



THE ENTERPRISE

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

A local volunteer fire crew is the first in Virginia to receive a Chemtrec grant



Patrick Springs Volunteer Fire Department Chief Assistant Clint Weidhaas models one of the Level A hazmat suits.



Members of the Patrick Springs Volunteer Fire Department were presented a \$10,000 check on January 9. The department is the first in Virginia to obtain a Chemtrec grant.

By Taylor Boyd
The Patrick Springs Volunteer Fire Department received the 2023 Chemtrec Help Award worth \$10,000, with proceeds earmarked to buy hazmat equipment.

“We’re anticipating more tractor-trailer accidents with the (U.S.) 58 road expansion” because the crew also is “expecting a lot more tractor-trailer traffic to be coming through Patrick Springs and going

up the mountain,” Capt. Ross Adams said and added the department is trying to be proactive by purchasing more hazmat equipment.

Although the fire crew currently runs one or two calls a year where

it could use hazmat equipment, it’s expecting more, Adams said.

“With more traffic trailer traffic, the likelihood of running more hazmat incidents is likely. So, we’re

(See Chemtrec p. 3)

First snow of 2024



Stuart’s Main Street got a dusting of snow on Monday, with some areas of the county forecast to receive total snow accumulations of 1-3 inches. The National Weather Service in Blacksburg issued a Winter Weather Advisory early Monday. The advisory was to expire Tuesday, Jan. 16, when overnight low temperatures were expected to fall to 12 degrees. Lows Wednesday-Thursday are forecast to be in the 20s, with lows in the teens returning by the weekend, according to the NWS. (Photos by Pat Delaney)



DeHart Park in Stuart is mostly covered in a dusting of snow. (See First Snow p. 3)



Some members of the Patrick County Board of Supervisors praised the efforts of the Broadband Committee during discussions last week. Pictured, (left to right), are Steve Marshall, Clayton Kendrick, Brandon Simmons, Doug Perry, and Jonathan Wood. Simmons and Perry will lead the board as chairman and vice chairman respectively.

Board disbands Broadband Committee in one of its first actions of the year

By Debbie Hall
After much discussion, the Patrick County Board of Supervisors unanimously voted to eliminate the Broadband Committee at its reorganizational meeting on January 8.

The minutes from the committee’s first meeting are dated Jan. 8, 2019.

“In the beginning, they did a lot,” Brandon Simmons said of the committee. “They achieved a lot by getting awareness and getting things rolling with broadband in Patrick County. They did a great job.”

Committee members Roger Hayden, John Pendleton, David Stanley, Charles Vivier, Steve Terry – who served as chairman, and W. Brad Davis, worked to find funding and identify ways to provide broadband After the committee’s success last year - it helped to secure funding for projects with providers RiverStreet Networks (RSN) and Charter-Spectrum, in partnership with

Appalachian Power (APCo) – Simmons, who was selected as board chairman at the meeting, asked for input from County Administrator Beth Simms about the committee’s current role.

“It’s my understanding that the broadband stuff is pretty much through West Piedmont Planning District now, and everything is kind of on paper. Moving forward, we meet with” the planning district and contractors monthly, Simms said of the meetings that serve as progress reports on the projects.

“There’s not really any additional work that we foresee” for the committee, Simms said. She also had discussed the issue with West Piedmont, and learned “there is no role for the committee at this time.”

But, she noted, that “doesn’t mean it couldn’t come back up ... say something doesn’t happen, or we need to apply for more funding (See Broadband p. 3)

Simmons, Perry to lead county with a change to the meeting format

By Taylor Boyd

Brandon Simmons, of the Dan River District (left), and Doug Perry, of the Smith River District (right), will serve as chairman and vice-chairman of the Patrick County Board of Supervisors in the upcoming year.

After the gavel changed hands, the board approved its rules of procedure, including a change to the meeting order.

Steve Marshall, of the Blue Ridge District, suggested moving the public comment period to the end of the meeting.

“It would give people an opportunity to actually talk about some of the business during the meeting rather than having to wait an entire month,” he said.

The board unanimously approved (See Simmons, Perry p. 2)



Brandon Simmons, of the Dan River District (left), and Doug Perry, of the Smith River District (right), will serve as the board’s chairman and vice-chairman.

Martin and Scott were elected to serve in top slots

By Taylor Boyd

Rob Martin, of the Dan River District, was chosen to serve as the Patrick County School Board’s chairman at its January 9 meeting.

Walter Scott, of the Smith River District, was elected to serve as the board’s vice-chairman.

Sara Leigh Collins was reelected as the board’s clerk, and School Superintendent Jason Wood will serve as the deputy clerk.

In other matters, the board:

- *Approved the school board special committee assignments.
- *Adopted the Virginia School

Board Association (VSBA) Code of Conduct for 2024.

*Adopted Robert’s Rules of Order for 2024.

*Approved the personnel report as amended.

*Heard the superintendent’s report.

*Approved the consent agenda.

*Approved the Patrick County High School (PCHS) 2024-2025 program of studies.

*Discussed the Face Mask Choice policy.

Shannon Harrell, of the Blue Ridge District, attended the meeting virtually.

Alzheimer's Education Series Begins January 23 at The Landmark Center

Contrary to what many believe, Alzheimer's disease is not a normal part of aging. It's a progressive and fatal brain disease and is the most common form of dementia. An estimated 6.7 million Americans aged 65 and older were living with Alzheimer's in 2023 with 73% aged 75 or older.

To bring a better understanding of this disease to the community, The Landmark Center, in partnership with the Alzheimer's Association of Central and Western Virginia, will begin a series of educational programs on the fourth Tuesday of every month at noon. These programs are free and open to anyone who is interested in learning more about how to recognize, manage, and provide care to someone living with Alzheimer's disease and other dementias.

The topic for the January 23 program is "Understanding Alzheimer's

and Dementia," and is for anyone who would like to know more about how Alzheimer's affects the brain, how it can be detected, its causes and risk factors, the progressive stages of the disease, available treatments, and more.

The presentation by Brooke Gill will begin at noon and lunch is provided for attendees. January will feature tomato-basil soup and chicken salad sandwiches. Those interested in attending can call 276-694-3050 or email Community Relations Director Lisa Martin at lmartin@thelandmarkctr.com to reserve a lunch. Reservations are not required to attend the program.

In the event of inclement weather on the day of the program, it will be moved to the fourth Tuesday in February. The Landmark Center is located at 227 Landmark Drive in Stuart.



Nominations now open for P&HCC Distinguished Alumni

The Patrick & Henry Community College Foundation is seeking nominations for P&HCC graduates to be named "Distinguished Alumni" during its annual awards dinner to be held on Friday, June 7th at Chathamoss Country Club. The deadline to make a nomination is February 23.

To be considered, nominees must have graduated with a degree or certificate or taken a minimum of 24 credit hours from P&HCC. They must have demonstrated success within their chosen career or field of expertise, given significant community-based services, and be able to attend the awards ceremony.

"This award is a great honor for P&HCC alums," said Tiffani Underwood, Executive Director of the P&HCC Foundation. "It recognizes the achievements of our students,

and honors those who found Patrick & Henry Community College to be a significant stepping stone to their overall success."

Last year's recipients were Elizabeth Ashby ('05, '08), Dayna Bobbitt ('10), Angie Brown ('88), Brad Draper ('82), Jan Harrison ('03, '06), Sandra Heath ('88, '92), Dylan Jones ('14), Bethany Lackey ('08), Rick Love ('80), Rodney Mills ('05), and Frances Wade ('82).

Alumni nomination forms can be accessed online at www.patrickhenryfoundation.com, under the "Helpful Links" section. Forms are also available from the foundation office at Patrick & Henry Community College, 645 Patriot Avenue, Martinsville, VA 24112. Contact Letitia Pulliam at 276-656-0250 or at lpulliam@patrickhenry.edu.

March 5 Presidential Primary Election Information, Deadlines

Early voting for the upcoming March 5 Democratic and Republican Presidential Primary Election will be held at the Registrar's Office beginning on Friday, January 19, and will continue through March 2 during regular office hours.

The office will be open on Saturday, February 24, and Saturday, March 2 from 8 a.m. to 5 p.m. for the purpose of early voting. If you need to receive a ballot by mail, a Virginia Vote by Mail Application Form must be received on or before Friday, February 23 at 5 p.m. A request to receive a ballot by mail may be done online at <https://vote.elections.virginia.gov/VoterInformation>.

Virginia law requires all voters to present an acceptable form of identification when voting early or on Election Day. Information about acceptable forms of identification can be found at <https://www.elections.virginia.gov/casting-a-ballot/in-person-voting/>.

Any registered voter who does not possess an acceptable ID, may sign

an ID Confirmation Statement. The deadline to register to vote or to update your address on your existing voter registration for the upcoming March 5 Democratic and Republican Presidential Primary Election will be on Monday, February 12. Any citizen needing to register to vote or update their address may do so by appearing in person at the Registrar's Office, mailing a completed application to Post Office Box 635, Stuart, VA, or going online at <https://vote.elections.virginia.gov/VoterInformation>.

The Registrar's Office is open from 8 a.m. to 5 p.m. Monday - Friday and is located in the Patrick County Veterans' Memorial Building 106 Rucker St., Room 216C, Stuart. For additional information, or to request a Virginia Vote by Mail Application Form to be mailed to you, contact the Registrar's Office at (276) 694-7206 or staylor@co.patrick.va.us or visit the Patrick County Registrar's website at <https://www.co.patrick.va.us/departments/registrar-office-of-elections>.

Know Your Seller When Shopping Online

One key to shopping online is reading the fine print, including who you're actually buying from. While we often think of giant online retailers like Amazon, Walmart and Target as a store they can be more like a mall or flea market where you are buying products from a variety of sellers. However, some of those sellers are more reputable than others.

Criminals use these websites to resell stolen products or items that either don't work or contain dangerous chemicals. One easy way to protect yourself is to make sure you are buying directly from the retailer that runs the website. You can usually find the seller's name on the product page near the button for buying the item.

Shipping times and return policies are another sign of who you are buying from as products from the branded retailer will often ship faster and have a clear return policy.

As of the third quarter of 2023, online shopping scams were the second highest category of fraud reported to the Federal Trade Commission, and 51% of those reporting lost a combined \$308 million. The actual losses are likely far higher since fraud is significantly under-reported.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network 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.

Pets of the Week



Twinkle and Delgado's owner went into Hospice care, and these two boys need a new home. They are at Clover Cat Rescue. To reach the rescue, call (276) 694-2598

This sweet little kitten is privileged and gets to frequent the office at the PCPAS since all her litter mates have been adopted. She is still wait-

ing for a home. Call the Patrick County Public Animal Shelter (PCPAS) at (276) 694-6259 for more information. To view available pets, visit or check out the shelter's Facebook page. Adoption fees are \$10 and include spay/neuter and a rabies vaccination.

Simmons, Perry

(cont. from page 1)

the change and assigned its members to serve on various committees in 2024.

Committee assignments include:

Simmons, and Clayton Kendrick, of the Mayo River District, will serve on the budget committee, along with County Administrator Beth Simms, Assistant County Administrator/Human Resources Director Donna Shough, and Sandra Stone, Treasurer.

*Simmons will serve as the liaison to the Patrick County School Board; on the West Piedmont Planning District Commission (WPPDC), the WPPDC Executive Committee, and the Virginia Association of Counties (VACo).

*Perry will serve on the E-991 Committee, Local

Emergency Planning Committee, Planning Commission, STEP Board, the WP-PDC, and as the backup for VACo.

*Kendrick will be on the Economic Development Authority (EDA) Board.

*Jonathan Wood, of the Peters Creek District, will serve on the Parks & Recreation Committee.

*Marshall will serve on the Social Services Board, Solid Waste Committee, Public Service Authority (PSA) Board, Tourism Advisory Council (TAC), and as a County-Town of Stuart liaison.

In other matters, the board:

*Recognized the retirement of Winston Reynolds and his six years of service to the county.

*Heard concerns from Kurt Bozenmayer about the county's roadside trash issue.

*Heard from Norma Bozenmayer about the success of the Festival of Lights.

*Heard from Vance Agee about solar energy.

*Heard the County Administrator's report.

*Approved Sarah Wray as the Blue Ridge District representative on the Planning Board.

*Heard an update from Department of Motor Vehicles (DMV) Manager Beth Morris.

*Approved an interagency agreement between the county and the Economic Development Authority (EDA) regarding the Business Development Center.

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Chemtrec

(cont. from page 1)

just more or less trying to be proactive to combat the rising call volume for hazmat incidents,” he said.

Adams said the department used the funds to purchase two Level A hazmat suits, which are “basically the highest level of protection that you can have against chemicals, gases, and stuff like that. We bought two suits so our chemical technicians can be fully” equipped with Personal Protection Equipment (PPE), “and safe when dealing with hazmat emergencies.”

A Photoionization Detector (PID), or an air reading meter that picks up any combustible gas in the air also was purchased. It too will be used when responding to tractor-trailer accidents.

“If the tractor-trailer is hauling some type of hazmat that’s unbeknownst to us, we’ll be able to use that meter. It’s very sensitive to hopefully pick up that ‘hey, something’s combustible, we need to be careful, we need to get our PPE on

and figure out what we’re dealing with,” Adams said.

Some Plug N’ Dike kits, or plug and patch kits, also were bought to be used in cases of crashes that include a ruptured fuel tank, or if there’s a leaking drum that’s leaking chemicals, “we can plug it and contain the leak,” Adams said.

Calibration kits for the two standard gas meters for propane or carbon dioxide emergencies were also purchased with the grant funding. “Now, we can calibrate those meters monthly in house and that just make sure the meters are reading accurately and ready for use,” he said.

Adams said 20 of the department’s members are trained in hazmat operations and two are trained hazmat technicians.

“The difference between” the two is “operations can identify, and they can know that something is going on and something hazmat related, and they can do de-con and stuff like that,” he said. “But

our two technicians can do offensive stuff. So, they can stop leaks, they can get in the Level A suits, they can do a lot more stuff with their training.”

He hopes that by 2025, the fire department will have four technicians on its roster.

In the meantime, the department is open to sharing the equipment with other departments. It runs automatic aid with the Moorefield Store Volunteer Fire Department, Stuart Volunteer Fire Department, and Patrick Henry Volunteer Fire Department.

“We’ll go all over the county. We’ve been to Ararat, we’ve been to Meadows of Dan, we’ll go out of state, we go to Sandy Ridge, North Carolina,” Adams said. “We’ll go wherever we’re needed if we’re called, we’ll go.”

Adams said he applied for the grant because departments in the county depend heavily on grants, donations, and fundraising for new equipment.

“Money’s kind of tight as far as operating costs, so all of our county funding and a lot of our fundraising money goes towards yearly operating costs,” he said, adding that the department tries to look for private or federal grants that it’s eligible for and apply for it for equipment.

“I found the grant online, and it was specifically for hazmat equipment, and we had a little bit of a need for hazmat stuff, so I went ahead and wrote it,” he said.

The department first applied for the grant in 2022 but was not chosen. Adams reapplied in August and received confirmation in November that the department would receive the grant. The check was presented on Tuesday, January 9.

Assistant Chief Clint Weidhaas added the department is the first department in Virginia to be selected for the award.

Donations also are accepted and can be mailed to P.O. Box 121 Patrick Springs, VA, 24133.

First Snow

(cont. from page 1)



DeHart Park in Stuart is mostly covered in a dusting of snow.



