HENRY COUNTY ENTERPRISE

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Supervisors fund demolition of unsafe homes across county



The house located at 307 Greyson Street in the Collinsville District is scheduled to be demolished as part of a county-wide project to address dilapidated and unsafe structures. The county will use \$390,000 from its general fund balance to demolish and/or remediate

The Henry County Board of Supervisors appropriated \$390,000 from its general fund balance to demolish 39 unsafe structures throughout the county during its meeting Tuesday, July 24.

Enforcement actions will also be taken on other properties in need of remediation.

Chairman Jim Adams, of the Blackberry District, said the board has heard loud and clear from residents that blighted and unkempt properties are a concern, and were highlighted in the results of a recent survey.

The action taken Tuesday "shows that we're not just listening, but we're doing the legwork to respond. While the board has long recognized these issues, the feedback we received through the comprehensive planning process helped

reinforce the need to prioritize this effort and commit the necessary resources. We approached this carefully, following the proper process and respecting property rights, to ensure we're making a decision that benefits the entire community," Adams said.

Of the 39 properties to be demol-

ished, 17 are in Vice Chairman Joe Bryant's Collinsville District, with one structure scheduled to be remediated. The estimated total cost in that district is \$119,000. Bryant said getting to this point

has been years in the making. Before this effort, only about three blighted houses in his district had been addressed — all in the Villa Heights area.

"It was a big endeavor to get that done. It was so hard to get it done" due to requirements mandating as-

(See Supervisors p. 5)

Bassett Furniture pays homage to the past with WWII truck



Andrew Doss at the wheel of the GMC CCKW 353.

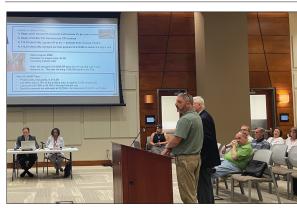


By: Jessica Dillon

Bassett Furniture unveiled a piece of history to their employees on May 15, the GMC CCKW 353 cargo truck. This truck was manufactured in the 1940s and used in World War II. Bassett Furniture made beds for the truck after securing a contract in Detroit and began to produce wooden beds that fit in the back of the trucks.

"We dedicated Bassett Furniture company across the street from our main office as a dedicated facility to manufacture the truck beds," said Senior Vice President and Chief Operating Officer Jeb Bassett. "We also made training rifles, no action to them, just something for the troops to carry as they were train-

(See Bassett p. 3)



The city discusses leasing options for the former BB&T building. Martinsville Police Chief Robert Fincher (seated. second from left) substituted as the primary contact in City Manager Aretha Ferrell Benavides' absence. The circumstances surrounding her absence were not made

Council approves lease, hears report on aging water infrastructure

By Jessica Dillon

Martinsville City Council met June 24 in the lecture hall at the New College Institute to discuss aging water infrastructure and finalize financing options for leasing the former BB&T building at 1 Ellsworth St.

Council selected from four options and ultimately approved a lease at \$12 per square foot, increasing the city's loan payment to \$10,800.

The council also heard a presentation from Drew Arnold, project engineer with Dewberry; other company officials; and Mandy Muse, the city's director of water resources. The group presented findings from Dewberry's Asset Management Plan for Martinsville's water and sewer systems.

The city's infrastructure, valued at more than \$600 million, includes components as (See Council p. 9)

Civic spirit and student talent recognized at annual Hooker Awards



Marty Gardner earns the Clyde Hooker Award.

By Jessica Dillon

23rd annual Clyde Hooker Awards presented to were VisitMartinsville and longtime Piedmont Arts supporter Marty Gardner. The awards included five scholarships awarded to seniors to help further their education in the arts.

The individual recipient of the Clyde Hooker Award was Marty Gardner, who has more than six decades of acting and support for Piedmont Arts. Gardner has participated in major capital campaigns, served on numerous committees, managed exhibitions, and con-

tinues to advocate for the museum through-

out the community. Executive Director Heidi Pinkston said the award was "long overdue" and praised Gardner's vision. "No one is more deserving. Marty, your vision, tenacity, and unwavering commitment have helped Piedmont Arts flourish into the community jewel it is to-

day." VisitMartinsville, the official tourism bureau for Martinsville-Henry County, was recognized for its role in promoting local culture and creativity. In 2023, the region saw \$72.8 million in visitor spending, sup-

(See Civic p. 2)



Abigail Spanberger visited Martinsville as part of her 'Span

Spanberger tours Southern Virginia, talks local concerns in Martinsville

By Jessica Dillon

Democratic gubernatorial nominee Abigail Spanberger made a campaign stop at Be Wiched Diner in Martinsville on June 23 during her 'Span Virginia Bus Tour.'

During the visit, Spanberger participated in a brief Q&A session with members of the media, spoke with the diner's owner and staff, and met patrons before continuing on to scheduled stops in Wytheville, Blacksburg and Roa-(See Spanberger p. 2)



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Spanberger

(cont. from page 1)

noke. She is traveling with her Democratic ticket mates, state Sen. Ghazala Hashmi, the nominee for lieutenant governor, and former Del. Jay Jones, the nominee for attorney general.

Spanberger told local press she wants voters to know, "that I am focused on issues that I so frequently hear about issues of affordability in housing and healthcare and energy bills."

Spanberger, a former CIA intelligence officer and member of Congress, also offered her perspective on the recent U.S. conflict with

"There's a lot more that needs to be known about the full scope and size of this strike," she said. Spanberger added that she has "concerns" about President Donald Trump authorizing the strike before consulting Congress.

"When we are looking at the potential for continued hostilities and potentially U.S. engagement, U.S. soldiers engaged in war, that is where Congress has the responsibility to involve us in those discussions," she said.

Spanberger emphasized that any decision involving military action



Melody Cartwright, a Democrat challenging incumbent Del. Eric Phillips, a Republican, in the November election, was among those who attended Spanberger's event.

should be considered carefully. "War should be looked into with great thoughtfulness," said, adding that "it is constitutionally the responsibility of others to declare a war." On the topic of trans-

athletes in gender schools, Spanberger said, "I think it's a complicated issue. I think Virginia, frankly, had the right path where we had the Virginia High School League making case-by-case decisions." She noted that this process had been in place for a decade and involved "parents, coaches, and the school to make a final decision on

the individual athlete's placement on the team."

"I think it depends on the sport, depends on the kids," she said.

Spanberger also stated her belief that politicians should not be directing decisions in individual athletic cases. "I don't think that it's

something that certainly politicians in Washington, where so much of the debate continues to be, or even in Richmond, should be dictating across the board what happens in every individual situation," she said.

She urged empathy and consideration for the students involved.



Touring Be Wiched Diner, Abigail Spanberger spoke with community members.

"I think that the adults involved should really show a bit more grace about the kids who are impacted. Because at the end of the day, we're talking about K through 12 kids who didn't ask to be part of a political debate," she said.

Spanberger also spoke about shared challenges in different parts of the state.

"So.

we're talking

about infrastructure issues. It's different in Southwest Virginia than it is in Hampton Roads or it is in Northern Virginia," she said.

Education, she said, is another area where priorities align, though implementation can differ.

"Education — sometimes the same, right? The priorities are similar in that we want wellfunded schools and our kids to be successful, but depending upon the size of the school or the school district, sometimes that looks like something different," she said.

Her plan for southern Virginia, Spanberger said, is to keep visiting the region and listening to the people.

"Ensuring that I'm showing up, ensuring that I am answering questions, but more importantly, just making sure that I know the issues. Because there are some regional issues, particularly as it relates to economic development," she said. "Southern Virginia is growing economically, and people still want to move here."

Civic

(cont. from page 1)



VisitMartinsville receives the Clyde Hooker Award.



and Nathan Hopkins. porting more than 800 jobs and genthe arts. Breanna Boyd, a graduate

erating \$3 million in tourism-related tax revenue. Sarah Hodges, director of tourism and talent development, accepted the award on behalf of the organization.

"VisitMartinsville's mission perfectly aligns with Piedmont Arts' vision of connecting our community through the arts. Their commitment to storytelling, placemaking, and local pride helps cultivate a strong sense of identity for Martinsville-Henry County and reinforces the essential role that the arts play in our economy and daily lives," said Piedmont Arts board president-elect Ol-

The Arts in Education Award was presented to the Charity League of Martinsville and Henry County, which has supported youth arts programming in the region for decades. The League has partnered with the Missoula Children's Theatre, funded local theater camps and productions, and provided \$1,000 grants to each area high school theater department this past year.

"Over the years, Charity League members have sought to address the evolving needs of our community with special programming and generous donations," said Piedmont

Arts program coordinator Jennifer Gravely. Several students received scholof Bassett High School, received the Nicodemus D. Hufford Memorial Scholarship. Boyd will attend James Madison University's School of Music. At Bassett, she was first-chair clarinet, drum major, section leader, a two-time All-State Band member, an All-American Band finalist, and was selected by her peers for the Best of Bassett Award. Scarlett Norman, a graduate of

Carlisle School, also received the Hufford Scholarship. She will attend High Point University this fall to pursue a double major in musical theatre and marketing. Norman has been active in the arts from a young age, participating in countless productions locally and regionally. She was cast as Dorothy in The Wizard of Oz with the Children's Theatre of Greensboro and was scouted by the Disney College Program. The Harold Knowlton Work Me-

morial Scholarship was awarded to three college students continuing their arts education. Nathan Hopkins, a rising junior at Longwood University, is pursuing a degree in music education. He participates in Wind Symphony, Jazz Band, University Band, and Camerata Singers, and is active in organizations such as the National Association for Music

Educators and the American Choral

Directors Association. arships supporting their pursuit of Ainsley Jones, a rising senior at

Sunnyside's leadership team includes 21 licensed administrators

At Sunnyside Communities, 21 licensed Nursing Home Administrators are quietly changing the story. No plaque hangs on

the wall. No formal announcement echoes through the halls. No ribbon was cut, and no champagne popped. But make no mistake—something rare has happened here. Across the three Life

Plan Communities in Virginia—Sunnyside in Harrisonburg, King's Grant in Martinsville, Summit Square in Waynesboro-21 licensed Nursing Home Administrators (NHAs) now serve in leadership roles. That number carries

weight for those who understand what goes into earning those credentials.

Within many senior living organizations, NHAs remain few in number due to structure or circumstance. The role requires months of focused training, hundreds of hours in administrative practicums, and passage of exams covering everything from regulatory compliance and risk management to the layered ethics of long-term care. This work-overseeing skilled nursing and navigating the intersection of healthcare and human connection-remains complex and often invisible. Most communities operate with one licensed administrator, maybe two if fortune allows. Sunnyside has 21.

"This number reflects more than a headcount," said Matt Dameron, Executive Director of Summit Square. "This reflects culture. People aren't just expected to show up and do a job. They're expected to lead. And more importantlythey're supported when they try." Dameron would know.

Alongside his role leading operations at Summit Square, he serves as preceptor—someone licensed to train the next generation of NHAs. A waiting list often forms for a spot under his guidance. Those who learn from him frequently leadership move into roles of their own, a quiet testament to the mentorship built into the DNA of Sunnyside.

The road to licensure requires more than knowledge. It demands time, resilience, and a willingness to grow into discomfort. For many on this journey, the path feels both personal and shared. Some started as caregivers or nurses; others arrived through hospitality, wellness, or administrative pathways. What unites them is a deep sense of responsibility—for residents, for teams, and for the future of aging services. Barb Frye, Director of

Clinical Integration, recently became the 21st licensed NHA across Sunnyside Communities. Her voice carries quiet pride.

"This process gave me insight into regulations I wouldn't have gained otherwise," Frye said. "I feel valued here. At Sunnyside, you don't need to fit a specific career mold in order to pursue this training. You just need to be someone willing to take on the journey. That says a lot about the culture—support exists from the top down. This is a place where inclusion isn't a buzzword. It's

Her reflection resonates across campuses. communities these, having leaders who speak both languages-the operational and the human—is more than a nice-to-have. That dual fluency builds trust.

lived

Other organizations might settle for easier routes. Fewer training requirements. Less credentialing. More delegation. Sunnyside takes another approach—the long-term investment in people as the starting point.

Josh Lyons, President & CEO, doesn't frame this as strategy. "This is simply who we are," he said. "If we're asking people to care deeply, then our job is to care just as deeply about them."

The real story isn't the number. The real story is the system—a quiet, purposeful structure that helped 21 people say yes to leading with care, intention, and heart. No spotlight needed.

Just the calm confidence of a community committed to excellence, and willing to prove it one license at a time.

Radford University, is majoring in ing senior at Longwood University, dance with a concentration in dance is double majoring in graphic design entrepreneurship. She hopes to perand psychology. She plans to pursue form in the entertainment industry a career in art therapy, inspired by after graduation and eventually reher father's stroke recovery. For her turn to school for a Master of Fine senior thesis project, she created an Arts. Her long-term goal is to become illustrated motion piece exploring a dance professor or open her own African ethnic identities, narrated in her native accent—impressing the scholarship committee with both creativity and technical skill.

studio where she can offer scholarships to students in need. Onyinye Ugbomah-Otunuya, a ris-

See more at www.henrycountyenterprise.com

MMUNITY CALENDAR

(Event information/calendar items must be received by 5 p.m. on Tuesday before the desired publication date. Email to dhall@theenterprise. net.)

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Meetings

Monday, June 30

City School Board Meeting, 6 p.m. in the Community Learning Center of MCPS Central Office, 746 Indian Trail, Martinsville.

Tuesday, July 8

City Council Meeting, 7 p.m., Municipal Building, 55 W. Church St., Martinsville.

Events:

Sunday, June 22- Friday, 27

Vacation Bible School, "Magnified," Fort Trial Baptist Church, 170 Oak Level Road, Stanleytown, 2 to 5 years, 6:15 to 8 p.m.; completed K-12, 6:15-8:30 p.m.; adults, 6:15.

Monday, June 23-Friday, June 27

Magnified Vacation Bible School, 6-8:30 p.m., Blackberry Baptist Church, 3241 Stones Dairy Road, Bassett. Complete K-6th grade.

Thursday, June 26 Chamber of Commerce June Business After

Hours will be held 5:30-7 p.m. at Chatmoss Country Club, 550 Mt Olivet Road, Martinsville.

Friday, June 27

Movie on the Ballfield - with a family friendly movie. Free Admission. Concessions available. Spencer-Penn Center, 475 Spencer Penn Road, Spencer.

Friday, July 4

The Martinsville-Henry County Historical Society will host "Patriots on the Square" to celebrate Independence Day, from 6-9 p.m., with historical reenactments, free music, and concessions, at the MHC Heritage Museum, 1 E. Main St., Martinsville.

Fieldale Parade, 9 a.m. in central Fieldale.

Saturday, July 5

Storytime, 10 a.m. in the Hylton Library. Spencer-Penn Center, 475 Spencer Penn Road, Spencer.

Friday, July 11

Music Night, Ben & Eric Marshall will play in the Alumni Hall. Gate opens at 5 p.m., music begins at 6:30 p.m. Admission is a \$5 cash donation. Concessions will be sold. Spencer-Penn Center, 475 Spencer Penn Road, Spencer.

Saturday, July 12

The 11th Annual Brenda Riggins Memorial Christmas in July Blood Drive with the American Red Cross, 9 a.m. - 2 p.m. at the Stanleytown Elementary School Gymnasium, 74 Edgewood Drive, Stanleytown. Walk-ins are welcome, but appointments have priority. Schedule an appointment by contacting the American Red Cross at 1-800-RED-CROSS (1 800-733-2767) or online at www.redcrossblood. org, Sponsor Code: Brenda, or in the Red Cross Blood Donor App.

Registration for the 2025 Back2School program, 9 a.m. to noon at several locations in Henry County, including The Community Fellowship in Collinsville, Fairway Baptist Church in Bassett, First Baptist Church Ridgeway, Hillcrest Baptist Church in Ridgeway, and Stanleytown Amazing Grace Baptist Church. In Martinsville, registration will be held at the Uptown Ministry Center from noon to 3 p.m. Those who sign up will receive a free new pair of shoes, socks, a backpack, and school supplies on August 2. For more information, contact 276-565-8234, visit www.gob2s.com, or email back-2school@gmail.com.

Tuesday, July 22

Registration for the 2025 Back2School program at all sites listed above, 6-8 p.m. The program is open to all students from Pre-K through 12th grade, and students must be present to register. Those who sign up will receive a free new pair of shoes, socks, a backpack, and school supplies on August 2. For more information, contact 276-565-8234, visit www.gob2s.com, or email back2school@gmail.com.

