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THE NEW CASTLE RECORD



WE SELL KEROSENE



Lighthouse Baptist Church has had a vision to build an addition for a while, and now the dream is becoming reality with the working hands of many people.

Lighthouse Church currently building fellowship hall, gym

Pam Dudding
Contributing writer

The Bible states in Isaiah 54:2: "Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords and strengthen your stakes."

The Lighthouse Church in New Castle is doing just



This past week, the flooring went down, and they were pleased to see so much completed.



PHOTOS BY PAM DIDDING

They got the foundation in, and the flooring began.

that as it has started building new additions to the church. The church started construction before Christmas and has been going strong ever since. "We are building a fellowship hall and gym, with a kitchen and some classrooms," Pastor Lee Looney shared. "We feel that there is a great need for a place for children." The group's desire is to better serve not only their church but also their

community. "We have received some donations and have been very blessed with being able to purchase the materials needed," Looney added. "We are moving along pretty good and hope to start building the first of next week as all of the materials are in." He also said that those who wish to help "are always welcome." Their congregation shared

See Lighthouse, page 2

Officer-involved shooting occurred last week in Craig County

Aila Boyd
aboyle@mainstreetnewspapers.com

On Wednesday, Jan. 25 the Craig County Sheriff's Office and the Virginia State Police responded to a residence in the 400 block of John's Creek Road in Craig County for a domestic disturbance. After deputies and troopers arrived, a firearm was discharged in the residence, according to a Virginia State Police statement. Officers did not approach the residence and attempted to contact the individual inside the residence from a distance. Information was obtained that the subject inside the residence was armed, and officers requested negotiators to speak with the subject and a tactical team. At 8:57 p.m. an armed subject exited the residence onto the front porch. The statement said

officers fired, striking the suspect. Emergency medical care was administered immediately and was continued until emergency medical services arrived on the scene. Kyle Adam Mills, 22, of Christiansburg, died from his injuries, Virginia State Police said. No officers were injured. All the officers involved have been placed on administrative leave, according to both department's policies. The Virginia State Police Bureau of Criminal Investigation, Salem Field Office is conducting the investigation. At the completion of the investigation, all the findings will be turned over to the Craig County Commonwealth's Attorney for adjudication.

Department of Social Services in Craig County sends thanks



COURTESY PHOTO

The Craig County Department of Social Services shared that they "would not be able to provide such a valued resource for our community without our community support." The pantry is stocked, and the office is open Monday through Friday from 9 a.m. until 4 p.m.

Pam Dudding
Contributing writer

Life today is becoming "more normal," most have said. However, for several families, the duration of the COVID-19 pandemic has left its footprints deep in their lives. Due to this harm, many families rely on assistance for the basic necessity of food. "We would like to thank the many organizations, companies and citizens that collected food and money for our community food pantry," Pat Franklin, the director of the Craig County Department of Social Services shared. "Botetourt Chamber of Commerce donated a generous \$500.00 gift card to Food Lion, the Craig County Library and Food Country did food drives for the pantry that filled the shelves, The United Methodist, New Castle Garden Club, and Mountain Lodge 140 donated food and money for food baskets for families at Thanksgiving and Christmas."

Franklin also noted that they have several individuals that write checks to support the food pantry on a regular basis. "The cost of groceries is going up what seems like weekly," Franklin stated. "Cold days causes energy bills to go up to keep our homes warm and at any given time an illness can take you out of work, or a car repair could leave us all tight to make it through the month. That is when the community food pantry can help." The department is open Monday through Friday, 9 a.m. to 4 p.m., providing food for anyone who needs a little help to get through the month. "The community is welcome to come once a month for food supplies or just when you may find you may be running short one month," Franklin added. "We here at Social Services would like the community to consider us as one of your neighbors and like good neighbors we want to be

See Social Services, page 2

Rabies drive-thru clinic at Fairgrounds

Pam Dudding
Contributing writer

Feb. 18

Pets have always seemed to have a positive effect on people and sometimes even become a "member of the family." For this reason, it is important to keep them up to date on the rabies shot. Also, over the last few years, there has been an increase in wild coyotes and rabid animals that have infiltrated the county's properties. Only a couple weeks ago, it was known that coyotes killed a German shepherd on Bradshaw Road. Therefore, the Craig County Rescue Squad announced it will be hosting a rabies clinic. "We will be hosting our annual rabies clinic at the Craig County Fairgrounds on Saturday, February 18 from 10am until noon," First Lieutenant Trace Bellasai shared. "This shot is only \$15

and will be administered by our Veterinarian Dr. Marge Lewter. "Dogs and cats over three months of age can be vaccinated," Lewter shared. She noted that she uses

a 3-year vaccination that is thimerosal free. "Rabies vaccine is one of the safest and most effective vaccinations you can get for your animal," she added. "The first time the pet is vaccinated, it

is recommended to get a booster one year later, and then the shots are good for three years." Pet owners may wish to note that a current rabies vaccination is required to

See Rabies, page 2




PHOTO BY PAM DIDDING

The Craig County Rescue Squad is hosting its "drive-thru" rabies shot clinic for dogs and cats at the Craig County Fairgrounds on Feb. 18 from 10 a.m. until noon. Veterinarian Dr. Marge Lewter will be administering the shots. The cost of a shot is only \$15, which goes to the rescue squad.

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OBITUARY

Hannah, Samuel Floyd

Samuel "Sam" Floyd Hannah, 71, of New Castle, formerly of Eagle Rock, passed away Thursday, Jan. 26, 2023.

He worked and retired from Gala Industries with 43 years of service.

He was preceded in death by his parents, Emmett Keith and Lillian Gladys Thompson Hannah; great-granddaughter, Meredith Shires; brother, Gerald "Jerry" Hannah; and nephew, Kevin Hannah.

He loved spending time with his family and is survived by his wife of 51-1/2 years, Rosemary Hill Hannah; daugh-



ter and son-in-law, Michelle "Missy" and Tony Cahoon; son and daughter-in-law, Shaun and Tasha Hannah; sister, Ann Layman; brother and sister-in-law, Dwight and Jewel Hannah; sister-in-law, Judy Hannah; grandchildren, Kayla and Scott Shires, Blake Hannah, Jakob Hannah; great-

grandchildren, Holden Shires and Hannah Shires; brother-in-law and sister-in-law, Ernest and Dale Hill; sister-in-law, Debbie Hill; and numerous nieces and nephews.

Visitation will be held from 1-2 p.m. with memorial services at 2 p.m. on Saturday, February 4, 2023 in the Buchanan Chapel of Botetourt Funeral Home with the Rev. Billy Frazier officiating. In lieu of flowers, please make donations to the Kidney Foundation. Online condolences may be made at www.botetourtfuneralhome.com or 540-254-3000.

Lighthouse

from page 1

that they are very excited to see this addition happen.

For the future, Looney shared, "My desire is to have programs and I want to have an after school program and a place for kids to come to."

Lighthouse Baptist Church hosts many events for their kids including lock-ins, youth outings, outdoor activities, Vacation Bible School and much more.

They also make hospital visits, nursing home visits and door-to-door visits.

They have Wednesday Bible study at 7 p.m. as well as classes for kids. Sun-

day school starts at 10 a.m. and Sunday morning service is at 11 a.m., with a Sunday night service at 6 p.m. They also have kids and teens program.

Those who would like to reach Pastor Lee Looney may do so at (540) 864-5259 or (540) 525-7662. They are located "in the flats" on Route 311 on Paint Bank Road/Salem Avenue. Their mailing address is 519 Draft Road, New Castle, VA 24127.

They extend an open door welcome to anyone wishing to join them to visit or to make Lighthouse their home church.

Social Services

from page 1

here to lend a helping hand."

She also noted that in one month one may need a bag of food and the next month that same person may be able to provide a couple of can goods at a food drive.

"Thank you all for the support you provided over the holiday season and those who provide continue support," Franklin shared. "Without you we would not be able to provide such a valued resource for our community."