A line of geese swam across the lake at Fairy Stone State Park, as heavy sleet fell Monday afternoon. (Photos by Pat Delaney)

Broadband

(cont. from page 1)

or something. “Currently, it seems that all of the boxes have been checked on broadband, it’s just the work being done by the contractors, the internet services providers, and all of them.”

After learning of the board’s action, Davis wrote an email to several committee members: “All – it was a real pleasure working with you all on this critically important Patrick County initiative. The ball was moved further down the field than it would have been without the committee’s efforts, particularly those heroic efforts of our Chairman!”

“I’ll echo what Brad has written,” Vivier wrote. “Stop and think about all the transitions and developments since the Committee was formed: EDA directors, liaison Supervisors, other Supervisors, County Administrators, WPDPC, Richmond, and the big ones, namely the ‘money coming down the pike,’ and all the players (providers) that came out of the woodwork.”

Vivier added that Terry “tried to stay on top of all this even after” a serious health issue. “His efforts were always underlined with the question ‘Hey, WHATSUP?’”

Vivier wonders whether the board “did what’s best by starting with the committee but NOT transitioning to a new and permanent department. Broadband is a utility,” he wrote,

“and a service like other communications and multimedia.

“Hopefully the better players will rise to the top. Granted that the utilities, the SCC, legislators, etc., have work cut out for them to make this happen to improve our future,” Vivier wrote. “It has been an honor for me to serve the county and a pleasure to participate when I did. I do think that the efforts of the committee helped to put us at the forefront in many ways.”

“My humble opinion is if we hadn’t had that broadband committee, we wouldn’t be where we are today,” Clayton Kendrick, of the Mayo River District, wrote. “All of y’all did excellent work and should be commended for it. I thank you all very much.”

“Sad to see this get disbanded,” Pendleton wrote. “I agree that this committee really got the ball rolling again on broadband in the county.” He added that Terry “should get all the praise for his dedication and the countless hours he put into broadband.”

“I really appreciate the compliments, but we all were a dedicated team, and each made a big impact,” Terry wrote. “I was fortunate to be retired, which allowed me more time than some others, but no one would have given me the time of day without knowing we were a team appointed by the board.

“The fact that the (then) board at times chose to ignore us did not keep us from working with a lot of people behind the scenes to push and pull the county along. When it seemed the projects were safely funded, and that RSN and Charter had committed to completing the projects with or without anyone in the county

exerting much effort, I redirected my diminishing energy,” Terry wrote and recalled that he discussed the projects at the October supervisor meeting, which also was attended by representatives from RSN and APCo.

Considering the importance of coverage, Terry wrote, “I could not believe that only a couple of citizens were there attempting to ask questions. But just as well the (board) had not planned for the public to ask questions and when they allowed a couple, although my hand was up. I was ignored.”

He added that the October board also “ignored my suggestions in my presentation, mainly that Charter be invited to make a similar presentation” as RSN, and that updates were provided on both projects, including a timeline of when service will be available.

Terry said he has spoken with Patrick Cooper, the new director of economic development, and “dropped in a few times hoping to speak briefly with Ms. Simms, but she was not in.” As a result, he added that he was unable to “gauge her commitment to broadband.”

Highlighting continued concerns that include RSN’s discovery of some coverage gaps and the mention of seeking additional grant funding, Terry said “I have not found out anything more. I don’t know how citizens can confirm if they are included in funded projects.”

Additionally, “Charter stated mid-summer they would initiate construction in July 2023, but to my knowledge work has not begun. They continue to make optimistic comments, but the extensive ongoing delay is not reassuring.”

Still, “it appears that most of the county has a high probability of excellent service in the next 1-2 years. I have enjoyed working with each of you, and maybe we will get together to celebrate soon,” Terry wrote.

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LETTERS TO THE EDITOR

Politicians Propose Abandoning Ukraine

Representatives Gaetz of Florida and Greene of Georgia and joined by Senator Hawley of Missouri have made wild statements and taken absurd positions. The three of them want to abandon Ukraine, which will allow Russia to overrun Ukraine. Their geopolitical ignorance is astonishing. Greene stated "Under Republicans, not another penny will go to Ukraine, our country comes first". Gaetz proposed a resolution calling for an end to aid for Ukraine and Hawley said the U.S. policy of supporting Ukraine's survival has to stop.

Governor DeSantis of Florida has joined them by saying the Ukraine War is "not a vital national interest but a territorial dispute."

These government officials put politics first to the detriment of our country. They are trying to make President Biden look bad, and don't consider the impact of their posi-

tions on the world stage. Thankfully, the majority of our government officials understand the world situation and the need to stand up to Russian aggression. They should not allow politics to threaten our national security and the security of other countries.

Vital military funding for Ukraine is hung up in the House of Representatives because the republicans want to tie it to tightening U.S./ Mexican border security. I agree we have to stop the influx of illegal immigrants entering our country. However, preventing Russia from conquering Ukraine, attacking NATO countries, and then drawing the U.S. into a major war with millions of casualties and costing hundreds of additional billions of dollars should be a very high strategic priority.

Donald Moskowitz,
Londonderry, NH

The World Stage: Obama and Biden

(Newsmax, Heritage Foundation, Fox, American Thinker, Daily Signal)

"America must always lead on the world stage. If we do not, no one else will."

It would make sense if this were a quote from Ronald Reagan or Donald Trump. Both understood the importance of American leadership on the world stage. But coming from President Barack Obama, it was a joke.

Obama's Berlin speech was just a preview of what was to come once he became president. In the months following his January 2009 inauguration, Obama embarked on a global "apology tour," in which he all but got down on his knees and begged foreign powers to forgive the U.S. for what he alleged was decades of negligence and untrustworthiness.

Throughout his eight years in the Oval Office, Obama conducted what is the most incompetent, anti-American foreign policy of any U.S. president in the modern era. Combining the worst elements of radical leftism and ignorance and alienating key allies and empowering the West's greatest enemies.

Now, after having served two terms as Obama's second-in-command, President Joe Biden is attempting to replicate his former boss's "America Last" approach to world affairs.

In less than three years, Biden has crippled American strength and credibility across the globe. China and Russia have become increasingly aggressive and emboldened to act upon long-sought-after geopolitical objectives.

The Obama-Biden approach to foreign affairs requires answering a fundamental question. How can someone represent America on the world stage when he hates America and the values upon which it was

founded?

This anti-America attitude is not exclusive to Obama, however. Throughout his half-century in Washington, Biden has similarly degraded American greatness in his capacity as a U.S. official and political candidate. In the lead-up to the 2020 election, Biden said during a podcast discussion on slavery and Black Lives Matter that America is an "idea" that "we've never lived up to."

For both Democrat presidents, the compulsive desire to tarnish the freest and most tolerant nation ever to grace the planet stems not from ignorance, but from Marxist orthodoxy. The Judeo-Christian principles upon which the U.S. was founded run contrary to this left-wing pagan religion, which demands that Western concepts such as God-given rights and republicanism be sacrificed in the name of centralized power in the hands of a few.

Without question, Obama and Biden have been the most anti-Israel presidents since the Middle Eastern country was recognized in 1948. Both have regularly catered to the genocidal regime in Tehran at Israel's expense and safety. The belief held by Obama and Biden that Iran — a nation whose government chants "Death to America!" — can be bribed into abandoning its ambitions to acquire nuclear weapons is a display of sheer stupidity. Tehran is spearheaded by Islamic terrorists hellbent on destroying Israel and the West.

The Obama-Biden international foreign policy failures have made the world a much more dangerous place, and the United States a weaker country.

Pray for our country.
William Salser,
Stuart

On abortion

Cosmopolitan magazine recently published an article describing an abortion clinic at which a woman could have a "satanic-themed" abortion, replete with satanic ceremonial rituals. On their Instagram page, Cosmopolitan described how liberating it felt for one woman to have such a ceremonial abortion. I point this out not to be graphic but to illustrate the dichotomy that has emerged in America between those who hold that every life is sacred from the moment of conception and those who claim a fetus is not "alive" until or shortly before birth, and thus can be "terminated" by the mother for virtually any reason. Almighty God sees it differently. God gives life at the moment of conception, making the person carried in the womb eternally sacred to Him, so sacred and valued that He paid for the salvation of that unborn soul with the precious blood of Jesus.

What does it say about our country that untold millions of unborn children have been sacrificed on the altar of sexual freedom since Roe vs. Wade in 1973, that some pro-abortion activists have celebrated getting an abortion as if there was no moral question involved at all? What does it say about us that we have come to the point that some would eagerly promote satanic rituals around the act? Granted, satanic ritual abortions in America are probably very few, but to me, the mere fact it would be written about in nearly glowing terms in a mainstream periodical speaks volumes about our national sickness, and more importantly, our distance from God.

The peoples who occupied the land

God gave to ancient Israel were notorious for sacrificing their children to pagan gods. When Israel periodically turned from God and engaged in sacrificing their own children to those false gods, they suffered God's judgment in return. That judgment was often very harsh. That tells us a lot about how much God values every life. Why should we think He would treat America differently?

I have to believe that the future survival of our country depends in large measure on what we as a people do with the abortion issue. Do we accept the biblical view that because we are created in God's image for His glory, every life is sacred, and do everything we can to protect the lives of those who are helpless and have no voice? Or do we continue down the road leading toward unfettered, unrestricted abortion for any reason, right up until the moment of birth? Former Virginia Governor Ralph Northam once grotesquely spoke of potentially aborting children after birth, as if it was no big deal. But it is a big deal to God. There are powerful forces at work in America that want to make abortion something of no more moral consequence than taking your car to get the oil changed. Can we really expect God to bless our country if we continue down that road? I think America rises or falls on the answer.

David Robinette Jr.,
Patrick Springs

(Editor's Note: The story is available at <https://www.cosmopolitan.com/lifestyle/a45613416/satanic-group-abortion-clinic-samuel-alito-mom/>.)

Deposition with Fauci

On January 8th and 9th, I participated in a two-day Congressional transcribed interview (what normal people would call a deposition) with Dr. Anthony Fauci to learn more about his role in the COVID-19 outbreak and response.

These are my key takeaways from my preparation for the deposition and the deposition itself:

We need better protocols and oversight of biosafety laboratories. Fauci, who was the Director of the National Institute of Allergy and Infectious Diseases (NIAID), claims he did not know much about the grants awarded to EcoHealth Alliance and nothing about the subsequent subgrants to the Wuhan Institute of Virology. This is unacceptable. He was the head of the agency that awarded the grants, and the buck should stop with him. At the very least, before his agency got the U.S. involved with the Wuhan Institute of Virology, he should have had a working knowledge of their operations. He disavowed all knowledge of the Institute, even saying if someone said Wuhan before COVID-19, he wouldn't know if they were referring to Wuhan University, the Wuhan Institute of Virology, or another entity in Wuhan.

And when EcoHealth Alliance did not forward required reports for more than a year, someone at NIAID should have been aware and raised Cain.

We need a generally accepted definition of gain-of-function (GoF) research for U.S. grant purposes. According to Fauci, NIAID was not funding any GoF research. Under the definition he was using, that may be so. But NIAID is a division of the National Institutes of Health (NIH) and on the NIH website at the time the research was being done, they used a different definition of GoF. Under that definition, NIAID was funding GoF research. Both definitions are acceptable in various settings, but this type of research is too serious to not have a generally accepted definition.

At a structural level, some scientists referenced in an email to Fauci found aspects of the virus perplexing. They queried how it could happen in nature. When looking at the makeup of the SARS-CoV-2 virus, researcher Mike Farzan took issue with how the furin cleavage site was in the virus. He believed it was difficult to explain how this could happen outside of a lab. While possible, it is highly unlikely to occur in nature. Additionally, Dr. Bob Garry observed the virus had a perfect 12-nucleotide insertion as part of the furin cleavage site and didn't know how this could happen in nature. The furin cleavage site is a large part of what made the virus so contagious. And, interestingly,



Morgan Griffith

Representative

prior coronaviruses did not contain a furin cleavage site.

Fauci said he had an open mind when it came to how the COVID-19 outbreak could have started, whether it was spread via animal transmission at a wet market or a lab leak, but he believes it was due to animal transmission. However, he gave no indication of his open-mindedness to the American people in public statements.

Those who believed COVID-19 started due to a lab leak were universally shunned and their opinions were taken down and/or barred from many social media sites.

Some conclusions:
Based on the evidence I have seen, I believe COVID-19 started due to an accidental lab leak. This is in part because no animal source has ever been found (in the past we've been able to find one). Further, the Chinese government did not look at a large sample of animals in their search, nor was the virus found in animals near the time of the outbreak. If the Chinese thought the virus started in animals, they would have scoured the region looking for the animal source. Their lack of strenuous effort indicates to me the Chinese know the source was a lab leak.

Fauci said we needed to continue to look for the animal source, but also admitted that without Chinese cooperation, we may never be able to determine with scientific certainty which theory is correct.

As a long-time practicing attorney, I only need proof that eliminates reasonable doubt, not proof to a scientific certainty. For example, circumstantial evidence and little else was sufficient to put the murderer of Gina Renee Hall (a student at Radford University) in prison. As you will recall, she disappeared and later in 1980, her murderer was convicted in Pulaski County and given a life sentence based substantially on circumstantial evidence.

That being said, the evidence of an accidental lab leak, in my opinion, also eliminates reasonable doubt.

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 <https://morgangriffith.house.gov/>.

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.

If you enjoyed the recent columns by Ben Williams and Holly Kozelsky, they are available weekly in the Henry County Enterprise

Get your print or digital subscription today by calling (276) 694-3101 or visiting henrycountyenterprise.com

CHECK US OUT

Patrick Pioneers

Elder James David (J.D.) Cockram

By Beverly Belcher Woody

The second of eleven children born to William Harvey Cockram and Millie Jane DeHart, James David (J.D.) Cockram was born on the 22nd of April 1871 in the Wood's Gap area of Floyd County, near the Patrick County line. On the fifth of May 1897, twenty-six-year-old J.D. married seventeen-year-old Miss Mary Ellen Wood, the daughter of Stephen Greene Wood and Judith Virginia Rakes of the Charity community.

The following year, the couple's first child, Ephraim was born, followed by James Barnard Cockram in 1901. In 1902, tragedy struck when Ephraim died. J.D. Cockram wrote about this heartbreaking event in the preface to his book, *The Celestials and Terrestrials; or, Spiritual Law in Natural Kingdoms*, a book published by Excelsior printing company, in Eona, Virginia. "It was in the year of our Lord nineteen hundred and two, that great confusion laid hold upon me, and stood up around me until my spirit appeared as if it had been broken, and rest departed from me. Amid all this the hand of the Lord fell still more heavily upon me and removed from our midst, Ephraim, my first born, who was my heart's delight, and when I could no longer see him I cried out because of my weakness and said: Your bright little face did cheer our home with ever laughing eyes, But closed, they are, upon these scenes, to open in the skies. Now reconcile us, Lord I pray to thy almighty hand; And give us faith that we may live in that far better land. While I waited for reconciliation-upon a certain day when my spirit was stirred within me, I rose up suddenly and almost unconsciously taking hold of an old calendar and turning it over wrote, "The Celestials and Terrestrials" for a heading; and continued to write amid which it was said "do the work of an Evangelist." I found not how to move forward for being encumbered with many things; but, greatly fearing the Lord, I plead that His judgments fall not upon me to a farther extent. I meditated upon the work that was before me, wondering what its nature and character might be, realizing all the while that there were peculiar features, all of which I endeavored to see in the writing which I was exercised with the greater part of my time. Now that it has continued with me until the present, and presents itself in this volume, I submit it for no other reason than that I believe it is of God and is required in this day and generation. James D. Cockram, Woolwine, VA, September 29, 1904."

