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

School officials seek closure of Dogwood Road section

By Taylor Boyd

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

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

"In those meetings, it has been a safety concern in Patrick County since I've been back in Patrick County—probably well before that—about the road



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

and traffic between the building facility at HRMS and the gym," Wood said.

Scott said the proposed plan is to close Dogwood Road from where it meets Cross-



over Drive to Abram Penn Highway. That would convert the current four-way intersection into a three-way stop and remove the need for students to cross the roadway to

get to the gym.

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

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

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

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

"It's pretty much going to be the same route, the way I understood them saying it, but the main thing was cutting it off out there so there won't be (See School p. 6)

Updated school budget includes cuts, ends Virtual Virginia contract



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

By Taylor Boyd

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

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

"In working with our finance office, we also, I think, have a good, compromised budget

to send to the Board of Supervisors. I spoke to Mrs. Simms (County Administrator), and I believe I will be getting onto their agenda for their July meeting," he said.

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

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

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

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

The division currently serves 180 virtual students from across Virginia, who are as-

signed to Meadows of Dan Elementary School in PowerSchool.

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

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

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

Wood said the proposal that will be presented to the county includes the division no longer continuing with Virtual Virginia, which (See Budget p. 3)



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

Veterans' post seeks help fixing aging facility

By Taylor Boyd

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

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

(See Veterans p. 2)

Overby, Martin, Scott unopposed in November election

By Taylor Boyd

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

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

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

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

For the 47th District House of Delegates race, incumbent Del. Wren Williams, R-Stuart, will face Democratic challenger Yvonne Rorrer.

Following the June 17 primary, Ghazala F. Hashmi will be the Democratic candidate for lieutenant governor. He will face Republican candidate John Reid.

Incumbent Attorney General Jason Miyares will face Democratic challenger Jay C. Jones.

Abigail Spanberger will be the Democratic candidate for governor and will face Republican Winsome Earle-Sears.

Registrar Susan Taylor said she does not yet know whether any Independent candidates have filed for the statewide races.

Ward to step down after decades of library service



Rick Ward is set to retire July 1 after 24 years with the Blue Ridge Regional Library system, including 13 years as its director.

By Taylor Boyd

After 24 years with the Blue Ridge Regional Library system, and 13 years as its director, Rick Ward is set to retire Tuesday, July 1.

Ward began his career with the library system on Feb. 1, 2001, as a reference assistant.

"In April they came to me and said, 'Your boss is going to retire, and if you want to take his place, you've got to go get your master's.' I was like, 'Would a bachelor's be good enough?' They were

like, 'No,' so in August of that year I started graduate school," he said.

Ward graduated with his MA in 2004 and became the reference supervisor. He was later promoted to branch manager at the Patrick County Library.

"I was down here the first time only for six years, then I went up there for almost six years, then I became the interim director, then eventually was the permanent director (See Ward p. 3)

Tourism Talks



Hi Patrick,
The Tourism Office has been very active this

spring, and for the most part, the weather has been on our side. The county has been busy with several events, and we are preparing for an even more exciting summer. I was fortunate to attend the Car Show organized by our fantastic Marching Band, "The Pride of Patrick County." They did an excellent job for the inaugural event and have committed to hosting it again next year.

We just wrapped up the Beach Music Festival, and it was a great success. A unique feature of this year's festival was a trolley service that transported patrons to and from the event. As a result, we saw several tourists at the visitor center. The town of Stuart experienced a good influx of travelers, and we hope they spent some money while they were here. Hats off to Rotary for a wonderful day! Additionally, the Red Bank Ruritan Club celebrated 70 years of service to our community, marking a significant milestone.

As the Director of Tourism and Economic Development, I hope to entice, inspire, and enlighten you about the wealth of possibilities that await us as citizens and travelers, showcasing the greatness of our county. We are one county called "Patrick," but we have individual sectors and groups that work tirelessly to promote the happenings in their areas. This can be both a strength and a weakness; however, as a community, we will continue to make it work.

So, please show your support by attending events when you can, being active, and praying continuously for our county to meet the needs of both residents and guests. As always, "Come get lost and find yourself here!"

Love Ya, Patrick!!
James Houchins,
Director of Economic Development and Tourism
jhouchins@co.patrick.va.us

Veterans

(cont. from page 1)



The building that houses VFW Post 7800 is in need of repairs that are estimated to cost \$30,000.

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

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

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

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

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

In addition to serving as a meeting place for veterans, Cockram said Post 7800 also helps veterans deal-

ing with post-traumatic stress disorder (PTSD). Monthly support group meetings are held at Stagecoach on Main Street to provide guidance and connection.

"We're there to help direct them," Cockram said. "I was told in our last district meeting that we at the post cannot fill out disability claims for veterans, but we can direct them to the people they need to talk to and definitely tell them to keep away from the sharks."

The post also looks for ways to serve the wider community. Cockram said members regularly discuss outreach projects during monthly meetings.

"For example, we went down and cleaned up an overgrown cemetery for the Day of Service. We've also adopted VFW Road through the state program, so we make sure the road stays clean and looking good," he said.

In addition, the post presents certificates and monetary awards to



VFW Post 7800 is seeking donations to help with repairs to its nearly 100-year-old building. (Contributed photos)

students who participate in the VFW scholarship essay contest, recognizes the District 5 Teacher of the Year, and sponsors other community service initiatives.

Cockram said he's occasionally encountered negative stereotypes about VFW members.

"I've had people tell me VFW members sit around, drink, tell war stories, and talk bad about their wives," he said. "I told them, 'Well, I don't

know what VFW Post you were at, but I guarantee you that doesn't happen at our Post.' Most of that stuff we want to leave behind us. We're there to help veterans any way we can."

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

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

P&HCC's Year in Review



By Dr. Greg Hodges
President, Patrick & Henry Community College

As president of Patrick & Henry Community College (P&HCC), I am delighted to provide our community with a year-end report highlighting another successful academic year (2024/2025) for our institution.

We are thrilled that our enrollment growth continued with another increase in the total number of students served from the previous year. It is important to note that this is the first time in 20 years

that P&HCC has experienced three years of total enrollment growth. This includes a 32% increase (as of May 19, 2025) in Workforce enrollment over the previous academic year, which builds upon similar year-over-year increases from the previous two years.

The college also had a strong year of instituting new programs and initiatives. Thanks to the generosity of the Ratcliffe Foundation which provided a grant for \$176,267, P&HCC was able to launch a new heavy equipment operator program at the P&HCC Baliles & Reynolds Learning Center in Patrick County. Additionally, a grant from the Virginia Tobacco Region Revitalization Commission allowed the college to partner with The Franklin Center in Franklin County to launch a nurse aid program and provide certifications in phlebotomy and certified medical assistance.

To further demonstrate our college's commitment to regional economic development, P&HCC signed an MOU with the Henry County Adult Detention Center to become the training provider for the region's justice-impacted population. Additionally, P&HCC

successfully relaunched its Middle College program in conjunction with the regional adult education program to ensure that students have a pathway to both a G.E.D. and post-secondary education.

Patrick & Henry also expanded transfer partnerships and programs with our university partners and brought to scale new academic and workforce credentials to meet the workforce needs of our community. For example, the college is part of a consortium known as the SOVA Innovation Hub, which received \$600,000 from Go Virginia Region 3 to fund the Rise Collaborative which will fortify Southern Virginia's standing as a central hub for fostering small business growth, innovation, and economic development.

The college also signed two articulation agreements (the Bachelor of Social Work and the Bachelor of Business Administration with Sports Management Emphasis) with Ferrum College. Additionally, P&HCC was one of eight colleges to sign the Tartan Transfer Agreement to accelerate transfer opportunities to those students who wish to transfer to Radford

(See P&HCC p. 14)

email us

DHALL@THEENTERPRISE.NET

Pets of the Week



This gorgeous young brindled male is available for adoption. He is such a cutie.

These two sisters have been at the shelter since May. They are super friendly, smart and obedient, and love to play together. See videos of them on the Blue Ridge Animal League's Facebook page.

Free spay/neuter and rabies vaccinations. Call the Patrick County Public Animal Shelter at (276) 694-6259, visit the shelter or their Facebook page, to find information about these and other available pets in need of a forever home. Adoption fees are \$10 and include spay/neuter and rabies vacci-



nation. Visit the Blue Ridge Animal Welfare League website at www.blueridgeawl.org and fill out the spay/neuter assistance form. Dog shuttle coming in July. BRAWL also provides pet food assistance. It is always in need of pet food donations, especially cat food.

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Budget

(cont. from page 1)

would decrease the division's revenue by approximately \$2.3 million.

"We're looking at ways to balance that by reducing the insurance contribution from the school board office. We have worked diligently with your help over the last four years. We are no longer in an insurance deficit, and with that compromise we made this spring with the Board of Supervisors, they were able to pay off the rest of their deficit. So that won't be affecting our renewal rates," he said.

Since the division is no longer in an insurance deficit, Wood said it can contribute less to health insurance.

"We are reducing a capital expense line to what is just required by the state, and we are able to do that because our citizens voted for the one percent sales tax. That's helped us catch up on a lot of things that have been neglected over the last several years," he said.

Wood said the transportation budget will also be reduced to allow for the purchase of only one new bus next year.

"We used our ESSER (Elementary and Secondary School Emergency Relief) funds, I think very appropriately. We were able to get our transportation fleet back to where it needs to be. We were able to buy three this year, so we're very excited that we're back to a top-of-the-line transportation fleet," he said.

The division would also eliminate its contribution to Virtual Virginia and its reimbursement to the Board of Supervisors for School Resource Officers (SROs).

Two positions — a school administrator at Patrick County High School (PCHS), and an employee at the school board office — also have not been

replaced.

"So, a lot of cost savings equal that amount if we are able to get \$200,000 above RLE (Required Local Effort) and RLM (Required Local Match). I know when I became superintendent, there was a consultant that worked with both boards, and their suggestion was for us to receive funds above the minimum so that we do not have to watch the variation," he said.

Wood said he and Katina Hylton, the division's finance director, recently confirmed that as FY 2025 ends, the division can certify it received the required RLE (Required Local Effort) and RLM (Required Local Match).

Their projections show the school system received just under \$10,000 above the minimum requirements.

"So, we are running on a very tight budget. We're thankful for the support we have, but I think this would definitely show that we are working together—as much as we have been over the past four years—and would really provide us the necessary funds to continue with the security and safety investments we've put in," he said, adding that the panic button badges require an annual subscription to maintain and are key to school safety.

"So, the county truly agreeing to this new working-together relationship would save \$55,213, and that allows us to maintain the operational costs we need—on employees, school security, all our buildings—and also, it's a net savings to the county. So, I think it's a win-win," he said.

Although the division is asking for \$200,000 above RLE and RLM, Wood said that, by comparison, Floyd County is projected to receive \$387,519 above the minimum and Martinsville City is projected to receive \$1 million more than the mini-

mum.

"We're hoping we have that great working relationship with our Board of Supervisors and county moving forward," Wood said.

If the county doesn't accept the proposed budget, Wood said the school system would have to re-enter its contract with Virtual Virginia, which would increase the RLE and RLM.

"Which is detrimental to the county's taxes, so I think this is the best compromise I can present," he said.

In other matters, the board:

- * Recognized retiring employees. Wood said the 14 retirees had a combined 332 years of service. Retirees include Norma Conner, Ramona Haley, Roxanne Slattery, Reva Pierce, James "Red" Hayden, Barbara Spencer, Greg Spencer, Melanie Culler, Trey Cox, Karen Fulcher, Terry Harris, Michele Arnder, Paula Reynolds, and Mark Gammons.

- * Approved adult meal price increases for 2025–2026 as presented.

- * Approved nominating chairman Amy Walker, of the Mayo River District, for the Blue Ridge Region regional vice-chair position.

- * Approved the 2025–2026 Title I, Title II, Title III, and Title IV federal applications.

- * Approved authorizing Wood to pay any remaining June invoices.

- * Approved adding \$32,000 in storm drain construction to the 1 percent sales tax projects.

- * Heard an update on ongoing school facility projects.

- * Approved the consent calendar.

- * Approved the personnel report as amended.

- * Approved the recommendation of STC 2024–2025-01.

Arrests Reported

The Patrick County Sheriff's Office reported the following:

*William Isaac Hylton, 33, of Patrick Springs, was charged June 13 with two counts fail to appear and one count fail to comply with terms of pretrial services. Senior Deputy T. Dalton was the arresting officer.

*Robert Evan Lee Mabe, 41, of Claudville, was charged June 14 with one count each abduction and malicious bodily injury. Senior Deputy Doug Perry was the arresting officer.

*Jerry Cooper, 62, of War, WV, was charged June 15 with drive while intoxicated. Deputy J.L. Fain was the arresting officer.

*Christopher Bryan Vernon, 54, of Stuart, was charged June 16 with drive while intoxicated. Deputy C.L. Adkins was the arresting officer.

*Jody Ladd Dellenback, 39, of Claudville, was charged June 17 with fail to appear. Inv. O. Tejada was the arresting officer.

*Jessica Lee Bowman, 42, of Stuart, was charged June 17 with possess Sch. I or II drugs. Senior Deputy J.S. Kendrick made the arrest for Martinsville PD.

*Brandon Lee Bowman, 38, of Stuart, was charged June 17 with one count each fail to appear, possess Sch. I or II drugs, possess ammunition by convicted felon, and disregard law enforcement command. Senior Deputy N.A. Wolfe was the arresting officer.

*Patrick Largen Russell, 46, of Stuart, was charged June 18 with drive motor vehicle while license revoked/suspended. Sgt. J.C. Fortner was the arresting officer.

*Mary Jo Miller, 44, of Spencer, was charged June 18 with fail to appear. Virginia State Police made the arrest.

*Charles Thomas Cooper, 37, of Ridgeway, was charged June 19 with fail to appear. Fredrick County made the arrest for Patrick County.

*Demarko Antonio Moore, 35, of Mt. Airy, NC, was charged June 19 with warrant of extradition. Senior Deputy M.R. Hodges was the arresting officer.

*Eric Alexander Stevens, 42, of Ridgeway, was charged June 20 with probation violation. Henry County made the arrest for Patrick County.

*Dale Anthony Helms, 28, of Henry County Jail, was charged June 3 with fail to comply with terms of bond. Henry County made the arrest for Patrick County.

*Matthew Ryan Scott, 39, of Patrick Springs, was charged June 3 with fail to appear. Henry County made the arrest for Patrick County.

*Edward Earnest Barnes, 68, of Bassett, was charged June 3 with two counts probation violation. Martinsville PD made the arrest for Patrick County.

*Daniel Ray Hendrick, 51, of Martinsville, was charged June 5 with three counts probation violation. Henry County made the arrest for Patrick County.

*Travis Carl Ray Goad, 39, of Galax, was charged June 6 with drive motor vehicle with license revoked/suspended. Deputy J.L. Fain

was the arresting officer.

*William Charles Hall, Jr., 34, of Stuart, was charged June 6 with one count each possess firearm by non-violent felon and carry concealed weapon/firearm. Lt. D.L. Foley was the arresting officer.

*Taylor Renee Haynes, 25, of Stuart, was charged June 8 with two counts probation violation. Senior Deputy N.A. Wolfe was the arresting officer.

*Spencer F. Bowles, 33, of Spencer, was charged June 8 with fail to appear. Senior Deputy N.A. Wolfe was the arresting officer.

*Sherman A. Dillinger, 78, of Stuart, was charged June 8 with unlawful wounding. Senior Deputy N.A. Wolfe was the arresting officer.

*Brianna Michelle Morgan, 28, of Woolwine, was charged June 9 with two counts drive without license. Sgt. C.L. Elgin was the arresting officer.

*Tony Lee Culler, Jr., 56, of Stuart, was charged June 9 with one count drive motor vehicle while license revoked/suspended and possess certificate of title issued to another. Senior Deputy A. Kinney was the arresting officer.

