

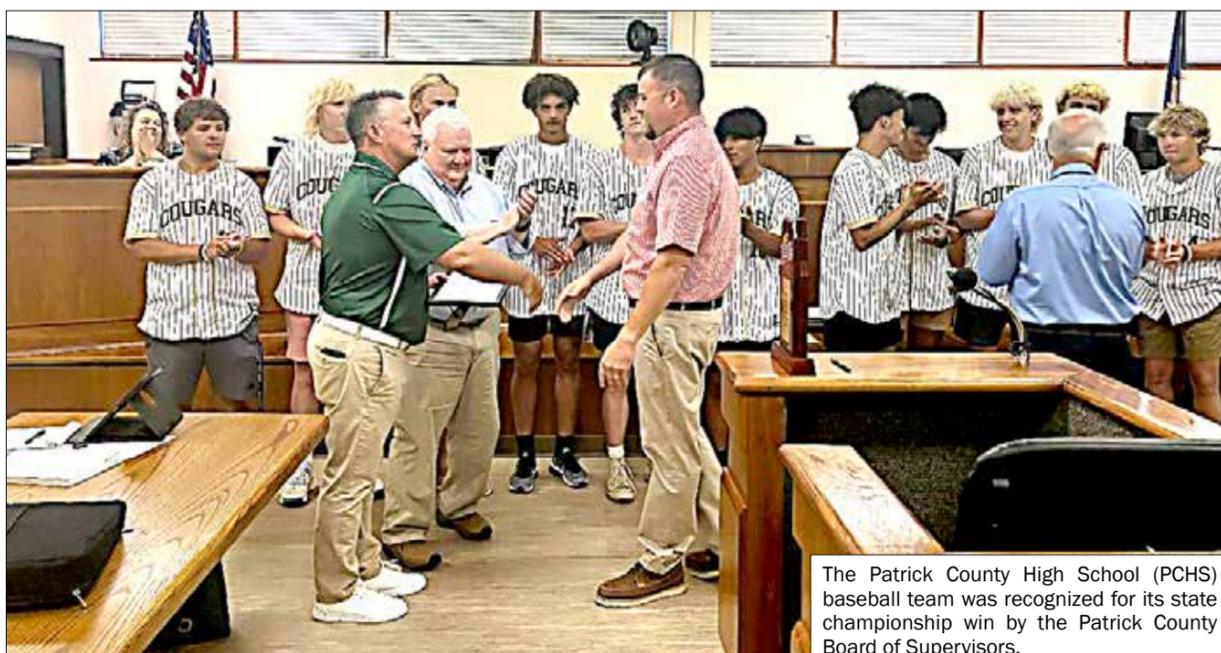


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VOICE OF THE PEOPLE SINCE 1876 | Dedicated to serving the communities of Patrick County



The Patrick County High School (PCHS) baseball team was recognized for its state championship win by the Patrick County Board of Supervisors.

Cooper named new Economic Development Director



Patrick Cooper will become the countys director of economic development on Aug. 7.

By Staff Reports

The Patrick County Board of Supervisors and the Patrick County Economic Development Authority have a new Economic Development Director.

Patrick Cooper will start in that position on August 7, and be paid \$66,000 annually. He will take the place of Sean Adkins, who resigned earlier this year.

Cooper will be the point of contact for all economic development efforts in Patrick County, in cooperation with the Board of Supervisors and the EDA. Cooper will report to the County Administrator.

(See Cooper p. 5)

Phone issues aired at a recent meeting



Kim Harmon, a resident of Pole Bridge Road, detailed connectivity issues at the July 10 Patrick County Board of Supervisors meeting.

By Taylor Boyd

A telephone service provider received criticisms from residents at the July 10 Patrick County Board

of Supervisors meeting.

Kim Harmon, a resident of Pole Bridge Road, which is situated in the Mayo River District, said her home telephone service has been little to none for the past nine months.

“In November of 2022, a lady overcorrected her speeding and ran over one of the small green towers, and” the service provider “took their sweet time about coming out and fixing it,” she said.

Brightspeed, which offers home internet, TV, and phone service, is the primary provider in that area and much of the county.

When a repairman visited, Harmon said stopgap measures were

used rather than replacing the tower and the damaged wiring that runs to it.

“They kept splicing and twisting the wires together just like you or I could do with some little appliance at home. So, in June we had a really bad storm, and I was without phone service from June 4 to June 20. No phone service whatsoever,” she said.

Over the past three months, Harmon said she’s been without phone service for 25 days.

She added her husband has Chronic Obstructive Pulmonary Disease (COPD), and they only have a landline because they are

(See Meeting p. 5)

A not so little, Little Free Library

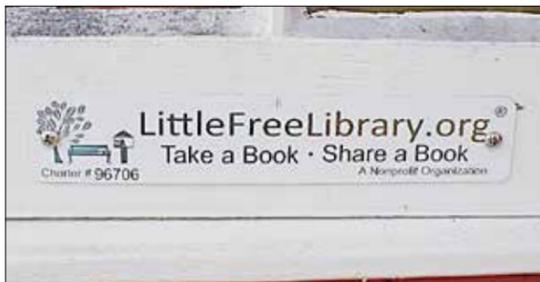
By Pat Delaney

It started with Donna Bishop’s interest in literacy and a desire to do something for the community. The result is a Little Free Library, that isn’t so little. While most of the so-called ‘little free libraries’ are not much larger than a mailbox, Bishop’s is big enough for book lovers to walk in and browse the books inside.

“We brought the building down from Massachusetts when we moved here three years ago. You know, most people have a little box that they put a couple dozen books in. We got a building,” said Bishop.

Of her husband, Bill Curren, she said “Bil-ly thinks big, so he

(See Library p. 14)



Donna Bishop’s is one of more than 150,000 Little Free Libraries worldwide.



Inside, the books are organized for easier browsing.



Donna Bishop standing in front of her Little Free Library where people can pick up books.

Kendrick hopes to help projects reach fruition

By Taylor Boyd

Clayton Kendrick is seeking a second term in the Mayo River District seat on the Patrick County Board of Supervisors for several reasons.

Kendrick, who will face Danny Foley in the November election, said he originally intended to serve just one term. But with so many projects underway, he decided to seek reelection to see those projects the board stated come to fruition, including broadband.

The county has been working to get service agreements in place and work underway to en-

(See Kendrick p. 8)



Clayton Kendrick is seeking reelection for the Mayo River District seat on the Patrick County Board of Supervisors.

DeLoach runs on record in November

By Taylor Boyd

Clyde DeLoach is seeking reelection for the Blue Ridge District seat on the Patrick County Board of Supervisors in the November election.

He will face challengers Leon Puckett and Steven Marshall in the race.

DeLoach said he is seeking reelection because the board accomplished some of its goals during his first term on the board, including generating interest in reopening the hospital, balancing the county’s budget, and being more transparent with the public.

“We had the budget balanced all four years and we went, accord-

ing to the auditor, we went from 2019 being in awful, awful shape and now he said we’re in very good shape,” he said.

Personally, DeLoach has sat on committees with the Virginia Association of Counties (VACO) and has been on the steering committee for two of them.

“All of that kind of stuff can help the county get our name out there. I’ve got our name out there to everybody, and that includes our representatives, our congressmen, and senators. I went to Washington and talked with Sen. Warner, so I have put forth a big effort to get Patrick County on the map and let people

know our needs,” he said.

DeLoach said he believes the county had gotten away from a sort of good old boy network and is “much more interested in what is beneficial to Patrick County.”

If re-elected, DeLoach said he wants to work to bring more tourism opportunities to the county.

Also, “I want to work on getting an industry. It’s more difficult, but I believe we can. So economic development, I think there is an opportunity to do that. I think we’ve made a good start ... and we need to continue stressing tourism,” he said.



Clyde DeLoach is seeking his second term for the Blue Ridge District seat on the Patrick County Board of Supervisors in the November election.

DeLoach said this requires holding the course and attracting a new county administrator to help direct the county.

He added that he also is constantly looking for grants to help

(See DeLoach p. 5)

Patrick Pioneers

Rock Castle Descendants

By Beverly Belcher Woody

On Saturday, the 15th of July 2023, the sixth annual Rock Castle Descendants' Reunion was held at Woolwine Methodist Church; over eighty people were in attendance. You might ask, descendants of whom?

Before the American Revolution, a gap in the Smith River Valley between Belcher Mountain and Rocky Knob mountain was settled by European immigrants. It was named Rock Castle for the Cathedral quartz crystals that resembled the turrets of medieval castles. Family names like Adams, Akers, Adkins (Atkins), Akers, Ayers, Belcher, Boyd, Brammer, Clark, Cockram, Compton, Conner, Corn, Craig, Crawley, Dalton, DeHart, Dillon, Elgin, Fain, Finney, Griffin, Griffith, Hall, Hancock, Harris, Hooker, Houchins, Hubbard, Hylton, Lee, Mangrum, McAlexander, Midkiff, Moran, Morrison, Nester, Packwood, Pendleton, Pollard, Price, Salmons, Scott, Shelor, Smith, Stone, Thomas, Tinsley, Tuggle, Washington, Weaver, Worley, Wood,

and Woolwine filled every hillside and hollow in Rock Castle.

During the Great Depression, one of Roosevelt's New Deal projects was to build a scenic highway along the crest of the Blue Ridge Mountains of Virginia and North Carolina. The federal government began buying Rock Castle land and (in some cases) condemning it, through eminent domain, to build the Blue Ridge Parkway. Families had to abandon the land where for generations, they had made a living, raised their children, and buried their loved ones.

Fast forward to July 2017; I was attending a presentation by Virginia Tech professor Dr. Anita Puckett at the public library in Floyd. Dr. Puckett and Leslie Shelor had co-authored a special historical study of Rock Castle Gorge for the Blue Ridge Parkway. At this presentation, I met 91-year-old Madison Vernon "Matt" Hubbard, who was born and raised in

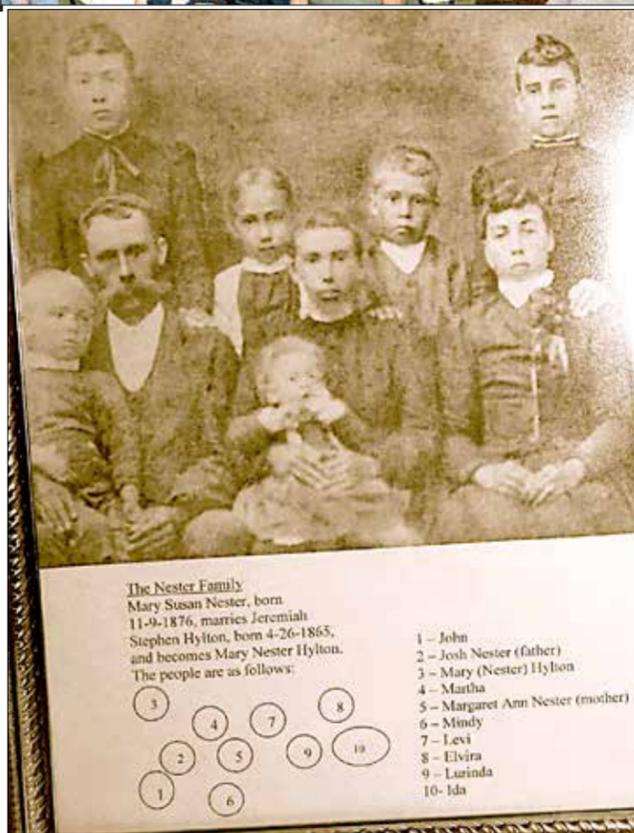


Rock Castle 2023 Descendants Reunion (Photo by Timothy Tilley).

Rock Castle. Since my maternal and paternal ancestors had lived in Rock Castle, I had a thousand questions for Mr. Hubbard who patiently answered every one of them.

One month later, the Rock Castle Descendants' Reunion was born! Elva Lee Haden and husband Moir have been my partners since the creation, along with Jean Dillon Hughes and husband Alvin, their daughter Leslie Martin, and wonderful granddaughters, Ashley and Kiley. Cheryl "Sug" Sutphin and husband Glen, Noel Underwood, Michael Belcher, Danny Wood, Danny Compton, Margie Cockram-Belcher, Nancy Lee Dillon, the late Ivalien Reynolds, my mama, Shirlien Boyd Belcher, my husband Mark, Harriet Austin Mattes, Helen Puckett,

(See Pioneers p. 4)



Nester Family, photo courtesy of Pat Carper and Pam Anderson.