If you would like to read more of Elder J.D. Cockram's book, "The Celestials and Terrestrials; or, Spiritual Law in Natural Kingdoms," the entire 247 pages are available on the Library of Congress website at <https://www.loc.gov/resource/gdcmassbook-dig.celestialsterres00cock/?sp=1&st=image>.

During the time that J.D. wrote his book and became a Primitive Baptist elder, J.D. and Mary Ellen's third son, Jedidiah was



J.D. and Mary Ellen Cockram family.

born in 1903, followed by John Theodore in 1906, Virginia Celestial in 1908, Geneva Marie in 1911, and Mary Joy was born on November 20th, 1916. Sadly, the same day Mary Joy was born, her mother Mary Ellen Wood Cockram passed away; she was thirty-seven years old.

The following year, J.D. married recently widowed Emma Lee Walker, the daughter of Abraham Linville Walker and Mary Williams of the Cruise community located at the foot of Lovers Leap mountain. Emma's husband, Henry Lee DeHart, Sr. had also passed away in 1916, from an appendix that ruptured on April the 18th. Henry suffered for over a month before passing away on May 22nd, 1916. Henry was the son of Stephen Hubbard DeHart and Isabelle Woolwine Dehart of the Rock Castle community. Henry and Emma had one son, Henry Lee DeHart, Jr., born in 1914. William Abraham Cockram was born to J.D. and Emma Walker DeHart Cockram on August 7th, 1918.

J. D. Cockram was very busy with farming, preaching, writing, and serving as editor of the P.D. Gold Publishing Company that was based in Wilson, North Carolina; he also was the postmaster of the Tuggles Gap Post Office in the early 1900s. J.D. was very active in organizing the Dickey Wood family reunions and each year, served as the master of ceremonies and/or performed the religious rites at the monument. On the 6th of July 1939, in an article in the Roanoke Times, J.D., chairman of the monument committee, stated that "Dickey Wood's first wife, Rachel Cockram Wood, would be represented by the daughter of the seventh son of the seventh son of their only daughter Ann Wood Cockram." In the 1930's, the Dickey Wood reunions were famous for at least 2,000 descendants coming from all over America to Wood's Gap each year to visit and pay their respects at the grave of early settler Dickey Wood and his four wives.

Old newspapers are filled with accounts of J.D. Cockram and other Primitive Baptist preachers gathered to preach to thousands in the small communities of southwest Virginia and neighboring counties in North Carolina. In the May 21, 1924, edition of the Danbury Reporter, it was reported that "the biggest crowd that ever attended a Primitive Baptist Association in Stokes County and likely all of North Carolina and Virginia was at North View



This picture was made for the little boy in the picture. Ephraim and his father, mother and grandmothers.
Back row: Millie Jane Dehart Cockram (mother of Allen), James David (brother of Allen & father of Robert), Robert (brother of Allen), Rachel Wood (brother's grandmother on his mother's side), Mary Ellen Wood Cockram (James David's wife - Ephraim's mother) or John's Grandmother.
Front Row: Rebecca Martin Dehart (Millie Jane's mother), Anne Wood Cockram (William Harvey's mother & Allen's grandmother), Robert (brother of Allen), their father Wood (Mary's grandmother) or John's Grandmother.

Ephraim Cockram, his parents and grandmothers.

where it was estimated to be between 7,000 to 10,000 people. Fatted calves had been slaughtered, fatted pigs had been roasted, fried spring chicken was abundantly in evidence, and wagon loads of cakes, pies, pickles, and pastries and all the good things to eat which the ladies of North View know so well how to prepare were plentiful. Tables spread under the leafy trees groaned with the weight of the edibles, and it goes without saying that the multitude did ample justice to the loaves and fishes."

J.D. traveled the country preaching for many years as a Primitive Baptist elder, traveling as far as Detroit and Highland Park, Michigan where his three boys, James Barnard, Jedidiah, and John Theodore moved to work in the auto industry. Daughter, Virginia Celestial, moved to Trenton, New Jersey; this is where 84-year-old J.D. Cockram was staying when he passed away in 1955. J.D. was buried at the Laurel Memorial Park Cemetery in Pomona, New Jersey.

J.D.'s daughter Geneva Marie worked for many years as a manager of a guest house in New Orleans before eventually moving to Easton, Maryland to be near her younger sister, Mary Joy. Eventually, both sisters returned to Virginia to live and were buried beside each other at Mountain View Cemetery in Vinton, Virginia.

J.D. and Emma's son, William Abraham married, lived in Collinsville, and drove a truck for Virginia-Carolina Trucking. While on a trucking run near Annapolis, Maryland, Cockram's truck hit a patch of black ice and overturned. Cockram died from his injuries; he was 46 years old.

Woody may be reached at rockcastlecreek1@gmail.com or (276) 692-9626.

Social Security Matters

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

Ask Rusty - Can Someone Work While Collecting Social Security Disability?

Dear Rusty: If a person is collecting Social Security disability benefits, can they, at any point, work at all? If they can, what is the maximum they can earn and still keep the disability benefit? I am asking because my husband is still young, but his injuries will not allow him to go back to the job he had prior to his injuries and surgeries. He does not just want to sit at home doing nothing! Signed: Concerned Wife

Dear Concerned: Actually, the Social Security Administration (SSA) encourages those collecting SSDI (Social Security Disability Insurance) benefits to attempt to go back to work and they provide considerable leeway for them to do so. The monthly earnings limit for those collecting SSDI benefits in 2024 is \$1,550 and as long as your husband earns less than the limit while working, his SSDI benefits will not be in jeopardy. Your husband should contact Social Security's Ticket to Work program directly to protect his disability status and discuss returning to work while collecting SSDI benefits.

The Ticket to Work program assists those

now receiving SSDI benefits who wish to test their ability to return to work without putting their SSDI benefits at risk. The program provides considerable assistance, including new career training opportunities and connection to potential employers, and it is voluntary and costs nothing. Here is a link to Social Security's information on the Ticket to Work program: <https://choosework.ssa.gov/>

It's not mandatory for your husband to enroll in the Ticket to Work program but, in addition to other available assistance, he can request a Trial Work Period (TWP) which would allow for 9 months, over a rolling five year period, during which he can earn any amount (even over the normal monthly limit mentioned above) without risking his SSDI benefits. Within the Trial Work Period, only those months he earns over the normal monthly SSDI limit would count as a Trial Work Month. So, for example, your husband could work part time regularly earning under the normal monthly limit and if, in some months (up to nine), he earned more it wouldn't affect his SSDI benefits.

So, your younger disabled husband can, indeed, work while on Social Security disability, for as long as he wishes while earning under the monthly SSDI limit (the SSDI earnings limit changes yearly). He may also wish to enroll in Social Security's

Ticket to Work program for assistance with developing a new career. Plus, he can take advantage of using trial work months in the event his work earnings will, at times, exceed the monthly SSDI limit. If your husband earns over the SSDI limit for more than the 9 trial work months and his benefits are consequently stopped, he can - within the 5-year Trial Work Period - have his benefits reinstated (without again going through the full application process) if his disability, once more, renders him unable to work full time.

For starters, I suggest your husband contact Social Security's Ticket to Work program directly at 1.833-889-0108 to discuss returning to work part time. Social Security will guide him through the entire process.

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.

Chapter welcomes gardeners to first meeting of 2024

The Colonel Abram Penn Chapter of the National Society Daughters of the American Revolution met on January 8 in the fellowship hall of Stuart Presbyterian Church. Ann McConnell, Chapter Regent, presided with four members present.

Patrick County Master Gardeners, Norma Bozenmayer and Jess Hines presented a program on Colonial Medicines and Cure Alls. The eighteenth century herb garden, found close to the home, served as the home's spice rack and apothecary.

A business meeting followed the program. Committee reports were given and upcoming Chapter events and projects were discussed.

Any woman 18 years or older, regardless of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution is eligible to join



Patrick County Master Gardeners Norma Bozenmayer (left) and Jess Hines explain the many medicinal and culinary uses of herbs during colonial times. (Contributed photo)

the DAR. For more information contact nammcconnell@yahoo.com.

Consumers seek locally raised beef as farmers and processors try to keep pace with demand

The good news is: There's enough capacity statewide to process the 14,000 head of beef cattle finished in Virginia annually.

The bad news is: Long travel distances and labor shortages, plus an ongoing processing backlog exacerbated by the COVID-19 pandemic, have created industry challenges as consumers increasingly clamor for locally sourced foods.

Nationwide, rising market prices are driven by sustained demand and a dip in inventory.

"Cattle prices are at or around record highs, so revenue is up for producers," said Tony Banks, senior assistant director of agriculture, development and innovation at Virginia Farm Bureau Federation. "But their inputs are more expensive with market-wide inflation, so profit is not increasing proportionally."

When grocery meat cases emptied during COVID-19, a swell of interest in locally raised beef was curbed by processing backlogs.

Caroline County cow-calf operators Peggy and David Spicer of Willow Hill Farms & Beef went from a three-week turnaround to booking their trusted area processor a year in advance.

"And a cancellation throws everything in a kink with a domino effect," Peggy said. "You have cattle trailers lined up, people taking off work, and then there are customers we promised beef to, which is now not ready. You lose sales that way. It's a huge ripple effect."

Following restaurant shutdowns, Kroger corporate request-

ed 50,000 pounds of fresh beef per week from the state's largest processor, Seven Hills Food Co. in Lynchburg. The town's laid-off restaurant staff was hired to process 150 head a week of cattle, said president Dalton Mosser.

Now, The Virginia Beef Co. retail brand is sold in 100 Kroger stores, and Seven Hills' diamond logo is listed on restaurant menus from Roanoke to D.C. With more capital investment, Seven Hills has the capacity to process 500 head weekly.

While there's space for 60 workers, they hover around 40. During the pandemic, "we lost scores of hardworking guys," Mosser lamented.

Government meat inspectors also are understaffed, he noted. The U.S. Department of Agriculture's Strategic Plan says it will continue to address frontline staffing shortages.

As market forces play out, new legislative initiatives address the need to study processing expansion at home.

HB 830, introduced by Del. Tony Wilt, R-Harrisonburg, was approved by the governor in April 2022 to expand and develop slaughter and meat-processing facilities through strategic planning and financial incentive programs.

"But it doesn't do you any good to expand if you can't find the people to work," Wilt acknowledged. "The need for more processing is there, but we must connect the dots."

Visit shorturl.at/ewDIW to read the full story.

Nine Indicted in federal health care fraud probe

A November 2023 indictment, returned under seal by a federal grand jury in Roanoke, Virginia charging nine people with healthcare fraud conspiracy, money laundering, and obstruction of justice, has been unsealed following the arrest and initial court appearances of all nine defendants.

An indictment is merely an allegation, and all defendants are presumed innocent until proven guilty beyond a reasonable doubt in a court of law.

According to court documents, Carolyn Bryant-Taylor, 59, of Clinton, Maryland; Kafomdi "Josephine" Okocha, 48, of Upper Marlboro, Maryland; Samuel Okocha, 50, of Upper Marlboro, Maryland; Shekita Gore, a.k.a. Shekita Steele, 38, of Clinton, Maryland; Berthe Feuzeu,

a.k.a. Berthe Djuni, 48, of Manassas Park, Virginia; Anthony Kanu, 57, of Bladensburg, Maryland; Elizabeth Ilome, 41, of Stafford, Virginia; Eno Utuk, 47, of Stafford, Virginia; and Rhabiatu Kamara, 45, of Fort Washington, Maryland, are all charged with conspiracy to commit health care fraud.

Bryant-Taylor, Josephine Okocha, Samuel Okocha, and Gore also are charged with one count of health care fraud. Additionally, Bryant-Taylor is charged with two counts of obstruction of justice and one count of money laundering. Josephine Okocha is charged with three counts of money laundering.

According to the indictment, Bryant-Taylor, Josephine Okocha, Samuel Okocha, and Gore are owners and operators of 1st Adult

PCHS Sports Schedule

Patrick County High School Cougars Sports Schedule for the week of 19-25:

- 1/20 TBA Wrestling Tournament at William Fleming
- 1/22 5:30p Girls Basketball at Glenvar
7pm Boys Basketball at Glenvar
- 1/24 5pm Wrestling Quad at Radford
7pm Girls Basketball at Radford
7pm Boys Basketball vs Radford

Congressional staff to visit

Congressman Morgan Griffith's Ninth District staff will be in Henry and Patrick counties on Jan. 24.

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

Staff will visit Patrick County 12:30 - 2 p.m., Patrick County Administration Building, Conference

Room, 106 Rucker Street, Stuart.

In the event of inclement weather (heavy snow, sleet, icy rain, etc.), traveling office hours may be rescheduled to avoid putting constituents at risk. If a locality's schools are closed, then its office hours will be closed as well.

Call the office in Christiansburg, (540) 381-5671, or Abingdon, (276) 525-1405, with any questions or to schedule an appointment time in the event of office hour closure.

Information sought for Moonshine Heritage Trail



Patrick County Tourism is seeking local history and information on the heritage of Moonshine in the county. The agency is asking businesses and our local residences, who support the Heritage experience of Moonshining to fill out the survey located at <https://www.surveymonkey.com/r/MoonshineHeritage>. This will help the county's endeavors with Floyd and Franklin County to establish a trail linking all three counties.

Construction is leading industry for initial claims

It was announced today that The number of initial unemployment insurance claims rose in the latest filing week to 2,782, according to the Virginia Department of Workforce Development and Advancement (DWDA), with construction the leading industry for claims.

While there was an increase in the number of filings, the total remains slightly below typical pre-pandemic volumes experienced in 2019, the DWDA reported.

For the filing week ending January 6, seasonally unadjusted initial claims for unemployment insurance in Virginia were 2,782, which was an increase of 712 claimants from the previous week. Continued weeks claimed totaled 12,827, which was an increase from the previous week and an increase of 27 percent from the 10,089 continued claims from the comparable week last year. An industry was reported for ninety-three percent of continued claims. Of those, over half (58 percent) of continued claims were from administrative and support and waste management (1,849), professional, scientific, and technical services (1,687), manufacturing (1,213), construction (1,116), and health care and social assistance (1,077). Eligibility for benefits is determined on a weekly basis,

and so not all weekly claims filed result in a benefit payment. This is because the initial claims numbers represent claim applications; claims are then reviewed for eligibility and legitimacy.

In the week ending January 6, the advance figure for seasonally adjusted initial claims was 202,000, a decrease of 1,000 from the previous week's revised level. The previous week's level was revised up by 1,000 from 202,000 to 203,000. The advance number of actual initial claims under state programs, unadjusted, totaled 317,048 in the week ending January 6, an increase of 47,632 (or 17.7 percent) from the previous week. There were 339,883 initial claims in the comparable week in 2023.

Looking at preliminary data, most U.S. states reported increases on a seasonally unadjusted basis. New York's preliminary weekly change (+20,755) was the largest increase. California's preliminary weekly change (+9,990) was the second largest increase. Texas's preliminary weekly change (+8,915) was the third largest increase. Georgia's preliminary weekly change (+6,024) was the fourth largest increase. Virginia had the 17th largest increase (+558).

