in Springhill Cemetery in Danville, Illinois.

Beatrice Garrett Ragle

May 29, 1933 ~ July 29, 2021 (age 88)



Mrs. Beatrice Garrett Ragle, age 88, of Danville, Virginia, passed away on Thursday, July 29, 2021, at SOVAH Health of Danville.

Mrs. Ragle was born on May 29, 1933, in South Carolina, to the

late Clarence Dill Garrett and Bessie Crow Garrett. She lived her life in Danville and was a faithful member of Mt. Olivet United Methodist Church.

Mrs. Ragle is survived by numerous nieces and nephews; great nieces and nephews; and great-great nieces and nephews.

In addition to her parents, Mrs. Ragle was predeceased by her loving husband, John William Ragle, and siblings, Jake Garrett, Ralph Garrett, Helen Nester, and Edna Cook.

Graveside services will be conducted Saturday, July 31, 2021, at 10 AM at Schoolfield Cemetery with Dr. Doug Barber officiating.

The family would like to extend a special thank you to the staff at Riverside Health and Rehab for the special care given to Mrs. Ragle.

Swicegood Funeral Service is respectfully serving the Ragle family.

Judy South Hardy

January 9, 1941 ~ July 27, 2021 (age 80)



Mrs. Judy South Hardy, age 80, of Pelham, North Carolina, passed away on Tuesday, July 27, 2021, at her residence.

Mrs. Hardy was born on January 9, 1941, in Danville, Virginia, to the late Henry David South and Hallie Odell Barnes. She worked at Dan River Mills for 40 years before retirement and was a faithful member of Holland Road Baptist Church. She loved her family very much and enjoyed spending her free time in the garden.

Mrs. Hardy is survived by her son, Faron Hardy, Sr.; daughters, Shelby Durham, and Bonnie Peacock; sisters, Jewel Griffin and Jerlean Pruitt; grandchildren, Faron Hardy, Jr., Wesley Durham and Sheree Walker (Jacob); and great-grandchildren, Kaytlin Hardy, Elisabeth Hardy, Ethan Hardy, Alyssa Walker, and Thor Walker; and one great-great grandchild on the way.

In addition to her parents, Mrs. Hardy was predeceased by her stepfather, Steven Odell.

Funeral services will be conducted Friday, July 30, 2021, at 2 PM at Holland Road Baptist with Reverend James Mayes officiating. Visitation will be held on Thursday, July 29 from 6PM to 7:30PM at the church. At other times the family will receive friends at 320 Burke Road, Pelham, North Carolina. Interment will follow in the Odell Family Cemetery (Keeling Dr., Ridgeway, Virginia).

In lieu of flowers the family requests that donations be made to Hospice of Rockingham County (2150 NC Highway 65, Reidsville, North Carolina 27320).

Swicegood Funeral Service is respectfully serving the Hardy family.

Warner Neal "Booger" Edwards

December 8, 1936 ~ August 2, 2021 (age 84)



Mr. Warner "Booger" Edwards, age 84, of Danville, VA, passed away on Monday, August 2, 2021 at Bright Leaf Place in Danville, VA. He was the last surviving member of his

generation.

He was born on December 08, 1936, in Pittsylvania County, VA to the late Johnny Edwards and Myrtle Hanks Edwards.

Before his retirement, Mr. Edwards was a firefighter with Danville Fire Department for 37 year , where he served as Captain. He was a member of Veteran US Army, American Legion Post 325, Knights of Pythians, Roman Eagle Mason's Lodge, and Fire Department Breakfast. Mr. Edwards served his country in the United States Army, and he was of the Christian faith.

He is survived by his wife of 64 years, as of Tuesday, August 03, 2021, Barbara Edwards; son, Shannon Edwards, of Chatham, VA; grandson, Zachary Edwards (Jami); granddaughter, Sierra Edwards; and great-granddaughters, Anistyn and Landree.

In addition to his parents, Mr. Edwards was predeceased by his brother, Johnnie Daniel Edwards.

Funeral services will be held at 2:00 p.m. on Thursday, August 05, 2021 at Barker Funeral Home with Rev. Freddie Vicks officiating. Visitation will be held on Wednesday, August 04, 2021 from 7:00 p.m. until 8:30 p.m. at the funeral home. Interment will follow in Highland Burial Park.

Barker Funeral Home is respectfully serving the Edwards family.

Tommy W Meadows

October 4, 1946 ~ August 2, 2021 (age 74)

Mr. Tommy Meadows, age 74, of 1732 Gammon Rd. Providence, North Carolina, passed away on Monday, August 2, 2021, at SOVAH Health-Danville.

Mr. Meadows was born on October 4, 1946, in Danville, to the late Edward Warren Meadows and Pattie A. Meadows Haskins. He worked as a mechanic for many years until retirement and was of the Baptist faith.