New P&HCC College Board Vice Chairperson Named

The Patrick & Henry Community College Board has elected Ms. Jewell Drewery (Martinsville) its vice chairperson. Drewery has served on the P&HCC Board since January 2022 and is the chairperson of the Legislative Committee and a member of the Executive Committee of the board. She joins chairman Robert Haley (Henry County) in board leadership and will assume the role of board chairperson in July 2024.



Jewell Drewery

Ms. Drewery supports several initiatives to revitalize Martinsville and also serves the community by leading technology initiatives at Fayette Street Christian Church and serving on the usher board there.

Jewell Drewery is a 1995 graduate of Martinsville High School and attended Hampton University. She is an agent with Rives S. Brown Realtors in Martinsville, VA.

Ninth District Congressional Staff to visit

Rep. Morgan Griffith's Ninth District staff will be available in Patrick and Henry counties on July 26.

Staff will be visit Henry County from 10 - 11:30 a.m. in the Summerlin Room of the Henry County Administration Building (Board of Supervisors Meeting Chambers), 3300 Kings Mountain Road, Martinsville.

Staff will be visit Patrick County from 12:30 - 2 p.m. in the Patrick County Administration Building

Conference Room, 106 Rucker Street, Stuart.

Pets of the Week



This young male Sheppard type with the black face is a sweetheart and would love to have a home. He is a favorite with the staff.

This handsome bull dog was picked up on Virginia 8 north near the Floyd County line. He is wearing a collar and is someone's loved pet.

If you might recognize these two please call the Patrick County Public Animal Shelter (PCPAS) at (276) 694-6259. Visit the shelter to see other available pets or check out the shelter's Facebook page. Adoption fees are \$10 and include spay/neuter and rabies vaccination.

Artists Thrive participants visit Patrick County

Thirty artists, artist administrators, and arts funding organization leaders will visit Patrick County on Thursday, July 20, to learn about the county's vibrant rural art and creative economy. The visitors will be participating in the Artists Thrive Summit to be held in Winston Salem, North Carolina, on July 18- 21. The summit is supported by the Emily Hall Tremaine Foundation.

Summit participants have an opportunity to take a field trip to learn how the arts have made a positive impact in communities. Those attending the field trip to Patrick County will visit Virginia Tech's Reynolds Homestead where they will interact with youth participating in the annual Art Summer Camp as well as tour the historic property. The homestead — part forest research project, part community gathering place, and part educational and cultural center — serves as the region's gateway to Virginia Tech's vast resources

and expertise.

Participants will also visit the Envision Critz property to learn about plans for the Critz Community Center to be developed on the twelve acre property the non-profit recently purchased. Following lunch at Pickle & Ash, the tour will continue in downtown Stuart with a visit to Calliope, where Bull Mountain Artists will have an exhibit and be on hand to talk about their work. The group will also visit a Pop-Up Rise and Shine Market to be held in the Farmers' Market from 2-4 p.m., and the Star Theatre where they will learn more about plans for the theater and about the vibrant music community in Patrick County.

The Reynolds Homestead became involved in the Artists Thrive organization through the Air Collaborative, which provides the curriculum for the Air Shift and Evolve programs the Homestead has employed within the county to

create community projects such as Trail H.A.N.D.S., the Barn Quilt Trail, and the Rise and Shine Market. Additionally, the Evolve Program has helped participants develop business plans, including for Pickle & Ash, Calliope, Patrick County Business Recovery Center, Stuart Tap House, Star Theatre, and New Leaf Energy.

"The Reynolds Homestead appreciates those who have participated in the Air Shift and the Evolve programs taking time to meet with our visitors and providing information on the impact these programs have made in our county," said Julie Walters Steele, director of the Reynolds Homestead. "We also hope community members will come out to meet our visitors during the Rise and Shine Market."

The Reynolds Homestead has been serving the region as an outreach and engagement center of Virginia Tech for more than 50 years.

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"TOGETHER, WE CAN BUILD IT ALL."

Students in Martinsville, Patrick among those to receive GRASP scholarships

Great Aspirations Scholarship Program, Inc.), a non-profit, college and career access organization, headquartered in Richmond, recently awarded 130 Last Dollar scholarships totaling \$135,500 and 82 Community College Pathway scholarships totaling \$82,000 to Virginia high school students graduating in 2023.

Last Dollar Scholarship recipients were NiJe'l Cook and Usman Khan, Martinsville High School; and Macy Hall, Patrick County High School.

Pathway Scholarship Recipients were Andrew Rakes, Patrick County High School and Tanaysia Blackstock,

Marissa Espinosa, Camryn James, and RG Olea, Martinsville High School.

GRASP's mission is to ensure that every student has an equal opportunity for continuing education after high school, regardless of financial or social circumstances. During the 2022-2023 academic year, GRASP financial aid professionals provided free, confidential, one-on-one advising in 109 Virginia high schools to students seeking fi-

ancial aid and scholarships for continuing education after high school – whether that is technical school, community college or a four-year university.

GRASP advisors were able to provide financial aid advising this year through in-person meetings as well as virtual options including video meetings, phone, email, texting, assisting students/families through the financial aid process to include completion of the FAFSA (Free Application for Federal Student Aid) as well as the VASA (Virginia Alternative State Aid) application.

In addition to financial barriers, many would be first generation college students and students from lower-resourced communities have a lack of knowledge of the financial resources available and how to navigate the complex maze of the financial aid system. GRASP advisors are typically retired educators who have a passion for expanding students' opportunities to learn and bring decades of life-experience to the discussions.

The GRASP advising pro-

gram and scholarships are made possible by generous donor support and private and community foundations. Last Dollar scholarships are awarded to at least one student at each school GRASP serves. The Community College Pathway scholarships are awarded to students who plan to attend community college to receive a career certificate or transfer to a four-year college and are renewable.

Scholarship luncheons were hosted in seven areas of the state served by GRASP (Cedar Bluff, Staunton, Warsaw, Keyville, Williamsburg, Hopewell, and Richmond) recognizing GRASP Scholarship recipients as well as high school seniors who have participated in the early commitment scholarship program (SOAR Virginia®), a Virginia529 program that was created and funded by Virginia529 to inspire and assist high school students to reach their post-secondary education goals.

Appointments, which are free, can be made through the schools' counseling offices. More information about GRASP is available at www.grasp4va.org. Point of Contact is Paula Buckley, pbuckley@grasp4va.org.

Arrests reported

The Patrick County Sheriff's Office reported the following:

*Joseph William Sawyers, 23, of Ararat, was charged July 7 with one count each reckless driving, drive while intoxicated, and warrant of extradition. Deputy R.S. Martin was the arresting officer.

*Crystal Lynn Grose, 39, of Pilot Mt., N.C., was charged July 7 with fail to appear. Lt. D.L. Foley made the arrest for Russell County.

*Heather Nicole Bowman Lockhart, 30, no address available, was charged July 10 with probation violation. Deputy M.R. Hodges was the arresting officer.

*Skylar Dwayne Dix, 29, of Patrick County Jail, was charged July 10 with two felony counts of violation of good behavior and a misdemeanor charge of violation of good behavior. Deputy C. Strother made the arrest for Henry County.

*Michael Cinque, 65, of Stuart, was charged July 11 with fail to appear. Deputy A. Kinney was the arresting officer.

*Kendra Pauley Barker, 34, of Stuart, was charged July 11 with bail/pretrial violation. Deputy J.G. Pickerel was the arresting officer.

*Joshua Lee Young, 38, of Martinsville, was charged July 12 with three counts each shoplift and probation violation, and two counts fail to appear. Deputy D. Celozzi made the arrest for Martinsville PD and Henry County.

*Cody Allen Smith, 35, of Ferrum, was charged July 13 with one count each credit card larceny, credit card fraud, obtain money by false pretense, and ID theft. Deputy C.L. Elgin was the arresting officer.

*Jacob Nathaniel Kellam, 23, of Elkin, N.C., was charged July 13 with intentional damage to a monument. Deputy D.A. Elgin was the arresting officer.

Warner, Kaine among those to support LIFT Act

U.S. Sens. Mark R. Warner, Tim Kaine and others introduced bicameral legislation last week to help first-time, first-generation homebuyers – predominately Americans of color – build wealth much more rapidly. By offering new homeowners a 20-year mortgage for roughly the same monthly payment as a traditional 30-year loan, LIFT will allow individuals traditionally underrepresented in the housing market to grow equity twice as fast.

“Homeownership is one of the key ways Americans build capital and wealth. Unfortunately, racism and systemic discrimination in our housing laws have put this opportunity out of reach for far too many families of color,” said Warner, D-Alexandria. “The LIFT Act will help narrow the racial wealth gap by allowing qualified home buyers to build equity – and wealth – at twice the rate of a conventional 30-year mortgage.”

“Homeownership is not only a key part of the American dream but also one of the best ways to build generational wealth,” said Kaine, D-Richmond, and a former fair housing attorney. “I’m proud to be joining my colleagues in introducing this bill to help first-generation homebuyers, particularly those from communities of color, build wealth and help address the racial wealth gap in our country.”

First introduced in 2021, the Low-Income First Time Homebuyers (LIFT) Act would establish a program at the Department of Housing and Urban Development (HUD), in consultation with the Department of the Treasury, to sponsor low fixed-rate 20-year mortgages for first-time, first-generation homebuyers who have incomes equal to or less than 120 percent of their area median income. Treasury would subsidize the interest rate and origination fees as-

sociated with these 20-year mortgages so that the monthly payment would be in line with a 30-year Federal Housing Administration (FHA)-insured mortgage.

For example: A first time homebuyer of modest means who purchases a property for \$210,000 is likely to put down \$10,000 and take out a \$200,000 mortgage. In today's market, a lender would offer this borrower a 6.5% 30 year FHA insured mortgage, for which the borrower would pay an annual 0.55% FHA insurance fee and a 1.75% up-front insurance fee, which would be folded into the mortgage. The borrower would have a monthly payment of \$1,377. Under the LIFT program, the lender would instead offer this homebuyer a 5.5% 20-year FHA insured mortgage, which would include an up-front 4.00% FHA fee that would be folded into the loan and no annual FHA premium. The borrower would have a monthly payment of \$1,430. By paying roughly the equivalent monthly payment, a borrower with a LIFT loan would build equity more than twice as fast.

By allowing borrowers to build equity through their homes at twice the rate of a comparable 30-year loan without meaningfully increasing the monthly payment, LIFT will improve the power of homeownership for millions of families. Coupled with well-targeted down-payment assistance, the LIFT program will make meaningful progress in narrowing the racial wealth gap, expanding and greatly strengthening the wealth-building benefits of homeownership in communities too long left behind by our existing financial structures.

The proposal has the support of a number of organizations including the National Consumer Law Center (on behalf of its low-income clients), and the Center for Responsible Lending.

Time Share Exit Scams

It's the summer holiday season and many of us are out looking for vacation homes, but not everyone is in a buying mood. Across the country thousands of people are looking to get rid of a time share property, a process that can be difficult. Enter criminal scammers who set up slick looking, but fraudulent businesses that promise to help desperate families for a fee.

Time share scams target victims by responding to for sale ads or searching property records. They will either offer a guarantee to get someone out of their time share for a fee or claim to have a buyer available and ask for real estate sales fees. Last year the Federal Trade Commission and the State of Wisconsin filed a suit against a group of companies who collected

\$90 million for services they never provided.

Getting out of a time-share can be difficult but looking for short cuts could cost you much more in the end. Never trust anyone who contacts you unsolicited and offers to make your problems go away for a fee.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you've fallen victim.

Virginia's 'Move Over' law changed July 1

A newly amended Virginia law takes some guesswork out of roadway safety.

As an expansion of the current “Move Over” law, drivers must now move over or slow down for any vehicle on the side of the road displaying flashing red, blue, amber or hazard lights.

The law, first enacted by the General Assembly in 2002, required drivers to change lanes and proceed with caution when passing emergency and law enforcement vehicles displaying red or blue flashing lights, and utility, tow and roadside assistance trucks displaying amber flashing lights on the roadside.

“The change, effective July 1, expands this protection to any stationary vehicle displaying hazard lights, warning signs like an emergency triangle, or flares,” said Janet Brooking, executive director of DRIVE SMART Virginia. “An example of a situation like this might be a driver who pulls over to the side of the road to fix a flat tire.”

When flashing or hazard lights appear on the roadside, motorists are required to proceed with caution and, if reasonable, yield the right of way by moving to a lane not adjacent to the stationary

vehicle. If changing lanes would be unreasonable or unsafe, then proceed with caution and maintain a safe speed.

