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THE NEW CASTLE RECORD

Parade
July 4th
10:00am

Everyone come out for celebration and fun!

Ad courtesy of IGA Express and Gopher Market

Hull and Stahl go full throttle in the Great Race 2023

Pam Dudding
Contributing writer

Although an 'odd' looking race, The Great Race has become one which many drivers prepare for many months in advance. Unlike any race, this one has mostly older antique vehicles driving through many states for a week, with stipulations on how fast they can drive and how long it takes them to reach each day's destination to receive points. Josh Hull, with co-pilot Trevor Stahl, is a team that Craig County residents via for. Hull got hooked on The Great Race the

moment he found out about it. He and his best friend and navigator, Stahl, celebrated their first win last year. On last Thursday night, Hull provided The New Castle Record with the following comment, "Not only did we win the race last year, but we also had a top three best score in the history of the Great Race. We are looking forward to defending our championship from last year! Also, to be back with our competitors as they truly become our family." He noted that last year the race did not start off very well.

See Race, page 2



COURTESY PHOTO Stahl gives a short tutorial to those passing by on how to waterproof the car. "First things first, you get a large garbage bag and throw the seat in, wrap it up and insert. Repeat for navigators' seat," he said. "If you don't, you'll have a wet behind for weeks!"

It's free & secure

ACCEPTED: Prescription, Over-the-counter, Vitamins, Blood Pressure Medication, Prescription Eye Drops, Prescription Inhalers, Prescription Patches

NOT ACCEPTED: Heroin, Cocaine, Liquor, Liquor Cans, Prescription Patches, Prescription Pumps

MEDICATION DISPOSAL

Reduce risk
Get expired and unused medications out of your home!

Safe and Secure Disposal

Keep medications from being flushed, misused or abused

PHOTO BY PAM DUDDING

The safety of disposing of medications is of utmost importance. Therefore, Market Street Pharmacy has provided a container in front of the pharmacy, inside of Food Country where medications that need to be thrown away can be dropped off. Flushing them in the toilet has been said to not be a preferred method.

Independence Day celebrations happening in Craig County

Pam Dudding
Contributing writer

Stores everywhere have the red, white, and blue décor for sale, hoping the people in the USA will celebrate and buy their items, while other stores are advertising sales and specials to help celebrate. The United States of America honors July 4, as a federal holiday, calling it "Independence Day." It was based on the signing of what is known as the Declaration of Independence, a document ratified by the Continental Congress on July 4, 1776. In 1976, several Craig County students of the glee club and the band drove to Philadelphia to celebrate the 200th anniversary and got to play and sing for Queen Elizabeth II of the United Kingdom there. It was a memorable experience. Today, this holiday is still honored, celebrating

the independence from Britain. The Declaration of Independence was a document that stated that the original 13 colonies of America were no longer subject to the British monarch, declaring them free and independent states. This independence came after the Revolutionary War, a conflict that lasted from 1775 until 1783. However, it was odd, but the July 4 holiday was not officially recognized until 1941. Today, many people take the day to spend with family and friends, having cookouts, going boating or swimming, or just relaxing under a shade tree. When the colonists favored their independence, at first, they were considered "radicals." But it did not take long before others saw the benefits of being separated from Britain.

See Celebration, page 2

Drug warnings about dangerous new addition to opioid crisis epidemic

Pam Dudding
Contributing writer

Director of the Roanoke Area Youth Substance Abuse Coalition Adam Neal shared the newest information in regard to the new proliferation of an extremely dangerous adulterant being added to illicit drugs. "Xylazine is a dangerous new addition to the Opioid Crisis," Neal shared. "We are distributing educational material warning the public about this new drug additive."

See Warnings, page 2

Waiteville Community Center hosts fun paint time



COURTESY PHOTO The Waiteville Community Center continues to host creative fundraisers to help facilitate the needs it has to complete the work on the center as well as to pay the monthly bills. The center's recent paint party was successful, and everyone said they had lots of fun. A total of \$250 was raised for the Waiteville Community Center maintenance fund. Vicky Grant was the guest artist and Shelby Jennings organized the event.



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Celebration from page 4

History tells recounts that initially, a Virginia delegate, Richard Henry Lee, introduced the motion for the colonies' independence, but it was postponed, and a committee was formed to draft the formal statement. Three of those men were Thomas Jefferson, John Adams and Benjamin Franklin.

It is stated that Adams and Jefferson both died on July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence.

The actual resolution was signed on July 2, in a near-unanimous vote and then on July 4, the Continental Congress formally adopted the Declaration of Independence.

History shares that the tradition of setting off fireworks on July 4 began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day.

It adds, "Ship's cannon fired a 13-gun salute in honor of the 13 colonies.

The "Pennsylvania Evening Post" reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated."

Today citizens of the country still celebrate, and Craig County will be having its annual Independence Day Parade, starting at the Fairgrounds, and ending on Main Street.

Prizes for the parade participants will be awarded at the court yard at the end of the parade.

There will be patriotic music along the parade route, lemonade at the Masonic Lodge, and at the Old Hotel they will have hot dogs, hot apple pies and sweets.

Then at 12 p.m., the Paint Bank Volunteer Fire Department will host its annual fundraiser, where those interested can get a great meal including your drink and dessert. They will also have a yard sale and their auction after the meal.

Warnings from page 1

RAYSAC's mission is to "reduce substance abuse among youth and young adults in the Roanoke Valley by enhancing the coordination of substance abuse education, prevention campaigns, partnerships, and resources. We have been in operation for over 33 years and serve the greater Roanoke Valley, including Botetourt, Craig, and Roanoke counties and the cities of Roanoke and Salem."

He shared that in Roanoke, a recent DEA public safety alert has confirmed a sharp increase in the trafficking of a drug called Xylazine.

Previous to this alert, the Roanoke Area Youth Substance Abuse Coalition (RAYSAC) had been working to educate the public in the Roanoke Valley about the devastating effects this drug can have on users and our entire community.

"Xylazine is a veterinary sedative with legitimate uses, such as the sedation of large animals like horses and cows," he said. "There is, however, no FDA-approved use for human consumption of this drug. Recently, it has been utilized by criminal drug networks as an additive in mixtures of fentanyl."

"This is happening because the high that fentanyl creates is often potent but short lived compared to other opiates like heroin and mixing it with xylazine has been known to increase the duration of the high," Neal explained. "RAYSAC has created an educational handout on this topic that explains the devastating side effects that occur with xylazine use, such as open wounds and skin necrosis that often show on the arms and legs of users."

He continued, "Another complication arises when xylazine is mixed with an opioid like fentanyl. Because it is a sedative not in the opioid family, overdoses involving xylazine are often resistant to naloxone (Narcan) intervention. This means a key tool in the reversal of an opioid overdose is less effective."

Currently, Roanoke City is recorded as having the second highest non-fatal overdose rate nationally over the past year (<https://nemsis.org/>

Xylazine

A Dangerous New Addition to the Opioid Crisis

What is it?

Xylazine is a drug used in veterinary medicine as a sedative and tranquilizer for many large animals, including horses and cows. First created in 1962, xylazine has no FDA-approved use in humans. Known by the street name "Tranq," it is often mixed with supplies of street drugs such as heroin and illicit fentanyl.





It's resistant to Naloxone/Narcan

Xylazine is not an opioid, so naloxone (Narcan) will not reverse a xylazine overdose. Because xylazine is often combined with opioids, including fentanyl, naloxone should still be administered whenever you suspect an opioid-involved overdose. If the person begins breathing again but remains sedated, do not administer more naloxone. Instead, make sure someone has called 911 and monitor them until emergency services arrive.



Source:
<https://www.substanceusephilly.com/tranq>



COURTESY IMAGE

opioid-overdose-tracker/).

For more information, contact Adam Neal at (540) 982-1427 x5123 or aneal@brbh.org.