Rabies

from page 1

get a dog license in Craig County, which are still only \$8 each.

Those to go to the Fairgrounds will be given a form to complete which will ask the name of the owner of the pet and contact phone number, the species, breed, color and weight of the pet and whether it has been neutered or had previous rabies shots.

Those to go to the clinic are encouraged to bring old rabies certificates, as they are very helpful in getting the information correct.

Lewter noted, "There have been several rabid wild animals in Craig this year so having your pet vaccinated protects them from contracting the deadly virus."

She explained that normally a house call or office visit with a check-up and a rabies vaccination would cost close to \$100 but at the rabies clinic, shots are offered without an examination for only \$15 "because this is a public health issue."

Please note that they can only accept cash or check.

Lewter also stressed, "Do understand that the vaccine requires the immune system to produce protective antibodies, so vaccines are only indicated for

healthy animals."

Upon arrival at the Fairgrounds, those who go to the clinic will be directed as to which gate to enter.

It is a "drive-thru" plan, therefore participants will stay in their vehicles and someone will provide the paperwork to complete while they are waiting and payment is taken.

Also, dogs must be leashed, and cats must be in a carrier during this process.

When arriving at the area where the pets will receive their shot, instructions will be given on how they have successfully completed the drive-thru rabies shot process.

Last year they vaccinated over 100 animals within the two-hour time slot.

For more information, reach out to Dr. Marjorie Lewter, Holistic Veterinary Consultants, at www.holisticveterinaryconsultants.com or holisticveterinaryconsultants@gmail.com or call the Craig County Rescue Squad at (540) 864-5115.

Lewter added, "Take time to thank your local volunteer rescue squad members who will be assisting with the rabies clinic as the proceeds from your \$15 per pet donation go to benefit the Craig County Volunteer Rescue Squad."

Upcoming public meetings scheduled in Craig County

Feb. 11

Little World Qualifier ACH&BGA Hound Competition and Showcase will be held Feb. 11 with the Bench Show starting at 6 p.m. and the Hunts starting at 7:30 p.m. at 184 Hill Top Trail in New Castle by the Southwest Virginia Hills and Hounds Association. Those interested must register before event at worldhound.org or contact Jonathan Huffman at (540)864-5842.

Feb. 15

A CPMT meeting at CPMT – Department of Social Services will be at 1 p.m.

Feb. 18

A rabies drive-through clinic will be on Feb. 18 from 10 a.m. – 12 p.m.

at the Craig County Fairgrounds. The cost will be \$15 per dog or cat. It will be administered by Dr. Marge Lewter and hosted by the Craig County Rescue Squad. Call 540-864-5115 for more info.

Feb. 20

The New Castle Town Council will meet from 7-8 p.m. at the New Castle Town Hall at 339 Market Street in New Castle.

Feb. 21

Rep. Morgan Griffith will hold a citizen comment period from 9-10:30 a.m. in the courthouse breakroom.

Feb. 25

A wild game dinner will be Feb. 25 at 5:30 p.m. at Roanoke Moose Lodge #284. It will be hosted by Catawba Valley Baptist Church for

their youth. The evening includes a dinner, giveaways, raffles, a silent auction and the infamous live auction. Purchase tickets at CATAWBAVALLEY-BC.ORG.

March 15

A CPMT meeting at CPMT – Department of Social Services will be at 1 p.m.

March 20

The New Castle Town Council will meet from 7-8 p.m. at the New Castle Town Hall at 339 Market Street in New Castle.

Feb. 21

Rep. Morgan Griffith will hold a citizen comment period from 9-10:30 a.m. in the courthouse breakroom.

-The New Castle Record

Virginia Western Foundation announces new board members: Elam, Lemon



Katherin Elam



Stephen Lemon

ROANOKE — Katherin A. Elam and Stephen W. Lemon have joined the Board of Directors of the Virginia Western Community College Educational Foundation as at-large members.

Elam retired in 2022 as the longtime president of Junior Achievement of Southwest Virginia. Lemon is an attorney and principal at the firm of Martin, Hopkins & Lemon, P.C.

The volunteer board guides the educational foundation's mission as an independent nonprofit organization supporting student scholarships, faculty development and endowment initiatives at Virginia Western Community College. Board members are the driving

force behind Virginia Western's Community College Access Program, a successful public-private partnership that provides up to three years of tuition to eligible students. CCAP celebrates its 15th anniversary in 2023, having served 3,856 students to date and provided \$9.1 million in tuition assistance.

As of 2023, the educational foundation is led by: Deborah L. Petrine, chair; Russell Ellett, vice chair; Tammy Moss Finley, secretary; Chris Carey, treasurer; William Farrell II, immediate past-chair; and college President Dr. Robert H. Sandel. John R. Francis is the chair of Virginia Western's Local Board.

-The New Castle Record

Roanoke Region receives green light, funding for 26-mile scenic rail trail

Virginia's biennium budget was finalized this past June, and with it comes funding for trails. A new rail trail running through Botetourt and Craig counties—the Craig Botetourt Scenic Trail is one of five priority trails identified by the General Assembly to receive support from the appropriation.

The Craig Botetourt Scenic Trail will parallel Craigs Creek and run 26 miles from New Castle in Craig County to Eagle Rock in Botetourt County. It is anticipated to be a gravel trail that utilizes existing railbeds and some shared roadways. Funding will go toward bridge repairs and preparing the trail surface; a multi-use trail for walking, running, biking, and horseback riding, that provides opportunities for residents and visitors to engage with the scenic beauty of Craig

and Botetourt counties and Virginia's Blue Ridge.

"People will be able to enjoy this unique and historical scenic trail with ease," says Jessie Spence, chairman of Craig County Board of Supervisors. "The Craig Botetourt Scenic Trail will be an outstanding asset to Craig County, Botetourt County, and the region. It will be one of the most scenic, if not the most scenic, trails in the commonwealth."

"The Virginia Creeper Trail, a similar trail to the proposed Craig Botetourt Scenic Trail, generates \$2.3 million annually for its rural local economy when adjusted for inflation," says Delegate Terry Austin who was instrumental in securing funding for the Craig Botetourt Scenic Trail. "I very much look forward to how this trail will benefit the community and will

open the door for more business opportunities like bike shops, coffee shops, restaurants, and lodging—all these ventures and more will be possible with the influx of trail users."

"Craig and Botetourt counties are home to some of the most beautiful natural assets in all of Virginia, and the trail will give people the opportunity to experience it firsthand," says Pete Eshelman, director of outdoor branding for the Roanoke Regional Partnership. "This is truly a transformational project that will have direct economic benefit for the communities while also adding to the region's growing list of outdoor assets that make it a desirable place for businesses and talent to locate."

"Local law makers, officials, and outdoor stakeholders have been working diligently for years to secure

funding for this project," says Dr. Richard Bailey, Botetourt County Board of Supervisor. "We are extremely appreciative that Delegate Austin recognizes the importance of this project, shares our vision, and was able to secure funding for the trail."

At their September 2022 meeting the Commonwealth Transportation Board authorized up to \$1 million dollars to the trail to support pre-construction planning activities. Both Botetourt and Craig counties have formed citizen committees to assist with the planning phase. These committees will help mitigate citizen concerns and assist the localities in recognizing and addressing potential issues. The citizen committees will share additional information and plans as they are developed.

Woody Lipps, chair of

the Craig County citizen committee says that "While this is an exciting and unique opportunity, this project is still very much in the planning phase and will be for the next several months. We know there will be a lot of questions, but right now we don't have a lot of answers, so we ask people to be patient as we work with VDOT to develop a plan that respects the residents along the trail while also showcasing the beauty of both Craig and Botetourt counties."

Roanoke Regional Partnership assisted Botetourt County and Craig County with securing funding for planning efforts through the Virginia Department of Transportation, and Delegate Austin has been instrumental in providing trail funding to support advancing this new trail asset. Thanks to their diligent

efforts, the region is poised to see another trail asset created that will continue to make Virginia's Blue Ridge a premier location to live, work, play, and visit.