The law applies only to highways that have at least four lanes, at least two of which are intended for traffic proceeding as the approaching vehicle. A first-time violation could result in a traffic infraction.

“As the summer travel season is in full swing, you may notice more vehicles experiencing emergencies at the side of the road,” said David Tenenbaum, senior actuarial manager at Virginia Farm Bureau Mutual Insurance Co, a DSV partner. “Now the law is clearer than ever—move over if possible, or slow down when approaching any roadside vehicle with flashing lights.”

AAA, the organization advocating for the amended law, reported that 28 people were killed in crashes while outside of a disabled vehicle in Virginia between 2016 and 2020. Though Move Over laws are enforced nationwide, 71% of Americans are unaware of them, according to a poll sponsored by the National Safety Commission.

Earlier versions of the law aimed to protect law enforcement, emergency personnel and highway maintenance workers, said Virginia State Police Lt. Col. Matt Hanley.

“Now your neighbor, coworker, family member, friend and you have been added to this as well,” he explained. “Act like it's your loved one on the side of the road—what would you do? You'd slow down, move over, pay attention and give them the space they need.”

Door to Door Sales Scams

Summer is officially here which means door-to-door sales crews are too. But buyers beware because what they're selling isn't always legit.

Be cautious anytime a stranger comes knocking, especially if the visitor is trying to sell you goods or services. Be wary of contractors who say they stopped by

because they just happened to be in the neighborhood. They might even offer you a free roof inspection.

One thing to remember is that good contractors are usually too busy to roam around in search of work. And any deal that you can only get if you sign up immediately or pay for in advance –

it not a deal at all. Your best bet is to proactively seek out the services you need and tell the next person who shows up at your door that you don't do business that way.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call

1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you've fallen victim.

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Martin Truex Jr. scores third win of 2023 after dominant performance at New Hampshire Motor Speedway

By Holly Cain
NASCAR Wire Service

Martin Truex Jr. had led more than 900 laps at New Hampshire Motor Speedway without claiming any victory hardware in 29 previous starts at the 1.058-mile oval. However, the driver of the No. 19 Joe Gibbs Racing Toyota left absolutely no doubt about securing that career first win in Monday's rain-delayed Crayon 301 at the track, leading a dominating 254 of the 301 laps.

The impressive work was the 2017 NASCAR Cup Series champion's third victory of the season – and second in a rain-delayed Monday race (also Dover, Del.). He survived three restarts in the final 24 laps and ultimately held off one of the local favorites, Connecticut driver Joey Logano across the finish line by a slight .394-seconds – although for most of the day Truex held the field at bay by more than a second in the first Monday afternoon race in the track's 30-year history with the series.

The 42-year-old New Jersey native clearly had the car to beat – and no one could. His work not only earned the famed live lobster trophy, but also propelled him into the NASCAR Cup Series champion lead by 17 points ahead of Hendrick Motorsports' William Byron.

Asked if there was a track on the schedule where he wanted to win more than New Hampshire, Truex smiled, "I don't think so." His previous best finish was third place – three times. Five times he'd led more than 100 laps, including last year when he led a race high 172 laps, only to finish fourth.

"What we've been able to do here over the years was pretty remarkable and to not win was really getting frustrating," Truex said. "[Crew chief] James [Small] and I have talked about it many times and talked with [teammate] Christopher [Bell] before the race and he said, 'you've led more laps here than I've even run here in the Cup Series.'"

"Just really awesome job by everybody. What a race car we had here today. Just proud of the whole team. Pit stops were flawless. The car was unbelievable. We had some challenges throughout the race and

the car was a handful at times, but we put our heads down and just kept digging."

Truex led 163 of the opening 185 laps taking both the Stage 1 and Stage 2 wins to triple his total on the season. In the opening stage, NASCAR Cup Series championship leader, and four-race winner Byron was in hot pursuit. Later in the race Truex had to fend off Ryan Blaney, Kyle Larson and Logano.

"When you're at your home race track, second hurts more than anywhere else," said Penske Racing's Logano. "There's no place I want to win more than here and came up one spot short. That one stings but overall, still have to say it's a good day. Just mad right now."

Hendrick Motorsports' Larson, four-time New Hampshire Motor Speedway race winner, Stewart-Haas Racing driver, soon-to-retire Kevin Harvick was fourth in his final start at the track. Brad Keselowski, owner-driver of the No. 6 Roush Fenway Keselowski Racing team, rounded out the Top-5.

"We were fortunate we had fresher tires than most and were able to stay out and get most of that back," Harvick said. "We've just got to be able to do what we need to do when it counts."

23XI Racing's Tyler Reddick finished sixth, followed by Truex's JGR teammate Denny Hamlin. 23XI Racing's Bubba Wallace, Richard Childress Racing's Austin Dillon and SHR driver Chase Briscoe rounded out the Top-10.

Byron, who led nine laps, finished 24th.

His Hendrick Motorsports' teammate Chase Elliott, who is still trying to claim a 2023 NASCAR Cup Series Playoff position after missing six races this season, struggled much of the day. Elliott conceded after qualifying that he was not particularly optimistic about his No. 9 Hendrick Motorsports Chevrolet this weekend.

Still, he rallied to a 12th place finish in the No. 9 Hendrick Motorsports Chevrolet and remains ranked 23rd – now only 60 points out of 16th place in the standings with the Top-16 drivers transferring to the 10-race Championship round that starts in September.



Chandler Smith, driver of the #16 Quick Tie Products Inc. Chevrolet, leads the field to the green flag to start the NASCAR Xfinity Series Ambetter Health 200 at New Hampshire Motor Speedway on July 15, 2023 in Loudon, New Hampshire. (Photo by Meg Oliphant/Getty Images)

Kyle Busch, who was second in the championship standings entering Sunday's race, had a short day on an overall disappointing visit to New Hampshire. He spun the No. 8 Richard Childress Racing Chevrolet in qualifying and had to start at the rear of the field after repairs post-qualifying. Then he made contact with the wall as the field came to the caution flag for Stage 1 on Sunday.

The RCR team looked at the car on pit road but decided it was too damaged for repair, leaving him last in the 36-car field and dropping him to fifth place in the championship standings, 74 points behind

new leader Truex.

"I've been lacking right-rear grip the whole time we've been here," said Busch, a three-time NASCAR Cup Series winner at New Hampshire. "Just couldn't get the right-rear feel in the race track. You're just going along trying to keep it under you as much as you can"

"Hate it for our No. 8 team. Our Chevy stuff was a little off this week, at least for us anyway. We'll get back to it at Pocono."

The NASCAR Cup Series returns to action Sunday at Pocono (Pa.) Raceway in the HighPoint.com 400 (2:30 p.m. ET, USA Network, MRN, SiriusXM NASCAR Radio).

Ferrum College to offer two virtual information sessions

Ferrum College will host two virtual information sessions for their Master of Science in Athletic Coaching program on July 20.

The Master of Science in Athletic Coaching is 100% online and can be completed in one year. The curriculum is designed to develop and prepare coaches to assist student-athletes in the successful attainment of the well-being of mind, body, and spirit that catalyzes athletic performance.

Grounded in current research and framed with leadership, communication, and exercise science principles; this program gives coaches the advanced tools needed to truly understand the athlete and what can contribute to successful individual performance and ultimately successful team and community experiences.

Recent graduate and former assistant women's lacrosse coach Carly Coyle enjoyed the program, and found it to be incredibly beneficial. It opened so many more opportunities for her. "There is so much more



to athletic coaching that people don't realize or see from the outside. The program at Ferrum College helped me take a deep dive into all the different aspects that come with the game and has developed me into a better coach and person."

Each attendee will receive a \$500 scholarship. Participants can choose to attend the 2:30PM session or the 8 p.m. session. The next cohort starts on August 14. For more information, visit www.ferrum.edu/event-page/virtual-information-sessions-for-master-of-science-in-athletic-coaching/?occurrence=2023-07-20.

2023 Football signups underway

Signups are underway for 2023 Patrick County Recreation Football in several categories: K-2 Flag, 3-5 Tackle and 5-7 Tackle (8 on 8). Fill out the form and return to your child's school of the Parks

& Recreation Department. Call the Patrick County Parks & Recreation Department with questions at (276) 694-3971. The deadline to register is Sept. 8. Coaches also are needed.

2023 Patrick County Recreation Football Sign-Up

CHECK ONE: Grades: K – 2 FLAG
 Grades: 3 – 5 TACKLE
 Grades: 5 – 7 TACKLE (8 on 8)

Name _____ Grade _____

School Location _____

Parent Name _____

Phone _____

INTERESTED IN COACHING? _____

Please return to your child's school or Parks & Recreation Department.
 Questions, please call Parks & Recreation @ 694-3971

DEADLINE FOR REGISTRATION IS FRIDAY, SEPTEMBER 8, 2023



Pioneers

(cont. from page 2)

and last but not least, Mr. Matt Hubbard have been instrumental in the success of the reunion. The first year, we started out with twenty-five descendants attending and each year it has grown by ten to twenty more folks in attendance. Again, this year, the fellowship hall was overflowing with food, family, music, and love. Charlie Thompson, Jimmy Handy, Andy Buckman, and Clay Shelor played mountain melodies while some folks flatfooted, and others shared stories, mementos,

and photographs. The Rock Castle Descendants' Reunion, Leslie Shelor, and particularly, Mr. Matt Hubbard, were featured in Charlie Thompson's documentary, Rock Castle Home.

Be on the lookout in the Enterprise next summer for the date of the next reunion and y'all come! Next week, we will continue the Martin family narrative with David Harbour Martin and son Beamer. Woody may be reached at rockcastlecreek1@gmail.com or (276) 692-9626.

JULY MARKET EVENTS

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July 21: Storytime with Sam from the Library at 10am
July 28: Monthly Master Gardeners Program & Blood Pressure Checks

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 Stuart Farmers Market

Meeting

(cont. from page 1)

unable to get cell reception due to the location of their home.

Harmon said the service provider "also does not offer anybody internet service anymore either, and since that time we actually have some people who had internet for about 15 years and suddenly they no longer get internet from" the company.

Harmon said no fiber optic cables have been run out onto their road to show the provider plans to try and improve service. Instead, she said the company returns to the same box and fixes the same thing over and over again.

"In June, when I

lost phone service for two solid weeks, they came and fixed it. I had phone service for two days. We had another rainstorm, it went out, and I was without service again for a week, and so were most of my neighbors on my line," Harmon said.

She said some customers on Pleasant View Drive may have the service, but there's so much "roaring and static" one cannot hear what the person on the other end of the line is saying.

"This affects many of us. Most of us, 90 percent of us, affected in this region are over 65 years old. We have people on oxygen, people with severe health problems," she said.

Since Patrick Henry Volunteer Fire Department is no longer running medical calls in the area, Harmon said the community depends on volunteer agencies in Bassett. She estimates it takes those agencies around

25 minutes to get to the area - even when the telephone service is working.

Harmon said she called a supervisor with the service provider and asked him to come out and look at the tangled wires on the outside of the tower.

"It's covered with a Hefty garbage bag, and it's only halfway covered, and the wires are in a wadded-up stash of little connectors and bare wires that the rain hits," Harmon said. "In June, instead of repairing the cable and burying it, they did a jumper wire, ran it half a mile, and crossed the road with it, strung it up Pole Bridge sign, and went to the tower to give me service," she said.

Two days later, Harmon said it affected the service of other people on her road. A service technician returned three days later and addressed the problem by running a second

line across the road.

Currently, there are three lines running across the road, Harmon said. The lines are draped across mailboxes, propped up with sticks, and stretched across someone's driveway.

Harmon said the lines have been damaged by a lawn mower twice.

"As time goes on and cars run over those lines, it frays them and wears them. These lines have been laying on the ground for nine months now," she said.

"We just need help. We really need help" getting the company" to do their job. They say they're going to give us credits, I've gotten one credit for \$20. That's all I've gotten for one month," she said.

Clyde DeLoach, of the Blue Ridge District, said he's had complaints about service issues also, and hopes there's something the board can do about it.

"It's unacceptable," he said.

Denise Stirewalt, of the Peters Creek District, agreed, especially as there is no cell phone service in the area.

"In Smith River, we've had complaints as well, and even my own personal house phone when it rains, there's no point in even calling the house phone," Doug Perry, of the Smith River District, said. "I hope you're not having to pay the bill because they haven't provided the services."

"When mine goes out, I don't pay it. I call them, and I call them, and I call them," Stirewalt said.

Clayton Kendrick, the chairman, said he talked with State Corporation Commission (SCC) officials and sent them several photos of the wires.

