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# THE NEW CASTLE RECORD



**GOPHER MARKET**

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**'GAS CASH'**  
at both locations



## It's dandelion time again



SUBMITTED PHOTO

These little yellow flowers that many often refer to as "weed" are now becoming a new table meal for many again.

**Pam Dudding**  
Contributing writer

It's dandelion time y'all and I am so excited! At first, I only saw a dozen dandelions this week, but before week's end, I had seen hundreds.

I just learned about the wonderful benefits of this "weed" a couple of years ago and started eating it myself. Now I'd like to share this with you.

For most people, the robust yellow dandelion is just a pesky weed that you spend lots of money on weed killer or time in pulling it up by its roots.

For others, like myself, we are learning what many of our ancestors had knowledge of; its entire

See **Dandelions**, page 3



SUBMITTED PHOTO

Christian recently got to stop at Mike's Ice House which now serves ice cream, after playing at the park next door. "It's the best ice cream in the world," he said. The Kendall's, who own the wayside-shop, create wonderful combinations as well with their shaved ice, covered in dozens of different flavors and topped with soft serve and sprinkles to each person's request. The shop is located a block before Main Street on Route 311.

## Mike's Ice House now has ice cream too

## Household Water Quality Testing Program to benefit the community

**Pam Dudding**  
Contributing writer

Water is an essential need for one to survive. Good drinking water is a must in one's home.

That is the reason the Craig County Cooperative Extension is hosting another Virginia Household Water Quality Program for residents of Craig County.

The goal of the program is to improve the water quality and health of Virginians with private water supplies, such as wells and springs.

Explained Sally Farrell of the Craig County Extension, "The water sampling program is affordable and confidential. The water sample will be tested for iron, manganese, sulfate, hardness, sodium, copper, nitrate, arsenic, fluoride, pH, total dissolved solids, coliform bacteria, E. coli bacteria, and lead."

The total cost for the test is \$60, but payment assistance is

available for low-income residents through a grant from the Virginia Environmental Endowment's Community Conservation Program.

After the tests are turned in, people will receive their confidential results, an explanation of what they mean, and information about addressing any problems via mail or email. A recorded video presentation will also be available to help people understand their results.

"The program was conducted last fall in Craig County with 19 samples submitted," Farrell said before adding, "Of those samples, eight showed the presence of coliform bacteria, two showed the presence of E. coli, and two exceeded the state standard for lead."

She noted that the presence of coliform in drinking water is an indicator of ground surface water contamination in one's water supply, and the presence of E. coli in-

dicates fecal contamination from humans or animals in their water supply.

"This can be a source of disease for residents, especially the young, elderly, or persons with compromised immune systems," she added.

The sample kits will be distributed at the Craig County Extension Office on April 26 from 8 a.m. to 10 a.m. and sample drop off on April 28 during the same hours.

The County Extension office is located at 24838 Craig Creek Road in New Castle.

If you would like to participate in the program or need more information, contact Sally Farrell, Craig County Extension Agent, at 540-864-5812 or email: sfarrell@vt.edu. Preregistration is required.

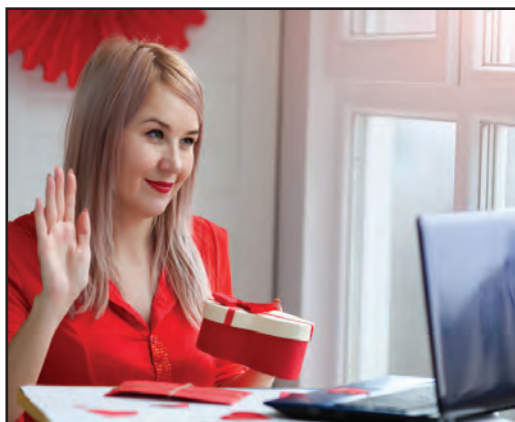
Please note, if you are a person with a disability and desire assistance of accommodations, make sure to notify Farrell during the hours of 8 a.m. and 5 p.m.

## Library SWAP day a community success



SUBMITTED PHOTO

The Craig County Library hosted its annual SWAP of books and plants last Saturday and many people showed up to donate while others took a variety of books and plants home. "I can't pass up free plants," one lady shared with a grin, adding, my husband will have a lot more holes to dig. Many attendees filled their arms with books and DVDs for themselves and others they knew would enjoy them.



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# COMMUNITY CALENDAR

## MONDAY THROUGH SATURDAY

The Craig County Public Library is open Monday, Tuesday, Thursday and Friday from 10 a.m. - 6 p.m., Wednesday from 10 a.m. - 7 p.m. and Saturday from 10 a.m. - 4 p.m. The library is located at 303 Main St. in New Castle. For more information, call (540) 864-8978 or visit [www.craiglibrary.org](http://www.craiglibrary.org).

## EVERY TUESDAY

- Overeaters Anonymous (OA) meeting, 7 p.m. at Christ Lutheran Church, located at 2011 Brandon Avenue in Roanoke. Contact 540-293-4065 for more information.
- New Castle Church of

Christ will hold its Bible Study from 7 p.m. to 7:45 p.m. at 118 Main Street in New Castle.

## EVERY SATURDAY

Overeaters Anonymous (OA) meeting, 11 a.m. at Christ Lutheran Church, located at 2011 Brandon Avenue in Roanoke. Contact 540-293-4065 for more information.

## EVERY SUNDAY

- Alcoholics Anonymous meeting, 8 p.m. at New Castle Fire Hall.
- The New Castle Christian Church, located at 282 Salem Ave, is pastored by Sheldon Cosma is having services at 9 a.m. and 11 a.m., with communion at each, and is on Facebook live at 9 a.m.

- St. Johns Catholic Church, on Route 615, is having virtual masses at 8:30 a.m. and 10 a.m. by Father Steve McNalley. They are also live on Facebook. For more information, contact (540) 864-8686 or send an email to [stjohnnewcastle@tds.net](mailto:stjohnnewcastle@tds.net).

## SECOND MONDAY

- Paint Bank Ladies Auxiliary meeting, 7 p.m. at the Paint Bank Fire Department. Call 897-5346 for more information.
- Craig County Public Library Board of Trustees meeting at 6 p.m. at the library.

## THIRD MONDAY

Town of New Castle Council Meeting at

7 p.m. inside the New Castle Town Hall, located at 339 Market Street.

## SECOND TUESDAY

Mountain Lodge 140 AF&AM, 7:30 p.m. at Lodge Hall, 255 Main St.

## THIRD WEDNESDAY

The Botetourt/Craig/Roanoke Farm Service Agency County Committee meets each month at 10 a.m. at the Bonsack USDA Service Center. Please call one day before the meeting date regarding possible cancellation information 540-977-2698, Ext. 2. The Bonsack USDA Service Center is located at 36 Executive Circle, Suite 1, Roanoke, VA 24012. All County Committee meetings are

open to the public.

## FIRST THURSDAY

Craig County Board of Supervisors meets at 6 p.m. at the Craig County Courthouse.

## SECOND THURSDAY

Maywood Garden Club meeting at 7:30 p.m. held at Simmonsville Fire Department.

## EVERY TUESDAY AND THURSDAY

Everyone six months and up should receive a flu shot each year. A parent or guardian must accompany those under the age 18. Insurances will be billed. People are encouraged to bring their insurance card and not attend if they

have COVID-19 like symptoms. The curbside clinic schedule is from 9 a.m. to 4 p.m. by appointment only. For more information, contact 540-864-5136.