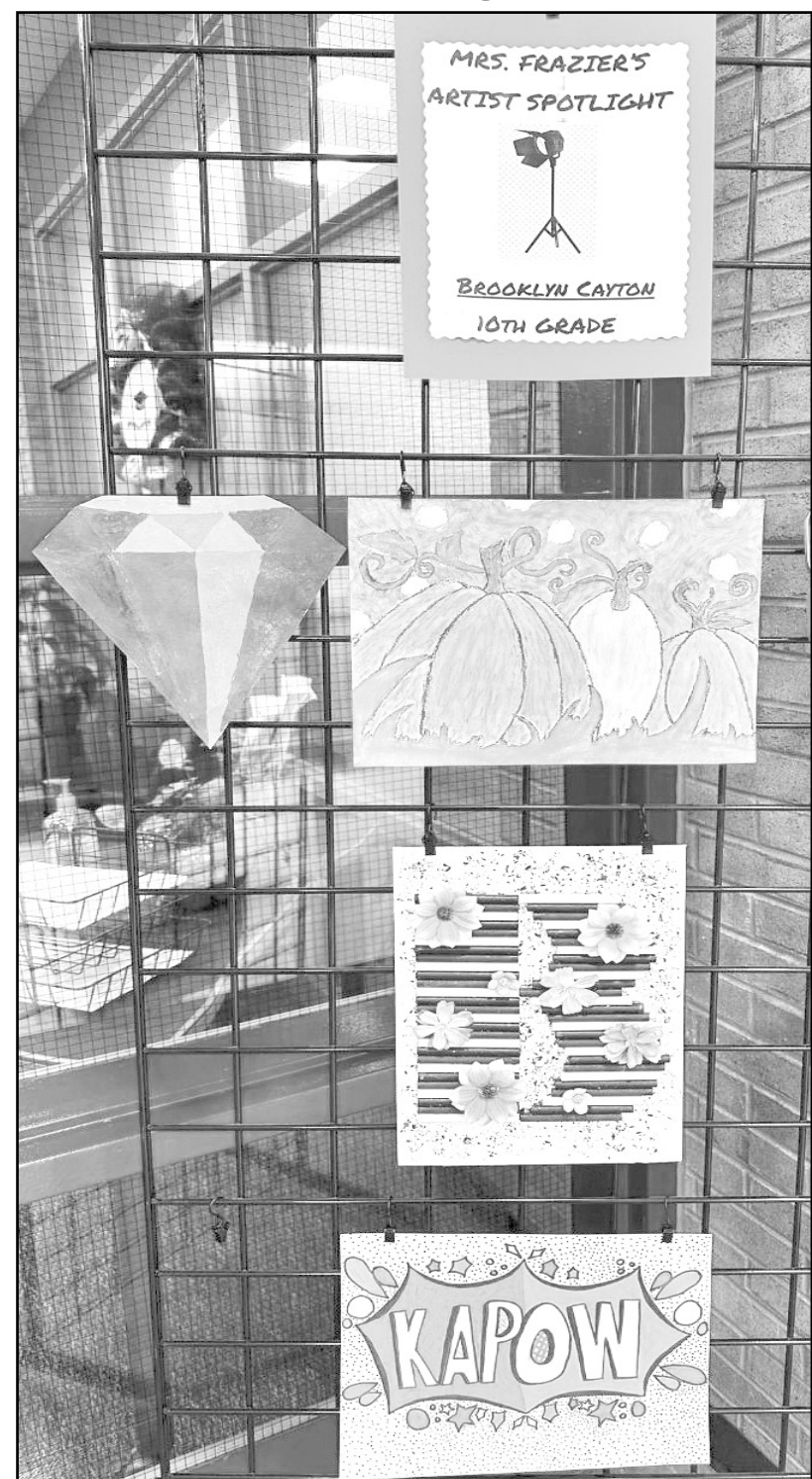
-Roanoke Regional Partnership

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Artist spotlight at Craig County Public Schools



CCMS
Artist spotlight
Brooklyn Cayton

10th Grade student Brooklyn Cayton has been selected by Art Teacher, Mrs. Sierra Frazier, for the Artist Spotlight Feature. Brooklyn has created many beautiful works of art this school year using a variety of techniques. Keep up the good work, Brooklyn!

COURTESY PHOTOS
Sierra Frazier, Craig County Public Schools' art teacher, is highlighting the talent of her students. This month the student being highlighted is 10th grader Brooklyn Cayton. She was complimented for the variety of art works she has completed thus far in class.

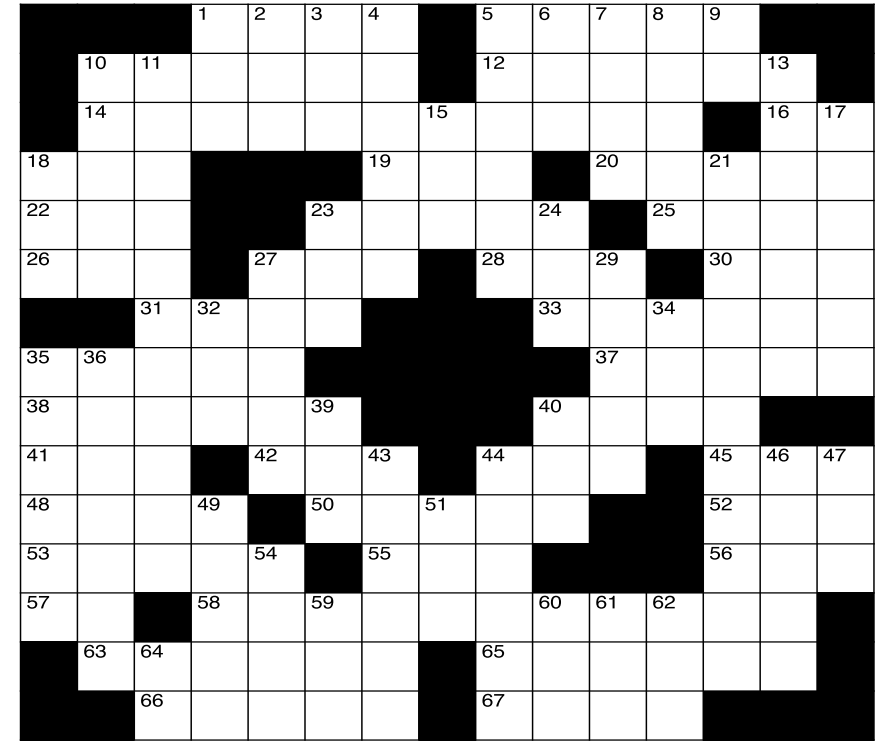
High School seniors served breakfast



COURTESY PHOTOS
Seniors at Craig County High School were treated to a homemade pancake breakfast, cooked and served by Principal Susan Stimeling, Tyra Hutton and Sherry Crowder.

Be sure to 'Like' the New Castle Record on Facebook.