"The lady from the State Corporation Commission said she'd get back to me, and she

suggested that we call our local representative from" the company, he said. "I think the county's been sending them stuff for a right good while" to let them know about service-related issues.

Kendrick said it's definitely something the board needs to look into.

"It might just be me, but I've kind of got the thought that" the company doesn't "want to spend anything in our area. I said I've got a cable at my place that's grown into a tree," he said.

DeLoach suggested the board contact Del. Wren Williams, R-Stuart, to help with the issue.

"This is a safety issue," DeLoach noted.

Kendrick said something needs to be done to fix the problem.

"There's no sense in what we've got there," he said.

Brightspeed did not respond to requests for comment.

Cooper

(cont. from page 1)

Cooper currently works for the Virginia National Guard as a Supervisory Logistics Management Specialist out of its Richmond, VA office. In that role, he manages and integrates six programs and manages budgets of \$2 million annually in federal funds for

government programs. In previous roles with the National Guard, Cooper was a senior advisor and oversaw such diverse initiatives as emergency management, operations security, and anti-terrorism.

Cooper has a bachelor's degree in criminal justice and political science from Norwich

University and is working toward a master's degree in public administration at the American Military University. His ability to seek and manage grants on the federal level will be a huge asset to Patrick County's ongoing efforts to piece together funds for economic development initiatives.

"I have experience in managing grants, seeking projects, and putting those two efforts together for a positive outcome," Cooper said. "I am thrilled to have this position and I look forward to working with all our partners and making Patrick County even better than it is now."

While Cooper currently works in Richmond, he has Patrick County connections. His wife Brandi is from Patrick County and many family members live in the area, and the couple plan to relocate to the county.

"I'm not the only one excited about this opportunity," Cooper said. "Our entire family is excited. That's one of the reasons I sought the position - I know

what Patrick County is and can be, and I'm ready to get to work."

EDA Chairman Bill Clark cited Cooper's military background as one of the things that stood out on his application.

"With his organizational skills and critical-thinking skills, I believe Mr. Cooper will come up to speed quickly on what we need and what we want in Patrick County's economic development toolbox," Clark said. "I think we all are excited."

Board of Supervisors Chairman Clayton Kendrick echoed Clark's words.

"I believe Mr. Cooper will hit the ground running, and I'm glad he's on our team," Kendrick said.

DeLoach

(cont. from page 1)

the county.

"That's one of my passions. I'm on, I can't tell you how many newsletters I'm on now, but every so often, they'll say this grant is available and that grant's available, and I'll pass it along or push it," he said.

Noting a new grant writer that is shared with the school division, DeLoach said "I think all of this is going to work out."

If re-elected, DeLoach said he will

bring experience to the table. He is one of the two board members in the history of Patrick County to have taken the state course on certified supervisors given by VACO.

"I have taken that, and I've learned a lot about history, finances, about how state and local governments interact," DeLoach said. "And I work hard. I'm not going to take a backseat to anybody, and I know the problems. I have spent these four years really getting acquainted with the problems and what we can do and what we need to do to fix them."

DeLoach said he is putting his record of hard work and knowledge of the opportunities and difficulties the county faces against anybody.

"I think I bring something to the table that would be great for Patrick County."

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LETTERS TO THE EDITOR

Addressing a few points

Regarding Gerry Scardo's letter in the 12 July 2023 edition of The Enterprise, a few misconceptions need to be addressed.

No, Mr. Scardo, the reduced cost due to the change in the Medicare Drug plan isn't courtesy of President Biden and the Democrats, it's courtesy of the American taxpayers. As for Adam Schiff, if anyone ever needed censuring, it is Mr. Schiff; he has lied constantly to the American people for the past several years and even today, continues to spout the same lies—the man has no shame.

As to the Canadian wildfires, there is no evidence that they result from climate change, as pointed out in William Salser's letter published

the same day as your letter. In fact, as Mr. Salser states, the number of wildfires is decreasing!

I agree with your assessment that so many Democrats are seeing the world through the eyes of billionaires such as George Soros, and my, what a distorted vision that is. I also agree with your assertion that a number of social media are promoting misleading, divisive content, especially CNN, MSNBC, ABC, NBC and CBS News among the most flagrant.

There were other points in your letter that were also totally false or misleading, but we will discuss those at another time.

**Joel Cannaday,
Bassett**

In search of common ground

Mr. Salser,

Firstly, citation actually means providing a specific reference to the statements you're making, not just a general list in parentheses at the beginning of your opinion. The inflection of your opinion with your so-called facts is so convoluted that there is no differentiation. And, the sources you are stating in parentheses are almost always one-sided. You would have failed my English classes with gusto!

Secondly, have you ever lived in an area prone to wildfires? Have you ever dealt with watching livestock and wildlife die from being

trapped due to wildfires? Have you ever lived in an area that did not receive any measurable precipitation in an entire year, and then watch four massive wildfires burn the following year in the Wet Mountains? The range did not get that name originally for no reason. Perhaps, instead of blame-casting and finding another "I hate Biden and democrats" topic, you could actually experience some of these catastrophic events.

Thirdly, you talk a big game on many subjects just to cast "hate" on anyone or any groups with differ-

(See Letters p. 8)

Prescription Drug Monitoring

Ninth District U.S. Rep. Morgan Griffith

Recently, I was in line at my local pharmacy to pick up a prescription for my son. Ahead of me in line was a woman picking up her prescription. While waiting for my turn, I overheard the conversation happening between the woman and the pharmacist.

The pharmacist informed her that her prescription, which used to have a \$45 copay, would now cost \$240. I suspect this is because the Pharmacy Benefit Manager (PBM) required the drug manufacturer to raise their price.

PBMs do this because they charge a percentage of the list price, so while they claim a higher discount offsets the price for the consumer, it doesn't always work out that way. And if you have a medicine that is working, PBMs manipulating the price to enhance their profits is not appropriate.

In this situation of course, I couldn't help but interject. I asked the woman if she had inquired about the cost of her drug without insurance, because we have heard testimony that due PBM manipulation and a lack of transparency in drug pricing, it might be cheaper if she paid cash than use her insurance.

Further, in this scenario, you can be required by your insurance company/PBM to try a new medicine. This also requires consultation with your doctor, and you may be like the lady at my pharmacy, who wasn't able to get her medicine that day and left to consult her doctor.

The point of health insurance is

so that if we get sick, or need medication, we are not financially devastated by the high costs associated with the health care we receive.

Unfortunately, with respect to prescription drugs, the incentives for insurance companies/PBMs are backwards.

The insurance companies should be acting in a quasi-fiduciary relationship with their insurers. After all, the insured, his/her employer, or a government run program is paying the insurance company to protect the insured from high-cost medicine, not help raise the cost.

That's why I introduced H.R.3285, the Fairness for Patient Medications Act. It ensures that no patient pays more than the price their insurance company or PBM negotiated for the drug.

Under my bill, if the drug is highly-rebated, a patient would not be required to pay more than the insurance company is paying for the drug from the previous year once all the discounts are accounted for.

In other words, your insurance company, or their PBMs, shouldn't be making extra profit by charging you a higher copay than they paid for the medicine themselves.

Bottom line, this legislation is about fairness.

This bill is included in the larger legislative package, the PATIENT Act of 2023, which has passed out of the Energy and Commerce Committee and hopefully will be on the House floor soon.

H.R.3285 isn't the only legisla-

(See Griffith p. 8)

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New drug pricing legislation would kill small biotech firms

By Karen Kerrigan

Senator Amy Klobuchar (D-MN) and a cadre of other liberal lawmakers recently introduced the Strengthening Medicare and Reducing Taxpayer Prices Act, a bill they claim will help America's seniors by imposing strict price caps on prescription drugs.

The so-called SMART Prices Act is anything but. The legislation would make it practically impossible for investors to finance drug development efforts, thus forcing many small biotech firms out of business. Ultimately, that outcome will deprive patients of lifesaving new treatments.

The bill effectively doubles down on last year's Inflation Reduction Act, which empowered the government to set prices for dozens of prescription drugs covered by Medicare. It's an iron law of economics that price controls discourage new entrants into the marketplace and the development of new products. Life sciences is no exception.

Even before the IRA, it took a risk-tolerant investor to bankroll cutting-edge biotech research. After accounting for the high rate of failure -- about 88% of experimental drugs that start clinical trials never earn FDA approval -- it can cost upwards of \$2.6 billion to bring just one new medicine to market. Price caps hinder drug makers' ability to earn a return on the few new medicines that do succeed.

This is particularly true of small-molecule medicines, which usually come in pill form. The IRA subjects "small-molecule" drugs to price controls just nine years after FDA approval. Larger molecule "biologic" medications, often administered via infusion, are eligible for price setting after 13 years.

Leading biopharmaceutical firms have already slashed R&D investment in small-molecule drugs since the IRA became law last August. AstraZeneca and Bristol

Myers-Squibb have said they may pause certain cancer projects because of the IRA. And 63% of drug companies plan to shift investment away from small molecule medicines, according to a recent trade group survey.

These disastrous consequences apparently haven't given leftists lawmakers any pause. The newly introduced SMART Act would expand and intensify the most anti-innovation aspects of the IRA.

The legislation would double the number of medications subject to price controls. Just as bad, it would drastically reduce how long new drugs are exempt from price controls, subjecting both small-molecule and biologic medicines to price caps just five years after FDA approval.

For small biotechs, the threat posed by more aggressive price controls on an accelerated timeline is existential. Life sciences startups, which in many cases are working on just one or two experimental drugs, could be put out of business if their products are selected for price setting.

That would have disastrous economic and health consequences. Aside from inventing the lion's share of new medicines, small and medium biotechs employ 71% of the nearly 1.9 million workers in the U.S. bioscience industry. The SMART Act could put hundreds of small biotechs out of business, and thousands of workers out of a job.

Small biotech firms around the country have been racing to find treatments and cures for a range of illnesses, from HIV and cancer to Alzheimer's, diabetes, and myriad rare diseases. Lawmakers can help them survive and thrive by recognizing -- and rejecting -- the SMART Act for the dumb policy that it is.

Karen Kerrigan is president and CEO of the Small Business & Entrepreneurship Council



Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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Weekly SUDOKU

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Letters to the Editor/Viewpoints Policy

The Enterprise welcomes letters to the editor and/or reader viewpoints of 500 words or less. Submissions may be edited for clarity, length, legal ramifications or general taste at the editor's discretion. We reserve the right to refuse to publish submitted letters for the same reasons. All letters must be signed by an individual and include community. Verifiable sources for information cited must be forwarded to the editor. Letters that do not meet these guidelines will not be considered for publication.

Disclaimer: Viewpoints and opinions expressed in letters selected for publication are the opinions of the writers, and do not necessarily reflect the views of The Enterprise.

Birth Announcement



Proud parents, Jon and Ashley Nowlin, are happy to announce the birth of their daughter, Denver Rayne Nowlin. Born at 7:50 a.m. on July 9, 2023, Denver weighed 6 lbs. and 15 oz., and measured 21 inches long. She is the second child after her brother, Rhett, and the first daughter of the family.

Social Security Matters

By National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens

Ask Rusty – My State Pension Eliminated My Social Security Survivor Benefit

Dear Rusty: My husband of 21 years died in January 2022 at the age of 70. We were both retired at the time of his death, and they immediately stopped his Social Security payments. After many calls to Social Security asking why I was not receiving his benefits, I was finally told since I have my own pension from the State of Ohio that I would receive none of my husband's Social Security.

I cannot see why my OH retirement has anything to do with my husband's Social Security. I do get a small payment from SS based on my past earnings before I worked for the State of Ohio. Is there any chance of fighting this since we were married when they took money from his earnings for SS? If I wanted to write to an elected official to see if these rules could be changed, who would I write to or call? Signed: Upset Widow

Dear Upset Widow: Unfortunately, your entitlement to a Social Security survivor benefit from your husband is affected by a provision known as the Government Pension Offset, or "GPO," which affects any surviving spouse with a federal, state, or local government pension earned without contributing to the Social Security program. Ohio is one of 26 states which have opted not to participate in Social Security, thus exempting state employees from paying Social Security taxes on their earnings. The OH state pension which resulted from your state employment means that any Social Security benefits earned outside of your state employment are reduced. The GPO reduction to your survivor benefit is severe – a reduction by 2/3rds of the amount of your Ohio state pension, which can - and often does - completely eliminate any SS survivor benefit you might otherwise be entitled to.