## THURSDAY, APRIL 22

New Castle Garden Club Plant Auction. 6:00 p.m. at VFW Hall, 295 Hunters Drive behind Camp Mitchell. Homegrown plant and garden-related door prizes. COVID-19 protocols in place. Everyone is welcome.

Send community news and photos to [shawn.nowlin@ourvalley.org](mailto:shawn.nowlin@ourvalley.org)

# Craig County Tourism Commission announces third printing of county's Road Map

The Craig County Tourism Commission is recently announced the third printing of the county's Road Map since its development in 2013. The fold-out map measures 40x 27 inches and features a photo of the Craig County Historical Highway marker located at the county line on Rt. 311 with redbud in the background.

One side of the map is a way-finding tool showing 911 street names and the other side serves as a visitor guide to the county, highlighting county history, events and outdoor recreation. There is also a list of 75 Points of Interest and 26 paid advertisers.

Improvements to this printing include alphabetizing the Points of Interest list and the addition of roads leading into the county, such as Rt. 779 in Botetourt and Rt. 600 in Monroe County. An index of New Castle streets was also added.

Maps are free to the public and can be found locally at the County Administrator's office, racks on the Old Brick Hotel porch and the Public Library. They are also stocked at the Roanoke Valley Visitor Center near Hotel Roanoke, and at four Virginia Welcome Centers located on Interstates 77, 64 and 81.

Since 2008, Craig has been part of the four-county region known as Vir-

ginia's Western Highlands. VWH was prominently featured on the cover of the recent March issue of Recreation News Magazine and was the subject of a three-page article titled "An Epic Road Trip Through Virginia's Western Highlands." The trip started in Highland County, traveled south through Bath and Alleghany and concluded in Craig County.

Recreation News is a regional travel and leisure publication covering the Mid-Atlantic region. It has a circulation of approximately 100,000 and an estimated readership of 250,000, mostly in the Washington, DC and Baltimore area. In addition to the print version, they publish a popular e-newsletter in which VWH was also featured.

The tourism marketing offices of all four counties work together to promote VWH as a supplement to each county's individual tourism programs. Representatives meet regularly to discuss new opportunities and monitor results. The partnership has a printed visitor guide and in early 2020 published a regional hiking trail brochure. Its website can be viewed at [vawesternhighlands.com](http://vawesternhighlands.com).

-Submitted by Craig County Tourism Commission

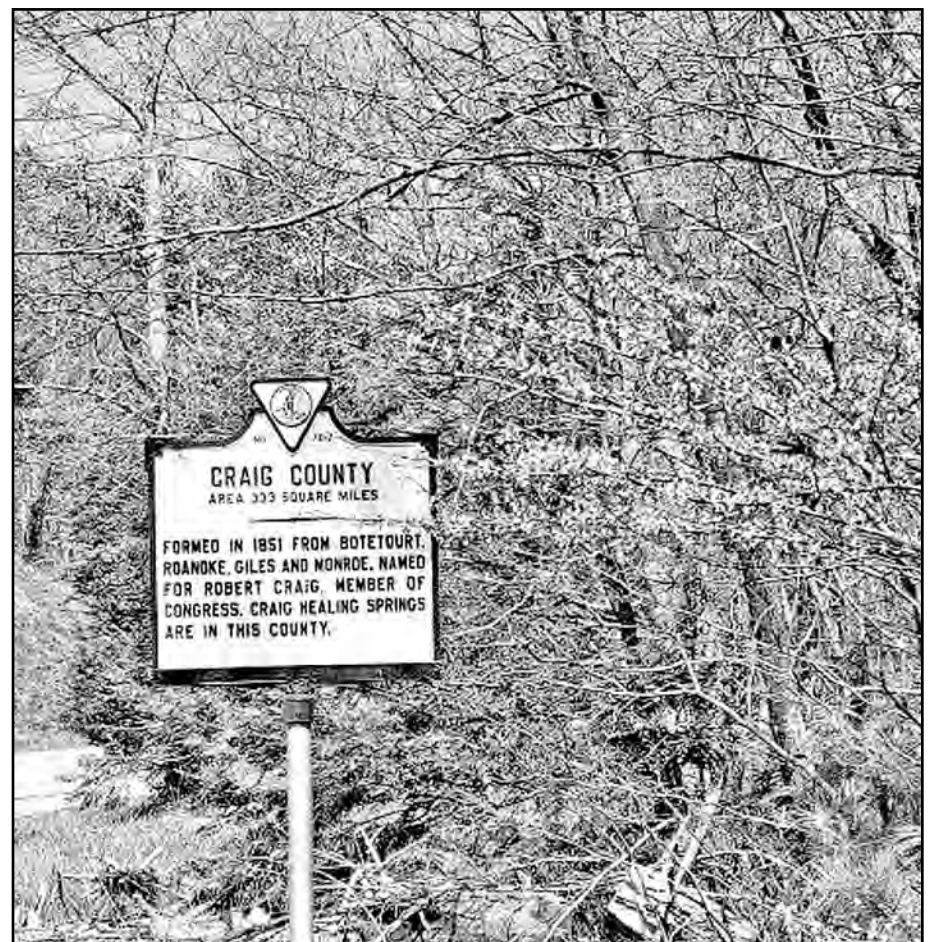


PHOTO BY NEW CASTLE COUNCILMAN LENNY McDONALD

This picture was used on the cover of the new Craig County Road Map.

# Distracted Driving Awareness Month puts focus on road safety

Whether it's answering a phone call, interacting with passengers or finishing breakfast in the car during your morning commute, distractions are a daily occurrence for most drivers.

As harmless as these actions may seem, the smallest distractions can cause dire

consequences. Each April, Distracted Driving Awareness Month reminds motorists to avoid dangerous activities that could divert their attention from driving.

According to collision data from Virginia's Traffic Records Electronic Data System, distracted driving contributed

to 18,816 crashes and 121 fatal accidents in 2020. Those figures represent 17.8 percent of all crashes and 14.2 percent of all fatalities on Virginia roadways.

In response, Drive Smart Virginia is encouraging motorists to continue minimizing distractions behind the

wheel through its "Buckle Up, Phone Down" campaign.

"When drivers engage in activities that cause them to lose their focus, they're putting their lives in danger, as well as those of their passengers and fellow motorists," said David Tenenbaum, actuarial manager for Virginia Farm Bureau

Mutual Insurance Co. and a board member of Drive Smart Virginia.