N Pediatric Healthcare Service, a Medicaid-enrolled home health agency providing private duty nursing, personal care, and respite care services throughout the Commonwealth of Virginia, including in the Western District of Virginia. Feuzeu, Kanu, Utuk and Kamara were employed by 1st Adult as nurses and Ilome as a medication technician. The defendants are alleged to have conspired to submit false claims to Medicaid for services that were not provided to patients, including falsifying records and documentation in support of the fraudulent claims submitted for reimbursement.

First Assistant United States Attorney Zachary T. Lee, Virginia At-

torney General Jason Miyares, and Special Agent in Charge Stanley M. Meador of the FBI's Richmond Division made the announcement following the indictment's unsealing.

The Federal Bureau of Investigation and the Virginia Attorney General's Medicaid Fraud Control Unit are investigating the case, with assistance from the United States Department of Health and Human Services.

Assistant U.S. Attorney Kristin B. Johnson and Special Assistant U.S. Attorney Nicole Terry, a Senior Assistant Attorney General with the Virginia Attorney General's Office, are prosecuting the case.

New Evidence Reveals That Exercise Is A Powerful Treatment for Depression

Running is something that I find enjoyable. When I took the time to think about why I liked running, I came up with a list of reasons. Accomplishing a goal, the possibility for improvement, and realizing that you can do more than you thought possible. Running became somewhat of a healthful addiction.

It's not news that running is healthy; many of the general health benefits from consistent exercise are clear to patients and doctors alike. But the benefits of recommending exercise to prevent or act as therapy for depression and anxiety hadn't been thoroughly researched until recent years. Now, researchers are examining in detail the unique mental benefits of exercise.

Exercise largely ignored by psychiatrists for patient care

Last week was the Anxiety and Depression Association of America (ADAA) Conference. Highlighted at the conference was research that determined that only around 20% of patients undergoing treatment for depression were given information on the benefits of exercise to manage depression.

Reasons given by psychiatrists for the lack of discussion surrounding exercise were:

- Exercise may be a less effective treatment in comparison to face-to-face therapy, medication treatment, and social support.
- More serious cases of depression called for more direct treatments.
- The psychiatrists themselves did not personally practice regular exercise.

A powerful treatment for depression

New research is being shared with members of the psychiatry community on the effectiveness of exercise as a treatment for depression and anxiety. Overall positive changes in patient mood, reduced anxiety, and lower compulsive habits have been evidenced in the latest studies of exercise within the scope of psychiatric treatment.

Exercise is something patients can start immediately with significant results, especially for protecting against the onset of depression. We all have ups and downs due to fatigue, stress, or a combination of both, but why don't we exercise to

prevent those sinking moods and other additional chronic diseases?

Depression can be defined as a withdrawal from the regular activities of life. Keeping an active and enjoyable schedule – exercise included – helps maintain the regularity that's sometimes lost with depression. A lack of interest in everyday activities is a symptom of depression that can be partly remedied by getting involved with a social group where physical activity, such as light jogging, works as a type of interpersonal therapy, not to mention the added physical benefits of exercise.

President of the ADA, and medical director at Ross Center for Anxiety and Related Disorders, Beth Salcedo, MD, recently expressed her successful treatment of a patient diagnosed with severe anxiety, depression, and failure of first-line medications.

She states that the patient, "...finally entered into a marathon training program, which provided her regular exercise and a new social support system, and her symptoms fully remitted. [The patient] felt great,"

Exercise – it'll do you good
Something to consider the next time you are debating whether to exercise is this: Studies on exercise and depression show that non-exercising individuals are more likely to show depression. In comparison, those who exercised a total of an hour or more every week are 44% less likely to become depressed.

For those who think that the negative thoughts and apprehension they feel towards exercise will offset any health benefits, note that even light exercise such as walking, stretching, swimming, or other simple aerobics can drastically help with depression. The risk of cardiovascular disease is also reduced with simple physical activity, so the benefits of light exercise will also help to maintain a healthy heart, circulation, and overall mood. So remember: a small dose of exercise can make a lasting difference in health and happiness.

(Submitted by Betty Dean. Written by Justin Leal, MPH. Used by permission from www.lifeandhealth.org Courtesy of LifeSpring – Resources for Hope and Healing Stuart, VA)

By Sen. Bill Stanley

As the dust settles from the first week of the 2024 Virginia General Assembly session, I wanted to provide a quick update on what has been happening here at the Capitol, and let you know about all the work we are doing and the issues that matter most to you. There are a lot of new faces in the Senate. Following the 2023 election, 19 of the 40 senators are Republicans, putting the GOP in the minority. However, we look forward to working in a bipartisan manner with our counterparts across the aisle on areas where we can agree. But nearly half of the Virginia Senate are new members, so many in the chamber are learning as they go on procedure, decorum and the process of bill consideration. Another change is that we are all working out of a new General Assembly building. If you have visited your legislators in previous years, be ready for a whole experience as everyone, me included, finds our way around this new facility. Some new building kinks are still being worked out, which always happens with a large project, but the new building is citizen friendly for Virginians to participate in the process of state Government.

On Wednesday, we gaveled in the start of session, forming up in each chamber, establishing rules of order between the House and Senate, and welcomed our new Senate pages who assist us in doing our work. Later, on the first day, Governor Glenn Youngkin addressed a joint Session of the Senate and House and delivered his annual State of the Commonwealth speech. In it, the Governor discussed his administration's accomplishments and laid out his vision for Virginia in the coming years.

The Governor laid out an ambitious agenda. This includes legislation to keep Virginians safer from violent crime and destructive street drugs, a proposal to allow students to earn career credentials while completing their high school diplomas, and improvements to our mental health care system, to name a few. In the coming weeks, He also put forth his reasoning for realigning our state tax code in order to be more competitive with other states in bringing industry and jobs to the Commonwealth, while at the same time providing needed tax relief to Virginians through his proposal to eliminate the car tax. I will closely review the Governor's proposals as they

go through the legislative process. I look forward to working with the Governor to improve our schools, make our neighborhoods safer, and ensure every Virginian has the skills and the opportunity to obtain a good job.

Hitting the Ground Running:

The pace in Richmond is fast, and our team has been busy attending committee meetings, engaging with colleagues, and advocating for your priorities. We've met with constituents, community leaders, and stakeholders to gather feedback and ensure our work is reflective of your needs.

Senate Bill 5 Moves Forward:

I'm pleased to announce that one of our top legislative priorities, Senate Bill 5, has cleared its first hurdle! This critical bill, which focuses on allowing the Virginia Department of Education, will provide grants to public schools in the Commonwealth to help them start or support STEM+C competition robotics teams. This is an effort to encourage interest in STEM+C-related subjects and provide students with opportunities to participate in extracurricular STEM+C activities. It received a warm reception in the Senate Committee on Education and Health and is now on its way to the powerful Senate Finance and Appropriations Committee for further review. We're confident that this bill will make a significant difference in providing students across our great Commonwealth with tremendous opportunities to seek advancements in a field they are passionate about, and we'll keep you updated on its progress every step of the way.

The Session is off and running and should be in full swing next week. Committees will all be meeting, and legislation should begin to come to the floor for consideration by the full Senate. Please let me know where you stand on legislation. And, if you are in Richmond, please come by my office at the General Assembly building. I am in Room 514, and while my schedule is often hectic and subject to change, I would love to say hello to you. We want to keep you informed and engaged throughout the legislative session. Please visit our website, www.senatorstanley.com, and follow us on social media for updates, resources, and opportunities to get involved. You can also reach out to our office directly at (804) 698-7507, or email us at senatorstanley@senate.virginia.gov with your questions and concerns.

Arrests Reported

The Patrick County Sheriff's Office reported the following:

*Kevin Ray Hill, 40, of Lawsonville, N.C., was charged Dec. 21 with false identity to law enforcement officer. Deputy M.R. Hodges was the arresting officer.

*Tisice Turner Blankenship, 53, of Stuart, was charged Dec. 23 with disobey law enforcement command - continue to drive-20+ mph. Deputy C.L. Elgin was the arresting officer.

*Logan E. Beville, 25, of Stuart, was charged Dec. 24 with aid in concealing stolen goods. Inv. J.W. Kruse was the arresting officer.

*Christine Spencer Minter, 59, of Patrick Springs, was charged Dec. 28 with violation of protective order. Deputy C.L. Adkins was the arresting officer.

*Teresina Kitchen Wheeler, 62, of Martinsville, was charged Dec. 28 with two counts possess Sch. I or II drugs. Deputy C.L. Adkins made the arrest for Martinsville PD.

*Joyce Lee Charles, 40, of Stuart, was charged Dec. 28 with five counts each forgery, uttering, and obtain money by false pretense. Lt. D.L. Foley was the arresting officer.

*John William Fowler, 42, of Radford, was charged Dec. 28 with fail to appear. Radford City PD made the arrest for Patrick County.

*Thomas Charles Richardson, Jr., 27, of Gate City, was charged Dec. 30 with drive while intoxicated, 1st offense. Deputy A. Kinney was the arresting officer.

*Kevin Allen Robinson, 33, of Woolwine, was charged Jan. 1 with one count each fail to appear and unlawful wounding. Deputy M. Nester was the arresting officer.

*Barbara Gail Hughes, 48, of Patrick Springs, was charged Jan. 3 with fail to appear-possess Sch. II drug. Senior Trooper J.N. Mabe made the arrest for Floyd County.

*Carl Danny Shelhorse, Jr., 50, of Reidsville, N.C., was charged Jan. 3 with one count each assault and batter and unauthorized use of vehicle. Senior Trooper J.N. Mabe was the arresting officer.

*Gregory Justin Yale, 31, of Kernersville, N.C., was charged Jan. 3 with fail to appear. Sgt. C. Frick was the arresting officer.

*Matthew Lewis Roberts, 28, of Stuart, was charged Jan. 3 with fail to appear. Deputy M.R. Hodges was the arresting officer.

*Joshua Daniel Hicks, 38, of Stuart, was charged Jan. 4 with one count each traffic: reckless drive and pointing/brandishing a firearm. Deputy M.R. Hodges was the arresting officer.

*Robert Wayne Osborne, 25, of Patrick Springs, was charged Jan. 5 with trespass. Deputy J.G. Pickerel was the arresting officer.

*Taylor Lynn Bowman, 25, of Stuart, was charged Jan. 7 with one count each grand larceny and possess Sch. I or II drugs. Sgt. L.K. Carroll, Jr., was the arresting officer.

*Tina Shelton Corns, 54, of Sandy Ridge, N.C., was charged Jan. 9 with one count each grand larceny and intentional damage to a monument. Lt. D.L. Foley was the arresting officer.

*Jordan Anthony Capps, 22, of Stuart, was charged Jan. 9 with intentional damage to a monument. Deputy M.R. Hodges was the arresting officer.

*Daryl D. Speas, 51, of Ararat, was charged Jan. 10 with fail to appear. Sgt. D. Celozzi was the arresting officer.

*James Roger Dulaney, 49, of Patrick County Jail, was charged Jan. 10 with fail to comply with terms of pretrial services. Deputy T. Dalton was the arresting officer.

*Nancy Howell, 83, of Stuart, was charged Jan. 11 with call/set for alarm emergency services without cause. Lt. D.L. Foley was the arresting officer.

Fix private farm roads in Apple and Google maps

A savvy GPS to map the way is an invaluable tool for modern motorists, but it can be a nuisance for landowners when drivers make a wrong turn down a private road.

Despite posting "No Thru Traffic" signs to dissuade interstate travelers from barreling down her private farm road, Prince William County farmer Stephanie Cornnell said her family and employees fear being struck while wandering the property.

"They will fly through here going 50 miles an hour," she said. "They've almost hit our employees. We all have young kids, and we all live on this farm." Cornnell said she has often heard the phrase from disoriented travelers: "But my GPS told us to go this way."

A recent national survey conducted by United Tires reported an over-reliance on GPS among more than 1,200 surveyed drivers, with 93% of respondents admitting they were GPS-dependent.

The study also indicated an increase in distracted and dangerous driving that arises from confusing GPS directions. Two in five drivers surveyed admitted to driving dangerously to beat their estimated arrival time, and 46% admitted to experiencing road rage while using their GPS.

"We'll tell them to turn around, that this is a private road, and we've been cussed at," Cornnell said.

Apple Maps removed Cornnell's private road within a week of her submitting a request, and her Google Maps request was eventually addressed after over two years and an "overflow" of community support. Prohibited traffic has since improved considerably, but she's working to resolve the same issue with

Amazon.

Currently, Google Maps displays Cornnell's private road with the warning, "This route has restricted usage or private roads," which still causes some confusion among users, she said.

"If we can figure out a way to get these farm access roads not listed as private but completely removed from the maps, I think that would be the most beneficial situation for everybody," she added.

To fix a road in Google Maps on a computer, open Google Maps and click "Menu" in the top left corner. Click "Edit the map" then "Add or fix a road." Select the road you want to fix on the map and verify the road segment selected. Under "Edit information," select the type of information you want to fix and enter the correction. Click "Done" then "Submit."

To fix a road in Google Maps on an Android, open the Google Maps mobile app and tap the "Contribute" tab on the bottom. Tap "Edit map" then "Add or fix a road." Select the type of information you want to fix and the affected road. From the bottom tiles, select the road segment you want to fix and tap "Next." Enter the correct information, and tap "Send."

To fix a road in Google Maps on an iPhone or iPad, open the Google Maps mobile app and tap the "Contribute" tab on the bottom. Tap "Edit map," then "Add or fix a road," and then "Fix a road." Tap the road you want to fix and then "Next." Select the type of information you want to fix, enter the correct information and tap "Send."

To fix a road in Apple Maps, open the Apple Maps mobile app, type in an address in the "Search Maps" bar, click on the three dots and then "Report an issue."

Iva Jane Belcher Hubbard

Mrs. Iva Jane Belcher Hubbard, age 82 of Meadows of Dan, passed away Monday, January 8, 2024, at the Blue Ridge Therapy Connection in Stuart. She was born in Patrick County on June 28, 1941, to the late Cleveland Douglas Belcher and Lucinda Emmaline Boyd Belcher. In addition to her parents, Mrs. Hubbard was preceded in death by her husband, Leonard Hampton Hubbard; an infant son, Joseph Andrew Hubbard; six siblings, Curtis Belcher, Olen Belcher, Grace B. Taylor, Virgie Belcher, Robert Belcher, and Henry Belcher; and brothers-in-law, Gene Hubbard and Luther Hubbard. Mrs. Hubbard was a member of



Burkes Fork Church of the Brethren. She loved to read, crochet, knit, and listen to bluegrass music.

Mrs. Hubbard is survived by a son, Todd Hampton Hubbard (Wendy) of Richmond; three grandchildren, Emilyne Mae Hubbard of London, Lauren Elizabeth Hubbard of Richmond and Caroline Alexis Hubbard of Richmond; a special friend, Diane Hamm; two sisters-in-law, Lee

Lucy Mae Willard

Ms. Lucy Mae Willard, age 80 of Stuart, passed away Monday, January 8, 2024, at Roanoke Memorial Hospital. She was born in Patrick County on June 27, 1943, to the late Andrew Jackson Willard and Cora Boyd Willard. In addition to her parents, she was preceded in death by one sister, Ruby Foley; four brothers, Leroy Willard, Willie Willard, John Abe Willard, James Hooker Willard; and a special friend and companion, Paul J. Adams. Ms. Willard had retired from VF Corp



and was a member of Ross Harbour United Methodist Church. She had been secretary of Woodmen of the World and loved doing puzzles and tending to her flowers.

Surviving are several nieces and neph-

Hubbard and Lala Hubbard; two brothers-in-law, Raymond Hubbard and Pete Hubbard (Linda); and many nieces and nephews.