Mr. Meadows is survived by his loving wife, Patsy Meadows; children, Gidgett Shelton, Edward Meadows and wife, Angela Meadows; grandchildren, Edward Meadows II, Jerry Shelton (Amy), Jereme Shelton, Jessica Beasley; thirteen great-grandchildren; one great-great grandchild; and siblings, Andy Haskins, and Janice and Ervin Gill.

Graveside services will be conducted Friday, August 6, 2021, at 2PM at Danville Memorial Gardens with Dr. Charles Scarce officiating. Visitation will be held from 12:30PM- 1:30 PM in Swicegood Funeral Home prior to the service. At other times the family will receive friends at the residence.

Swicegood Funeral Service is respectfully serving the Meadows family.

These free obituaries are sponsored by Swicegood-Barker Funeral Services as a service to their clients/families and Piedmont Shopper readers. Please let them know we appreciate their continued support.

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Perennial Plants Comes Back Spring: Elephant Ears, and Ground Covers Plants. Located at 984 Berry Hill Rd. Great Deal! Call for Price, 434-685-3444.

Miscellaneous

Small Pressure Washer for Sale: Needs a Spare End. Call for Price, 434-432-9122.

Stowe Commercial Cement Mixer: Asking \$600. Call 434-709-5432.

Old Whiskey Barrel: Asking \$250. Call 434-441-1364.

1 Large Industrial Fan: 28" Blades, Made by Patton Manufacturer. 2 Speed, Heavy Base, Adjustable Stand. Asking \$150. Call 434-401-3002

3 Clothes Line Posts: Asking \$4 Each. Call 434-250-9154.

Bee Supplies and Hive Stand: Call for Price, 434-203-1723.

55 Gallon Metal Trash Barrels: New. Asking \$13 Each, or \$24 for 2. Call 336-394-2816.

Commercial Large Popcorn Machine: Works, but Does Need Cleaning. Asking \$100 Firm. If Interested, Text 434-429-1504.

American Made Binoculars: Older, in Like New Condition. Excellent Optics. Comes with Case. Asking \$35. Call 434-203-2840.

7' Dynamo Pool Table, with Heavy Slate Bed. AT Ball Return. Accessories Included. Ready for Play! Asking \$400. Call 434-421-4960.

Silver Coins For Sale: Morgan Silver Dollar and a Peace Dollar, Asking \$32 per Coin. Call 336-514-5304.

Hot Tub for Sale: In Excellent Condition. Call for Price, 434-685-3444.

Vinyl Studded Office Chair Mat: 36"x 48", for Low Pile Carpets. Clear. Call for Price, 434-770-8102.

Motorcycles, ATVs, Go Carts, 4x4s

2007 Polaris 90 Outlaw Pink 4-Wheeler with New Tires. Garage Kept. Asking \$2,000. Call 434-250-6434.



2015 Harley Davidson Ultra Classic: 18K Miles. Excellent Condition. Garage Kept. Screaming Eagle Slip On Exhaust. Windshield Bags. Driver Removable Back Rest. Highway Pegs. Ready to go Touring. A Must See. Asking \$17,500 OBO. Call 434-547-7733.



2009 Yamaha Vstar 250: Less than 10K Miles. No Issues. Ready to Ride!! Asking \$4,000. Call 434-710-1578.

2014 Harley Davidson Ultra, 103 Cu. 6 Speed Transmission, AM/FM, Mag Wheels Fat Tire, Luggage Rack, Color Orange Blossom. 28K Miles. Asking \$12,500. Call 434-822-5323.

2006 Honda Shadow: Asking \$1,500. Call 434-432-2752.

2008 Suzuki DR-Z70 Youth Dirt Bike. Rare Black and White Color Scheme. Includes Training Wheels. Asking \$1,195. Call 434-797-3800.

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66 BSA 500 Basket Case Stock: Frame, Fork, Seat, Engine and Hard Tail Frame with Chrome Extended Fork King and Queen Seat. 3 Totes Plus Full of Parts. Asking \$750. Call 252-229-8020.

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2008 Suzuki Trike: Blue/Silver, Harley Davidson Touring Package, Windshield and AM/FM Radio. CD Player Added. 5,086 Miles. New Battery and Fuel Pump. Asking \$10,000. OBO. For an Appointment, Call 276-732-1203.

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2001 Harley Davidson Road King, in Good Shape. New Battery, Oil, and Electric Fuel Pump. Asking \$5,500. Call 336-939-3707.

3.5 HP Small Mini Bike: Asking \$100. Call 336-394-6730.

Looking to Buy 50cc Dirt Bike: Yamaha PW50, Yamaha TTR50, or Honda CRF50 for My Son. With or Without Training Wheels. Call 434-421-0012.