RAYSAC believes educating the public about the dangers of xylazine "is paramount".

To add to the safety in Craig County, Market Street Pharmacy has a drug disposal container in front of the drop-off window, where those interested can drop their unused medications, any time during the open hours of Food Country.

Race from page 1

"Coming off of our calibration run in the morning, we lost 90-some percent of our brakes. With only minutes to spare prior to the start of the race, I found a hole in our master cylinder that would shoot out a one-foot stream of brake fluid every time I pushed on the brakes. I was able to remove a screw from our exhaust system and plug the hole with it," Hull added. "The entire day I had no brake lights or signals, so I had to use motorcycle signals the entire day."

Since 2015, Stahl and Hull have been running The Hemmings Motor News Great Race, in their 'Stars and Stripes' car.

Stahl actually got hooked on the race in 2014, when he joined his parents who were racing in it. He sat in the backseat of a friend's antique car, driving across country, on a 'whim' to join in.

So, that is what happens when pastimes become dreams, people seem to come alive.

That is just what happened to Josh Hull and in just nine years, is now making history in the 'Stars and Stripes' car.

Craig County EMS members as well as residents follow their week-long race across the country, as Hull used to be a part-time paramedic in the county.

"I wanted to be a firefighter since I was a kid," Hull shared. He started volunteering at age 17, went to college and was hired to Roanoke City in 2007."

Jim Cady, a long time EMS member in Craig shared, "Josh has been a first responder in Botetourt County for over 20 years. He is a great young man. He chose to be a Roanoke City firefighter/paramedic for a career. When our Volunteer Rescue Squad was having difficulty covering our calls and the County had to hire some part time paramedics, I asked Josh if he would pull some duty days and he gladly did and worked for us for several years."

"During that time, I think he began competing in The Great Race and we have enjoyed following his success!" Cady added. "Each year he got closer, and I kept telling him he will get it and we will be cheering him on!"

This year, the 2023 Great Race of antique vehicles began in Florida on June 24, and will end in Colorado on July 2. More than 120 classic cars and trucks started their race at 11 a.m. on Saturday, headed to Colorado in what has been called North America's largest vintage car rally.

Their schedule is set daily: Saturday, they will drive from St. Francis field in St. Augustine, Florida and then to Tifton, Georgia.

Sunday, they will stop for lunch at Toomer's Corner in Alabama and then continue to Uptown at Protective Stadium in Birmingham.

Monday they will drive to Missouri and have lunch at The Veterans Park in Tupelo and then proceed to Graceland Memphis Tennessee for the night.

Tuesday, June 27, they will drive and have lunch at North Little Rock Arizona and then drive to Russellville Depot in Russellville Arizona.

Wednesday they will stop for lunch at Eureka Springs Arizona

and continue to downtown Joplin Missouri for the evening.

Thursday they will drive to Lyon County Fairgrounds in Emporia Kansas and then to Riverfront Stadium in Wichita for the night.

Friday they will drive to Britt Spaugb Park and Zoo in Great Bend Kansas. Their afternoon drive will take them to Main Street at Stevens Park in Garden City.

Saturday they will drive to the Colorado Welcome Center in Lamar and then to Pueblo Union Depot in Pueblo Colorado.

They will finish the race on Sunday as they enter Colorado Springs, Colorado about 1 p.m.

The Hemmings share that The Great Race is not a typical race, but a controlled-speed competitive endurance rally for vehicles that were built before 1975.

Vehicles as new as those built before 1975 are eligible to enter and many pre-World War II cars participate.

This year's race gathering started with an open house and reception at the Classic Car Museum in St. Augustine.

They also had a "Trophy Run" which is a warmup rally to get ready for the next day's 2,300-mile adventure.

Hull and Stahl shared that it was a great surprise to come back and be greeted by a huge crowd of spectators and great food.

"Even though the Trophy Run scores do not apply toward the overall race scores, it's still a great chance to get acclimated to the conditions and car," Hull and Stahl said. "Our short route had some challenges, and sunny skies and the great scenery made for excellent views."

They also added that they finished the day with a "little dirt (sand) road action before going back to the hotel where they enjoyed live music, a banquet and an auction which raised over \$20,000 for the Scott Henderson Student Scholarship program which benefits students in the X-cup Division."

In 2021, their 'Stars and Stripes,' ended up in 6th place overall and 3rd place in the Expert Division.

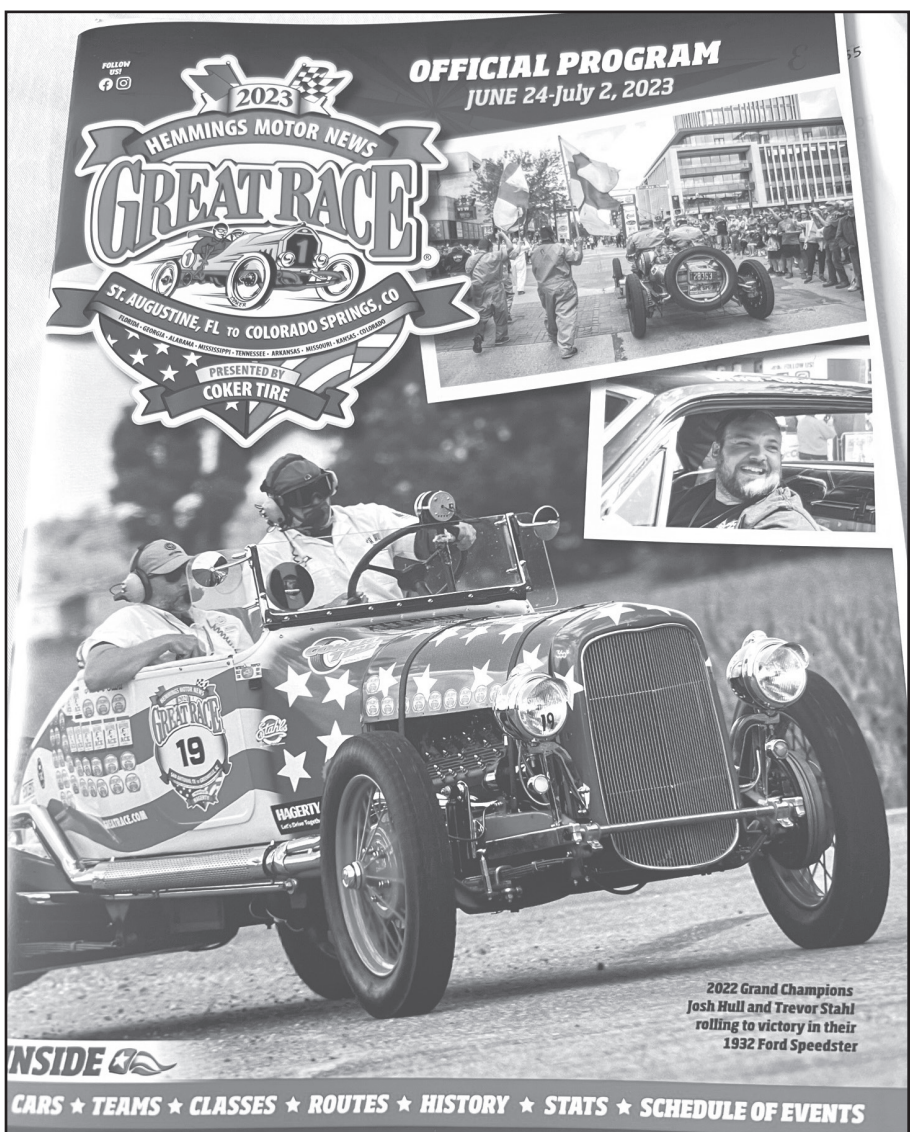
Stahl is still local as well and owns The Blacksburg and Roanoke Fit Body Boot Camp.