Saturday, August 2

The Bassett Branch Library Expansion Committee and the Blue Ridge Library Foundation are hosting a BINGO Fundraising Event, to benefit the Bassett Branch Library Expansion Project. Saturday, Aug. 2, 2025 at the Historic J.D. Bassett Event Center, 3289 Riverside Dr. Doors open at 4pm and BINGO starts at 6pm. Packets include 3 games per play; 20 games per packet. First packet \$20 & \$10 for each extra. There will be Prizes per game, Pull Tabs, Door prizes, Raffle, & a 50/50. Cash Only. Concessions will be available for purchase. Check our Facebook page at Bassett Branch Library Expansion Project.

ONGOING

Summer Camps at Spencer-Penn Centre through July 24; morning and afternoon sessions with snacks provided. After camp care available until 6 p.m. at no additional cost. Campers must register in advance. Call or email (276) 957-5757, spencerpenn04@gmail. com for the registration link.

Monday Market at Fairy Stone State Park, Mondays, rain or shine, through Labor Day, 5-7 p.m., at Shelters #3 & #4. Cash only market. Free parking.

BINGO on Mondays, Horsepasture Volunteer Fire Department, 17815 A.L. Philpott Highway, Ridgeway. Doors open at 5 p.m., games start at 7 p.m. Concessions are available.

Uptown Pub Run, Mondays at 6.p.m., meets at The Ground Floor, Martinsville.

The Martinsville-Henry County Lions Club regularly meets on the second and fourth Tuesday of each month at 6:30 p.m. at the Pacific Bay Restaurant, 530 Commonwealth Blvd,

The Bassett Ruritan Club, 277 Philpott Dam Road, Bassett, hosts breakfast on the 2nd Sat-

urday of each month, \$9 for adults, and \$4 for children under 12. All you can eat, sausage, fried bologna, eggs, cooked apples, sausage gravy, biscuits, made-to-order pancakes, coffee, and juice. Dine in or carry out.

AWANA meets at Blackberry Baptist Church on Sundays, from 4-6 p.m.

Book Bingo on the 4th Tuesday of the month at the Martinsville Branch of the Blue Ridge Regional Library, 11 a.m. to noon. Call (276) 403-5430 to register.

Bassett Ruritan Club hosts Rook Music & More on Fridays from 10 a.m. - noon. Play Rook, work puzzles, make a craft and listen to a mixture of bluegrass, country & gospel music by different bands each week. Free to the public, but donations will be used by the club to pay for electricity etc.

The Fontaine Ruritan Club hosts Bingo every Tuesday, 1903 Joseph Martin Highway, Martinsville. Doors open at 5:30 p.m. and games begin at 7. Money from Bingo supports community service awards, scholarships, and other community efforts. Bingocize at Spencer-Penn Centre. Play Bin-

go and prevent falls with simple exercises. This free class is offered Tuesdays at 10 a.m. Chair Aerobics at Spencer Penn Centre, Tues-

days at 9 a.m. with Judi Perrin; \$5 fee, 45 minutes of exercise, strength building and fun. TOPS FIELDALE VA 0626 meets on Tuesdays at 5:30-6:30 p.m. at the Bassett Public

Library, 3969 Fairystone Hwy, Bassett. New

members are welcome. For more information, call Patti Farmer (276) 358-0489. The Henry County Adult Learning Center offers free in-house and online classes to help prepare for college, career, or earn your high school

equivalency or GED. Call (276) 647-9585. The Martinsville-Henry County Democratic Committee meets on the first Thursday of the month at 6:30 p.m. at New College Institute on Fayette Street (park on Moss St.). RSVP at

The Martinsville -Henry County Republican Committee meets on its summer schedule. Watch online at https://www.facebook.com/ groups/2041797322550450.

mhcdcva.org/meeting-rsvp for Zoom link.

Farmers' Market at Spencer Penn Centre, Thursdays 4-6 p.m. under the pavilion.

Chair Aerobics, Tuesdays at 9 a.m. with Judi Perrin. 45 minutes of exercise, strength building, \$5 fee, Spencer Penn Centre.

Bingocize, Tuesdays at 10 a.m., help prevent falls with simple exercises. Free at Spencer

Penn Centre.

Neighbors in the Know. Join staff and volunteers in the Hylton Library at the Spencer Penn Centre for activities and socializing on the third Monday of each month, 10-11 a.m. This free program is perfect for all ages. Registration is not required.

Patrick County man charged in two Martinsville incidents



Alvin Hurley

Martinsville police officers responded to two related armed robberies on June 24, according to a release from authorities.

The first incident occurred at a business in the 600 block of East Church Street at 5:49 p.m. The second took place at a business in the 1100 block of South Memorial Boulevard at 6:06 p.m. In both cases, a white male suspect allegedly entered the business, threatened employees with a weapon, and demanded cash. The suspect then allegedly fled in a red vehicle. Officers used store

surveillance footage and Flock cameras to identify the suspect vehicle. The Patrick County Sheriff's Office located the vehicle at a home on Spring Road in Patrick Springs. Patrick County

deputies took Alvin Hurley, 53, of Patrick Springs, into custody. He is charged with two counts of armed robbery and is being held without bond at the Patrick County Jail.

The incident remains under investigation. Anyone with information is asked to contact Lt. Richard Barrow at 276-403-5458 or Crime Stoppers at 276-63CRIME (276 - 632 - 7463)Crime Stoppers is an anonymous tip line, and callers could receive a reward of up to \$2,500.

Thank You for reading Henry County Enterprise

Bassett

(cont. from page 1)



There was interest in procuring a truck for years,

due to the documentation of the company's involvement with the beds, but an antique truck was hard to come by as many were left overseas after the end of the war. "We even sent a couple of guys to military shows

and they said, you know, you're probably not gonna find one and if you do, it's gonna be in terrible shape." The company got lucky when a text appeared from Basset's brother-in-law showing the truck had been listed on Facebook Marketplace in North Carolina. "We got excited. I'd send it to our CEO that night, said, "We'll wire your money on Monday."

and he said, buy it. So we contacted the seller and At a time of war when factories were not running, well, jobs weren't really available because the government had told them to stop producing so many materials and things only, only necessary items were being made during the war," said Bassett Historian Andrew Doss. "these cargo beds were considered important because they couldn't make metal beds be-

cause you weren't allowed to make stuff out of metal anymore because there was a shortage of it' Bassett had a husband verify the truck, its condi-

tion, and if it could drive before making the purchase

and having the head of engineering, Randy Hatchet

bring the truck home with the help of a tow truck



and sign the official paperwork. Hatchet has now driven the truck himself and said it was similar to driving other big trucks "It's a whole lot of turns to get it to turn in somewhere or straighten it out.

Hatchet also revealed more about the truck's time in the war. "It stayed on government property until 1984 when the government released it from their ownership. And it went through a couple of owners from, from then until, you know, the person we bought it from.But [...1.2s] pretty sure this was part of the Red Ball Express in France, you know as the war went on. And it actually moved up to the Netherlands and stayed there until 1984 when it was released. And then somebody with a good heart brought it back to the US."

The truck has now been shown off during a Cruise-In in Bassett and will spend most of its time near Bassett's corporate headquarters. "It's great that Bassett has been able to get this symbol as a way of, uh, memorializing that part of Bassett's history and the town's history as well," said Doss. The company recently made its first appearance in

the annual Christmas Parade and helped to sponsor Rooster Walk. Bassett said that Bassett Furniture is delighted to keep helping their community, by "This community has helped make us successful over the years. So we want to give back to the local community by sponsoring different events."

June and the Supreme Court

The month of June is always a critical time of year for the U.S. Supreme Court.

The terms of the justices begin on the first Monday of October and last until the summer recess of the following year, which usually starts in late June or early July.

The Court typically hears oral arguments on various cases between October and April. The justices then issue opinions before they depart for summer

Accordingly, the Supreme Court makes headlines with a number of rulings each year in the month of

For example, one ruling recently issued involves a 2023 Tennessee law on "gender affirming" medical Tennessee passed a law that limits the adminis-

tration of puberty blockers and hormone treatments to minors, essentially banning transgender programs for children. In United States v. Skrmetti, the justices upheld

the Tennessee law and said it did not violate the Equal Protection Clause of the Fourteenth Amend-Another recent decision by the Court relates to a

Biden-era EPA rule. The so-called "good neighbor" rule seeks to eliminate the spread of smog-forming emissions across

In an 8-0 decision, the Court ruled that the states' challenges to the misguided EPA rule should be made in their respective regional circuits instead of having to file in the DC circuit.

Delivering the Court's opinion, Justice Clarence Thomas says that "EPA's disapprovals are locally or regionally applicable actions reviewable in a regional Circuit."

We are still waiting on other opinions from the Court.

One major case comes out of Maryland.

The education board of Montgomery County,

Maryland, approved LGBTQ-themed reading materials for students in the County. In these storybooks, it is common to see transgender and queer individu-

A book approved for the pre-k curriculum, called "Pride Puppy!", even depicts drag queens! At the end of the book, the reader is encouraged to identify, among other things, a drag queen!

Regrettably, however, the schools changed a policy, removing the ability of parents to opt their children out of the reading curriculum.

Even if a child's parents object, this means that kids in the school district would be forced to read these materials! As someone who supported the 2023 Parents Bill

of Rights Act and believes that parents logically

must have a say in the education of their kids, I am hopeful the Supreme Court will side with parents. Should the Supreme Court rule that the move to deny parents an opt-out option was unconstitutional,

it would be a huge win for parents' rights in Maryland and across the country. The Supreme Court is expected to weigh in on a separate case related to a Trump Executive Order on

birthright citizenship. Trump signed the Order on Day One of his second term, arguing that the United States does not uni-

versally extend citizenship to everyone born in the

Those who agree with the President's argument cite the Fourteenth Amendment. The Amendment says those "subject to the jurisdiction" of the United States are citizens.

United States.

It does not just say those who are born in the United States are automatically granted U.S. citizenship

Because the parents of illegal aliens are unlawfully present in the United States, the argument goes that they and their children are thus not "subject to the jurisdiction" of the United States, but rather are "subject to the jurisdiction" of their country of origin.



Morgan Griffith

Representative

Complicating matters on birthright citizenship is an 1898 landmark decision.

Wong Kim Ark, the son of Chinese immigrants who had "permanent domicile and residence" in the United States, was born in the United States. Ark then left the country.

Later, officials denied Ark re-entry into the United States under the Chinese Exclusion Act, despite Ark's claim he was a legal U.S. citizen.

The Supreme Court determined that Ark was protected under the Fourteenth Amendment.

I am sure many will note the distinction that Ark's parents, while not citizens, were legally domiciled in the United States, and I would argue therefore "subject to the jurisdiction" of the United States govern-

But the case is interesting, and the Court could go either way.

The Supreme Court's decision on birthright citizenship will affect future illegal immigration, immigrants and the United States government's response to illegal aliens.

The Supreme Court has and always will play an influential role in American policy.

And whether I agree or disagree with their decisions, I will respect the Court's issued opinions.

Call the Abingdon office at (276) 525-1405, Christiansburg office at (540) 381-5671, or via email at www.morgangriffith.house.gov.

Beating the heat, one errand at a time



state lines.

Holly **Kozelsky**

The other lady and I at the car wash were vacuuming our cars as fast as we could. She was dressed for work in hospital scrubs, and I

was halfway dressed for the office. I was grateful to have had the foresight to change out my nice buttonup shirt (which was on a hanger in the car) for a T-shirt for my manual labor, but I hadn't thought about makeup and hair.

It was only 7:45 a.m., and I could feel the makeup sliding off my face in the humidity. I could tell that my hair, which had looked so great at home at 7:15 a.m., was a limp mess. It was only about 80 degrees, but all 80 of them were magnified over the pavement and thrown back at us with a vengeance. "This is the only time we could do this," the other

lady said in the quiet moment both of our vacuums had stopped, before we each put in another three quarters. "You've got that right," I replied.

After the vacuuming was finished, I drove into the

MHC Heritage Museum, where I am the executive director, and started up the stairs for the office. No! I caught myself. I still had to stamp a few enve-

lopes to put in the mail. Even though the work in the

office had a stronger actual deadline, walking that one block to the post office before the heat became suffocating seemed like a more important deadline.

I hustled to get out onto the street with my mail by 9:25 a.m., and I made sure to walk on the shaded side of the street, letting the shadows cast by that orange and white building and Ma's Cakes and the Ground Floor protect me just a little longer from the blazing hot sun. It was already 86 degrees and sticky-humid. It was 95 when I left work for home. I don't even

bother locking my car on such hot days. There's nothing inside it anyone could steal that matters more than keeping windows open to prevent the inside of the car feeling like a hot oven when I get into it. And thus, we planned our days this past week, try-

When it feels like walking into an oven to go from the office to the car or the car to the house, we think of those who work outdoors or, worse, homeless people who live outdoors, and say a little prayer for Dogs and cats who normally would spend the day

outdoors should be inside in these extremes. In fact, that's not just common sense: Protecting

dogs from weather extremes is the law. Virginia Statute 3.2-6500, which has been in effect since 2020, requires giving dogs adequate shelter during extreme weather - when temperatures are 85 degrees and higher as well as 32 degrees and lower. This heat changes schedules and alters plans. Ev-

erything is planned around trying to avoid it, or to minimize its impact. In my 100-year-old farmhouse, there's no relief

at night lately, either. Fortunately, my daughter's

room is directly above the HVAC unit, so the cool air doesn't have to travel far to get to her. Her room is always as cool or as warm as she'd like it to be. The duct to my room, however, travels the longest path in the house, down from the unit, across the house under the floor, and back upstairs.

I stuck it out upstairs Sunday night, when overnight temperatures were in the high 60s. It was OK as long as I didn't exert myself (like that 45 minutes of ironing and hanging up clothes, which made me break a sweat at 9 p.m. Aren't there more fun ways of breaking a sweat in the bedroom?). For the rest of the week, I camped out downstairs, which was significantly cooler, on the sofa.

Yet living in an old farmhouse, one thinks about the people before. I was the one who installed central heat and air. I lived through the extremes of heat and cold that first year I was there with no air conditioning and inept baseboard heaters.

Before those baseboard heaters, which were installed in the 1970s, the people living there heated with a wood-burning stove and fireplaces. Cousins Carl Crenshaw and Tommy Wells, who used to visit their grandparents in that house when they were boys, have talked about how cold it would be upstairs there in winter.

People have been talking about growing up without air conditioning in years past. The bodies adjusted because people were used to it, some say. It never used to be this hot, and what we are suffering is from climate change, others say.

Well, we're past the worse of it – for now. So let's take a moment to appreciate what a month

before we would have complained about - this week's refreshingly cool highs in the 80s.

Your Community, Your Voice $Serving\ Henry\ County, Martinsville, and\ Surrounding\ Are$

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GIVE US YOUR VIEW: The Henry County Enterprise encourages letters

from our readers on topics of general interest to the

community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached to be considered for

publication. All letters will be verified before publication. The Henry County Enterprise reserves the right to deny publication of any letter and edit letters for length, content and style.

If you have news about or an upcoming event for your organization, company or church, email dhall@theenterprise.net and/or call (276) 694-3101

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Community Chronicles By Jarred Marlowe

The Fourth of July

brought more than fireworks to Henry County in 1928. It marked the end of one of the area's most recognizable plantation homes. moss, a fifteen room Hairston family mansion overlooking Leatherwood Creek, burned to the ground that evening with nothing saved from the fire. At first, the blaze was blamed on a lightning

strike, but nearby residents quickly pushed back on that explanation, insisting hadn't been a storm in the area that night. Whatever the true cause, it created a massive scene. Motorists crossing the bridge over Leatherwood Creek saw flames and smoke shooting into the sky as

the house was fully engulfed. The Hairston family

was away on vacation,

and those living on the

property were out cel-

ebrating the Fourth of



Center. Jarred Marlowe retains the original photographic negatives.) July. By the time anyknown throughout the one returned, the home community. It had once

was beyond saving. Estimates for the loss varied. The house itself

was valued at \$25,000, though some suggested that with its antique furniture and irreplace-

able contents, it might have taken as much as \$75,000 to replace. Sadly, it was only insured for \$9,500. Chatmoss may not have been as old as other Hairston proper-

ties like Beaver Creek,

Hordsville, or Marrow-

bone, but it was well

been the home of Major Samuel Hardin Hairston, who died in 1870 when part of the Virginia State Capitol collapsed during debates about bringing Virginia

back into the Union after the Civil War. The home later passed to his son, Samuel Hardin Hairston Jr., and after his death in 1927, was willed to a niece liv-

ing in Danville. It was

particularly known for

its gardens, including

over two miles of Eng-

lish boxwoods that lined the grounds. After the fire, the

family made the decision to sell the property. The land would eventually become the site of the Chatmoss Country Club, erasing the last physical trace of the once grand estate. While the house it-

self is gone, the story of Chatmoss lives on as part of Henry County's rich and complicated history. Its destruction reminds us how quickly even the most impressive homes can disappear, leaving behind only memories and the stories we choose to tell. Jarred Marlowe is a local resident and histo-

rian. He is a member of the Col. George Waller Chapter of the Sons of the American Revolution, the Blue & Gray Education Society, and the committee chair for the Martinsville-Henry County 250 Committee. He may be reached at marloweja15@gmail.