2008 Shadow Spirit Honda: Candy Red, 750cc, 19,800 Miles, New Battery and Tires. Road Ready, Good Condition. Asking \$2,300. Calls Only, 434-483-7718.

2008 Harley Davidson Sportster XL 1200 Low. Runs Great, Only 5,400 Original Miles. Lots of Chrome. Fast and Fun Bike. Asking \$5,495 OBO. Call 434-822-5798, and Leave Message.

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Cable-Nelson Piano: Great condition. Asking \$500. Call 434-799-6750.

Several Electric Guitars, and AMPS. Call for Prices, 434-709-7783.

Looking to Buy a Set of Bag Pipes. Must be in Excellent Condition. Call 434-421-0675.

2 Electrical Guitars, in Excellent Condition. Asking \$400 Each. Call 434-203-5350.

Crate Pro Audio Mixing Board, Model CSM-8. 12 Channels, in Excellent Condition. Asking \$175. Call 336-627-7874.

Fender Guitar with Case, in Good Condition. Call for Price, 434-420-3266.

Yamaha Keyboard Cover and Stand: Asking \$100. Call 434-432-0704.

Blueridge BG 60 Acoustic Guitar: Jumbo with Hardshell Case, in Excellent Condition. No Scratches. Asking \$700, or Possible Trade. Call 434-221-3318.

Recreation

Pool Table for Sale: Asking \$300 OBO. Call 434-251-5749.

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29' 1992 Ford Motorhome: 460 Motor, 37K Original Miles, in A1 Shape. Looks and Runs Good. Asking \$9,000. Call 336-552-2146.

2008 Spree by KZ Travel Trailer: Large Slide, Tubular Aluminum Construction, Ceiling Damage. Retail \$8,000. Asking \$5,000. Clean Camper. Call 434-685-2437.

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Craftsman 3/8" Drill: 15.6 Volt. Plenty of Settings, 2 Fully Charged Batteries, and Charger in Case. In Excellent Shape. Asking \$75. Call 434-822-0370.

Yale 5000LB Forklift, Propane, with Triple Mast. Has Solid Tires for Concrete. In Good Condition. Asking \$4,250. Call 434-836-6909.

Stihl 034 Chainsaw, with 18" Bar. Runs Great. In Very Good Condition. Asking \$325 Firm. Call 434-709-0241.

Black and Decker Cross Cut Saw, in Excellent Condition. Asking \$65. Call 434-709-7783.

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Photo courtesy of Getty Images

FAMILY FEATURES

Each new school year brings a chance for fresh beginnings and an opportunity to get the family organized for a smooth transition back to the classroom. Easing back into a more structured schedule after a laid-back summer may be easier than you think. From devices that make classwork simple to snack and meal ideas for busy school nights, these tips and products can help the whole family feel ready to jump back into the school year for lots of learning and fun. Find more tips for a successful school year at eLivingtoday.com.

Back-to-School Basics

Simple hacks for a successful year



A Durable Device Designed for Learning

Keep your kids focused on what's important this school year – learning – with distraction-free devices. Students can explore math and science with the new TI-84 Plus CE Python graphing calculator, now enhanced with the power of Python to introduce them to one of the fastest growing, most popular programming languages in the world. Built to withstand the demands of the classroom and available in bold colors, it can help students grasp important STEM concepts for years to come. To find more information, visit educaton.ti.com/84ce.



Make Weeknight Dinners Simple

The start of the school year is often busy, but you can bring relief to dinnertime with simple weeknight meals using an option like The Little Potato Company's Microwave Ready Kits, which include fresh little potatoes and a seasoning package. Available in Savory Herb, Garlic Parsley and Lemon & Garden Herb, they can be paired with protein for easy, kid-approved dinners that are ready in minutes with no recipe required. Visit littlepotatoes.com for more weeknight recipe inspiration.

An Easy School Day Meal Idea

Make time for things that matter most during back-to-school season with a quick and easy mealtime solution like Minute Ready to Serve microwavable cups. Ready in just 1 minute, they're available in several choices – brown rice, brown and wild rice, brown rice and quinoa, and multi-grain medley – and pair well with a variety of dishes for easy, on-the-go lunches, snacks or dinner sides. Visit MinuteRice.com for additional meal ideas.



A Winning Organization Strategy

One key to back-to-school success: organization. You can choose from the options of Mixed Material Cubes by ClosetMaid, which come in multiple finishes and size formats to match your style and storage needs. The cube organizers can accommodate 13-inch fabric drawers for clutter-free school supply organization, or you can use them to stash a backpack, decorate with plants or display books. The easy-to-assemble organizers are ideal for entryways, living rooms and home offices to help keep your spaces functional and organized. Find more organization solutions at closetmaid.com.