"Like any other accident, crashes caused by distracted driving can happen in an instant. It's important for drivers to pay close attention to

See Road safety, page 5

## CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15					16				
17			18					19				
20			21			22						
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		28			29				30			
31	32				33	34	35	36			37	
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42			43						44	45		
46	47	48			49				50			
51			52	53	54				55		56	57
		58					59					
60	61					62	63				64	
65					66						67	
68					69						70	

- CLUES ACROSS**
1. Pituitary hormone (abbr.)
  4. Ceramic jars
  9. Monetary units
  14. Alias
  15. "Superman" actor
  16. Britonic tribe
  17. Shorten
  18. LA Dodgers manager
  20. Hoarded
  22. Theatrically portray
  23. Noah's grandson
  24. Dependent
  28. Peyton's little brother
  29. Cools the house
  30. Principle part of
  31. Type of wrap
  33. Peels
  37. Commercial
  38. Make an attempt
  39. Arrange in steps
  41. U. Utah athlete
  42. Old English
  43. Trade
  44. Nostrils
  46. Ticket seller \_\_\_Hub
  49. Of I
  50. Institute legal proceedings against
  51. Takes apart
  55. Doorway
  58. Long int'l river
  59. Trailblazing athlete Gibson
  60. Former CBS News host
  64. Sign language
  65. Badgerlike mammal
  66. Thin strips of wood
  67. Brooklyn hoopster
  68. Portents of good or evil
  69. Footwear
  70. When you think you'll arrive
- CLUES DOWN**
1. Battflower genus
  2. Predatory seabirds
  3. Fish farm
  4. Arrangements
  5. Go in advance of others
  6. Bulgarian monetary unit
  7. "\_\_\_ Maria"
  8. W. African ethnoreligious group
  9. Wild Asian oxen genus
  10. Vinegary
  11. To this
  12. Explosive
  13. Female sibling
  19. Orlando museum (abbr.)
  21. Type of hoop
  24. About Holy Father
  25. Academic environment
  26. Extremely angry
  27. Surrenders
  31. Swiss mountain pass
  32. Sharp mountain ridge
  34. Erases
  35. Spielberg's alien
  36. Absurd
  40. Dorm worker
  41. Used to make pesticides
  45. The sister of your father or mother
  47. A way to let know
  48. Can't produce much vegetation
  52. Small streams
  53. Folk singer DiFranco
  54. Weights
  56. Start over
  57. Black Sea resort city
  59. Wimbledon champ
  60. Corporate executive (abbr.)
  61. Unskilled actor who overacts
  62. Bravo! Bravo! Bravo!
  63. Of or relating to ears

# New Mobile Marketplace to begin on April 21

**Pam Dudding**  
Contributing writer

For many, the COVID-19 pandemic created a tight budget for their families. Some lost their jobs, while others had to reroute their entire life-

style. Starting in April, Feeding Southwest Virginia shared that they are excited to announce that their Mobile Marketplace will be in Craig County at the New

Castle Christian Church parking lot.

The Mobile Marketplace is a mobile grocery store that brings fresh, healthy and affordable food to Southwest Virginia communities.

This is for community members who have SNAP EBT, and doors will be open from 1 pm to 3 pm. Wednesday, April 21, will be their first day.

If people are interested in finding out if

they qualify for SNAP, Mobile Marketplace employees shared that they may be able to help by assisting people in completing an application for the SNAP benefits, free of charge.

For more information, contact (540) 342-3011 or email [snap@feeding-swva.org](mailto:snap@feeding-swva.org).

Staff personnel will continue to bring the Mobile Marketplace to Craig County on the third Wednesday of each month. The address of the NCC Church is 282 Salem Avenue, New Castle, VA 24127.

Community members are happy that this option is coming to our doorstep, and hope that it will help lighten the load of expensive grocery bills for many.

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Send community news and photos to [shawn.nowlin@ourvalley.org](mailto:shawn.nowlin@ourvalley.org)

# April is National Child Abuse Prevention Month

## -Children's Trust launches ad campaign-



Since 1983, every April has been designated as National Child Abuse Prevention Month.

SUBMITTED PHOTOS

Children's Trust is promoting its home visit program, Healthy Families with a Valley Metro ad campaign for April, May, and June. The project is supported by the Virginia Department of Social Services and the Virginia Department of Social Services Community Based Child Abuse Prevention Program. The campaign consists of 30 ads inside Valley Metro buses and 10 rear of bus ads.

The campaign is designed to raise awareness of Healthy Families (affiliated with Healthy Families Virginia and Healthy Families America) and their Home Visiting Program. The Home Visiting Program is free to any new parent who needs help adjusting to the needs of a new baby. Healthy Families wants to make sure that new moms and moms-to-be are receiving prenatal care, have WIC

and that children have health insurance, a medical doctor, are immunized and have been screened for lead. The first and most important teachers in every child's life are his or her parents. Healthy Families works with other programs in the community to make sure that parents have what they need to support their child's health, growth and development from birth to three years of age.

Children's Trust consists of five programs: CASA (Court Appointed Special Advocates), Children's Advocacy Center, Children First Child Abuse Prevention, Healthy Families, and the Trauma-Informed Community Network. These programs combine to provide public education outreach, effective advocacy, and a strong network of support for children and families and is dedicated to coordinating

services that will improve the community by promoting awareness about child abuse, providing family support through education, providing a child-friendly environment for the investigation of abuse, and advocating for the best interests of abused and neglected children.

-Submitted by  
Michelle S. Bennett,  
Communications Coordinator

## Dandelions

from page 1

plant has medicinal uses for mankind's well-being.

However, the old recipes for eating dandelion flowers and greens are again, blooming beautifully in kitchens.

The internet has multiple authors, writers and health institutions that praise the benefits of this yellow flower and its leaves. Many people are familiar with the making of dandelion wine and medicinal teas or the grinding of the roots for a coffee-like drink or jellies.

An old-time favorite is to fry the flowers to make dandelion fritters or fry them turned upside down in pancake batter, topped with a little honey for a delicious sweet dessert.

The dandelion is also an herbaceous perennial that belongs to the Asteraceae family of plants, along with daisies and sunflowers. Few know, but native to Europe, dandelion seeds were brought to America by American colonists, where they were initially planted for culinary and therapeutic use.

However, there are plants that look similar to the dandelion, such as cat's ear and false dandelion.

The true dandelion is known for its bright yellow blossoms, smooth deeply toothed leaves that point back towards the center of the plant, hollow stems and only produces one flower.

It is suggested that people allow some dandelions to grow in gardens as they are an "easily available source of food" for pollinators such as bees, butterflies, beetles and birds.

Never pick dandelions where one may have sprayed.

Dandelion has many health benefits. Case in point. It's low in calories and packed with vitamins, whether consumed raw or cooked. Every part is edible - roots, stems, leaves and flowers.

Multiple websites and major studies agree that dandelions have potential benefits for many organs and may help keep one healthy and disease-free, "providing natural,

biologically active compounds, including some called flavonoids and terpenoids."

Here are some more facts about the dandelion:

- Contain natural antioxidants - compounds that help your body rid itself of free radicals, which are "unstable molecules made in your body that can damage cell membranes and DNA," potentially speeding aging and raising your risk of cancer and other diseases

- Life Sciences found that cancerous cells cultured with dandelion extract grew more slowly and eventually died, compared to cells grown without the extract

- Reduces the risk for cancer - a study published in the journal *Oncotarget* - aqueous dandelion root extract may be a safe and effective alternative to chemotherapies, as "it efficiently and selectively triggers programmed cell death

pathways."

- Helps growth and strength of bones - rich in calcium and Vitamin K

- Assists liver functioning, having antioxidants like vitamin C and luteolin - protecting it from aging and helps treat hemorrhaging in the liver

- Aids in maintaining proper flow of bile, while stimulating the liver and promoting digestion which can reduce chances of constipation and reduces inflammation to help with gallbladder problems and blockages

- A diuretic that helps the kidneys clear out waste, salt, and excess water by increasing urine production. (Dandelion also replaces potassium lost in the process.)

- Inhibits inflammation - sesquiterpene lactones and other phenolic substances in dandelion contributes to its anti-inflammatory proper-

ties. (By fighting inflammation, dandelion may help reduce the risk for inflammation-related diseases such as heart disease, arthritis, diabetes and Alzheimer's.)