\mathbf{LEGAL}

COUNTY OF HENRY REZONING PUBLIC HEARING NOTICE

Pursuant to Section 15.2-2204 of the Code of Virginia, a public hearing has been scheduled for July 9, 2025 at 6:00 p.m. in the Summerlin Meeting Room of the County Administration Building, Kings Mountain Rd. Collinsville, Virginia. Following this public hearing, the Planning Commission will make a recommendation on the application to the Board of Supervisors.

The Henry County Board of Supervisors will conduct a public hearing on the following application on July 22, 2025 at 6:00 p.m. in the Summerlin Meeting Room of the County Administration Building, Kings Mountain Rd, Collinsville, Virginia.

The purpose of this public hearing is to receive input into the possible rezoning of property. Following are the specifics of the public hearing. Case R-25-10 Mark Brogan; Smith River Rentals, LLC

The property is located at 3775 Fairystone Park Hwy, in the Reed Creek District. The property is shown on Tax Map 15.7/59. The applicant is requesting the rezoning of approximately 0.22-acre from Commercial District B-1 to Neighborhood Commercial District B-2. The upstairs of this building already contains two grandfathered apartments. The applicant wishes to rezone the property, which will enable him to apply for the required Special Use Permit, to allow for the conversion of the downstairs into an AirBNB apartment.

The application for this requests may be viewed in the Department of Planning, Zoning & Inspection between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday. Lee H. Clark, AICP

Director of Planning, Zoning & Inspection

LEGAL

ORDER OF PUBLICATION

Case No. CJ25-16 COMMONWEALTH OF VIRGINIA

VA. CODE §8.01-316

HENRY COUNTY CIRCUIT COURT

3160 Kings Mountain Rd, 3rd Floor, Martinsville, VA 24112 Commonwealth of Virginia, in re MIA MAY BOWDEN ALISHA M. BOWDEN HENRY-MARTINSVILLE v. SOCIAL SERVICES

The object of this suit is to:

TERMINATE THE RESIDUAL PARENTAL RIGHTS OF ALISHA M. BOWDEN TO HER DAUGHTER MIA MAY BOWDEN, BORN FEB. 27, 2024, PURSUANT TO VA CODE SECTION 16-1-283.

IT IS ORDERED that the defendant ALISHA M. BOWDEN appear at the above-named Court and protect her interests on or before In Valley July 24, 2025 at 11 a.m. JUNE 23, 2025

LEGAI

ORDER OF PUBLICATION

Case No. CL25000858-00 COMMONWEALTH OF VIRGINIA

VA. CODE §§ 1-211.1; 8.01-316, -317, 20-104 HENRY CIRCUIT COURT

3160 KINGS MOUNTAIN ROAD, 3RD FL, MARTINSVILLE,

MEREDITH HADEN LOVELL v. TERRY MARSHALL LOVELL 61 STANLEY MAIN ST, STANLEYTOWN, VA 24168

The object of this suit is to: TO OBTAIN A DIVORCE A VINCULO MATRIMONII

It is ORDERED that TERRY MARSHALL LOVELL appear at the above-named court and protect his interests on or before AUGUST 19, 2025

June 20, 2025



LEGAL

Notice of Public Hearing

The City of Martinsville Planning Commission will meet on July 16, 2025, beginning at 4:00 p.m. in Room 208 of the City of Martinsville Municipal Building located at 55 W. Church Street, Martinsville, VA, 24112, for those parties in interest to the following request(s): 1) **REQUEST for REZONE** - Application of The City of Martins-

- ville requesting to rezone several properties located along Commonwealth Blvd. from ED-G, Economic Development-General, to C-C, Commercial Corridor to correct existing nonconforming uses. The rezoning of property is a request that requires review by the Martinsville Planning Commission and review and approval of Martinsville City Council. 2) REQUEST for REZONE - Application of the City of Martins-
- ville requesting to rezone property located at 100 S. Jackson Street from C-C, Commercial Corridor, to R-T, Residential Transitional to allow for residential and commercial uses. The rezoning of property is a request that requires review by the Martinsville Planning Commission and review and approval of Martinsville City Council. REQUEST for REZONE - Application of the City of Martins

ville requesting to rezone properties located in the Five Points Neighborhood on W. Church Street and Emanuel Street from C-C, Commercial Corridor, to R-T, Residential Transitional to correct an existing non-conforming use. The rezoning of property is a request that requires review by the Martinsville Planning Com mission and review and approval of Martinsville City Council.

Questions or comments regarding this matter can be directed to Hannah Powell at hpowell@martinsvilleva.gov or (276) 403-5156. Notice Submitted By: Hannah L. Powell, CZA

Community Development Specialist



very expensive."

quired for family homes, only for businesses and apartment complexes. "That opens it up a whole lot easier to get it done,"

Greyson St. No definite timeline for completion has been announced.

The funds will address:

- eight will be demolished and one remediated, at an estimated cost of \$67,000. · Five structures demolished and three remediat-
- ed in the Blackberry District, estimated at \$51,000.
- District, \$71,000.
- ated in the Ridgeway District, \$46,000.
- The survey Adams referenced found that about

69% of respondents disagreed with the statement, "Properties in Henry County are well maintained,"

according to officials. In the survey's open-ended portion, one participant wrote, "Instead of developing new land, how

about tearing down the dilapidated buildings and put something new there."

LEGAL

Case No. CJ25-15

ALISHA M. BOWDEN

ORDER OF PUBLICATION

HENRY-MARTINSVILLE

COMMONWEALTH OF VIRGINIA VA. CODE \$8.01-316 HENRY COUNTY CIRCUIT COURT 3160 Kings Mountain Rd, 3rd Floor, Martinsville, VA 24112

Commonwealth of Virginia, in re AVA MAY BOWDEN

SOCIAL SERVICES The object of this suit is to: TERMINATE THE RESIDUAL PARENTAL RIGHTS OF ALISHA M. BOWDEN TO HER DAUGHTER AVA MAY BOWDEN, BORN

DEC. 28, 2020, PURSUANT TO VA CODE SECTION 16-1-283.

v.

IT IS ORDERED that the defendant ALISHA M. BOWDEN appear at the above-named Court and protect her interests on or before July 24, 2025 at 11 a.m. JUNE 23, 2025

LEGAL

ORDER OF PUBLICATION

Case No. CL25000536-00 COMMONWEALTH OF VIRGINIA VA. CODE §§1-211.1, 8.01-316, 317, 20-104 HENRY CIRCUIT COURT

3160 Kings Mountain Rd, 3rd Floor, Martinsville, VA 24112 Commonwealth of Virginia, in re ALEJANDRO CHAVEZ ROCHA v. ALICIA DEL ROCIO

ARAUJO YONG ADDRESS UNKNOWN

The object of this suit is to:

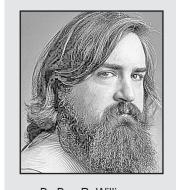
OBTAÍN A DIVORCE A VINCULO MATRIMONII

IT IS ORDERED that the defendant ALICIA DEL ROCIO ARAU-JO YONG appear at the above-named Court and protect her interests on or before August 1, 2025. JUNE 2, 2025



PINION

The hot new trends of summer 2025!



By Ben R. Williams

(NOTE: Regular columnist Ben R. Williams is recovering this week after attending an air show and getting sucked through the engine of a Messerschmidt. Filling in for Williams is beloved fashionista and trend-setter Mr. Snarkwell, whose coverage of celebrity fashion and gossip has appeared in People Magazine, Us Weekly, and Sassy Bachelor

Hello, darlings! It's me, Mr. Snarkwell, your personal scrying glass into the crazy world of celebrity news and hot hot trends! Your regular columnist should be back next week; of course, if that jet engine mishap doesn't kill him, his closet full of Iron Maiden T-shirts just might!

Summer has arrived with a bang and one thing is for certain; everything old is new again! That's certainly good news for Mr. Snarkwell, considering that I got my start as one of The Little Rascals after Hal Roach backed over Porky.

But what era has come roaring back to the fore? Why, the early 2000s, of course! A little

than Sydney Sweeney was spotted leaving LA's 88 Club in a pair of low-rise flared jeans and a handkerchief top. Where the hottest young starlets go, so goes the rest of the nation, so dust off your *NSYNC CDs and invest heavily in denim! My sources in the fashion

world have told me that's just the tip of the iceberg when it comes to early 2000s trends that are coming back in a big way. Spaghetti strap tops are back, velour tracksuits are on the rise, and platform shoes are stomping their way back to the red carpet!

And of course, what return to the early 2000s would be complete without America entering an endless war in the Middle East based on false information about a dictatorship possessing weapons of mass destruction? Call us 2003 Britney Spears because this is toxic and we're all slipping under!

There's nothing Mr. Snarkwell loves more than writing about a completely avoidable quagmire that's destined to be horrifically damaging to everyone involved — but enough about Taylor Swift and Travis Kelce!

Yowza!

Now, not everyone is happy to see the early 2000s come back. Just yesterday I was talking to Gary, my manager and roommate of 53 years, and he said he had enough of that era the first time around; he never liked "Lost" or "The Gilmore Girls," and the only "Freaks and Geeks" he wants to see are "The Real Housewives of Beverly Hills!"

birdie told me that none other Well, you can't please everyone. It's a lot like what I've always said about critics of Donatella Versace's fashion sense and also military engagement in the Middle East: you can't use reason to resolve a conflict when the causes of the conflict are based in belief and inherently irratio-

But Gary isn't the only one who's lost his taste for these fashions: at a party last week, I overheard the Goddess Christina Aguilera say that if she has to slip into a pair of leather pants again, it's going to be World War 3! Realistically however, I don't think we'll see World War 3, just an endless series of global conflicts, generally entered without Congressional approval, that only serve to prop up the military-industrial complex and bolster our deeply questionable relationship with Israel at the cost of making Middle Eastern children fear death from the sky.

Wango!

Well darlings, Mr. Snarkwell needs his beauty sleep - and a lot of it, if you ask Gary! As William Faulkner said, the past is never dead. It's not even past. And if you don't believe me, just ask Hugo Boss and Coco Chanel. They've never had more American fans than they do now, and it has nothing to do with their fashion sense!

I'll see you next time, and bring me a 7 and 7 on your way back, won't you?

Yours,

Mr. Snarkwell

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Fatal crash in Henry

tigating a two-vehicle crash, which resulted in a fatality. The crash occurred Wednesday, June 18, at 8:20 p.m. on A.L. Philpott Highway, just east of G.W. Drive in Henry County, according to a release.

1000RR, which was also traveling east while exceeding the speed limit.

tified as James William Johns, 58, of Martinsville, Va. Mr. Johns was wearing his helmet and was injured. Mr. Johns was transported to Roanoke Memorial Hospital, where he died on June 22.

The crash remains under investiga-

tion.

Heights Housing Project.

See more at ww.henrycountyenterprise

County under investigation The Virginia State Police are inves-The driver of the Honda was iden-

A 2018 Acura MDX made a left turn out of the crossover traveling east on A.L. Philpott Highway and was struck in the rear by a 2011 Honda CBR

The driver of the Acura was not injured. No charges are pending, the release

Supervisors (cont. from page 1)

bestos checks for all houses, Bryant said. "That was He added that asbestos checks are no longer re-

Work has already begun on the property at 307

District Breakdown

· Nine structures in the Horsepasture District:

- · Four structures demolished in the Reed Creek Three structures demolished and three remedi-
- · Three demolished and one remediated in the Iriswood District, \$36,000.

Another remarked, "It would be good to see empty properties, residential or commercial, either updated

to be of use or demolished to clear eyesores." Numerous studies highlight the benefits of remov-

ing blighted properties. A 2016 study published in the American Journal of Public Health found that the demolition of abandoned properties in Philadelphia yielded a return of \$5 for every \$1 invested. When factoring in reductions in violent crime, the return increased to \$79. Another study by Econsult Corporation found that

blighted properties reduced the value of nearby properties by 0.4% to 3.5%, according to county officials. In other business

The board also: · Approved an additional \$19,942 in State Asset

- Forfeiture funds to purchase a 2025 Kawasaki Mule Pro-FXR 1000L all-terrain vehicle for the Sheriff's · Approved a \$45,000 grant from the Virginia Department of Criminal Justice Services to continue
- funding a school resource officer at the Career Acad-· Awarded a food supply contract to J.L. Culpepper & Co. for the Henry County Adult Detention Center. The contract does not specify an amount,
- but the fiscal 2026 budget includes an allocation of \$730,000 for this purpose. Awarded a \$155,290 contract to Daniel Builders LLC to renovate four bathrooms on the second floor
- of the Administration Building. Awarded a \$229,889 contract to J.C. Joyce Trucking & Paving Co. to repave the parking lot at the Henry County Department of Public Safety
- Training Center. · Awarded a \$106,071 contract to Main Micro

as part of the county's software migration. · Awarded a \$207,900 contract to Taylor Enterprise Inc. to build a prototype house for the Villa

Technologies Corp. for Microsoft Office 365 licensing

- · Approved a \$54,017 appropriation from the Virginia Department of Health's Return to Locality Fund to be split between Henry County Public Safety and volunteer rescue agencies for training, supplies or equipment.
- Approved a categorical transfer of \$1.35 million within the Henry County Public Schools budget to fund lighting upgrades and air conditioning for Axton Elementary School's gym.
- · Approved a mutual aid agreement with Pittsylvania County for building inspections for 120 days. · Approved an ordinance to provide a one-time
- 1.5% bonus to employees of the Henry-Martinsville Department of Social Services. Set a public hearing for Aug. 26 on solar siting agreements with Firebird Solar and Thunderbird
- Solar. · Appointed Carl Fleming to the Local Finance Board for OPEB Liability, with a term through June
 - · Approved routine consent agenda items. · Heard reports on delinquent tax collections,
- highway matters and the Martinsville-Henry County Economic Development Corporation. Approved \$1,000 for event expenses and \$5,000
- for upgrades at Rob Lee Park in the Iriswood Dis-

Supervisor Travis Pruitt, of the Ridgeway District, was absent.

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rience managing a team; effective negotiation and influencing skills; familiarity with cost reduction, avoidance policy, and procedure development. Email resume to Hannah Schaefer at Hannah. Schaefer@crowncork. com; reference job title and #0183 in email sub-

ject line.

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influencing skills; experience with cost reduction, avoidance policy, and procedure development. Email resume to Hannah Schaefer at Hannah. Schaefer@crowncork. com; reference job title and #0182 in email subject line.

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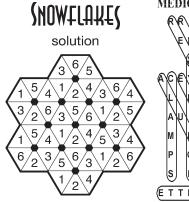
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Crossing the Lines

News snippets from outside the city/county lines ...

Updated school budget includes cuts, ends Virtual Virginia contract



From left to right: Trey Cox, Melanie Culler, Michele Arnder, Karen Fulcher, Barbara Spencer, Greg Spencer and James

The Patrick County School Board approved its proposed updated fiscal year (FY) 2025-26 budget at its Tuesday, June 17, meeting. The proposal will now be presented to the Board of Supervi-

Superintendent Schools Jason Wood said the update was needed after the division received a revised calculation tool from the Virginia Department of Education (VDOE) on June 6.

"In working with our finance office, we also, I think, have a good, compromised budget to send to the Board of Supervisors. I spoke to Mrs. Simms (County Administrator), and I believe I will be getting onto their agenda for their July meeting," he

Under the previous calculation tool, Wood said the local funds approved by the Board of Supervisors amounted to approximately \$6.9 million, including Virtual Virginia enrollment.

"In that, we were given a \$200,000 reimbursement for SROs, so their total contribution is going to be \$6,776,892," he said.

The new proposal, using the amended calculation and ending the Virtual Virginia contract, is \$6,521,679 in local funds. The division would also request \$200,000 above the minimum and would not reimburse the county for While the school system

is currently under contract with Virtual Virginia, Wood said the division is being asked to increase its virtual student enrollment to 400 students.