CROSSWORD PUZZLE



- CLUES ACROSS**
- Shed tears
 - Luxury jewelry designer
 - Goddess of wisdom
 - Convert into a particular form
 - Working-class people
 - It borders Canada (abbr.)
 - A princess can detect its presence
 - Red-brown sea bream
 - Defunct retail empire
 - Vase
 - Demeter's equivalent
 - Monetary unit of the Maldives
 - French and Belgian river
 - Small amount
 - High schoolers' test
 - Animal's foot
 - Some is red
 - Per ___ each
 - Swedish jazz pop duo
 - Plate for Eucharist
 - Train line
 - Russian pop duo
 - Stake
 - Plant by scattering
 - Female sibling
 - City of Angels hoopsters (abbr.)
 - Popular cookie brand
 - Group of Niger-Congo languages
 - Its capital is Pierre
 - Its capital is Pierre (abbr.)
 - Expensive cut of steak
 - Popular James Cameron film
 - A ___ relating to knowledge gleaned from deduction
 - Kids' snow toys
 - Flip side to yin
 - CLUES DOWN**
 - Global public health agency
 - Snake-like fish
 - Midway between north-east and east
 - Dabbed
 - TV show
 - Folk singer DiFranco
 - Canadian flyers
 - Of the dowry
 - Commercial
 - The act of imitating
 - Equipment used to broadcast radio or TV signals
 - Lands of an emir
 - Swiss river
 - Island
 - Monetary unit of Afghanistan
 - One who surrenders under agreed conditions
 - Garfield is one
 - A baglike structure in a plant or animal
 - Small boats used in the Black Sea
 - Small savory Spanish dishes
 - Body part
 - Touch lightly
 - Popular grilled foods on a stick
 - ___ Hess: oil company
 - Antelope with a reddish coat
 - Pharaoh of Lower Egypt
 - Pink Floyd's Roger
 - Short and thick
 - Small, sac-like cavities
 - Performer ___-Lo
 - Entrails of animal used as food
 - ___ King Cole, musician
 - Where construction is done
 - Investment vehicle
 - Often mixed with tonic
 - Holiday beverage egg ___
 - Against

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OPINION

Disparity trap

Library Corner

Empowering individuals to build a stronger community

Being an old schooler, I know little about computer games. They are quite popular with the younger folk, but folks can still enjoy the old-fashioned family board games. You know, the ones where everybody takes turns and rolls the dice and moves around the board?

Recently, I played a new game called "Disparity Trap", said to be the "unfair game of life". As we opened the box, lots of black and white cards spilled out and tokens of many symbols were stacked in the box. There were tokens for college degree and startup business and home loans and some representing money.

After spending over an hour deciphering the instructions, I can tell you it took a very creative mind with an agenda

to create this game. We even had to resort to YouTube to see how the game is played! The creator seeks to teach real life lessons and intends to spark conversations about those who are born into privilege and those who are not. Real statistics are printed on the game cards to support the odds of the "haves" and the "have-nots" getting ahead. From getting a college degree to getting a business loan to buying a house, there are different odds of success for players depending on their status.

From the Disparity Trap website: "The Socially Conscious Board Game provides an easy way to

have the hard conversations around race & privilege in America and how they impact society in systemically dominant (SD) and systemically non-dominant (SND) ways. The game play is like many of its kind, where your individual goal is to accrue as much wealth as possible. But where it differs is that you can have a team goal as well where you work with your fellow players to dismantle the Disparity Traps seeking to keep everyone in poverty. Within this game you also step into someone else's shoes; to experience the disparities

within an identity different from your own. Throughout the game, the dice roll correlates your identity in the game to real life statistics. So like life, the dice are in your hands, but the odds are not."

Educators love this game because it brings into the conversation the unfairness of a traffic stop where you are more likely to get a ticket if you are systemically non-dominant, and the perks of one getting into graduate school if they are systemically dominant in society, along with many other situations. Moving up in life and getting a bank account and a home

may not be as easy as you think! Some who are born into wealth and privilege may not get ahead and some who are born with little wealth can get ahead if they work hard and save... but only if luck is on their side.

As we played, we recalled other board games that we played as a family which are still popular today. Boy, don't I wish I had been the creator of Monopoly! I wish Christian Telsmar, the creator of this new board game luck and success with his efforts and hope to see a simpler children's version come out. Teaching social consciousness can never start too early.

Let's look at what fat tissue does

It is still early in the year, and most of us have been happily grazing on treats since October 31st. Festivities from fall to winter, isolation brought on by COVID-19, many have put on more than a few pounds. I want to discuss the sensitive topic of obesity. I understand that approaching this topic is like asking a woman when her baby is due only to find out she is not pregnant or referring to a man's wife as his daughter. It may sound crazy, but I've been in

trouble on both counts. So I understand how talking about obesity is like picking a 'prickly pear.' Many think of fat as just padding on the body and a reservoir for energy.

It might be interesting to look at obesity from a different viewpoint: Let's look at what fat (adipose) tissue does. Fat tissue works as endocrine organ producing hormones. These hormones do multiple jobs, such as telling when you are hungry and full. Some are responsible for

how cells handle glucose (sugar). Some regulate immunity, inflammation, and blood cell formation and increase blood pressure. Research continues to find new hormones and is looking for ways these hormones regulate your body. Did you know there are different types of fat tissue? Fat comes in various colors, white, beige, and brown. White fat is the most plentiful and acts as padding and a "food bank" for organs, producing hormones secreted in the bloodstream and affecting your body's metabolism. Brown adipose tissue maintains a person's heat during cold exposure by converting energy from triglycerides or glucose, keeping you warm, while beige-colored fat can do both.

In real estate, it is all about location, location, location. A home on beachfront property vs. the same house in a rural community determines to price. That leads me to how fat 'location' on your body ties to your health. Where on your body do you carry the most fat? Is it your waist or butt and thigh area? Having fat on the butt and thighs is healthier than on the abdomen. Go ahead and measure your waist. Women with a waist measurement over 35 inches or a male with a waist measurement over 40 inches are at increased risk for disease. For peo-

ple of Asian descent, the measurements are lower: women's waist measurement is 31.5 inches, and in men, 35.5 inches. Why is fat around the waist a bad thing? Those with large amounts of abdominal fat are likely to have more visceral fat. Visceral fat is located deep within the abdomen and wraps around your organs. More visceral fat increases your risk for significant health issues.

So, when your provider says you are obese. They are not trying to offend you. It means your body has too much body fat. Body mass index (BMI) measures the percentage of fat based on someone's weight and height. BMI over 30% is considered obese. Excess fat accumulation has adverse effects on the body. Obesity increases your risk for heart disease, stroke, diabetes, and Alzheimer's. Other conditions linked to obesity include Sleep Apnea, Gallbladder disease, and 13 different cancers. Not to mention an increase in fatigue, a lack of endurance, heartburn, and sometimes difficulty bending over. Where body fat resides on the body can make a difference. Fat accumulation around your waist contributes to 30 chronic diseases and 13 cancers. That is astonishing! A study on adult obesity in 2020 shows over 42 percent of adults in the U.S.

are obese. In 1990 that figure was slightly over 33 percent. We have taken a jump in the wrong direction.

How does this affect me? I'm overweight and do not have any health issues. Let's say it is a matter of time. It reminds me of how you cook a frog. Placing the frog in cold water and turning on the heat, it is too late before the frog realizes it is cooking. A frog in hot water will immediately jump out, but he will not if the water temperature starts cold. How does this apply to you? If you had high blood pressure symptoms at the onset, you would make changes to prevent progression. But as with most disease onset, you do not have symptoms until later in the disease process. Prevention is better than reaction. Each person has to choose to continue down the path of obesity or make a healthy change. How do I create a difference, you ask? What diet do I follow?

I'm not fond of the word dieting; this suggests that you finish when the weight loss goal is met. You can lose weight by eating only apples daily, but you will likely only hold to this diet for a short time. Next thing you know, you gain the weight back and then some. Inevitably this becomes the diet yo-yo ride. Many of you have lost several hundred pounds,

but it was only the same 10 pounds repeated over and over? What we need are lifestyle changes. Lifestyle changes never end; it is continuous. It involves changing your food choices and exercise habits. These will lead you away from obesity and the problems associated with it. Start with writing down what you eat and drink for a week without making any changes. Be truthful with yourself. Did you exercise? Are you eating vegetables, fruits, and lean meats? What are your portion sizes? How many snacks? Do you graze throughout the day? What are you drinking? Have issues with cravings?

Yes, when we lose weight, there are benefits, like bending over without getting red in the face. We have more energy throughout the day, more stamina hiking, less pain or discomfort in our joints, feel better about ourselves, and are more comfortable in our clothes. But these are the "benefits" of your choice for better health. Better health leads to a better quality of life and a longer life.

Talk with your primary care provider, and discuss your concerns. The two of you can work on a plan for a healthy lifestyle.