- Used as sweeteners - low in calories

- Helps detoxify the body

- Leaf and flower extract may help reduce the risk for skin phototoxicity by protecting against UVB damage and suppressing the production of reactive oxygen species

- Good for feminine health, helps to balance hormones

- Rich source of beta-carotene which converts into vitamin A, fiber, iron, magnesium, zinc, phosphorus, B complex vitamins, trace minerals, organic sodium and vitamin D

- Contains more protein than spinach

- Treats anemia, scurvy, skin problems, blood disorders, and depression

- Helps lower blood pressure levels and reduce the risk for cardiovascular diseases with its hypolipidemic property.

- Helps regulate blood sugar and insulin levels, through its ability to control lipid levels

- Lowers and controls cholesterol levels while improving cholesterol ratios by raising HDL may help improve levels of high-density lipoprotein (good cholesterol) while reducing serum total cholesterol, triglycerides and low-density lipoprotein (bad cholesterol)

- Boosts immune function and fights off microbes and fungi optimal immune health with its antibacterial, antiviral, antifungal, antioxidant and anti-inflammatory


properties

Dandelion is generally considered safe in food and medicinal levels; however, some people may have allergic reactions, therefore study before consuming.

There are many recipes people can google to eat of the dandelion bloom or its leaves; however, one of my favorites is just frying them in pancake batter or dehydrating them for all-year use.

Many use the stems as stir-fry, or make pesto, jelly, honey or fried greens, or just toss the fresh blooms and leaves into a salad, while others look forward to their annual dandelion wine making.

So, who knew God was giving us a yard full of food right at our fingertips to create a wonderful salad or meal? Happy dande-eating!



**Democratic Party  
Primary Election  
Tuesday, June 8, 2021  
POLLS OPEN 6 a.m. - 7 p.m.**

**Governor  
Lieutenant Governor  
Attorney General**

THERE IS NO REPUBLICAN PARTY PRIMARY.  
SAMPLE BALLOTS AVAILABLE ONLINE.

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MASKS ARE ENCOURAGED AND APPRECIATED.  
SOCIAL DISTANCING WILL BE PRACTICED.  
ID IS REQUIRED TO VOTE AT THE POLLS.  
Please verify your voter registration, polling place,  
and VALID ID before voting!

---

**Monday, May 17, 2021:** Last day to register to vote or change your voter registration information for this election.

Mailed voter registration applications must be sent to the Voter Registration and Elections Office postmarked on or before the deadline.

**IN-PERSON ABSENTEE (EARLY) VOTING**

**Ballot Drop Off Station**

**LOCATION: Craig County Registrar Office**  
155 Main St., New Castle, VA 24127

**Monday – Friday, April 23 – June 4, 2021:** 8 a.m. - 4 p.m.  
**Saturday, May 29, 2021:** 9 a.m. - 5 p.m.  
**Saturday, June 5, 2021:** 9 a.m. - 5 p.m. Last day to vote an In-Person (early) absentee ballot at the Registrar Office.

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**MAIL ABSENTEE VOTING**

**Friday, May 28, 2021:** Last day to request an absentee ballot by mail. Applications must be received in the Craig County Voter Registration and Elections Office by 5 p.m.

**Tuesday, June 8, 2021: Election Day ALL DROPPED OFF** Absentee voted ballots must be returned to the Craig County Voter Registration and Elections Office by 7 p.m. (Virginia time) to be counted.

**Friday, June 11, 2021:** ALL Absentee voted ballots that are returned via mail must be post marked on or before election day and received in the Craig County Voter Registration and Elections Office by NOON (Virginia time) to be counted.

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Joanna L. Ryan, Director of Elections & General Registrar  
TELEPHONE: 540-864-6190 FAX: 540-864-5551

Email: [vote@craigcountyva.gov](mailto:vote@craigcountyva.gov)  
Website: <https://craigcountyva.gov/government/election-information/>

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# OPINION

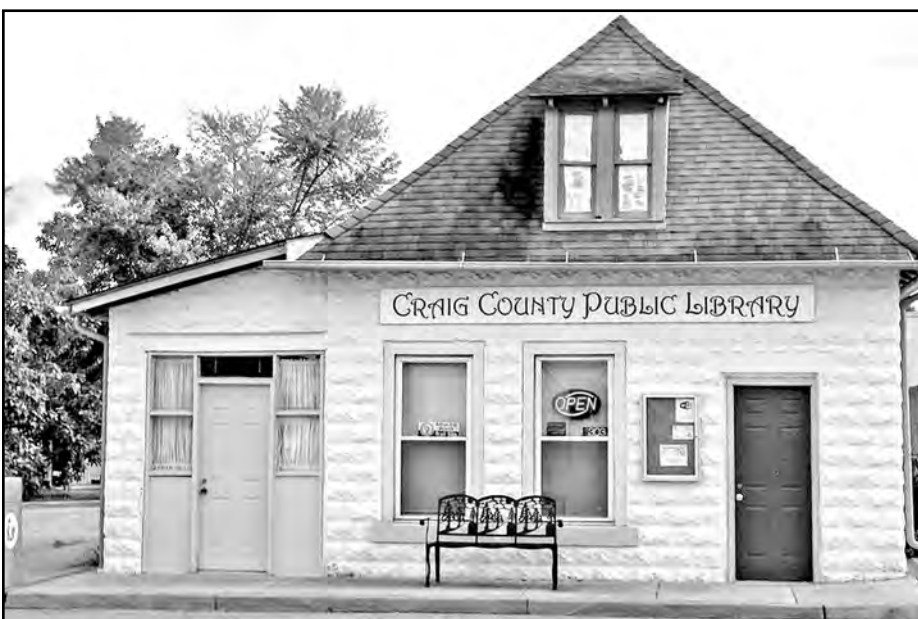
## Swap Day Success

**Library Corner**  
Empowering individuals to build a stronger community

Last Saturday morning, the clouds lifted from New Castle, revealing redbuds along the roads leading to town. Along these roads, people came from all directions to the library. The early arrivals set up tables, brought out books, and arranged plants freshly pulled from gardens. The flow of people was steady, donating books and plants, and taking home new finds. Librarians, professors, Harley Davidson riders, retirees, children and high school students shared conversations and helped find books on dinosaurs and

a good western cowboy story. Friends reconnected over books and plants and shared laughs. It was a good day. The library's focus is ensuring that books find homes. The many generous donors help keep a fresh supply. Their donations are first sorted by the library staff to select some for the library collection and others for sale. Anytime the library is open, books and movies are for sale. This past Saturday, all were free. It was an opportunity to get books out of the book barns, off to new homes and make room for the newer donations to restock the shelves. At the end of the day, books that have been in the barn for several years were boxed up and will be delivered to other

non-profits. After checking locally, they will go to the Women's Resource Center and the NAACP. Plant donations came from the Maywood Garden Club and a number of local gardeners. Donated plants were left at mailboxes, front steps, and the Maywood Garden Triangle, to be picked up on the way to New Castle. There was an impressive variety. The few plants left at the end of the day were taken by the New Castle Garden Club to be added to their Plant Sale on April 22 at the VFW at 6:00 p.m. The library offered an outdoor gathering of the diverse range of people in our county. Listening to the conversations across tables piled with books, one would



The Craig County Public Library is at 303 Main Street.

SUBMITTED PHOTO

think these were long-lost friends. They shared laughs and the generosity of connection. Conversations led to collaborative plans for future library programs. There is a loss when we focus only on our differences. Swap Day was a win. People came with

a shared love of books, plants and connection. We all went home as winners.  
*-Jennifer Lovejoy*

library who would like to serve on the board? If so, please contact the library at craiglibrary@swva.net. Thanks to all who donated to the library at the Plant Swap and Book Sale. Thank you to volunteer Gavin Shires for all your help!

