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**ARIES** (March 21 to April 19) You might be hurt by a colleague's harsh criticism. But don't let it shake your confidence in what you're trying to do. A more positive aspect starts to appear by week's end.

**TAURUS** (April 20 to May 20) You're torn between your sensible self and the part of you that enjoys acquiring lovely things. Best advice: Wait for a sale, and then buy yourself something wonderful.

**GEMINI** (May 21 to June 20) Your artistic side has practical applications this week, such as redecorating your home or redesigning your personal stationery. Whatever you do, someone special will like it.

**CANCER** (June 21 to July 22) You could be drawn into a problem between friends or family members. Best bet: Ask the questions that go to the heart of the matter, and then get them all together for a group hug.

**LEO** (July 23 to August 22) As much as you love being the center of attention, your big Lion's heart impels you to share the spotlight with a colleague who helped you with that well-praised project.

**VIRGO** (August 23 to September 22) Your eagerness to act on a challenge is wisely tempered early in the week by a lack of necessary information. Things begin to clear up during the weekend.

**LIBRA** (September 23 to October 22) A relationship you'd hoped would keep going seems to be going nowhere. Close it out and move on to a brighter romantic aspect just beginning to manifest itself.

**SCORPIO** (October 23 to November 21) Things don't go completely as planned this week. But enjoy the surprises, even if you have to adjust your schedule. Some of them could be quite delightful.

**SAGITTARIUS** (November 22 to December 21) Making choices is usually easy for you straight-shooting Archers. But a new development could deflect your aim. Try to put off decisions until you know more.

**CAPRICORN** (December 22 to January 19) While part of you might prefer taking a more familiar path, let your more daring and -- admit it -- super-curious self see what the unexplored has to offer.

**AQUARIUS** (January 20 to February 18) Those nasty types have slithered back under the rocks and present no more problems. Now's the time to move ahead on that promising new relationship.

**PISCES** (February 19 to March 20) A new offer could clear up that lingering money problem. Also, a more confident attitude on your part might help you get that personal situation back on track.

**BORN THIS WEEK:** You have a way of turning chaos into order. You're also generous with your help for those who seek it.

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## BIBLE TRIVIA

by Wilson Casey

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

2. From Leviticus 19:25, the fruit of a newly planted tree must not be eaten until which year? 2nd, 3rd, 4th, 5th

3. What was Bathsheba doing on the roof when David first saw her? Bathing, Praying, Singing, Hiding

4. Samson's strength was correlated with what part of his body? Heart, Chest, Hair, Legs

5. Job suffered from what physical affliction? Deafness, Boils, Blindness, Coughs

6. Who was the mate of Esther? Jehu, Darius, Xerxes, Abner

ANSWERS: 1) Old, 2) 5th, 3) Bathing, 4) Hair, 5) Boils, 6) Xerxes

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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## Community Calendar JANUARY

| SUNDAY   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|----------|
| 1<br><small>New Year's Day</small>               | 2      | 3       | 4         | 5        | 6      | 7        |
| 8  | 9      | 10      | 11        | 12       | 13     | 14       |
| 15<br><small>Martin Luther King, Jr. Day</small> | 16     | 17      | 18        | 19       | 20     | 21       |
| 22   | 23     | 24      | 25        | 26       | 27     | 28       |
| 29   | 30     | 31      |           |          |        |          |

### Community Events

**Community Breakfast.** Come Join Us at Calvary Baptist Church Saturday January 28 for Devotion and Breakfast! Devotion Starts at 8:40 and Breakfast from 9-10. All are Welcome! 416 Edgewood Drive, Danville.

**Free Community Hot Dog Lunch!!** Saturday Jan. 28, 2023. Trinity United Methodist Church, 409 Arnett Blvd. Danville, Va. Eat Inside 11:30 - 1:00pm. All Welcome!!

**Curtis Hylar & Jubilation Concert** February 4th at 7pm. Doors Open at 6pm. Love-Offering Will be Taken. Woodlawn Baptist Church, 2500 Westover Drive, Danville. www.woodlawnbaptistchurch.net

**The Pelham Fire Department** Will Have their Last Stew until October on Saturday Feb 4. Stew Will be Ready from 9 til 1200 and Will be \$8.00 a Qt. To Preorder Call 434-709-7568, 434-250-3734 or 336-388-2080 and Leave a Message. Your Support is Deeply Appreciated!