Photo courtesy of Getty Images

Start off Right with a Sturdy Backpack

Nothing takes a beating over the course of a school year quite like a backpack, so it's a good idea to start with a quality choice that stands up to some wear and tear. Look for strong seams and sturdy zippers. If your student will be transporting technology, like a tablet or laptop, be sure there's adequate padding to protect the device. Also pay attention to pockets and built-in organization so your student can keep supplies tidy during transport to and from school.



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With at least 7 grams of protein in five varieties that don't sacrifice taste or nutrition, healthy snacking can be easier with Chiquita Bites. These kid-friendly and parent-approved snacks are perfect for lunchboxes or as grab-and-go snacks between after-school activities. Each single-serve tray contains a bite-sized mix of sweet and savory items like fruits, cheese and pretzels. Visit freshexpress.com for more information.

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Real Estate Section

Homes • Land • Rentals • Services



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Commercial Rental Property West Main: 2520 West Main Street, (Formerly GW's Tattoo Shop), for Rent. 1320 Square Feet. \$500 a Month. Call 336-344-9311.

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.

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Real Estate

Prime Property Opportunity in Stokesland: 2 BR House with Huge Rooms. For More Information, Contact: tywebb867@gmail.com



2249 Hollywood Rd, Chatham: 3 BR, 2 Bath Home on 6.04 Acres. Master Suite with Garden Tub and Walk In Closet. Gas Range with New Hood, New Dishwasher, Refrigerator, Washer, Dryer, New Well Pump; Septic was Pumped 2020. Solid Foundation with Vapor Barrier. Property Previously had 2 Dwelling on it, and has 2 Wells, 2 Septic Systems, and 2 Electric Poles. MLS# 63286. Asking \$131,900. Call Pam Betterton at 434-401-2376 with Ramsey Yeatts and Associates, Realtors 434-799-6200. www.ramseyyeatts.com



112 Nor-Dan Drive, Danville: This Brick Home is Immaculate and Features a Classic 3 BR, 2.5 Bath Style. Large Eat in Kitchen, and Partially Finished Basement, with a Nice Sized Family Room and Full Bath. Home is Move In Ready! Hardwoods Under the Carpet Could also be Updated to a Farmhouse or Scandinavian Style. Master Bedroom has Private Bath. Fenced in Backyard Perfect for Children or Pets. MLS# 63439. Asking \$139,000. Call Kim Sturkie at 434-822-3995 with Ramsey Yeatts and Associates, Realtors 434-799-6200. www.ramseyyeatts.com



1652 Sugar Barbour Rd, Axton: Beautiful Aaron White Custom Built 3 BR, 2.5 Bath Ranch with Open Concept Main Living Area. Back Wall of Windows brings the Outdoors in to a Floor to Ceiling Stone Fireplace. Eat In Kitchen Fully Equipped with Bar, Wood Cabinets, Granite Countertops, Backspace, and Stainless Appliances. Master Suite with Huge Walk In Closet and Spa Tub. Large Elevated Composite Deck Over Lower Patio. Perfect for Entertaining. MLS# 63517. Asking \$549,000. Call Kim Sturkie at 434-822-3995 with Ramsey Yeatts and Associates, Realtors 434-799-6200. www.ramseyyeatts.com



5148 Whitmell School Rd: County Living at Its Best on this 2.9 Acre Fenced Parcel. Well Maintained 3 BR, 2 Bath Home with Eat In Kitchen, Laundry Room, Craft Room with Built In Shelving and Workshop. House your Horses in the 20 x 21 Barn, Built from 1-1/4 Tongue and Groove with a 9 x 12 Attached Potting Shed. Enjoy the Outdoor Spaces from the Screened Porch, or the Patio Edged with a Herb and Flower Garden. MLS# 63497. Asking \$179,900. Call Lori Smith at 804-241-3065 with Ramsey Yeatts and Associates, Realtors 434-799-6200. www.ramseyyeatts.com



3560 Weal Rd, Chatham: Beautiful Private Estate with Farmhouse Style Home, (Over 5800 Sq. Ft.), with Magnificent Farm Views, a Massive Custom Built Home, and Hand Built Cabin. Rental Property includes a 3 Unit Apartment Building, 2 Single Wide Mobile Homes, 1 Double Wide Mobile Home, and 4 Houses with Monthly Income of \$5,225. Pastureland and Farm Land is Currently Leased. Income is Approx. \$64,000 a Year. MLS# 63366. Asking \$1,750,000. Call Pam Betterton at 434-401-2376 with Ramsey Yeatts and Associates, Realtors (434) 799-6200. www.ramseyyeatts.com

72 Acres for Sale, Ringgold: Open Farm Land. Lots of Road Frontage. Less than 1 Mile to City Limits. No Well, No Septic; Electric Nearby. Located on Tom Fork Road, Near Ringgold Volunteer Fire Department. Asking \$220,000. Contact: 9699Jennifer@gmail.com

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Lake Front Acreage: 2.5 Lots, Totaling 1.47 Acres, Lake Front on Buggs Island, Buffalo Junction, Va. Existing Septic Tank On Property. Tax Assessment \$162,800. Call 301-593-1211.