## Opening to Phase 2 / guidance for the fully vaccinated

**Dr. Cynthia Morrow**  
Roanoke City and Alleghany Health Districts Health Director  
Guest Contributor

On April 2, 2021, the Roanoke City & Alleghany Health Districts (RCAHD) announced that local residents over the age of 16 who want to be vaccinated and

who are pre-registered on [vaccinate.virginia.gov](http://vaccinate.virginia.gov) will be invited to schedule a vaccination appointment at one of our local clinics. After receiving 17,000 first and second doses last week, we expect to distribute at least 9,000 first and second doses this week. The increased supply of vaccine will allow the RCAHD to expand vaccine eligibility to "Phase 2" of the Virginia Department of Health vaccination plan, which includes any person aged 16 years and up who lives or works in Virginia. As more and more community members are vaccinated, it is important to understand what kind of activities are safe for people who are fully vaccinated. People are considered fully vaccinated:

- two weeks after their second dose in a two-dose series, such as the

Pfizer or Moderna vaccines, or

- two weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

If you do not meet these criteria, you are not considered to be fully vaccinated. In that case, it is essential that you keep following all COVID-19 prevention recommendations until you are fully vaccinated. Once you are fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask or staying six feet apart.
- You can gather indoors with unvaccinated people from a single household (for example, visiting with relatives who all live together) without masks or staying six feet apart, unless any of the unvaccinated individuals or their household members are at an increased risk for

severe illness from COVID-19.

- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- If you have been exposed to COVID-19, you do not need to quarantine or get tested for COVID. (If you are a healthcare provider or live in a long-term care facility, there may be exceptions to this exemption.)

Although fully vaccinated people are less likely to get and spread COVID-19, they should still wear masks in public and practice physical distancing, including avoiding crowds. According to recently updated guidance from the Centers for Disease Control and Prevention (CDC), people should continue to delay travel until they are fully vaccinated. Masks (over

the mouth and nose, please!) are still required on public transportation including planes, trains and buses. The good news is that, for example, fully vaccinated grandparents can fly to visit their healthy grandkids without getting a COVID-19 test or self-quarantining, as long as they follow other recommended measures while traveling. The combination of getting vaccinated and continuing to follow CDC recommendations provides the best protection from COVID-19 for you and your family. Until more of us are vaccinated, none of us are completely safe. By helping to bring an end to the COVID-19 pandemic, you are getting all of us closer to a time in which we can enjoy daily life, family events, work and school without distancing, without masks and without fear.

**THE NEW CASTLE RECORD**

USPS 378-080 1633 W. Main St.  
(540) 389-9355 Salem, VA 24153  
[www.ourvalley.org](http://www.ourvalley.org)

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The New Castle Record encourages letters from our readers on topics of general interest to the community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached to be considered for publication. All letters will be verified before publication. The Record reserves the right to deny publication of any letter and edit letters for length content and style. News of public interest is solicited from all sections of the county.

Email letters to the editor to [shawn.nowlin@ourvalley.org](mailto:shawn.nowlin@ourvalley.org)

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# Program on the Battle of King's Mountain

Two hundred and forty-one years ago, Patriots from southwest Virginia, eastern Tennessee, and North Carolina battled to defend their territory and freedom from the aggression of Lord Cornwallis' British Army. These brave men marched hundreds of miles to face Colonel Patrick Ferguson, who had threatened the Patriots to "hang their leaders and lay their country waste with fire and

sword." The two sides faced off atop King's Mountain, South Carolina, on October 7, 1780, which proved to become a turning point in the American Revolution. Craig Valley Chapter of the National Society of the Daughters of the American Revolution will present a program on this significant event in our history and focus on ancestors of our members who were there.

The public is invited to attend, and light refreshments will be served. COVID-19 safety protocols will be in place. The program will be Tuesday, April 20, at 2 p.m., in the fellowship hall of Craig Valley Baptist Church in New Castle. The mission of the Daughters of the American Revolution includes patriotism, education, and historic preserva-



tion. Membership is now over one million women whose lineage has been traced to a supporter or participant in the fight for

American independence in the 18th-century. For more information about the local chapter or the April 20 program

about Kings Mountain, contact Margaret Hines 540-864-8447.

-Submitted article

## Road safety

from page 2

the road and their surroundings to avoid these unfortunate accidents." Drive Smart Virginia defines distracted driving as any activity that takes a driver's attention from the road. This includes cellphone use, adjusting audio or climate controls, grooming or operating a

navigation system. Virginia law now prohibits drivers from handling cellphones while driving, but studies show using hands-free technology comes with its own dangers. A study conducted by the University of Utah found that it can take drivers up to 27

seconds to gain full attention after issuing a voice command. Additionally, modern vehicles' touchscreen displays that serve as a second screen for connected devices can create distractions similar to those caused by hand-held gadgets. "While we're grateful Virginia legislators have taken

an important step in addressing this epidemic with a ban on hand-held cellphone use, there's still much work to be done by our state's drivers," Tenenbaum added. "With technology here to stay, it's our collective responsibility to understand its inherent hazards, avoid dangerous be-

haviors behind the wheel and keep our focus on making our roads a safer place." To learn more about Drive Smart Virginia's initiatives, visit [drivesmartva.org/current-projects](https://drivesmartva.org/current-projects).

-Submitted by Adam Culler, VFJB communications

# Salem Museum Speaker Series

~ The archaeology of slavery virtual event ~



Dr. Kelly Fanto Deetz

SUBMITTED PHOTO

For Dr. Kelley Fanto Deetz, archaeology and the objects that are unearthed are essential to uncovering and preserving the history of enslaved Africans and African Americans in Virginia. She will share what she has discovered in a virtual talk on Thursday, April 15, at 7 p.m. as part of the Salem Museum's Speaker Series. The Zoom link will be posted on the Salem Museum's website on the day of her talk.

Dr. Deetz, a historian and archaeologist, is the Director of Programming, Education, and Visitor Engagement at Stratford Hall. The historic estate, located on the Potomac River south of Washington, DC, preserves the legacy of four generations of Robert E. Lee's family. She is also a Visiting Scholar in the Department of African American Studies at U.C. Berkeley.

Dr. Deetz holds a BA in African Studies and History from The College of William & Mary and an MA and Ph.D. in African Diaspora Studies from the University of California at Berkeley. She has taught at U.C. Berkeley, Randolph College, Roanoke College, University of Lynchburg, and the University

of Virginia. She partnered with National Geographic to produce the documentary film Rise Up: The Legacy of Nat Turner (National Geographic Channel), and wrote two cover stories for National Geographic's History magazine.

She is also the author of the critically acclaimed book Bound to the Fire: How Virginia's Enslaved Cooks Helped Invent American Cuisine, which was named as one of the top ten books on food in 2017 by the Smithsonian Magazine. She is currently working on The History of Sugar lecture series for The Great Courses, which will be released this summer on Audible.

-Submitted by Frances Ferguson, Salem Museum & Historical Society Executive Director

### CROSSWORD ANSWERS

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**BETHEL UNITED METHODIST CHURCH**  
11599 Cumberland Gap Road/Rt. 42, New Castle, 864-5242; church phone:544-7040 Sunday Worship 9:30 a.m., Sunday School 10:30 a.m., Choir Tuesday 7:30p.m., Youth Outreach and Missions Program. Rev. Charles Stacy.