Funeral services for Mrs. Hubbard will be held Saturday, January 13, 2024, at 11:00 a.m. at Moody Funeral Home in Stuart with Pastor Mike Battle officiating. Burial will follow in the Henry Hubbard Family Cemetery. The family will receive friends one hour prior to the service at the funeral home. In lieu of flowers, memorials may be made to Vesta Rescue Squad, P.O. Box 911, Meadows of Dan, Virginia 24120. Online condolences may be sent by visiting www.moodyfuneralservices.com.

ews. Funeral services will be held Friday, January 12, 2024, at 11:00 AM at Ross Harbour United Methodist Church with Pastor Dewayne Troutt officiating. Burial will follow in the church cemetery. The family will receive friends one hour prior to the service at the church. Memorials may be made to the Ross Harbour Cemetery Fund c/o Cathy Adams, 35 Goblintown Rd, Stuart, VA 24171. Online condolences may be sent to www.moodyfuneralservices.com.

Mrs. Dorothy Shockley Overby, age 85 of Stuart, went home to be with her Lord and Savior on Monday, January 8, 2024. She was born in Patrick County on March 3, 1938, to the late Fred and Lois Tucker Shockley. In addition to her parents, she was preceded in death by four sisters, Elva Gilbert, Sharlene Quisenberry, Marie Robbins, Ruth Collins; and one brother, James Shockley. Mrs. Overby was a mentor to all her family. She was a loving wife, caring mother, and nurturing grandmother. She had been a member of Minnie's Chapel for over 80 years while serving in numerous capacities for the church. She had retired from Unit-



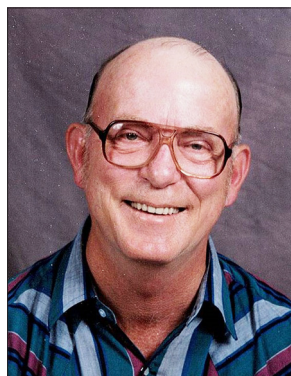
ed Elastic with over 30 years of service.

Surviving is her loving husband, Charles Overby of the home; one daughter and son-in-law, Darlene and Lonnie Rogers of Stuart; two sons and a daughter-in-law, Arnold Overby of Midlothian, Warren and Amanda Overby of Stuart; six grandchil-

George Lee Hall

Mr. George Lee Hall, age 76 of Collinsville, passed away Monday, January 8, 2024, at SOVAH of Martinsville. He was born on September 23, 1947, in Patrick County to the late William Taylor Hall and Georgia Hodges Hall. In addition to his parents, he was preceded in death by two brothers, Herman Hall, Albert Terry Hall; and a daughter-in-law, Brenda Hall. George had retired from Stuart Flooring and loved fishing, NASCAR, and wrestling.

Surviving is his wife, Shelby Flippin Hall of the home; two sons,



Terry Hall of Stuart, Jerry Hall of Patrick Springs; one daughter and son-in-law, Sherry and Eric Rora-baugh of Wytheville; two stepdaughters, Shirley Wagner and husband, Steve of Stuart, Melissa Haynes of Collinsville; seven grandchildren; one

dren, Lindsey Craig and husband, Greg, Alana Dodson and husband, Brock, Julianna Overby and fiancé, Martin Morse, William Overby, Colton Overby, Tanner Overby; two great grandchildren, River Dodson, Jonah Craig; one sister, Joann Corns of Stuart; and several nieces and nephews.

Funeral services will be held Saturday, January 13, 2024, at 2:00 PM at Minnie's Chapel Wesleyan Church with Pastor Gary Combs officiating. Burial will follow in the church cemetery. The family will receive friends Friday night from 5 to 7 at Moody Funeral Home in Stuart. Online condolences may be sent to www.moodyfuneralservices.com.

great grandchild; one brother and sister-in-law, Herbert and Imogene Hall of Stuart; one sister and brother-in-law, Mary Lou and Bruce Midkiff of Lebanon; his fur baby, Bud; and several nieces and nephews.

A graveside service will be held Friday, January 12, 2024, at 1:00 PM at Dobyns Primitive Baptist Church Cemetery with Pastor J.R. Shelton officiating. Online condolences may be sent to www.moodyfuneralservices.com. Moody Funeral Home in Stuart is handling the arrangements.

Deadly home fires across U.S. underscore increased risks during winter months

In response to the deadly home fires that have occurred in the past week, the National Fire Protection Association® (NFPA®) is reminding the public about the increased risk of home fires during the winter months, along with simple but critical ways to prevent them and stay safe.

According to NFPA, heating equipment is the leading cause of U.S. home fires between December and January, while cooking equipment is the leading cause of home fires year-round. The third-leading cause of home fires is electrical equipment, with three in 10 electrical fires occurring between November and February. Also, more than a third (34 percent) of Christmas tree home fires occur in January.

"As the new year has unfolded, several home fires, including ones that have been reported in California, Connecticut, and Minnesota, have underscored the deadly impact that these fires can have," said Lorraine Carli, vice president of NFPA Outreach and Advocacy. She noted that with colder temperatures across much of the country and fewer hours of sunlight, people are spending more time indoors. That means home heating systems are in greater use, electricity is used more hours of the day, and, in many cases, households are doing more cooking.

"On top of these risk factors, many homes may still have holiday decorations up, which pose potential fire risks as well, particularly dry Christmas trees," said Carli.

NFPA offers the following guidelines and recommendations to reduce the risk of home fires during

the winter months:

Heating safety:

*Make sure all heating equipment is in good working order. Heating systems and chimneys should be cleaned and inspected annually by a qualified professional.

*Keep anything that can burn at least three feet away from all heating equipment, including furnaces, fireplaces, wood stoves, and space heaters.

*Always use the right kind of fuel, as specified by the manufacturer, for fuel-burning space heaters.

*Make sure space heaters are in good working order and used in accordance with the manufacturer's instructions.

*Turn portable heaters off when leaving the room or going to sleep.

*Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

Electrical safety:

*Only use one heat-producing appliance (such as a coffeemaker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.

*Check electrical cords to make sure they are not running across doorways or under carpets.

*Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.

*Call a qualified electrician or your landlord if you have frequent problems with blowing fuses or tripping circuit breakers; a tingling feeling when you touch an electrical appliance; a discolored or warm wall outlet; a burning or rubbery smell coming from an appliance; flickering or dimming lights; or sparks from an outlet.

Cooking safety:

*Keep a close eye on what you're cooking; never leave cooking food unattended. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.

*Clear the cooking area of combustible items, keeping anything that can burn - such as dish towels, oven mitts, food packaging, and paper towels - at least three feet away from cooking equipment.

*Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

*Create a "kid and pet free zone" of at least three feet around the cooking area and anywhere else hot food or drink is prepared or carried.

Smoke alarms, which reduce the risk of dying in a fire by more than half (54 percent), must be installed in all required locations and working properly. Home escape planning is another critical element of home fire safety, as people may have as little as two minutes to escape a home fire from the time the smoke alarm sounds. Knowing what to do when the smoke alarm sounds and using that time wisely is critical to safety.

"Our goal is to make sure people know what the main causes of winter home fires are and how to prevent them," said Carli. "A little added awareness, effort, and planning can go a long way toward minimizing those risks."

The NFPA offers a wealth of home heating safety tips, information, and resources to help better educate the public about ways to safely heat their homes. In addition, NFPA's "Put a Freeze on Winter Fires" campaign with the U.S. Fire Administration works to promote a host of winter safety issues, including home heating.

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OBITUARY SUBMISSION DEADLINE MONDAY AT NOON

PATRICK PULPITS

“Why the Delay”

Rev. Thomas Shepherd,
Stuart Church of Living Water

Daniel 10:1-14

Daniel was an Israelite who had been taken captive by Babylon, yet he became an official in Babylon and then Persia. He was concerned for his people and was interceding on their behalf. Daniel was in mourning as he was fasting and praying for 21 days and still no word from the Lord. What's the problem? Is God not hearing his prayer? Is God ignoring him? Maybe there is more to this than meets the eye!

There are reasons for the delay. Some are God reasons and others are demonic. It could be you are not prepared to receive the answer. That would be a divine delay for your good, to give you time to prepare! But there are also times when delay is demonic. Satan will put up roadblocks of delay to try and get you to fall into doubt, then fear, and then unbelief to discourage you so that you stop seeking the Lord. I wonder how many times this tactic has defeated the people of God from obtaining what God had planned for them. This makes me wonder what would have happened if Daniel quit his fasting and prayer on day 10, or 15, or even 20. We live in the physical dimension and have no clue what is happening in the Spiritual dimension.

When there is a delay don't give up. Continue to seek the Lord in Prayer and fasting; your miracle, your breakthrough is just ahead. Many of our heroes of the faith had times of waiting on the Lord. An example we find in Genesis 15-17 is that of Abram (Abraham). He was promised a son, but it didn't happen in Abram's timing. God delivered on His promise, but it was about 25 years before Isaac was born. Delay doesn't mean "No" just not now! Another example is Joseph, the son of Jacob. He had a vision of being a powerful ruler, when he was 17 years old (Genesis 37), but it didn't happen until he was 30 years old (Genesis 41:46) and then only after many hardships and struggles. Yet even with these struggles and delays the scripture says, "the Lord was with him" (Genesis 39:23). He was delayed for 13 years, but he was not denied.

The messenger told Daniel that "the prince of the kingdom of Persia opposed me twenty-one days. So, Michael, one of the chief princes, came to help me, and I left him there with the prince of the kingdom of Persia" (13). It took 21 days for God to get Daniel an answer to his prayer because demonic forces were fighting against him causing the delay. The messenger tells him your prayers were heard the first day you prayed, and I am here because you humbled yourself and prayed for understanding. That is the purpose of the fast, to humble ourselves, to give up something we like and replace it with a desire to know and understand God. It was through prayer and fasting that Daniel entered the realm of spiritual warfare that he was unaware of. But hear this, his prayer was so important to God that God sent one of the most powerful angels of heaven to bring an answer. Do you believe God answers prayer? Are you fasting and praying today?

period of prayer and fasting, it seems that the people will ignore the call or say, "I can't because..." and give some excuse. Look at the words in Daniel 10:2, Daniel tells us how anybody can fast, even if you think you can't. He didn't say, "I ate nothing!" He tells us that he simply gave up eating "rich food," he gave up "meat," he gave up "wine," and he had not "anointed" himself (2).

We do not know what is happening in the spiritual dimension. Maybe in your spiritual walk with the Lord, He has revealed a promise, or a blessing, but it seems it is impossible. But remember, our God makes the impossible possible. Don't allow Satan to trick you into thinking, "It will never happen" the way he did with Abram and Sari. A delay is not "No" it is just not now! You may have prayed and prayed, and it seems like nothing has happened. Satan, keeps telling you, "You're wasting your time." But the truth of the Gospel message is this: If your heart is right with God, you're never wasting your time when you fast and pray. It may be that there is demonic interference blocking your answer. Don't give up and don't give in to doubt, fear, and defeat! Keep praying! God heard your prayer the first time. As we see here with Daniel it was because of his humbling himself in fasting and prayer, and his faithfulness to continue to seek God that an answer was brought to him.

Our prayers activate heaven's messengers and empower them for the spiritual battle. Daniel fasted and prayed faithfully for 21 days without any sign of an answer, but he didn't stop! Often, we won't pray for 5 minutes and when we do pray, if we don't see the heavens tear apart to give us an answer right then we quit! Don't quit! That is what Satan wants you to do, because he knows that God hears our prayers! But I want to remind you that Satan hears your prayers too and will continually strive to get you to quit! That's why you must keep praying, keep praying, and keep praying.

God knows what is going on and His angels are fighting against demonic forces seeking control in the world even today. They are fighting in places like Israel and Palestine and Ukraine and Russia, and any other place where evil is striving for the upper hand. That's why it is so important for each of us to pray for God's intervention. Paul wrote about the spiritual battle being fought in Ephesians 6:12 saying, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens."

There is a spiritual battle going on right now for this world. Pray for God to move in the events and affairs of this world, in our nation, in our society, and your life. There is nothing that God will not do for the person who prays in faith and seeks Him. God answers prayer! But keep in mind that Satan will do all he can to defeat us and get us to give up and stop praying. Therefore, we must prepare ourselves for the spiritual battle and stand against Satan as we fast and pray by putting on the whole armor of God, (Ephesians 6:10-18).

BIBLE TRIVIA

BY WILSON CASEY

1. Is the book of Song of Solomon (KJV) in the Old or New Testament or neither?
2. Who did Zachariah not believe on telling him his wife would conceive? Jesus, Luke, Gabriel, Mark
3. From Numbers 27, who became Moses' successor as leader of Israel? Aaron, Abraham, Elisha, Joshua
4. How many times is the phrase "holy ground" mentioned in the Bible (KJV)? 2, 24, 37, 64
5. From Mark 11, who did

Jesus cast out of the Temple? Armies of Satan, Harlots, Money changers, Lepers

6. What king saw the "handwriting on the wall"? Darius, Belshazzar, Daniel, Solomon

ANSWERS: 1) Old, 2) Gabriel, 3) Joshua, 4) 2 (Ex 3:5, Acts 7:3), 5) Money changers, 6) Belshazzar