*Justin Ryan Fain, 22, of Patrick County Jail, was charged June 10 with fail to comply with terms of pretrial services. Senior Deputy T. Dalton was the arresting officer.

*William Curtis Griffith, 46, of Cana, was charged June 10 with six counts probation violation. Sgt. D.A. Ullring was the arresting officer.

*Joseph Ray Walton, 36, of Ararat, was charged June 10 with fail to appear. Sgt. D.A. Ullring was the arresting officer.

*Ricky Bradley Penn, 48, of Stuart, was charged June 11 with one count each possess firearm w/Schedule I/II drugs, possess firearm by non-violent felon, concealed weapon, and possess Schedule I or II drugs. Sgt. L.K. Carroll Jr. was the arresting officer.

*Mitchell Steve Slate, 49, of Stuart, was charged June 11 with possess Schedule I or II drugs. Senior Deputy N.A. Wolfe was the arresting officer.

*Joshua Lamont Pritchett, 28, of Martinsville City Jail, was charged May 30 with two counts probation violation. Martinsville PD made the arrest for Patrick County.

*Joshua Allen Jarrard, 33, of Stuart, was charged May 30 with two counts assault, 3rd or subsequent offense. Senior Deputy M.R. Hodges was the arresting officer.

*Mary Kay Cox, 49, of Ridgeway, was charged May 31 with two counts probation violation. Franklin County made the arrest for Patrick County.

*Christian William Carr, 26, of Fieldale, was charged June 2 with drive motor vehicle with license revoked/suspended. Senior Deputy N.A. Wolfe was the arresting officer.

*Mason Wyatt Wasoski, 23, of Stuart, was charged June 2 with five counts probation violation. Senior Deputy N.A. Wolfe was the arresting officer.

Ward

(cont. from page 1)

tor," he said.

Ward said he chose to retire now because he recently turned 66, the traditional retirement age.

"I'm just to the point where I want to do something besides work. I have two grandchildren that I hardly get to see, so I just want to spend time with them. I still love the library, it's just a matter of it being time for someone else to take over," he said.

Throughout his tenure, Ward said one of his greatest achievements was appointing four out of the five current branch managers.

"There's a number of things that kind of stand out. One of them was getting the new bookmobile—that was a big positive, and it was really a lot of fun doing the fundraisers for it. We had—it was called, 'Riding our Region'—and we had Beth Macy and Martin Clark come and speak at the (Reynolds) Homestead. Ben Williams was the moderator, and Governor Baliles was there, and he spoke, and I was kind of the master of ceremonies," he said.

Ward also helped the library system launch its e-book program, created its website, started movie licensing for children's programs, and began the Bassett Library expansion project.

The system was also one of the first in Virginia to offer a summer feeding program, which began in Bassett.

"One of the biggies was the JOIDES Resolution, where we partnered with the Virginia Museum of Natural History and the Girl Scouts to bring an exhibit to Martinsville. We had kiosks at all the different branches as well. That was in—I think it was February 2018—and we were the first spot in the country that they came to," he said.

Ward explained the JOIDES Resolution is a flagship research vessel for the International Ocean Discovery Program.

"It's a converted oil drilling rig on a ship and they converted it basically to a floating laboratory. They go out and they take deep sea earth core samples and study those. It sort of gives the history of the world as it's formed. We had a presentation where we were linked to the ship when it was in Antarctica, and a lady with a laptop gave us a tour of the ship, so that was really neat," he said.

While he'll miss talking to patrons, Ward said he'll miss the staff the most.

"We have a really, really good staff at all the locations and we've all kind of got to be a loose-knit family, so I'll miss talking to all of them and seeing them," he said.

He'll also miss seeing the excitement of young children exploring the library.

"When I used to work in reference, I can still remember a lady looking at me and saying, 'That's exactly what I'm looking for.' My goal when I first started was—I was in retail for a long time before I got into the library world—and I would tell people, 'I'm really glad now. I like helping people and this way I can help them without charging them for something,'" he said.

In addition to spending more time with his grandchildren, Ward said he plans to read more.

He also wants to "see if I can get back into shape to play golf. I used to play golf, but I've got a bad shoulder, and I haven't been able to play recently. I've got a lot of projects around the house I want to do, plus it'd just be nice to go to the grocery store in the middle of the week instead of having to do it on the weekend when they're so crowded," he said with a laugh.

Ward said he still plans to visit the library branches from time to time.

"Especially the Patrick branch, since I live up there, and I think Somer's (Luna-Ojodeagua) going to do really well taking over for" former branch manager Garry Clifton, he said.

FIND US ON FACEBOOK



June and the Supreme Court

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

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

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

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

For example, one ruling recently issued involves a 2023 Tennessee law on "gender affirming" medical care.

Tennessee passed a law that limits the administration of puberty blockers and hormone treatments to minors, essentially banning transgender programs for children.

In *United States v. Skrmetti*, the justices upheld the Tennessee law and said it did not violate the Equal Protection Clause of the Fourteenth Amendment.

Another recent decision by the Court relates to a Biden-era EPA rule.

The so-called "good neighbor" rule seeks to eliminate the spread of smog-forming emissions across state lines.

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

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

We are still waiting on other opinions from the Court.

One major case comes out of Maryland.

The education board of Montgomery County, Mary-



Morgan Griffith

Representative

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

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

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

Even if a child's parents object, this means that kids in the school district would be forced to read these materials!

As someone who supported the 2023 Parents Bill of Rights Act and believes that parents logically must have a say in the education of their kids, I am hopeful the Supreme Court will side with parents.

Should the Supreme Court rule that the move to deny parents an opt-out option was unconstitutional, it would be a huge win for parents' rights in Maryland and across the country.

The Supreme Court is expected to weigh in on a separate case related to a Trump Executive Order on birthright citizenship.

Trump signed the Order on Day One of his second term, arguing that the United States does not universally extend citizenship to everyone born in the United States.

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

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

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

Complicating matters on birthright citizenship is an 1898 landmark decision.

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

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

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

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

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

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

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

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

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

Distinguished alumni celebrated at awards dinner



Alfredo Huerta, Beverly Woody, Eric Hunt, Andrew Palmer, Craig O'Der, Jeanette Frazier, Rita McBride, Jake Abell, James Keaton, Jerri Crews

The Patrick & Henry Community College Foundation honored 11 P&HCC graduates as distinguished alumni at an awards dinner on Friday, June 13 at Chatmoss Country Club.

Each year, P&HCC recognizes alumni who have brought distinction to themselves through academic achievement, career success and community involvement. Alumni who have graduated with a degree or certificate or have completed a minimum of twenty-four credit hours at P&HCC, have demonstrated success within their field of expertise, and have provided significant service in local, state, or national organizations are eligible for nomination.

This year's award recipients are Jake Abell; Jerri H. Crews, RN; Jeanette Frazier, OT; Alfredo Huerta; Eric W. Hunt; James Keaton; Rita McBride, RN; Craig O'Der; Andrew C. Palmer; and Beverly Belcher Woody.

Abell graduated from P&HCC with his Associate's Degree in Small Business Management/Entrepreneurship in 2022. He continued his education earning a Bachelor of Science degree in

Business Leadership from Liberty University in 2023. He also completed a Beer Brewer Professional Certificate from Virginia Tech and the University of Richmond. Abell is the owner and Brewmaster at Scuffle Hill Brewing Company. A graduate of Bassett High School, he has served as Military Police in the United States Marine Corps and was honorably discharged as a decorated Corporal. Abell completed the GROW MHC program of the Martinsville-Henry County Chamber of Commerce. He is a member of the Virginia Craft Brewers Guild and is Vice-President of the Martinsville-Henry County Historical Society Board of Directors.

Crews earned her Associate's degree in Nursing from P&HCC in 1996. She serves as a school nurse with Henry County Public Schools at Meadow View Elementary School. A graduate of Laurel Park High School, she also works with Health Connect providing health screenings and instructing diabetes and chronic health classes. Crews is an Emergency Medical Technician under Henry County Public Safety and is a CPR, First Aid, and AED Instructor with the American Heart Association. She and her siblings and their families own and operate The Legacy at Hatcher Farm, a wedding and event venue on the family farm in the Leatherwood community.

Frazier earned her Associate's degree in General Studies from P&HCC in 1996. She continued her education at Jefferson College of Health Sciences, earning an Associate's Degree in Certified Occupational Therapy Assistant in 1996 and a Bachelor of Science degree in Occupational Therapy in 2003. Frazier is an Occupational Therapist at Bassett Physical Therapy. A graduate of Laurel Park High School, she had previously worked as an Occupational Therapist at SOVAH Health, Stanleytown Health and Rehab, and Professional Therapy of Roanoke. Frazier is the consulting Occupational Therapist at Tackfully Teamed Riding Academy and a member of the board of directors. She is also an active volunteer at Edwards Adult Day Care Center and at Kearfott Memorial Church.

Huerta graduated from P&HCC in 2015 with his Associate's degree in General Studies and a certificate in general education. He is scheduled to complete a Bachelor of Science degree in Criminal Justice and Aerospace Management, Flight Operations in the summer of 2025 from Averett University. Huerta is a police officer with the Martinsville City Police Department and the School Resource Officer at Martinsville High School. He has received a Crime Stoppers Award and a Co-Life Saving Award. Huerta has also obtained his commercial pilot's license. A graduate of Bassett High School, he has worked as a sales specialist with The Brick Running &

Tri Store, a tutor for English Language Learners with Henry County Public Schools, a Press Operator with Packaging Products, Inc., and a temporary worker with Ameristaff Employment Agency. Huerta is the assistant coach for the Martinsville High School Girls Varsity Soccer team and has served as a track and cross country coach for several high schools and elementary schools in Henry County. An avid runner, he has completed nineteen triathlons, three full Iron Man events, and thirty-six marathons, including five appearances in the Boston Marathon.

Hunt earned his Associate's degree in Business Administration from P&HCC in 2005. He went on to complete an Associate's of Funeral Service Education in 2007 from Fayetteville Technical Community College. Hunt is the founder and wedding officiant of Myrtle Beach Wedding Officiant, LLC. A graduate of Stanleytown Baptist Academy, his professional background includes serving as operations manager and licensed funeral director/embalmer at Bassett Funeral Service, guest services manager at Brittain Resort Management, assistant banking center manager at Bank of America, property manager at Jennings & Company, Inc., and digital brand manager at Berry Financial Group, Inc. Hunt has served on the boards of Focus On Youth CASA and was a founding board member of the Jesus Jam Foundation. He is a member of the International Association of Professional Wedding Officiants, an ambassador for the Myrtle Beach Area Chamber of Commerce, and a member of the Myrtle Beach Hospitality Association.

Keaton graduated from P&HCC in 1993 with an Associate's degree in Criminal Justice. He continued his education at Radford University, where he earned a Bachelor of Science degree in Criminal Justice in 1995. Keaton currently serves as a police officer at Patrick & Henry Community College. A graduate of Fieldale-Colinsville High School, he served as a Boatswain's Mate Second Class Officer in the United States Navy during Operation Desert Shield/Desert Storm and later in the United States Navy Reserves. Keaton was a deputy sheriff with the Henry County Sheriff's Office, a technician with Martin Furniture and Cabinetry, a technician with GCS Electronics, and a technician/certified fire, water & mold specialist with ServPro. While in the United States Navy, he earned multiple medals. Keaton was also an Officer of the Year with the Henry County Sheriff's Office and earned the Director's Award for the Piedmont Criminal Justice Training Academy. He is a certified CPR & AED Instructor. Keaton serves as
(See Alumni p.9)

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Patrick Pioneers



Isham Cockram family, courtesy of Danny Compton

Alice Thompson DeHart
By Beverly Belcher Woody

Patrick County is blessed with many beautiful parks, including the I.C. DeHart Memorial Park in Woolwine and Alice T. DeHart Park in Stuart. Many enjoy their scenic views, athletic facilities, and gathering spaces—but how many know the inspiring story behind their creation?

Alice Thompson was born on January 18, 1886, to Waddy and Mary Ann Cockram Thompson. Tragically, Alice's mother died just four days later due to childbirth complications. Alice was left motherless, and Waddy had now endured the heartbreaking loss of two young wives. His first wife, Exony Martin, passed away in 1883 after having two children. He married Mary Ann Cockram in April 1885, and Alice was born nine months later.

In the 1900 census, Waddy was living with his sister's family, while young Alice was raised by her maternal grandparents, Isham and Elizabeth Salmons Cockram, in Woolwine's Raven's Den section. She continued to live with her Cockram grandparents according to the 1910 and 1920 census records. By the 1930 census, Alice was living with her two unmarried aunts, Martha and Flora Cockram, and was working as a chiropractor.

Remarkably, according to local lore, Alice Thompson became the

first female chiropractor in the Commonwealth of Virginia—a pioneering achievement in the early 20th century.

The above photograph of Isham Cockram, and several of his children and grandchildren, was provided by Danny Compton. Alice Thompson is the dark-haired girl on the far left with her hands in her apron pockets.

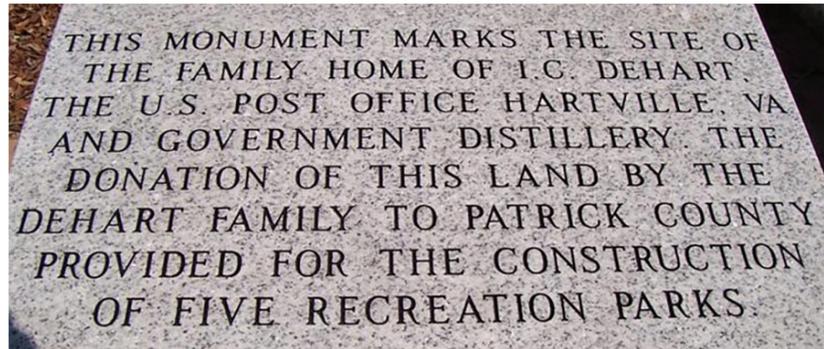
At the age of 45, Alice married 65-year-old Isaac Carrell "Ike" DeHart, and together they lived on Route 40 in Woolwine. While the couple had no children of their own, Alice's love for the community of Patrick County was evident in the generous and lasting gift she left behind. Alice T. DeHart made the extraordinary decision to donate the I.C. DeHart estate to benefit the citizens of Patrick County.

In her will, dated December 20, 1970, Alice created the DeHart Foundation, placing her trust estate in the hands of three trustees: R.W. Handy, Dr. Samuel P. Massie, and Rev. Robert W. Mann. Her instructions were clear: the estate was to be used for charitable purposes, with special emphasis on recreation, preservation of her homeplace, and protection of wildlife.

"It is my greatest hope that my Trustees will be able to preserve as much of my real estate as practical for some useful purpose beneficial to



Ike and Alice DeHart home photo from Martinsville Bulletin Dec. 21, 1989



Monument at Ike and Alice DeHart home

the people of my county," she wrote. "I am especially desirous that the homeplace be maintained."

Alice also expressed a deep love and concern for animals, requesting that no hunting be allowed on her land and that no animals be raised for slaughter. She even considered dedicating her estate as a wildlife sanctuary.

After her passing on March 17, 1971, plans were put in motion to fulfill her wishes. In 1977, the DeHart Estate—valued at \$363,500—was officially transferred to Patrick County. With funding from a 50% matching grant from the Bureau of Outdoor Recreation in Richmond, and using the land as collateral, Patrick County began developing a system of recreational facilities.

The first park established was Alice T. DeHart Park in Stuart, followed shortly after by the I.C. DeHart Park in Woolwine, and parks in Meadows of Dan, Ararat, and Patrick Springs. These parks have since become cherished parts of community life, hosting ball games, horseshoe tournaments, tennis matches, picnics, and more.