52 Acre Farm for Sale: Rocksprings Rd in Ringgold, Va with Creek on Property. Known as the Gilbert Farm, in the Dan River School District. Surveyed in June of 2000. Tax Assessment \$93,900. Call 301-593-1211.

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by Robert W. Haley, Attorney

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Please email comments, suggestions or questions to rhaley@vaelderlaw.com

Planning For Your Death Is Not Enough!

While deep down inside we all know we need a Last Will & Testament, we also probably have some idea of what happens without a will. Most folks know that when a person dies without a will it might be more expensive, but the estate will pass to family members. The estate would pass under the laws of intestacy; to a spouse, children, parents, siblings, etc. However, folks seldom think about what would happen if we found ourselves incapacitated.

The law defines an “incapacitated person” as an adult who has been found by a court to be incapable of receiving and evaluating information effectively or responding to people, events, or environments to such an extent that the individual lacks the capacity to (i) meet the essential requirements for his health, care, safety, or therapeutic needs without the assistance or protection of a guardian or (ii) manage property or financial affairs or provide for his support or for the support of his legal dependents without the assistance or protection of a conservator.

A finding that the individual displays poor judgment alone shall not be considered sufficient evidence that the individual is an incapacitated person within the meaning of this definition. When we think incapacity we almost always think Alzheimer’s Disease or another form of dementia often associated with advanced age. Yet, I once had to file a Guardianship Petition for a person in their forties; their “incapacity” was due to a motor vehicle accident!

So, how do we plan for possible incapacity? Through the use of a properly-drafted power of attorney.

There are two basic types of powers of attorney: the durable power of attorney and the healthcare power of attorney. The durable power of attorney is used to appoint the agent you want to handle your financial affairs should you find yourself incapacitated. For most people, the primary agent will be your spouse or child, but it can be anyone, such as your bank’s trust department or in limited circumstances and after much disclosure, even your attorney. The agent under your durable power of attorney will be responsible for paying your bills, managing your assets, dealing with real property, filing your tax returns, etc. As you are delegating a lot of power to your agent, you want an experienced estate planning or a certified elder law attorney to draft this form. A durable power of attorney should be tailored to your specific circumstances. The power of attorney I draft for a young parent will be nothing like the power of attorney I draft for an elderly person.

Further, it can be just as important to limit the powers of an agent rather than giving the agent broad and virtually unlimited powers. For example, you might not want to give your agent the power to change a beneficiary clause or how an account is titled. We make sure the prohibition is noted and clearly set out so if the agent were to try to carry out a prohibited act, the third party could readily see the agent does not have the power to do it. This is where the knowledge of an experienced estate planning or certified elder law attorney is vital, for this in and of itself could save a lot in the future in terms of money and hard feelings within a family. There are many times when you might assume an agent has done something wrong, but the power of attorney gave them the power to do it!

The second power of attorney everyone should have is a healthcare power of attorney. This is the document where you name an agent that will make healthcare decisions on your behalf should you become incapacitated. Again, most often you will name your spouse or a child as your agent. As with your agent under a durable power of attorney, this agent must be not only honest and trustworthy, but they should also be willing to carry out your wishes even if they do not agree with them! For example, suppose in your living will you state that you do not want a feeding tube administered if you are in a persistent coma. Will the agent you appoint be willing to order the removal of the feeding tube when the time

comes? I have seen cases where children do not want to carry out that decision, so I counsel the parent not to appoint that child as healthcare agent. The key to implementing a healthcare power of attorney is having a discussion about your wishes with your agent prior to incapacity. You want to create a situation where your agent knows your wishes, has agreed to carry them out and you have confidence in them that they will do it.

Both of these forms are revocable at any time as long as you retain capacity to do so. What happens if you become incapacitated and you do not have powers of attorney in place? More often than not this results in the need for a Petition for Guardianship or Conservatorship to be filed in circuit court. This is much more expensive, time-consuming and cumbersome as it can involve the added cost of a bond as well as filing of accountings for the rest of your ward’s life.

Your powers of attorney should also be updated on a regular basis as well. The older you get, the more power your agent will need in order to be able to act without resorting to the courts. This is especially true in asset protection cases! Often we see clients that may have executed a durable power of attorney but it does not grant the agent the specific power needed to act. In these cases, we have no alternative but to file in circuit court.