**CHESTNUT GROVE CHURCH**  
Duane Wente, Minister, Rt. 42, New Castle, 540-864-5692. Sunday: Worship 10:00 a.m.

**CORNERSTONE CHURCH**  
Pastor Don Brown, Corner of Salem and Wagner, New Castle, 580-3228. Sunday Worship 10:30am (Children meet separately, Nursery provided). Bible Study - Wednesday 6p Teens - Wednesday 6p. Ministries: Men, Ladies, Young Adult, and Seniors. Times vary, call for details.

**CRAIG HEALING SPRINGS CHRISTIAN CHURCH (Disciples of Christ)**  
Pastor - Kenneth W. Davis, Jr., 6 Grannys Branch Road (Johns Creek), New Castle, Phone: 864-6102. Sunday School at 10 am. Sunday Worship at 11 am every Sunday. Fellowship meal after Sunday Worship on second Sundays. Everyone is welcome!

**CRAIG VALLEY BAPTIST**  
171 Salem Avenue, New Castle, 864-5667; Sunday School 10:00 a.m., Sunday Worship 11:00 a.m., Wednesday: Prayer Service and Bible Study 7:00 p.m., Youth Group 6:30-8:00PM, Bible Buddies at 6:30-8:00PM. Transportation provided - call the church. Hearing devices also available. [www.craigvalleybaptist.com](http://www.craigvalleybaptist.com)

**CRAIG VALLEY GOSPEL FELLOWSHIP**  
HWY 621, Pastor Roy Lee Law Jr., "Jay", 864-8984. Sunday School 10:00am; Worship 11:00am. Wednesday night Bible study 7pm, from HWY 311, up HWY 621, 8 miles on left.

**CROSSROADS CHURCH**  
21892 Craigs Creek Road, New Castle. Pastor Gary Burch. 864-7520. Sunday School- 10-10:45AM, Sunday Worship - 11AM-Noon.

**FIRST BAPTIST**  
Pastor Kevin Altizer, Corner of Main Street & Boyd Ave., New Castle. Church phone 864-5919. Sunday School 10:00AM, Sunday Worship 11:00AM and 6PM. Wednesday Evening Bible Study 7PM, Youth Group 7:00PM, Reformers Unanimous Addiction Recovery every Friday evening at 7PM.

**GRACE ASSEMBLY OF GOD**  
5530 Catawba Valley Drive, Catawba, VA, 540-384-7075. Pastor Lorraine Taylor, [agladypastor@msn.com](mailto:agladypastor@msn.com). Sunday service begins at 10:30 a.m.; Wednesday Evening service at 7:00 p.m.; Youth (ages 13-18) & Super Church (ages 4-12) Wednesday at 7:00 p.m. You can also watch on Facebook Live at 10:30 a.m. [www.graceassemblycatawaba.org](http://www.graceassemblycatawaba.org)

**GRACE BAPTIST CHURCH**  
159 Old Railroad Ave, New Castle, 540-864-PRAY, Sunday School 9:30AM, Sunday Worship Service 10:00AM, Wednesday Night Services 7:00PM.

**HEBRON UNITED METHODIST**  
Pastor Rodney Longmire, Rt. 606, 1981 Caldwell Mt. Rd., New Castle, 540- 400-3419. Worship 11:15AM.

**LIGHTHOUSE BAPTIST**  
Rev. Lee Looney, Rt. 311 N., New Castle. Sunday: Sunday School 10AM, 11AM, & 6PM. Wednesday Bible Study 7PM.

**LEVEL GREEN CHRISTIAN CHURCH**  
3388 Cumberland Gap Rd. Newport, Duane Wente, Minister, 540-544-7179. Sunday School 10:00am, Sunday Morning Worship 11:00am, Children's Church 11:00am. Choir Practice, bi-weekly 7:00pm, Ladies meeting first Monday of each month at 7:00pm.

**LIGHTHOUSE BAPTIST**  
Pastor Lee Looney, Rt. 311 N., New Castle, 540-525-7662. Sunday: Sunday School 10AM, 11AM, & 6PM. Wednesday Bible Study 7PM.

**MOUNTAIN VIEW CHRISTIAN**  
4199 Craig Valley Drive, New Castle, 864-6622. Sunday: Worship Service 9:00 a.m., Children's Church 9:15 a.m., Sunday School 10:30 a.m.

**NEW CASTLE CHRISTIAN CHURCH "WHERE YOUR HEART CAN FEEL THE DIFFERENCE"**  
Sheldon Cosma, Senior Minister, 282 Salem Ave., New Castle; 864-5212; Sunday Mornings: 9 A.M. Contemporary Service and 10:45 A.M. Traditional Service with Sunday School at 10 A.M.; Sunday night adult Bible study at 7 P.M.; Sunday Night Youth Bible study (6-12) at 6:30 P.M.; Wednesday night Bible study at 5:30 P.M. for K-5; If you need a ride to church, please contact Calvin Duncan by 8 P.M. on Saturday at 864-5321; [www.nc-cc.org](http://www.nc-cc.org).

**NEW CANTERBURY PENTECOSTAL FELLOWSHIP**  
Pastor John D. Abbott, Hwy 621 (10 miles), phone: 864-8242, Sunday Morning Lesson 9:45 a.m.; Sunday Worship 10:45 a.m.; Wednesday Night Service 6:00 pm.

**PAXTON CHAPEL**  
Pastor Kenny Davis, 17 Sage Brush Lane, New Castle; "Presenting God's Word Faithfully"; Sunday School 10:00 AM; Sunday Worship Service 11:15 AM; visit us on the web at [www.paxtonchapelchurch.com](http://www.paxtonchapelchurch.com); email at [paxtonchapel@yahoo.com](mailto:paxtonchapel@yahoo.com).

**THE CHURCH OF CHRIST**  
Contact person: Panco Cantley, 864-5035, 118 Main Street, New Castle. Service Times: Sunday, Bible classes-10 a.m., Worship-11:00 a.m., Evening Worship-6 p.m.; Wednesday, Bible classes - 7 p.m.

**NEW CASTLE UNITED METHODIST**  
Rev. Charles Stacy, 364 Main St., New Castle, Va. 864-5242; Sunday School 10AM, Worship 11AM; Monday Adult Choir 7PM, UMW 3rd Wednesday 7PM, Youth and other programs, Bible Studies.

**ST. JOHN THE EVANGELIST CATHOLIC CHURCH**  
99 2nd Street, New Castle. Rev. Stephen McNally. 540-473-3691. Mass is on Sunday at 11:15 AM.

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If your church is not listed and if you are interested, call Randy Thompson at 540-389-9355 or email at [advertise@mainstreetnewspapers.com](mailto:advertise@mainstreetnewspapers.com)

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**Legals - City of Radford**

**ORDER OF PUBLICATION**  
Commonwealth of Virginia VA. CODE § 8.01-316  
**Case No. JJ003895-07-03**  
RADFORD J&DR - JUVENILE DIVISION Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re CHRISTLEY, KAYLEIGH MARIE The object of this suit is to: TO LOCATE MOTHER KHASI CHRISLEY IN RE: MOTION TO AMEND CUSTODY It is ORDERED that KHASI CHRISLEY appear at the above-named Court and protect his or her interests on or before 05/28/2021 11:00 AM  
03/29/2021 Sally Davis Clerk

**Legals - City of Salem**

**NOTICE OF PUBLIC HEARING**  
Notice is hereby given to all interested persons that the Board of Zoning Appeals of the City of Salem, Virginia will hold a public hearing, in accordance with the provisions of Sections 15.2-2204 and 15.2-2309 of the 1950 Code of Virginia, as amended, on April 22, 2021, at 4:00 p.m. in the Community Room of the Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia, to consider the following applications.

The request of Aquarius Pools, Inc., contractor, and James and Kathryn Long, property owners, for a variance from Section 106-202.3(B)(2) pertaining to site development regulations, for the property located at 825 Pendleton Drive, Tax Map # 67-6-1. The petitioners are requesting to construct an in-ground pool encroaching into the side yard.

At this hearing, all parties in interest will be given an opportunity to be heard, present evidence, and show cause why such requests should or should not be granted. For additional information, contact the Office of the Zoning Administrator, 21 South Bruffey Street, Salem, Virginia (Phone 375 3032).

THE BOARD OF ZONING APPEALS OF THE CITY OF SALEM  
BY: Mary Ellen H. Wines, CZA, CFM  
Zoning Administrator

**Legals - City of Salem**

**LEGAL NOTICE OF PUBLIC HEARING**  
Notice is hereby given to all interested persons that the Board of Appeals (Building) of the City of Salem, Virginia will hold public hearings, in accordance with the provisions of Section 18-38 Code of City of Salem, Virginia, on May 5, 2021, at 3:00pm in the Community Room at the Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia. The purpose of the meeting and hearings shall be to determine if certain structures are dangerous to the inhabitants of the City and whether such structures should be ordered to be repaired or demolished. The structures are located as follows:  
(1) A dilapidated structure located at 1441 Filson Street, Salem, Virginia (Tax Map # 239 - 5 - 18);  
(2) A dilapidated structure located at 300 South Broad Street, Salem, Virginia (Tax Map #121-4-11); and  
(3) A dilapidated structure located at 955 Camp North Road, Salem, Virginia (Tax Map #27-2-1).

All parties in interest at the public hearings will be given an opportunity to be heard, present evidence, and show cause why action by the City and Board to remedy a potential dangerous situation should or should not be granted. For additional information, contact the Building Official's Office, 21 South Bruffey Street, Salem, Virginia (Phone 375-3036).

THE BOARD OF BUILDING APPEALS OF THE CITY OF SALEM  
BY Troy D. Loving

Troy D. Loving, Building Official

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# SPORTS

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## Rockets put four girls on All-Pioneer District volleyball team



PHOTOS BY BRIAN HOFFMAN  
**Nicole Austin is first team All-Pioneer.**

The All-Pioneer District volleyball team was chosen last week and Craig County was well-represented. The Rockets had a first teamer, two second team selections



**Kaylee Stroop is second team All-Pioneer.**

and another pick for Honorable Mention. Senior Nicole Austin was chosen to the first team despite only playing four matches this season due to



**Autumn Hutchison is second team All-Pioneer.**

a knee injury. That says a lot for the respect she's garnered in her four years on the Rocket varsity.

"Nicole made a huge difference when she was on the



**Kylee Clifton took honorable mention All-Pioneer.**

court," said Rocket coach Geoff Boyer. "Last year she was runner-up Player of the Year and 1st team all-region."

Another senior, Au-

umn Hutchison, made first team All-District. She made the second team for the second year in a row and was a leader for Craig on and off the court.

Kaylee Stroop, a junior, was named to the second team. Kaylee was the only setter on the All-Region team last year after setting a school record in assists, but didn't have as many opportunities in this unique season.

A fourth Rocket, junior Kylee Clifton, was an honorable mention selection.

"Kylee earned this spot from hard work and determination," said Boyer.

All four of the girls select-

ed to the All-District team were captains for the Rockets this year. Craig was not able to finish the regular season due to coronavirus pandemic concerns. Narrows defeated Eastern Montgomery in the Pioneer tournament championship game and both teams advance to Region 1C play this week.

"It is certainly nice to see the four team captains to be recognized, but really everyone who was involved with the program this year deserves praise," said Boyer, who is stepping down as Craig coach. "The players, managers, parents, teachers and administrators made this season possible."

## JMU basketball coach Mark Byington will be the guest speaker at the RV Sports Club Monday

Mark Byington, the first year men's basketball coach at James Madison University, will be the guest speaker at the monthly meeting of the Roanoke Valley Sports Club on Monday. The meeting will be held at 5:45 pm at the Salem Civic Center.

In his first season coaching the Dukes, Byington was named as a finalist for the 2020-21 Hugh Durham Award, presented annually to the top Division I mid-major coach in college basketball. The 2021 Co-

lonial Athletic Association Coach of the Year was also named the NABC District 10 Coach of the Year less than a year after his hiring. Mark took a team that was picked to finish ninth in the CAA Preseason Poll and led it to the CAA Regular Season Championship, taking the Dukes from last place to first place in his first season.

Byington engineered a JMU offense that paced the CAA in scoring during the regular season

at 78.5 points per game while racking up a +8.1 scoring margin, nearly four points ahead of the closest team. The Dukes also held opponents to a 41.4% field goal percentage on defense, the best mark in the league.

A 1994 graduate of Salem High, Mark played on the '94 state championship team under coach Charlie Morgan. He went on to play at UNC-Wilmington before beginning his coaching career, eventually

landing at James Madison.

Also scheduled for Monday the club will honor long-time area basketball coach Paul Barnard, who will be recognized as a "Legend of the Game." In addition, the Glenvar swim team and VHSL state Class 2 champion wrestler Jake Cline of Glenvar will also be recognized.

A limited number of seats are available. To attend visit the club web site at [www.roanokevalleysportsclub.com](http://www.roanokevalleysportsclub.com).



JMU PHOTO  
**James Madison University basketball coach Mark Byington will speak to the Roanoke Valley Sports Club on Monday.**

## ODAC Announces 2021 All-ODAC Men's Basketball Awards

FOREST, Va. --- Randolph-Macon College guard Buzz Anthony and Yellow Jackets mentor Josh Merkel along with Washington and Lee University forward Curtis Mitchell headline the All-ODAC Men's Basketball Awards for a third straight season. Anthony earned Kurt Axe Memorial Player of the Year laurels for the third

time in as many years, while Merkel collected his fourth consecutive Bob Johnson Coach of the Year plaque. Mitchell has now earned all three ODAC Defensive Player of the Year honors awarded by the conference.

Roanoke College forward Justin Kuthan garnered ODAC Rookie of the Year accolades, and Ferrum Col-

lege guard Kajuan Madden-McAfee received ODAC/Virginia Farm Bureau Insurance Scholar-Athlete of the Year honors from the conference's athletic communications personnel.

Kuthan, a first-year from Denver, N.C., proved a key cog in Roanoke's rotation, helping the Maroons to the ODAC Tournament semifinals and a national top-15 ranking by D3hoops.com late in the season. Kuthan averaged 10.2 points and 4.7 rebounds per game. He was tremendously efficient shooting the ball as he led the ODAC in field goal shooting at 72.9-percent (51-of-70). He scored in double figures in six of his 12 games played including three of his final four contests. He posted a season-best 20 points on 7-of-10 shooting in an 80-59 win over Randolph College in early February.

This season's All-ODAC awards look a little different than in previous seasons with one large all-conference team honoring the league's student-athletes. Still, plenty of star power returns to the

conference's awards list with eight players having secured at least one previous all-league nod. That list begins with Anthony, who earned All-ODAC First Team status in 2019 and 2020.