**Northern Pitt. County Food Center.** Please Return All Boxes at Our Next Food Giveaway for Registered Families Friday, January 27th (8:30-10:30). 402 Chaney, Gretna. grant-hearn276@comcast.net

### top ten

**Most-Searches People in the World: 2022**

1. Johnny Depp
2. Will Smith
3. Amber Heard
4. Vladimir Putin
5. Chris Rock
6. Novak Djokovic
7. Anna Sorokin (Delvey)
8. Andrew Tate
9. Rishi Sunak
10. Simon Leviev

Source: Google

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# Did You Know???

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**Missing Cat Ringgold Area.** This is Muffy and my Brother, Blueeyes has been Missing since December 17th. He is Gray and Fluffy. He is Missed. If Found/Seen Call 434-822-5279.

**Yorkiepool/Maltipoo Puppies:** New Litter! Adorable, Non Shedding. Great Lap Companions. Small, 4-7 LBS. 1st Shots, Wormed. \$700 Males, \$800 Females. Call or Text 434-579-1120.

### Announcements

**Local Church in Need of Handbooks.** Call 434-688-8783.

**Dan River Bluegrass Association.** Jus 'Cauz Bluegrass: Friday January 27, 7pm to 9pm, DCC Temple Bldg. Admission \$5, Bring Cans for God's Storehouse. (434) 724-4089

**SAVE MONEY ON EVERYTHING!! Gas, Groceries, Shopping, Dining Out...and MORE! YES - People are Saving up to \$400 a Month! Sign Up at: www.babo1.com/qp38 cillacal4952@gmail.com**

**Vintage Motorcycles Wanted.** Have an Old Bike Collecting Dust in the Garage, Basement, or Barn? I'm Looking for Old Bikes or Parts. Call (434) 421-0012. (434) 421-0012

**The Cherrystone Youth Department** will have a Sweetheart Reception at the Cherrystone Missionary Baptist Association Center on Feb. 4th, 2023 at 4:00 pm. The speaker is Minister Robin Owens; Associate Minister of Christian Life Church Danville, Va. Donations are \$10.00. All donations are due by Friday, January 27, 2023. For more information contact: Nicole Toomer - 434-251-0608

**CNA PRN Required.** Need Care for an Elderly Blonde Mother in a Private Room at a Small Facility. Hours Available: 8AM-1PM, 11PM-3AM. Call (434) 826-1459 11AM to 3PM Only.

**Little Man Repair And Remodeling.** THE LITTLE MAN REPAIR AND REMODELING; Carpeting, Roofing, Plumbing, Painting, Etc: ANY REPAIRS!! (434) 429-4018 cierraeps3@icloud.com

**Northern Pitt. County Food Center.** Next Food Giveaway Date: Friday January 27th (8:30-10:30AM) for Registered Families. 402 Chaney Lane, Gretna. Please Return All Boxes. granthearn276@comcast.net

**Looking for FREE Gravel** for a Senior Citizens Driveway. If You Can Help Please Call 434-548-7408.

**Danville Museum 2021-2022 Attic Sale** Donation Drop Off of Items and Furniture (No Electronics or Clothes), at the Danville Museum of Fine Arts and History. <http://www.danvillemuseum.org>. Call 434-793-5644. Furniture Donations by Appointment.

**DOMESTIC VIOLENCE SUPPORT GROUP FOR WOMEN** who are currently in an abusive relationship or if you need help in moving on. "Hope in Healing Support Group" Meets 2nd Wednesday of Every Month. For More Information Call: Lori: 434-251-1606 or Brenda: (434) 203-9106

**Garrett Campbell of Keeling, VA** has been named to the Dean's List at James Madison University for the Fall 2022 Semester. Students who earn Dean's List Honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899. Campbell is majoring in Health Science - BS. Garrett Campbell is the son of Gary and Sharon Campbell, previously of Ringgold, VA.

**Pomeranian Puppy Wanted.** Looking for Female Pomeranian Puppy. Preferably Black or Black and White or Even White. Call 434-338-7746. (434) 338-7746 daleherndon@daleherndon.com

**The Gospel Worship Center** is Looking to Put Together a Praise Team. Need Part-Time Music Minister. Singers Needed Also. Please Call (434) 791-7030.