Sadly, on a December morning in 1989, the DeHart homeplace—a his-

toric structure more than 140 years old—was destroyed by fire. The Woolwine Volunteer Fire Department responded quickly, but the blaze, believed to have started in the chimney flue, had already engulfed the house.

For years after her death, the home was occupied by local families who served as caretakers. At the time of the fire, the residents escaped unharmed, but the contents of the home were lost.

Despite the loss of the home, Alice DeHart's vision endured. Even as flames consumed the physical structure, her legacy continued to grow through the parks she made possible.

Thanks to Alice T. DeHart's foresight and generosity, generations of Patrick County residents have enjoyed outdoor recreation, community connections, and access to nature. Her love for her hometown, its land, and its people continues to ripple outward through every nature hike, youth game, and family picnic held in the parks that bear her name.

For questions, comments, or suggestions for stories, 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 – What about non-career Veterans and their VA healthcare?

Dear Rusty: In your answer to the retired U.S. Navy veteran about why he is forced to enroll in Medicare, you focused on military TriCare's requirement for the member to enroll in Medicare. But you said nothing about regular VA health care. If a non-career veteran is eligible for VA health care, couldn't that be used in place of Medicare?
Signed: Veteran Advocate

Dear Veteran Advocate: Thank you for your feedback. FYI, I have previously explained numerous times that veterans who rely on the VA for 100% of their healthcare can, indeed, disenroll from Medicare Part B (thus saving the monthly Part B premium). I don't personally recommend it because of my personal experience, but it certainly is possible to do so.

Personally, I use the VA for some of my healthcare needs - usually an annual checkup and optometry services - at my local VA clinic which is only a mile away from where I live. But for any extensive treatment needs (medical tests, etc.) I must travel

about 40 miles to the nearest VA hospital facility. For contrast, I have numerous private healthcare services, specialists, and hospitals very near where I live, but to use them under the VA I must get VA preapproval and use only certain VA-approved providers, which is inconvenient for me. Personally, I prefer the freedom to go to any healthcare service provider I choose, without restriction, at any time I need to. So, I use my VA coverage when it is convenient for me but rely also on non-VA, Medicare-approved specialists who I can choose to use (or not) at will. For me, it's a matter of convenience and the freedom to use whichever healthcare provider I want. That said, I fully understand that some veterans rely exclusively on the VA for their healthcare needs, and I have explained to many who have written to me that they have that option. I have also published several public articles about this as well. Here is one such article:

<https://socialsecurityreport.org/ask-rusty-why-should-a-veteran-pay-for-medicare/>

So, please rest assured that we regularly advise our veterans about their healthcare options under Medicare, including the ability to decline Medicare Part B coverage if they have full VA healthcare coverage. FYI, free Medicare Part A (inpatient

hospitalization coverage) is mandatory to collect Social Security after age 65, but Medicare Part B coverage is always optional because there is a premium associated with Part B. A veteran can decline Medicare Part B coverage and save that monthly premium, but they would need to contact Social Security to do so. Social Security will want to interview the veteran to ensure they are aware of the potential financial consequences of not having Medicare Part B. And they may need to file form CMS-1763 (Request for Termination) But a non-career veteran can opt out of Medicare Part B if they get all of their healthcare services through the Veterans Administration.

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.

Is Exercise Medicine?

Part 1

Despite occasionally having to listen to a vocal few within Christianity misapply 1 Timothy 4:8 "For bodily exercise profiteth little," I personally continue to insist that exercise plays a vital role in the maintenance of wellness. Exercise has proven to be more than merely a preventative measure that simply maintains a pre-existing state of good health; it is also very therapeutic and can slow or reverse serious illness.

I find it strange and disappointing that mice with cancer will spontaneously choose to use an exercise wheel placed in their cage and enjoy measurably improved health outcomes, but that human counterparts will actively resist the prescription of exercise programs and thus lose the proven benefits that they would otherwise accrue. I just have to ask, "Why is that!?" Why is it that animals will voluntarily do the right thing, but often with only great difficulty will people be coerced to do what is in their own best interests? It reminds me of when all the animals spontaneously showed up on their own to board Noah's ark after 120 years' worth of failed attempts to give away free tickets to ride

out the coming storm and cataclysmic, worldwide flood!

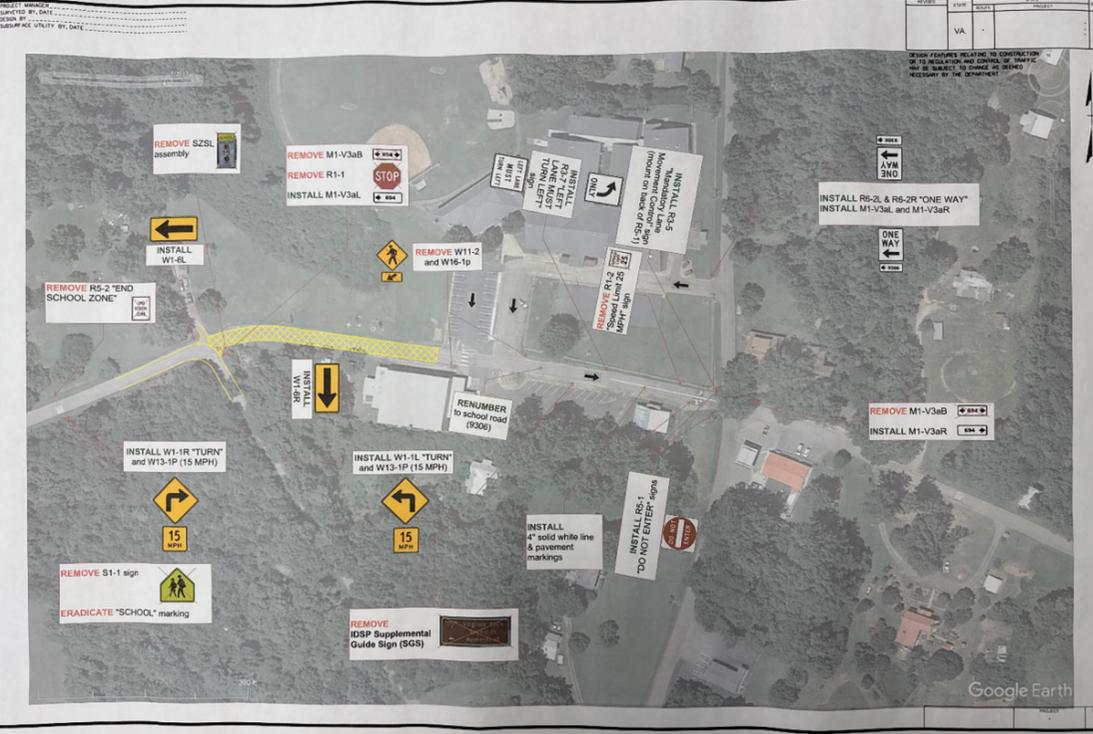
If exercise is medicinal, how "medicinal" is it? Well, in the aforementioned study involving mice with cancer researchers deprived a control group of mice of having the option to freely exercise on spinning wheels inside their cages.¹ This dramatically reduces their physical activity. These mice were then compared to a matched group of cancerous mice that were granted their very own, private little version of Planet Fitness inside their cages (totally free of charge to them and open 24 hours a day, seven days a week). The results of the study indicate that tumor growth was reduced in all mice that exercised. In cases of liver and lung cancer, the reduction was 59% and 58% respectively. And in mice with melanoma, tumor growth was reduced by 67%. That's medicinal enough to grab my attention, how about you? If I had cancer, I would be happy to engage in therapy that had those kinds of proven outcomes. Especially if I didn't have health insurance, or didn't want to risk experiencing the known side effects and adverse events associated with standard can-

cer treatments such as chemotherapy.

At this point, you should probably be asking the questions, "How does exercise actually achieve these amazing immune-enhancing effects?" Before pharmaceutical agents are approved for general use in the public, regulatory requirements typically demand evidence of their mechanism of action. If it's not a placebo, then you should expect to see some scientific reason that explains exactly why it works to help people. So then, what is it that happens in the body when one exercises that is so beneficial as to consider it to be medicinal? For simplicity, I will narrow the discussion of the known mechanisms whereby exercise improves how the body more successfully fights against disease. The mechanisms are complex and many, so let's start with one that is not too hard to understand. Relax, I'll try to make this less complex than your average doctor would!

(Submitted by Betty Dean. Written by Franklin V. Cobos II, MD. Used by permission from https://timetogotready.org/ Courtesy of LifeSpring – Resources for Hope and Healing Stuart, VA.)

School
(cont. from page 1)



The proposed closure and new traffic pattern at Hardin Reynolds Memorial School (HRMS).

through traffic through here,” he said.

Wood reiterated his long-standing concerns, noting he believes it’s a matter of when, not if, something catastrophic occurs in the area.

While HRMS students are typically aware of the traffic pattern, Wood said the risk is increased by distracted drivers, and referenced a recent incident in North Carolina where electrical workers were hit.

“So, we fear that at a ballgame, someone who’s not familiar with the road thinks it’s a parking lot and walks out into the street. We would definitely not want that to happen,” he said.

In 2016, the issue was previously presented to the Board of Supervisors, but a cost was associated with the project at the time.

“I’m here to ecstatically announce that VDOT is going to work with us and do the work at zero cost to the county or to the school system. However, it goes back to our compromise and working together with the Board of Supervisors—they have to initiate the process,” Wood said.

He noted that he has already sent the committee report via email to all supervisors so they are aware the topic will be on the agenda for the July meeting.

“There are drawings already made from VDOT, and they said it would be at no cost to the county or school system, so I’m hoping that we will work together and are able to get that on their agenda to have a public hearing to abandon that portion of the road,” he said.

Scott said he is eager to see the plan become a reality.

“I was hoping to see it happen before this school year starts back up, but obviously it’s not. That’s something that I really think needs to happen. It’s just waiting ... for someone to have an accident there. We don’t want our names on that if we could prevent it,” he said.

Chairman Amy Walker, of the Mayo River District, thanked VDOT for presenting to the school board again and at no charge.

“I live there. I have half a mile from this intersection, and it can get sketchy at times. I mean I’ve seen it all throughout my life there. I’m excited for it,” she said.

Walker said she understands that in the past, some community members were not supportive of the plan.

“But if you look at the way the road turns, and if VDOT could fix that to accommodate our farmers and tractors and trailers and all these things that use that road and the intersection there, it’s going to be a deal. It’s also going to be a huge help and improvement in the community, so I’m looking forward to it,” she said.

Rob Martin, of the Dan River District, shared a constituent’s recent experience following a recreational sports match at HRMS. He said students came out of the gym and one ran straight out the door toward the road.

“Luckily this staff member was able to grab him right as a car was flying by,” he said. “I think it’s 15 miles per hour through there, and I don’t think there’s a car that does 15 miles an hour through there. Just like Mr. Scott said, it’s just a matter of time before something drastic happens.”

Cougars named to all-region teams

The Patrick County High Cougar baseball, softball and soccer teams all had players named to the Region 2C All-Region teams.

The Cougar baseball team was led by Noah Jessup, named 1st team as a utility player. Named to the all-region 2nd team were pitcher Christian Hylton, first baseman Jackson Horton, and outfielders Jaiden Wilson and Gavin Fain.

Named to the 1st team all-region team from the Lady Cougar softball team was catcher Journey Moore, and at second base Lilly Hazelwood. Pitcher Jenna Woods was named to the 2nd team.

The Lady Cougar soccer team had defender Daryl Lynn Combs, goalkeeper Skye Ayers, midfielder Camille Gonzalez, midfielder Kendall Williams, and forward Kyra Titular all making the all-region 2nd team.

Forward Soloman Reeder made the all-region 2nd team for the boys soccer team.

Student Briefs

Beasley graduates from Mercer University with Doctor of Public Health

Kirsten Beasley, of Woolwine, was among more than 2,600 students to graduate from Mercer University in May. She earned a Doctor of Public Health degree from the College of Health Professions.

Vernon Earns Bachelor’s Degree from William & Mary

Caroline Vernon, of Stuart, recently graduated from the College of William & Mary with a Bachelor of Science degree.

Council approves procurement policy

By Taylor Boyd

The Stuart Town Council approved its procurement policy at its Wednesday, June 18 meeting.

Town Manager Bryce Simmons said the reason he wanted the policy is primarily for the town’s Downtown Revitalization project.

“It is a deliverable that they want to look at specifically in how we deal with small purchases,” he said.

In general, Simmons said he’s tried to follow the Virginia Municipal League’s procurement handbook which acts as a guideline for the Virginia procurement act.

Because the town will soon have its new Treasurer on board, Simmons prepared a document to be used as a reference outlining how the town conducts business.

“I’ve tried to make it as least cumbersome as possible. This, I hope, will be a living document. It’s a policy, it’s not an ordinance, it’s not a resolution, this is something that we can change as we get into something, have a question,” he said.

Simmons also believes he should have been trying to come up with policies earlier in his tenure as town manager, “because here at the town we’ve been a little lax in how we have viewed and perceived policy. I think this is a good thing to keep moving forward.”

In other matters, the council:

- *Heard an update on town projects.
- *Heard an update about businesses that have fallen behind in paying meals taxes.
- *Heard an introduction from Patrick County Library Branch Manager Somer Luna-Ojodeagua, who invited the council to visit the library and see what it has to offer.
- *Approved the meeting minutes.
- *Paid the bills.

Vice Mayor Dave Hoback did not attend the meeting.

P&HCC releases Spring 2025 academic achievement lists

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

Honors List – Spring 2025

Ararat: James Andrew Hensley, Evan Bradley Martin, Callie Elyse Montgomery

Claudville: Conner Wayne Goad, Hali Renay Napier, Kason Lee Pinnix, Benjamin Blake Sutphin

Critz: Kristen Lynn Bouldin, Hunter Greer, Jalen Malik Hagwood

Laurel Fork: James Avery Brintle

Meadows of Dan: Benjamin Edward Conner, Maria Ojodeagua

Patrick Springs: Dakota Michelle Ashworth, Ethan Curry, Emily Grace Helms, Steven Marion, Rocky Marcel Nelson, Hunter Aaron Smith, Rylee Rae Soliday, Katie Ellanora Vernon, Lauryn Marie Williams, Zoe Lynn Wooden

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

Stuart: Kristina Lynn Beckett, Jared Bishop, Kylei Paige Blevins, Sasha Nicole Campos-Pineade, Logan Phillip Conner, Williams Chancellor Corns, Alexandra Cotoc Santos, Gavin Samuel Fain, Seth Andrew Geiger, Evan Havens, Hunter Heath, Allison Shae Hughes, Moneus Jasmine Hyde, Austin Dwayne Hylton, Alexis Marie Knight, Jacob Ellis Lester, Emma Madeya, Lillian D. McKenzie, Raeli Adrianna Moran, Quentyn Nytae Penn, Angel T. Redd, Josiah Lee Spangler, Stephen Cosley Spencer, Michael Wayne Stevens, Tyler Stowe-Holt, Adara Dawn Taylor, William Paul Vernon, Kendra Bree Worley

Woolwine: Nathanael Peter Blessman, Andrew Joseph Tackett

President’s List – Spring 2025

Ararat: Jocelyn Nicole Carson, Eliza Lin Clifton, Mason James Dellenback, Lacey Denise Easter, Ananiah Gabriella Jenkins, Virginia Nelson Nations

Claudville: Jaxon Dallas Ayers-Rosas, Jackson Douglas Sanders Barbour, Tristan

Cox, Noah James Jessup, David Larry Lawson III

Critz: Aaliyah Marie Reynolds, Xavier Orlando Torres

Meadows of Dan: Dante Marshall Belcher, Daryl Lynn Combs, Hannah Claire Ingalls, Justin D. Lewis, Somer Ojodeagua Luna, Xena Wilcox, Callie Wood, Katheryn Hope Wood

Patrick Springs: Braedon Augustine, Rachel Grace Bishop, William Foltz, Lindsey Grace Jones, Zachary Ryan Letchworth, Sadie Jane Martin, Hagen Rick Murphy, Samantha Frances Nester, Angel Faith Plaster, Emily Nicole Trent, Amber Nicole Wagoner

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

Stuart: James Clifford Belcher, Jack Greene Blaylock, Rachel Branch, Abigail Bryant, Liliann Shauntay Butler, Bryan Nathaniel Clark, Kayla Corns, Haley Abigail Day, Gabriel Dehart, Emily Claire Eastridge, Carrington Fain, Joshua Glenn Freeman, Santa Danay Garcia, Autumn Nicole Goins, Camille Beatriz Gonzalez, Carter Scott Gregory, Miranda Litzzy Hall, Sydney Lynn Hopkins, Whitley Katherine Kruse, Aaron Bradley Lawson, Kylee Jessa Leonard, Cindy Leon-Cisneros, Rawleigh Douglas Mabe, Ashley Lauren Martin, Jude Galyean Martin, Draysin Maselli, Madison Mills, Haley MacKenzie Rakes, Parker Kayden Roop, Elizabeth Rose, Javier Olvera Sanchez, Madison Grace Scott, Jonah Kaden Shockley, Vishal Somasundaram, Sydney Tatum, Mark Trail, Devin Dwayne Walker, Lorrie Brooke Westmoreland, Kendall Williams, Noah Alexander Wingfield, Madison Ann Wright

Woolwine: Devon Ray Booth, Hannah Ashton-Marie Bryant, Hannah Leigh Gay, Hunter Levi Pendleton, Emily Ruth Shuff.