The division currently serves 180 virtual students from across Virginia, who are assigned to Meadows of Dan Elementary School in PowerSchool. "The brick-and-mortar

students are what we focus on as far as school enrollment, but when you have a virtual program, you have to tie those students in Power-School" and assign them to a school. "So, they are just tied to Meadows of Dan in Power-School. That does not affect the staffing or anything at Meadows of Dan Elementary School," he said.

As it has for the past four years, Wood said the division is trying to maintain a strong working relationship with the Board of Supervisors by looking at ways to save funds, operate efficiently, and run a top-tier, forwardthinking school division.

"Which I think we do—and also not be a tax burden on Patrick County," he said.

School officials seek closure of Dogwood Road section



The school board is requesting the Board of Supervisors consider initiating the process to abandon the section of Dogwood Road directly in front of Hardin Reynolds Memorial School (HRMS). Walter Scott, of the Smith River District, said traffic could instead take Crossover Drive before turning onto Abram Penn Highway. Scott said the section of Dogwood Road from the HRMS gymnasium to the Crossover Drive turn will be ground up and seeded with grass, making it safer for students to go to the gym.

The Patrick County School Board approved a request for the Board of Supervisors to consider initiating the process to abandon the section of Dogwood Road directly in front of Hardin Reynolds Memorial School (HRMS) at its Tuesday, June 17 meeting.

Schools Superintendent Jason Wood said he, Maintenance Director Chad Haynes, School Board member Walter Scott, of the Smith River District, met with representatives from the Virginia Department Transportation (VDOT) on May 16.

"In those meetings, it has been a safety concern in Patrick County since I've been back in Patrick County—probably well that—about before the road and traffic between the building facility at HRMS and the gym," Wood said.

Scott said the proposed plan is to close Dogwood Road from where it meets Crossover Drive to Abram Penn Highway. That

would convert the current four-way intersection into a threeway stop and remove the need for students to cross the roadway to get to the gym.

They're going to grind that sucker up all the way out here to the gym and plant, and from the gym back to the stop sign near Crossover Drive, they're going to plant it back in grass," he

At the Crossover Drive turn, Scott said VDOT will also make improvements to allow for easier access.

"They're going to fix it a little bit wider so they can make the turn in a truck," he said.

Scott added that car riders and school buses would continue using the same routes they do now.

"It's pretty much going to be the same route, the way I understood them saving it, but the main thing was cutting it off out there so there won't be through traffic through here," he said.

Veterans' post seeks help fixing aging facility





Deteriorating flooring and aging gas heaters are among the primary maintenance issues. Post members serve the county in several ways, and undertake a number of community service projects.

VFW Post 7800 is seeking donations to help repair its nearly 100-year-old building, originally constructed in 1927.

Post Commander Donald Cockram said the building's primary issues are deteriorating flooring and aging gas heaters.

"In the conference room by the fireplace, there are actual spots in the floor where, when you step on it, you can feel the floor sink beneath your foot. We definitely need some flooring," he said.

The kitchen floor is also bowing due to water damage sustained over the winter.

"Everything in there is just old and outdated. It needs a good facelift," Cockram

He estimates flooring repairs will cost around \$10,000. Replacing the gas heaters, which "pop, crack, and make all kinds of noises when they're burning in the wintertime," will raise the total cost to approximately \$30,000. The Post currently has about \$2,500 in the bank for renovations.

"I'd hate to see one of them blow up," he said of the heaters.

In addition to serving as a meeting place for veterans, Cockram said Post 7800 also helps veterans dealing with post-traumatic stress disorder (PTSD). Monthly support group meetings are held at Stagecoach on Main Street to provide guidance and con-

Donations can be mailed to VFW Post 7800, P.O. Box 333, Stuart, VA 24171.

The post is a 501(c)(3) nonprofit organization, and donors will receive a tax receipt. For more information, call Cockram at (276) 222-0634.

Overby, Martin, Scott unopposed in November election

Five candidates have been certified to appear on the ballot for Board of Supervisors and School Board seats in the November election.

For the Board of Supervisors, incumbent Andrew Overby, of the Dan River District, will run unopposed.

In the Smith River District, Malcolm Roach and Rick Swink will vie for the seat. Incumbent Doug Perry is not seeking reelection.

On the School Board, incumbents Walter Scott, of the Smith River District, and Rob Martin, of the Dan River District, will run un-

For the 47th District House of Delegates race, incumbent Del. Wren Williams, R-Stuart, will face Democratic challenger Yvonne Following the June 17 primary, Ghazala F.

Hashmi will be the Democratic candidate for lieutenant governor. He will face Republican candidate John Reid. Incumbent Attorney General Jason Miyares

will face Democratic challenger Jay C. Jones. Abigail Spanberger will be the Democratic

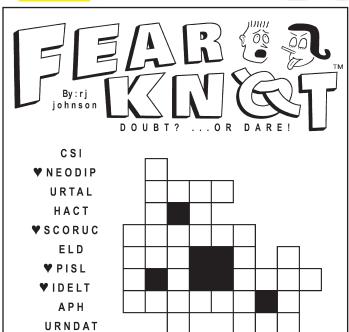
candidate for governor and will face Republican Winsome Earle-Sears. Registrar Susan Taylor said she does not yet

know whether any Independent candidates have filed for the statewide races.

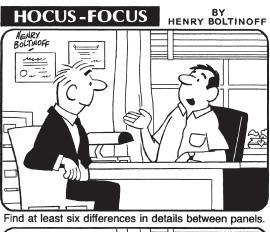
Submit your community news and photos to dhall@theenterprise.net



1-3-5-7-9



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (f v) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



PUZZLE TIME



Differences: I. Desk is wider. 2. Nose is smaller. 3. Blinds are higher. 4. Pocket is moved. 5. File cabinet is taller. 6. Desk lamp

MAGIC MAZE

INSTRUMENTS

PZXUSQNLJGECZXV TRRRRPENLJHEESC

SAEEROYPWVTPRPP

CNL(STETHOSCOPE)K

ACEYYEZAICGCICE

LLCRBLMILZSSPRX

PAUIUWAILIUOEOS EMRNPTOIXUTDTFM

L P L G N J U I D O B N T O G

ESDEBAASELDEENY

ETTERUCXWUTSNVQ

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: SURGEON'S KNIFE

Cannula Clamps

Endoscope Forceps Nebulizer

Otoscope Oximeter Pipette

Suture Syringe Ventilator

Super Crossword 112 China's Long 60 Scale amts.

ACROSS 1 Outermost layers 9 Most current 15 Tips, as one's hat 20 "Yes, it's

♥AHLSO

COID

61 Creepy

62 Stew or

64 DOIREP

69 Sweet bun

73 Minor error

75 POLFPILF

78 "My Gal -

79 S-shaped

80 Fizzle out

81 Not at all

moldings

83 Has no entity

87 Belgian river

88 Part of SPF

89 Grayish hue

94 ECNADIUG

— Harum

("A Whiter

Shade of

101 Truly loves

102 Filmmaker

Jonathan

Pale" band)

92 Ebb

74 Was a threat

(classic song)

coffee holder

obvious' 21 Artemis' twin 22 Bow missile 23 TNIOPWEIV **25** Gaze 26 Web selling 27 Joking sort 28 Stew globule

30 2021 U.S. champion Raducanu 31 Bern's river **33** "Auld Lang-35 TNEMPIUQE 39 Rely on

42 1998 Masters champion Mark 44 Beach sites 45 HTWORG 50 Eases (2014 Elle King hit)

51 "Ex's & 52 Toronto loc 53 Ruby and garnet

23

39

57 Large crucifix 58 PDQ cousin

26

or Ted 103 LAISUM 106 Gab 109 Old Russian space station 110 Shoemakers 111 — chi

119 TIUCRIC 125 Bother badly 126 Affected sort 127 Small naval vessel group 128 Shell out 129 Suddenly regain focus **130** Kind of

March leader

declarations

114 Authoritative

117 One of the

singing

Braxtons

DOWN 1 [not my error] 2 GI tour gp. 3 She played

Frigga in 2011's "Thor 4 Sci-fi bounty hunter Boba 5 Razor brand 6 Spiced teas 7 Prematurely wine area

8 Pigs' place 9 California 10 Monument inscription 11 Finished first 12 NFLer Apple 13 Skiing locale 14 Printer ink

15 Wagner's "— Rheingold" 16 Big name in 17 Encloses in a border 18 Layout 19 Vows

24 "You — one!" 29 Sporty scarf 31 Doing battle 32 Retort to "Am not!" 34 Says "OK" to nonverbally

36 Long stretches 37 U-Haul unit 38 Long stretch 40 "Five-card" or "seven-card" game 41 Erstwhile flight inits.

43 Prefix with skeleton mysteries place: Abbr. Kill" actress Talisa

46 Christie of 47 Dwelling 48 "Licence to

49 "To recap ... 53 Take revenge 54 Stonestreet of "Modern

Family'

12

28

55 Light coin 56 Bird feed bit 59 Throb 60 Brown songbirds 61 Poet -St. Vincent

REGRESSION

ANALYSIS

89 Page or gofer 90 Exit angrily

91 — Majesty

93 Kind of PC

screen

94 Comic punch

response

95 Devoid of joy

97 China pieces

98 Cover again,

med. image

Wyatt and

string, e.g.

pleasure"

uniform abbr

King

as a gift

99 In recent

days

Virgil

a bed

prefix

96 Indoor

design

Millay 63 "Love Me, I'm a Liberal' singer Phil 65 J. Cole's music 66 "Consider This" network 67 "- recall ... 68 Curl up

100 Diagnostic cozily 69 Guy into 104 Lawmen hip-hop, in old slang 70 Tattered garb 105 Use as 71 Slush Puppie alternative 107 Confuse 72 Finish 108 Attach with 76 Prehistoric

beast, in brief 113 Farm-related 77 Simple card 115 Army beds 82 Not at all 116 Voyage 118 "- be a near a dip in, say

84 Safe to take 120 Airport 85 Tennis player 121 Sales agt. Osaka 86 Jazz pianist 122 To the rear 123 Land in eau McCoy 88 Break up 124 Itty-bitty bit

22

25

102

By Lucie Winborne

• The Japanese juice maker Kagome invented a device called the "Tomachan," a robot that would allow marathon runners to eat tomatoes during a race. Sadly, it was created solely for promotional purposes and isn't available for

 Ancient Egyptians sometimes added onions to a mummy to act as false eyes.

• In the video game Halo 3, every bullet shot by the Chief has his name on it. This detail isn't visible during regular play, as the bullets go by too quickly, but was discovered when someone noticed it in replay mode.

• The unibrow was considered to be a symbol of purity and intelligence in ancient Greece. Women who didn't naturally boast this feature used dyed goat hair to close the gap.

• A male giraffe will determine a female's fertility by tasting her urine. If the pee passes muster, the courtship continues. • At one time, Monaco had more peo-

ple in its orchestra than in its army, with 85 musicians but only 82 soldiers. • One in 18 people have a third nipple.

• All the world's bacteria stacked on top of each other would stretch for 10 billion light-years.

Some female sharks store sperm after mating, potentially holding on to it for years before they're finally ready to reproduce.

 Robert Smalls escaped slavery by teaning a Confederate snip, for heist he was paid enough to buy his former enslaver's house, and later served in the House of Representatives for South Carolina.

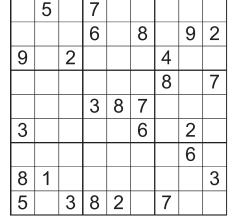
• African buffalo herds use a form of voting to make their travel decisions.

• The term "dumpster" comes from the name of the company that designed the first large, portable trash bin.

Thought for the Day: "If you can't get rid of the skeleton in your closet, you'd best teach it to dance." — George Bernard Shaw

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Weekly SUDOKU



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.

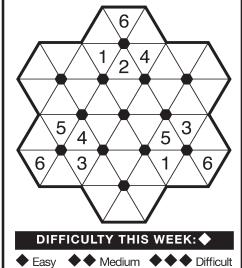
DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging ♦♦♦ HOO BOY!

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by Japheth Light

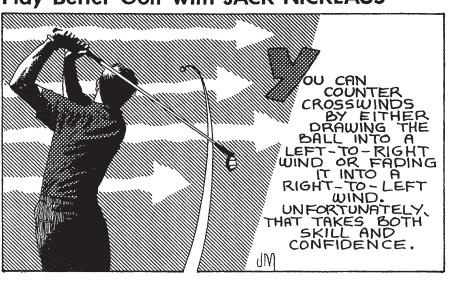
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



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Play Better Golf with JACK NICKLAUS

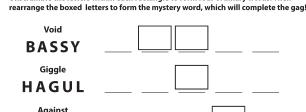
101



AIMING PROPORTIONATE TO THE WIND
CENGTH AND LETTING
LOW THE BALL
ACK TO THE 'REAL'
TARGET IS A
MUCH EASIER WHEN All rights JUST BE SURE JUST BE SURE JUST SHOULDERS CORRECTLY.



"I'll tell you what it needs ...



TODAY'S WORD

SCRAMBLERS

Against SAVEER Lack HATRED

Unscramble the letters within each rectangle to form four ordinary words. Then

ADVERTISE!

Advertise

Flexible pricing

Highly Customizable Packages

that include print, digital or both Deeply discounted rates

• Seasonal Specials

STRETCH your advertising dollars, and accomplish your advertising goals A talented team of designers who will work to help you reach your base.

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Council =

(cont. from page 1)



Martinsville City Council met June 24 in the lecture hall at the New College Institute, where many in attendance said they were unable to hear the council conduct business

old as 100 years. Much of it—dating back to the 1920s—has exceeded its typical service life of 30 to 110 years, according to discus-

Dewberry Engineers assessed the condition of the city's systems and developed an Asset Management Plan aimed at optimizing the entire lifecycle of water and sewer infrastructure, equipment, and facilities. The plan outlines how the utility can maintain, upgrade, and replace assets to ensure reliable service, mitigate risks, and meet service-level goals in a cost-effective and sustainable way, officials said.

In recent years, Martinsville has focused on wastewater interceptor repairs, small waterline replacements, and equipment upgrades. However, maintenance is increasingly reactive rather than proactive.

A 2024 engineering study of the city's wastewater treatment plant prompted the full Asset Management Plan to help guide future improvements and avoid critical failures, according to discussion.

According to the U.S. Department of Agriculture, an affordable water burden is defor 5,000 gallons per month. In Martinsville, with a 2023 median household income of \$42,434, that equates to \$53.04 per month.

Currently, customers pay \$33.31 for water and \$32.64 for wastewater—totaling \$65.95, Asset Management Plan, officials said.

sets are nearing the end of their service life. While Martinsville has made progress over the last decade in replacing wastewater pipes, key facilities—such as the water and wastewater treatment plants—still require major upgrades. GIS mapping is being used

complex work, officials said an annual 5%

increase in personnel and equipment will be necessary to keep up with system demands.

Capital spending from fiscal year 2021 to 2025 remains below the rate of depreciation. Revenue increases of 5%-6% for water and 10%-11% for wastewater are likely needed to meet long-term renewal goals. Despite this, current user rates are still about 40% below the federal affordability threshold.

Recommendations from the Dewberry report include staying focused on maintenance, increasing in-house repair work by 5% each year, and prioritizing renewal needs at both treatment plants. Staff will continue to expand GIS mapping and use flow monitoring to guide sewer repairs. A reserve fund was also suggested. Rate adjustments are expected to begin soon to align with the 10-year forecast.

A revenue increase of 5% to 6% is expected. "No, this plan wasn't put together in order for us to raise water rates," said Council Member Julian Mei.

Council Member Aaron Rawls noted that recent financial gains may help offset potential increases in the next few years.

In other matters, council:

*Awarded a contract of approximately \$108,000 to Mosley Inc. to assess the condition of City Hall. "The idea is to satisfy some of the potential litigation we are looking at," said Public Works Director Greg Maggard.

*Approved (in a 3-2 vote, with Mei and Rawls opposing) a round of proposed FY 2025 appropriations. Staff requested the appropriation of carryforward funds from previous fiscal years. These funds were already approved by council but must be reappropriated to maintain the integrity of the city's general ledger. Procurement and Budget Director Robert Floyd said the move is standard practice and ensures spending matches appropriated funding.

*Accepted the resignation of Damien Wainwright from the Planning Commission.

*Held a public hearing to accept nominations to fill vacancies on the school board. No names were submitted during the hearing, though Council Member Rayshaun Gravely suggested Mike Williams and Sarah Morrison. Interviews will be scheduled when council meets again Thursday, June 26.