For clarity, the monthly SS payment your husband was receiving at his death stops automatically. At that point, your eligibility for additional SS benefits from your husband was assessed and, because of the GPO, Social Security offset your potential survivor benefit from your husband by 2/3rds of your Ohio state pension, which apparently eliminated your survivor benefit. As unfair as this may seem to you, note that the same thing happens to any surviving spouse who also has their own earned SS retirement benefit – their personal SS retirement benefit offsets their SS survivor benefit, so a spouse with a regular SS retirement benefit higher than their deceased spouse's benefit gets no surviving spouse benefit.

FYI, the State of Ohio has an obligation to make clear that by not paying into Social Security your future SS spousal/survivor benefits are affected. Without knowing how that was presented to you during your OH state employment, here's a quote from Ohio's Public Employee Retirement System (OPERS) website: "If you are eligible for Social Security benefits and are receiving a retirement benefit from OPERS, your Social Security benefits may be affected by the Government Pension Offset or the Windfall Elimination Provision. The Government Pension Offset may also affect you if you are eligible for Social Security benefits through your spouse. The Windfall Elimination Provision may affect you if you qualify for Social Security benefits due to your own work history."

In any case, you are certainly not alone in your feelings about how your Social Security benefits have been affected by the GPO. This provision was enacted in 1983 and has been challenged in just about every Congressional session since that time, without success. In fact, there is a legislative bill active in the current Congress – H.R. 82 – The Social Security Fairness Act - which was introduced on the House floor in January and "referred to committee" for consideration. Like all preceding WEP/GPO reform bills, this one sits idle in Committee. If you wish to add your voice to those who oppose the GPO, you should contact your Congressional Representative to solicit action on H.R. 82.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

The No-Diet Diet: Plant-Based Eating

There are a plethora of diets available that it can be easy to become confused—there is the Atkins diet, ketogenic diet, the Zone diet, Weight Watchers diet, South Beach diet, low-carb diet, the Dukan diet, and so many more. Eating healthy shouldn't be confusing, and it should be easy to incorporate as a lifestyle, and not just for a short period of time. After all, we all want lasting results.

What if eating healthy was meant to be balanced and part of an ongoing lifestyle? Many can agree that a superior diet is one filled with fresh, whole ingredients, and not with junk food or processed foods with chemicals. For me, it means a healthy lifestyle that considers the body's mechanisms and how to best maintain it. This helps produce a clearer mind, better emotional health, overall well-being, and the prevention of disease.

This is what I consider to be "healthy eating:"

- Whole foods, least processed
- No animal products
- Plant foods – vegetables, fruits, whole grains, legumes, seeds, nuts
- No refined foods – refined carbohydrates, sugars, free form fats
- The avoidance of stimulants and harmful substances
- You won't be losing out on anything, but you will...

Lose Weight and Keep It Off

Eating a vegetarian and/or vegan diet will help shed unwanted weight and maintain it. Data from the (AHS) Adventist Health Study shows that vegans had the lowest BMI and gain significantly less weight as they age. (1) A vegan diet is considered most protec-

tive against unwanted weight gain. What else is beneficial? Did you know that...

An Ounce of Prevention is Worth More Than A Pound of Cure

The Academy of Nutrition and Dietetics Position Paper states that vegan and vegetarian diets "are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases." (1)

Studies show a strong correlation between animal fat intake and diseases such as leukemia, cardiovascular disease, and diabetes, as well as the decreased risk of developing those diseases in plant-based diets. Plant foods are richer in phytochemicals, which protect against cancer.

It's not enough to know what to eat, but how to eat it.

Tips on Eating

Eating is quite self-explanatory, isn't it? It surely is. These are some fundamental but important tips on how to keep your digestion running optimally and feeling your best. It may look like a to-do list or a rigid step-by-step routine, but don't worry. I encourage you to incorporate what you can, bit by bit. The results you experience will motivate you to continue and add more to your routine. It really does become second nature, and you won't have to think of it much.

Drink warm water in the morning (preferably with honey and lemon juice) to activate your small organs. This aids the stomach in digestion as it must warm up before beginning the digestion process

Allow at least five hours in between meals for optimum digestion

Variate your meals but try to not have too much variety at one meal

Do your best to eat meals at the same times each day

Drink plenty of water throughout the day, but not in between meals. The stomach must absorb liquids before digesting, so allowing half an hour to an hour before and after meals to drink anything allows for better digestion

Eat balanced meals, and you'll find that it will help avoid snacks. Snacking in between meals restarts and inhibits the digestion process

Chew your food thoroughly and have a sense of gratitude and calmness as far as possible when eating. My husband and I like to pray together before our meals.

Periodically, it is good to skip a meal. Fasting is one of the best remedies for those with diabetes, hypertension, and high cholesterol. (2) The best meal to skip would be ideally supper time.

The heaviest meal should be at breakfast time and the lightest meal at supper. Sometimes we're not hungry during breakfast because we had a heavy meal at dinner. The stomach is in the best position for a heavy meal at breakfast time.

Ready for a health boost? Give the tips and foods in this article a try.

(1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466943/>

(2) <https://www.ucheepines.org/instructions-on-eating/>

(Submitted by Betty Dean. Written by Grace Jauwena, Health Coach. Used by permission from www.lifeandhealth.org. Courtesy of LifeSpring – Resources for Hope and Healing Stuart, VA)



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Letters

(cont. from page 6)

ing viewpoints. Isn't that the real problem with our country that you want to pray for? By the way, that's rhetorical! Instead of trying to find common ground to solve problems,

all you seem to want to do is drive your hateful wedge deeper. I would only hope that you might find a better way to spend your time.

**Susan Carlin,
Stuart**

Donor reaches milestone

Thank you, Patrick County. Twenty-four equivalent units of blood were collected which translates to helping 72 patients with medical issues. You exceeded the goal for the first time in several months. One donor achieved donating 20 gallons this month.

And thank you, Rose Window of Woolwine, who supported this month's blood drive.

Thank you, Volunteers! They are the ones who make your donation experience as pleasant as possible. The Volunteers take time out of their schedule to help donors through the general process of donation. Volunteers this month were Patty Brunner, Denise Clark, William Hines, Betty Holt, and Ann Sheppard

We are always interested in adding to our roster of Volunteers. If

you are interested in giving back to your community, please consider volunteering your time with the Patrick County Blood Drive, the oldest continuing blood drive in the county. Please stop by the next blood drive or contact one of the volunteers for further information.

Please remember that the American Red Cross encourages donors to make an appointment for your time to donate via internet at redcross.org or by calling 1-800-733-2767. Walk-ins are always welcomed but please know that your donation might take longer as those with appointments are accommodated first.

Next month's blood drive is scheduled for August 8, Tuesday, at the John D. Hooker Building.

**Gene Stirewalt,
Stuart**

Griffith

(cont. from page 6)

tion I have been working on in the prescription drug space this Congress.

I've also introduced H.R.4099, the RECONNECTS Act of 2023, which amends the Public Health Service Act to reauthorize the prescription drug monitoring program for an additional five years in an effort to prevent overdoses of controlled substances.

This program allows for greater collaboration and tracking of opioids within states and across state lines.

It is important that our monitoring efforts extend across state lines, as many folks live short distances from state borders and can cross state lines to access prescription drugs. The 9th District is no exception.

Whether it be Martinsville, Bristol, Bluefield, or Galax - it's important that health authorities are able to receive complete information about prescribing and patient behaviors in a timely fashion in order to facilitate a meaningful response.

H.R.4099, as part of

the larger SUPPORT Act of 2023, will next be considered by the full E&C Committee.

The SUPPORT Act is itself a reauthorization of the SUPPORT for Patients and Communities Act, a bipartisan bill, passed in 2018, to address the opioid crisis.

In a recent field hearing in Gettysburg, Pennsylvania, the Committee examined the impact of the legislation five years on. We heard from Emily Keller, Special Secretary of Opioid Response, Office of Maryland Governor Wes Moore. When I asked her if the prescription drug monitoring program was working, she said she "had seen success."

This program was in the bill I wrote, which was included in the 2018 Support Act, to enhance prescription drug monitoring across states.

I and other E&C Republicans have made tackling addiction and real drug price reform and transparency a top priority of this Congress. Like the lady at my pharmacy, we all

should know the real prices of our medicines.

If you have questions, concerns, or comments, call my Abingdon office at (276) 525-1405, my Christiansburg office at (540) 381-5671, or via email at www.morgangriffith.house.gov.

Kendrick

(cont. from page 1)

sure connectivity in more areas, as well as other services to help local residents.

"Some of the committees that I'm on with West Piedmont (Planning District) and West Piedmont executive committee, there's a lot of grants and all that stuff that we got started working on for Patrick County. I'd like to stay with them to try and see them through to make sure they" aren't dropped, he said.

During his first four years on the board, Kendrick believes he and the other supervisors accomplished a lot, particularly when it came to the county's budgets.

When he first came on the board, Kendrick said the accountants told officials the county would need to have another 11-cent real estate tax increase that first year.

"We all worked well together on it, and on the budget committee," Kendrick said. "I've been on the budget committee ever since I've been on the board, and we managed to balance the budget in that first year without that 11-cent tax increase on the real estate.

"I think that was a really good accomplishment," he said, adding the supervisors have also managed to keep all of the local taxes at a relatively low rate.

"We had one real estate tax increase, and I voted no for it. It was a 3-2 vote. I have not voted for any of the tax increases. Same thing

Robert Howard Fain

Mr. Robert Howard Fain, age 71 of Patrick Springs, passed away Sunday, July 16, 2023, at his home. He was born in Patrick County on June 17, 1952, to the late James Rufus Fain and Clara Edna Lovell Fain. In addition to his parents, he was preceded in death by a sister, Martha Hooker; and two brothers, Frank Hall and Donald Fain. Robert served in the U.S. Army for 16 years and was involved in Operation Desert Storm. He was a member of VFW Post 7800. He was store manager of Western Auto in Stuart and always knew where to



find every item.

Surviving are two sons and a daughter-in-law, James and Crystal Fain of Patrick Springs, Brandon Fain of Stuart; two grandchildren, Logan Fain, Dante Marot; one sister, Mary Frances Bryant of Fort Myers, FL; four brothers, Avery Hall of Huntington, MD, Doyle Fain of Claudville, Stanley Fain of Stuart, Phillip Fain of Walnut Creek, CA; and several nieces and nephews.

A remembrance will be held at a later date. Online condolences may be sent to www.moodyfuneralservices.com.

Eva Frances Thomas Perdue

Mrs. Eva Frances Thomas Perdue "Dancing Momma", age 81 of Patrick Springs, passed away Monday, July 10, 2023, at her home. She was born on April 28, 1942, in Eden, NC to the late Joseph M. Thomas and Zada Barton Thomas. In addition to her parents, she was preceded in death by her husband, James Lester Perdue; two sisters, Shirley Martin, Viola Walker; and one brother, Edison Thomas. Eva was a loving wife, mother, grandmother, sister, and friend. She loved dancing and travelling in the moonlight.



Lynn Lawless (Teddy) of Stuart, Kenneth Perdue of Patrick Springs; four grandchildren, William Perdue (Mollie), Heather Goad (Michael Lawson), Josh Perdue (Heather), Ashley Perdue (Marquise); 12 great grandchildren; and several nieces and nephews.

Funeral services will be held Thursday, July 13, 2023, at 11:00 AM at Moody Funeral Home in Stuart with Elder Lowell Hopkins officiating. Burial will follow in the Spencer-Shough Family Cemetery. The family will receive friends one hour prior to the service at the funeral home. Online condolences may be sent to www.moodyfuneralservices.com.

this year, we balanced the budget again and actually got a little bit of money going into the contingency fund, and didn't have to have a tax increase," he said.

Kendrick said he wants to see the county's progress go a little further. "I enjoy doing it. I feel like I'm helping the people out in the county, and I enjoy doing stuff like that. So, I'm eager to do another one, or try to," he said.

In addition to keeping real estate taxes low, Kendrick would also like to see the county's broadband project finished, the Small Business Development Center project completed, and find other means of revenue.

"We need to look more at grants, outside money coming in instead of taxing the people who own property in the county to death. We have done a lot of it since we've been there. We've stretched it out to where we have the meals tax and the cigarette tax, and that stuff's worked well," he said.

Kendrick said when he first joined the board, he thought it could solve all the world's problems and be done that first term.

But he has learned "there's a lot of stuff that takes time to get done. It takes a long time of being on those committees to learn how they operate and who to call with what, and what buttons to push to get the most money for the county," he said. "It takes time."