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

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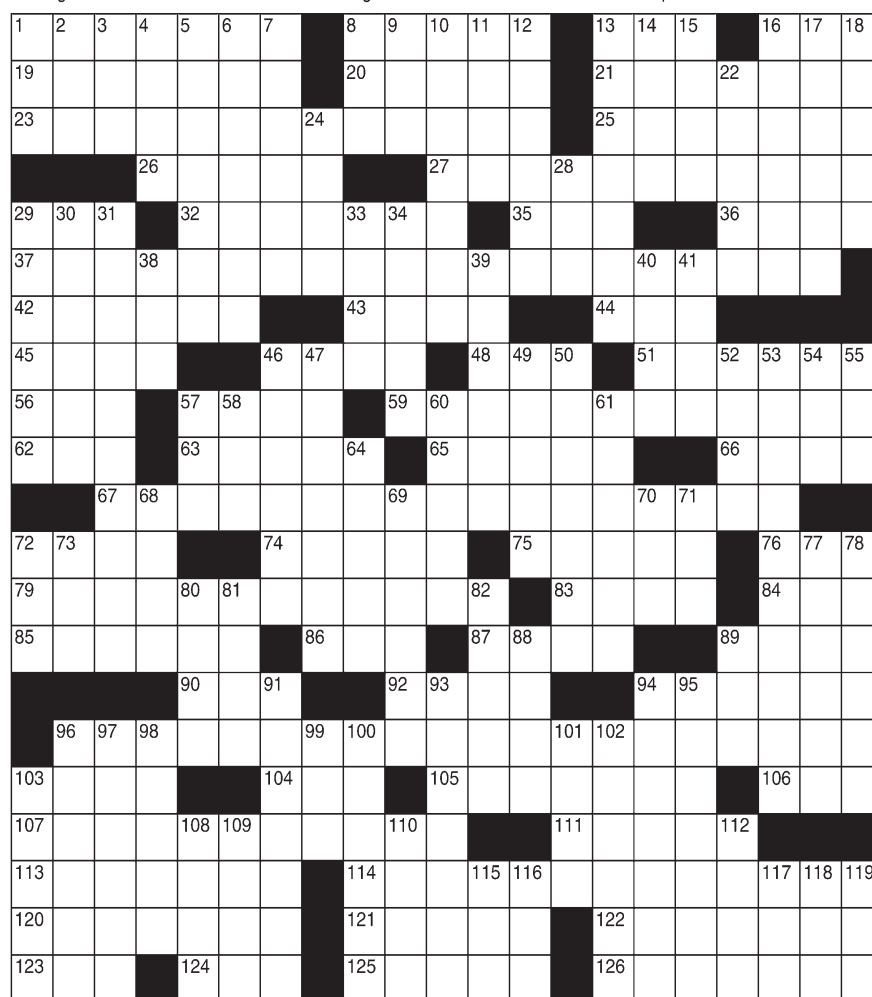
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|---|---|--|--------------------------------|-------------------------------|----------------------------------|
| ACROSS | 43 Lima locale | 86 — Leppard | DOWN | 33 Jr., last year | 82 "You Be —" |
| 1 Combination spear and battle-ax | 44 "Rapa —" (1994 film) | 87 Some PC readouts | 1 Use an ax on | 34 Spirited horse | (1986 hit for Run-D.M.C.) |
| 8 Provo native | 45 Like even scores | 89 Kicked out of the game, for short | 2 One "A" of NCAA: Abbr. | 38 Eye coverer | 88 Jargon |
| 13 Dawn deity | 46 Feel sore | 90 Radio spots | 3 Chou En — | 39 Takeoff strip | 89 Women's patriotic gp. |
| 16 Some fast autos | 48 Refusals | 92 Bruins' sch. | 4 Nest dweller | 40 Often-pickled veggie | 91 Secondary field of study |
| 19 Virtual merchant | 51 She sang "Constant Craving" | 94 Major shock | 5 "If I Can't Have You" singer | 41 Pirate "Captain" | 93 George who played Danny Ocean |
| 20 Strong cordage fiber | 56 Rocker Brian | 96 Query after someone is told they look like Iranian money? | 6 Says again | 46 From scratch | 97 Assess again |
| 21 Performs a charade of | 57 Facts, in brief | 103 German auto | 7 Rive — (Paris' Right Bank) | 47 Compelled | 98 Skip over in speech |
| 23 Thai money used to buy a Jacuzzi? | 59 Gobble up Iraqi money? | 104 Tampa Bay NFLer | 8 E-address | 49 In the lead | 99 Chalice, e.g. |
| 25 Height when upright | 62 Gal entering society | 105 Over browned bread | 9 Nestro bill | 50 Squelched | 100 Nailed the test |
| 26 Protest at which people lie on the ground | 63 Jazz's Chick | 106 Houston-to-Madison dir. | 10 Unpaid player | 52 Cat that roars | 101 Desert of Mongolia |
| 27 Bright red Indian money? | 65 Chaise place | 107 Whack some Mexican money? | 11 Classic cracker brand | 53 "The Piano" Oscar winner | 102 Some purple shades |
| 29 "Madam" counterpart | 66 Cognizant of | 111 Rapper — Rhymes | 12 Tennis-playing guy | 54 Cable TV's — Geo | 103 Milo of films |
| 32 "The Dance" painter Henri | 67 School where students learn about Swedish money? | 113 More intoxicating | 13 Kodak founder | 55 Miracle — 57 Here, in Lyon | 108 Piper's wear |
| 35 Biceps locale | 72 Norway's capital | 114 Refuse to contribute South African money? | 14 Prefix with -genarian | 58 Election mo. | 109 Twisty fish |
| 36 Powerful auto engine | 74 — facias (certain writ) | 120 Getty of TV | 15 Pentagram | 60 Elected (to) test | 110 Average |
| 37 "You missed your chance for folding over that Korean money?" | 75 Used skillfully | 121 French river | 16 Reach as high as | 61 Virginia Tech team name | 112 Comic Johnson |
| 42 Already-included tips, e.g. | 76 "— favor, señor" | 122 Asmara's nation | 17 Large, deep serving dish | 64 Cold — (frigid) | 115 Uno plus due |
| | 79 Forms Ghanaian money into a cylinder shape? | 123 Gobbled up | 18 Painter Jan | 68 Court plea, for short | 116 H.S. |
| | 83 Brain tests, for short | 124 Airport agcy. | 22 R-X fillers | 69 Very angry | 117 Gallery work |
| | 84 Suffix with meth- | 125 Played (with) | 24 Attending to the matter | 70 Rule, in brief | 118 Teachers' gp. |
| | 85 Venture out on one's own | 126 Label on a bargain item | 28 Certain Wall St. trader | 71 More than loads up (on) | 119 Ham- |
| | | | 29 Said | 72 Assoc. | 120 Make laugh uproariously |
| | | | 30 Antiseptic element | 73 Great Lakes' — Canals | 81 Hoopla |
| | | | 31 Bucking bovines | 77 Like a single-guy band | |
| | | | | 78 Traditional Irish brew | |
| | | | | 80 Make laugh uproariously | |
| | | | | 81 Hoopla | |



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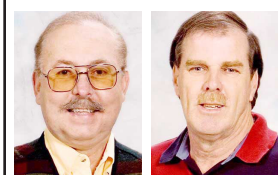
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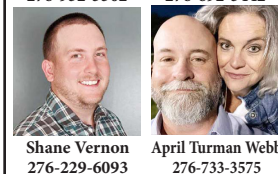
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Land Transfers in December

The following land transfers were recorded in the Patrick County Circuit Court Clerk's Office in December:

Jack Bowman to Thomas Edward Massey, 54.286 acres, Peters Creek District.
 Evelyn F. Boyd and wife to Michael B. Jones and wife, 15.26 acres, Blue Ridge District.
 Tim J. Burkhart and other to Andrew J. Blinick, 23.07 acres, Dan River District.
 Joann S. Corns and other to Michael C. Comer and wife, 2.244 acres, Peters Creek District.
 Louis J. Crockett Jr. TR to Joseph A. Scarbel, 25 acres and 10 poles, Blue Ridge District.
 Travis D. Dulaney and other to Joseph M. Grimes and wife, tracts, Smith River District.
 Roy C. Easter to Blaine M. Montgomery, 0.8755 acres, Dan River District.
 Larry Allen Goff, TR to Susan T. Lambert, unit, Blue Ridge District.
 Michael S. Gregory and wife to Timothy David Morrison and other, int 14.148 acres, Mayo River District.
 Mary Bryant Haley to Wayne Fuller Jr., 0.536 acres, Mayo River District.
 Judy M. Hester and others to Earl D. Hester, TR, tracts, Peters Creek District.
 Judy R. Hill to Donald Shane Vernon and wife, 1.918 acres, Peters Creek District.
 William H. Holt and wife to John L. Clasen and other, 22.2606 acres, Dan River District.
 Timothy R. Hutchens and other to Allison L. Lyon, 3.96 acres, Peters Creek District.
 Estel William Hylton and other to Candace L. Booth, 3.5 and 1.453 and 1.035 acres. District not listed.
 Harry I. Johson Jr., TR to Michael McCutchan and wife, unit, Blue Ridge District.
 Terry Journigan, TR to Tamika Turner and other, 5.707 acres, Smith River District.
 John Kelly and wife to Jonathan Ryan Roberts, 2.3066 acres, Blue Ridge District.
 Gary W. King to Ralph Wayne Ray and other, 1.53 acres, Dan River District.
 Frank M. Lacy Jr., to Ira N. Richlands, TR, 323.587 acres, Blue Ridge District.
 Robert M. Lankford to Ricky D. Upchurch and other, 1.1179 acres, Mayo River District.
 Phyllis A. Mabe to Bobby A. Mabe, 1.254 acres, Peters Creek District.
 Norma D. Manning to Charles Steven Hall

and other, lots, Mayo River District.
 Karen Sue Morgan and other to Frank Gerath, 2.2812, 2.4435 and 6.3452 acres, Mayo River District.
 Mountain View District to Paul Hooker Jr. and wife, 1.003 acres, Mayo River District.
 Ricky Lee Murphy to Scott Michael York, 4.50 acres, Mayo River District.
 Nancy Lee Naigle to Rebecca A. Keese, 24.000 acres, Mayo River District.
 Ricky Thomas Overby and wife to Basic Service Industries LLC, 0.929 acres, Dan River District.
 Rosa P. Palumbo to Cauley Properties LLC, 2.474 acres, Mayo River District.
 William V. Powell and wife to Jamie Black and wife, tracts, Dan River District.
 Terry Richardson to Danny Johnson, 1.7098 acres, Dan River District.
 Perry Ernest Roudabush to Frank Jaros, 3/4 and 5.15 acres, Mayo River District.
 Thomas Duane Rucker to Wade Brothers Inc., 2.095 acres, Smith River District.
 Larry Joseph Scott and other to Miriam Boyd, 3.00 acres, Mayo River District.
 Frederick Eugene Stirewalt and other to Stephen R. Edsel and wife, 0.6115 and 0.0902 acres, Peters Creek District.
 Stuart Forest Products LLC to Faith Industries LLC, 12.895 and 0.656 and 1.154 and 1.790 acres, district not listed.
 Douglas S. Swecker and other to Thomas E. Smith, Patrick and Floyd counties, district not listed.
 Jeffrey Scott Tankersley to Daquan Henderson, 2.4416 and 2.3708 acres, Mayo River District.
 Jerry Christopher Thompson and wife to Kim Eileen Ludington, 8.254 and 2.562 acres, Smith River District.
 Bonnie Turner to Gerald Keith Wagner and wife, tract, Smith River District.
 Jeffrey Charles Wagner and wife to James T. Turner and wife, 0.259 acres, Smith River District.
 Stacy M. Webb to SMW & DGW LLC, 2.0000 acres, Blue Ridge District.
 WFW Enterprises LLC to Tennis Chalet Homeowners Assoc., unit, district not listed.
 Vicky White and other to Stephen A. Hamm and wife, 6.7166 acres, Mayo River District.
 Doug N. Wilkerson and wife to Thomas Friend, apartment, Blue Ridge District.
 Lori Williams to Michael P. Hughes and wife, property not listed, Peters Creek District.



Paul Englehart

Landmark Center welcomes new administrator

Paul Englehart is the new administrator for The Landmark Center, a senior living facility in the Hill Valley Healthcare family.

Englehart assumed the position on January 8, and brings with him 15 years of senior living experience in skilled nursing, independent living, assisted living and memory care. He is a native of Virginia and has lived in Richmond, Newport News, and most currently, in Roanoke.

Former Executive Director at Brookdale Senior Living, Englehart excelled in sales training, mentoring and census development, as well as cultivating a much-needed culture change and a better working environment. His expertise extends to community relations management, sales and marketing, and regional support.

Educationally, he holds a Bachelor of Science in Business Administration/Management from The University of Richmond with follow up studies from Roanoke College and American National University. He additionally holds a Virginia License from Dickinson Academy of Real Estate and a Virginia State license in Healthcare for Assisted Living.

Englehart believes it is essential to provide the best possible care for seniors and to ensure each resident in his community has the best quality of life possible.

LEGAL

VIRGINIA:
IN THE CIRCUIT COURT OF PATRICK COUNTY
 COMMISSIONER OF HIGHWAYS,)
 Petitioner,)
 v.) **ORDER OF PUBLICATION**
 ELLAMARIE M. SMITH,) Project 0058-070-E18, R201
 A/K/A ELLA MARIE M. SMITH,) UPC: 17536, Parcel 152
 MICHAEL J. BELL,) Tax Map No. None Assigned
 BETTE G. BELL,)
 UNKNOWN OWNERS, as Their) Case No. CL23000745-00
 interests May Appear)
 and)
 One parcel of land containing 3,091)
 square feet, more or less, land in fee,)
 and all improvements and)
 appurtenances thereon,)
 Respondents.)

TO WHOM IT MAY CONCERN:
 Pursuant to an order entered on the 5th day of January, 2024, this notice is hereby given:

In this proceeding, the petitioner seeks to acquire by condemnation one parcel of land containing 3,091 square feet, more or less, land in fee, and all improvements and appurtenances thereon, from a parcel of land (Parcel 152) situated in Stuart, Virginia, for the uses and purposes of the petitioner for the construction, reconstruction, alteration, improvement, maintenance, and repair of Route 58, for a project known as State Highway Project No. 0058-070-E18, R-201, in Patrick County, Virginia, all of which uses and purposes are described more particularly in the petition and exhibits attached thereto on file in the office of the Clerk of this Court, to which petition and exhibits reference is hereby made for a full and accurate description thereof; and the petitioner further asks the Court to ascertain, or to appoint commissioners or to empanel a jury to ascertain, just compensation to the owners of any estate or interest in the property to be taken or affected as a result of the taking and use thereof by the petitioner.

For such purposes, the petitioner will apply to the Court, sitting at the Patrick County Courthouse, 101 W. Blue Ridge Street, Stuart, VA 24171, on the 25th day of April, 2024, at 1:00 p.m., or as soon thereafter as the petitioner may be heard, for the Court to ascertain, or to appoint commissioners or to empanel a jury to ascertain, and report just compensation as aforesaid.

And it appearing by affidavits filed according to law that all owners of Parcel 152 at the time the petitioner acquired the aforesaid property interests cannot be found, that all living heirs at law of any deceased owner cannot be found, and that due diligence has been used by and on behalf of the petitioner to locate all owners or all living heirs at law of any deceased owner of Parcel 152 without effect, the Court does hereby ORDER that:

1. Any owner of Parcel 152 shall appear within ten days after due publication of this order in the Clerk's Office of the Circuit Court of Patrick County, Virginia, and do what is necessary to protect their interests; and

2. If any owner or heir at law of any deceased owner desires to assert any objection or defense to the taking or damaging of Parcel 152 or to the jurisdiction of the Court to hear the case and to proceed with a jury, commission, or bench trial, such person shall file an answer designating the property in which that person claims to be interested, stating the grounds of any objection or defense to the taking of the property or to the jurisdiction of the Court to hear the case, and asking the Court to proceed with a jury, commission, or bench trial for the determination of just compensation. Should any such person fail to file an answer as hereinabove provided, such failure shall not preclude the person from appearing on the date set for the jury, commission, or bench trial or from presenting evidence as to valuation and damage or from sharing in the award of just compensation according to that person's interest therein or otherwise protecting that person's rights, but such failure shall preclude such person from any other defense by way of pleas in bar, abatement, or otherwise.

An extract, Teste:

[Signature]
 Clerk

Lori J. Bentley (VSB No. 40063)
 Brian J. Brydges (VSB No. 43883)
 Johnson, Ayers & Matthews, P.L.C.
 310 First Street, S.W., Suite 700
 Roanoke, VA 24011
 P.O. Box 2200
 Roanoke, VA 24009
 Ph: (540) 767-2000
 Fx: (540) 982-1552
 lbentley@jamlaw.net
 bbrydges@jamlaw.net
 Counsel for Petitioner

LEGAL

VIRGINIA:
IN THE CIRCUIT COURT OF PATRICK COUNTY
 COMMISSIONER OF HIGHWAYS,)
 Petitioner,)
 v.) **ORDER OF PUBLICATION**
 SAMUEL DAVID MARTIN, JR., MARY) Project 0058-070-E18, R201
 ELIZABETH MARTIN CLEMENT,) UPC: 17536, Parcel 149
 SANDRA M. MAHONY, ELLAMARIE M.) Tax Map No. None Assigned
 SMITH A/K/A ELLA MARIE M. SMITH,)
 UNKNOWN OWNERS, as Their) Case No. CL23000753-00
 Interests May Appear and One parcel)
 of land containing 1,560 square feet,)
 more or less, land in fee, and all)
 improvements and appurtenances)
 thereon,)
 Respondents.)