*Approved a proposed ordinance to issue one-time monetary bonuses to qualifying employees of certain state-supported local agencies, using state funds. The bonuses will not come from local revenue. The state authorized a one-time bonus of 1.5% for eligible employees, including constitutional officers, General Registrars, and Electoral Board members.

*Provided updates on the Tyler Connect conference, where city employees received training on the MUNIS software system.

*Approved proclamations recognizing Independence Day and the Martinsville Middle School Lady Bulldogs, 2025 soccer champi-

*Announced the city audit has been completed and will be presented on July 22.

*Held a work session before the regular meeting to hear an update from the police department and a presentation of a senior capstone project.

*Met in closed session to discuss employment and legal matters related to the City Manager, City Attorney Designee, and City Attorney; and to review legal counsel concerning pending litigation and the Economic Development Authority memorandum of understanding.

sion at the meeting. fined as 1.5% of median household income

> which exceeds that affordability threshold. A rate study is underway, but results depend on the recommendations and data from the Many of the city's water and sewer as-

> to prioritize underground pipe repairs. Although staff are qualified to perform

MHC Triathlon Team dominates podium at Burlington event



Twelve triathletes from the MHC Triathlon Team traveled to Burlington, N.C. on Saturday, June 21, to compete in Trivium's Triple Threat Triathlon and Single Super Sprint Triathlon.

The Super Sprint consisted of a 250-meter open water swim, 7.5-mile bike ride, and 1.4-mile

The Triple Threat Triathlon repeated that same course a total of three times.

Every athlete from the MHC

Triathlon Club made it onto the podium. Notably, Arianna Kuhn placed third overall in the Single Super Sprint — her first-ever triathlon competi-

Local competitors and results:

Arianna Kuhn - 3rd overall, Single Super Sprint

Junior Scales - 3rd in age

group, Single Super Sprint Brad Kinkema - 3rd in age

group, Triple Threat Triathlon Christy Nester - 2nd in age

group, Triple Threat Triathlon Leah Reece - 2nd in age group, Triple Threat Triathlon Sophie Kendall - 1st in age group, Triple Threat Triathlon

Christina Kinkema - 3rd in age group, Triple Threat Triathlon

Pat Sharpe-1st in age group,Triple Threat Triathlon Tina Sharpe, Anna Wheeler,

and Robin Hurd - 2nd place, Triple Threat Relay Matthew Wells - 1st in age

group, Triple Threat Triathlon

THANK YOU FOR READING

MHC EDC awards 14 small businesses through BRIEFcase program

Fourteen local small businesses were recently awarded assistance through the BRIEFcase program offered by the Martinsville-Henry County Economic Development Corporation (EDC).

An acronym for Business Relocation Incentive and Expansion Fund, a portion of this program caters to existing local businesses that are purchasing taxable equipment or expanding their facility to add to the local tax

This year, the BRIEFcase program provided grants totaling \$16,469 to 14 local small businesses for specific capital investment projects:

- *Castro Auto Detailing *Everything Outdoors
- *The Gift Design Company
- *The Ground Floor
- *Gym 24 Fitness
- *Luna Moth Tattoo
- *Mahoney Family Medicine
- *Martinsville Urgent Care
- *Meemaw's *Quantum Copy
- *Railway Café *Rising Sun Breads
- *Scuffle Hill Brewing
- *Sugamama's Catering

EDC Business Development Director Valerie Harper said "Even as a small business, capital investment plays a vital role in driving economic growth within a community. When businesses invest in new equipment in Martinsville and Henry County, it adds to tax rev-



enue and can lead to job creation. The EDC hopes that this funding assistance will add momentum to the continued growth of these

small businesses."

P&HCC releases Spring 2025 academic achievement lists

Several local students are among those named to Patrick & Henry Community College's Spring 2025 President's and Honor lists, the college recently announced.

Honors List - Spring 2025

Axton: Autumn Reese Cairo, Carlos Ja-Carillo-Hernandez, Gabrielle Fountain, Frias-Alvarez, Ambar Guadalupe Garcia-Alvarez, Corbin James Hankins, Amber Simone Harris, Deamber Lynn Harris, Taylor Michelle Lovette, Abigail Grace Martin, Latara J Martin, Juan Jose Soto Raygoza, Connie Neal

Bassett: Elijah Cole Lavinder, Lexus Leeanna Owen, Destiny Shanelle Akridge, Kristen Reed Alderman, William Jason Alverson Jr., Alicia Eileen Andrews, Heaven Paige Brown, Cole Phillip Byrd, Oscar Sadir Casco Colindres, Jenny Jackeline Castro-Bermudez, Michael Lee Clark, Ricky Lee Coleman, Charli Nicole Deal, Lane Garrett Deatherage, Ashley Nicole DeLong, Benjamin Yitzak Flores, Halie Joyce Foster, Sandra Gail George, Crystal Anne Grimsley, Christina Hairston, Juanell Hairston, Bethany Ann Handy, Alexius Helmick, Isaac Blaze Helms, Paulo Ernesto Hernandez, Christopher Aaron Hicks, Starlena Kay Hodges, Matthew Allen Huxley, Gavin Dwayne Kendrick, Yureidy Crystal Lopez-Lopez, David Andrew Marshall, Alexa Xitlali Martell-Rios, Morgan Elizabeth McCrary, Miyakah Nicole Menefee, Alexandria Jean Moore, Dakota Eugene Moore, Grace Amelia Naff, Jessica Nolazco, Zachary Chance Owen, Courtney Jovon Price, Landon Prillaman, Koda Harlan Rainier, Hayden Richard Michael Robertson, Vanessa Marie Sanchez, Sarah D. Still, Kaylee Michelle Towler, Zuleima Vasquez-Zuniga, Emily

Brooke Whitlow Collinsville: Demetrus Juwan Dillard, Pedro Cesar Almeida, Stephanie Alexandra Arellano-Calix, Alex Joan Arellano-Ortiz, Bethany Dawn Barbour, Cadence Charise Belcher, McKenzie Sarah Branch, Carson Haze Byrd, Christopher Dylan Chappell, Colton James Collins, Brendon Samuel Easley, Michael J. Foley, Abigail Fae Haskew, Porter Hastin Hodnett, Pamela Lester Holland, Yamile Jimenez-Aparicio, Emma Faith Jones, Leah Ruth Jordan, Riley Tanner Joyce, Caroline Marie Knouse, Jaylen James Lide, Pablo Lopez-Bautista, Scott William Manning, Austin Tyler Martin, Kailey Marie Martin, William Jonathan McGinn, Thommy Mendez Vazquez, Ricardo Antonio Morales, Emilio Yabili Nyandwe, Heaven Lee Pearson, Tyler Ryne Powell, Ian Altayr Recillas, Riley Taylor Reed, Ulises A. Saligan, Luis Santos Castro, Maggie Alexis Sechrist, Morgan Raine Sechrist, Khamari Tatum, Melinda Dawn Taylor, Ethan Jeffrey Yates

Fieldale: Nichole Lewis Brown, Troy William Draper, Andrew Zachary Fulcher, Anthony Richard Lafemina, Brayden Nathaniel Lawrence, Candice Marie Lockard, William Kolbey Mitchell, Rickyah Mitchell-Hairston, William Lawrence Shilling IV, Emily Diane Williams

Martinsville: Jonathan Adams, Adriane Denise Adams, Madison Grace Adkins, Adam Luis Aguilar, Shantae Kaderia Aiken, Elvin Ariel Amaya Turcios, Carina Fiona Aquilo, Juan Pablo Argueta, Reagan Elizabeth Barker, Jordyn Nicole Beale, Heaven Elizabeth Biggs, Aubrey Blankenbaker, Brianna Ke-Chell Board, Brooke Noelle Bowles, Breanna L. Boyd, Abigail Catherine Branson, Jessica Marie Campbell, Laree S. Canteen, Yadira Carrillo Tamayo, Keara Lanette Carter, Dalton Orion Chandler, Nakya Lashay Chism, Bayliss Brown Coleman, Kaydence Noelle Compton, Kirsten Halev Compton, Avery L. Cook, Jemea Leshay Craghead, Nathan Spencer Davis, Joshuah Thomas Dehart, Shatavia Danielle Dillard, Gabriel Andieris Dodson, Kassidy Dodson, Xavier Patrick Dunham, Kalise Rena Eggleston, Clarence Ellis, Marissa Shauntel Espinosa, Makayla Grace Evans, Riley Mathew Evans, Abdullah Farooq, Jamirah Farris, Aaron Flores, Isac Armando Flores, Ruby Jacqueline Flores, Chekiya Galloway, Briana Garcia, Christopher Adrian Garcia-Rosales, Kendra Gill, Devin Lemar Gravely, Amari L. Hairston, Amber Nicole Hairston, London Mylan Hairston, Marquis Antonio Hairston, Tamier Douglas Hairston, Ian Riley Hale, Joseph Luke Haynes, Holden Lane Hendricks, Brittany Marian Hodge, Ny'Kerion Vashaun Hodge, Sanaa Hodge, Christian A. Holland, Yu-Jui Hsu, Matterson Grey Hunt, Noah Elijah Hunter, Makenzie Kamori Hylton, Jonathan Axel Jimenez-Chavez, Dylan Thomas Johnston, Jahrine Ezekiel Jones, Mollie Kate Kenny, Damya Kidd, Michael Deonte Kirby,

Nalaaya Gabrielle Levya, Alyssa Megan Lintag, Alondra Machuca Tiznado, Monserrat Machuca Tiznado, Lauren Elise Victoria Marshall, Honesty Martin, Lasandra W. Martin, Skyla Martin, Xavier Jamal Martin, Johanna Cynthia Maxie, Miles Cutter McNulty, Elijah Bishop Meeks, Kaden Christopher Mellott, Vanessa Mendoza Olmos, Michael Mendoza Ramirez, Nabria Millner, Crystal Mize, Ethan Lawrence Montrief, Christian Austin Moore, Melanie Denise Moore, Nicholas Moore, Marianna Alicia Morales, Tristyn Orien Morris, Bryson Arien Mosely, John Nguyen, Latasha Sheneil Nichols, Alexis Faith Oakes, Brianna Ocampo-Suarez, Bryanna Ortiz-Ortiz, Hannah Grace Overton, Katlyn Louise Owen, Sophia Parker, Nathaniel Pearson, Hope Marie Peifer, Joseph Russell Pipkin Jr., Kamari Tra'Von Preston, Kayli Samantha Priest, Jordan Dakota Pritchett, Vericonia Tarshell Ramey, Maurisa Michelle Rand, Jailyn Omarion Reynolds, Miranda D. Reynolds, Terriah D'Nae Roberts, Manuel Jose Rodriguez, Bryan Romero, Mason Crenshaw Rorrer, Alexys Monique Rumley, Don'Vielle Elijah Sandidge, Lillie Catherine Sapp, Gretchen Addison Schaller, Armani Stockton, Tyler Jackson Sturm, Nakysha Briyon Tatum, Jasmine Shavonne Tinsley, Josie Grace Tongue, Shakamia Ne'Cole Townes, Autum Wrey Turner, Kendra Renea Turner, Jan Diego Ubando Chavez, Gustavo Vera-Carrillo, Abagail Renee Viers, Ceaysia Donyay Waller, Alexis Williams, Elizabeth Reanna Williams, Jodi Michelle Wilmouth, Ti-

marius Wilson Ridgeway: Shyanne Nicole Alderman, Anastasia Elizabeth Bell, Hailey Anne Burkey, Amanda Brenda Cabiness, Chelsey Suzanna Carter, Grace Nicole Edwards, Matthew Wayne Farmer, Ian Michael Ferguson, Brayden Alexander Gamble, Luke Scott Gardner, Karis Faith Grady, Jarrett Storm Hairston, Kyndal Grace Handy, Colin Havens, Leah Marie Hines, Kinsley Humphries, Zachary Jones, Grayson Reid Lawson, Maegan Reece Mabe, William Ray Mabe, Khameryn Millner, Kailan Joy Moss, Chandler Motley, Abigail Gracelynn Phillips, Thomas Lee Powell, Taylor Ramsey, Brianna Shayndel Rivera-Jimenez, Noah Kingston Royster, Tabita Rueda-Gorrochotegui, Parker Bryant Seidle, Mikayla Jae Thomas, Samantha Jean Thurman, Khailey Annice Toney, Addison Rebecca Wimbush

Spencer: Alexander Shelton Doyle, Kursten Lynnette Hylton, Lucas James Taylor

Stanleytown: Elijah Alexander Chandler, Tiasia Mashe' Dillard, John Izaak Flanagan, Stephanie Jade Richardson, Austin Wayne

President's List - Spring 2025

Axton: Lydia Gunter Carter, Kristen Paige Dillon, Joshua Eanes, Angel Alexander Gil-Reyes, Jade McKenzie Gravely, Rachel Cathy Griffin, Riley Harris, Joselinne Hernandez-Romero, Emily Suellen Holder, Maya Johnson, Randal Eugene Manley Jr., Abbie Grace Moxley, Ashley Lauren Nichols, Donna Paola Ruiz Tiznado, Mackenzie Leigh Taylor, Kevin Evigael Tiznado Marmolejo, Saul Valle-Ville, Brandon Robert Wyatt

Bassett: Kylie Anne Cooper, Jacquelyn Coronilla-Ortega, Lucas James Dalton, Tiffani Martin Dillon, Austin Matthew Fields, Cameron Scott Fitzgerald, Carson Foley, Cassidy Cheyenne Foley, Ty Lane Forbes, Aiden Cole Fulcher, Atzel Garcia-Lopez, Joao Victor Prestes Gomes, Francisco Miguel Vigo Hall, Hailey Stacia Helms, Darius Tramaine Lane, Peyton Nicole Lewis, Jaime Lopez, Mavis Manns, Vintoria Manns, Olivia Nicole Martin, Ryan James Miller, Isaiah Malaki Mitchell, Alyna De'Nae Moore, Hannah Ruth Lindsay Moore, Kregg O'Hara, Laken Faith Porter, Devyn Lee Potter, Samantha Dawn Purdy, Austin Tyler Rigney, Ethan B. Roldan, Lane Daniel Ross, Jacob Sebastian, Bailey Levi Stanley, Ian J. Stiehler, Logan Marie Surber, Brianna Lashay Taylor, Jacob Tilley, Aaron Michael Tucker, Breanna Vargas, Emma Warren, Taya Nicole Wingfield

Collinsville: Freddie Joe Brim, Tamara Dawn Callahan, Lauren Marie Carter, Mckenzie Faith Clark, Kaden Elias Collins, Arthur Cosentino Moreira Pessoa, Jose Antonio Diaz Alvarez, Noah Dotson, Jamie Lynn Ferguson, Nathan Eli Goad, Carleigh Brooke Gravitt, Kaia Kennedy Hairston, Cameron Timothy Hale, Kaitlin Rayne Hodges, Linda F. Irby, Karl Yngve Frank Johansson, Abigail Grace Lacy, Emily Addison Martin, Silvia D. Maya, Keasia Serria McClenden, Ashton Blake McCloy, Issac M. McKissick, Kaitlyn Paige Miner, Ella Faith Montgomery, Luis Fernando Moura, Eduardo

Otiz-Garcia, Evelyn Ortiz-Garcia, Krishna Pankajkumar Patel, Princess Ashley Perez, Jerónimo Petracchi, Brittany Faith Quinnan, Iker Alexis Ramirez Hernandez, Caden Richter, Jose Antonio Sanchez Gutierrez, Jacqueline Santiago-Perez, Hannah Nicole Schelling, Ashtyn Donald Skillen, Maria F. Szakos, Sarah Ruth Tolbut, Samantha Reese Wall, Charity Cayden Taylor Whitfield, Jesssica M. Wright

Fieldale: Katlyn Hope Barbour, Mitchell James Boatwright, Holden Draper, Jessanie Ny'Rene Martin, Linzie Faith Mullins, Rosario Quezada, William Randall Smith, Jonathan Solis, Hunter Scott Spencer, Ronnie Marshall Turpin, Angela Vasquez-Torres, Cole Alexander Wilkinson