-Tina B. Howard,
FNP-BC
Craig County Health Center

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V DOT ROADWATCH

INTERSTATE 81

INTERSTATE 81 LANE WIDENING CONSTRUCTION PROJECT EXIT 137 TO EXIT 141 – A \$179 million design-build project to widen both directions of I-81 between mile markers 136.6 and 141.8 from two to three lanes is set to begin. Starting in February and continuing into the early summer, work will be performed on the inside and outside shoulders along a five mile section of both northbound and southbound Interstate 81 in Roanoke County and the city of Salem. The shoulders will be built up before barrier wall can be installed for road crews to work behind. Barrier wall will be installed along the shoulders in the spring and summer. Two lanes of I-81 traffic in each direction will remain open during the project with periodic lane closures scheduled during nighttime hours or outside of peak travel times as needed. Drivers can expect the following lane closures and upcoming impacts on northbound and southbound I-81:

Sunday through Thursday, are possible. Lane widths will be reduced to 11 feet. Northbound lane closures from I-81 mile marker 136 to 141. Southbound Lane closures from I-81 mile marker 141 to 136.

Nightly lane closures may be in place along the right lane with possible nightly ramp narrows as needed for guardrail and shoulder strengthening.

Northbound I-81 lane closures from mile marker 138 to 142

The project also includes replacing six bridges, widening two bridges, installing approximately 2.6 miles of sound barrier walls along northbound I-81, improving the southbound exit 137 off-ramp intersection at Wildwood Road and adding interchange lighting at exits 137, 140 and 141 are also included in the project. Expected completion in early 2026.

I-81 NORTHBOUND AT EXIT 105 NEW RIVER BRIDGE REPLACEMENT IN MONTGOMERY COUNTY – Traffic on northbound I-81 has been switched onto the newly constructed bridge over the New River at the Montgomery/Pulaski County line. The old bridge is being demolished. Lane and shoulder closures may be in place near exit 105. Lane closure may be in effect during the week from 8 p.m. to 7 a.m. Shoulder closures may be in effect at any time during the week. Slow rolls may be performed on I-81 in the north and southbound lanes from mile marker 98 to 109. Speed limit is reduced to 60 miles per hour in the work zone. Shoulder closures will remain in place though the duration of the project. Project completion is estimated by summer 2023.

SLOW ROLLS: A slow roll operation may be in place daily, Monday through Friday, between mile marker 101 and 105 northbound and between mile marker 109 and 105 southbound, between the hours of 9 a.m. and 3 p.m.

ROUTE 605: Alternating lane closures and flagging operations will be present on Route 605, located under the New River Bridge, for work overhead on the

bridge.

LANE CLOSURES: Nighttime alternating lane closures will be in place on I-81 northbound between mile markers 104-106 from 7 p.m. to 6 a.m. the following morning.

SLOW ROLLS: Slow rolls may be utilized periodically on both the northbound and southbound lanes from mile marker 98-109 for structural steel deliveries and setting beams.

I-81 BRIDGE DECK REPAIRS – Weather permitting, crews will repair bridge decks on Interstate 81. Between mile markers 138 to 152, right and left lane closures will be in place northbound and southbound during nighttime hours, 9 p.m. to 6 a.m. the following morning. Drivers should watch for signs and expect possible delays

INTERSTATE 581 ROUTE 581 BRIDGE WORK OVER WILLIAMSON ROAD – Bridge work is underway on Route 11 (Williamson Road). Intermittent and alternating lane closures between the intersections with Rutherford Avenue and Wells Avenue are still possible. Intermittent daytime and nighttime lane closures between the intersections with Rutherford Avenue and Wells Avenue are still possible. Intermittent daytime and nighttime lane closures between the intersections above may still be required utilizing flagging operations. Any impacts to I-581 will be minimal. Expected completion Spring 2023.

I-581/220 EXPRESSWAY PAVING OPERATIONS – Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place during nighttime hours, 9 p.m. to 6 a.m. the following morning. Drivers should watch for signs and expect possible delays.

I-581/220 LANE & RAMP CLOSURES FOR PAVING AND MAINTENANCE OPERATIONS IN ROANOKE COUNTY – Weather permitting, crews will be milling and paving along Interstate 81. Right and left lane closures will be in place along northbound and southbound lanes during nighttime hours. Drivers should expect possible delays.

ROANOKE CITY

13th STREET SE IMPROVEMENTS WITH DETOUR – A

project to improve a portion of 13th Street SE in Roanoke is underway. Located in a residential neighborhood just east of downtown Roanoke, this project will improve traffic flow and connectivity along 13th Street SE from Tazewell Avenue to Norfolk Avenue. The project entails reconstructing about 0.2-mile of 13th Street as an improved, two-lane roadway with 10.5-foot-wide travel lane and a raised median. A new roadway will extend 13th Street to Norfolk Avenue and the intersection at 13th Street and Wise Avenue will be reconfigured to include a roundabout. Bike lanes, sidewalks, crosswalks and curb and gutter will also be added. Southbound 13th Street traffic has a detour in place using Norfolk Avenue onto 12th Street to Tazewell Avenue. This detour will be in place throughout the duration of this project. Signs will be posted to designate the detour route. Northbound 13th Street will remain open to traffic. Flaggers may be possible and the speed limit through the work zone is 25 mph. The project is expected to be completed in summer 2023.

TRAFFIC PATTERN CHANGE: Northbound traffic will be switched to the northbound lane of 13th Street. Southbound traffic will still be detoured around the work zone.

ROANOKE COUNTY

BLUE RIDGE PARKWAY CLOSURE – The Blue Ridge Parkway will be repairing slope failures and a culvert failure at mile marker 127.9. A 15-mile stretch of the Parkway, mile marker 121.4 to 136, will be closed to all uses including cyclists, pedestrians and drivers. Detour signs to detour traffic around the Bent Mountain section of the Parkway will be in place. Traffic will be rerouted to Route 220 south to Route

419 north to Route 221 south. Traffic traveling north on the Parkway would be reversed. The detour is expected to be in place until 2023.

BOYD COUNTY

DALEVILLE INTERSECTION PROJECT FOR FIELDSTONE DEVELOPMENT ACCESS – Lane closures northbound and southbound on Route 220 in Daleville will be in place for construction of a median with crossover, a right turn lane and a new traffic signal. This work is associated with construction of the Fieldstone Development. Lane closures will be set up on various days in early 2023.

ROUTE 11 BUCHANAN BRIDGE PROJECT – A construction project on the Route 11 Bridge in the Town of Buchanan is underway. Water Street is closed for the duration of the project and drivers should expect periodic lane closures with flagging operations to be in place during daytime hours. Message boards are present to alert and update drivers. Expected completion in summer 2023.

ROUTE 611 (GREYLEDGE ROAD) – A 1.5 mile section of Route 611 (Greyledge Road) is closed due to flooding that damaged the roadway. Extensive repairs will be needed and a detour will be in place. There is no estimated time for the road to reopen.

CRAIG COUNTY

ROUTE 311 BRIDGE REPLACEMENT OVER MEADOW CREEK – Temporary signals control traffic across the bridge and will be in place throughout the project.

Construction will begin on the northbound side of the bridge and once completed, work will switch to the southbound side. In addition, a section of Route 646 (Allen Street) between Route 650 and Route 311 will be closed during construction and a signed detour will be in place. All traffic will be detoured to Marshall Street and Kanawha Street to access either 311 or the homes located off Allen Street. Speed limit will be reduced to 35 mph in the work zone with a width restriction of 9 feet. Drivers should expect delays and allow extra travel time through the work zone. Weather permitting, the bridge is expected to be open to traffic by the late spring 2023.

TRAFFIC SWITCH: Traffic is using the southbound lane to the northbound lane while work continues. Southbound lanes are closed. Temporary traffic signals will continue to direct traffic and message boards will notify drivers.

MONTGOMERY COUNTY

ROUTE 8 PEDESTRIAN IMPROVEMENTS – Work will soon begin to construct Pedestrian Improvements on Route 8 in Riner. The work zone will begin at the intersection with Route 669 (Union Valley Road) and will end at the current site of the Atlantic Union Bank. Drivers should expect lane closures with flagging operations between the hours of 9 a.m. to 2:30 p.m. through the start of the project until May 24, end of the school year. Once the school year is complete, lane closures will expand in hours to 9 a.m. to 4 p.m. and 6 p.m. to 9 p.m. Expected completion is late summer 2023.