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Crossing the Lines

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

Sheriff's Office moves to in-house medical staff at detention center



The Henry County Adult Detention Center

The Henry County Sheriff's Office is currently interviewing for more than a dozen positions at the Adult Detention Center after deciding to transition all medical services from a private contractor to in-house employees.

When the Adult Detention Center opened in March 2022, Henry County Sheriff Wayne Davis said the previous administration elected to use a contract medical vendor for its services.

"At that time, that went out to bid and multiple medical vendors had an opportunity to bid on it, in which Wellpath was selected to provide medical services for the jail," he said.

When he took over as sheriff in 2023, Davis said he and his office looked into how they could improve things.

"So, we have done quite a lengthy study on looking into the services provided by Wellpath. I really need to give a lot

of credit to my staff here. They put countless hours into this," he said.

Davis noted that one factor leading to the decision was that the current contract with Wellpath is up for renewal on June 30.

"There were a number of reasons why we elected to not renew the contract. Number one, Wellpath did not fulfill their staffing metrics according to the contract set in place. What that means is we were paying for more staff than they were

providing," he said.

Davis cited one example: Wellpath was obligated to provide a medical director, who must be a doctor.

"That doctor could work remotely and be accessible, but that has to be done sometimes because it's not always the best practice. For example, that medical director for Wellpath only came into the facility one time in three years and that's just not acceptable," he said.

Another factor was the contract cost. Davis said the contract with Wellpath was about \$1.7 million, and would have increased to more than \$1.9 million on July 1.

"So when we looked at this, we were able to hire two part-

time employees, which is a part-time medical director who will be in the building multiple times a week, one nurse practitioner who's on a part-time basis and will be in the building multiple times a week," he said.

There will also be 12 full-time positions, including four registered nurses (RNs), four licensed practical nurses (LPNs), and four certified medication technicians (CMTs).

"We can provide all of that at a cost savings that at a minimum would be hundreds of thousands of dollars and on the high end could save the taxpayers up to a million dollars annually," Davis said. "So in essence, the best way to put it is we can provide a much higher level of service for less money at the cost of the taxpayers. In addition to that, they are Sheriff's Office employees to which we have full oversight of."

Davis said he has not received any pushback on the change.

"I think obviously anytime you can provide a better service for less money it's an absolute win-win," he said.

Exclusion from Sorensen event sparks backlash

Two Martinsville City Council members and other city officials were among those invited to attend a June 14 meeting hosted by the Sorensen Institute for Political Leadership. The private event, held at the New College Institute (NCI), was closed to the public and media—prompting concern after Council Member Julian Mei, who had not been invited, was asked to leave when he tried to attend.

"I simply wanted to hear what my elected officials and some city staff were presenting, and I was asked to leave, and left," Mei said.

Mayor LC Jones and Vice Mayor Kathy Lawson both participated in the meeting, which was arranged and led by the Sorensen Institute—a nonpartisan organization affiliated with the University of Virginia that offers civic leadership training focused on ethics and effective governance.

While the event was not

publicly advertised, officials said it followed a long-standing format that typically involves the sitting mayor and vice mayor. Lawson noted that the city had no control over the guest list.

"Sorensen is a leadership academy," she explained. "People apply, are accepted, and pay to take part. It's a private program, not a public meeting."

Lawson also emphasized that NCI, which served only as the venue, had no role in determining who was invited. "It wasn't anything sinister, the way social media is making it seem," she said. "It was their meeting. They just happened to be at NCI."

The meeting was also closed to the press. Lawson said that out of more than 800 events NCI hosts annually, only a small number include media. "This wasn't a city or council meeting," she said. "It was a private nonprofit event. I was invited to be a part of their panel, and that's it."

Dillard seeks second term on board



Garrett Dillard

Garrett Dillard plans to seek a second term as the Henry County Board of Supervisors' Iriswood District representative in the November election.

He is currently running unopposed.

Dillard said he decided to seek another term because he believes the role plays an important part in community development.

"Having diverse voices on the board really is important, and I've enjoyed working with the board members that are there. I just look forward to continuing to make progress with some of the things that we've started working on, especially recently," he said.

If reelected, Dillard said he wants to find ways to increase recreation opportunities for youth in the community.

"Definitely want us to put more time into some type of Healthy Henry County campaign. We've done some things, but I want us to pick the pace up with that some," he said.

Easley among candidates certified for November ballot



Ruth L. Easley

Ruth Easley, a Martinsville native and incumbent Commissioner of the Revenue, has qualified to be a candidate for re-election on November 4.

"I have served as Commissioner of the Revenue for 23 years and have provided consistent and transparent leadership during turbulent times during my tenure in office. I want to continue to build on a tradition of integrity, service and trust," Easley said.

A graduate of Martinsville High School, Virginia Commonwealth University, and the University of Virgin-

ia's Weldon Cooper Center as a Master Commissioner of the Revenue, Easley is the first female commissioner of the revenue—and the longest serving—in the city's history.

"It has been my esteemed honor to serve the citizens of Martinsville, providing innovative services while carefully safeguarding customer information in an efficient and respectful manner."

Easley will be challenged by Shasta Carmichael. As of this publication, Carmichael's petition signatures had not been certified.



1-3-5-7-9



1-3-5-7-9



1-3-5-7-9



1-3-5-7-9



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Alumni

(cont. from page 4)

an Elder at Stone Memorial Christian Church.

McBride earned her Associate's degree in Nursing from P&HCC in 2009. She is currently completing her Bachelor of Science degree in Nursing at Averett University. McBride is the Director of Critical Care Unit at SOVAH Health. A graduate of Fieldale-Collinsville High School, she began her career as a pharmacy technician at SOVAH Health when it was Memorial Hospital of Martinsville and advanced to Unit Secretary of the Critical Care Unit while enrolled in the nursing program at Patrick & Henry Community College. After graduation, McBride worked as a registered nurse in the Intensive Care Unit. She then became clinical manager of Critical Care Unit before being named the director of the Critical Care Unit, PICC, and Dialysis. McBride is an active volunteer at Day Star Ministries where she works with the children's ministry, vacation bible school, and children's productions.

O'Der earned his Associate's degree in Administration of Justice in 2016. He continued his education at the British National Senior Investigation Officer Academy/Metropolitan Police Crime Academy at New Scotland Yard in London, England. O'Der currently serves as a special agent with the United States Department of Defense Counterintelligence and Security Agency, and is the mayor and town manager of Ridgeway. A graduate of Fieldale-Collinsville High School, he was a Sergeant in the United States Army before joining the Henry County Sheriff's Office as a Criminal Investigator, Master Deputy Sheriff, the first School Resource Officer at Bassett High School, and the Drug Abuse Resistance Education (DARE) Program instructor in elementary schools. O'Der then served as an Inspector General Law Enforcement Special Agent and Polygraph Examiner with the Virginia Department of Corrections and the Office of the State Inspector. He is a member of the Virginia Municipal League and Martinsville & Henry County Chamber of Commerce. He is a member of the Piedmont Masonic Lodge and the American Polygraph Association. O'Der is a former soccer official with the Virginia High School League and General Manager of the High Point Thomasville HiToms Baseball Organization's developmental teams program.

Palmer earned an Associate's degree in Business Technology-Management from P&HCC in 2013. Palmer is the Vice President of Lester Properties and the President of

Lester Development Corporation. A graduate of Bassett High School, he was a materials handler at Heritage Home Center, owner of Palmer's Golf Cart Sales, owner/franchisee of Sears Hometown Store, collector at Wells Fargo Bank N/A, and commercial leasing manager at The Lester Group. Palmer is an Eagle Scout, a member of the Colonial George Waller Chapter of the Sons of the American Revolution, a member and former president of the Martinsville/Henry County Lions Club, a member of the Knights of Pythias, a board member of the Fuller Center of MHC, and the vice chairman of organizational improvement for the Martinsville/Henry County Chamber of Commerce.

Woody earned her Associate's degree in Paralegal Studies from P&HCC in 2000. She continued her education at Old Dominion University, earning a Bachelor of Science degree in Interdisciplinary Studies with a Specialization in Professional Writing in 2010 and a Master of Science degree in Education from Regent University in 2021. Woody serves as a U.S. History teacher, Student Council advisor, and Speech and Debate Team coach at Martinsville Middle School. A graduate of Patrick County High School, she worked in textiles at Bassett-Walker, Inc., Spencer's Inc., and Pluma, Inc. After an internship with Henry County Juvenile & Domestic Relations Court, Woody worked at the Franklin County Circuit Court clerk's office and the Henry County General District Court clerk's office. She then served as a long-term substitute teacher and remediation tutor at Franklin County Public Schools. Woody was named Teacher of the Year in 2024 and District Teacher of the Year in 2025 for Martinsville City Schools. She is a member of the Virginia Educators Association and the National Society Daughters of the American Revolution. She is the regent of the Patrick Henry Chapter of the Daughters of the American Revolution. Woody is on the board of directors of the Martinsville-Henry County Historical Society and the Patrick County Historical Society & Museum. She writes a weekly local history column called "Patrick Pioneers" for the Stuart Enterprise newspaper and authored a local history book Patrick Pioneers Part One and has helped to narrate the PBS documentary Rock Castle Home.

For more information about the Patrick & Henry Community College Distinguished Alumni Awards program, please contact the P&HCC Foundation at (276) 656-0250.

John Douglas Burge



John Douglas Burge, age 80, of Fredericksburg, Virginia, passed away peacefully on June 10, 2025, surrounded by his loving family. Born and raised on a tobacco farm in Patrick County, Virginia, he was the son of the late Charlie and Bessie Lawson Burge. A proud graduate of Stuart High School, he later earned degrees from Bluefield College—where he also played basketball—and Virginia Polytechnic Institute—now known as Virginia Tech.

An outdoorsman at heart, Johnny found joy in the simple pleasures of life. He loved primitive camping, hunting, canoeing, and fishing—especially with his grandchildren. He built a Daniel Boone-style log cabin in the woods behind his home using logs from his own land, and spent countless hours crafting slingshots and bows for his grandkids, sharing stories, and exploring Civil War battlefields. A passionate history buff and avid reader with a remarkable memory, he could tell a story like no other and had the gift of gab that made strangers feel like old friends.

He was known for his love of naps, and cheering for his favorite sports teams, including any team of his grandkids', the Washington Redskins and the Hokies. Johnny loved traveling, especially to our "beach house" which was Mary's grandmother's house on her farm in the foothills of NC. He had a soft spot for gas station hotdogs, junk food, and all animals—

especially cats and his beloved grand-dogs.

Professionally, Johnny built a distinguished career that spanned over 60 years, working as a right-of-way agent for the highway department, a real estate appraiser for Fairfax County, and as the co-founder of Burge Appraisers, Inc. His tireless work ethic and pursuit of excellence made a lasting impression on everyone he worked with and left a meaningful legacy in the community he served.

Faith was a cornerstone of Johnny's life. He was a faithful member of Hope Presbyterian Church, always willing to lend a hand wherever needed. He especially enjoyed times of Bible Study and community service with his group of friends lovingly referred to as the "Wise Guys."

He is survived by his devoted wife of 56 years, Mary Eperson Burge; his beloved daughters, Ginni Burge, Erica Tanner (Wade), Amanda Meade (Tom); and his ten beloved grandchildren: Averianna, Tucker, and Aidareece Phillips, Jonah, Lydia, Jude and Eden Tanner, Hannah, Thomas and Cora Meade. He

is also survived by his sister-in-law, Regina Burge, nephews Jerry and Randy Burge, nieces Sharon McGraw and Teresa Dodson and many friends and extended family who cherished his kind heart and storytelling spirit.

He was preceded in death by his parents, Charlie and Bessie Burge; his brother Paul Burge (Margaret); and his brother, Lloyd Burge.

John will be remembered for his love and devotion to his family, his sharp wit, endless curiosity, and unwavering kindness. His stories, laughter, and presence will be missed beyond measure but carried forward in the hearts of those who knew and loved him.

Visitation will be held on Friday, June 13, 2025, from 6:00 to 8:00 PM at Johnson Funeral Home, located at 31440 Constitution Hwy, Locust Grove, VA 22508.

The funeral service will take place at 11:00 a.m. on Saturday, June 14, 2025 at Hope Presbyterian Church, 11121, Leavells Rd, Fredericksburg, VA 22407. A reception will follow the service.

A second funeral service and interment will be held at 10:30 a.m. on Monday, June 16, 2025 at Crossroad Community Church on Aaron's Corner Church Road in North Carolina. Memorial donations may be made to Samaritan's Purse at www.samaritanspurse.org or to Hope Presbyterian Church, 11121, Leavells Rd, Fredericksburg, VA 22407.

Chicken Alfredo products recalled over listeria concerns

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS), the Centers for Disease Control and Prevention (CDC), and the Food and Drug Administration (FDA) are investigating an outbreak of *Listeria monocytogenes* linked to a recall of chicken fettuccine Alfredo products.

FreshRealm establishments in San Clemente, California; Montezuma, Georgia; and Indianapolis, Indiana, announced June 17 that the products may be contaminated. The company is voluntarily recalling all products produced before June 17, 2025.

The following ready-to-eat products were shipped to Kroger and Walmart locations nationwide:

32.8-ounce tray packages of "Marketside Grilled Chicken Alfredo with Fettuccine Tender Pasta with Creamy Alfredo Sauce, White Meat Chicken and Shaved Parmesan Cheese," with best-by dates of June 27, 2025, or earlier.

12.3-ounce tray packages of "Marketside Grilled Chicken Alfredo with Fettuccine Tender Pasta with Creamy Alfredo Sauce, White Meat Chicken, Broccoli and Shaved Parmesan Cheese," with best-by dates of June 26, 2025, or earlier.

12.5-ounce tray packages of "Home Chef Heat & Eat Chicken Fettuccine Alfredo with pasta, grilled white meat chicken, and Parmesan cheese," with best-by

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PATRICK PULPITS

Apathy - The Silent Killer

By Van Yandell

Revelation 3: 15-16 NKJV "I know your works, that you are neither cold nor hot. I could wish you were cold or hot. So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth."

High blood pressure or hypertension has been classified by the medical profession as "the silent killer." Primarily it is called that because we do not realize we have a problem until it is too late.