"While we are driving, I don't really look at the road because my eyes are locked on the speedometer," Hull said. "I have to keep the speedometer at the exact speed to complete that leg of the race and my navigator is busy calculating our exact speeds as we look for markers to turn."

They share that it is a grueling marathon for the drivers, navigators, and the vehicles, and that is why Hemmings came up with the motto, "To Finish is to Win!"

This year they were placed in the Grand Championship Division as Stahl explained, "We will have one less leg to use as a throw out so we will have to be on our game even more so. These teams are getting more and more competitive each year between the Grand Champion and Expert Divisions, so no room for error!"

On their first day of racing, Hull shared that they got a little soaked! "But then dried off really quick in the Georgia heat. We ended day one 2nd



Josh Hull, with co-pilot Trevor Stahl, were surprised to see their picture on this year's Great Race Official Program.



COURTESY PHOTOS

Hull and Stahl found out early in the race what it was like to drive in pouring rain. Though completely soaked, they said that later, the Georgia heat dried them off.

place overall with two aces."

A couple days later, Hull shared that he had been "under the weather and the deep south heat is taking its toll".

He added, "This race has been one of the best and toughest thus far. The scenery has been spectacular, and the course has been challenging. We made our way through Luke Brian's hometown, went by Elvis's birth place and visited Graceland."

On Wednesday, they were in fourth place overall, second place in the Grand Champion and only two seconds out of first place.

"One of the biggest challenges in an open cockpit is the elements. We have had to endure triple degree temperatures of weather every day, rain, and wind across the Great Plains.

It really takes a lot out of you." Hull stated in his message to me Thursday night.

"But we finished first overall for the day and today's score moved us into first place overall in the race!" Hull exclaimed. "However, there are only a few seconds separating the top four, so it is still anyone's race."

He added, "Since we did well last year and won the whole thing, this year we decided to keep the car like it was. If it's not broke, don't fix it!"

Those interested can learn more about the Great Race at www.greatrace.com.

Stahl and Hull extend their heartfelt thanks to all those who follow along with them on social media and support the team.

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:

ADDITIONAL TRAFFIC IMPACTS: TRAFFIC SHIFT ON WILDWOOD ROAD: Expect a traffic shift with narrow width on Wildwood Road after exiting I-81 southbound heading towards Salem. Southbound and northbound I-81 exit and entrance ramp narrows possible at Route 311.

WORK ZONE SPEED: With narrow spacing in lanes due to barrier walls, lack of shoulders and lane shifts in various locations, drivers should adhere to posted 60 mph speed limits in the work zone and allow space when following a vehicle.

RAMP CLOSURES: Ramp closures are possible during nighttime hours, 12 a.m., to 5 a.m. Drivers should watch for message boards dates and times the ramp will be closed.

LANE CLOSURES: Alternating left and right lane and shoulder closures during nighttime hours between 8 p.m. and 6 a.m., Sunday through Thursday, are possible. Lane widths will be reduced to 11 feet. Nightly lane closures may be in place along the right lane with possible nightly ramp narrows as needed for guardrail and shoulder strengthening.

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.

ROUTE 605 – There will be intermittent lane closures on Route 605 under the bridge maintained by flagging operations.

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. 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.

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.

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.

I-81 PAVING OPERATIONS – Weather permitting, crews will be performing paving operations along Interstate 81. Right and left lane closures may be in place along northbound and southbound lanes during nighttime hours, 7 p.m. to 6 a.m. Drivers should watch for moving vehicles and equipment. Expect possible delays.

I-81 BRIDGE DECK REPAIRS – Weather permitting, crews will repair bridge decks on Interstate 81. Between mile markers 170 to 95, right and left lane closures will be in place northbound and southbound during nighttime hours, 9 p.m. to 6 a.m. the following mornin00g. Drivers should watch for signs and expect possible delays.

Interstate 581

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. Alternating lane closures maintained by flagging operations may be in place. The project is expected to be completed in August 2023.

ROADS CLOSED FOR PAVING: Due to weather, work has been rescheduled to begin Monday, June 26 through Thursday, June 29, Wise Avenue will be closed between 12th Street and 14th Street for paving. Westbound traffic will be detoured onto Norfolk Avenue and eastbound traffic will be detoured onto Norfolk Avenue or Campbell Avenue. 13th Street northbound will also be closed and southbound traffic will be detoured onto Campbell Avenue.

Roanoke County

STARKEY ROAD AND BUCK MOUNTAIN

ROAD ROUNDABOUT – On Tuesday, March 14, a road project to construct a single-lane roundabout at the intersection of Route 904 (Starkey Road) and Route 679 (Buck Mountain Road) began. Drivers should be aware of a new three-way stop to be implemented in the work zone at the intersection. The new roundabout is expected to be open to traffic sometime this summer. Once the roundabout is open, drivers should still expect lane closures with flaggers controlling traffic for final paving, additional concrete pouring and pavement marking until the project is finished. Final completion expected in late spring 2024.

LANE CLOSURES WITH FLAGGING OPERATIONS: Beginning Monday, June 12, lane closures will be in place from 8 a.m. to 4:30 p.m. for the summer. Lane closure times of 9 a.m. to 3 p.m. will resume on Monday, July 31 to allow preparation for school to begin.

THREE WAY STOP: Stop signs will be in place on each road approaching the intersection. This means drivers on Buck Mountain Road who do not stop currently will be required to stop while the intersection is under construction.

TRAFFIC SHIFTS: In addition, drivers should also be alert to traffic shifts and changing traffic patterns while the roundabout is under construction.

PAVING OPERATIONS – Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place and flaggers may control traffic at times during daylight or nighttime hours. Drivers should watch for signs and expect possible delays.

Botetourt 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 through a permit. Lane closures will be set up on various days and noise disturbances may be in place through July 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. Work is being performed during daytime hours, 9 a.m. to 4 p.m. during the week. Drivers should expect delays due to a single lane closure across the bridge with a flagging operation. The jacking and bearing replacements have been completed. Contractors are now applying protective paint underneath the bridge and will replace expansion dams on the bridge deck. Message boards are present to alert and update drivers. Expected completion in August 2023.

PAVING OPERATIONS – Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place and flaggers may control traffic at times during daylight or nighttime hours. Drivers should watch for signs and expect possible delays.

Route 11 – Milling and paving with flaggers and alternating lane closures, 9 p.m. to 6 a.m., from Route 838 to 0.12 miles north of Route 1039 Route 167 to just past Route 653.

Craig County

PAVING OPERATIONS – Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place and flaggers may control traffic at times during daylight or nighttime hours. Drivers should watch for signs and expect possible delays.

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CLUES ACROSS

1. Plant of the mint family
7. Hand tool
13. Made of the color of gold
14. A volume of several novels
16. Type of degree
17. Good job!
19. Seventh tone in major scale
20. Fevers
22. One's mother
23. Fertile desert spots
25. Large integers
26. Plate for Eucharist
28. Tennis matches have them
29. Peyton's little brother
30. Monetary unit of N. Korea
31. Head movement
33. Twelve
34. Renaissance musical instrument
36. Behavior showing high moral standards

38. Letter of the Hebrew alphabet
40. Notes to be sung
41. Women's garment
43. Coarsely ground corn
44. One point south of due east
45. A way to deplete
47. Rough, prickly covering of a seed
48. LA hoopster, but not a Laker
51. Hindquarters
53. Franz van _____, German diplomat
55. Liquid body substances
56. Rhythmic patterns
58. A beaver might build one
59. Police officer's tool
60. Indicates who you are
61. Pinwheel
64. Exist
65. Ornamental molding