Anthony, a senior from Arnold, Md., is the first three-time player of the year in ODAC history. The Yellow Jackets' All-American playmaker showcased his all-around talent yet again. He finished fifth in the ODAC in scoring (17.5) while leading the league in overall points scored (210), assists (75), and steals (23). He ranked second in field goals made (73-of-137), third in three-point shooting (.500), fourth in three-pointers made (28-of-56) and assist-to-turnover ratio (2.7), and fifth in free throw shooting (.878 - 36-of-41). Anthony scored in double figures in 11-of-12 games played including a season-high 30 markers in a 79-55 win over Salisbury in late January. He came up two assists shy of a triple-double with 19 points, 11 boards, and eight assists in a 76-49 win at Virginia Wesleyan

in late February. He posted five games of eight or more assists including twice with nine.

Mitchell, a senior from Chevy Chase, Md., has made a name for himself as one of the best interior defenders in the ODAC over the past three seasons. Mitchell, the winner of all three ODAC Defensive Player of the Year awards since the conference began the honor in 2019, finished third in the league in rebounding (11.6 per game) and blocked shots (18).

Merkel finished his 10th season as a collegiate head coach and sixth year guiding the Yellow Jackets program. This is his fourth straight ODAC top coaching honor and fifth conference coach of the year award after earning the same distinction from the Capital Athletic Conference in 2015 when he led his alma mater, Salisbury University, to its first 20-win season since 1997. The 2021 Yellow Jackets cleared all hurdles on the way to collecting the program's second straight and ninth overall ODAC title via a 70-

62 triumph at Lynchburg. Randolph-Macon spent much of the 2021 season ranked #1 in the country by D3hoops.com.

Madden-McAfee, a senior from Harrisonburg, Va., starred both on and off the floor for the Panthers. In the classroom, Madden-McAfee owns a 3.89 grade point average as an applied mathematics major with a minor in educational studies. He has been a Ferrum President's List (4.0 GPA) honoree all but one semester of his collegiate career. An honoree on the ODAC All-Academic Team, Madden-McAfee is a member of the National Society of Leadership and Success (NSLS) program and was nominated as a Student Committee member for the Teacher Education Committee.

On the floor, Madden-McAfee, who serves as a Panthers team captain, pairs this honor with a selection to the 2021 All-ODAC Team. He finished the season averaging 15.6 points per game and 7.8 rebounds per contest, the latter ranking ninth in the ODAC.

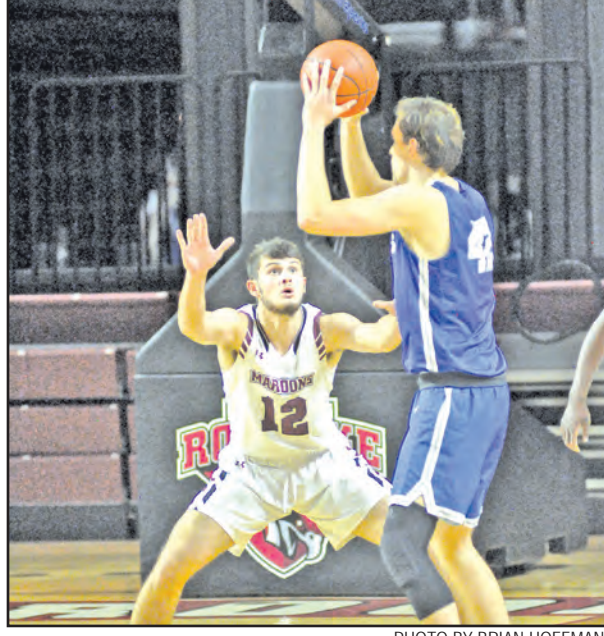


PHOTO BY BRIAN HOFFMAN  
**Justin Kuthan of Roanoke College is the ODAC men's basketball Rookie of the Year.**

## ODAC Announces 2021 All-ODAC Women's Basketball Awards

FOREST, Va. --- University of Lynchburg forward Abby Oguich and Roanoke College point guard Whitney Hopson headline the 2021 All-ODAC Women's Basketball Awards. Oguich earned ODAC Player of the Year honors while Hopson was tabbed the ODAC Defensive Player of the Year.

Lynchburg interim head coach Katie Crump earned ODAC Coach of the Year laurels from her peers, while Randolph College playmaker Kylie Stark took home ODAC Rookie of the Year recognition. Shenandoah University forward Olivia Weinel received ODAC/Virginia Farm Bureau Insurance Scholar-Athlete of the Year honors from the conference's athletic communications personnel.

This season's All-ODAC awards look a little different than in previous seasons with one large all-conference team honoring the league's student-athletes. Adding to the distinct view of the women's basketball awards are the number of new names on the list. Just five athletes

repeat from the 2020 All-ODAC Teams. Bridgewater College guard Ahlia Moore and Washington and Lee University guard Erin Hughes were both All-ODAC First Team choices a season ago. Lynchburg's Oguich, Roanoke's Kristina Harel, and W&L's Megan Horn each picked up All-ODAC Third Team honors last year.

Oguich, a junior from Midlothian, Va., was a force on the blocks on Lynchburg's front line. She finished top-five in the ODAC in several statistical categories including #1 in offensive rebounds (44), second in field goals made (69-of-120), field goal shooting (.575), total rebounds (114), and rebounding average (9.5), and third in overall points scored (179). She finished fourth in defensive rebounds (70) and her 14.9 points per game average slotted ninth. The 2020 ODAC Rookie of the Year scored in double figures in all but one game. She registered a career-high 26 points with 11 rebounds in a 57-49 win at Ferrum College in early

February, and capped her season with 22 points and 11 boards in the ODAC Championship game against Roanoke. Oguich finished with six double-doubles overall.

Hopson, a junior from Mechanicsville, Va., has proven to be one of the best on-ball defenders in three seasons in Roanoke's backcourt. Hopson led the ODAC in steals with 35 this season at 2.7 swipes per game. She now has 168 steals for her career. She registered three or more steals in eight games this season, including seven against Lynchburg in late February. Hopson also led the ODAC in assists with 48 and averaged 7.4 points per game.

Crump was in her first season as interim head coach of Lynchburg's women's team after former mentor Abby Pyzik Smith stepped down prior to the start of the 2021 spring season. Crump had been a Hornets' assistant for the previous three seasons. She led the 2021 squad to an 11-1 overall record and 6-1 league mark thru the COVID-shortened season. The 11

wins were the most by any ODAC program this season. Crump led Lynchburg to its second ODAC women's basketball title via 67-61 result over Roanoke.

Stark, a first-year from Lynchburg, Va., stepped into the Wild-Cats lineup from day one and became their primary playmaker. Stark, who led the ODAC in minutes played per game (38.9), finished third in scoring at 17.4 points per game.

Weinel, a junior from Mount Airy, Md., shines both on and off the floor for Shenandoah. In the classroom, she boasts a 3.99 grade point average as a triple major in psychology, criminal justice, and Spanish. A perennial honoree on SU's President's List (3.9 GPA or better), Weinel has also earned recognition on the Dean's List and Athletic Director's List. She is a member of the Sigma Delta Pi (Spanish) honor society, participates with SU's SAAC, and is a three-time ODAC All-Academic Team honoree.

On the court, Weinel is a team

co-captain who started all 11 games for Shenandoah. She averaged 12.9 points and 6.2 rebounds per game.



PHOTO BY BRIAN HOFFMAN  
**Whitney Hopson of Roanoke College is the ODAC women's Defensive Player of the Year.**