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# Piedmont Pets

January 26, 2023



When I read a negative post on social media about a veterinarian or a veterinary clinic, I always know there must be more to the story because I think we are so blessed in this area to have wonderful clinics and professionals who provide good service to our animals. We caution the shelter staff to not endorse one clinic over another one because we trust them all!

One of the best things that a pet owner or guardian can do for their animal friend is to form a positive relationship with a veterinarian. Whether people adopt, buy, or are given a pet, the safest action is always to take that animal to a clinic for an examination, updated vaccinations (if needed) and any preventive care that will help that animal lead a long, happy life.

The first step in choosing a veterinary clinic is to take with friends and family members. You will probably get a wide variety of opinions.

An on-site visit would be the next step. Ask questions about hours, how they handle after-hours care, fee schedules, etc. Find out if you will be able to see the same veterinarian for each visit, if that is important to you. Does the clinic have friendly and capable support staff? Do they seem to value your pet? Is the facility clean and odor-free? Is the clinic in a good location for you?

In the end, your comfort level is a good indication about what clinic would be good for you and your pet.



**996 South Boston Rd., Danville, VA 24540**  
Phone: (434) 799-0843

After you have chosen a veterinary clinic, regular visits will help cement the relationship. Normally, annual check-ups are suggested for animals until they become senior citizens. Dogs and cats that are seven years old generally should have check-ups twice a year.

Sometimes, disagreements sadly happen and the decision is made to change clinics. In those cases, make sure that your former veterinarian sends the records to the new veterinarian. It is always better for your trusted veterinarian to have a complete picture of your animals' health.

We are grateful that we have such outstanding veterinarians in this area; they all participate in our adoption program.

### Antiques

**Antique Bow Saw.** Asking \$40. Call 434-792-6462.

**Solid Walnut Dining Kitchen Table.** Round 48 inch Diameter Solid Walnut Dining/Kitchen Table. Asking \$175. (434) 203-0819 vincewd85@gmail.com

**2 Cedar Chests.** Call for Price (276) 229-1080.

**Old Antique Desk** With Seven Drawers and Christmas Wreaths. Call (434) 822-0884 After 5 PM.

**Looking for Old Motorcycle.** Have an Old Bike Collecting Dust? I'm Looking for Bikes and Parts. Call (434) 421-0012. (434) 421-0012

**Antique Couch.** Light Blue. Tiger Claw Ball Foot. Asking \$300. Call 434-770-9183.

**Solid Walnut Dining Room Table** Solid Walnut Dining Room Table. Refinished. One Leaf. Call (434) 203-0819 (434) 203-0819 vincewd85@gmail.com

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**Atwater Kent Radio.** Model 337. Cabinet Has Been Restored, but Shows Wear. Needs to Be Restored Electrically. The Tuner Shaft has Been Cut, so that Will Need to be Fixed. Asking \$225. Call (434) 250-8328. (434) 250-8328

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### Apparel, Jewelry, Clothes

**3 Pair Ladies Skinny Jeans.** 2 Blue, 1 Black. Excellent Condition. Asking \$5 Each. Call 434-797-9307.

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**Mens Clothes, Wide Variety.** Boots, Coats, and More. Call (434) 203-9773.

**Wig with Loose Curls.** New. Asking \$10. Call 434-793-5669.

**Alterations:** Starting at \$3 and Up. Hemming of Pants, Skirts, Shirts. General Mending and Repairs. No Zippers/No Formal Wear. Call Barbara at (434) 799-2594. (434) 799-2594

**Mens Clothes.** Mens Clothes \$5 a Piece Large & XL. Carhart, Wrangler & Northface. \$10-\$20. (434) 710-9308

**Women's Clothes.** Women's Clothes Size Small-Large. \$5 a Piece & Dresses \$15. Call 710-9308 to Look also have Vera Bradley Purses \$15 a pc. (434) 710-9308

**Selling Crocheted Baby Outfits:** New Assorted. Starting at \$40. For More Information Call 267-304-6062. (267) 304-6062 jamesbholland@centurylink.net