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God's House Is Always Open

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

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. 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

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. LIGHHOUSE 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"
282 Salem Ave., New Castle; 864-5212; Pastor Bill Frazier. Sunday Service: 10 A.M.; Wednesday night Bible study at 6:00 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.

NEW CANTERBURY PENTECOSTAL FELLOWSHIP
Pastor John D. Abbott, Hwy 621 (10 miles), phone: 864-8242, Sunday Prayer 10:00-10:30 a.m.; Sunday Worship 10:45 a.m.; Wednesday 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; email at paxtonchapel@yahoo.com.

THE CHURCH OF CHRIST
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. San Kang, 364 Main St., New Castle, Va. Sunday School 10AM, Worship 11AM, UMW 3rd Wednesday@1PM, 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.

CRAIG COUNTY COMMUNITY CHURCH - 'WELCOME HOME!'
Sunday service 9-10:15am at the VFW building in New Castle. Casual dress if you desire and contemporary praise and worship. If you don't have a 'home' church, please join us at ours with Pastor Gary Burch. Check us out on facebook or contact us at: craigcountycommunity-church@gmail.com.

ST. THOMAS ANGLICAN CHURCH
Located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit www.sttfc.org for midweek masses and events. (In Roanoke, go E on Hershsberger, L on Hubert to 4910).

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



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Services

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\$60 For more information CALL VA GENTLEMEN at 540-977-0472 Available 9 am to 6 pm in the Roanoke area.

Legals - Botetourt County

Affordable Mini Storage, LLC
1250 Lee Highway Roanoke, VA 24019
Date: Saturday, February 4, 2023 Time: 10:00 a.m.
Units: G33, D10, D06, H30, W14, J28, W48
Cash only. Buyer has 24 hours to remove items from unit. Cody Manspile, Auctioneer, VAL# 2907004430

ORDER OF PUBLICATION

Commonwealth of Virginia VA CODE §§ 1-211.1; 8.01-316. -317, 20-104 CASE No. CWF210000261 BOTETOURT Circuit Court 1 W. Main Street, Fincastle VA 24090 Commonwealth of Virginia, in re ARTHUR BERNHARDT HENSLEY, JR., DECEASED. The object of this suit is to: authorize the Administer of the Estate of Arthur Bernhardt Hensley, Jr. to distribute the entire estate to the descendants of the decedent's mother. It is ORDERED that any unknown heirs, devisees, successors and assigns of Arthur Bernhardt Hensley, Jr. appear at the above named court and protect his/her interests on or before MARCH 6, 2023. JANUARY 13, 2023 TOMMY L. MOORE; CLERK

Legals - City of Radford

Order of Publication

VA Code Ann. §§8.01-316. -317 Commonwealth of Virginia City of Radford Circuit Court located at 619 2nd Street # 149 Radford, VA 24141 Case no. CL22-6839 Commonwealth of Virginia, in re Estate of Charles Preston Hall, DECEASED. The object of this suit is to: Establish a copy of a will as the true Last Will of Charles Preston Hall. It is ORDERED that any interested children/ descendants of Charles Preston Hall appear in the above-named court and protect his/her interests on or before February 28, 2023 Entered: 12/20/22 by: Melissa White, Deputy Clerk

ADVERTISE!

Legals - Craig County

TRUSTEE'S SALE OF 3484 DICKS CREEK RD, NEW CASTLE, VA 24127

In execution of a Deed of Trust in the original principal amount of \$107,100.00, with an annual interest rate of 4.250000% dated April 30, 2014, recorded among the land records of the Circuit Court for the County of Craig as Deed Book 192, Page 584, the undersigned appointed Substitute Trustee will offer for sale at public auction all that property located in the County of Craig, on the courthouse steps at the front of the Circuit Court building for the County of Craig located at 182 Main Street, New Castle, Virginia on February 28, 2023 at 2:00 PM, the property with improvements to wit:
LOT 3, BLUE HEALING SPRINGS
Tax Map No. 66-1-3
THIS COMMUNICATION IS FROM A DEBT COLLECTOR. TERMS OF SALE: ALL CASH. A bidder's deposit of 10% of the sale price, will be required in cash, certified or cashier's check. Settlement within fifteen (15) days of sale, otherwise Trustees may forfeit deposit. Additional terms to be announced at sale. Loan type: USDA. Reference Number 21-288873. PROFESSIONAL FORECLOSURE CORPORATION OF VIRGINIA, Substitute Trustees, C/O LOGS LEGAL GROUP LLP, 10021 Balls Ford Road, Suite 200, Manassas, Virginia 20109 (703) 449-5800.

ORDER OF PUBLICATION

Commonwealth of Virginia VA. CODE § 8.01-316 CRAIG COMBINED COURT- JUVENILE Case No JJ002185-16-00 Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re EVANS, JACOB LUCAS The object of this suit scheduled to be heard on February 17, 2023 in the Juvenile and Domestic Relations District Court for Craig County located at 182 Main Street, New Castle, Virginia 24127 is to terminate the residual parental Rights of the father of Jacob Lucas Evans thought to be either Ryan Quinlin, Mark Evans, Kevin Scott Minnix, or Unknown Father pursuant to Virginia Code Sections 16.1-283 B and C, and which child is five (5) years of age and was born to Katlin Daniel Evans. Residual parental rights are defined in Section 16.1-228 of the Code of Virginia (1950, as amended) as the rights and responsibilities remaining with a parent after the parent loses custody of a child, including but not limited to the right to visitation, consent to adoption, the right to determine religious affiliation, and the responsibility for support. The termination of your residual parental rights will permanently end all of your rights and responsibilities to the child named in the petition. The ties between you and your child are severed forever and you become a legal stranger to the child. It is ORDERED that UNKNOWN FATHER appear at the above-named Court and protect his or her interests on or before 02/17/2023 10:30AM signed by Patty Taylor, Clerk 12/19/2022

ORDER OF PUBLICATION

Commonwealth of Virginia VA. CODE § 8.01-316 CRAIG COMBINED COURT- JUVENILE Case No JJ002184-18-00 Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re EVANS, Mason Gray The object of this suit scheduled to be heard on February 17, 2023 in the Juvenile and Domestic Relations District Court for Craig County located at 182 Main Street, New Castle, Virginia 24127 is to terminate the residual parental Rights of the father of Mason Gray Evans thought to be either Ryan Quinlin, Mark Evans, James Cook, or Unknown Father pursuant to Virginia Code Sections 16.1-283 B and C, and which child is seven (7) years of age and was born

Legals - Craig County

to Katlin Daniel Evans. Residual parental rights are defined in Section 16.1-228 of the Code of Virginia (1950, as amended) as the rights and responsibilities remaining with a parent after the parent loses custody of a child, including but not limited to the right to visitation, consent to adoption, the right to determine religious affiliation, and the responsibility for support. The termination of your residual parental rights will permanently end all of your rights and responsibilities to the child named in the petition. The ties between you and your child are severed forever and you become a legal stranger to the child. It is ORDERED that James Cook appear at the above-named Court and protect his or her interests on or before 02/17/2023 10:30AM signed by Patty Taylor, clerk 12/19/2022