TO WHOM IT MAY CONCERN:
 Pursuant to an order entered on the 5th day of January, 2024, this notice is hereby given:

In this proceeding, the petitioner seeks to acquire by condemnation one parcel of land containing 1,560 square feet, more or less, land in fee, and all improvements and appurtenances thereon, from a parcel of land (Parcel 149) situated in Stuart, Virginia, for the uses and purposes of the petitioner for the construction, reconstruction, alteration, improvement, maintenance, and repair of Route 58, for a project known as State Highway Project No. 0058-070-E18, R-201, in Patrick County, Virginia, all of which uses and purposes are described more particularly in the petition and exhibits attached thereto on file in the office of the Clerk of this Court, to which petition and exhibits reference is hereby made for a full and accurate description thereof; and the petitioner further asks the Court to ascertain, or to appoint commissioners or to empanel a jury to ascertain, just compensation to the owners of any estate or interest in the property to be taken or affected as a result of the taking and use thereof by the petitioner.

For such purposes, the petitioner will apply to the Court, sitting at the Patrick County Courthouse, 101 W. Blue Ridge Street, Stuart, VA 24171, on the 25th day of April, 2024, at 1:00 p.m., or as soon thereafter as the petitioner may be heard, for the Court to ascertain, or to appoint commissioners or to empanel a jury to ascertain, and report just compensation as aforesaid.

And it appearing by affidavits filed according to law that all owners of Parcel 149 at the time the petitioner acquired the aforesaid property interests cannot be found, that all living heirs at law of any deceased owner cannot be found, and that due diligence has been used by and on behalf of the petitioner to locate all owners or all living heirs at law of any deceased owner of Parcel 149 without effect, the Court does hereby ORDER that:

1. Any owner of Parcel 149 shall appear within ten days after due publication of this order in the Clerk's Office of the Circuit Court of Patrick County, Virginia, and do what is necessary to protect their interests; and

2. If any owner or heir at law of any deceased owner desires to assert any objection or defense to the taking or damaging of Parcel 149 or to the jurisdiction of the Court to hear the case and to proceed with a jury, commission, or bench trial, such person shall file an answer designating the property in which that person claims to be interested, stating the grounds of any objection or defense to the taking of the property or to the jurisdiction of the Court to hear the case, and asking the Court to proceed with a jury, commission, or bench trial for the determination of just compensation. Should any such person fail to file an answer as hereinabove provided, such failure shall not preclude the person from appearing on the date set for the jury, commission, or bench trial or from presenting evidence as to valuation and damage or from sharing in the award of just compensation according to that person's interest therein or otherwise protecting that person's rights, but such failure shall preclude such person from any other defense by way of pleas in bar, abatement, or otherwise.

An extract, Teste:

[Signature]
 Clerk

Lori J. Bentley (VSB No. 40063)
 Brian J. Brydges (VSB No. 43883)
 Johnson, Ayers & Matthews, P.L.C.
 310 First Street, S.W., Suite 700
 Roanoke, VA 24011
 P.O. Box 2200
 Roanoke, VA 24009
 Ph: (540) 767-2000
 Fx: (540) 982-1552
 lbentley@jamlaw.net
 bbrydges@jamlaw.net
 Counsel for Petitioner

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LEGAL

Request for Proposal
 Patrick County Public Schools is seeking bids for Intercom upgrades. Bids must be submitted by February 2, 2024 at 4:30 p.m. Please see our website, www.patrick.k12.va.us for more information.



LEGAL

ORDER OF PUBLICATION Case No. JJ004870-07-00
 COMMONWEALTH OF VIRGINIA
 VA. CODE §8.01-316
 PATRICK J & DR - JUVENILE
 Juvenile and Domestic Relations District Court
 Commonwealth of Virginia, *in re* CUNNINGHAM-FIELDS, ISAAC C
 The object of this suit is to:
 TERMINATE THE RESIDUAL PARENTAL RIGHTS OF BENJAMIN FIELDS, JR. "RESIDUAL PARENTAL RIGHTS AND RESPONSIBILITIES" MEAN ALL RIGHTS AND RESPONSIBILITIES REMAINING WITH THE PARENT AFTER THE TRANSFER OF LEGAL CUSTODY OR GUARDIANSHIP OF THE PERSON, INCLUDING BUT NOT LIMITED TO THE RIGHT OF VISITATION, CONSENT TO ADOPTION, THE RIGHT TO DETERMINE RELIGIOUS AFFILIATION AND THE RESPONSIBILITY FOR SUPPORT.

It is ORDERED that BENJAMIN FIELDS, JR. appear at the above-named court and protect his or her interests on or before 01/25/2024 at 2:30 p.m.

12/20/2023

[Signature]
 CLERK | JUDGE

Meetings

Wednesday, Jan. 17
The Stuart Town Council will meet at 7 p.m. in the Town Office.

Monday, Jan. 22
The Patrick & Henry Community College (P&HCC) Board Academic & Student Affairs Committee will meet at 11:30 a.m. in room 145 in the Frith Economic Development Center.

The Patrick & Henry Community College (P&HCC) Board will meet at 12:30 p.m. in the Hooker Exhibit Hall in the Frith Economic Development Center.

Wednesday, Jan. 24
The Patrick County Economic Development Authority (EDA) will meet at 6 p.m. in the second-floor court conference room of the Patrick County Administration Building.

Monday, Feb. 12
The Patrick County Board of Supervisors will meet at 6 p.m. in the third-floor court room of the Patrick County Administration Building.

Tuesday, Feb. 13
The Economic Development Authority of Patrick County will have a Special Meeting at 7 p.m. in the Second Floor Conference Room of the Patrick County Administration Building.

Events

Thursday, Jan. 18
The Patrick County Republican Committee will hold its meeting at 6 p.m. at the Motorsports Hall of Fame Auditorium. Senate Candidate Eddie Garcia will be a special guest.

Friday, Jan. 19
The Community Food Truck will be at the Fairy Stone VFD from 3-4:30 p.m.

Saturday, Jan. 20
Mountain Top Fire/Rescue Support Team will hold a Soup Supper from 4:30-7:30 p.m. at the

Meadows of Dan Community Center, with a variety of soups, salad, bread, and drink for \$8. The event is a fundraiser to help fireman Doug Scott with his medical expenses.

Tuesday, Jan. 30
Patrick & Henry Community College (P&HCC) will hold an Introduction to Cyber Security entrepreneurial workshop from 12-1 p.m. at the Daton IDEA Center. The cost is \$15. Pre-registration is required by going to ph.augusoft.net, or calling (276) 656-5461.

Saturday, Feb. 10
The Patrick Springs Ruritan Club will hold a Poor Man's Supper at the Patrick Springs Park building from 4-7 p.m. The cost of the meal is \$8, and it includes pinto beans, potatoes, corn bread, dessert, and drink. Funds raised will be used for community service projects.

Saturday, Feb. 10-Sunday, Feb. 11
Providence Super Sub Weekend. The Providence United Methodist Women will sponsor the Super Sub Weekend with subs or salads offered for \$10 each. They will have 3 meats, 3 cheeses, tomatoes, pickles and chips (crackers with salad). Call Doris (276) 694-6203, (276) 692-6046, or Cathy at (276) 692-7194 by Tuesday, Feb. 6 to place an order. Drive thru pickup available on Saturday, 4-6 p.m., or Sunday, 12:30-3:30 p.m.

Wednesday, Feb. 14
The Patrick County Food Bank will hold distribution at the Stuart site from 8:30-11 a.m. and from 5-6:30 p.m., at Ararat starting at 8:30 a.m., and at Meadows of Dan starting at 5:30 p.m.

Ongoing

The Coffee Break Café hosts live music on Tuesdays from 9 to 11 a.m. Bring an instrument, or just come and listen.

The Patrick County Library hosts Story Time with Ms. Sam at 10:30 a.m. on Tuesdays, with books, songs, finger plays, and more. For more information, call (276) 694-3352.

The Patrick County Alzheimer's Group LLC meets at 7 p.m. the first Monday of every month at the Alzheimer's office at 109 Buena Vista Ave in Stuart. New members or volunteers are welcome to join in assisting the needs of the clients. For more information, call (276) 693-6018.

The Patrick County Library hosts the LEGO Club with Ms. Sam on Mondays from 4:30-5:30 p.m. For more information, call the library at (276) 694-3352.

The Patrick County Quilters' Sit-N-Sew is held on Saturdays from 10:30 a.m. to 2:30 p.m. at Quilted Colors. Call 276-694-3020 or email patrickcountyquilters@gmail.com.

The Ararat Ruritan Club holds Rook games on Mondays, 6:30-8 p.m.

The Patrick County Recreation Department will offer a Tai Chi Flow class for seniors on Tuesdays and Thursdays from 3-4 p.m. in the Hooker Building at Rotary Field in Stuart. No experience needed, just wear comfortable clothing and sneakers. There is no registration for the program. Call the Park Office at (276) 694-3917 for more information.

Messianic Bible Study, Fridays from 6-7:30 p.m. at The Honey Pot, 106 N. Main St., Stuart (across from The Coffee Break). Call (276) 694-2356 for more information.

Last Tuesday of each month, Golden Oldies, Open Jam at Willis Gap Community Center, 144 The Hollow Road, Ararat, with 50s, 60s, 70s Rock and Roll. Doors open at 6 p.m. Music gets underway at 7. Food is available.

The Patrick County Veterans Memorial Honor Guard meets the first Tuesday of every month at the American Legion Post 105 at 7 p.m. Interested veterans are welcome to attend.

The Patrick County Alzheimer's Group LLC meets at 7 p.m. the first Monday of every month at the Alzheimer's office, 109 Buena Vista Ave in Stuart. New members or volunteers are welcome. If interested, please call (276) 693-6018.

Virginia Producers Encouraged to Apply for USDA's Continuous Conservation Reserve Program

The U.S. Department of Agriculture (USDA) is now accepting applications for the Continuous Conservation Reserve Program (Continuous CRP). USDA's Farm Service Agency (FSA) encourages agricultural producers and landowners in Virginia who are interested in conservation opportunities for their land in exchange for yearly rental payments to consider the enrollment options available through Continuous CRP, which also includes the Conservation Reserve Enhancement Program (CREP) offered by FSA partners. Additionally, producers participating in CRP can now apply to re-enroll if their contracts expire this year. To submit an offer, producers should contact the FSA at their local USDA Service Center by July 31, to have an offer effective by Oct. 1. To ensure enrollment

acres do not exceed the statutory cap, FSA will accept offers from producers on a first-come, first-served basis and will return offers for approval in batches throughout the year. Additionally, producers with acres enrolled in Continuous CRP set to expire Sept. 30 can now offer acres for re-enrollment. A producer can both enroll new acres into Continuous CRP and re-enroll any acres expiring Sept.30. FSA water quality practices, such as riparian buffers, prairie strips, grassed waterways, and wetlands, will receive an additional 20% incentive. Buffer practices have a positive impact on water quality. Additionally, the Climate-Smart Practice Incentive launched in 2021 is also available in the Continuous sign-up.



Clinical Medical Assistant is a new program being offered at The Yadkin Center. Classes begin February 5. Contact Tiffany Hanes at (336) 386-3366 or hanestr@surry.edu or Matt Aschemeyer at (336) 386-3240 or aschemeyerm@surry.edu for questions or to register for the course.

New Clinical Medical Assistant Program at Yadkin Center

Surry Community College is offering a new program called Clinical Medical Assistant, February 5 through June 25 at The Yadkin Center in Yadkinville.

This course prepares students for a broad range of skills that make medical assistants versatile and valuable to any healthcare team. Students will learn skills to perform duties in both clinic and doctor office settings.

Topics covered include principles of allied health; anatomy and physiology; medical terminology; medical assistant office procedures; pharmacology; clinical lab procedures and phlebotomy; clinical procedures; medical law, ethics and communications;

advanced laboratory procedures; and minor medical office surgeries.

Students are required to participate in a clinical externship. Upon completion, the student will have the knowledge to sit for the Clinical Medical Assistant Certification exam through the National Healthcareer Association (NHA) crediting agency.

Surry Community College is also offering a Nurse Aide Level II class on the Dobson campus February 5 – June 5.

For questions about these courses or to register, contact Tiffany Hanes at (336) 386-3366 or hanestr@surry.edu or Matt Aschemeyer at (336) 386-3240 or aschemeyerm@surry.edu.

Weekly SUDOKU
by Linda Thistle

8				3		7		
	2				5			4
		6	2	9				1
		9		8				7
	7	4	1					3
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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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Nearly 21 million children expected to receive new benefit this summer

Virginia is among the 35 states to be the first to launch the new, permanent summer grocery benefits program for children – known as Summer Electronic Benefit Transfer – in summer 2024.

The USDA estimates that, in total, the states, U.S. territories, and Tribes that have committed to launching the Summer EBT program in summer 2024 will serve close to 21 million children, providing a total of nearly \$2.5 billion in grocery benefits. This is around 70% of the total population of children eligible for Summer EBT. USDA expects additional states and Tribes will provide Summer EBT in 2025.

Through this new program, states will provide families with \$120 per eligible child for the summer to buy food at grocery stores, farmers markets or other authorized retailers – similar to how SNAP benefits are used. Participating Tribes will provide a benefit of the same amount

that can be used to buy food at WIC-authorized retailers.

“Summer grocery benefits are becoming a reality for many communities across the nation and for tens of millions of children who will receive the nutrition they need to grow, learn, and thrive,” said Agriculture Secretary Tom Vilsack. “We applaud all the leaders and partners who are stepping up to make the program’s inaugural year a success. Together we’re making progress in closing the summer hunger gap and ensuring children are nourished and healthy year-round.”

Rigorous evaluations of a multi-year demonstration project showed that providing Summer EBT reduced child hunger and improved diet quality. Summer grocery benefits decreased the number of kids with very low food security by about one-third and supported healthier diets featuring more fruits, vegetables and whole grains.

The new, permanent Summer EBT program advances the goals of the Biden-Harris Administration’s White House Conference on Hunger, Nutrition and Health to enhance food and nutrition security and improve food access and affordability. It was enacted on a bipartisan basis by Congress just over one year ago.

This is the inaugural year of the program, meaning states and Tribes that do not launch the program this summer will have future opportunities to opt-in. USDA’s goal is for Summer EBT to be available nationwide as soon as possible. The Department is providing extensive assistance, trainings, tools and more to the states, U.S. territories and Tribes targeting a 2024 roll-out as well as to those planning for 2025 and beyond. Working with future implementers is a top priority.

Later this month, USDA Deputy Secretary Xochitl Torres Small will join state, U.S. territory and Tribal

leaders, and partners from across the country in Baltimore to celebrate the positive difference this program will make for millions of children.

“No kid should have to spend their summer hungry, or without nutritious food,” said Agriculture Deputy Secretary Torres Small. “Summer EBT is a giant step forward in meeting the needs of our nation’s children and families throughout the year, and especially in the summer months.”

Summer EBT is one of three key mechanisms that USDA is now using to tackle child hunger during the summer months. Families are encouraged to participate in all summer nutrition programs available to them. Summer meal sites provide free meals to families across the country, and many rural communities now offer to-go or home-delivered summer meals to increase access to this vital nutrition support.

FAFSA Day Offered to Students on January 27

Surry Community College is hosting FAFSA Day on Saturday, January 27, from 9 a.m. to noon on the Dobson campus in the A-Building.

This is a free event for high school students, current college students, families and adult learners where they can get one-on-one or small group help with FAFSA completion and submission. This is a can’t-miss opportunity to answer all your questions about the new FAFSA or Free Application for Federal Student Aid.