### Appliances

**Pioneer Woman Appliances:** Large Electric Skillet, Brand New \$20. Crockpot \$10. Call 434-688-8783.

**Large Black Refrigerator.** Asking \$100. Call 276-806-1812.

**Used Side-by-Side Kenmore Black Refrigerator/Freezer.** Used Side-by-Side Black Kenmore Refrigerator Freezer. (Water line needs repair) Works Good. (434) 441-3090 di33sel@yahoo.com

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**LG Washer Dryer Set** \$450 LG-Stackable Washer and Gas Dryer. Local Delivery Possible, Cash Only! Call or Text to view in Danville, VA 434-713-0728 (434) 713-0728

**Vacuum.** Asking \$30. Call for Info 336-601-5407.

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**2-Gas Water Heaters.** Rheem. Asking \$250 Each. Had to Switch to Electric. Call 434-770-8145.





# What's Going on in Shopperland



Shopperland is Danville, Pittsylvania County, & Caswell County

Please email community news to: [info@piedmontshopper.com](mailto:info@piedmontshopper.com)

## Danville Kiwanis Club

During 2022, the following organizations and their spokesperson were awarded grants from the Danville Kiwanis Foundation. Pictured in the front row (L-R) are: Terri and Randy Johnson, God's Pit Crew; Katy Jones, Gabriella Garden Club; Desiree Shaffer, Danville Symphony



Orchestra; Mary Alice Buck-Hayes, Danville Science Center; Carolyn Smith, Danville Area Choral Arts Society; John Wales, President, Danville Kiwanis Foundation. Pictured in the back row (L-R) are: Robbie Woodall, Danville Lifesaving Crew; Josh Lucia, Smokestack Theatre Company; Jim Martin, Danville Symphony Orchestra; Janet Laughlin, Danville Concert Association; Vanessa Scarce, Boys & Girls Club; Gary Terry, Boys & Girls Club. Not pictured is Buddy Curry, Kids & Pro.

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## DPS ANNOUNCES 2023 TEACHERS OF THE YEAR

Each year, Danville Public Schools (DPS) allows teachers at every building to vote and recognize their peers for outstanding work in the classroom and in the school community. The 2023 Teachers of the Year have been selected and will be honored at a ceremony in April.

The division's Teachers of the Year for 2023 are as follows:

- Lisa Charmello, Grove Park Preschool
- Tiffany Lancaster, Northside Preschool
- Sheryll Jeffries, E.A. Gibson Elementary
- Jasmine Holdness, Forest Hills Elementary
- Marianne Oakes, G.L.H. Johnson Elementary
- Brittany Custer, Park Avenue Elementary
- Ruth Brown, Schoolfield Elementary
- Judy Brown, Woodberry Hills Elementary
- Tonya Snyder, O.T. Bonner Middle
- LaKisha Brandon, Westwood Middle
- Jared Smith, Galileo Magnet High
- Frenita Griffin, George Washington High
- Christie Yesalavich, I.W. Taylor Virtual Academy
- Taffene DeShazor, R.I.S.E. Academy
- Lucas Tressler, W.W. Moore Education Program

From the 2023 Teachers of the Year, the DPS nomination for the Virginia Department of Education - Mary V. Bicouvaris Virginia Teacher of the Year will be made and submitted. A teacher will also be selected to represent DPS and be considered for the Region 6 Teacher of the Year award.

Each day, our teachers work to shape the city's youth academically, socially, and emotionally. DPS acknowledges and appreciates our teachers in their dedication to their profession and our students as we continue to invest in their bright futures.

## 19 Hitachi Energy Employees Recognized at Training Completion Ceremony



DANVILLE, VA- Hitachi Energy, in partnership with Danville Community College (DCC) and the Southern Virginia Higher Education Center (SVHEC), held a completion ceremony on January 23 for 19 employees who participated in Industrial Maintenance Mechanic Training as part of their on-going professional development.

"Hitachi Energy is committed to the personal and professional development of all employees," said Ryland Clark, Community Relations Manager, Hitachi Energy. "Having strong partnerships in the Southern Virginia region is vital for the continued growth and development of our workforce. We will continue to strengthen our partnerships and expand program offerings for our employees as part of our long-term commitment to job creation and workforce development in the county and the region."