ORDER OF PUBLICATION

Commonwealth of Virginia VA. CODE § 8.01-316 CRAIG COMBINED COURT- JUVENILE Case No JJ002184-19-00 Juvenile and Domestic Relations District Court Commonwealth of Virginia EVANS, Mason Gray The object of this suit scheduled to be heard on February 17, 2023 in the Juvenile and Domestic Relations District Court for Craig County located at 182 Main Street, New Castle, Virginia 24127 is to terminate the residual parental Rights of the father of Mason Gray Evans thought to be either Ryan Quinlin, Mark Evans, James Cook, or Unknown Father pursuant to Virginia Code Sections 16.1-283 B and C, and which child is seven (7) years of age and was born to Katlin Daniel Evans. Residual parental rights are defined in Section 16.1-228 of the Code of Virginia (1950, as amended) as the rights and responsibilities remaining with a parent after the parent loses custody of a child, including but not limited to the right to visitation, consent to adoption, the right to determine religious affiliation, and the responsibility for support. The termination of your residual parental rights will permanently end all of your rights and responsibilities to the child named in the petition. The ties between you and your child are severed forever and you become a legal stranger to the child. It is ORDERED that UNKNOWN FATHER appear at the above-named Court and protect his or her interests on or before 02/17/2023 10:30AM signed by Patty Taylor, Clerk 12/19/2022

Legals - Montgomery County

TRUSTEE'S SALE OF PROPERTY

3692 Alleghany Spring Road, Shawsville, VA 24162 Tax Map No. 112- A 58C, Parcel No. 140170 In execution of a Deed of Trust dated April 26, 2007, in the principal amount of \$123,731.30, recorded in the Clerk's Office of the Circuit Court of Montgomery County, Virginia, of record as Instrument Number 2007004988 and corrected in Instrument Number 2011007896, Woods Rogers Vandeventer Black PLC, Trustee, will offer for sale at public auction outside the main entrance of the Montgomery County Circuit Court, 55 East Main Street, Christiansburg, VA 24073, on February 9, 2022 at 12:00 noon, the property described in said Deed of Trust lying in Montgomery County, Virginia, and more particularly described as follows: All that certain tract or parcel of land, with all improvements thereon and appurtenances belonging, lying in the Shawsville Magisterial District of Montgomery County, Virginia, being more particularly described as New Tract A1, containing 2.478 Acres, as shown on that certain plat entitled, "PARTIAL SURVEY AND MINOR SUBDIVISION FOR JONATHAN D. LINKOUS SHOWING THE RESUBDIVISION OF NEW TRACT "A" (3.518 Ac.) AND CREATING NEW TRACT A1 (1.040 Ac.) AND NEW TRACT A2 (2.478 Ac.)

Legals - Montgomery County

SITUATE ON ALLEGHANY SPRINGS ROAD," dated February 25, 2007, Job No. 1847, prepared by David A. Perfater of DOC Land Surveying, LLC, which plat is recorded in the Clerk's Office, Circuit Court, Montgomery County, Virginia, in Plat Book 27, page 78. TOGETHER WITH New 40' Ingress/Egress Easement as shown on the above mentioned survey of record in Plat Book 27, page 78. Pursuant to Section 8.9A-604 of the Virginia Code, a 2007 Oakwood Manufactured Home, Serial No. RIC241988NCAB will be sold with the real property. TERMS: Cash - Bidder's deposit of ten percent (10%) of the sales price by cashier's or certified check may be required. Balance of purchase price shall be due and payable not later than ten (10) days after sale. WOODS ROGERS VANDEVENTER BLACK PLC, Trustee For Information Contact: Woods Rogers Vandeventer Black PLC, P.O. Box 14125, Roanoke, VA 24038-4125, Telephone: 540-983-7729

Public Notice

Under Provisions of Article 55.1-2902 of the Lien Law of the State of Virginia, Bolt Storage LLC, (814) 983-0099, will sell the personal property stored by the following tenants. Three occupants at 1579 Depot St. NE Christiansburg, VA 24073: Charles Estep-B3; Blair Deskins-D16; Justin Golden-A23. Five occupants at 2860 Roanoke St. Christiansburg, VA 24073: Charles Estep-23B, Adam Goodall III-52B, Elizabeth Palmer-47B, Jennifer Crawford-45F, Mindy Nance-63B. Payment from the buyer will be taken by credit or debit card only. Auction will be held online through storagetreasures.com with open bidding starting on Friday, February 10, 2023 at 8:00 am. Bolt Storage LLC reserves the right to bid at the sale; refuse any or all bids, and to cancel the auction at any time for any reason. To settle this claim please call (866) 300-2658.

City of Salem

ORDER OF PUBLICATION

COMMONWEALTH OF VIRGINIA VA CODE §§ 1-211.1; 8.01-316, 20-104 Case No. CL23-40 ROANOKE COUNTY CIRCUIT COURT 305 E. MAIN STREET, SALEM, VA 24153 Commonwealth of Virginia, in re CHLOE GRACE DUNN v. The object of this suit is to: change the minor's name. It is ORDERED that MICHAEL MATTHEW DUNN appear at the above-named court and protect his/her interests on or before March 14, 2023 @2:30pm. JANUARY 11, 2023 STEVEN A. MCGRAW, clerk

Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality that will allow the continued release of treated wastewater into a water body in Roanoke County, Virginia. PUBLIC COMMENT PERIOD: January 19, 2023 to February 18, 2023 PERMIT NAME: Virginia Pollutant Discharge Elimination System Permit – Wastewater issued by DEQ pursuant to applicable water laws and regulations APPLICANT NAME, ADDRESS AND PERMIT NUMBER: Roanoke Moose Lodge #284, PO Box 538, Salem, VA 24153; VA0077895 FACILITY

City of Salem

NAME AND LOCATION: Roanoke Moose Lodge #284 STP; 3233 Catawba Valley Drive, Roanoke County. PROJECT DESCRIPTION: Roanoke Moose Lodge #284 has applied for reissuance of a permit for the private Roanoke Moose Lodge #284 STP. The applicant proposes to release treated sewage wastewaters from the Lodge at a maximum rate of four-thousand-seven-hundred gallons-per-day into a water body. Septage from the treatment process septic tank will be disposed by transfer and further treatment at the Roanoke Regional Water Pollution Control Plant. The facility proposes to release the treated wastewaters in Masons Creek in Roanoke County in the Roanoke River watershed. A watershed is the land area drained by a river and its incoming streams. The permit will limit the following pollutants to amounts that protect water quality: physical and chemical properties, nutrients, organic matter, solids, and bacteria. HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing on the draft permit by hand-delivery, e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. DEQ must receive hand-delivery and postal mail by close of business and email and fax comments by 11:59 p.m. on the last day of the comment period. Submittals must include the names, mailing addresses or email addresses of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requester, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the permit. CONTACT FOR PUBLIC COMMENTS, DOCUMENT REQUESTS AND ADDITIONAL INFORMATION: Susan Edwards; Blue Ridge Regional Office, 901 Russell Drive, Salem, VA 24153-3068; Phone: (540)795-9749; E-mail: Susan.Edwards@deq.virginia.gov; Fax: (540)689-4178. The public may review the draft permit and application at the DEQ office named above by appointment or may request copies of the documents from the contact person listed above.

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SNAP emergency allotments to end in February

The Virginia Department of Social Services (VDSS) will release the final issuance of emergency allotment benefits to Supplemental Nutrition Assistance Program (SNAP) households in February, in accordance with the requirements of the Consolidated Appropriations Act.

The new law recently passed by Congress ends VDSS' authorization to continue issuing benefits through the temporary federal program, originally established in response to the COVID-19 public health emergency. The last issuance of benefits will be automatically loaded onto SNAP customers' Electronic Benefits Transfer (EBT) cards on Thursday, February 16.

SNAP households began receiving the temporary emergency allotment benefit in March 2020 through the federal Families First Coronavirus Response Act (2020). Per federal guidelines, states were required to request a monthly waiver to issue these benefits. VDSS submitted this request each month for the duration of the period emergency benefits were available to continue providing additional food benefits to SNAP households. Since March 2020, the Commonwealth has issued more than 2.1 billion dollars in emergency allotments and raised the monthly issuance to the maximum

allowable amount for over 900,000 individuals in Virginia. According to the USDA Food and Nutrition Service, emergency allotments have already ended in 17 states.

Households will permanently return to pre-pandemic allowances beginning March 1, and receive their regular SNAP benefit amounts on their usual day of issuance (on the 1st, 4th, or 7th day of the month). To further awareness of this change, VDSS has mailed letters directly to SNAP households.