Actually, with a slight increase in blood pressure, one sometimes feels an increase in energy which leads one to believe everything with their health is okay.

The church in America is suffering from a condition similar to hypertension. It appears to most of those that occupy a seat in church on Sunday mornings believe the church health is wonderful.

No state of chemically (or other) induced euphoria could create an illusion further from the truth. We are in many churches and see the same developing state of death-bed sickness in many of those. A great sadness is experienced when we fully realize this is not what Jesus had in mind.

Jesus had in mind a church that would obey His instructions. Specifically, to love one another (John 13: 34-35), be of one accord (Philippians 2: 2) and to evangelize (Matthew 28: 18-20), and not be divided by individual notions.

Matthew 16: 18 "And I say also unto thee, that thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it."

The "gates of hell shall not prevail against it," but the gates of denominationalism and indifference may. Many churches once adhering to a denomination are now adding the term, "independent." Could we at least recognize that in most cases those matters that divide us are not matters of eternal consequence?

We must always teach that eternal salvation is attained by a faith based belief (Ephesians 2: 8) in Christ Jesus crucified (Matthew 27: 35) for the remission of sin (1 John 1: 9) and resurrected (Matthew 28: 6).

Apathy for the church is very similar to the signs of hypertension. Basically, the signs are not recognized as a problem because we consider them to be either good things or at least non-consequential.

In many of today's churches in America, we need not be concerned with finding a seat. Attendance has dropped to the point two thirds of the building could be partitioned off.

When preaching, I prefer to stand on the floor with the congregation and not behind a speakers stand. It is usually possible to use the front seat as a place to lay my Bible and notes.

Declining attendance at times is a gradual process and people may not notice until one Sunday morning they look up and wonder, "Where is everyone?" A very interesting state-

ment once heard was "People in church at times look around to see who's there. We should be looking around to see who is not there!"

"Out of sight, out of mind" must not be a philosophy concerning members that suddenly stop attending. Do we not care what happened to them or simply not notice?

A simple phone call or visit may be all the difference it takes to encourage someone to come back. And don't wait six months to send someone a mass-produced card "We're missing you."

Spiritual weakening contributes to the decision making process of church members. We may ask ourselves "What is more important, which team wins the ball game or eternity?"

Spiritual disconnect is also of paramount concern when observing the apathy and consequent death of a church. We must be alarmed when we as a church or individual lose our supernatural connection with our Creator.

A lack of participation in congregational singing is a sign of a dying church. When we fail to lift up our voices to the Lord, our attitudes are screaming indifference.

Psalms 100: 1-2 "Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing." The time to worship begins with the spiritual uplifting of the song service.

Pastors get the blame for a dying church and perhaps at times, that is accurate. If anyone is to be excited about Sunday mornings, it must begin with each of us and the pastor.

Also in the pastoral arena is the mission attitude of a church. If Christians fail to comprehend the importance of fulfilling Jesus' last command (Acts 1: 8) before His ascension, we will continue to see our world digress into chaos.

Jesus told us to "Go ye therefore and preach this gospel to all nations" for a reason. He suffered, shed His blood and died for the sins of everyone; all eight-billion of us.

We must see everyone as someone Jesus died for. If mankind has been given any one gift precious above all others, it is eternal life. Acts 4: 12 "Neither is there salvation in any other: for there is no other name under heaven given among men by which we may be saved."

If people do not understand the differences in right and wrong and the differences in actions as being acceptable and unacceptable, the deterioration of civilization will continue. The only reference for those is the Holy Bible.

Once a man that was asked, "What do you think about ignorance and apathy?" His answer: "I don't know and I don't care!" I do not ever want to be that man.

Van Yandell is a retired Industrial Arts teacher, an ordained gospel evangelist and missionary, from Fredonia, Kentucky. His email is vmy3451@gmail.com.

BIBLE TRIVIA

BY WILSON CASEY

1. Is the book of Jonah(KJV) in the Old or New Testament or neither?
Cain, Judah, Silas, Joshua

2. In Genesis 15, who was told to "look now toward Heaven and tell the stars"?
Noah, Adam, Abram, Moses

3. Who succeeded Belshazzar as King of the Chaldeans?
David, Darius, Daniel, Saul

4. Who sold his brother, Joseph, to a camel caravan?

5. Where did Jacob and his family settle in Egypt?
Goshen, Damascus, Bethlehem, Beersheba

6. What was the name of Naomi's husband?
Ephriam, Elijah, Elimelech, Elisha

ANSWERS:1) Old, 2) Abram, 3) Darius, 4) Judah (with his brothers), 5) Goshen, 6) Elimelech

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Rev. Tommy Gosnell
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Worship Services 11 am

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Wednesdays
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REGRESSION ANALYSIS

ACROSS

1 Outermost layers
9 Most current
15 Tips, as one's hat
20 "Yes, it's obvious"
21 Artemis' twin
22 Bow missile
23 TNIOPWEIV
25 Gaze
26 Web selling
27 Joking sort
28 Stew globule
30 2021 U.S. Open champion
31 Bern's river
33 "Auld Lang —"
35 TNEMPIUQE
39 Rely on
42 1998 Masters champion
44 Beach sites
45 HTWORG
50 Eases
51 "Ex's & —"
52 Toronto loc.
53 Ruby and garnet
57 Large crucifix
58 PDQ cousin

DOWN

60 Scale amts.
61 Creepy
62 Stew or coffee holder
64 DOIREP
69 Sweet bun
73 Minor error
74 Was a threat to
75 POLFPILF
78 "My Gal —"
79 S-shaped moldings
80 Fizzle out
81 Not at all firm
83 Has no entity
87 Belgian river
88 Part of SPF
89 Grayish hue
92 Ebb
94 ECNADIUG
97 — Harum
(“A Whiter Shade of Pale” band)
101 Truly loves
102 Filmmaker
Jonathan or Ted
103 LAISUM
106 Gab
109 Old Russian space station
110 Shoemakers' tools
111 — chi

112 China's Long March leader
114 Authoritative declarations
117 One of the singing Braxtons
119 TIUCRIC
125 Bother badly
126 Affected sort
127 Small naval vessel group
128 Shell out
129 Suddenly regain focus
130 Kind of bicycle

15 Wagner's "— Rheingold"
16 Big name in taco shells
17 Encloses in a border
18 Layout
19 Vows
24 "You — one!"
29 Sporty scarf
31 Doing battle
32 Retort to "Am not!"
34 Says "OK" to nonverbally
36 Long stretches
37 U-Haul unit
38 Long stretch
40 "Five-card" or "seven-card" game
41 Erstwhile flight inits.
43 Prefix with skeleton
46 Christie of mysteries
47 Dwelling place: Abbr.
48 "Licence to Kill" actress
49 "To recap ..."
53 Take revenge
54 Stonestreet of "Modern Family"

55 Light coin
56 Bird feed bit
59 Throb
60 Brown songbirds
61 Poet —
63 "Love Me, I'm a Liberal" singer
65 J. Cole's music
66 "Consider This" network
67 "— recall ..."
68 Curl up cozily
69 Guy into hip-hop, in old slang
70 Tattered garb
71 Slush Puppie alternative
72 Finish
76 Prehistoric beast, in brief
77 Simple card game
82 Not at all near
84 Safe to take a dip in, say
85 Tennis player
86 Jazz pianist
88 Break up

89 Page or gofer
90 Exit angrily
91 — Majesty
93 Kind of PC screen
94 Comic punch response
95 Devoid of joy
96 Indoor design
97 China pieces
98 Cover again, as a gift
99 In recent days
100 Diagnostic med. image
104 Lawmen
Wyatt and Virgil
105 Use as a bed
107 Confuse
108 Attach with string, e.g.
113 Farm-related prefix
115 Army beds
116 Voyage
118 "— be a pleasure"
120 Airport uniform abbr.
121 Sales agt.
122 To the rear
123 Land in eau
124 Itty-bitty bit

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Weekly SUDOKU

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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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LEGAL

NOTICE OF PUBLIC HEARING

PUBLIC HEARING: The Patrick County Board of Supervisors will hold a Public Hearing, Monday, July 14, 2025 on the proposed ordinance authorizing the payment of bonuses as outlined in §15.2-1508 of the Code of Virginia.

The hearing will be held in the 3rd floor Courtroom of the Patrick County Veterans Memorial building, 106 Rucker Street, Stuart, Virginia.

Anyone wishing to view the proposed ordinance authorizing the payment of bonuses as outlined in §15.2-1508 of the Code of Virginia may do so at the County Administration office, Suite 218 located in the Patrick County Veterans Memorial building.

If you plan to attend and have any special needs requirements, please contact the County Administration Office at 276-694-6094.

LEGAL

ORDER OF PUBLICATION Case No. CL25000167-00
COMMONWEALTH OF VIRGINIA
VA. CODE §§ 1-211.1; 8.01-316, -317, 20-104
Patrick Circuit Court, 101 West Blue Ridge Street, Stuart, VA 24171
ESTATE OF KATHLEEN v. JASON MORRIS SCHIFF, WILSON SCHIFF, TRAVIS COMPTON JR, AND PARTIES UNKNOWN

The object of this suit is to: TO OBTAIN PROPER SERVICE UPON UNKNOWN PARTIES It is ORDERED that ANY PARTIES UNKNOWN WHO HAVE INTEREST IN THE ABOVE CASE appear at the above-named court and protect his/her interests on or before July 17, 2025.
JUNE 9, 2025

[Signature]
Clerk

LEGAL

ORDER OF PUBLICATION Case No. CL25000155-00
COMMONWEALTH OF VIRGINIA
VA. CODE §§ 1-211.1; 8.01-316, -317, 20-104
Martinsville Circuit Court, 55 W Church Street, Martinsville, VA 24112
VALLIE W. HYLTON v. JOHN DOE, JANE DOE, UNKNOWN HEIRS

The object of this suit is to: FOR THE COURT TO DETERMINE WHO IS THE OWNER OF REAL PROPERTY LOCATED AT 411 FAYETTE ST., CITY OF MARTINSVILLE, VIRGINIA. THE DESCENDANTS OF JAMES WILLIAM HODGE, JR., DECEASED, AND JAMES CHRISTOPHER HODGE MAY OWN AN INTEREST IN THIS PROPERTY. TO DETERMINE WHO OWNS THIS PROPERTY THE PLAINTIFF IN THIS CASE IS ASKING THE COURT TO RENDER AN INTERPRETATION OF THE WILL OF LUCILLE HODGE, DECEASED. IN ORDER TO ASSERT AND PROTECT THEIR POTENTIAL RIGHTS OF INHERITANCE, ANY PERSON WHO BELIEVES HE IS SHE IS AN HEIR OF JAMES WILLIAM HODGE, JR. AND/OR JAMES CHRISTOPHER HODGE. It is ORDERED that JOHN DOE, JANE DOE & UNKNOWN HEIRS OF JAMES W HODGE appear at the above-named court and protect his/her interests on or before August 5, 2025.
June 5, 2025

[Signature]
JUDGE CLERK

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(Please Note: Meeting/event information must be received no later than 5 p.m. on Friday before the desired publication date. Email to dhall@theenterprise.net.)

Meetings

Monday, July 14

The Patrick County Board of Supervisors will meet at 6 p.m. in the third-floor courtroom of the Patrick County Administration Building.

Tuesday, July 15

The Patrick County School Board will meet at 5:30 p.m. in the Patrick County School Board Office.

Wednesday, July 16

The Stuart Town Council will meet at 6 p.m. in the Stuart Town Office.

Events

Thursday, June 26

Fairy Stone State Park - Fairy Stone Hunt, noon, Shelter 4; Turtle Time, 2 p.m., Visitor Center.

Friday, June 27

Stuart Farmers' Market will be open 8 a.m. to 12 p.m., selection of produce, metals, baked items, crafts, and more. The Patrick County Master Gardeners will be on site to answer any questions.

Fairy Stone State Park - Woodland Mindfulness, 10 a.m., Shelter 4; Fairy Stone Hunt, 1 p.m., Shelter 4; Turtle Time, 2 p.m., Visitor Center; Roosting in the Rafters, 3 p.m., Beach Breezeway; Welcome Campfire, 7 p.m., Amphitheater.

Saturday, June 28

High Point Baptist Church will hold Vacation Bible School for students in K-6, from 9 a.m. to 1 p.m. with lunch provided. For more information, contact Pastor Wayne Moore at 226-793-7991.

Movies in the Park, "Sonic 3," will be shown at the Dan River Park in Ararat. Showtime is dusk. Concessions available. Call (276) 694-3917 for information.

Christian Bowhunters of the Blue Ridge will be hosting a 3D archery target shoot for both Youth, starting at 6 yrs old, and Adults. Located at Sycamore Baptist Church, 179 Sycamore Church Road, Stuart, 10 a.m. to 12 p.m. Bows and arrows provided or bring your own recurve or compound bow.

Sunday, June 29

Stuart Church of Living Water will hold a Worship on the Hill at proposed building site. Prayer and worship start at 10 a.m. Lunch will be provided. Better By Far will give a special performance. RSVP to (276) 694-3322 or office@stuartlivingwater.com.

Tuesday, July 1

Basic Wood Carving Class, begins at Stella Christian Church, 7:30 p.m., no charge. Meets on the following Tuesdays for 2-3 months. For registration or additional information, call Jim Stanley, (252) 410-0019.

Friday, July 4

4th of July Bluegrass and Old Time Music Competition from 10 a.m. to 4 p.m. at the Vista Community Center. Banjo, fiddle, guitar, mandolin, bands, vocals, and flat footling competitions with three levels each: children, teens, and adult, and cash prizes for the top three competitors. The opening ceremony will be held by

Patrick County VFW Post 8467, and the quilts of valor will be presented at 10 a.m. Hotdogs, BBQ, lemonade, soft drinks, and desserts will be for sale. The quilt show will be by Mountain Top Quilters. The event also includes a tractor show and games for children. Bring your own lawn chairs.

Thursday, July 10

Patrick County Senior Citizens Group meets at 11 a.m., Hooker Building at Rotary Field, Stuart. Entertainment by Philip Adams. Beverages provided. Attendees are asked to bring salads and/or desserts to share.

Saturday, July 12

The Patrick Springs Ruritan Club will be having its annual fish fry dinner, 4-7 p.m., at Patrick Springs Park in Patrick Springs. Proceeds will help the club to sponsor community service projects including scholarships for high school graduates, backpack program for students and other events. The meal will include fried fish, beans, corn, slaw, roll, drink and a dessert. Eat-in or takeout. Auction of cakes and pies

Friday, July 18

The community food truck will be at the Fairy Stone VFD from 3-4 p.m.

Saturday, July 19

The 8th annual Rock Castle Descendants Reunion, 12 p.m. at Slate Mountain Evangelical Presbyterian Church in Meadows of Dan. Bring old photographs, artifacts, stories, and a covered dish. Questions? Email Beverly at rockcastlecreek1@gmail.com or call (276) 692-9626.

Ongoing

For a list of ongoing events, check our Facebook page or visit www.theenterprise.net.

Summer camp registration underway at Reynolds Homestead

Reynolds Homestead is offering a series of three summer camps:

Camp Homestead

July 7 - 10

9 a.m. to 12 p.m.

Camp Homestead invites kids in grades 4 to 7 to spend three fun-filled days immersed in nature, creativity, and exploration on the beautiful grounds of Reynolds Homestead. Each day will include a short hike, outdoor games and activities, hands-on crafts, and a story circle that sparks imagination and reflection.

Whimsical Wildlife and Wavy Worlds Art Camp

July 14 - 17



9 a.m. to 12:30 p.m.

Join us for Whimsical Wildlife and Wavy Worlds, a four-day creative camp where art and imagination collide! Kids ages 7 to 12 will explore the magic of optical illu-

sions through hands-on projects like swirling animal portraits, kaleidoscopic patterns, and interactive jungle scenes.