SA, students can access grants and scholarships that they do not have to pay back or work-study programs that allow them to earn money working at Surry Community College.

There is no requirement to accept any aid offered, but the FAFSA can help you understand your options such as the Next NC Scholarship, which is a new financial aid program that helps most North Carolinians from households making \$80,000 or less pay for more than half, if not all, of tuition and fees to attend any community college or public university in the state.

Applying for the Next NC Scholarship is simple. Students just need to submit the FAFSA form, and if they’re eligible, they will receive the



FAFSA DAY

January 27, 2024

Completing the FAFSA or Free Application for Federal Student Aid is the first step in applying for financial aid. Surry Community College is hosting FAFSA Day on Saturday, January 27, from 9 a.m. to noon on the Dobson campus in the A-Building.

Next NC Scholarship. There are no additional forms to fill out. Register for FAFSA Day at www.surry.edu. For more information, contact Surry Community College at financialaid@surry.edu or (336) 386-3341.

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Marriage Licenses

Following are the marriage licenses issued in December, according to records in the Patrick County Circuit Court Clerk’s office:
 Walter McClure-Tonya Corker
 Linus Edquist – Stacy Nester
 James Sigman – Lisa

Setliff
 Duane Bailey – Lisa Law
 Brandon Capps – Ashley Lawson
 Jeremiah Mabe – Brandi Crouse
 Quinton Shipps – Kristina Wade
 Christopher Nagy – Michelle Worley



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Stanley continues to push for NCI as lawmakers begin session

By Debbie Hall

State Sen. Bill Stanley is continuing his fight for the New College Institute in Martinsville, with four of his initiatives centered around education.

Senate Bill (SB) 62, would require NCI to design and implement any workforce development programs necessary to support the initiatives of the Office of the Governor, including adult education and workforce training programs. The proposal also requires the NCI to collaborate with the Department of Education, the Virginia Community College System, the State Council of Higher Education for Virginia, the Virginia Board of Workforce Development, and other relevant agencies and organizations.

The General Assembly convened its 60-day session on Wednesday, with local legislators in the minority of the new Democratic majority that has emerged in both the House and the Senate after the November elections.

Stanley, R-Moneta, also is chairman of the NCI Board of Directors, in December learned that while Gov. Glenn Youngkin's proposed budget provided nearly \$4.7 million in funding for NCI in 2025, it included no funds in 2026.

Stanley has filed a total of 11 proposals for consideration, including SB 5, which would establish a Science, Technology, Engineering, Mathematics, and Computing (STEM+C) Competition Team Grant Program and Fund to encourage interest in STEM+C-related subject areas and support STEM+C-related extracurricular team-building activities in public schools in the Commonwealth by providing grants to qualified schools, as defined in the bill, for use in establishing or supporting STEM+C competition teams.

Another of Stanley's proposals, SB27, would establish the Public School Trades Incentive Fund and the Public School Trades Incentive Program to provide grants on a competitive basis to any school board that seeks to restore high school programs that teach students skilled trades that lead to earning industry-recognized certifications or credentials or create or restore middle school programs that encourage and recruit students to participate in high school programs that teach students skilled trades that lead to earning industry-recognized certifica-



State Sen. Bill Stanley

tions or credentials.

The Department of Education would be tasked with administering the program and establishing rules and procedures relating to applications and awards as it deems appropriate, provided that it considers and gives appropriate weight to certain criteria for grantees. The bill permits any grantee to use program funds for equipment, curriculum development, or instructor training.

The proposal also requires each grantee to track students who complete any program for which the school board received funds to determine the effectiveness of the new or restored middle school programs in recruiting students to participate in restored high school programs and restored high school programs in matching students with high-paying jobs in the fields in which they are certified or credentialed.

SB28 would permit each school board to de-

velop and implement a policy to prohibit the possession or use of cell phones and other handheld communication devices during regular school hours.

Del. Wren Williams, R-Stuart, filed six proposals, including House Bill (HB) 443, which would provide local governments with standardized public notice requirements for certain meetings, hearings, or intended actions. Additionally, it would standardize the frequency with which and length of time in which notices of certain meetings, hearings, and other intended actions of localities must be published.

The notice provisions included in the bill are organized into three groups: publication required at least seven days before a meeting, hearing, or intended action; publication required twice, with the first notice appearing no more than 28 days before and the second notice appearing no less than seven days before a meeting, hearing, or intended action; and publication required three times, with the first notice appearing no more than 35 days before and the third notice appearing no less than seven days before the meeting, hearing, or intended action.

The bill also standardizes descriptive information in such notices related to proposing, amending, or repealing ordinances; adoption of local budget; and zoning ordinances and planning-related actions.

Another of Williams' proposals, HB445, would require the State Corporation Commission to review and approve premium rates applicable to dental plans issued in Virginia. Under the bill, benefits are deemed to be reasonable in relation to premiums, provided that the medical loss ratio of the policy form, including riders and endorsements, is at least as great as 85 percent.

The bill provides that if the commission finds that the premium rate filed is not meeting or will not meet a medical loss ratio of 85 percent, the commission would require appropriate rate adjustments, premium refunds, or premium credits as deemed necessary for the coverage to conform with the medical loss ratio standard of 85 percent.

Del. Eric Phillips, newly elected to represent the 48th District, won a special election on January 9 - one day before the session began. He has filed no proposals.

Farmers prepare to discuss agricultural priorities with lawmakers Jan. 29 during annual Legislative Day

With a 40% turnover of seats in the General Assembly, leaders within Virginia Farm Bureau Federation are embracing new opportunities to brief lawmakers on agricultural policy priorities at the organization's annual Legislative Day, Jan. 29 at the Virginia Capitol.

Farm Bureau policy is originally developed at the county level and then debated and approved by a statewide body of voting delegates. For Legislative Day, members choose issues most relevant to agricultural activities in their regions of the state and share their perspectives with lawmakers who hold positions on related committees, like Appropriations or Agriculture Chesapeake and Natural Resources.

With dozens of timely agricultural issues farmers can choose to discuss with their representatives, farmers are focusing on a few top priorities: a budget amendment enhancing conservation funding to hire more nutrient management planners and engineers to help meet Chesapeake Bay cleanup goals; and a bill limiting the proliferation of solar arrays on prime farm- and forestland.

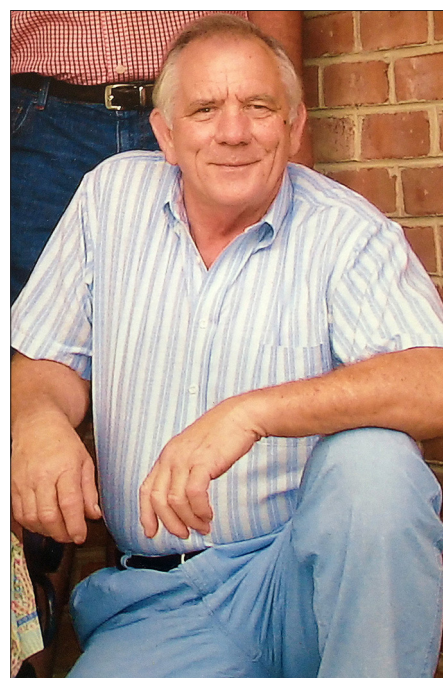
Martha Moore, senior vice president of VFBF governmental relations, said farmers also will request that the Virginia Department of Agriculture and Consumer Service's Office of Farmland Preservation be combined into a single entity

within Virginia Department of Forestry's Forestland Conservation department. While efforts to promote land conservation easements through state agencies have been effective, Farm Bureau members believe they can be further streamlined to include working farmland.

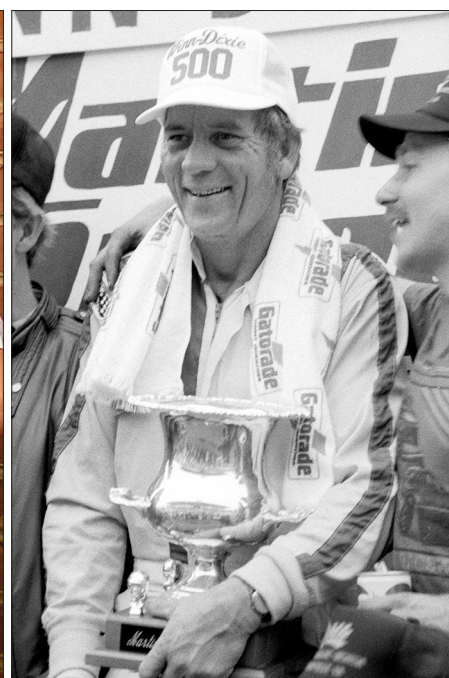
"There's been lots of focus on conservation easements for open spaces and scenic vistas, but not so much for working lands," Moore said. "We've got to have lands in the future that produce food and goods we rely on, and make sure easement restrictions allow farming to continue. So why not put all of that into one entity within the Department of Forestry? All we're trying to do is consolidate it and reignite the focus."

VFBF state board member and cattleman Justin Pence of Shenandoah County said Legislative Day has proven to be a useful tool for farmers to interact with legislators during a pivotal time of the General Assembly session. His family participates every year.

"It's imperative for legislators to put a face with a name and relate real-life agriculture stories they heard directly from farmers," Pence said, lauding Farm Bureau's efforts to include urban legislators in agricultural discussions. "Remember—they're all voting on the same issues whether they're rural or living in a metropolis."



Johnny Bryant (Photo courtesy of the Bryant family)



Johnny Bryant celebrates a win. (Photo courtesy of David Allio)

Local racing legend Johnny Bryant dies at age of 82

By Jeff Reid

John "Johnny" Pedigo Bryant, of Fieldale, who thrilled race fans in the 70's in a modified AMC Gremlin, passed away on Monday, Jan. 8, 2024, after a lengthy illness.

Bryant will be remembered for winning the Winston Modified portion of the 1985 Winn-Dixie 500 at Martinsville Speedway on Oct. 27, 1985.

It was the same race week where Richie Evans, who won 12 of the first 28 races to clinch his ninth NASCAR modified title, died during a practice run just three days before the race when a stuck throttle sent him into the turn-three wall.

The Tour raced on that weekend, with Bryant collecting his only career Tour win. Bryant was driving for North Carolina car owner David Riggs, and they are the last southern car owner and driver combination to win a Modified race at Martinsville.

"I still remember that win," Bryant told the Martinsville Bulletin in 2014. "We had a good car that day and I got some breaks and was able to win a race here."

"The NASCAR Modified races at Martinsville were always

huge events due to the fact that the races pitted the best in the northern modified world against the boys in the south," Riggs Racing posted on their Facebook page on the 30th anniversary of the race on Oct. 26, 2015. "Even former Riggs driver Junior Miller will tell you, the last true southern boy to win at Martinsville was Johnny Bryant in 1985, in a machine prepared by David Riggs." Riggs passed away in 2014 following a battle with cancer.

"Johnny Bryant won it for us, and it tickled me to death," said Miller, who won more than 200 career races and who was inducted into the Caraway Speedway Wall of Fame in 2023. "Back in the '70s and '80s, the northern boys had a lot better car and a lot better motor, but the boys in the south have stepped it up a notch or two and we are a lot more competitive with than we used to be...a team of good ole' southern boys beat those guys from the north when David and Johnny won."

Funeral arrangements and obituary were not available at press time. Online condolences at www.collinsmckeestonebasett.com.

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Discover the magic of the winter season amidst the natural beauty of one of Virginia's 42 state parks. Snow-covered trails and frozen streams create a beautiful backdrop for outdoor explorers and nature lovers to enjoy guided hikes, wildlife spotting and educational programs.

"The adventures don't stop at Virginia State Parks just because it's winter," said Director Dr. Melissa Baker. "Our 42 parks transform into a playground for winter enthusiasts of all ages, offering an unparalleled range of experiences to explore and enjoy."

Over the next two months, visitors can take advantage of nearly 200 nature and history programs across the state, including Archery 101 at Occoneechee, Snakes Alive at Widewater, Sappy Saturday at Claytor Lake, REI Appalachian Trail Overnight Backpacking at Sky Meadows and a Children's Discovery Hike at Leesylvania.

For visitors who prefer to explore on their own, parks offer self-guided activities, such as GPS scavenger hunts, interpretive trails and geocaching.

After a day of exploration, visitors can unwind and cozy up in the comfort of one of Virginia State Parks' 300 climate-controlled cabins. Reservations can be made online at reservevaparks.com or by calling 800-933-PARK.

To learn more about winter activities and to view the calendar of nature and history programs, please go to virginia-stateparks.gov.

Houchins named to Parkway's Council of Advisors



James Houchins, the county's director of Tourism & Marketing, was among those named to the Blue Ridge Parkway Foundation's Council of Advisors.

Also named were Vivianette Ortiz Caraballo, cofounder of Latinos Aventureros en las Carolinas and Supervisory Case Advocate for Disability Rights North Carolina, and Elizabeth Skinner, author, adventurer, and retired deputy director, Forsyth County Public Library, Winston-Salem, N.C.

The foundation also welcomed new members to its Board of Trustees, and elected the following officers:

Whitney Brown, of Meadows of Dan, was elected chairman. She is a dry-stone waller, folklorist, writer and formerly was vice chairman.

Greg Andeck, of Carrboro, N.C., was named vice chairman. Andeck is the Director of Partnerships at The Change Climate Project.

Ken McFadyen of Fincastle, Va., was elected secretary. He is the Director of Economic Development for Botetourt County, Va.

Sam R. Johnson of Dahlonega, Ga., was selected to be treasurer. He is an author and a partner in the Atlanta practice of Newport, LLC.

Charles Hauser, Marsha Ralls Hershman, and Tim Maloney joined the Board of Trustees after serving on the Council of Advisors.

The group will provide leadership for our organization, which partners with the National Park Service to preserve and enhance the most-visited national park.



Nurse Aide II will be offered February 5 - June 5, 2024, on Surry Community College's Dobson campus. Classes begin February 5. Contact Tiffany Hanes at (336) 386-3366 or hanestr@surry.edu or Matt Aschemeyer at (336) 386-3240 or aschemeyerm@surry.edu for questions or to register for the course.

Nurse Aide II Class Offered in February

Surry Community College is offering a Nurse Aide Level II course on SCC's Dobson campus February 5 - June 5, 2024.

This course prepares the student to perform more complex skills for patients or residents. The North Carolina Board of Nursing approves those skills. Upon satisfactory completion of the CNA II course, the student will be listed with the North Carolina Board of Nursing. This course is 192 hours.

Prerequisites are high school diploma or HSE, current American Heart Association Healthcare Provider CPR, and a current North Carolina

Nurse Aide I.

Proof (copies) of above pre-requisites will be required on the first day of class. Students will not be allowed to stay in class if they do not have their pre-requisites with them on the first day.

Surry Community College is also offering a new program called Clinical Medical Assistant, February 5 through June 25, 2024, at The Yadin Center in Yadkinville.

For questions about these courses or to register, contact Tiffany Hanes at (336) 386-3366 or hanestr@surry.edu or Matt Aschemeyer at (336) 386-3240 or aschemeyerm@surry.edu.

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Flooding last week gave way to snow Monday



Many areas of the county picked up nearly 3-inches of rain last week as a weather system rolled through, bringing with it gusting winds and the threat of power outages. The heavy rainfall caused water to rise, and flooding to occur in several communities. A mudslide was reported near the intersection of U.S. 58 and Virginia 8. (Photos by Pat Delaney)

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