67. Closes again
69. Verses
70. Come into view

CLUES DOWN

1. Short stick used as a weapon
2. An alternative
3. Laws
4. Sense organs
5. One from Utah
6. Mariner
7. People in charge of cattle
8. Health insurance organization
9. Ornamental box
10. Forest-dwelling deer
11. One quintillion bytes (abbr.)
12. Atomic #71
13. Become less intense
15. Cowards
18. Body ornament (slang)
21. Applicable to all cases
24. Multiplied by 6
26. Afghanistan monetary unit
27. Calendar month
30. Cena and Lennon are two
32. Monetary unit of Serbia
35. First time on the market
37. Georgia rockers
38. Free from contamination
39. Coastal region of Canada
42. Clothing retailer
43. It rises and sets
46. Fathers
47. Stain with mud
49. Suitable for crops
50. Feels concern for
52. Orange-brown
54. Buddy
55. Late sportscaster Craig
57. Used to align parts
59. Wake up
62. Solid water
63. Semiprecious stone
66. Atomic #45
68. Top lawyer

OPINION

A true story

Library Cor-Margaret

One brother said to the next, "I cannot get enough sleep. Those raccoons keep bothering me." As soon as I drift off to sleep on my perch high in the walnut tree, here comes another little furball scrambling up the tree. Their long necks shimmered royal blue in the early June sun. His brother said, "Same here. Why don't we take the girls off to find a new place to roost?" So that's just what they did. The boys had blue feathers on their long necks, white faces, and often fanned their tail feathers out for all to admire. They were still anxiously waiting for their 5 foot long tail feathers to grow for a full dazzling display. The girls, a year older than their brothers, had shimmering green feathers on their necks and otherwise looked much like a turkey except for their

graceful way of gliding while walking. Their mother was busy setting on a nest of 5 huge cream-colored eggs on the horizontal garage door in the up position. In fact, this was where the two boys were hatched last year, and the two girls were hatched the year before that. Was there any nesting material? No, not a thing, just eggs on top of the door and mom covering them to keep them warm for 28 long days and nights. She hardly ever left the nest to get a bite to eat or a drink of water from the creek. The foursome flew high across Sinking Creek valley, past the little white Bethel church to an abandoned farm, leaving their mother to her henly duties. There were plenty of quiet roosts but nobody throwing them handfuls of sunflower seed each morning when they got hungry. They found cherries, and mulberries and insects to eat but then it started to rain. Strange dogs barked threateningly in the distance and they were hungry and cold. For 3 days and nights the four brothers and sisters were soaked to the skin.

They spent some time in the road just trying to drip dry. Finally, when their feathers dried out, they flew off again in search of a new farm. By this time, their person, Marge, had put the word out and sightings were reported farther and farther from home. Some folks saw a group of 4 "turkeys" strolling across their field. Others saw a flying bird flying much higher than they'd ever seen a turkey fly. Marge drove up and down the road making her peacock call and looking for the birds. Of course, her birds were not tame at all and would not allow anyone to touch them even if she did locate them. For the past years, they were daily shoo-ed off the car and enjoyed looking in the kitchen window from their perch, but were otherwise wild. Wild enough that thus far, they had not fallen prey to coyotes, raccoons, or the many owls that hunted the farm. Marge resigned herself to just hoping her beautiful birds would be safe. Meanwhile she started setting a varmint trap by the henhouse after a poor dear hen was dragged right off the nest in broad daylight. Each night for a week she caught a raccoon in the trap... a whole family of them to be sure. It occurred to her that she had no idea what happened in the dark of night and that maybe the reason her boy peacocks made a ruckus all night long was because of these pesky raccoons. Maybe that was why they left?

More than a week went by and someone sent a message they had seen the birds near Carper's store on 311. This was 20 miles by road from their farm. A sign with a picture was posted in the store and Marge worried that if the birds crossed the county line, the communication network would be lost. Everyone knows everyone in Craig and it took no time at all for the word to spread about the missing peafowl. Once they reached Roanoke County, it was big enough that who would ever know where they came from? The brothers said, "There are some really

See **Library**, page 7

News from the 9th: Born on the Fourth of July



Morgan Griffith
Representative

This year marks 247 years since the United States of America declared itself an independent nation, no longer under the rule of King George III of Great Britain. With the ratification of the Declaration of Independence by the Second Continental Congress on July 4, 1776, the United States began its incredible journey as the greatest nation on Earth. Just like in years past, this July 4th holiday will be celebrated with parades, barbecues, fireworks, and concerts filled with patriotic songs.

This time of year often reminds me of a great American: George M. Cohan, an actor, playwright, composer, director, and performer who is most famous today for his patriotic songs and contributions to musical theater. George was born the day before Independence Day on July 3rd (though he and his family always insisted that he had been born on the Fourth of July) in Providence, Rhode Island, to Irish American parents who were traveling vaudeville performers. By age nine, George became a member of his parents' traveling act and by age 13, wrote songs and lyrics for the act. When he began directing The Four Cohans (his older sister being the fourth

member) in his late teens, it is reported the family was such an attraction that they were earning up to \$1,000 a week. That would be in excess of \$30,000 a week today. Not long after, George turned his sights on Broadway. By 1904, George had a hit on his hands with the musical Little Johnny Jones, about the life of an American jockey who rides a horse named Yankee Doodle in the English Derby. One of the play's song, "The Yankee Doodle Boy", also known as "(I'm a) Yankee Doodle Dandy," is one of Cohan's most famous. Most recall the lyrics:
I'm a Yankee Doodle Dandy,
A Yankee Doodle, do or die;

See **9th**, page 7

THE NEW CASTLE RECORD

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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.

RCAHD: Chronic disease - managing where health starts

In a recent Roanoke City and Alleghany Health Districts (RCAHD) newsletter survey about non-COVID health issues, readers ranked "chronic disease" the third highest concern, after mental health and substance abuse. Chronic diseases are health conditions that are persistent or long-lasting in their duration and generally slow in their progression. Chronic diseases are extremely common, making them a leading public health concern. Across the country, six out of every 10 American adults have a chronic disease, and four in 10 have two or more. The main types of chronic disease are:

- cardiovascular diseases (such as heart attacks and stroke)
- cancers
- respiratory diseases (such as chronic obstructed pulmonary disease and asthma)
- kidney disease
- diabetes
- dementia, including Alzheimer's disease

Unfortunately, residents of our RCAHD communities experience higher rates of hospitalizations for asthma, diabetes, high blood pressure, and stroke (according to 2020 Virginia hospital admissions data) compared

to the rest of the Commonwealth of Virginia. Similarly, our local rates of deaths due to cancer are also higher than in Virginia as a whole (we'll discuss cancer in a future column). Chronic diseases can limit a person's ability to perform daily activities, cause a loss of independence, and result in the need for in-home caregivers or institutional care. Although there are things outside our control that can affect our health, there are many steps we can take to improve our overall health. Some of the top actions a person can take to decrease the risk of chronic disease and help manage chronic diseases if we have them are to: Visit your doctor and dentist regularly for preventive services. Have conversations with your provider about managing your blood pressure, cholesterol, and blood sugar (glucose). If you smoke, stop smoking to lower the risk of serious health problems, such as heart disease, lung disease, cancer, and diabetes, even if you have been a longtime smoker. Call 1-800-QUIT-NOW for free support for yourself or a loved one. Eat a healthy diet with lots of fruits

See **Health**, page 7

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Legals - Botetourt County

TRUSTEE'S SALE OF 394 SHERWOOD DRIVE, BLUE RIDGE, VA 24064.