Hands On - Mind On - Game On! Science Camp

July 21 - 24

9 a.m. to 12 p.m.

Hands On - Mind On - Game On! is an action-packed, screen-free summer camp where science meets creativity and teamwork. Campers will explore force, motion, gravity, and energy through hands-on challenges using rockets, LEGO, marbles, and more.

Each session is \$60 per camper, with a bundle discount of \$150 if a camper is attending all three.

To learn more and register, visit reynoldshomestead.vt.edu/upcoming-events/education-programming.

WWW.THEENTERPRISE.NET

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Academic Awards listed

Several students were honored with academic awards. Students include:

Blue Ridge Elementary School

3rd Grade

Academic Awards: Ayla Bowman, Thomas Chaney, Jaxton King, Arthur Malone, Emerie Mayes, Kayley Petty, Noelle Tomkinson.

Principal's Award: Elijah Paredes, Kenzie Radford, Stella Lane Turner

4th Grade

Academic Awards: Jase Bowman, Lydia Clement, Grayson Guynn, Hope Hedgepeth, Kara Hiatt, Brody Meredith, Arabella Noonkester, Brooklyn Stanley

Principal's Award: Marlee Dailey, Kasen Rupert, Landree Simmons

5th Grade

Academic Awards: Jase Brim, Cash Burnett, Mackenzie Cain, Taylor Carson, Jack Duppsstadt, Eastyn Handy, Early Hill, Dallas Lawson, Robert Lawson, Staci Martin, Renesmee Moody, Tecora Pack, Chloe Quesinberry, Elias Quiroz

Principal's Awards: Olivia Chaney, Zoey Dailey, Raven Hernandez, Karleigh Saunders, Evan Seal

6th Grade

Academic Awards: Emily Adams, Amelia Bowman, Arianna Crews, Dilan Juan Diego, Lucas Hall, Jade Hedgepeth, Tanner Horton, Austin Marshall, Matthew Morales, Bentley Stanley, Wyatt Thompson

Principal's Awards: Kaylee Bowles, Sadie Bowman, Montana Cain, Jay Hill, Diego Ibarra, Lincoln Puckett, Kaya Reeder, Tobin Simmons, Ariella Valerio, Olive Waycaster

7th Grade

Academic Awards: Haylee Bowman, Elijah Brown, Mason Epperson, Maddox Frye, Kimberly Gutierrez, Grayson Holland, Reese Horton, Brody Lawrence, Brigham Meredith, Beckham Terry, Briella Terry

Principal's Awards: Bronx Beasley

Hardin Reynolds Memorial School Academic Awards

4th Grade

Academic Awards: Adalyn Dehne, Caleb Hankins, Amarilis Hernandez, Sophia Hylton, Natalie Lawrence, Bobby Lawson, Cam'rom Lopez, Jacob Martin, Cassandra O'marra, Jeremiah Penn, Cameron Redd, Averie Stowe-Holt, Addison Triplett

Principal's Award: Landon Correll, Londyn Goff, Ryan Graham, Mia Hagwood, Abigail Hall, Rebecca Handy, William Keffer, Kayleigh King, Avery Lawrence, Emma Nelson, Etta Owens, Destiny Plaster, Trinity Plaster, Carter Quesenberry, Taylor Ragsdale, Korbin Salda, Arianna Slate, Samuel Slate, Harlem Smith, Kaiden Valentine, Caroline Whitlow, Taelyn Wilson, Sarah Wyatt

5th Grade

Academic Awards: Kaylee Biggs, Colton Blackard, Bentley Brooks, Johnathon Burks, Ella Dollarhite, Olivia Epperson, Natalie Ferguson, Zoey Harkey, Julianne Harmon, Jaiden Knox, Kaiden Knox, Sydney Lovell, Amya Stephany, Carter Trent, William Trent, Aubree Triplett, Layla Wright

Principal's Award: Scarlett Dobbins, Paisley Holt, Timothy Hough, Holly Lawrence, Hannah Miller, Hayleigh Phillips, Zoey Pickering, Jasen Puckett, Jessica Schroeder, Levi Sumner

6th Grade

Academic Awards: Taelyn Blankenship, Braidon Brooks, Wesley Burge, Colston Collins, Averi Cruz, Raylan Foster, Mackenzie Harman, Amilya Lawson, Ethan Nelson, Leila Stephany, Jada Stump, Linnea Tankersley, Alice Terry

Principal's Award: Dylan Clark, Riley Epperly, Aiden Hagwood, Avalynn Huffman, Lucas O'marra, Savannah Pendleton

7th Grade

Academic Awards: Kira Barker, Gage Blevins, Caitlyn Collins, Eli Collins, Ariana Hagwood, Caden Harris, Evelyn Hayes-Linton, Benjamin Hudson, Ariel Humphries, Gabriella Johnson, Alaina McBride, Brinlee Mills, Levi Montgomery, Dane Orton, Noah Putnam, Mia Spangler, Jennifer Stowe

Principal's Award: Aleah Bowman, Brayden Conner, Kenneth Craig, Ronald Davis, Alexa Diaz, Addyson Foley, Sarah Lawson, Arianna Lemons, Novie Rutledge, Asher Vaughn, Maci Whitlock.

Meadows of Dan Academic Awards

3rd Grade

Academic Awards: Zoe Hill, Dorsie Harrell Dakota Lee Proffitt, Tanner Whitt

Principal's Award: Jackson Boyd, Dakota Lee Proffitt, Tanner Whitt

4th Grade

Principal's Award: Banner Davis, Carter Puckett, Emersyn Wood

Academic Awards: Jennings Hatcher, McKinley Lewis, William Manner, Wednesday Mashburn, David Procuero

5th Grade

Academic Awards: Everett England, Easton Hall, Gabriel Helms, Angel Ojodeagua, Jayce Pascale

Principal's Award: Lexi Proffitt

6th Grade

Academic Award: Daylin Blevins, Happy Martin, Fedir Piatovol, Blake Wood

Principal's Award: Paul Procuero

7th Grade

Academic Awards: Abigail Bennett, Allysa Jordan, Savannah Knowles

Principal's Award: Ayden Garcia, Solomiia Piatovol

Patrick Springs Primary School

Principal's Award

Jessely Diaz, Carlynn Hancock, Wake Mills, Dylan Motley, Camden Penn,

Academic Award

Corey Blankenship, Leland Collins, Alex Cumpston, Mason Fain, Ella Ferguson, Jacob Harbour, Aiden Hooker, Eli Hughes, Kylie Marshall, Ava Rathbone, Chase Ross, Chase Styers, Kaylin West

Stuart Elementary School Academic Awards

3rd Grade

Academic Award: Teagan Combs, Malaki Edmonds, Brennan Fox, Jakob Glenn, Natalie Gonzalez, Odyssey Hagwood, Oliver Hall, Carson Lunsford, Penelope Maddux, Patrick Martin, Nylah Peery, Gian Roman-Miranda, Lyndon Slate, Cooper Trent, Macie Turney, Carter Williams.

Principal's Award: Emma Black, Colton Bogle, Lilly Briley, Jourdyn Cassell, Scarlett Foley, Jazmin Glenn, Lucas Hartman, Emory Hughes, River Rakes, Thomas Reasor, Josie Snow.

4th Grade

Academic Award: Hunter Briley, Carley Rae Fain, Hayden Hall, Landon Hall, Adelyn Hutchens, Milli Juarez-Luna, Maewyn McCraw, Alana Morris, Olivia Morrison, Colton Overby, Ethan Parsons, Nora Post, Isabella Queen, Jocelyn Stevens, Bella Terry, Reina Tucker, Zion Turner, Bradley Wheeler

Principal's Award: Avery Brown, Wyatt Fain, Brooklyn Fulcher, Preslie Hall, Korbin Puckett, Canon Rakes, Wesley Whitener

5th Grade

Academic Award: Peyton Adkins, Caleb Allison, Nella Bembry, Braeden Campbell, Kaythan Gray, Cooper Hall, Adrian Hodges, Lyric Houchins, Conner Martin, Dallas Martin, Ainzleigh Pack, Paige Ragsdale, Harper Russo

Principal's Award: Lucas Black, Aiden Brown, Easton Conner, Tomias Devers, Carter Foley, Kay'Cee Glenn, Emily Hawks, Emma Hutchens, Courage Jackson, Hadley Jones, Parker Jones, Jose Matias, Lucas Wheeler

6th Grade

Academic Award: Easton Childress, Milayna Helms, Alex Leon-Cisneros, Ethan Lester, Sophia Martin, Hana Martinez, Addyson Minter, Chandler Moles, Keller Muse, Hannah Post, Jayden Repass, Karoline Walton, Ivy Witt.

Principal's Award: Lydia Bowman, Elise Cagle, Emaline Combs, Eli Fain, Charlee Handy, Avery Hubbard, Adalee Hughes, Maddox Scott, Milliecent Scott, Easton Taylor, Juliet Turner.

7th Grade

Academic Award: Ian Baker, Eli Briley, Tessa Curry, Carrie Gregory, Ashton Hall, Kiah Jackson, Adilynn Jones, Ezekiel Pack, Nathan Spencer, Mya Taylor

Principal's Award: Savannah Fain, Vanessa Gregory, Jada Hylton, Pagan Smith, Bryson Turman

Woolwine Elementary School

3rd Grade

Academic Award: Jeffrey Belcher, Lars Johnson, Lillian King, Oakley Moricle, Silas Scott

Principal's Award: Aran Moran Hill, Harper Shelton

4th Grade

Academic Award: Paisley Cardenalli, Jeremiah Lester, Zoey Mabe, Asher Perez

Principal's Award: Maelynn Jones, Talin Masselli.

5th Grade

Academic Award: Emmalyn Hubbard, Moncerat Joaquin-Ortega, Bjorn Johnson, Cameron Kendrick, Skylar LeBlond, Raina Newsome, Sophia Otero-Garcia, Charlie Shuff.

6th Grade

Academic Award: Aubree Bowman, Christian Rakes, Wyatt Rodgers, Dixie Scott, Cassidy Urbach, Natalie Worley.

7th Grade

Academic Awards: Kaitlyn Gunter, Grant Iacovone, Lily Johnson, Jasper Lockhart, Jackson Osborne, Nathan Shuff.

Patrick County High School students include:

8th grade: (88 or higher average)

Dixie Atkins, Kaylee Belcher, Noah Bembry, Kobe Bogle, Noah Bowling, Ayden Bowman, Lilly Boyce, Cassidy Brim, Steven Brooks, Elena Cagle, Madilyn Callahan, Alexandria Cannon, Molly Cassell, Kylee Childress, Tucker Collins, Mason Conner, Emmalynn Corns, Conor Dollarhite, Sydney Easter, Graham Foley, Daniel Freeman, Sarah Hagwood, Levi Hankins, Kinsleigh Harris, Layla Hege, Riley Hostetter, Caleb Howell, Benjamin Joyce, Conner King, Wesley Kruse, Ian Lackey, Ainsley Lawson, Jameson Lawson, Addison Leath, Allie Lewis, Anna Long, Hillary Madrid, Ean Martin, Lemuel Meadows, Mauricio Mendoza-Gonzalez, Tenley Newsome, Aashland Noonester, Levi Ojodeagua, Abigail Pell, Jonathan Penn, Hannah Phillips, Elizabeth Post, Lily Pritt, Kash Puckett, Madison Purdy, Bethany Rakes, Gabrielle Reynolds, Ava Rigney, Jenna Robertson, Mariah Scott, Dixie Sebastian, Kathryn Shepherd, Paisley Shuff, Gavin Smith, Samuel Tatum, Kody Townsend, Rorie Tucker, Jillian Turner, Jayson Turney, Reagan Underwood, Midori Waycaster, Gage Whitaker, Cooper Wikstrom, Isabel Wilson, William Wood, Bella Wright, Trevor Wright

9th-12th grade (3.2 GPA or higher)

9th grade:

Samuel Agee, Kloe Armentrout, Rylee Barker, Peyton Belcher, Benjamin Bowman, Lily Bowman, Casey Boyer, Cody Boyer, Briar Branch, Logan Brown, Jake Bryant, Wesley Catron, Caleb Clement, Carter Cockram, Presley Combs, Gracen Conner, Hayden Conner, Oliver Cruise, Rain Davis, Eli Dillon, Jordan Draper, Thomas Eckman, Carson Farrar, Kaylene Garcia, Karson Gillispie, Anthony Gonzalez, Scarlett Gregory, Ashton Gurley, Evan Hancock, Mason Hancock,

Morgan Handy, Abbigail Hanks, Jordan Hardee, Sierra Helms, Lowell Hopkins, Martina Hubbard, Soledad Huerta-Dominguez, Kiera Hylton, Ivan Joaquin-Ortega, Analeigh Jones, Riley Jones, Mason Keith, Leah Kendrick, Olivia Kendrick, Caleb Lancaster, Savannah Lawrence, Halo Martin, Isabella Mashburn, Peyton McBride, McKenzie Mitchell, Jayme Moose, Kinley Morrison, Christian Pendleton, Asia Penn, Camryn Perkins, Asher Perry, Ernesto Ponce, Emma Purdy, Cameron Rakes, Solomon Reeder, Mark Register, Kamiya Reynolds, Alexa Rivero, Maggie Rutledge, McKenzie Sanchez, Brisan Scott, Eva Sechrist, Josiah Shelor, Aiden Slate, William Smith, Aaliyah Spencer, Gabriella Swisher, Jared Thompson, Julianna Turner, Caleb Vaughn, William Viperman, Madelyn Wagoner, Jonathan Walton, Ethan White, Haileigh Wingfield, Anna Witt, Carly Wood, Conner Wood, Kayleen Wood, Meredith Wood, Jenna Woods

10th grade:

Caleb Ashworth, Myhia Ballenger-Mijes, Melissa Barker, Brooklyn Barner, Joseph Beasley, Dakota Boyd, Kaydence Boyd, Nathaniel Bright, Anderson Brim, Mason Cassell, Arionna Catron, Isobel Clay, Madison Corns, Jason Day, Leah Delgado, Sierra Easter, Adam Edwards, Jacob Edwards, Laine Errichetti, Mason Fain, Aedan Frazier, Caleb Goins, Allison Gonzalez-Barajas, Cinthia Gutierrez, Abrielle Hairston, Addisyn Hall, Chloe Hamblin, Chloe Hancock, Natalie Hancock, Kaydence Harman, Lauren Hazelwood, Wheeler Helms, Ava Hiatt, Chloe Hubbard, Willow Hylton, Kyra Ingalls, Lily Kelly, Arabella King, Aubreigh Large, LeMia Lemons, Joseph Linster, Fisher Martin, Hunter Martin, Kimatai Martin, Mischa McMeans, Andrew Miller, Landon Moles, Brady Moore, Oren Osborne, Alyssa Overby, Kalven Pack, Emily Pearson, Kendra Penn, Anderson Philpot, Riley Pruitt, Riley Pruitt, Jayden Radford, Logan Rakes, Raiden Ross, Alexia Shuff, Jacob Spencer, Mason Spencer, Stella Stimac, Lacey Sutphin, Maddox Taylor, Tripp Thompson, Zachary Thompson, Joseph Turner, Karleigh Vasquez, Lilliana White, Paige Whitt, Evan Wood, Emmett Woodford

11th grade:

Skye Ayers, Jaxon Ayers-Rosas, Robert Bannister, Amber Barnett, Kylei Blevins, Eli Bogle, Devon Booth, Hannah Bowles, Autumn Bowman, Isaac Boyer, Rachel Branch, Reggie Brown, Abigail Bryant, Jason Burks, Lilieann Butler, Jayden Callahan, Cameron Cassell, Ethan Casstevens, Brooke Collins, Tonya Collins, Haley Conner, Alexandra Cotoc Santos, Alexis Cox, Tristan Cox, Dylan Cruise, Kristopher Huerta Dominguez, Lacey Easter, Bronson Edwards, Carrington Fain, Daniel Finnegan, Avery Foley, Adin Geiger, Camille Gonzalez, Carter Gregory, Nickolas Gregory, Avril Gutierrez, Jaeden Hairston, Jykevis Hairston, Johnathan Harbour, William Hawks, Peyton Hazlewood, Will Heath, Joselin Hernandez, Noah Hiatt, Shyanne Holt, Taylor Holt, Zachary Holt, Chloe Hostetter, Hunter Hubbard, Christian Hylton, Hannah Ingalls, Mitchell Keith, Avone Kidd, Raegen Kingsley, Sadie Knight, William Lancaster, Hayden Lawless, David Lawson, Isabella Lemons, Kylee Leonard, Jacob Lester, Alyssa Light, Ashantis Madison, Evan Martin, Kiley Martin, Erik Martinez-Tejeda, Draysin Maselli, Ocean Melton, Jose Mendoza Gonzalez, Callie Montgomery, Ellianna Montgomery, Journey Moore, Virginia Nations, Rocky Nelson, Novella Nester, Samantha Nester, Eden Nickelston, Angela Overby, Lexus Owen, Andrew Payne, Abigail Pendleton, Michael Perez, Angel Plaster, Brandy Ponce, Braydon Priest, Haley Rakes, Nathan Register, Aailyah Reynolds, Jazmyne Reynolds, Hunter Roberts, Parker Roop, Elijah Rorrer, Abigail Royall, Vincent Russo, Madison Scott, Cayden Smith-Adame, Rylee Soliday, Vishal Somasundaram, Katelynn Spillman, Mitchell Stovall, Sydney Tatum, Adara Taylor, Greely Terry, Alyssa Titular, Kyra Titular, Dana Wilcox, Xena Wilcox, Kade Williams, Jaiden Wilson, Benton Wood, Callie Wood, Eli Wood, Kathryn Wood, Zoe Wooden, Kendra Worley, Savannah Wright, Jed Young

12th grade:

Dante Belcher, Jordan Belcher, Kali Bowman, Heather Brim, Paul Bryant, Emma Buchanan, Alyssa Callahan, Sasha Campos-Pineda, Carrie Cassell, Haley Cassell, Bryan Clark, Amelia Clement, Eliza Clifton, Cameron Collins, Tara Collins, Taylor Collins, Zachary Collins, Daryl Combs, Benjamin Conner, Skyler Conner, Alysha Copening, Williams Corns, Lexi Cutchins, Mason Dellenback, Emma Dellinger, Blake Dillon, Emily Eastridge, Rachel Fitzjarrald, Joshua Freeman, Santa Garcia, Seth Geiger, Haley Gillispie, Conner Goad, Jacob Gosnell, Hunter Greer, Nicolas Haden, Easton Harris, Evan Havens, Lilly Hazelwood, Richard Hazelwood, Hunter Heath, James Hensley, James Hodges, Sydney Hopkins, Jackson Horton, Caleb Hostetter, Riley Hubbard, Allison Hughes, Jackson Iacovone, Abigail Jackson, Noah Jessup, Tessa Johnson, Justin Keen, Autumn King, Alivia Kirk, Whitley Kruse, Trinity Lackey, Ryanne Lary, Chelsea Lawson, Cindy Leon-Cisneros, Zachary Letchworth, Jymasia Manns, Jude Martin, Sadie Martin, Kenzie Mize, Raeli Moran, Matthew Nester, Chase Norman, Owen Nutter, Rocio Olivares-Tovar, Rebeca Olmos, William Overby, Sydney Peer, Hunter Pendleton, Quentyn Penn, Tyrese Penn, Rhythm Poynter, Jakya Pruitt, Carley Quesinberry, Dylan Quesinberry, Brayton Reynolds, Wesley Rigney, Lane Ross, Mason Scott, Sophie Scruggs, Jonah Shockley, Hunter Smith, Emily Stiltner, Benjamin Sutphin, Dhritik Tanna, Lucas Taylor, Xavier Torres-Seda, Isabelle Turner, Sydney Turner, Katie Vernon, Isabella Walker, Josilene Williams, Kendall Williams, Mary Beth Williams, Noah Wingfield, Cheyenne Wood, Allie Zwerling.

Wyatt Ellis to appear at center June 28

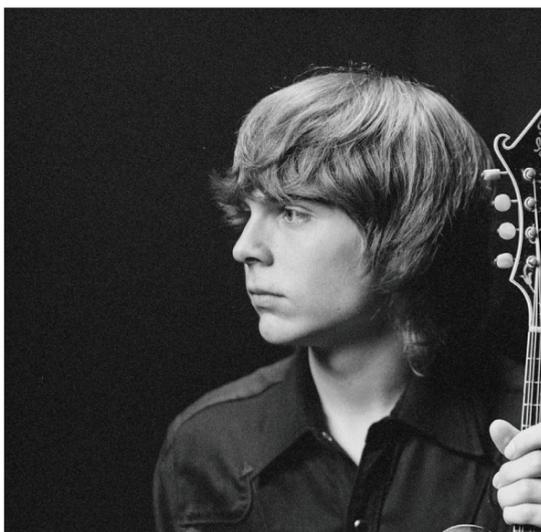
Wyatt Ellis will perform at 7 p.m., Saturday, June 28, at the Blue Ridge Music Center's amphitheater at milepost 213 on the Blue Ridge Parkway just south of Galax, Va., as part of the Deep Roots, Many Voices Summer Concert Series. Laura Leigh Jones will be opening the show.

Wyatt Ellis is a 16-year-old mandolin player, singer, and songwriter from East Tennessee who is widely regarded as one of the most exciting young talents in bluegrass music. A skilled composer and multi-instrumentalist with a deep respect for tradition, Ellis leads a powerhouse band known for their high-energy, single-mic performances.

Ellis has quickly become one of the most watched young musicians in bluegrass music. He has been mentored by many iconic bluegrass musicians, including Sierra Hull, Bobby Osborne, Mike Compton, and many more. Ellis has mastered the mandolin and morphed into a multi-instrumentalist. He has been invited to perform on stage with some of the most iconic musicians of this era, including Billy Strings, Dierks Bentley, Peter Rowan, Sam Bush, Bryan Sutton, Dailey & Vincent, and Marty Stuart. In 2024 Ellis was named the Momentum Instrumentalist of the Year by the International Bluegrass Music Association.

By age 13, he made his first appearance on the Grand Ole Opry, and at 14, returned for his official debut with his own band, performing original music, an unprecedented milestone. His debut album, *Happy Valley*, a collection of original instrumentals written at age 11, debuted at #1 on the Billboard Bluegrass chart.

In January, Ellis collaborated with Peter Rowan to release a special 2 song limited edition 45 RPM vinyl recording. Ellis and Rowan co-wrote and recorded an original composition, "Winds of

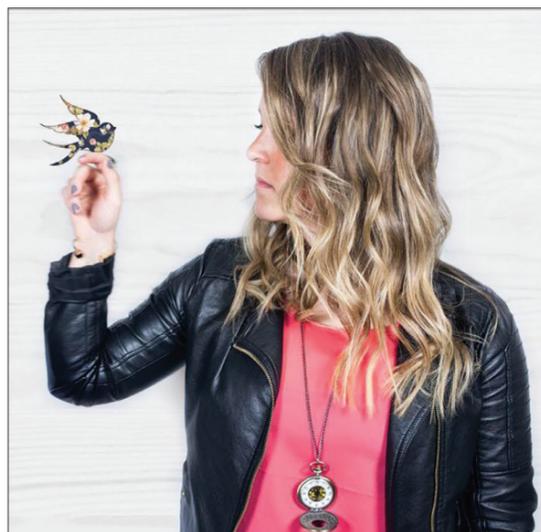


Wyatt Ellis

Rowan County" that appears on side A and performed a fresh version of the Bill Monroe classic duet "Memories of You" for Side B. This project was important to both musicians in that it symbolically paid tribute to the past, while at the same time creating a bridge to the future and celebrating the intergenerational spirit that defines bluegrass.

This spring Wyatt partnered with Michael Jonathan of Woodsongs Old Time Radio and Warren Wilson College to give away 1,800 acoustic instruments - of which Wyatt personally secured over 100 - to residents of Western North Carolina impacted by Hurricane Helene. The instruments were claimed in under an hour.

Laura Leigh Jones opens the show. Raised on country, bluegrass, and roots music on the Virginia/North Carolina line, she has been writing and performing since she was 10. As children,



Laura Leigh Jones

Jones and her siblings showcased musical talent way beyond their years with her family's bluegrass band The Cana Ramblers. She moved to Nashville in 2011, and quickly found herself penning songs with some of Music City's top hitmakers.

This concert is sponsored by New River Trail Cabins.

Tickets are \$25 for adults and \$10 for children 12 and younger. Advance tickets are available at BlueRidgeMusicCenter.org. Tickets can be purchased on the evening of the show at the admission gates.

Parking opens at 5:15 p.m. and is free. The amphitheater gates open at 5:45 p.m. The concert begins at 7 p.m. The Bluffs Restaurant will be on site with food for purchase. Concertgoers may bring their own food and beverages. Alcoholic beverages are not permitted.



Martinsville, Henry County, and Patrick County students who received awards from the Community Foundation Serving Western Virginia for the upcoming academic year.

More than \$750,000 in scholarships awarded to local students

The Community Foundation Serving Western Virginia is proud to announce the awarding of over \$750,000 in scholarships for the 2025-2026 academic year, with more than \$500,000 benefiting students from the Martinsville, Henry County, and Patrick County areas.

This year, the Foundation received over 5,500 scholarship applications, and 238 students were selected as recipients—138 of them from our local community.

"We are thrilled to help empower these bright students as they take their next steps in education," said Foundation leadership. "These scholarships are a testament to the generosity of local donors and the promise of our youth."

With assets totaling more than \$120 million, the Foundation has served the Roanoke Valley since 1988 and the Martinsville-Henry County area since 2005. The Foundation manages hundreds of endowed funds and has invested over \$70 million into the communities it serves since its incep-

tion with nearly \$10 million of that specifically in educational scholarships.

Scholarship Recipients for the 2025-26 school year are:

Saige Adams
Sienna Bailey
Marissa Bentley
Breanna Boyd
Emily Bray
Finley Brightwell
Kiara Brown
Sara Bull
Delaney Burriss
Cole Byrd
Jordan Caldwell-McGhee
Elizabeth Caro Tamayo
Elijah Chandler
Sydney Clark
Lakyn Cochran
Baylie Coleman
Kennedy Coleman
Brittany Collins
Daryl Combs
Caroline Cook
Lani Craig
Alyson Cuthbertson
Preston Davis
Laura Dillard
Saniya Dillard
Elijah Durant
Austin Elliott
Abdullah Farooq
Jamirah Farris
Madison Ferguson
Joseph Fincher
Rachel Fincher

Sarah Finley
Lacey Flanagan
Damaris Foddrell
Carson Foley
Cassidy Foley
Justin Ford
Hailey Chitwood Gammons
Luke Gardner
Alexis Garten
Heaven Garten
Kaylyn Gary
Emily Gilley
Hunter Goad
Ava Grant
Anthony Hairston
Donna Hairston
Mackenzie Hairston
Dawood Haji
MaKayla Hall
Michael Hardy
Jordan Harris
Liam Heaslip
Holden Hendricks
Camden Holland
Taylor Holland
Isabella Hood
Scottie Hubbard
Allyson Hundley
Benjamin Jarrett
Destiny Johnson
Zachary Johnson
Caleb Joyce
Mallory Kaczor
Olivia Keaton
Olivia Keller
Olivia Kendall
Ava Knight

Nicholas Kurczewski
Kelcie Lemons
Candice Lockard
Lauren Luther
Jamie Lynskey
Catherine Martin
Jessanie Martin
Taylor Martin
Kennedy McPherson
Kaci Meade
Emma Metzger
Destyni Millner
Nabria Millner
Kailei Minter
Hannah Mitchell
Ella Montgomery
William Morrison
Abigail Mosley
Chandler Motley
Zoie Pace
Krishna Patel
TMesha Penn
Tyrese Perkins
Elizabeth Poe
Justin Pool
Tyler Powell
Kristian Preston
Nala Preston
Bear Priddy
Landon Prillaman
Lydia Prillaman
Kelsey Reece
Leah Reece
Taylor Reed
Zeariah Reeves
Brandon Reid
Miranda Reynolds

Saylor Robertson
Jennifer Ruiz
Diego Salinas
Hannah Schelling
Shaley Shreve
Taylor Slate
Jariyah Smith
Lisa Smith
Faith Sprinkle
MaKayla Sprouse
Bailey Stanley
Amare Thaxton
NaTevis Toney
Chevon Trotter
Eden Turner
Maria Turner
Haley Underwood
Tyra Valentine
Adam Varner
Alyssa Veasey
Destiny Walker
Devin Walker
Michael Walker
Samantha Wall
Kayla Webb
Emily White
Monet Williams
Sydney Witcher
Ethan Yates
Emily Yeatts
Hannah Young
Bianca Zelaya

For a full listing of scholarship funds, or to learn more about the Community Foundation, visit www.cf-westernva.org.

Chicken

(cont. from page 8)

dates of June 19, 2025, or earlier.

The products bear the USDA mark of inspection and establishment numbers "EST. P-50784," "EST. P-47770," or "EST. P-47718," printed on the side of the packaging.

As of June 17, 2025, 17 people had become ill, three deaths were reported, and one fetal loss was linked to the outbreak. Illness onset dates range from August 2024 to May 2025.

The outbreak strain was identified in a routine sample collected by FSIS from a FreshRealm facility in March 2025. That batch of chicken fettuccine Alfredo was held, destroyed, and never sold.

Investigations into the production site and ingredients have not yet identified the source of contam-

ination.

Purchase records from two ill individuals traced the products back to FreshRealm establishments. Two additional individuals reportedly consumed chicken fettuccine Alfredo products.

Listeria monocytogenes can cause listeriosis, a serious infection that primarily affects older adults, people with weakened immune systems, and pregnant women and their newborns. It can also affect individuals outside these high-risk groups.

Symptoms may include fever, muscle aches, headache, stiff neck, confusion, loss of balance, and convulsions. These may be preceded by diarrhea or other gastrointestinal issues. In pregnant women, listeriosis can cause miscarriage, stillbirth, prema-

ture delivery, or a life-threatening infection in the newborn.

Listeriosis is treated with antibiotics. People in high-risk groups who experience flu-like symptoms within two months of consuming contaminated food should seek medical care and inform their provider about the potential exposure.

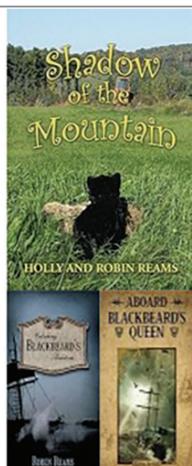
Consumers with questions about the recall can contact FreshRealm customer service at 888-244-1562.

For food safety questions, contact the USDA Meat and Poultry Hotline at 888-674-6854 or email MPHotline@usda.gov. To report problems with meat, poultry, or egg products, visit <https://foodcomplaint.fsis.usda.gov/eCCF/>.

Archibald Stuart



Joining us for the Mayberry Book Festival on July 19 at the Mount Airy Museum of Regional History is Robin Reams.



PERRY FAMILY SCHOLARSHIP

Mayberry Book Festival, sponsored by The Perry Family Scholarship, will be hosted by the Mount Airy Museum of Regional History, 301 North Main Street, Mount Airy, N.C., on July 19, 10 a.m. to 2 p.m., to raise funds for the Perry Family Scholarship.