Additionally, to support Virginians during this transition, VDSS has also created a dedicated webpage for information and resources. Beginning January 28, households may contact the temporary information line at 1-855-635-4370, Monday through Friday from 7 a.m. - 6 p.m. TTY assistance is available by calling 800-552-7917 or 866-246-9300. SNAP participants can contact their local department of social services or visit CommonHelp at <https://commonhelp.virginia.gov> for questions or account information.

For assistance with applying for food benefits, visit the VDSS SNAP webpage at <https://dss.virginia.gov/benefit/snap.cgi>. To access information regarding resources statewide and in your local community, please contact 2-1-1

Virginia <https://www.211virginia.org/consite/index.php> or visit the VDSS food and other nutritional assistance page at <https://dss.virginia.gov/benefit/wic.cgi>.

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CRAIG BOYS PICK UP A WIN AGAINST EAST MONT

The Craig County boys picked up their third win last Friday when they defeated Eastern Montgomery in New Castle, 41-38. The boys come into a three-game week with an overall record of 3-12.

Zach Peters and Matthew Lucas scored 13 points each to lead the Rockets I the win. Peters hit four three pointers in the first half to get Craig off to a good start. Hayden Reynolds nailed two threes for six points and Jaycob Wolfe had four points.

"We did not have our best offensive night, and East Mont did a good job of mixing up defenses, but we stayed aggressive and got to the free throw line, which is what won us the game down the stretch," said Craig coach Ryan Frazier. "This was a good experience in closing games out, and we could have done a better job with time and score late, but it's a valuable experience for when we get in this position again this season."

The Rockets also played at Bath County last week and dropped a 64-46 decision to the Chargers. Lucas led the team with 17 points, Reynolds hit three threes for nine points, Talon Ritter had five and Drew Duncan and Peters had four each. Peters sprained his ankle and missed most of the second half.

This was just a seven point game going into the fourth quarter before the Chargers got hot and pulled away. It might not be the last time the Rockets see Bath.

"This is a game we need to learn from, as we may match up with Bath in the district tournament as we are both fighting for the four-five home game in the first round," said Frazier.

The Rockets have three games this week, all at home. They were scheduled to host Giles on Monday, followed by a Pioneer District game against Narrows on Friday night in New Castle. On Saturday the Rockets host Montcalm for a jayvee-varsity doubleheader with the jayvee boys playing at 12:30 pm.



Matthew Lucas drains a foul shot for the Rockets.



Drew Duncan studies a free throw.



Zach Peters handles the ball for Craig.

GIRLS RUN INTO A BUZZ SAW IN ELLISTON



Kammie Fisher(#21) guards the post against the Mustangs.



Ashley Cayton(#2) passes the ball against East Mont.

The Craig County girls traveled to Elliston Friday to take on an Eastern Montgomery team that had lost just twice this season and the homestanding Mustangs were too tough for the Rockets to handle. East Mont improved to 18-2 with a 57-14 win.

"East Mont is first in the region and with seven of their nine players being seniors they have a strong case for making a deep run into the state," said Rocket coach Brock Jones. "They don't miss many shots at all. Our youth just couldn't match up with their experience and skill level yet."

East Mont scored 22 of the first 24 points and never looked back. Annabelle Gregory had four steals, four rebounds and seven points to lead Craig.



Daileigh Donithan(#11) boxes out under the basket.

"Underwood for East Mont should make a strong case for Pioneer Player of the year," said Jones. "She was the kicker on their varsity football team, and she plays extremely tough during basketball. I was letting our girls know that we must be able to hit the boards and get our butts on them for a box out or it would be a long night, and a long night it was."

On Saturday the Rockets played host to Alleghany and dropped a 44-21 decision to fall to 1-13 on the season. It wasn't a win, but coach Jones saw some improvement.

"We played them a lot better than the first time we played them," he said. "We were able to slow down some of their shooters. The first time we played them we trailed 26-2 after the first quarter and didn't score until they hit the first seven threes of the game. Saturday after the first quarter we trailed 14-8. We were closing out and getting out on the shooters. We rebounded fairly well and made a few jumpers of our own that we haven't made in past games."

Daileigh Donithan led Craig in scoring with eight points, knocking down two threes. Gregory had seven points, five steals and three assists and Hannah Ratliff also had seven points. Madison Underwood had 14 rebounds.

"I thought we had a shot to grab a 2A school victory if we kept the style of play where we needed too," said Jones. "Madison Underwood has shined in the defense rebounding department for us. With the departure of a second team all-district member early in the season, Madison has really stepped up where needed."

The jayvee team played at home against Bath last week and took a 51-13 win as hope reigns eternal for the future of the program. Bath does not have a varsity team.

"Jenna Boitnette and Brooklyn Cayton were pulled up from varsity to assist in the back court(against Alleghany) but that leaves us with only five players on the JV team," said Jones. "Luckily Alleghany didn't have a JV team and we were able to do this. And I am pleased to see that we are able to fill a JV and Varsity here at Craig County when 2A schools that are bigger aren't doing the same. We continue to grow and learn every day and I am excited to see what the future holds for us in coming years."

The girls were scheduled to at Giles on Monday, followed by a trip to Narrows on Saturday.

VT School of Communication to broadcast 2023 Salem Red Sox home games

SALEM, Va. – The Salem Red Sox are teaming up with the Virginia Tech School of Communication for the third consecutive year ahead of the 2023 baseball season to broadcast all 2023 Red Sox home games. Giovanni Heater and Tyler Katz will be the voices of the Salem Red Sox ahead of Opening Day set for Thursday, April 6. Games will be aired on streaming services and MiLB.com.

Heater is currently a sophomore at Virginia Tech in the Sports and Media Analytics program. "Gio" was born and raised in Syracuse, New York and currently serves as the Broadcast Coordinator of Special Content on the leadership team for 3304 Sports. He began broadcasting in high school, founding The Northstar Network at Cicero-North Syracuse High School. Last summer, he called basketball play-by-play for the Syracuse Stallions of the TBL and broadcast the TBL Summer League in Las Vegas, NV in 2021.

Gio has called play-by-play of Virginia Tech football, basketball, baseball, softball, lacrosse, soccer, and volleyball while also working as a Production Assistant for the ACC Network. In the fall, he was the voice of Galax High School Football on WCGX 96.5 "The Cat." Heater works for Tech Sideline, hosting their daily show, TSL Today, while being the head of their social media graphics department.

Katz is currently a senior at Virginia Tech majoring in Sports Media & Analytics with a minor in Meteorology. Originally from Davie, Florida, Tyler has spent the past two summers working as the broadcaster for summer collegiate baseball teams in the midwest, including the Pierre Trappers of the Expedition League in Pierre, South Dakota; and the Waterloo Bucks of the Northwoods League in Waterloo, Iowa. Katz currently serves as the Sports Director for 3304 Sports and acts as the public address announcer for Virginia Tech volleyball, and previously for Virginia Tech baseball, soccer, and lacrosse.

3304 Sports is the multi-media online platform for student sports journalism and the digital home of the Sports Play-by-Play class at Virginia Tech. Members of the 3304 Sports team cover major college sporting events, giving them the opportunity to learn and grow in a professional environment.

Sports Media & Analytics students at Virginia Tech study sports journalism and work in the school's digital broadcast studio, newsroom, and media lab. Students learn in real-world environments through extensive field work on campus and at stadiums and arenas throughout the ACC and the country.

"We are delighted that Tyler and Giovanni, two outstanding students in our SMA program will have the opportunity to broadcast professional baseball in Salem and to learn, grow and develop their skills as part of the Red Sox organization," said ESPN and Westwood One broadcaster Bill Roth, who serves as a Professor of Practice in Virginia Tech's School of Communication,

"We are very excited to continue the partnership with Virginia Tech School of Communication," said General Manager, Allen Lawrence. "This collaboration is a great opportunity for students in the program and a perfect fit for providing on-air coverage for our fans."