In execution of a certain Deed of Trust dated September 11, 2018, in the original principal amount of \$227,797.00 recorded in the Clerk's Office, Circuit Court for Botetourt County, Virginia as Instrument No. 180003372. The undersigned Substitute Trustee will offer for sale at public auction in the front of the Circuit Court building for Botetourt County, Main Street, Fincastle, VA 24090 on August 11, 2023, at 2:00 PM, the property described in said Deed of Trust, located at the above address, and more particularly described as follows: LOCATED IN THE COUNTY OF BOTETOURT, STATE OF VIRGINIA; BEING LOT SIX (6), BLOCK THREE (3), ACCORDING TO THE MAP OF SECTION NO. ONE (1), WHITE OAK ESTATES, MADE BY T. P. PARKER, SCE, AND RECORDED IN THE CLERK'S OFFICE OF THE CIRCUIT COURT OF THE COUNTY OF BETETOURT, VIRGINIA, IN PLAT BOOK 5, PAGE 31. TERMS OF SALE: ALL CASH. A bidder's deposit of ten percent (10%) of the sale price or ten percent (10%) of the original principal balance of the subject Deed of Trust, whichever is lower, in the form of cash or certified funds payable to the Substitute Trustee must be present at the time of the sale. The balance of the purchase price will be due within fifteen (15) days of sale, otherwise Purchaser's deposit may be forfeited to Trustee. Time is of the essence. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled to a return of the deposit paid. The Purchaser may, if provided by the terms of the Trustee's Memorandum of Foreclosure Sale, be entitled to a \$50 cancellation fee from the Substitute Trustee, but shall

Legals - Botetourt County

have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. A form copy of the Trustee's memorandum of foreclosure sale and contract to purchase real property is available for viewing at www.bwvsales.com. Additional terms, if any, to be announced at the sale and the Purchaser may be given the option to execute the contract of sale electronically. This is a communication from a debt collector and any information obtained will be used for that purpose. The sale is subject to seller confirmation. Substitute Trustee: Equity Trustees, LLC, 8100 Three Chopt Road, Suite 240, Richmond, VA 23229. For more information contact: BWV Law Group, LLC, attorneys for Equity Trustees, LLC, 6003 Executive Blvd, Suite 101, Rockville, MD 20852, 301-961-6555, website: www.bwvsales.com. VA-364346-1.

TRUSTEE'S SALE OF 17 ROYCE ROAD, TROUTVILLE, VA 24175.

In execution of a certain Deed of Trust dated March 17, 2021, in the original principal amount of \$190,646.00 recorded in the Clerk's Office, Circuit Court for Botetourt County, Virginia as Instrument No. 210002058. The undersigned Substitute Trustee will offer for sale at public auction in the front of the Circuit Court building for Botetourt County, Main Street, Fincastle, VA 24090 on August 11, 2023, at 2:00 PM, the property described in said Deed of Trust, located at the above address, and more particularly described as follows: THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF BOTETOURT, STATE OF VA, AND IS DESCRIBED AS FOLLOWS: THAT CERTAIN 2.469 ACRE PARCEL, BEING ORIGINAL LOTS ONE (1), TWO (2) AND THREE (3), BLOCK TWO (2), PLAT OF SECTION NO. ONE (1), STEPPING STONE, MADE BY JACK G. BESS, C.L.S., DATED JANUARY 19, 1973, RECORDED IN THE CLERK'S OFFICE OF THE CIRCUIT COURT OF BOTETOURT COUNTY, VIRGINIA, IN PLAT BOOK 7, PAGE 80 AND THOSE PORTIONS OF BENTLEY BEND VACATED BY FINAL ORDER OF THE BOARD OF SUPERVISORS OF BOTETOURT COUNTY DATED DECEMBER 16, 1985, A COPY OF WHICH IS RECORDED IN THE CLERK'S OFFICE OF THE CIRCUIT COURT OF BOTETOURT COUNTY, VIRGINIA, IN DEED BOOK 399, PAGE 112. A SURVEY OF SAID 2.469 ACRE PARCEL WAS PREPARED BY T. P. PARKER AND SON DATED FEBRUARY 17, 1998, A COPY OF WHICH IS RECORDED IN THE CLERK'S OFFICE OF THE CIRCUIT COURT OF BOTETOURT COUNTY, VIRGINIA. TERMS OF SALE: ALL CASH. A bidder's deposit of ten percent (10%) of the sale price or ten percent (10%) of the original principal balance of the subject Deed of Trust, whichever is lower, in the form of cash or certified funds payable to the Substitute Trustee must be present at the time of the sale. The balance of the purchase price will be due within fifteen (15) days of sale, otherwise Purchaser's deposit may be forfeited to Trustee. Time is of the essence. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled to a return of the deposit paid. The Purchaser may, if provided by the terms of the Trustee's Memorandum of Foreclosure Sale, be entitled to a \$50 cancellation fee from the Substitute Trustee, but shall

Legals - Botetourt County

be announced at the sale and the Purchaser may be given the option to execute the contract of sale electronically. This is a communication from a debt collector and any information obtained will be used for that purpose. The sale is subject to seller confirmation. Substitute Trustee: Equity Trustees, LLC, 8100 Three Chopt Road, Suite 240, Richmond, VA 23229. For more information contact: BWV Law Group, LLC, attorneys for Equity Trustees, LLC, 6003 Executive Blvd, Suite 101, Rockville, MD 20852, 301-961-6555, website: www.bwvsales.com. VA-364345-1.

Order of Publication

Commonwealth of Virginia VA Code§§ 8.01-316-.317 Case No. **CL23-249** BOTETOURT Circuit Court, Commonwealth of Virginia, in re Professional Foreclosure Corporation of Virginia v. Estate of Timothy D. May and Unknown Heirs of Timothy D. May The object of this suit is to: Interplead funds from a Foreclosure case. It is ORDERED that The Estate of Timothy D. May and Unknown Heirs of Timothy D. May and the Unknown Heirs of Estate of Timothy D. May and Unknown Heirs of Timothy D. May appear at the above-named court and protect his/her interests on or before July 3, 2023. JUNE 8, 2023 S. Perry Deputy Clerk

ABC NOTICE

Family Dollar Stores of Virginia, LLC, trading as Family Dollar (#27282), 19026 Main Street, Buchanan, Botetourt County VA 24066-51053.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Convenience Grocery Store License: Beer and Wine off premises license to sell or manufacture alcoholic beverages.

Harry Rashad Spencer, Assistant Secretary

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - City of Radford

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316,20-104 Case No. **CR23007031-00** RADFORD CITY Circuit Court, 619Second Street, Radford, VA 24141 Commonwealth of Virginia, in re DAVID FERRARO v. MERCEDEDS FERRARO The object of this suit is to: OBTAIN A DIVORCE. It is ORDERED that MERCEDEDS FERRARO appear at the above-named court and protect his/her interests on or before AUGUST 24, 2023. JUNE 26,2023 MELISSA WHITE, DEPUTY CLERK

Legals - City of Salem

Notice is hereby given to all interested persons that the City of Salem Planning Commission.

at its regular meeting on July 12, 2023, at 7:00 p.m., in the Council Chambers of City Hall, 114 N. Broad Street, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA:

- The request of Brittany M. Haddox, contract purchaser, and Juilliard Enterprises, LLC, property owner, for rezoning the property of 1201-1203 Texas Street (Tax Map # 149 - 1 - 1.1) from HBD, Highway Business District with conditions to HBD, Highway Business District without

Legals - City of Salem

conditions. Copies of the proposed plans, ordinances or amendments may be examined in the Office of Community Development, 21 South Bruffey Street, Salem, Virginia. At said hearing, parties in interest and citizens shall have an opportunity to be heard relative to the said requests.

THE PLANNING COMMISSION OF THE CITY OF SALEM, VIRGINIA BY: James E. Taliaferro, II Executive Secretary

LEGAL NOTICE OF PUBLIC HEARING

Please take notice that a hearing will be conducted on July 7, 2023 at 9:00 am in the Salem General District Court, Located at 2 E. Calhoun Street in the City of Salem Virginia, to determine if ownership of a red Chihuahua dog found abandoned at 894 E. Main Street on June 23, 2023 should be forfeited to the Salem Animal Control Department.