The two powers of attorney discussed here are vital and every adult should have them. Consult an experienced estate planning or certified elder law attorney to ensure that your powers of attorney are up-to-date or to see if you need new ones drafted. It could save you thousands of dollars and a lot of headaches in the future. Contested guardianships can not only be expensive, but also can tear families apart. You can avoid that by prudent planning ahead of time. Contact us to see how we can help you!

As always, if you have a question or issue that you think might be a good topic for this column, let me know! Email me at rhaley@vaelderlaw.com or send to me via snail-mail to this address:

The Estate & Elder Law Center of Southside Virginia, PLLC
742 Main Street, Danville, VA 24541



Robert W. Haley, Managing Attorney – Certified in Elder Law by the National Elder Law Foundation
Member of the Council of Advanced Practitioners, National Academy of Elder Law Attorneys
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www.VAElderlaw.com



Birdhouse

NEWS

THE FINGERPRINT PROVES IT WAS MICHELANGELO

Forensics technology has come a long way if it can prove that a 500 year old fingerprint belonged to Renaissance artist and sculptor Michelangelo. The Association of Mature American Citizens [AMAC] reports that experts at London’s Victoria & Albert Museum spotted what could be his thumbprint on a small, wax figurine -- a prototype for what would have been a life-size marble statue, one of many to adorn the elaborate tomb of Pope Julius II. A senior curator at the museum called it “an exciting prospect that one of Michelangelo’s prints could have survived in the wax. Such marks would suggest the physical presence of the creative process of an artist.”

WHO KNEW?

Whatever prompted it in the first place, a law making it illegal for barber shops to cut hair in New York on Sunday has been repealed, according to the Association of Mature American Citizens [AMAC]. The law, which had been on the books for more than a century, called for a \$5 fine for a first offense, the equivalent of about \$75 in 2021 dollars. And a two-time loser would have been fined up to \$25 and/or imprisoned for up to 25 days. No one seems to know what prompted the law in the first place, but Republican state Senator Joe Griffo, who introduced the bill to repeal it points out that “Barbershops and salons, like all small businesses, have faced significant, unprecedented and strenuous challenges during the coronavirus pandemic.” It’s unlikely a barber would be cited by police if

caught plying his trade on Sunday.

BABY BOOMLET

A COVID baby boom had been expected but it never happened-- at least not on a nationwide scale, says the Association of Mature American Citizens [AMAC]. But Andrews Women’s Hospital in Fort Worth, TX experienced a mini boom recently, delivering 107 newborns in the space of just 91 hours. It’s what can happen when you’re cooped up at home under isolation with a lot of time on your hands such as what has been a fact of life for nearly one and a half years.

TASTES BETTER THAN IT SOUNDS

Who would have thought that a serving of Macaroni and Cheese could be so refreshing on a hot summer day? The Association of Mature Citizens [AMAC] reports that the Brooklyn-based Van Leeuwen Ice Cream Company churned up a batch of Mac and Cheese flavored ice cream and it did the trick and got an “overwhelming response.” The folks at Van Leeuwen boasted of its success on social media saying they were sold out in quick time.

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Political messenger	_ _ _ V _ _ _	Take pleasure in	_ _ _ J _ _ _
2. Sun’s reflection	_ _ _ _ R _ _	Open space	_ _ _ _ D _ _
3. Torrential downpour	_ _ _ _ _ G _ _	Hoodwink	_ _ _ _ _ D _ _
4. Runway traveler	_ _ _ D _ _ _	Traveler’s rest stop	_ _ _ T _ _ _
5. Blowtorch worker	_ _ E _ _ _ _	Laura Ingalls or Gene	_ _ I _ _ _ _
6. Handbag	_ _ _ R _ _ _	Heartbeat	_ _ _ L _ _ _
7. Ham’s instrument	_ _ _ D _ _ _	Proportion	_ _ _ T _ _ _
8. Long step	_ _ _ _ _ D _ _	Umpire’s ruling	_ _ _ _ _ K _ _
9. Stopwatch	_ _ _ M _ _ _	Golfer Woods	_ _ _ G _ _ _
10. Big gun	_ _ _ _ N _ _	Grand gorge	_ _ _ _ _ Y _ _ _

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FIVE @ FIFTYFIVE
Five Essential Legal Documents You Need by Age 55

It's easy for families to put off estate planning and asset protection until "tomorrow." If we could predict the future, we would know exactly when incapacity or death would occur and plan for it. Unfortunately, we do not know what the future might hold and thus we must act now, not "tomorrow", to plan for the unexpected and the eventual.

This is why our law firm has joined the National 5@55 Campaign! The campaign seeks to educate the public and help you begin to put your plan in place. Contact The Estate & Elder Law Center at 855-503-5337 for more information on the 5 documents everyone needs!

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Does Medicare Cover Home Health Care?