By Tom Perry

The Stuart family tells a story that during the raid of Union troops on Saltville, Virginia, in December 1864, a soldier of the United States was staring at a portrait of a distinguished fellow admiringly until told that the subject of the painting was the father of Confederate Major General James Ewell Brown Stuart. Upon hearing this, the Yankee slashed the portrait with his saber. The painting hangs today in the home of a Stuart in Abingdon, with the repaired slash still visible.

George Washington was the first President of the United States when Archibald Stuart was born on December 2, 1795, in Lynchburg, Virginia. He was educated in private schools in the area. As the son of Judge Alexander Stuart, it was natural that Archibald would take up law as a vocation, and with that, politics came naturally. One recent biographer of J. E. B. Stuart pointed out that Abraham Lincoln had no better political experience than Archibald Stuart before the Civil War.

After joining the legal bar in Campbell County and serving in an artillery unit during the War of 1812, he married Elizabeth Letcher Pannill in 1817. Eleven children would be born to the union: Ann in 1818, Bethenia in 1819, Mary in 1821, David in 1823, William in 1826, John in 1828, Columbia in 1830, Jeb in 1833, an unnamed son who died in 1834, Virginia in 1836 and Victoria in 1838.

After a short sojourn living in Missouri near his father, young Stuart returned to the Old Dominion by 1823, and Patrick County appointed him delegate to the Virginia Constitutional Convention of 1829-30. Famous Virginians abounded at the meetings, including Presidents James Madison, James Monroe, and the United States Supreme Court Chief Justice. Archibald Stuart lived in Patrick County and represented it in the Virginia House of Delegates starting in 1830 for two years. Stuart served as Commonwealth Attorney in Patrick and Floyd counties over the years and was on the committee establishing a courthouse in Carroll County.

Archibald Stuart was a member of the twenty-fifth Congress of the United States from March 4, 1837, until March 3, 1839, representing the Whig Party. Another Virginia Constitutional Convention would come from 1850 through 1851. Both conventions would take power away from the slave holding classes of the eastern part to the western parts of the Commonwealth. Arch Stuart was with the reformers in both conventions. This movement would lead to West Virginia seceding from Virginia during the Civil War.

Archibald Stuart served in the Virginia Senate from 1852 to 1854 before his death on September 20, 1855, at Laurel Hill during the administration of the fourteenth President of the United States, Franklin Pierce. Stuart was buried at his Patrick County home until 1952, when his remains were moved to Saltville to be buried beside his wife, Elizabeth.

The fire that destroyed Laurel Hill in the late 1840s consumed most of Archibald Stuart's papers. From a historian's point of view, this was tragic because we would know much more about the man whose farm the J. E. B. Stuart Birthplace preserved. There are clues in letters to and from the man. One recent addition to the collection of the Virginia Historical Society in Richmond is from Archibald Stuart trying to be appointed to the Board of Visitors at the United States Military Academy at West Point, New York, in 1854 so he could observe the final examinations of his son, J. E. B. Stuart, who graduated that year. Another collection of letters from 1855 from Archibald Stuart in the Library of Virginia in Richmond, Virginia, to his oldest granddaughter describes the loneliness of the man at Laurel Hill just before his death.

Tradition describes Archibald Stuart as a vibrant fellow, full of life, who enjoyed a good time. Evidence shows that he liked to gamble and that his exuberance may have led to troubles in his long marriage to the serious Elizabeth Letcher Pannill. He was a concerned father writing long



Archibald Stuart

letters to J. E. B. Stuart during the latter's days at West Point, and his son would write, "Alas! What a shadow is life!" upon his father's death. If a man is judged by what he leaves behind, Archibald Stuart deserves high marks for his famous children, not to mention his grandson, who would be the Governor of Virginia. He was born as a child of the American Revolution, would mingle with the likes of Madison, Monroe, and Marshall, and died only six years before the outbreak of the Civil War. Imagine the stories he could tell.

The painting of Archibald Stuart shows the slash of one of Stoneman's Union Cavalry during the raid on Saltville in December 1864.

P&HCC

(cont. from page 2)

University
As part of our commitment to expanding career and technical education for our community, I was delighted to sign a three-way agreement with Danville Community College and Southside Virginia Community College to expand building trades training programs across the southern Virginia region. As part of this initiative, the college was awarded \$2.6 million dollars from the Region 3 Workforce Pipeline to expand the P&HCC Building Trades Academy. The success of the college has been noticed across the community, Commonwealth of Virginia, and country. For example, P&HCC was awarded \$127,527 from the Tobacco Commission for an Electrical Training Mobile Lab to serve Henry County Adult Detention Center and The Franklin Center. Additionally, the institution won the prestigious national Advising Success Network award from the Student Choice Awards for Holistic Advising Excellence in Advising Services and was selected to be one of 28 community colleges across the country to participate in Phase

We are also extremely proud of the accomplishments of our student-athletes. P&HCC placed students in nationals for several sports including golf, track and field, and wrestling. Additionally, the 2024 NJCAA Division III women's softball world series champions followed their impressive run with a runner-up title for the 2025 world series.

As always, the highlight of the year is celebrating the accomplishments of our students at our annual academic graduation ceremony. For many, they are not simply graduating; they are walking into a world of financial stability for themselves and their families. To that end, we are thrilled to share that for academic year 24/25, 515 academic students (a 13% increase over the previous year) earned 714 academic credentials (a 13% increase over the previous year) with 234 of these students (a 17.5% increase over the previous year) participating in our May 17 commencement ceremony.

For 63 years, P&HCC has been this community's college. Now, more than ever, we are singularly dedicated to our mission of economic mobility for our students and their families. We accomplish this goal by providing our students with the high-quality education and training they need to be successful employees and employers. The economic renaissance in our region is very real, and P&HCC is a critical part of this resurgence.

It continues to be the honor of my life to serve as the president of Patrick & Henry Community College.

Two of the Rural Pathways Initiative with the National Center for Inquiry and Improvement (NCII). P&HCC was also awarded \$150,000 from the State Council of Higher Education of Virginia (SCHEV) and VTOP (Virginia Talent Opportunity Partnership) to expand Work-Based Learning opportunities and was also awarded \$15,000 from SCHEV to facilitate middle school visits to our campus.

PATRICK COUNTY VA 250

VA250 Committee encourages bell-ringing for Independence Day countdown

With America's 250th birthday celebrations coming up in 2026, the Patrick County VA250 Committee is encouraging local churches, or anyone with a bell, to ring them thirteen times at 5 p.m. on July 4. Bells around the country will ring once for each of the original thirteen colonies on this

Independence Day. The Patrick County VA250 Committee is busy planning a huge celebration for Independence Day week in 2026, as well as events leading up to America's 250th. For more information, visit Facebook.com/PatrickCountyVA250, or email at pca250@gmail.com.

WWW.THEENTERPRISE.NET



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INFORMATION:
276-656-5461
areed@patrickhenry.edu

- 📍 P&HCC Patrick County Site, Stuart July 7-25
- 📍 P&HCC IDEA Center, Martinsville July 7-25

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THE ENTERPRISE & HENRY COUNTY ENTERPRISE

Senior-Friendly

Collaborative Special Edition

A senior's guide to exercising safely

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

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

Here are a few key guidelines to help se-



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

niors exercise safely and effectively:

Find an activity you enjoy.

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

repeatedly rebuild your fitness level after long breaks.

Start slowly and increase gradually.

When people hear "exercise," they may imagine high-intensity workouts or hours at the gym. In reality, older adults need only about 2.5

hours of aerobic activity per week — not per day. Start with low-impact activities and gradually build up intensity. Combine aerobic movement with muscle-strengthening exercises for a balanced approach.

Warm up before you begin.

Warming up helps the body prepare for physical activity. Simple movements like walking in place, arm circles, or gentle squats and lunges can get the blood flowing. After exercise, stretching is important, especially once muscles and tendons are al-

ready warmed up.

Stay hydrated.

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

Know your limits and adapt when needed.

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

Work on balance.

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

How arthritis affects daily life and mobility



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

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

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

stress on the joints.

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

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

- **Lose weight:** Carrying extra weight places additional stress on joints, especially in the hips and knees. Even modest weight loss can relieve joint pressure and improve mobility.

- **Take medicine:** Consult your doctor about medications that may help manage symptoms.

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

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

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

- **Talk to someone:** Arthritis may also bring emotional challenges. Consider speaking with a mental health professional to help manage the psychological toll.

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

Daily habits that help promote health

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

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/mental health, and work as the top barriers to focusing on health. But it's important that both women and men recognize that small changes can add up to big results. These

healthy habits can help individuals start living healthier lifestyles.

- **Get some exercise.** Regular physical activity is one of the most important things a person can do for his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults should aim for at least 150 minutes (30 minutes a day for five days) of moderate-intensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a lot of time and no equipment except a good pair of athletic shoes.

- **Wear sunscreen every day.** After washing your face each

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

- **Spend time outdoors.** It takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is necessary for bone and heart health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and increases happiness.

- **Plan your meals.** Meal planning is not just a way to manage food budgets. It's also a great method to being

more mindful of food choices and avoiding impulse buys or meals that may not be as healthy as they can be. Adding more plant-based foods to a diet is a good start. Such foods can reduce the risk of chronic conditions like high cholesterol and hypertension.

- **Stay hydrated.** Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do not feel thirsty like they did when they were younger, so it is especially important for seniors to stay hydrated.

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

See more at www.theenterprise.net

65 & Better

Senior Living Today

Dehydration can be intertwined with aging

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

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

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

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

How serious is this threat?

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



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

of hospitalization among adults age 65 and older. The Agency for Healthcare Research and Quality also notes that adults 65 and over have the highest hospital admission rates for dehydration of any group.

How do I know if I'm dehydrated?

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

physical signs of dehydration:

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

These symptoms are notable in their own right, but some may make seniors vulnerable to additional issues. For instance, dizziness or a loss of coordination resulting from dehydration may

make seniors more vulnerable to falls. Falls are a significant threat because they increase the likelihood of broken bones and other serious injuries, but a fall also can adversely affect mental health. A fall that causes injury may lead seniors to withdraw from certain activities, including recreational sports or other physical activities often performed alongside fellow seniors. Withdrawing from such activities can lead to isolation and depression.

How can I avoid dehydration?

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

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

Activities for seniors with limited mobility



Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

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

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

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

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

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

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

Take beginner yoga or tai



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chi. HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do pro-

vide enough for seniors hoping to be less sedentary.

Even seniors with mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.



Stormy skies ahead? The National Oceanic and Atmospheric Administration urges everyone to follow these lightning safety tips when storms roll in!

What to do when lightning strikes

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

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

- Know where to go.

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

- Avoid unsafe shelter.

Open structures like picnic pavilions, baseball dugouts, beach shacks, carpools, and metal sheds do not provide adequate

protection. Golf carts and other open-cab vehicles are also unsafe during lightning storms.

- Don't bathe or shower.

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

- Unplug devices before use.

Avoid using desktop computers or devices plugged into wall outlets during a storm. If you need to use a smartphone or tablet, unplug it first.

- Avoid vehicle controls.

If you're sheltering inside a car during a storm, avoid touching the radio, ignition, or infotainment screen. These elements may provide a conducting path to the outside of the vehicle, increasing your risk of shock.

Lightning storms can pass quickly or linger for hours. Understanding how to protect yourself when lightning strikes can prevent injury — and save lives.

Emergency preparedness guide for seniors

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

1. Create a Personal Emergency Plan

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

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

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

2. Build an Emergency Supply Kit

Pack a bag or container with at least 3 days' worth of supplies:

Water (1 gallon per person per day)

Non-perishable food (easy to open/prep)

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

Flashlight and batteries

First aid kit

Personal hygiene items

Extra eyeglasses or hearing aid batteries

Important documents in a waterproof bag (ID, insurance cards, medical list)

Phone charger and power bank

Tip: Label everything clearly, especially medications and assistive devices.

3. Prepare for Power Outages

Have flashlights handy (avoid candles).

Keep extra batteries nearby.

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

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

4. Make a Communication Plan

Designate a family member or neighbor to check in.

Carry a list of emergency contacts in your wallet or phone.

Keep a charged mobile phone nearby at all times.

5. Know When and Where to Go

Identify local shelters or safe places ahead of time.

Arrange transportation in case evacuation is needed.

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

6. Stay Informed

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

Sign up for local emergency alerts via phone or email.

Watch weather updates closely in summer storm season.

7. Practice Your Plan

Run through emergency scenarios twice a year.

Review your supply kit and replace expired items.

Update contact and medication info regularly.

Remember: Preparation is peace of mind. A little planning now can help you stay safe, calm, and in control during any emergency.

For more senior-focused safety resources, contact your local Area Agency on Aging or visit ready.gov/seniors.



Promote health with these daily habits

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

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

- Get some exercise.

Regular physical activity is one of the most important things you can do for your health. Exercise

helps manage weight, reduces disease risk, strengthens bones and muscles, and improves brain function. The Centers for Disease Control and Prevention recommend at least 150 minutes per week (30 minutes a day, five days a week) of moderate-intensity aerobic activity. Walking daily is a simple, effective way to start—no equipment needed, just a good pair of shoes.

- Wear sunscreen every day.

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

- Spend time outdoors.

Just a few minutes in the sun can boost your vitamin D levels, which support bone, heart, and mental health. WebMD notes that time spent in green spaces also promotes calm and increases happiness.

- Plan your meals.

Meal planning helps you make



Healthy habits are easier to adopt when you start small and stay consistent. Making a daily commitment to your health can lead to lasting improvements over time.

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

- Stay hydrated.

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

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Paying homage to dementia care workers

Dementia can affect nearly anyone. According to the World Health Organization, 57 million people worldwide were living with dementia in 2021, and nearly 10 million new cases are diagnosed each year. Dementia can result from a variety of diseases and injuries that affect the brain, with Alzheimer's disease being one of the most common and well-known types.

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

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

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

- Offer kind words. Simple expressions like "You're doing a great job" or "I

couldn't do this without you" can go a long way in helping caregivers feel valued and seen.

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

- Advocate for caregivers. Support policies and programs that provide resources for both professional and family dementia caregivers. Reach out to local or national representatives to push for better support structures.

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

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

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

Common warning signs for cataracts



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

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

The American Academy of Ophthalmology (AAO) lists the following as common signs of cataracts:

- Blurry vision. Blurriness is a symptom of many vision problems, including cataracts. It makes it difficult to see clearly or sharply. In the case of cataracts, blurry vision occurs due to the

breakdown of proteins in the eye's natural lens, leading to a cloudy appearance.

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

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

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

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

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

For more information, visit www.aao.org.

Relax, Enjoy & Get More From Every Day



Recreational ideas for adults

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

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

- Volunteering. Volunteering can be as active or as low-key as needed. Whether you're cleaning up a local beach or calling Bingo at a senior center, volunteering can be both enjoyable and deeply meaningful. It also fosters community connections and provides a strong sense of purpose.
- Cooking. Take a cooking class to expand your skills and explore global cuisines. Not only does cooking offer a creative outlet, but the tasty results are a built-in reward.



Fun isn't just for kids! From cooking to camping, there are many creative ways adults can make recreation part of their routine.

- Bowling. Bowling is a fun, social activity that encourages friendly competition. Join a local league or gather

- friends for a casual game—it's a great way to stay active and engaged.
- Camping. Whether sleeping under the stars, pitching a tent, or staying in an RV, camping offers a refreshing escape

into nature. Campgrounds also provide opportunities for socializing and connecting with fellow outdoor enthusiasts.

- Dancing. Dancing promotes physical fitness and offers a creative way to express yourself. With so many dance styles to choose from, there's something for everyone. Couple's classes can also serve as a fun bonding activity.

- Gardening. You don't need a huge backyard to enjoy gardening. A few pots, some soil, and a bit of care are all it takes to grow flowers, herbs, or vegetables—and the therapeutic benefits are well-documented.

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

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



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