AT&T Mobility, LLC

is proposing to modify the existing building wireless telecommunications facility located at 220 East Main Street, Salem, Salem City County, Virginia 24153 (N37° 17' 35.6" and W80° 03' 17.8"). AT&T Mobility, LLC invites comments from any interested party on the impact the proposed undertaking may have on any districts, sites, buildings, structures, or objects significant in American history, archaeology, engineering, or culture that are listed or determined eligible for listing in the National Register of Historic Places under National Historic Preservation Act Section 106. Parties interested in commenting on this Federal undertaking or with questions on the proposed facility should contact Impact7G, Inc. at 8951 Windsor Parkway, Johnston, IA 50131 or call 515-473-6256 and reference project #CS 689/JC. Comments must be received within 30 days of the date of this notice.

Legals - Craig County

TRUSTEE'S SALE OF 146 HANNAH CIR AKA RR 2 BOX 1482, NEW CASTLE, VA 24127

In execution of a Deed of Trust in the original principal amount of \$165,000.00, with an annual interest rate of 3.000000% dated March 6, 2006, recorded among the land records of the Circuit Court for the COUNTY OF CRAIG as Deed Book 154, Page 537, 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 303 Main Street, New Castle, Virginia on August 1, 2023 at 3:00 PM, the property with improvements to wit: 5.00 ACRE AS DESCRIBED ON PLAT RECORDED IN CLERK'S OFFICE OF THE CIRCUIT COURT OF CRAIG COUNTY, VIRGINIA IN DEED BOOK 135, PAGE 266 Tax Map No. 35-2-2 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: Conventional. Reference Number 17-265489. 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. Publishing Dates: May 24, 2023, June 28, 2023, and July 5, 2023

Legals - Montgomery County

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316,20-104 Case No. **CL23001019-00** MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonwealth of Virginia, in re AUDREY HUMPHREYS v. COMMONWEALTH OF VIRGINIA

The object of this suit is to: NAME CHANGE OF A MINOR: ANGEL JUANDIEGO HUMPHREYS. It is ORDERED that MIGUEL JUANDIEGO GONZALEZ appear at the above-named court and protect his/her interests on or before AUGUST 21, 2023. JUNE 8, 2023 K. MIKE FLEENOR, JR. JUDGE

NOTICE OF PUBLIC HEARING CONCERNING PROPOSAL FOR SOLAR PHOTOVOLTAIC PROJECT RECEIVED BY THE MONTGOMERY REGIONAL SOLID WASTE AUTHORITY IN ACCORDANCE WITH PPEA REQUIREMENTS

Notice is hereby given of a public hearing to be held on July 13, 2023 at 1:30 p.m., or as soon thereafter as the matter may be heard, in the conference room of the Montgomery Regional Solid Waste Authority Recycling Facility, 555 Authority Drive, Christiansburg, Virginia 24073 concerning a proposal received by the Montgomery Regional Solid Waste Authority (the "Authority") from Sun Tribe Solar that contained sufficient information for meaningful evaluation regarding the design, development, construction, management and operation of one or more solar photovoltaic systems at Authority facilities (the "Project"). The Authority requested proposals for the Project under the provisions of the Virginia Public- Private Education Facilities and Infrastructure Act of 2002 ("PPEA") and this public hearing is being held by the Authority to comply with the requirement of the PPEA that it hold a public hearing on any proposal being considered during the conceptual stage proposal review process. All interested persons will be given an opportunity to speak at the public hearing.

NOTICE IS HEREBY GIVEN, By the Board of Supervisors of the County of Montgomery, Virginia

that the Board of Supervisors hereby schedules a public hearing for Monday, July 10, 2023 at 7:15 pm or as soon thereafter, at the Montgomery County Government Center, 755 Roanoke Street, Christiansburg, Virginia, in order to receive citizen comments on the Board of Supervisors intent to adopt a resolution amending the FY 2023-2024 budget by more than one percent of the total expenditures shown in the currently adopted budget by adding carryover funding appropriated in FY 23 for various county projects/purchase orders/capital funds and various school operating and capital funds that were not completed at year end, not to exceed \$165 million.

BY ORDER OF THE BOARD OF SUPERVISORS F. Craig Meadows County Administrator

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9th

from page 4

A real live nephew of my Uncle Sam,

Born on the Fourth of July.

In 2004, the American Film Institute raked the song at No. 71 on its 100 Years...100 Songs list.

The play also included the popular song "Give My Regards to Broadway," which has since been recorded by many artists, including Patti LuPone, Judy Garland, and Bing Crosby. The song's most famous lyrics include:

Give my regards to Broadway, remember me to Herald Square,

Tell all the gang at Forty-Second Street, that I will soon be there;

Whisper of how I'm yearning to mingle with the old time throng;

Give my regards to old Broadway and say that I'll be there ere long.

Two years later, in 1906, George wrote and produced the musical George Washington, Jr., in which he marched up and down the stage with an American flag singing his song "You're a Grand Ole Flag."

"You're a Grand Ole Flag" has since become one of the most popular marching band songs of all time and became the first song from a musical to sell over a million copies of sheet music.

Years later, when the United States was fighting in World War I, Cohan was inspired to write the song "Over There," by a bugle call.

Over there, over there, Send the word, send the word over there

That the Yanks are coming, the Yanks are coming

The drums rum-tumming everywhere.

The patriotic song was a signal that the U.S. had decided they would be involved in world affairs. "Over There" became hugely popular during both World War I and II.

George received a Congressional Gold Medal from President Franklin D. Roosevelt for the song, the first person in any artistic field to be selected for the honor by Congress.

George passed away in 1942, the same year Yankee Doodle Dandy, a musical biopic about his life, would come out. Actor

James Cagney starred as Cohan in the biopic and went on to win an Oscar for Best Actor for the role. A few years later, in 1968, the musical George M!, based on Cohan's life, became a hit on Broadway.

In all, he created and produced over 50 Broadway shows and wrote over 300 songs during his life. George's statue, the only public statue of a theater performer in all of Manhattan, has stood for decades at the center of Times Square

His many patriotic songs will, no doubt, be played this Independence Day, as we celebrate the birth of this great nation. If you are unfamiliar with George Cohan's work, I highly suggest you take time to listen to a few of his songs this Fourth of July. If you have questions, concerns, or comments, feel free to contact my office. You can call my Abingdon office at 276-525-1405 or my Christiansburg office at 540-381-5671. To reach my office via email, please visit my website at www.morgangriffith.house.gov.

Upcoming public meetings in Craig Co.

July 6

The Craig County Board of Supervisors will hold its monthly meeting at 6 p.m. in the Craig County Courthouse.

July 17

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.

July 18

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

July 19

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

Community events:

Ongoing

Every Friday. Craig County Genealogy Library is open 1 to 4 p.m. 152 Main Street. High school annuals, family histories and genealogy resources. Contact 540-864-7023.

July 8

An alumni softball tournament will be held at 3 p.m. on the Field of Dreams. Tickets are \$5 for adults and \$2 for children, with children in preschool and younger getting in for free. Full concessions, including beer, will be sold. Attendees are encouraged to bring a chair.

July 18

Booster Club meeting at 6 p.m. in the Craig County Public Schools cafeteria. Back-to-school preparation will be discussed.

-The New Castle Record

Library

from page 4

good tall oak trees for roosting around here but we sure don't want to leave Craig County. Who knows what those city people over the mountain would do with us?" That same night their mother got off her nest and started calling for her family. She roamed the property calling and calling. Now we know their calls go a long way, but do you think those boys heard the call 20 miles away? She called pitifully and Marge silently thought, "They are long gone, mama, so just try to hatch these eggs you have."

Finally, the time came when the boys and their sisters thought they had made a complete circle of Sinking Creek mountain and it might be time to go home. Maybe they did hear their mama's calls because the very next day, there they were, sitting upon the cars in the driveway as if they had never left home.

Marge blinked and blinked when she drove up thinking it must be her imagination. They came back! How on earth did they find their way? Just 2 days ago, they were 20 miles away! We humans cannot possibly perceive the world as a bird does and cannot even conceive of this ability to come home. The four children had a good meal of sunflower seed and sank wearily on their roosts high in their familiar maple tree. Perhaps for them, it was just a part of growing up.