In summer 2021, DCC partnered with Hitachi Energy and the SVHEC in South Boston to create a customized training pilot program that allowed the manufacturer to begin upskilling their workforce in the areas of Mechanical Maintenance, Electrical Power & Control, and more. With the successful completion of this pilot in December 2022, the ceremony celebrated the achievements of the 19 participants with their family, friends, and co-workers.

"We're so proud of this first cohort of Hitachi Energy employees," said Dr. Jerry Wallace, president at Danville Community College. "Bringing this kind of customized training to our industry partners is a win for everyone involved and we hope to continue to grow and expand this partnership with Hitachi Energy and the SVHEC as we introduce new cohorts."

The training, provided by DCC and hosted at the SVHEC, covers a variety of safety and health topics, as well as National Center for Construction Education and Research (NCCER) credentials, up to Level 3. Each participant received a certificate of completion that details the training they received.

"The SVHEC is honored to join with Hitachi Energy and DCC in this important workforce development project," said Betty Adams, SVHEC Executive Director. "We salute the Hitachi Energy students for their commitment and achievement and look forward to hosting future cohorts at the SVHEC. We are grateful to DCC for partnering with us on this important workforce training initiative."

For more information about customized training for industry employers, call 434-797-8448.

## City receives award for financial reporting excellence

For the 36th 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, 2021. 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 is a professional association of more than 21,000 government finance professionals in the United States and Canada.







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RFQ No. 2022-08-**

**Open End Project-based Vouchers (PBV)**

|  |  |
|--|--|
| <b>AGENCY CONTACT PERSON</b>   | <b>Caleb Milam, Procurement Administrator<br/>Telephone: (434)792-5544<br/>E-mail: cmilam@drhava.com</b>   |
| <b>HOW TO OBTAIN THE RFQ DOCUMENTS ON THE EPROCUREMENT MARKETPLACE</b> | <ol style="list-style-type: none"> <li>1. Access <a href="http://ha.internationaleprocurement.com">ha.internationaleprocurement.com</a> (no "www").</li> <li>2. Click on the "Login" button in the upper left side.</li> <li>3. Follow the listed directions.</li> <li>4. If you have any problems in accessing or registering on the Marketplace, please call customer support at (866)526-9266.</li> <li>5. Email Caleb Milam directly to obtain instructions on how to register for the Marketplace.</li> </ol> |
| <b>PRE-PROPOSAL CONFERENCE</b>   | <b>NONE SCHEDULED</b>  |
| <b>DEADLINE TO SUBMIT QUESTIONS</b>                                    | <b>NO DEADLINE (THIS RFQ IS OPEN END - AND WILL NOT BE CLOSED UNTIL COMPLETELY FILLED.)</b>  |
| <b>PROPOSAL SUBMITTAL RETURN</b>                                       | <b>Caleb Milam, Procurement Administrator<br/>Administration Office, 135 Jones Crossing,<br/>Danville VA 24541</b>   |
| <b>SUBMITTAL REQUIREMENTS</b>  | <b>One digital copy must be submitted online on the Marketplace, as well as 1 (one) physical copy must be received to the above Administration Office Address.</b>   |
| <b>PROPOSAL SUBMITTAL DEADLINE</b>                                     | <b>October 13<sup>th</sup>, 2023 @5PM EST</b>  |

[Section 3, Minority- and/or women-owned businesses are encouraged to respond]



By Lucie Winborne

\* During World War II, the Lay-Z-Boy company had to stop producing recliners because of the war effort. Instead, they used their production facility to mass produce (we hope much more comfortable) seats for tanks and other military vehicles.

\* Champagne was originally a holy wine.

\* The only people guaranteed to get Super Bowl rings, regardless of a game's outcome, are the referees, though their rings aren't nearly as large or valuable as that of the players.

\* In the 1880s, a railroad signalman named James Edwin Wide taught a South African baboon to perform his job by recognizing the whistles that indicated a train was about to change tracks. Dubbed "Signalman Jack," the animal performed his duties so well that not only was he formally hired at a salary of 20 cents per day and half a bottle of beer per week, he carried on for nine years until his death from tuberculosis in 1890.

\* Trees were not around for 90% of Earth's history.

\* Queen lead singer Freddie Mercury's overbite resulted from four extra teeth in his upper jaw. He refused to have them removed, however, for fear the surgery would affect his voice and vocal range.

\* In the 2015 film "Jurassic World," Chris Pratt's character carries a stainless Marlin 1895 -- the only firearm on Marlin's website that's rated for a T-Rex.

\* Two churches in Vrontados, Greece, have a particularly unconventional way of marking the Easter holiday: They fire rockets at each other! While they used to use cannons, those were outlawed. The tradition has been carried out for at least four centuries.

\*\*\*

Thought for the Day: "The heart of man is very much like the sea, it has its storms, it has its tides and in its depths it has its pearls too." --Vincent Van Gogh

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1. Who sang "Seasons in the Sun" in 1974? Bonus for knowing what the song is about.
2. Name the group that recorded "The Love You Save."
3. Who released the popular version of "Wild Thing"?
4. Which Kool & the Gang song was selected for inclusion in the National Recording Registry?
5. Name the song that contains these lyrics: "It's hard for a back street affair to be easy, For each hour of happiness there's two hours of pain."

Answers

1. Terry Jacks. The singer is dying and is saying goodbye to family and friends.
2. The Jackson 5, in 1970. It stayed at the top of the soul charts for six weeks. Michael Jackson was 12 years old at the time.
3. The Troggs, in 1966. Their name came from Troglodytes, who were cave dwellers. The Wild Ones version of the song in 1965 didn't chart.
4. "Celebration," in 1980. It was their only song to top the Billboard Hot 100 chart.
5. "Any Which Way You Can," by Glen Campbell, in 1980. The song was the title track in the film by the same name, a sequel to the 1978 film "Every Which Way But Loose." The films starred Clint Eastwood and an orangutan named Clyde.

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The Danville Redevelopment and Housing Authority's Housing Choice Voucher program in Danville, Virginia will open a waiting list for Project based vouchers for the Danville City area on Wednesday, February 1, 2023. These vouchers stay with a specific home and cannot be used at any location. The waiting list will close once it has reached 20 applicants.

Applications must be submitted at **Danville.housingmanager.com.**

For more information, please call the DRHA at (434) 792-5544 between the hours of 8 a.m. to 4:30 p.m., Monday through Friday.

EQUAL HOUSING OPPORTUNITY



The Danville Redevelopment and Housing Authority's Housing Choice Voucher program in Danville, Virginia will reopen its waiting list for regular vouchers on February 1, 2023. Anyone that applies must reside in Danville/Pittsylvania County or Martinsville/ Henry County for one year after receiving their voucher. The waiting list will remain open until February 17, 2023.

Applications must be submitted at **Danville.housingmanager.com.** For more information, please call the DRHA at (434) 792-5544 between the hours of 8 a.m. to 4:30 p.m., Monday through Friday.

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: ADDING — TO INJURY

|            |        |          |              |
|------------|--------|----------|--------------|
| Accidental | Combat | Personal | Traumatic    |
| ACL        | Eye    | Serious  | Whiplash     |
| Ankle      | Fatal  | Slight   | Work related |
| Back       | Head   | Stress   |              |

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**Sock it to me Cake**  
 (1 Box Duncan Hines Recipe Yellow Cake Mix)  
 3/4 C. Butter  
 1/2 C. Sugar  
 4 Eggs - Break one at a time & cream  
 with above ingredients  
 Add CAKE mix  
 Fold in 1 Cup Chopped Pecans  
 8oz Ctn Sour Cream  
 Mix: 2 tsp Cinnamon  
 2 Tbsp. brown sugar

Put 1/2 batter in bundt pan (or tube) sprinkle the cinnamon-sugar mixture around and about, then the rest of the batter.  
 Bake at 375° 40 minutes or longer. If coat begins to leave the side of the pan when done (she say)  
 Serve as is - or make a powdered sugar & milk glaze & drizzle over the cake while warm.

**SALES This Week!**

**Yard Sales**

**YARD SALE! Cheap Kids Clothes, Toys.** Sat Jan 21st, 2023 from 09:00 AM - 01:00 PM Sat Jan 28th, 2023 from 09:00 AM - 01:00 PM 246 Locust Lane.