Dear Savvy Senior,

How does Medicare cover in-home health care? My husband has a chronic health condition that makes it very difficult for him to leave the house, so I'm wondering if he could qualify for Medicare home health care.

Seeking Help

Dear Seeking,

Medicare covers a wide variety of part-time or intermittent in-home health care services to beneficiaries in need, if they meet Medicare's criteria. Here's how it works.

In order for your husband to secure coverage for home health care, Medicare first requires that he be homebound. This means that it must be extremely difficult for him to leave home, and he needs help doing so either from another person or medical device like a cane, wheelchair, walker or crutches.

He will then need to have a face-to-face meeting with his doctor to get a home health certification confirming that he needs skilled-nursing care or skilled-therapy services from a physical or speech therapist on a part-time basis.

His doctor can also request the services of an occupational therapist and a personal care aide to assist with activities of daily living such as bathing, dressing and using the bathroom. His doctor must renew and certify his home health plan every 60 days.

He will also need to use a home health agency that is certified by Medicare.

If he meets all of the requirements, Medicare should pay for his in-home health care.

But be aware that Medicare will not pay for personal care aide services (for bathing, dressing, using the bathroom, etc.) alone if he does not need skilled-nursing or skilled-therapy services too. Homemaker services, such as shopping, meal preparation and cleaning are not covered either.

If your husband has original Medicare, you can locate a Medicare-certified home health agency by calling 800-633-4227 or by visiting Medicare.gov/care-compare. If he has a Medicare Advantage plan, you should contact his plan directly and ask which home health agencies work with the plan and are within the plan's network of providers.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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SENIOR NEWS LINE

by Matilda Charles

More and More Scams Aimed at Seniors

Most scams keep repeating year after year. After all, the scammers are making big money doing those Nigerian grandson/auto-warranty scams, so why would they drop them? However, new ones keep popping up. If you shop online, beware of accidentally typing in the wrong name. Scammers have created websites with actual information from real store websites, but with a slightly different name. If you shop at a fake store and put in your credit card, the scammers will have immediate access to it. If you learned how to do Zoom or other online conferences to talk to your family, beware any emails or messages you get about your Zoom. Scammers have set up thousands of Zoom-related internet links for the sole purpose of getting you to click on one they send you. The instant you do, malware (malicious software) is loaded into your computer. From that point all your personal data is at risk. Ignore those emails or messages. If there's a problem with your Zoom, go straight to the Zoom site and check it from there. In a sign of the times, there are fake COVID contact tracers that ask for personal information and Social Security numbers. Hang up if they call you. A big problem is that often we don't report the scams. We're embarrassed, or we're afraid the scammers will retaliate, or we just don't know where to report it. If nothing else, you can call the police. If the scam happened on the Internet, contact the FBI's Internet Crime Complaint Center (www.ic3.gov). The center has logged over 6 million complaint calls -- a big portion from those over age 60. Scammers are everywhere, and it's up to us to stop them in their tracks by being wary of phone calls, emails and the internet.

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HONEY GARLIC SHRIMP SPAGHETTI



Ingredients

- 2 pounds shrimp, peeled and deveined
- 1 cup diced red bell peppers
- 1 cup honey
- 2 tablespoons Worcestershire Sauce
- 4 teaspoons apple cider vinegar
- 1 tablespoon granulated garlic
- 1 ½ teaspoons kosher salt
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon ground ginger
- ¼ teaspoon ground red pepper
- 1 pound spaghetti, cooked and drained
- 1 tablespoon chopped parsley, optional garnish

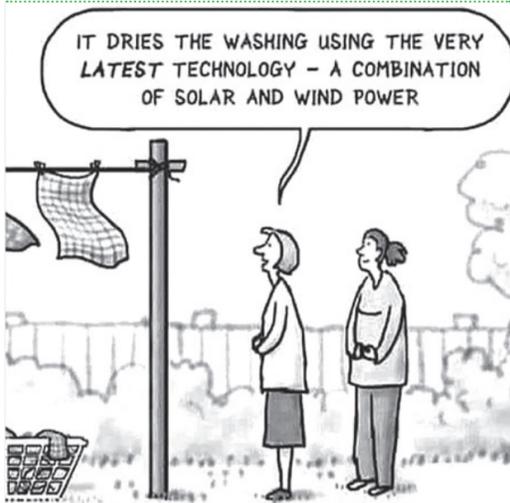
INSTRUCTIONS

Mix honey with Worcestershire sauce, apple cider vinegar, garlic, salt, pepper, onion, ginger and red pepper. Whisk until well combined. Reserve half of the sauce and pour the other half over the shrimp and mix to combine. Cover and refrigerate the shrimp about 20 minutes. Prepare a grill fire with pecan or hickory chunks to about 325°, using a low fire will keep the honey from burning. Place sliced bell peppers onto a grill pan and cook about 5 minutes with the grill closed. Move the peppers to the side and add the shrimp in a single layer. Cook with the grill closed about 5 minutes. Flip the shrimp and continue to cook another 5- 6 minutes until shrimp reaches about 140° with a digital thermometer. Remove shrimp and peppers to a pan. Dice the peppers and set aside. Add reserved sauce to a large skillet and place over medium heat. As the sauce starts to bubble, add the shrimp and diced peppers and stir to coat.