Martinsville: Keyounah Adams, Aidan Fury Amos, Charley Ann Amos, Hudson Bell, Christian C. Beltran, Ashlyn Renae Bennett, Sarah Lynn Campbell, Josue Caro, Giselle Carrillo, Jennifer Cedillo, Ana Marie Compton, Karli Anne Compton, Madison Shea Crowe, Hayden Jack Cundiff, Amabeli Batista Da Silva, Jecci Adolfo Delcid-Contreras, Zaniah Ariana Dillard, Blake Lee Dillon, Jimmy Dong, Alyssa Shae Draper, Heather Elaine Eakin, Baileigh Sage Easter, Kristen Michelle Esget, Letrice Chenay Estes, Hollis Lee Fisher, Damaris Tameil Foddrell, Layla Renay Garrett, Maxine Garrett, Bethany Gilbert, Rachael Gooch, Ava Brooke Grant, Tavia Brook Grant, Jamarion Deonte Hagwood, Angel Rose Hairston, Gauge Anthony Hairston, Marcus Deshawn Hairston, Sanaa Lavae Hairston, Dawood Ahmad Haji, Lauren Hall, Hailey Jade Harris, Jordan Wayne Harris, Deniyah Shanice Hightower, Avery William Hodges, Camden Holland, Lundyn Renee Holy, Isabella Juliann Hood, Claire Sue Howe, Nicholas Hatcher Jenkins, Deana Smart Johnson, Amy Renae Johnston, Tamia LaShell Jones, Katlyn Alexis Kinney, Nicholas Alan Kurczewski, Jose Antonio Lara-Alvarado, Aubrey Shae Lawrence, Brandon Wayne Lawson, Kaleigh Deanne Lawson, Trinity Kay Lewis, Nathaniel Lee Lilly, Ashley Marishka Lintag, Nyasia Long, Candice Nicole Lucas, Gavin Luke Luther, Aziah Kamori Martin, Alexis Martinez-Hernandez, Haylee McBride, Kennedy McPherson, Emma McPherson Metzger, Gregory Isaiah Moore, Amber Nicole Mullins, Morgan Niblett, Scarlett Grace Norman, Jun Hermes Olea, Cory Wayne Osborne, Jacey Claire Pamintuan, Emma May Parker, My'esha Jamae Penn, Naikeem Deontae Penn, Qyaria Natasha Shante' Penn, Allison Andrea Platero Batres, Journey Faith Porter, Ciera Bettinna Powell, Christopher Thomas Praino, Trevor O'Brian Preston, Makyiah Marie Redd, Glen Aaron Revel, Ailyn Stephanie Rivera Hernandez, Laila Raquel Rodriguez, Natalie Janet Rodriguez, Stephanie Nicole Rodriguez, Caleb Austin Royal, Jorge Ruiz-Tamayo, Kale McKinley Rutter, Destiny Salda, Aliyah Amiley Sandoval-Gonzalez, Crystal Dayana Santacruz-Sanchez, Diamond Tehya Scott-VanCedarfield, Thomas Joseph Shemro, Caden Alexander Shively, Karlee Moran Shively, Jariyah Y. Smith, Mary Elizabeth Smith, Roy Snead, Dylan Spencer, Alison Danielle Stokes, Laura Nichole Sutphin, Hunter S. Sweet, Masaya Takahashi, Mason D. Thornhill, Kassandra Lee Traynham, Brooke Allison Furner, Eden Noelle Turner, Isabella Haze Vega, Ava Johannah Walker, Destiny Nicole Walker, Jaylen Christopher Waller, Avianna Zanae Watkins, Braden Gary Webb, Ralph Natavious Wiggins, Fernanda Itzel Wilson, Kaira Merci Womack, Catherine Joy Woods, Roger

Zimmerman Ridgeway: Peyton Brightwell, Luke John Burgess, Alex Ethan Clark, Jacob Wilson Conway, Lydia Davis, Rustin James Donavant, Wesley Sye Eggleston, Nicole Elder, Evelyn Garcia-Mena, Bryce Robert Hairston, Cherkiri Tiona Hairston, Ereka Chantay Hairston, Hunter Damien Hall, Ava Elizabeth Knight, Allison McDaniel, Isaiah Miller, McKenzie Warner Newcomb, Leah Toamae Penn, Carlie Pritchett, Cooper Avery Pritchett, Larrah Ainsley Rigney, Alex Jay Roark, Lauralee Grace Robinson, Katherine Ann Russell, Faith Destiny Sams, Mary Jane Silvers, Addison Reese Smith, Elizabeth Grace Smith, Nathan Michael Tollison, Deja Wilkerson, Amber Paige Rigney

Woody, Chloe Isabella Wray, Mika Dorothy

Spencer: Allie N. Brown, Luke Daniel Cutchins, Hayley Faith DeShazo, Joshua Bradley Graham, Kaylyn Ann Graham, Terrance Daray Hairston, Raegan Jackson Lane, Kaci Elizabeth Meade, Owen Kyle Nutter, Rosalia Isabella Rivera, Nolan Richard Robarge, Mary Beth Williams

City schools release honor lists =

Martinsville City Schools released the names of students named to the Honor Roll, Principal's, and Counselor's lists for the fourth nine weeks:

Patrick Henry Elementary 3rd Grade Principal's List

Josiah Ashby, Ethan Barbour, Dominic Barker, Skylar Brigman, Kiah Cooper, Emersyn Crockett, Piper Cruise, Aubrey Crutchfield, Jeremiah Dalton, Kassidy Glass, Raiden Hairston, Kaylee Ingram, Holden Lewis, Kayleigh Marsh, Daniela Martinez, Aiden Mitchell, Butch Mitchell, Aubrey Newsome, Hoyer Parker, Brock Stanley, Zaria Stubblefield, Liam Trahan,

Joslyn Wimbush

3rd Grade Honor Roll Olivia Akers, Madison Bernard, Aubree Bowerman, Aidan Dominguez, Ama-

rion Ferguson, Currency Gravely, Asher

Hagwood-Echols, Teegan Hairston, Aleisa

Harris, Jaxon Harrison, Joshua Leftwich, Angela Lopez, William Marshall, Alanah Martin, Alonza Martin, Zion Martin, Monique Moore, Blair Priddy, Ava Ramsey, Gabriel Ray, Nayomi Reyes-Sanchez, Aiden Rigney, Janelle Sanders, Gabriel Villasenor, Nyquis Watkins

4th Grade Principal's List Ashley Bayoumy, Nathaniel Butcher, Allison Chavez Dominguez, Robert De Leon Reyes, Madison Duran Ramos, Grayson

Hawks, Matthew Hernandez-Sanchez, Aiden Kirby, Sebastian LaPrade, Monae Moyer, Amreen Narula, Damari Perkins, Jacob Ratliff, Emmanuel Ray, Keri Scales, Paris Turner, Jade Venable, Ashton Wells

Aalaysia Dillard, Brantley Janey, Allan My-

ers, Jaylon Palmer, Dantonio Penn, Solo-

mon Ray, Treajure Tinsley, Espen Troncoso

4th Grade Honor Roll Emilia Blankenbaker, Adrielle Dickerson,

5th Grade Principal's List Aiden Boaz, Adelaide Brent, Ava Butcher,

Aubree Carter, Amyrah Dillard, Kavany Flores, Holden Hylton, Aubrey Kirby, Adelyn McKenzie, Mercy Moore, Naryah Williams, Christian Newsome, Sophia Odberg, Aiden Richardson, Daniel Robinson, Khwaja Sediqi, Margot Sharp, Natalie Simacek, Emery Taylor, Hailey Turner, Wesley Walk-

5th Grade Honor Roll Winter Bethany, Zefrina Capulong, Jayona Moore, Brazen Bradner, Kenyon Jones,

Phoenix Moore, Jesmari Morales, Peggy

Morales, Elena Alvarez-Lozano, Ahmari

Matos, Alexander Thorn, Lilliana Torres, Souliona Walker

Albert Harris Elementary 3rd Grade Principal's List

Alan Hernandez, Jordan Turner,

(See City Schools p. 12)

Bryant, county officials provide updates at town hall



Henry County Administrator Dale Wagoner shared updates on efforts being made to encourage economic growth.

By Maddy Oliver

Collinsville District Supervisor Joe Bryant hosted a town hall Tuesday to update residents on county affairs, particularly those related to the Collinsville area.

Bryant, who serves as vice chairman and is running for re-election, told attendees he would not take questions related to his campaign until after the town hall, despite the presence of his opponent, Chris Lawless, and several Lawless supporters.

Bryant shared undates on a range of projects

Bryant shared updates on a range of projects throughout the county. He discussed the School Drive Apartments in the former John Redd Smith Elementary School building and said other affordable housing projects are in the works in Villa Heights and on Halifax Drive.

"We're trying to make these houses where a person can afford to buy a house and live in Henry County," he said.

Bryant also announced a partnership between the Career Academy and the county school system to offer EMT Basic courses to high school students. He cited a decline in local volunteers as a major concern.

"The problem that we're having out there is we're losing our volunteers right and left," he said.

Currently, the program is focused on rescue squad training, but Bryant said there is potential for expansion.

"Maybe later on they may be doing Firefighter 1, fire departments. Right now, it's just basically rescue squads," he said.

He also gave updates on other county efforts, including:

*New crosswalk installations

*Waived bus fees for low-income riders using the PART system

*Preliminary work on a new leg of the Dick and Willie Trail

*Updates to the county's comprehensive plan *Funding for a new HVAC system at Fieldale-

Collinsville Middle School
*A new fire engine for the Collinsville Fire De-

partment
Henry County Treasurer Scott Grindstaff shared

changes to local tax deadlines.

Real estate taxes will be due Oct. 1, with a grace period through Oct. 31. Penalties begin Nov. 1. Personal property taxes will be due Dec. 1, with



projects.

Dec. 16.

County Administrator and Public Service Authority (PSA) Director Dale Wagoner also addressed attendees, focusing on economic development.

"One of the priorities of Henry County is economic development, and what we do in a community depends a lot on our economic development. It's a goal of ours to not create jobs—the government doesn't create jobs—we want to create an environment where jobs can create themselves," he said.

Wagoner said the county is working to build high-quality industrial parks and shell buildings and to maintain low taxes and a small government footprint. He noted that the last county tax increase was in 2017—the only one in 25 years.

Wagoner provided a breakdown of the county's \$222 million budget:

- 65% for education
- 15% for the Sheriff's Office and public safety
- 9% for the Department of Social Services
- 2.5% for planning and building inspections
- 2% for parks and recreation
- The remaining percentage goes to other county operations

He also discussed a new shell building being developed at the Patriot Centre Industrial Park.

"Why do we build shell buildings? Because the reality is, people don't wake up in other parts of the world and think about Henry County every morning," he said. "And if we don't build shell buildings, if we don't create high-quality industrial sites, then we're not going to attract their attention."

Wagoner said the county has intentionally worked to diversify its industries since the decline of the furniture and textile sectors.

"Our intentionality since then has been to not put all our eggs in one basket. We intentionally went after smaller companies. Not 5,000 jobs like DuPont once had here, but two or three hundred jobs so if one of them goes under like Vanity Fair did, it doesn't make an earthquake shatter through our whole community," he said. "It's only a small impact and we can absorb it better."

Wagoner also addressed the recent court ruling in favor of Martinsville in the city's legal dispute with the county PSA. He said it's too early to comment on how the PSA will respond, including whether it will appeal.



Jeff McCambridge informed attendees on ongoing VDOT Joe Bryant hosted a Collinsville District Town Hall.



Treasurer Scott Grindstaff discussed changes to tax due

He emphasized that the county budget will not be impacted, as the PSA is a separate entity.

"The PSA is a separate governmental entity from the county, so there is no legal burden on the county. It's a burden on the Public Service Authority," he said.

"The PSA is sound financially right now. We've put off a lot of capital projects and some other stuff knowing this lawsuit was being dragged out since 2016," he said. "The PSA had their first rate increase in 12 years effective July 1 ... it could very well have an impact on the future rates of the Public Service Authority depending on the final outcome of the case. But right now, we don't know to what magnitude."

Jeff McCambridge, maintenance operations manager with the Virginia Department of Transportation (VDOT), provided an update on roadwork at Bassett Forks.

"The work going on here at Dyers Street, or Dodge Store and McDonald's, what's going in there is a thing called through cuts and what that's going to do is eliminate one phase of the stop light," he said.

McCambridge noted the project is on hold for about a month due to a back order on signal posts.

He also said VDOT is finishing its first round of mowing and will soon begin again on primary and

Heart to Art Studio brings hands-on creativity to Martinsville



The studio offers several areas for painting, crafting, and mosaics.

The pair chose the location near the mall in order to accommodate a splatter room. In that room, customers can throw paint under a black light for a fun, messy, and unique experience. "We were really sold on this little spot based on having that room available to us to work with," Tisdale said. The studio will include shelves stocked with

ceramic pieces for customers to paint. Brushes, glaze, and a kiln to fire the pottery are available on-site. There will also be mosaic tiles, guided or unguided canvas stations, crafting tables, and a small section with ready-made gifts.

Studio rentals for events will be available,

though there are currently no plans for mobile paint parties.

"We are really flexible to any suggestions peo-

ple might have or requests people have," Tisdale said. "We've already had a grandparent ask if her daughter could come for lessons since she can't fit an art elective into her schedule."

Tisdale and Rogers said the process of opening

Tisdale and Rogers said the process of opening the business was smooth. "The city has been very welcoming and made the process quite easy to open a new business," they said

open a new business," they said.

The studio will offer a different experience from what's available at Studio 107 or Piedmont Arts.



The splatter room will allow customers to throw paint under

a black light.

"This is a different twist and different accessibility point. This is for everybody and anybody," said Tisdale. "I can't express how excited we are with this new adventure. And I'm really hoping that we're gonna be offering Martinsville something new, important, and fun."

For more information about Heart to Art Creative Corner, contact Tisdale or Rogers at (276) 618-1499 or heart2artcreative@gmail.com.

cated at 2A E. Liberty St. in Martinsville, was the site of a ribbon cutting on July 21. The studio offers an accessible and welcoming space where visitors can create various types of art on-site. Guests can enjoy activities such as ceramics painting, mosaics, a splatter room, and other creative classes.

The studio is operated by Christina Tisdale and

Heart to Art Creative Corner, a new studio lo-

By Jessica Dillon

like that."

her partner Monica Rogers. Tisdale has lived in the area for 30 years, and the pair had often discussed creating a fun space for locals. "Monica actually said, you know, this area could benefit from the same things we're interested in

and it would be a fun place to go and not have to leave town," Tisdale said.

"We are excited to bring a creative outlet to the Martinsville community," said Tisdale. "Our stu-

dio is designed to be a fun and safe space for individuals to express themselves, learn new skills, and connect with others," said Rogers.