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**Estate Sale.** 189 Searcy Street, Pots, Lamps, Christmas Decorations, Cookbooks, Gaither VHS Videos, Vinyl Records, Bible Study Books, some Corning and Pyrex left, Flowers, Fireplace(-for looks), and Etc. Everything Must Go! Call for an Appt. Can be for any day. (434) 299-2014

**Yard Sale.** Jan. 27-28. 10am-3pm. 431 Wheatley Road. Antiques, Furniture, Clothes, Dining Set. ALL MUST GO. Priced Cheap. 434-770-9183.

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— INJURY

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 C B  
 L W  
 C  
 T I T A M U A R T

**Even Exchange answers**

1. Patron, Patrol
2. Aerie, Eerie
3. Brush, Brash
4. Tender, Tinder
5. Cheer, Cheek
6. Expert, Export
7. Doily, Daily
8. Depend, Defend
9. Flute, Fluke
10. Newer, Never

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# 6 Ways to Build Lasting Healthy Habits

**FAMILY FEATURES**

Starting on a path toward healthy habits is often easier than maintaining them long term. This year, you can avoid a major pitfall of healthy resolutions and build healthy habits that stick by working small, positive steps into your daily life.

In fact, healthy habits are the first suggested treatment strategy for people whose blood pressure and cholesterol levels are creeping higher than normal, according to an American Heart Association scientific statement.

“The current guidelines for managing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks, and increasing physical activity is a great place to start,” said Bethany Barone Gibbs, Ph.D., chair of the statement writing group and chair of the department of epidemiology and biostatistics at West Virginia University School of Public Health.

These six ideas from the American Heart Association’s Healthy for Good Habit Coach can help.

**Bust Common Habit-Building Myths**

You may be surprised to learn the truth about creating and sticking to healthy habits. One myth is getting healthy means doing things you don’t like. Research shows positive emotions make habits stick, so set your intentions on something you enjoy. Another misconception is big results require big changes, which may lead to overly ambitious habits. However, the simpler the routine is, the more likely it is to become habit.

**Work with Your “Brain Loops”**

Your brain creates “loops” for habits made up of three things: a cue, a routine and a reward. Each time the loop is repeated, it becomes more routine and may become automatic. Knowing this, you can design cues for developing new, healthy habits, such as setting walking shoes by the bed to start a walking habit. The routine is putting on the shoes and walking around the block, and the reward is the pleasant sensations and brighter mood from a morning stroll.



Photos courtesy of Getty Images



**Create Cues That Work for You**

Most successful health habits begin with a cue. The cue can be external in your environment or internal in terms of your mindset. The more consistent the cue, the more likely it is to trigger the habit. Hacking your brain’s reminder system can help you remember your cue. Some examples of visual cues are placing a sticky note where you’ll see it often, keeping a water bottle on your desk or refrigerating fresh veggies at eye level.

**Build a Routine That Supports Your Goals**

Positive and consistent habits are important to achieve your personal goals. Small habits done consistently can add up to big results. To create a new healthy habit, think through the steps that could lead to your desired outcome. Ask yourself whether you want to do it, if it’s easy and if it’s high impact. It’s important to choose habits that make a difference and move you closer to your goals.

For example, if one of your goals is improving your heart health, a meaningful habit might be to move more. Increasing physical activity can help lower blood pressure and cholesterol along with many other health benefits, Gibbs said.

“Every little bit of activity is better than none,” she said. “Even small initial increases of 5-10 minutes a day can yield health benefits.”

**Use Rewards to Make Habits Stick**

Start by choosing a habit you enjoy that’s rewarding by itself. If you’re more of a dancer than runner, increase your physical activity with an upbeat dance class. You might also look for a more enjoyable version of a new habit, such as getting more fruits and veggies by sipping on a delicious smoothie.

**Understand Resets are Part of the Process**

New habits are experiments. If they don’t stick, you haven’t failed. Instead, you’ve learned what doesn’t work, which is useful. Get curious and ask yourself which part of the habit didn’t work for you. Maybe the cue was ineffective. Maybe the steps of the routine were too ambitious and you need to split them into smaller, easier steps. If you realize you don’t enjoy the habit, stop doing it and try something else.

Find more inspiration and ideas to jumpstart healthy habits this year at [heart.org/habits](http://heart.org/habits).