Mix in the cooked and drained spaghetti, tossing until well combined and the spaghetti is coated in the sauce. Garnish with parsley and serve immediately.

STOVE TOP DIRECTIONS:

Cook diced peppers with 1 tablespoon of olive oil in a skillet for about 5 minutes over medium heat. Add the shrimp and cook for 5 minutes, stirring frequently. Stir in the reserved honey garlic sauce and continue to cook until shrimp is pink and curled. Mix in cooked and drained spaghetti, tossing to coat in the sauce.



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183 Talbott Dr, Danville: MEGA FRIENDS AND FAMILY SALE!! Sat 8/7 from 7:00AM-1:00PM. Household Items, Holiday Barbies, Boy's, Men's, Women's and Baby Clothing, Wreaths, Steel Toe Timberland Shoes, Wallets, Pocketbooks, and Much More!!

2 FAMILY YARD GREAT DEALS\$\$\$\$ Sat Jul 31st, 2021 from 07:30 AM - 01:00 PM



1104 South Main St, Danville: NEIGHBORHOOD INDOOR TREASURE SALE!! Thurs 8/5, Fri 8/6 and Sat 8/7 from 9:00AM-12:00PM. Located in the Fellowship Hall of College Park Baptist Church. All Proceeds go to Grove Park Preschool!

1958 South Boston Rd, Danville: HUGE CHURCH YARD SALE!! Sat 8/7 from 6:30AM-1:30PM. Located at The Tabernacle. All Proceeds go to Missions.

1578 Olde Hunting Trail, Danville: Sat 8/7 from 7:00AM-12:00PM. Kid's Clothing, Shoes, Women's Clothing and Much More!!

513 Ricketts St, Danville: 3 FAMILY YARD SALE!! Sat 8/14 from 8:00AM-12:30PM. Harley Parts, Nascar Items, Dishes, Tools, Ladies Clothing (Sizes 2-22), Purses and More!

2011 W. Main St, Danville: MULTI-FAMILY YARD SALE!! Sat 8/7 from 8:00AM-Until. Furniture, Tools, Household Items, Clothing and Much More!

500 Copperhead Rd, Danville: RUMMAGE SALE!! Thurs 8/5, Fri 8/6 and Sat 8/7 from 10:00AM-4:00PM. 5' King Kutter Bush Hog, Asking \$450 OBO; 20 HP Briggs and Stratton Lawn Mower Motor, Asking \$300 OBO; Beds and Dresser, Make a Reasonable Offer; Irrigation Pump, Asking \$300 OBO; Wood Brick Lined Heater, Asking \$400; 2 Small Wood Heaters; Lots and Lots of Antique Dolls; Set of Tires, Size 31x10.50R15 LT 1090; Old 3 Pt Hitch Side Mower, Asking \$300 OBO, and Much More!! Don't Miss Out!!

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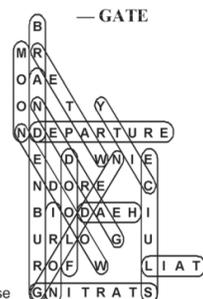
457 Conifer Dr, Danville: 2 FAMILY YARD SALE!! Sat 8/7 from 8:00AM-2:00PM. Books, Clothing, Household Items, and Much More!! All Are Welcome!

219 April Lane, Danville: Sat 8/7 from 7:00AM-12:00PM. Household Items, Car Topper, Floor Mats, Clothing, Baby Items and Much More!!

1272 Orphange Rd, Danville: 3 FAMILY YARD SALE!! Sat 8/7 from 7:30AM-12:30PM. Kid's Clothing, Toys, Household Items, Home Interior Pictures and Much More!!

338 Ferry Rd, Danville: Sat 8/7 from 8:00AM-Until. Antiques, Furniture and Much More! Everything Must Go!

See You Next Week!



Even Exchange answers

1. Envoy, Enjoy
2. Glare, Glade
3. Deluge, Delude
4. Model, Motel
5. Welder, Wilder
6. Purse, Pulse
7. Radio, Ratio
8. Stride, Strike
9. Timer, Tiger
10. Cannon, Canyon

Dear wives, pls hang ur wigs where the kids can't reach... I nearly collapsed last night in my own house.



"Wow! Where did you learn to kiss like that?"
 Me:

