

GUTHRIE INSURANCE AGENCY INC.
HOME~AUTO~BUSINESS~FARM~LIFE~HEALTH



ANGIE GUTHRIE-PONTON,
OWNER/AGENT

PH: 540-864-6688
TEXT: 540-486-2970

angie@guthrieinsurance.net
www.guthrieinsuranceva.com
GUTHRIEINSURANCE@YAHOO.COM
Licensed in VA, WV, TN & NC



THE NEW CASTLE RECORD



GOPHER MARKET

HOT & READY BISCUITS EVERY MORNING!



School Board discussed budget during February meeting

Anita Firebaugh
Contributing writer

Cutting expenses and crossing fingers for a little more money in the budget in fiscal year 2024 was one of the many topics at the Craig County School Board meeting on Feb. 13. The meeting was held at the school campus auditorium and is available to view online.

The School Board held a public hearing on the budget for the upcoming fiscal year, but no one from the public spoke. The amount of the new school budget was not discussed during the meeting.

The school system last year had a \$7.8 million budget, with the county paying approximately \$1.8 million of that, Superintendent Dwayne Huff said at the school board meeting. The county has funded only basic needs for the last five

years, and Huff said that an additional \$270,000 in local funding would bring in about \$600,000 more in state dollars.

As part of the budget discussion, the school board heard a presentation from Schneider Electric in Richmond. A company representative stated that Craig County Schools spend approximately \$200,000 annually on water, electricity, and fuel oil.

The company proposed an energy savings program and forecast savings of between 15 and 30 percent of the amount the schools currently spend on energy items if the program were implemented.

One of the major expenses is fuel oil. The Board briefly discussed converting to propane and noted the two boiler systems in the schools need to be replaced.

Other energy-saving items

the company would utilize include LED lighting, motion sensors, low flow water systems, and solar options.

The company representative said the schools could see a \$450,000 to \$750,000 savings over a 15-year period.

Huff said that in addition to the proposed energy savings, he already has cancelled most cell phones for personnel, saving approximately \$800 a month. He told the board members that he had identified approximately 25 software programs, some purchased in previous years with federal Covid funding, which could be "axed," for a savings of approximately \$115,000.

He has also initiated a health insurance review and has found a different company to service the copying machines for less money.

However, the schools do have needs. He cited capital

improvement projects that included the purchase of two new school buses plus some minivans. The boiler replacements at the school campus could cost as much as \$500,000, he said.

Other CIP items the school board would like to see include new roofing on parts of the school campus, construction of a new school bus garage, which could cost approximately \$1.2 million, and teacher raises.

Huff noted that with the new reassessment, the county-wide value increase of taxable real estate went up about 39 percent. While he expects the Board of Supervisors to cut the tax rate from 63 cents per \$100 value to equalize the tax rate, "now is a good time for the county to raise additional revenue without it being a huge burden to the tax payers," he said. "I understand we need to

give some relief there, but also it's a good opportunity to bring our school budget up. We've been locked in at about \$1.8 million [from the county] for about 5 years. With inflation we've actually been losing money."

Huff also noted that the school systems daily attendance has dropped to 448. The school had budgeted for daily attendance of 450. State funding depends on daily attendance numbers.

The school board is scheduled to hold a joint meeting with the supervisors on April 4 about the budget.

In other matters, the school board learned that most of the county's students qualify to receive free breakfast and lunch. The school board also discussed the computer use policy, noting

See Budget page 2

Virginia's Western Highlands region showcased in 2024 Virginia Travel Guide

Virginia's Western Highlands consists of Alleghany Highlands, Bath, Craig and Highland counties and its picturesque landscapes and vibrant communities is a featured highlight in the recently released 2024 Virginia Travel Guide.

The 2024 Virginia Travel Guide is published annually by the Virginia Tourism Corporation and serves as a comprehensive resource for travelers seeking to explore the diverse offerings of the commonwealth. This year, four pages in the Virginia Mountain section of the magazine will spotlight Virginia's

Western Highlands, inviting readers to experience its rolling mountains, lush forests and charming towns.

"We are thrilled that Virginia's Western Highlands has been prominently showcased in the 2024 Virginia Travel Guide," said Diane Givens, board chair of VWH. "This part of the state is so special and has something for everyone, whether outdoor recreation, arts & culture, or community events & festivals. We invite travelers to experience the beauty and unique offerings of Virginia's Western Highlands in

2024."