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PATRICK PULPITS

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1 Corinthians 12:4- 6 – *There are different kinds of gifts. But they are all given to believers by the same Spirit. There are different ways to serve. But they all come from the same Lord. There are different ways the Spirit works. But the same God is working in all these ways and in all people.*

We, as Believers, are given gifts which we are to share with the Family of Faith as well as use to lead the unbelievers to Christ. There are some of us who may not recognize our gifts and therefore may not use them. There are also some us who know what our gifts are but are not confident to use them. As we walk in the Grace of our Lord Jesus and as we continue to study and allow the Holy Spirit to move in us, our confidence in and of our gifting will grow.

I am reminded of when I was a boy and would receive gifts at Christmas and on my birthday of the excitement I would have. I would tell my cousins and friends and would make my way to share. They had to join in with me on this gift! I do not recall of once hiding a gift or giving it back to the giver. This is how we should be with the gifts that God has given us. As the songwriter wrote, We ought to run

and tell that!

For those of us who are not sure of our gifting, my first recommendation is to ask God. Speak it into the atmosphere and ask "God, what is the gift that you have for me? What is the gift you have for me to use for the building of your Kingdom?" Then, wait on Him to reveal it to you. While you are waiting, read and study the Word of God; ask God to give you discernment and revelation. Work to edify and help others. Serve the church and community. Pray.

The answer may not come as quickly as we may like, but it will. Scripture teaches us that we are not to be weary in doing good (Galatians 6:9). I will take a leap here and say that most of us enjoy a good piece of cake. In our anticipation of receiving that delectable bite we are patient and do not rush the process. We don't tell the baker to quit making the cake because it isn't done in our hurry to eat it. Oh, how sweet it is and worth the wait once the process is completed! Know that God will answer but we just have to continue the good fight (1 Timothy 6:12) and press on (Philippians 3:14). Trust God and be patient (Psalms 37:3, 7). You will know your gift.

Use your gift, no matter what it is for the building of God's Kingdom. Use your gift to edify and lift up all people. Use your gift to serve the Lord. Use your gift!

June Land Transfers

Access Liquidation LLC to Nicolas Jay Boyd and other, 6.77 acres, Mayo River District.

Jason Alverson and wife to Jacob Richardson, parcel, Mayo River District.

Donald B. Anderson and other to Darrell G. Epperson and other, 2.022 acres, Dan River District.

Margaret L. Arrington to Brian Keith Christopher, 2 acres, 5.2885 acres, 4.1598 acres and 13.2349 acres, Peters Creek District.

Patricia M. Ayers to Leslie Booth, 0.5425 acres, and 0.963 acres, Mayo River District.

Douglas A. Barbour and other to Michael Joshua Collins and wife, 1 acre, Dan River District.

Anthony Bergamo to Matthew Stokes and other, 25-1/10 acres and 27 acres, Mayo River District.

Amanda A. Bowman to Randy Dunman and others, 25 acres, Blue Ridge District.

Frank Butler to Barrett Lee Whritenour, 6.571 acres and 5.436 acres, Smith River District.

Wallis E. Byars and other to Patricia T. McMillan, lots, Blue Ridge District.

Dale Carroll and other to Wilbur G. Gwyn, lot, Blue Ridge District.

Cynthia B. Carter and other to Donald Shane Vernon, 9.6 acres, Smith River District.

Clement & Wheatley to Gloria J. Goff, 2.6140 acres, 2.9799 acres and 2.6365 acres, Mayo River District.

Rita L. Cobb to Marcia D. Clark, 17.99 acres, Mayo River District.

Ruth H. Compton to Richard B. Estes and wife, 22.7535 acres, Mayo River District.

Christopher Corbett to Juanita Reynolds Wright, tracts, Mayo River District.

Rita Gale Young Cruise and other to Dawn M. Welsh and other, 2.88 acres, Dan River District.

Ruth H. Davenport and others to David Stafford and wife, 94 acres, Peters Creek District.

Tabitha Hope DeHart to Jay Johnston, 1 acre, Smith River District.

Katherine Lynn Jones Dobson to Emery Dobson, 24.72 acres, Smith River District.

Harold F. Edwards to Donald P. Nash, Jr., 1.38 acres, Mayo River District.

Jodi Ellis to Jessica M. Simmons and other, lot, Peters Creek District/Town of Stuart.

Mary Lynn Fain to Chad H. Bowman, 4.38 acres, Peters Creek District.

Kevin J. Finn and other to Nickolas Jay Boyd and other, 5.37 acres, Mayo River District.

Trevor W. Foltz and other to Wil-

liam C. Holm and other, 2.531 acres and 2.746 acres, district not listed.

Trevor W. Foltz to Larry Kerns, 0.4885 acres, Smith River District.

Stephen A. Fusco to Stephen A. Fusco and other, 1.407 acres, Smith River District.

Joseph M. Grimes and wife to KTM Interest LLC, 7 tracts, Smith River District.

Dolores R. Hamburg to Thomas Lester Young and other, 1.6326 acres, Blue Ridge District.

William M. Hines to Cyril John Bullard and wife, 15.442 acres and 5.35 acres and 0.07 acres, Peters Creek District.

Nathan C. Holton and wife to Nathan C. Holton and other, 8.681 acres and 3.942 acres, Blue Ridge District.

Joseph Patrick Hutchens to Ryan Paul Waga and other, 18.213 acres, Peters Creek District.

Judy E. Hylton to Frederick J. Urbach, 6.77 acres, Smith River District.

Kimberly S. Hylton to Concord Family Cemetery Association, lot, Mayo River District.

Virginia Carlene Hylton to Karen B. Roberts, 3.718 acres, Mayo River District.

Virginia Carlene Hylton to Mark A. Harbour and wife, 47.22 acres and 3.0011 acres and 0.32 acres, Smith River District.

Virginia Jones to Richard Vaughn Priesman, 1.5313 acres, Smith River District.

K-P Hill Dairy, Inc. to Lorenzo Lopez-Lopez, 15.138 acres and 15.277 acres, Mayo River District.

Cheryl Steele Keifer to Ashley Renee Harvey and other, 24.778 acres, Mayo River District.

KP Hill Dairy, Inc. to Cauley Properties LLC, 8.234 acres and 9.483 acres, Mayo River District.

KP Hill Dairy, Inc. to Luke D'Albero and other, 8.384 acres, Mayo River District.

Christina Krug to Timothy Bishop, 10.755 acres, Mayo River District.

Cheryl R. Lackey and other to Madeleine M. Saxton, lots, Patrick and Henry counties.

Donald E. Lewis and wife to Jessup Properties LLC, lot, Peters Creek District.

Shauna Renee Littreal and other to Mark DeLoach, parcel, district not listed.

Mary E. Lorello to John Woodward Dillin, Jr., 1.3 acres and 9.9874 acres, Smith River District.

Justin Daniel Lyon to Rodney A. Lyon and wife, 1.438 acres and 1 acre, district not listed.

Rodney A. Lyon and wife to Jus-

BIBLE TRIVIA

BY WILSON CASEY

1. Is the book of Corinth (KJV) in the Old or New Testament or neither?
2. From Matthew 11:18, who was accused of "having a devil" because he did not drink? Mark, John the Baptist, Paul, Josiah
3. In Exodus 15:21, who sang a patriotic song after the crossing of the Red Sea? Zipporah, Delilah, Miriam, Dinah
4. From Judges 1:23-25, which

Canaanite city did spies find the entrance to? Ai, Sardis, Colossae, Bethel

5. In Acts 12:21-23, what ungodly ruler was struck down by an angel? Herod, Ehud, Jehu, Abner

6. Eve's name appears in the book of Genesis how many times? 0, 2, 13, 21

ANSWERS: 1) Neither, 2) John the Baptist, 3) Miriam, 4) Bethel, 5) Herod, 6) 2 (Gen 3:20, 4:1)

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Super Crossword

- ACROSS**
- 1 "Still open," on a sched.
 - 4 Poppa
 - 7 Some swords
 - 12 Nero's great-grandfather
 - 19 Wasn't too rushed to do something
 - 21 Dance with people in a line
 - 22 One-dollar Canadian coins
 - 23 Of morals
 - 24 In the vicinity
 - 25 One of Capt. Kirk's officers
 - 26 Start of a riddle
 - 29 Like much folk medicine
 - 30 Lubricates
 - 31 Italian "a"
 - 32 Winter hours in Minn.
 - 35 Ancient recital halls
 - 36 Riddle, part 2
 - 41 Boxer Oscar — Hoya
 - 44 — -mo replay
 - 45 Kiev's country
 - 46 Riddle, part 3
 - 52 X Games broadcaster
 - 54 Playwright Chekhov
 - 55 Cartoon canary
 - 56 Burn with no flame
 - 58 — Little (mouse of kiddie lit)
 - 59 Biden's party: Abbr.
 - 60 Los Angeles district
 - 62 Part of OTOH
 - 64 Riddle, part 4
 - 71 Dress in line duds
 - 72 Pedro's shawl
 - 73 Caged bird, often
 - 75 "Blue Ribbon" beers
 - 78 Barely makes, as a living
 - 81 Andes beasts
 - 84 Nudge rudely
 - 85 "Meh" grades
 - 86 Riddle, part 5
 - 88 1960s art movement
 - 90 — chi
 - 92 Peak in the "Odyssey"
 - 93 End of the riddle
 - 98 Letters after upsilons
 - 102 Sci-fi visitors
 - 103 Prefix with plunk
 - 104 Presque Isle's lake
 - 105 Celebrity chef Mario
 - 107 Riddle's answer
 - 112 Not forsaking
 - 115 Elliptical
 - 116 Fragrant Chinese flower
 - 117 Word-of-mouth precepts
 - 118 Dig deep
 - 119 Grappler, rural-style
 - 120 Gloucester's peninsula
 - 121 Birch-family tree
 - 122 Ordinal number suffix
 - 123 — Plaines
- DOWN**
- 1 "I Can See for Miles" band
 - 2 Scrubbed in a tub
 - 3 Get stuck (to)
 - 4 Formal rulings
 - 5 "— and the Night Visitors"
 - 6 "Take this out" mark
 - 7 Custard-filled pastry
 - 8 Dog named Fifi, maybe
 - 9 Forms a bladderlike sac around
 - 10 "My stars!"
 - 11 Bargain event
 - 12 Just for laughs
 - 13 Gradually lost light
 - 14 Libertine guy
 - 15 Very pixel-dense, as a TV picture
 - 16 More, to musicians
 - 17 — capita
 - 18 Simile center
 - 20 Old-style sheriff's emblem
 - 27 Lav in a pub
 - 28 Pool hall stick
 - 32 Tony winner Rivera
 - 33 Sir of Seville
 - 34 Former senator Lott
 - 36 Roadwork goop
 - 37 "— 3 Lives" (1952 memoir)
 - 38 Ascended
 - 39 Declaimed
 - 40 Organic fertilizer
 - 42 Prefix for "outer"
 - 43 Fill a nest, in a way
 - 46 Inc., to a Brit financially
 - 48 Pixar's lost clown fish
 - 49 Con at large
 - 50 Kuwaiti VIP
 - 51 Actor Moss who co-starred on "The Bold and the Beautiful" for 25 years
 - 53 In proportion
 - 57 Wind-deposited loam
 - 58 Armor pieces
 - 61 Sch. in Manhattan
 - 63 With 101-Down, rubber-soled canvas shoes
 - 65 "How curious"
 - 66 Words after "Make love"
 - 67 Cat call
 - 68 Dude, slangly
 - 69 Engine speed stats
 - 70 "You betcha!"
 - 74 Mao — -tung
 - 75 British coins
 - 76 Forewarn
 - 77 Hip-hop devotees, in old slang
 - 79 Etta of old comics
 - 80 Morales of "La Linea"
 - 82 Fleur-de- —
 - 83 Power cord attachments
 - 85 Declined in status
 - 87 Lap dog
 - 89 Bismarck or Pierre native
 - 91 Freezing
 - 94 Wall St. manipulator
 - 95 Show up
 - 96 German art songs
 - 97 Actor Ayres
 - 99 "Over the Rainbow" composer Arlen
 - 100 "Maybe ... ask me later"
 - 101 See 63-Down
 - 105 Sheep call
 - 106 Flooded (in)
 - 107 Windy blast
 - 108 Cantina pot
 - 109 Jedi guru
 - 110 Daredevil Knievel
 - 111 French "to be"
 - 112 Tone — ("Wild Thing" rapper)
 - 113 Man-mouse linkup
 - 114 Bark sharply

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Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 9/30/23) Call 1-877-460-5348

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VPS Virginia Press Services

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LEGAL

Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality that will allow the release of treated wastewater into a water body in Patrick County, Virginia.
PUBLIC COMMENT PERIOD: July 12, 2023 to August 11, 2023
PERMIT NAME: Virginia Pollutant Discharge Elimination System Permit - Wastewater issued by DEQ pursuant to applicable water laws and regulations
APPLICANT NAME AND ADDRESS: Groundhog Mountain Water & Sewer Co., Inc., PO Box 12765, Roanoke, VA 24028
FACILITY NAME, LOCATION AND PERMIT NUMBER: Viele-Reed Sewage Treatment Plant, Milepost 189, Blue Ridge Parkway, Fancy Gap, VA 24328; VA0066532
PROJECT DESCRIPTION: The Groundhog Mountain Water & Sewer Co. has applied for reissuance of a permit for the privately-owned Viele-Reed STP. The applicant proposes to release treated sewage wastewaters from residential areas at a rate 13,000 gallons per day into a water body. If necessary, sludge from the treatment process will be hauled to the Henry County PSA for further treatment at the City of Martinsville STP with ultimate disposal in a solid waste landfill. The facility proposes to release the treated sewage into an unnamed tributary of Birds Branch in Patrick County in the Upper Ararat River watershed. A watershed is the land area drained by a river and its incoming streams. The permit will limit the following pollutants to amounts that protect water quality: physical and chemical properties, nutrients, organic matter, and solids.
HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing on the draft permit by hand-delivery, e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. DEQ must receive hand-delivery and postal mail by close of business and email and fax comments by 11:59 p.m. on the last day of the comment period. Submittals must include the names, mailing addresses or email addresses of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requestor, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the permit.

LEGAL

Public Notice - Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality that will allow a water withdrawal for golf course irrigation from three existing ponds in Patrick County, Virginia.
PUBLIC COMMENT PERIOD: For 30 days, starting from the day after the notice is in the newspaper: 7/20/23 to 8/20/23.
PERMIT NAME: Virginia Water Protection Permit issued by DEQ, under the authority of the State Water Control Board
APPLICANT NAME, ADDRESS AND PERMIT NUMBER: Primland Resort, 2000 Busted Rock Road, Meadows of Dan, Virginia 24120
PROJECT DESCRIPTION: Primland Resort has applied for a reissuance of a permit for the Highlands Golf Course. The permit will allow the applicant to withdraw water from surface water ponds. The activity proposed in the permit will affect the Little Dan River and Pig Creek in the Dan River watershed. A watershed is the land area drained by a river and its incoming streams. DEQ's preliminary decision is to issue the permit.
HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing by e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requestor, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the permit.
CONTACT FOR PUBLIC COMMENTS, DOCUMENT REQUESTS AND ADDITIONAL INFORMATION: Courtney Priddy; VA Dept. of Environmental Quality, Central Office, P.O. Box 1105, Richmond, VA 23218; Phone: (804) 971-6063 E-mail: courtney.pridy@deq.virginia.gov@deq.virginia.gov; Fax: (804) 698-4178. The public may review the draft permit and application at the DEQ office named above by appointment or may request copies of the documents from the contact person listed below.

LEGAL

REQUEST FOR PROPOSALS PROFESSIONAL ENGINEERING SERVICES TOWN OF STUART, VIRGINIA

The Town of Stuart, Virginia is soliciting Statements of Qualification from qualified Engineering Firms or Individuals to provide Professional Engineering Services. The proposed project includes improvements to the filter backwash waste system at the Town of Stuart Water Treatment Plant and construction of a gravity sewer system that will terminate into the Town's existing collection system. Filter backwash waste and contact clarifier waste solids currently discharge into two basins, are decanted, and the effluent is discharged into a small receiving stream. As needed, the Town cleans out the sludge from the basins and relines them with clay. The Town would like to install a permanent basin liner and a gravity discharge line into the Town's sewage collection system. This would eliminate the backwash discharge VPDES Permit and would allow the solids and effluent to be treated at the Town's Wastewater Treatment Plant.

Construction is anticipated to include cleaning the existing backwash basins and installation of an HDPE liner, telescoping effluent flow control valves, and approximately 3,800 LF of 8" gravity sewer line and appurtenances, which will discharge into the Town's gravity sewer system. The total project budget is \$1,634,200.00.

The Town of Stuart will accept bound and concise Statements of Qualification until 2:00 PM Eastern Local Time, on **Thursday, July 27th, 2023**. Two (2) hard copies, and one (1) digital copy (via email or direct link accepted), of the Statements shall be mailed or hand-delivered to Bryce Simmons, Town Manager, 100 Patrick Avenue, PO Box 422, Stuart, VA 24171. Questions regarding this solicitation should be made prior to **Friday, July 21st, 2023**, and to the Town Manager, bryce.simmons@stuartva.org or (276) 694-3811. **Statements of Qualification** will be considered based on the following criteria:

- **Relative Experience Providing Similar Services**, including: general consulting; surveying services that support the engineering services; preliminary engineering and reports; project designs and completion of Contract Documents for water treatment, distribution and storage projects; assistance with regulatory agencies; construction administration and inspection. Any lists of similar projects that may be provided shall include the name, position, and phone number of a reference for contact by the Town.
- **Experience and Availability of the Individuals Proposed to Provide the Services**, including: the proposed Project Manager with whom the Town Administration and Staff will maintain frequent contact; any Design Personnel that may work on the services; and any other Individuals that the proposing Firm or Individual deems appropriate. Brief resumes (one page or less) describing the qualifications and experience of each individual (including a listing of similar projects worked on) should be provided.
- **A Brief Summary of Understanding of the Services** (maximum of ten pages), including: the basic tenet or philosophy of the proposing Firm or Individual with respect to the provision of the project; project approach for performing the services; demonstration of knowledge concerning the needs of the Town; and a summary of reasons that the Firm or Individual is best suited to provide the services.
- **Understanding of Funded Projects**, including past project experience; knowledge of the Town's current project needs and Staff; experience and working relationship with DHCD, USDA-RUS(RD), VDH, DEQ, DCR, and VDOT and others, as applicable.

Firms or Individuals will be ranked based upon these criteria and negotiations may begin with the top-ranked firm. If an agreement, satisfactory and advantageous to the Town may be entered into, an award shall be made. Otherwise, negotiations will proceed with the next respectively ranked Firm or Individual and so on until a satisfactory agreement is reached.

This request is extended without regard to race, color, religion, sex, national origin, marital status, age or physical or mental handicap. The selected Firm or Individual will be required to comply with all the State and Federal guidelines or requirements, including, but not limited to:

- Section 504 of the Rehabilitation Act of 1973
- Civil Rights Act of 1964
- The Americans with Disabilities Act
- Age Discrimination Act
- MBE/WBE Solicitation Guidelines

The Town of Stuart will reserve the rights to accept or reject any or all proposals; to waive any formalities or technicalities as it deems appropriate; and to retain multiple qualified Individuals or firms as it deems appropriate. For projects that may be successfully funded, the Town of Stuart reserves the right, if it so deems, to enter into negotiations with the selected firm for any resulting services related to the project implementation.

Minority and/or female-owned businesses or firms are encouraged to apply. The Town of Stuart is an Equal Opportunity Employer.

Transfers

(cont. from page 9)

tin Daniel Lyon, 1 acre and 1.438 acres, Smith River District

Joey Dale Mabe to Glenna T. Young, 3.489 acres, Peters Creek District.

Teresa M. Mabe to April M Hendrick and other, 1.02 acres Peters Creek District.

Donna Martin and other to Ethan Plasters, 1 acre, Peters Creek District.

Gary W. Martin to Tammy L. Harris .6435 acres, Peters Creek District.

Patricia Terrell McMillan to Amy Terrell Newbern, unit, Blue Ridge District.

Allan D. McMillian to Karen A. McMillian, 2 acres, Dan River District.

Jay D. Moose to Mark J. Speir, 13.0137 acres, Peters Creek District.

Mountain Made Inc. to W&W Estates LLC, 2.7099 acres, Peters Creek District.

Nettle Ridge United Methodist to Nettle Ridge Church, parcels, Mayo River District.

New Hope United Methodist Church to New Hope Community Church, parcels,

Mayo River District.

Lynanne Newman and other to Mark Anthony Godfrey, 0.914 acres, Peters Creek District.

Old Café LLC to G. Collins Investments LLC, 1.13 acres, Dan River District.

Salvin L. Paine and other to Melvin Leon Montgomery and other, 25.0366 acres, Peters Creek District.

Bobby N. Pendleton to Brian C. Livengood and other, 6.4 acres, Mayo River District.

Michael Eugene Perry to Amanda Snead, 2.556 acres, Mayo River District.

Minnie E. Pilson to Caleb T. Freeman, 5.618 acres, Dan River District.

Ronnie L. Pilson and other to Barbara Ann P. Walvius, 1.029 acres and 1.109 acres, Smith River District.

Ronnie L. Pilson and other to Buffalo Ridge Timber Company, 56.436 acres, Smith River District

Rebecca Ann Cokeram Plasters to Mark Clark, 14.532 acres, Mayo River District.

George L. Richardson and wife to Alison Michelle Willoughby,

Lot 2 and Lot 3, Mayo River District.

Daniel Ervin Roberson to Ray Warden Roberson Jr., 0.58 acres and 0.25 acres and 0.66 acres and 0.264 acres and 5.642 acres, Peters Creek District/Town of Stuart.

Wiley M. Roberts to Douglas J. McCoy, 3.021 acres, Mayo River District.

Jimmy Blaine Rogers and other to 2357 Salem Highway LLC, 6.57 acres, Peters Creek District.

Benjamin Ruggles Ruggles to James Wesley Young and other, 2/10 acres, district not listed.

Frances O. Scott to Charles William Elstone, lot, Dan River District.

Rachel Jones Shively and other to Virginia Jones, 1.5313 acres, Smith River District.

Mark Daniel Smith and wife to Daniel Mark Smith II, 1 acre, Mayo River District.

Richard Martin Smith and wife to Dale E. Puckett and wife, 69.5992 acres, Dan River District.

Anton J. Spagnoletti and other to Nathan C. Holton, 6.405 acres, Blue Ridge District.

Gaenell Stegall to Howard R. Cannaday, lots, Smith River District.

Gaenell Stegall and

other to Timothy Lee White, 19.0861 acres and 17.447 acres and 2 acres, Mayo River District.

Stuart United Methodist Church to Stuart Church, parcels, Mayo River District.

The Secretary of Veterans Affairs to Daniel S. Rusgrove and wife, 6.7785 acres, Dan River District.

Truist Bank to Skyline National Bank, 14 lots, Blue Ridge District.

VJ Usina III to Michael William Payne and other, 53.724 acres, Dan River District.

Taylor D. Vance to Keith Blue Canyon and other, ½ acre, district not listed.

Barbara Ann P. Walvius to Trustees of Buffalo Ridge Pent., 1.029 acres and 1.109 acres, Smith River District.

Farron Dayne Wellborn to Riley Dayne Wellborn, 13.0662 acres, Mayo River District.

Western Progressive Virginia to The Bank of New York Mellon Tr., 7.769 acres, Mayo River District.

Kelly D. Wilson to Jonathan J. Davis, 1.891 acres and 1.1988 acres, Mayo River District.

William E. Wyatt to Melissa Ann Wyatt, 16 acres, Mayo River District.

LEGAL

RFP 2023 MNT 006

The Patrick County Public School Board is accepting competitive sealed proposals from licensed contractors to remove existing fence and posts around the existing tennis court. Then, add fencing around two tennis courts at Patrick County High School, 215 Cougar Lane, Stuart, Virginia 24171. Proposal drawings and specification are available as a PDF file from the Maintenance Office at 117 Via Avenue, Stuart, VA 24171, E-mail Chad Haynes at chad.haynes@patrick.k12.va.us. There will be an informational meeting at the site on Monday, July 17 at 8:00 AM. Bids will be received and opened in the office of the Patrick County School Board located at 104 Rucker Street, Stuart, Virginia 24171 on Thursday, July 20, 2023 at 2:00 PM.