Tisdale also believes there are mental health benefits to art. "I think it's very relaxing. It's kind

of a mental health benefit to create art and stuff

Email submissions@theenterprise.net

Thank you for reading Henry County Enterprise

City Schools =

(cont. from page 10)

Nalah Dillard, Joseph Stout-Levi Hairston, Riley Wheldon, Jailyne Soriano Montes, Leovardo M. Hernandez, Luna Trafford

3rd Grade Honor Roll

Maddie Carillo, Anyeli Davila, Liam Romero, Ny'Sere Moore, Kate Carrillo, KeDrianna Clemmons, Gabriel Compton, Lorraine Floyd, Brooklyn Culverhouse, La'Niyah Hairston, Messiah King, Trinity Moore, Teagan Torres, Jakare Eggleston, Maria Machuca, Eli Carvajal, Brittany Espana, Nathalie Carrillo Isidro, Serenity Coleman, Omarion Niblett, Milah Waller, JaNovia Pettie

4th Grade Principal's List

Callie Torres, Khamisi Daniels, Kacie Hylton, Camila Lara-Diaz, Nathan Quintal-Santana, Alan Hernandez, Jordan Turner, Ka'Myrah Stockton, Londin Bervine, Adorian Hodge, Edward JohnsonDavis, Daleyza Vazquez-Vazquez, Rania Wom-

4th Grade Honor Roll

Daniel Soto-Mata, Oscar Telles, Julio Gonzalez, Abigail Zuniga-Perez, Markai Durham, Hayden Elliott, Tayion Martin, Dennis Moore, Carmela Nakhle, Aaden Schmidt, Abby Cruz Santiago, Jacob Gilley, Lailah Mallory, Ana Ramero Ramirez, Melo Waller, Maddie Carrillo, Anyeli Davila, Liam Romero, Ny'Sere Moore, Kate Carrillo, Willie Walker, Lennette Floyd, Zi'ere Poindexter, Jeansiel ReyesRo-

5th Grade Principal's List

Carter, Semaiya Miriem Craighead, Sofia Marcial, Kaitlyn Nelson, Antonella Rodriguez, Mwandishi Tarik, Calleigh Whittle, Sariyah Carter, Nevaeh Daniels, Amara Hemphill, Nyseir Preston, Amina Rumley 5th Grade Honor Roll

Micah Barton, Alexandria Jennings, Nelayah Martin, NyKerious Martin, Deonte Turner, Murillo, Gabriella Thomas Fountain, Ti'Heem Hairston

Martinsville Middle School 6th Grade Principal's List

Remington Crockett, Archer Deatherage, Jade Holland-Dallas, Jude Hollingsworth, Wyatt Hoyer, Virgil Moore, Bradley Richardson, Nylah-kay Scott, Jocelynn Walker

6th Grade Honor Roll Abbas Bayani, Jackson Branch, Maccabeus Daniels, DeJesus, Brooklyn De-Shazo, Andrew Dillard, Victor Dominguez-Machuca, Kendrick Floyd, Alanna Gerlach, Brysen Gilbert, Jadyn Gravely, Jasmine Hairston, Trinity Hairston, Fernando Isidro Carrillo, Jamison Jackson, Ayden Jones, Josiah Law, Aria Lewis, J'Amira Lockett, Shaurya Mahajan, Kennedy Martin, Khamari McRae, Christian Millner, Destiny Millner, JaZai Moore, Riley Moore, Kendrick Moyer, Jasmin Nolasco, Samuel Olivares Rosas, Yahya Rodriguez, De'Coyia Smith, Kaydien Valentin, Katherine Wall, Bentley Williamson

6th Grade Counselor's List Takeira Beal, Trinity Chaney-Burgess, Harmony Coles, Kaelyn Conner, Chloe Curry, Melondy Farrow, Alania Ferguson, Jeshua Giggetts, Hayilaa Hairston, Jaidence Hairston, Ka'Nasia Hairston, Justin Hodge, Mylah Johns, Kaeleb Jones-Walton, Markuarias Lampkins, Aubree Mahan, Safarii Manns, Yaretzi Montes-Soriano, Taylor Moore, Jycere Moorman, Kei'Yauni Morrison, Bryan Perez Zuniga, Yetzael Ramos-Tellez, Ray, Dominik Reynolds, Destiny Richmond, Dillon Wilson, Mason Wright, Yahir Yanes Alvarado

7th Grade Principal's List Kevin Avila-Santiago, Zariyah Bouldin, Janette Carrillo-Llamas, Alan Carrillo-Tamayo, Jada Eleby, Fredy Jimenez Romero, Jairo Mata, Freddy Munoz, Selena Stultz

7th Grade Honor Roll

TKari Breedlove, Ja'Veona Coles, Litzy Contreras Rosas, Khalia Cox, Maia Eccles, Skyla Euceda, Dania Fields, James Hall, Jaymi Henriquez Ramos, Taimir Manns, Tonydia Millner-Moore, Bryson Penn, Daniya Penn, Zion Powell, Quandel Richards, Ny'Asia Richardson, Ma'Kiya Walton, Lamerius Woods, Michelle Yanes-Videa 7th Grade Counselor's List

Gannon Blackwell, Mariyah Brandon, Destiny Breeland, Jaden Briggs, Jaydah Burnette, Princeton Dillard, Nina Giles, Appalania Gravely, Hope Hairston, Luis Hernandez, Kaylee Hightower, Asonti Hodge, Katelyn Kriger-Sells, Macari Long, Keyla Lopez Chavez, Sara Lopez Reyes, Jewel-Armani Martin, Issac McIntosh, Chamilia Nakhle, Imani Newsome, Isabella Palmer, Kyra Penn, Kendall Price, Meagan Price, Delany Ramos Tellez, Joanneliz Reyes Dennis, Alexis Stallard, Kyla Steward, Jordyn Thomas, Akaysha Thompson, Ty'Jon Waller, Maddison Whittle, Maya Williams

8th Grade Principal's List

Bayoumy, Bridgette Brent, Olivia Campbell, Christopher Carpio Yanez, Mackenzie Church, Kayleigh Cristobal, Jahvion Dawson, Nadia Dominguez Gonzalez, Keira Frazier, Marisol GarciaMacias, Dre'dyn Hairston, Zoey Hannans, Kirsten Henderson, Isaias Lopez Valentine, Renisha Millner, Samson Ray, Dayanna Torres-Jose, Lailana Vandermeuse-Siteki, Malik Waller

8th Grade Honor Roll

Emely Amaya Turcios, Tyliric Barbour, Joshua Branch, Harmoni Carter, Mahcori Chapman, Kaliyah Dawson, Fabian Devora Guerrero, Zamauri Durant, Na'Ziah Flemming, Kendra Handy, Zackary Harter, Rachiyah Hunt, Zanaysia Jones, Malaysia Lang, Jayren Marchorro-Macias, Cyrah Martin, NyJurrian Martin, Zy'Jerryah Martin, Amarriyah Matthews, Yarel Mendoza-Martinez, Hazel Moore, KaMoriya Moore, Nathaly Morales, Anthony Murillo-Villanueva, Mason Newsome, LaRhianna Penn, Avane' Pharr, Jeremiah Porter, Josiah Porter, America Ramos Tellez, Ja'nasiah Richardson, Ayden Roberts, Vanessa Rose, Maheva Simon, Adreal Stultz, Joel Sutphin, Josiah Sutphin, Diairion Turner, Kailyn Venable, Nathaniel Villasenor, Nevaeh Wilson, Arianna Ybarra

8th Grade Counselor's List Haylee Aho, Cameron Barbo-

ur, Christian Branch, Boaz Bre-

damus, Kaleb Briscoe, Edward Brown, Anthony Chavez Dominguez, Aubrey Davis, J'Caryous Day, Ty'Layiah Dillard, Alexis Euceda, TaLeah Giles, Maria Goodman-Osby, Shaddai Griffin, Ayden Hagwood-Scott, Marcus Hairston Jr., Azaan Hairston, Eyvonne Hairston, De Jesus Hernandez, Kamarii Johnson, Anthony Kinder, Ana Nunez-Torres, Logan Osborne, London Preston, Aurora Rankin, Christian Rodriguez, Ny'Kaila Sligh, Andrew Soto, Jasaan Turner, Walton, NyShawn Wray, Nathaniel Yarbrough

Martinsville High School 9th Grade A

Walter Amador Rios, Amia Battle, William Bela, Latoya Bradner, Jaryus Brim, Abbigail Campbell, Zhedrick Capulong, Brennan Coleman, Cordell Daniels, Ny'Kerion France, Hudson Grant, Leeayla Hairston, Jonas Hollingsworth, Demetria Johns, NyKira Johnson, Zebulon Kiser, McKenna Mahan, Abraham Michael, Aileen Nolasco, Zion Perkins, Sadie Pickett, Colby Robertson, Erzart Shahini, Veronica Smith, Lilly Wall, William Wall, Paris Waller

9th Grade AB

David Argueta, Cristofer Avila-Santiago, Eland Blankenbaker, Madison Branch, Keimani Brandyburg, JKyiah Daniel, Gemarius Davis, Keyara Dillard, Thailand Finney, Harmony Galloway, Brandon Gearheart, Jequiwn Giles, Seth Hankins, Leonardo Hernandez-Mata, Aubrey Hill, Amia Holland, Navaih Hood, Isabella Hurd, Keilaj'ah Morrison, Hugo Navarro Cortes, Akorea Neblett, Camarion Plunkett, Shadeya Spencer, Symphany Talley, Zaina Talley, Phyllis Thompson, Ja'Corian Turner, Baisley White, Addison Williamson

9th Grade B

KeAndrius Beal, Kira Compton, J'Kobe Covington, Nicholas Davis, Thali Draper, Ja'Da EgglestonWade, D'Anna Fields, Christopher Floyd, Harmoni Hairston, Jayden Harrison, Diontez Hylton, Iriana Newbill, Kemiah Scales, Harlem Wade, A'Vari Waller, Ashley Yanes Vi-

10th Grade A

Jaden Ayoub, Kyndall Benton, Kayra Carr, Kristeena Decker, Sherman Dillard, Angeliah Eccles, Sarah Greene, Alvana Hairston, Caden Martin, Gabriella Michael, Aniyah Millner, Julie Nguyen, Ariyana Nowlin, Eric Ortiz-Soriano, Jayce Prillaman, Yaretzy Ramos Tellez, Tyrese Smith, Desmond Snyder, Caleb Valentine

10th Grade AB

Adams, Crystal William Beauchene, Serenity Bradshaw, Qa'Sani Calhoun-Davis, Madisson Cortes, Fernanda Dominguez-Machuca, Jordan Foster, Tyson Hairston Jr., Alice Hopkins, Ky'Asia Keen, Jazmin Mota-Ocampo, Pedro Nicasio, Joshua Redd, Logan Richardson, JuanDel Santiago, Aaron Scott, JaVonna Stubblefield, Alexis Villafana, Jamauri Williams. Karter Winbush

10th Grade B

Jose Coca Romero, Sariyah Little, De'Mari Martin, Brendan Nelson, Daniel Niblett, Trinitee Prunty, Briana Reid, Amyah Richardson, Betty **Emauri Tinsley**

11th Grade A

Maria Cheremos, Quentin Chism, Sincere Cook, Zaniah Dillard, Jahrine Jones, Shawn Joyce, Myasia Long, Jennyfer Marchorro Mendoza, Yoshikoe Moyer, Jun Olea, Evelia Olvera, Adrian Pickett, Jailyn Reynolds, Cassandra Sanchez, Daila Sechrist, Rilynne Williams, Kaira Womack

11th Grade AB

Cesar Algeria Alvarez, De-Juan Bradner, Jemea Craghead, Kamori Dillard, Shatavia Dillard, Caesar Draper, Jaqauvis Farmer, Layla Garrett, Ka Nyah Giggetts, London Hairston, TyShawn Hairston, Melody Harris, Abigail Hernandez, De'Nyiran Hodge, Nyasia Long, Parker Lusk, Gregory Moore, Janetzy Rodriguez, Avianna Watkins

11th Grade B

Mykala Akins, Tyquan Campbell, Monserath Castro-Santiago, Alessio Cox, NyKerian Dillard Williamson, Jordan Draper, Galloway, Hood, Aerran Kellam, Michael Kirby, Damarious Marsh, Camarie Niblett, Morgan Niblett, Lillian Rorrer, Jayden Stockton, Riley Wilkins, Daniel Wlodarczyk

12th Grade A

Adam Aguilar, NyAsia Cobbs, Ana Compton, Jamirah Farris, Ava Grant, DeMontaye Hairston, Deniyah Hightower, Isabella Hood, Kasey Inman, Kamryn Kirby, Jose Lara-Alvarado, Ashley Lintag, Gavin Luther, Alondra Machuca Tiznado, Monserrat Machuca Tiznado, Leon Martin Jr., Aziah Martin, Honesty Martin, John Nguyen, Colin Sechrist, Jariyah Smith, Mary Smith, Ayona Stultz, Brooke Turner, Isabella Vega, Jackson Via, Jason Weaver II, Jayden Williams, Connor Worthington

12th Grade AB

Mairy Amador Rios, Elvin Amaya Turcios, Caleb Burgess, Yadira Carrillo Tamayo, Keara Carter, Brianna Chigwerewe, NaDasia Cobbs, Dale Cochran, Noah Cook, Tyanah Dickerson, Kassidy Dodson, Marcos Dominguez Machuca, Natalie Dunagan, Xavier Dunham, Ruby Abigail Haskew, Zoe Lewis, Uriel Lopez Chavez, Jerryon Lowe, Skyla Martin, ANyshia Matthews, Rickyah MitchellHairston, Amondre Moseley, Jacey Pamintuan, Penn, Jamerica Phillips, Jyshir Plunkett, Terriah Roberts, Erza Shahini, Jaylen Solomon, Benjamin Torres Orozco, Danielle Trapp, Timarius Wilson 12th Grade B

Anne Agee, Naun Andrade Paredes, Esmeralda Castillo-Ocampo, Hayden Cundiff, Elijah Dixon, Aliyah Hairston, Lauren Hall, Aidan Hood, Dean James, Ventson Kent, Taniyah Leftwich, Gissele Leon-Elias, Laimen Lowe, Alexander Martinez, Skkylar Miller, NaBria Millner, Steven Morales-Garcia, Connor Mosley, Tayana Niblett, Asonti Price, Kendryck Redd, Alexys Rumley, Jonathan Sanabia, Chevis Spencer Jr., Joshua Tarpley, Cayden Walker, DeArrieon Williamson, Kaya Yates.







FREE Summer STEM Enrichment Program for 6th-8th Graders

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ENROLL TODAY:







A senior's guide to exercising safely

Exercise is a key component of healthy lifestyle at any age — including for adults over 50. Many seniors are encouraged by their physicians to stay active, as regular movement supports heart health, builds bone and muscle strength, and improves balance and flexibility. Joining a gym or fitness class can also provide valuable social interaction with others who share similar goals.

But while the benefits are clear, it's important for older adults to take cerprecautions when starting or continuing an exercise routine. Prioritizing safety can prevent injuries that may derail progress. According to Temple Health, seniors who don't follow safe exstrategies risk overuse injuries, torn ligaments or cartilage, broken bones, and other physical problems.

Here are a few key



Regular, safe physical activity promotes long-term health and well-being in one's golden years. With the right approach, seniors can continue to enjoy the benefits of movement while minimizing the risks.

niors exercise safely and effectively: Find an activity

you enjoy.

Engaging in regular exercise helps maintain a higher level of fitness compared to a sedentary lifestyle. Sticking with a consistent routine also means guidelines to help se- you won't have to

repeatedly rebuild your fitness level after long breaks. Start slowly and

increase gradually.

When people hear "exercise," they may imagine high-intensity workouts or hours at the gym. In reality, older adults need only about 2.5 hours of aerobic activity per week — not per day. Start with low-impact activities and gradually build up intensity. Combine aerobic movement with cle-strengthening exercises for a balanced approach.

Warm up before you begin.

ready warmed up. Stay hydrated.

Older adults are

at greater risk of dehydration because the body naturally retains less water with age, and certain medications can also increase this risk. Drinking water before, during, and after exercise is essential.

Know your limand adapt when needed.

A workout that suits a 30-year-old may not be appropriate for someone in their 60s or 70s. Walking might be a better choice than running. Instead of heavy weightlifting, try resistance bands or body-weight exercises that are easier on the joints.

 \mathbf{Work} balance.

Warming up helps

the body prepare

for physical activ-

ity. Simple move-

ments like walking

in place, arm circles,

or gentle squats and

lunges can get the

blood flowing. After

exercise, stretching

is important, espe-

cially once muscles

and tendons are al-

Falls are a major risk for seniors and can lead to serious injury. Incorporating simple balance exercises, such as standing on one foot or marching in place, can improve stability over time and help prevent accidents.

How arthritis affects daily life and mobility



There is no cure for arthritis, so working on lifestyle changes can improve quality of life and help people manage day-to-day tasks more easily.

Arthritis is a broad category of joint and connective tissue disorders that affects around one in five people in both Canada and the United States, according to the Arthritis Society of Canada.

It is a leading cause of disability for many people worldwide. Arthritis becomes more concerning with age, particularly osteoarthritis — a degenerative condition caused by repeated use and stress on the joints.

Common symptoms include joint pain, swelling, reduced mobility, and physical weakness all of which can significantly affect daily life. These symptoms may come and go, but managing arthritis, especially rheumatoid arthritis, is not always easy. In some cases, rheumatoid arthritis can even damage body systems beyond the joints, including the skin, eyes, lungs, heart, and blood vessels, according to the Mayo Clinic.

There is no cure for arthritis, so lifestyle changes are essential to improve quality of life and help day-to-day activities manage more easily. · Lose weight: Carrying extra

weight places additional stress on joints, especially in the hips and knees. Even modest weight loss can relieve joint pressure and improve mobility. · Take medicine: Consult your

doctor about medications that may help manage symptoms.

Both prescription and over-thecounter options can reduce pain, prevent flare-ups, and lower the risk of further complications.

• Find balance: Johns Hopkins Medicine advises alternating between activity and rest. Pacing yourself helps protect joints and manage fatigue. Don't be discouraged if you can't exercise as long or as intensely as before.

 Get regular activity: Low-impact exercises such as walking, swimming, or gentle aerobics can promote flexibility and reduce stiffness. Ask your doctor what's appropriate for your condition. • Talk to someone: Arthritis

may also bring emotional challenges. Consider speaking with a mental health professional to help manage the psychological While arthritis can significant-

ly affect daily life, many people find that consistent management strategies help them maintain mobility and improve their overall well-being.

more mindful of food choices

and avoiding impulse buys

or meals that may not be as

healthy as they can be. Add-

ing more plant-based foods

to a diet is a good start. Such

foods can reduce the risk of

chronic conditions like high

cholesterol and hypertension.