In hindsight, of course, everyone knows that birds migrate for thousands of miles and return each

year. Homing pigeons can find their way home over hundreds of miles. As it turns out, peacocks have this natural ability pre-programed and will always astound mere humans with their instinct, their beauty, and their strong constitution.

Marge Lewter

Think about your experiences and how a story can be woven from various angles about a simple experience. Wouldn't it be fun to illustrate the story of the peacock brothers? Everyone sees the world in a different way and that's why writing can share the details with others. Reading gives one a peek into another world that they might never experience in person. Just think how stories like this are passed down in a family and are adored by children. If I could only have a collection of stories that my mother told through the years. Inspiring just 1 person to start writing down their stories, would make me very happy. In fact, that one person just might turn out to be me!

Library news:

Summer reading is here! Stop by the library to find out how to get your Bingo reading card. Each card has suggestions for books to read. Turn in your Bingo card by July 27 to enter the drawing for a grand prize! Open to everyone!

Please join Friends of the Library this month! It's never too late to be a Friend!

Health

from page 4

and vegetables, and exercise regularly.

Get enough sleep-good sleep habits can protect you against many chronic health conditions.

While people have a responsibility to take care of themselves through choices with diet and exercise, the opportunity for good health starts long before illness sets in. While medical care is important, it is not enough to make people healthy. For example:

Access to affordable, quality childcare can assist one or both parents to find stable employment which can in turn result in

improved opportunities for families to purchase more nutritious food and better-quality housing.

Nutrition programs that provide home-delivered meals can enable residents ages 60 and older to age in place, remaining healthy and independent in their own homes.

Additional research is needed to help us better understand which community improvements can have the best impact, but we

know health begins with healthy communities. The investments that individuals can make for their own health together with bigger picture strategies that promote improvements in places where health starts will have the biggest impact on whether people stay well in the first place.

-Christie Wills
Roanoke City & Alleghany Health Districts

CROSSWORD ANSWERS

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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. San Kang.

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 Loraine 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.

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, Jonathan Lee, pastor, 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. Tel: 540-473-3691. Email: StJohnnewcastle@gmail.com. Mass is on Sunday at 11:15AM.

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.sttofc.org for midweek masses and events. (In Roanoke, go E on Hershberger, 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

SPORTS

Send story ideas & announcements to bhoffman@ourvalley.org

ALLISON LEAVES LASTING LEGACY AT ROANOKE COLLEGE

If retiring Roanoke College Athletic Director Scott Allison crosses your path, make sure you give him a little “howdy do” and a smile. It’s one of the reasons he’s been here so long.

“I remember the first time I came to Salem to look at the school,” said Allison, who retired at the end of June after a 34 year career as AD. “I’m walking across campus and a total stranger makes eye contact with me and says ‘how are you doin’? That caught me totally by surprise and I still remember it. That wouldn’t have happened in Baltimore.”

Allison decided to come to RC to play soccer and lacrosse in the friendly valley in southwest Virginia. And, like many who came south to attend the liberal arts college, it not only shaped his career but became his home.

“Heck no,” replied Allison when asked if he thought he’d still be here 47 years after that first trip to the valley. “I expected I’d be here four years then I’d be back in Baltimore.”

He almost didn’t leave Crab Town. Scott grew up in Linthicum, MD near the Baltimore-Washington International Airport. He was a two-sport standout at Andover High School in both soccer and lacrosse. He grew up playing baseball and rooting for the hometown Orioles, and in fact he named his son, Brooks, after Hall of Fame Orioles’ thirdbaseman Brooks Robinson. However, not making the school baseball team had a hand in his future at RC.

“If I had made the baseball team I never would have played lacrosse,” he said. “I played jayvee basketball and missed the baseball tryouts. The coach gave me a one-day tryout for the baseball team, but he already had the team picked and I wasn’t chosen.”

With a little extra time on his hands Scott attended a three-week “introduction to lacrosse” program he heard about from Jon Appel, an earth science teacher at school.

“I had a lot of fun with it,” said Allison. “He heard I didn’t make the baseball team and he handed me some gloves and arm pads and said he’d see me this afternoon.”

While Scott enjoyed the old Native American game, soccer was his ticket. He was a standout player on the school team as a sophomore, then was named Anne Rundel County Player of the Year both his junior and senior seasons. He signed to play locally for the University of Baltimore, who had won the 1975 Division II national championship.

“That was where I wanted to go,” said Allison. “When they played at home I didn’t miss a game.”

Scott was all set to play soccer and lacrosse for the Bees when he got an unexpected phone call from BU coach Dick Adell.

“I had signed to go there in January, and in February he called to tell me the school was discontinuing intercollegiate athletics,” said Allison. “It was close to the end of my senior year and I wasn’t sure what I was going to do at that point. I knew I had to go to college.”

Roanoke College lacrosse coach Paul Griffin had Scott on a list of Baltimore prospects that Craig Schisler, who was a team manager at RC at the time, had provided. Allison reached out to Griffin to see if he was still interested.

“He said he never heard from me, so I was off the list,” Scott said with a chuckle. “But I decided to come for a visit and I met soccer coach Scott Anderson, who drove me around the area and gave me a good prospective on the south. Salem didn’t appear to be your stereotypical southern place. It looked like a livable place.”

And so a 47 year love affair began. Scott went on to become captain of both the soccer and lacrosse teams and was a member of the 1978 national championship Maroon lax team. In soccer, Scott was the Jeffrey Childs Willis Award recipient as team Most Valuable Player his senior year and he was an All-Virginia Intercollegiate Soccer Association (VISA) selection for the 1975, ’76, and ’78 seasons. He was also named the school’s Male Athlete of the Year his senior year. However, what was most important to him was that he was regarded as a great teammate and unselfish player in both sports, and that would serve him well in future endeavors.

“He ran on the same midfield with me and Doug Horn,” said Salem’s Joe Dishaw, another northern transplant who came to RC to play lacrosse and stayed. “I really enjoyed playing with him. He was a good player, and probably an even better soccer player. He was a good guy to have on a team.”

The highlight of Scotty’s lacrosse career is when he scored the tying goal in the fourth quarter of the 1978 lacrosse championship game against Hobart College in Geneva, NY in front of over 13,000 screaming fans. Roanoke was trailing the defending champion Statesmen late in the fourth quarter, 13-12, when Allison scored off a clear.

“Hobart was known to play aggressively, but sometimes against a team with good sticks they would give up a layup,” said Allison. “We had a clear and Richie Graham found a seam and cut to midfield and found me breaking to the crease. His pass was a little low but I was able to handle it and keep

my balance and I had an easy shot.”

And how did that feel?
“AWESOME,” he said, still savoring the feeling after all these years.

Bob Rotanz, who owns Mac & Bob’s Restaurant in Salem along with Dishaw, scored the winning goal on a trick play moments later and that’s the one most folks remember. However, if not for Allison’s goal Bob’s score would have only tied the game instead of giving RC the 14-13 win.

“Scott played a very important role in our national championship game,” said Rotanz. “I think he had two goals. The level of play an individual has in a lacrosse game is not always measured by goals and assists. Scott played a complete game that day under immense pressure.”

When his playing career ended with graduation in the spring of 1979, Scott found himself needing a job.

“I went home for the summer and my mom said if I was still living at home in the fall I would have to pay rent,” he recalled. “I got a job working at the Tecumseh Lacrosse Camp at Salisbury University, and that’s when I fell in love with coaching. I started to look into jobs and had a choice between Washington College and the Naval Academy. I accepted the job at the Naval Academy but when I found out I had to go to boot camp I decided on Washington. I got \$500 for the whole season and I was also working at the Chestertown Fire Equipment Company, where the boss was friends with the head coach.”

Scott’s next move was to Salisbury U., where he got his Masters’ degree while serving as a graduate assistant in both soccer and lacrosse. A full-time job at the Naval Academy followed for two years, sans boot camp, where he was a lacrosse assistant for the 1982 and ’83 seasons.

In the late spring of ’83 Allison found out about an opening at Dartmouth College for a head lacrosse and soccer coach. Dartmouth is an Ivy League school in Hanover, New Hampshire more known for outstanding academics than outstanding athletics.

“I think I was one of only two people both qualified and interested,” he said. “I had a good time there, but our lacrosse team struggled.”

At the time the late John Pirro, who would posthumously be inducted into the national lacrosse Hall of Fame, was coaching both lacrosse and soccer at RC. John decided to leave the college and take a job in business after the ’86 spring season, and Scott was a perfect choice to replace him.

“Again, I was one of the few qualified to do both,” he said.

It wasn’t a tough choice to leave the Ivy League and return to the Roanoke Valley, and he’s been here ever since. He raised two children here with his first wife, Robin, and Brooks and Claire both graduated from Roanoke College. Claire now lives in Maryland and Brooks is a writer for Jimmy Fallon on the Tonight Show in New York. Scott married his current wife, Bonnie, in 2000.

Scott coached both soccer and lacrosse at RC for two seasons. Then, when Maroon athletic director and basketball coach Ed Green left to become AD at Coastal Carolina, Scott stepped down from the lacrosse position and accepted the job as athletic director. He remained soccer coach and continued to coach the sport at Roanoke through the 2012 season.

During his time on the sidelines, Allison led the Maroon soccer team to eight ODAC Championships and six appearances in the NCAA Division III Tournament. For his efforts, he was named the ODAC Coach of the Year seven times and Virginia College Division Coach of the Year four times. Allison was also named the NSCAA Division III South Atlantic Regional Coach of the Year in both 1993 and 2012. He’s a member of the college Athletic Hall of Fame.

When Scott decided to hang up the whistle and concentrate on his AD responsibilities he didn’t have to look far for a replacement. He was succeeded by Ryan Pflugrad, who played for the Maroon soccer team under Allison.

“Given the immense affect that he’s had, it’s actually very hard to find the specific words to describe the deep positive impact Coach Allison has had on his players and student athletes, our men’s soccer program, the athletic department, and Roanoke College,” said Pflugrad. “I am so fortunate to have had the opportunity to play for Coach Allison, have him as a mentor in my professional life, work under him at Roanoke College, and develop a meaningful relationship with him as a peer. He has had a remarkably profound impact on my life.”

Allison has seen a lot in his years leading the department. He hired all the current head coaches except lacrosse coach Bill Pilat, and Bill was on his staff when Scott was coaching the lax team. During his tenure the school upgraded facilities with the Cregger Center, the Kerr-Cregger Fieldhouse and Kerr Stadium.

“Scott Allison is known for many accomplishments,” said retired RC President Mike Maxey. “He innovated new programs. He guided our successful existing



PHOTO BY RYAN HUNT

The Foyer area in the Cregger Center was named for Allison over Alumni Weekend.

programs. He was the coach of the coaches at Roanoke. But most of all he was a leader of student athletics, of alumni, of the entire college. What a mark of Maroon he has made on his alma mater.”

During Allison’s tenure Roanoke College added eight intercollegiate sports that weren’t there when he took the job in 1989. He’s been popular with his coaches and easy to work with.

“Coach Allison was a big part of me going into coaching,” said RC women’s soccer coach Phil Benne. “He helped me get a grad assistant with his brother at Alfred and I was fortunate that he would take a chance in hiring a young coach at Roanoke. They talk about being a players’ coach. Scott was a coaches’ coach. He let you run your program and was always there for advice and help. I wish him the best in his next chapter.”

Athletic Trainer Jim Buriak preceded Allison on the staff at RC and was there for Scott’s entire run as coach and AD before retiring himself last year.

“I was fortunate to work with Scott and serve the athletic department as an athletic trainer and NCAA Faculty Athletics Representative,” he said. “Scott trusted my judgement when dealing with athletic injuries and never questioned my decisions. He was open and receptive to discussing any concerns I had.”

“As Faculty Athletics Representative, I traveled with Scott to several NCAA Conventions. We discussed NCAA legislation, and he was willing to listen to my thoughts regarding voting matters. He always tried to do the right thing for both the student athletes and Roanoke College. He served the college well.”

Old Dominion Athletic Conference Commissioner Brad Bankston has also worked closely with Allison. Salem, RC and the ODAC have hosted many NCAA events and championships over the years and Scott was always there to be a part of things.

“Scott has been a vital part of the ODAC’s operations for a number of years,” said Bankston. “He has served the Board of Directors in a leadership role twice during his tenure while providing valuable mentoring to a number of new Division III/ODAC directors of athletics. He has excelled in this profession due to his approach of always treating people with respect and dignity.”

“Scott has been a resource for many during his time at Roanoke regardless of their role - student-athlete, coach, administrator or conference colleague. That includes me, a young inexperienced commissioner who he helped on numerous occasions during my 20 plus years with the conference. I know I speak for all the members of the BOD when I say he will be sorely missed.”

Allison announced his pending retirement in November. In April, during Alumni Weekend, the Foyer of the Cregger Center was named in his honor. Pflugrad was one of the speakers.

“As both a coach and athletic director, Coach A has prioritized care for student athletes and others,” said Pflugrad. “The Roanoke Athletic Department and College as a whole has benefited tremendously from these values. It has allowed our student

athletes and coaches to flourish, and programs to find success. Coach A bleeds Maroon! Because his service to the college is so vast, it’s hard to picture a Roanoke College athletics department without him in it.”

But alas, the Scott Allison era comes to an end with incoming AD Curtis Campbell taking over this week. With two weeks to go on the job Scott had still not cleaned out his office, or met the new AD. He was still dealing with responsibilities that many would have been glad to pass on to the next guy. The new football team is not one of them, as that will be Campbell’s baby.

“What was the hardest part of his job?”
“Dealing with personnel,” said Allison. “I’ve had to make some tough decisions, and bring people along to think as a Division III coach.”

The most fun part?
“Being with our teams at ODAC or National Tournaments,” he said. “It’s been fun to be around the kids and just be part of the ride. I’ve always enjoyed being around student athletes, and I tried to attend as many of the games as I could.”

He won’t be looking over any shoulders, but Scotty will still be around. He’s made many friends during his time as AD, but the best friends are still the ones he bonded with on the field of competition. The 1978 lacrosse team still gathers for golf tournaments, Alumni outings and special occasions like when Pirro was inducted into the Lacrosse Hall of Fame or when Rotanz went into the Virginia Hall of Fame in April. Although it’s been 45 years it feels like yesterday when that group gets together.

“I’ve never taken any more pride in anything than the four years I was on that lacrosse team,” he said. “I was never the one Griff (coach Paul Griffin) gave the ball to but I did my best to contribute. Those memories of my time on the field, and the teammates I played with, are one of the most special things in my life.”

Rotanz remembers as well.
“Scott and I have remained friends since our Roanoke College days,” he said. “In fact my senior year I was dating my wife Wendy and Scott was dating her roommate. We did a lot of double dating. We try to golf when we can and when we do we always wind up talking about retirement. Well it finally has arrived for my dear friend and I can’t be happier for him and Bonnie. I have a feeling that he is going to beat me pretty bad in golf later on this summer when he is finally retired.”

That time has come, as Scott contemplates the next chapter of his life. It’s going to seem strange not seeing him around the gym when students return to school later this summer.

“It probably won’t hit me until August,” he said. “I usually take July off, anyway, so that won’t seem any different. But when August comes around I won’t have to worry about what needs to be done and what happens next.”

“I’m looking forward to that,” he added with a smile.

And if you see Scotty walking down the street, give him a little “Howdy Do.” He’s come to expect it after all these years.