HUGE ESTATE TAG SALE

**THE TAG SALE THAT YOU HAVE BEEN WAITING FOR!!
The house & outbuilding are packed full!!**

**FRIDAY – JULY 21 – 12:00pm – 5:00pm
SATURDAY – JULY 22 – 8am – 2pm
SUNDAY – JULY 23 – 2pm – 5pm**

454 MAPLE LEAF ROAD, SPENCER, VA 24165

FURNITURE – Early 6ft. Glass front store cabinet, Oak secretary, hand carved arm chairs, Walnut arm chairs, Walnut end tables, Walnut medicine cabinet, Walnut chest of drawers, Walnut sideboard, early Cherry step back cupboard, early Oak sideboard, Victorian Walnut & marble top tables, Oak drop leaf table, early oak cane bottom chairs, early oak china cabinet, carved Oak flower stands, early Walnut corner cabinet, carved oak flower stands, vintage 3-drawer oak filing cabinet, 3 section oak lawyer's cabinet, early oak hall bench, early oak coat rack, Walnut china cabinet, Walnut mission style lamp table, Tiger Oak desk, early wood umbrella stand, roll-top trunks, Burl Oak round table with twist legs, set of Oak pressed back chairs, Tiger Oak hall tree with mirror, Walnut night stand, quilt rack, antique clothes dryer, antique spice box, spinning wheel, Walnut blanket chest, metal outdoor chairs & glider, Walnut handmade cannon ball bed, Regulator wall clocks, leather wing back chair, round Oak table with claw feet, child's desk, wood porch swing

POTTERY – Large collection of Roseville, Weller & McCoy, Mission ware, Fiesta, collection of crocks, jugs & churns

OIL & ELECTRIC LAMPS – Pelle, France (signed) table lamp, 1800's table lamps, large selection of brass & glass Aladdin & Rayo oil lamps, carbide miner's lamp, floor lamps, caboose lamps, large nautical lamp, large selection of oil lamp parts, globes & shades

PRIMITIVE & EARLY ITEMS – 1800's wagon jack, dough bowl, #3 Cavalry (McClellan) horse saddle, wood trinket boxes, early document boxes, hand sewn quilts, cast iron banks, sports memorabilia (including 1st issue of Sports Illustrated), wood handle golf clubs, 1800's framed pictures, bowl & pitcher, blue ball lightening rod, horse weather vane, "First Class Only" towel rack, early yardstick trinket boxes, Victorian curtain rods, Moxie wood box, Black Thorn cane, vintage door hardware & knobs, primitive boat oar, 1800's Oak store pie cabinet, N&W hammer, early kerosene oil can, Bronze horse head on walnut stand signed "Gary Shoop '93", blue canning jars, marbles, Mirroscope, metal advertising signs, metal drink holder, cast apple peelers, water jugs, Vroom X-15 3-wheel metal child's riding toy, vintage car parts, Art Deco mantle clock, depression glass, Sterling & costume jewelry

HOUSEHOLD & MISC. - Western leather boots, floor fire safe, ammo cans, perfume bottles, hunting jacket with patches, electric heater, microwave, Colombian wood stove, kitchen appliances, room rugs, Wood Christmas cut-out lawn decorations, Christmas decorations

GLASSWARE – Collection of Northwood carnival glass, Flow Blue, Beleck China, R.S. Prussia, Wedgewood, Fenton, selection of "Swanky glasses"

SHOP & YARD TOOLS – Craftsman 20hp riding lawnmower with dump trailer, John Deere 110 riding lawnmower, roll cabinet toolboxes, large selection of screwdrivers, wrenches, sockets, ratchets, chainsaws, Craftsman drill presses, chop saw, portable air compressor, Dewalt table saw, sanders, nail guns, power driver, logging chains, large clamps, post clamps, saw horses, animal traps, fishing tackle box & contents, hardware

TOO MANY ITEMS TO LIST!!!

BRING TRUCK, TRAILER & HELP TO LOAD!

WILLIAMS AUCTION CO., LLC

276-340-6441 VAAL #3261

For listing & pictures: www.auctionzip.com or Estatesales.net

Sheriff leads Willis Gap meeting

Patrick County Sheriff Dan Smith opened a July 11 Willis Gap Community Crime Watch meeting. After discussing some local topics of interest, Smith introduced Patrick County deputy Ronnie Williams, who has been with his office for 13 years in August. Williams is a master



Pictured left to right is Patrick County deputy Eric Sain, Animal Control Officer Ronnie Williams, Sheriff Dan Smith, and Conservation Police Officer Dale Owens.



Ronnie Williams and Dale Owens are pictured at the LOVE sign.



Patrick County Sheriff Dan Smith with Eric Sain, deputy. (All photos by Mary Dellenback Hill.)

deputy and the Animal Control Officer. In that role, he works closely with Conservation Police Officer (CPO), Dale Owens, who also is a Special Agent with the US Fish, and Wildlife Service.

Smith noted that in the past, those who held similar positions were called Game Wardens.

"CPOs are fully qualified officers through the Dept of Criminal Justice Services, with the authority to enforce all of the laws of Vir-

ginia," Smith said.

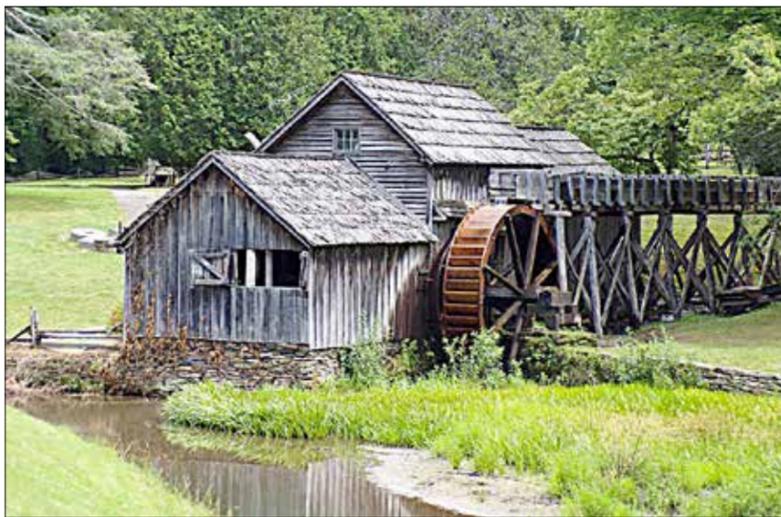
Owens explained that he may also conduct investigations and cross state lines when violations of federal wildlife laws have been committed. He patrols the vast and diverse geographical expanses of the Commonwealth, and is ever vigilant in enforcing the laws related to hunting, fishing, and boating: educating the public, as well as offering assistance in a wide variety of enforcement activi-

ties--all to promote a safe environment for citizens and visitors alike to enjoy the abundant natural resources in Virginia.

Owens fielded questions about the deer population, and included some discussion about those suffering with various diseases. He also discussed reports of bears being seen in the area.

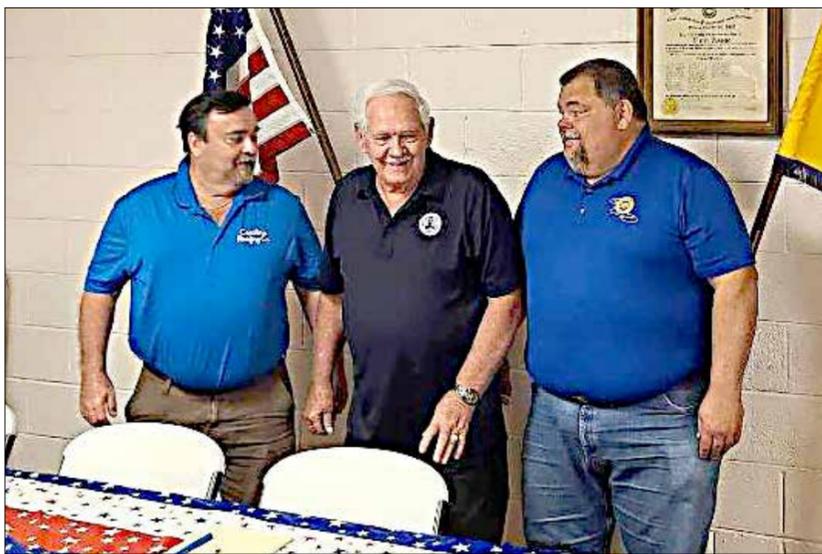
To contact or report wildlife violations, call 1-800-237-5712, or email Wild-Crime@dwr.virginia.gov.

Tourist attraction ready to welcome visitors



Crews from the National Park Service went to work last month to repair/replace the mill wheel at Mabry Mill. Located on the Blue Ridge Parkway near Meadows of Dan, Mabry Mill is a popular destination for tourists. The wheel was damaged last year by ice. (By Pat Delaney)

New members welcomed in Red Bank



The Red Bank Ruritans welcomed new members Bobby Bowman and Merlin Scales at their July meeting. (Contributed photo)

Not all pills are real.

Pills not from a licensed pharmacy can be deadly.

StopOverdose.info



Opioids, stimulants, meth, and heroin laced with Fentanyl are increasingly linked to overdose in Martinsville and Henry, Franklin, and Patrick Counties. An amount the size of a few grains of salt can be deadly.

Call our warmline for help:

Henry & Patrick Counties 276-638-7337



StopOverdose.info

Compost Happens



Many local gardeners came to the Patrick County Master Gardeners Learning Garden Saturday to learn about compost, vermicompost (composting with worms) Compost tea and garden irrigation. Numerous techniques were demonstrated on how to build your garden soil and make your own soil amendments. The next Learning Garden workshop will include topics of Native Plants, Pollinator Plants, Poisonous Plants and the Removal of Invasive Plants. That workshop will be held at 10 a.m. on August 12, 1208 Tudor Orchard Road, Patrick Springs.



Trail Hands are being restored

Artists Nancy Clark and Norma Bozenmayer are restoring the mosaic hand on the Mayo River Trail as part of Trail Hands project. Damage due to weather is being repaired on all five hands in the county by the artists who originally decorated the hands. The loved hands have become a tourist attraction in the county and will be rededicated in the fall.



Library

(cont. from page 1)

constructed the whole thing for me. I just brought the books."

Bishop's Little Free Library opened in August 2022. It has a selection of fiction, non-fiction, and options for kids of most ages.

"We had a grand opening, and neighbors and friends came. It's just a wonderful addition to the community because it makes books accessible to everybody, and they're free. You don't have to bring them back. We just want to make them available to people," said Bishop.

She has also added a nature collection for the little ones with an interest in insects and animals to check out.

Inside the library, books and magazines are organized by categories to help guests find something that interests them. Bishop added most of the books, including some picked up at auction. Outside, there is a mailbox for those wishing to donate books for others to enjoy.



There is a bench for those who would like to do a little reading on a nice day.

The first Little Free Library was started by Todd Bol in 2009 in Hudson, Wisconsin, as a tribute to his late mother, who was a former schoolteacher and book lover. According to littlefreelibrary.org, there are more than 150,000 registered libraries worldwide.

"I learned about these libraries, and I thought I could do that,

but it took me years to get to this point," said Bishop, whose library, in addition to books, has a bench outside for people to sit and read, and a kid's size picnic table for the youngsters.

Donna Bishop's Little Free Library is open from 10 a.m. to sunset. It is located at 842 American Legion Road in Stuart.

Online Auction

Ends Friday, August 4th at 3 PM

TBD Woolwine Hwy & Dogwood Mountain Ln.,
Woolwine, VA 24185

Bid Now at VAAuctionPro.com



Are you searching for land for sale in Patrick County VA? Look no further! This incredible opportunity features +/- 23 acres of pristine wooded land, divided into 7 tracts ranging from 2 - 5.5 acres. The properties are near the Blue Ridge Parkway, Floyd VA, and Stuart VA. Whether you are seeking a mountain getaway, a recreational retreat or an ideal building site, these tracts have it all. Purchase one or multiple to get your desired amount of acreage. Don't let this opportunity slip away!

Offering #1: 2.025 ac

Offering #4: 4.988 ac

Offering #2: 2.647 ac

Offering #5: 5.40 ac

Offering #3: 2.045 ac

Offering #6: 3.123 ac

Offering #7: 2.851 ac

Terms: 10% Buyer's Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$5,000 per tract required on day of sale. Close on or before September 19th, 2023. Subject to seller confirmation. Property sold as is, where is with any and all faults. Buyer is expected to complete their own due diligence. Tracts are being offered individually and if bidder wishes to purchase multiple tracts, bidder will need to be the high/winning bidder on both offerings. Auction starts ending at 3 PM on August 4th, 2023. Please note that during the last two minutes of bidding, if a new bid is placed, the clock is automatically extended an additional two minutes. Be sure to register to bid early to ensure you receive notifications regarding any changes to the auction, bidder packet, and/or any pre-auction offers received. Download Bidder Information Packet for complete terms and conditions, purchase contract, and maps at VAAuctionPro.com.

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