Daily habits that help promote health

Health should be a priority, but too often life gets in the way and individuals take a reactive, rather than proactive, approach to their personal well-being. But living healthier need not be so difficult. In fact, research suggests that small, positive changes in how a person lives each day creates a healthier person over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/ mental health, and work as the top barriers to focusing

on health. But it's important

that both women and men rec-

ognize that small changes can

add up to big results. These

healthy habits can help individuals start living healthier lifestyles. Get some exercise. Regu-

lar physical activity is one of the most important things a person can do fo his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults should aim for at least 150 minutes (30 minutes a day for five days) of moderate-intensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a

lot of time and no equipment except a good pair of athletic shoes. planning is not just a way

· Wear sunscreen every day.

After washing your face each

morning, apply a facial moisturizer with an SPF of at least 30, or blend equal parts of sunscreen and regular moisturizer, suggests Harvard Health. Use it on the face, neck, ears, and any thinning hair spots on the scalp. Skin cancer is the most common type of the disease worldwide, and wearing sunscreen can help many people avoid it. · Spend time outdoors. It

takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is neces-

sary for bone and heart health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and in-

creases happiness. · Plan your meals. Meal

to manage food budgets. It's

also a great method to being

Stay hydrated. Hydration supports good digestion, increases energy and may improve brain performance,

states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do

not feel thirst like they did when they were younger, so it is especially important for seniors to stay hydrated. Healthy habits are more

easily adopted when people begin small and make a daily commitment to their overall health.

See more at www.theenterprise.net

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Dehydration can be intertwined with aging

The human body is everchanging. Though it's not often so easy to detect the changes the body goes through, such alterations may become more noticeable with age.

One age-related change that's easy to overlook is related to thirst. The Cleveland Clinic notes seniors typically do not feel as thirsty as they once did. That compels seniors to consume less fluids, which in turn makes them more vulnerable to dehydration.

Why is my risk for dehydration higher now than when I was younger?

Seniors may ask this question, and body composition changes that correspond to age are often to blame. According to the Cleveland Clinic, seniors' bodies do not demand water in the same way they did when they were younger. So people tend to drink less water as they age. Some also suffer from decreased kidney function that also compromises fluid levels in the body. These things mean many seniors have less water in their bodies than they used to, which increases their risk for dehydra-

How serious is this threat?

The threat posed by dehydration is serious. In fact, the Cleveland Clinic notes that dehydration is a common cause of



The Cleveland Clinic notes seniors typically do not feel as thirsty as they once did. That compels seniors to consume less fluids, which in turn makes them more vulnerable to dehydration.

hospitalization among adults age 65 and older. The Agency for Healthcare Research and Quality also notes that adults 65 and over have the highest hospital admission rates for dehydration of any group. How do I know if I'm dehy-

drated?

As noted, aging adults do not typically feel as thirsty as they did when they were younger. That's important to remember, as the Cleveland Clinic notes that thirst might actually be a sign of early dehydration. The following are some additional

physical signs of dehydration:

- Fatigue and weakness
- · Dizziness or a loss of coordi-
- · Dry mouth and/or a dry cough
 - ·Headache
- ·Muscle cramps, which can be caused by a loss of electrolytes through sweating
 - · Chills or heat intolerance · Flushed skin

These symptoms are notable in their own right, but some may make seniors vulnerable to additional issues. For instance, dizziness or a loss of coordination resulting from dehydration may make seniors more vulnerable to falls. Falls are a significant threat because they increase the likelihood of broken bones and other serious injuries, but a fall also can adversely affect mental health. A fall that causes injury may lead seniors to withdraw from certain activities, including recreational sports or other physical activities often performed alongside fellow seniors. Withdrawing from such activities can lead to isolation and depression.

How can I avoid dehydration? The goods news is that hydrating is pretty easy, particularly when seniors are aware of their vulnerability to dehydration. The Cleveland Clinic urges seniors to consume sufficient fluids each day, even spicing up water with a fruit slice if necessary. In addition, seniors are urged to avoid caffeine, which can force more trips to the bathroom to urinate and thus lose fluid. Cucumbers, celery and, of course, watermelon also can be incorporated into seniors' diets each day, as these foods are high in water content.

Dehydration poses a serious threat to seniors' health. But that threat can be easily overcome when seniors make a concerted effort to stay hydrated each day.

Activities for seniors with limited mobility



seek to be more physically active without compromising their overall health. Physical activity is a valu-

able tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as easy as it might have been in years past. Sometimes referred to as "aerobic exercise" or simply "cardio," cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compro-

· Walk your way to a healthier you. Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it's safe to walk just about anywhere. Walking in a

place such as a local park can

mising their overall health.

be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep

Take up swimming. Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in water tends to be less taxing on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool. · Use an exercise bike or por-

table pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to a park, where seniors can still spend time in the great outdoors, which is one of the most ap-

pealing reasons to get on a

Take beginner yoga or tai

bike and go.

to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require

much movement but do pro-

chi. HelpGuide.org notes that

gentle yoga or tai chi can help



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to be less sedentary. Even seniors with mobility issues can find safe and effective ways to be more physical-

vide enough for seniors hoping

ly active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.



Stormy skies ahead? The National Oceanic and Atmospheric Administration urges everyone to follow these lightning

What to do when lightning strikes

Summer is a season known for warmth and outdoor fun — whether it's kids at camp, families enjoying backyard barbecues, or seniors taking morning strolls in the park. But when thunderstorms strike, outdoor activities must pause, as lightning presents a serious safety threat.

Knowing what to do when lightning is in the area is essential. The National Oceanic and Atmospheric Administration (NOAA) urges individuals to take the following precautions to stay safe:

Know where to go.

The safest place to be during a lightning storm is inside a large, enclosed structure with plumbing and electrical wiring, such as a home, office, or shopping center. These systems can conduct electricity more efficiently than the human body. If no buildings are available, an enclosed metal vehicle is the next best option.

Avoid unsafe shelter.

Open structures like picnic pavilions, baseball dugouts, beach shacks, carports, and metal sheds do not provide adequate vehicles are also unsafe during lightning · Don't bathe or shower.

protection. Golf carts and other open-cab

Parents may recall being told not to bathe during lightning storms — and that advice is rooted in fact. Water and metal conduct electricity, so the NOAA recommends avoiding baths, showers, or washing dishes during a thunderstorm. Unplug devices before use.

Avoid using desktop computers or devices

plugged into wall outlets during a storm. If you need to use a smartphone or tablet, unplug it first. Avoid vehicle controls.

If you're sheltering inside a car during a

storm, avoid touching the radio, ignition, or infotainment screen. These elements may provide a conducting path to the outside of the vehicle, increasing your risk of shock. Lightning storms can pass quickly or lin-

ger for hours. Understanding how to protect yourself when lightning strikes can prevent injury — and save lives.



Emergency preparedness guide for seniors

Emergencies can happen without warning — storms, power outages, floods, or other crises may require quick action. For older adults, having a plan in place is especially important. Here's a simple, step-by-step guide to help you prepare and stay safe.

1. Create a Personal Emergency Plan

Write it down: List emergency contacts, medical conditions, allergies, medications, and preferred hospitals.

Keep a copy: Store in your wallet, with a neighbor, and next to your phone.

Plan for mobility: If you use a cane, walker, or wheelchair, consider how you'll evacuate or move around safely in an emergency.

2. Build an Emergency Supply Kit

Pack a bag or container with at least 3 days' worth of supplies: Water (1 gallon per person per day)

Non-perishable food (easy to open/prep)

Medications (7-day supply, plus copies of prescriptions) Flashlight and batteries

First aid kit

Personal hygiene items

Extra eyeglasses or hearing aid batteries Important documents in a waterproof bag (ID, insurance cards, medical list)

Phone charger and power bank Tip: Label everything clearly, especially

medications and assistive devices. 3. Prepare for Power Outages

Have flashlights handy (avoid candles).

Keep extra batteries nearby. Use a corded landline phone if available; cordless phones won't work without power.

If dependent on electric medical devices, talk to your utility company about priority reconnection or backup power options.

4. Make a Communication Plan Designate a family member or neighbor to

check in. Carry a list of emergency contacts in your

wallet or phone. Keep a charged mobile phone nearby at

all times.

5. Know When and Where to Go Identify local shelters or safe places ahead

of time.

Arrange transportation in case evacuation is needed.

If you live alone, inform a trusted neighbor or friend about your plan.

6. Stay Informed

Keep a battery-powered or hand-crank radio to get updates during power outages.

Sign up for local emergency alerts via phone or email.

Watch weather updates closely in summer storm season.

7. Practice Your Plan

Run through emergency scenarios twice a

Review your supply kit and replace ex-

Update contact and medication info regu-

Remember: Preparation is peace of mind.

A little planning now can help you stay safe, calm, and in control during any emergency. For more senior-focused safety resources,

contact your local Area Agency on Aging or visit ready.gov/seniors.

Promote health with these daily habits

Health should be a priority, but all too often, busy schedules and responsibilities push personal well-being to the back burner. As a result, many people take a reactive, rather than proactive, approach to their health. But living healthier doesn't have to be overwhelming. In fact, research shows that small, consistent changes to daily routines can lead to better health over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found that 63 percent of respondents said it was difficult to make health a priority. Respondents cited feeling overwhelmed, caring for others before themselves, mental/emotional health challenges, and work obligations as the top barriers. Still, both women and men can benefit by making manageable lifestyle adjustments. These healthy habits are a great place to start. Get some exercise.

Regular physical activity is one

of the most important things you can do for your health. Exercise days a week) of moderate-intenjust a good pair of shoes.

helps manage weight, reduces

After washing your face each morning, apply a moisturizer with SPF 30 or higher. Harvard Health recommends using it on your face, neck, ears, and any exposed scalp areas. Skin cancer is the most common type of cancer globally, and daily sunscreen use can help prevent it. Spend time outdoors.

Just a few minutes in the sun

can boost your vitamin D levels, which support bone, heart, and mental health. WebMD notes that time spent in green spaces also promotes calm and increases happiness. • Plan your meals.

Meal planning helps you make

disease risk, strengthens bones muscles, and improves brain function. The Centers for Disease Control and Prevention recommend at least 150 minutes per week (30 minutes a day, five sity aerobic activity. Walking daily is a simple, effective way to start—no equipment needed, Wear sunscreen every day.

Healthy habits are easier to adopt when you start small and stay consistent. Making a

daily commitment to your health can lead to lasting improvements over time. more mindful food choices,

avoid unhealthy impulse purchases, and stick to a budget. Adding more plant-based foods to your diet can reduce the risk of chronic conditions like high blood pressure and high cholesterol. Stay hydrated.

Drinking enough water supports digestion, increases energy, and may improve cognitive function. Start with a glass of water when you wake up and with every meal. Older adults especially should be mindful of hydration, as the sensation of thirst diminishes with age.





Paying homage to dementia care workers

Dementia can affect nearly couldn't do this without you" anyone. According to the World Health Organization, 57 million people worldwide were living with dementia in 2021, and nearly 10 million new cases are diagnosed each year. Dementia can result from a variety of diseases and injuries that affect the brain, with Alzheimer's disease being one of the most common and well-known types.

In the early stages, some individuals with dementia may be able to live independently or with limited assistance from family members. But as the condition progresses, professional care is often needed. Many individuals eventually require the services of a skilled nursing facility, memory care unit, or 24hour, in-home care provided by a trained dementia care profes-

Caring for someone with dementia can be deeply rewarding, but it is also emotionally and physically demanding. Alzheimer's San Diego reports that 35 percent of Alzheimer's caregivers say their own health has suffered due to the stress and demands of caregiving.

It doesn't take much to show appreciation for these compassionate and dedicated professionals. Here are a few meaningful ways to honor dementia care workers:

· Offer kind words. expressions Simple

"You're doing a great job" or "I

like

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can go a long way in helping caregivers feel valued and seen. Ask how you can help.

While care workers are paid for their services, offering to lend a hand is still meaningful. Sitting with the patient so the caregiver can take a short break or helping brainstorm solutions to a recurring issue can ease their load.

 Advocate for caregivers. Support policies and pro-

grams that provide resources for both professional and family dementia caregivers. Reach out to local or national representatives to push for better support structures.

Listen.

Sometimes the best support is simply being a good listener. Dementia caregivers may appreciate having someone to talk to who won't judge or try to "fix" things.

Share food or treats.

Consider bringing food platters, snacks, or beverages to staff at long-term care facilities. Always check with the facility first to ensure offerings comply with their policies. Dementia care professionals

work long hours under often challenging and emotionally complex conditions. Expressions of gratitude — whether large or small — can make a meaningful difference and show that their vital work has not gone unnoticed.

Common warning signs for cataracts



No one wants to imagine a day when their vision might fail, but diminished eyesight is a common occurrence that affects people of all ages and backgrounds. A 2022 report from the World Health Organization estimated that at least 826 million people have distance or near-vision impairment that could be corrected with an appropriate pair of eyeglasses. These individuals are among the 2.2 billion people worldwide currently affected by some form of vision loss. Cataracts are one of the most

common — and treatable — causes of vision impairment. However, access to cataract treatment is limited in many parts of the world. A 2021 study published in The Lancet Global Health found that 94 million people age 50 and over have vision impairment or blindness that could be reversed with cataract surgery. But surgery may not even be considered if people are unaware of the symptoms of cataracts. The American Academy of

Ophthalmology (AAO) lists the following as common signs of cataracts: Blurry vision

Blurriness is a symptom of

many vision problems, including cataracts. It makes it difficult to see clearly or sharply. In the case of cataracts, blurvision occurs due to the breakdown of proteins in the eye's natural lens, leading to a cloudy appearance.

Seeing double

Double vision — seeing two, often overlapping, images of a single object — may also indicate cataracts. This symptom can be confusing and disorient-

• Sensitivity to light

A noticeable discomfort or pain when exposed to bright lights, especially at night when confronted by headlights, can suggest a light sensitivity that often accompanies cataracts.

• Difficulty seeing at night People with cataracts may

struggle to see in dark or dimly lit environments. They may have trouble adjusting when moving from a well-lit space to darkness, and in some cases, may not be able to see at all in low-light conditions.

Seeing faded colors

Colors that once appeared vibrant may begin to look yellowed or faded. This change in color perception is another symptom associated with cataracts.

While cataracts can compromise vision, it's important to remember that effective treatments are available. Recognizing the early warning signs can help individuals seek care sooner and preserve their quality of life.

For more information, visit www.aao.org. Recreational ideas for adults

Fun isn't just for kids. In fact, adults benefit greatly from carving out time for enjoyable activities. Health experts agree that recreation adds balance to life and is essential for overall well-being. The University of Utah Health notes that regular leisure activity—especially when enjoyed outdoors-can enhance cognitive function, boost creativity, improve energy levels,

and promote relaxation. Adults may not always gravitate toward play or recreation as naturally as children do, but with a little inspiration, it's easy to find fulfilling ways to have fun. Here are several

 Volunteerism Volunteering can be as active

ideas to help get started:

or as low-key as needed. Whether you're cleaning up a local beach or calling Bingo at a senior center, volunteering can be both enjoyable and deeply meaningful. It also fosters community connections and provides a strong sense of purpose.

 Cooking Take a cooking class to expand

your skills and explore global cui-



make recreation part of their routine. sines. Not only does cooking offer a creative outlet, but the tasty results

are a built-in reward.

 Bowling Bowling is a fun, social activity that encourages friendly competi-

tion. Join a local league or gather

friends for a casual game—it's a great way to stay active and en-

gaged. • Camping Whether sleeping under the stars,

pitching a tent, or staying in an RV,

camping offers a refreshing escape

vide opportunities for socializing and connecting with fellow outdoor enthusiasts. Dancing

into nature. Campgrounds also pro-

Dancing promotes physical fitness

and offers a creative way to express yourself. With so many dance styles to choose from, there's something for everyone. Couple's classes can also serve as a fun bonding activity. Gardening You don't need a huge backyard to

enjoy gardening. A few pots, some soil, and a bit of care are all it takes to grow flowers, herbs, or vegetables—and the therapeutic benefits are well-documented. Trivia nights

Flex your mental muscles at a local trivia night. These events are often held at restaurants or bars and combine social interaction, fun facts, and friendly competition.

There are countless ways for adults to incorporate fun into their lives. Recreation isn't just entertainment—it's an important part of staying healthy, happy, and connected.



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