Nestled in the heart of the Alleghany Mountains, the Virginia's Western Highlands region boasts an abundance of outdoor activities for adventurers of all interests and skill levels. From hunting, camping, and hiking the scenic trails of George Washington and Jefferson National Forests to fishing in the region's pristine rivers and streams, there's no shortage of ways to connect with nature.

The region is also home to a thriving cultural scene, with vibrant arts communities and a rich history waiting to be discovered. Visitors can

explore quaint downtown districts filled with local shops, galleries, and eateries, or delve into local history at museums and historic sites.

Some highlights of the region include Falling Spring Falls & Humpback Bridge in the Alleghany Highlands, recently restored Warm Springs Pools and the Omni Homestead Resort in Bath County, Fenwick Mines and Paint Bank in Craig County and the annual Highland County Maple Festival every March at the Highland Center in Highland County.

The 2024 Virginia

Travel Guide is available both in print and online, providing travelers with comprehensive information on accommodations, attractions, and dining options. 275,000 copies of the guide are printed annually with a readership of nearly 700,000, and a digital reach on Virginia.org of over 12 million.

Whether planning a weekend getaway or a family vacation, the guide serves as the perfect companion for exploring all that Virginia's Western Highlands and the state of Virginia has to offer.

-Submitted by
Craig County Tourism
Commission



COURTESY IMAGES

VIRGINIA IS FOR MOUNTAIN LOVERS

Bills requiring identification of 'forever chemical' sources advancing through General Assembly

Charlie Paullin
Virginia Mercury

Legislation to set up a state process to identify sources of high levels of PFAS, also known as "forever chemicals," is moving swiftly through the General Assembly.

The bills from Sen. Jeremy McPike, D-Prince William, and Del. Sam Rasoul, D-Roanoke, both passed their own chamber and are on track to get approval from the other, with nearly unanimous votes in their support. Gov. Glenn Youngkin's administration is also backing the proposals.

"There is a lot of hard work that went into this, and it is an excellent first step in addressing the threats of PFAS to public health in Virginia," said Betsy Nicholas, vice president of the Potomac Riverkeeper Network, a nonprofit focused on water quality around the Potomac River.

However, she said, "I would be remiss if I [didn't say] that we would like to see something a little bit stronger."

PFAS is an abbreviation for perfluoroalkyl and polyfluoroalkyl substances, a set of chemicals used in numerous everyday and industrial products, including nonstick cookware,

clothing and firefighting foam, because of their ability to repel water, stains and corrosion and squelch fires. The inability of many to break down naturally has given them the moniker of forever chemicals and raised concerns about the long-term effects of humans' exposure to them.

Some studies have found exposure to PFAS can lead to reproductive problems, developmental effects or delays in children and increased chances of cancer and obesity, among other impacts.

In 2023, the U.S. Environmental Protection Agency proposed rules requiring public water systems to

monitor for and report measurements of PFAS that exceed a threshold known as a maximum contaminant level.

McPike and Rasoul's bills attempt to set up a state system for identifying the sources of PFAS in the event that concentrations exceed the federal maximum level of 4 parts per trillion. (For comparison, 1 part per trillion is the equivalent of one drop of water in 20 Olympic-sized swimming pools.) A recent presentation from the Virginia Department of Health stated that PFAS concentrations were above the

See Chemical page 2

School division recognizes several during meeting



Crowder, right, receives a recognition during the meeting.

Craig County Public Schools recognized several employees during its February school board meeting, including Jesse Crowder, a school resource officer, the clerk to the board, deputy clerk and

members of the Craig County School Board.

"We appreciate the role Deputy Crowder provides in our schools every day. His dedication to bridging gaps between law enforcement & our youth, keeping our schools safe, and serving as a mentor is a valuable & essential part of our public school system. CCPS is grateful for your dedication and wishes you a wonderful day with well-deserved recognition and appreciation for all you do," the division said.

"Thank you to our School Board Members & Clerks. Your commitment

to excellence and exceptional service for public education is truly making a difference. CCPS is thankful for your tireless efforts in providing crucial support to our administration staff and facilitating effective communication to staff, students, parents, & our community," the division said. "We are grateful for your dedicated service and wish you a wonderful week filled with well-deserved recognition and appreciation.

-The New Castle Record



COURTESY PHOTOS

The clerk to the board, deputy clerk and Craig County School Board receive a recognition during the meeting.

FROM THE ARCHIVES

Students learn practical nursing skills

From the 1994 editions of the New Castle Record

A new class at Craig County High School is giving teenagers interested in health occupations a head start on their future careers. Students in the health assistant class, which was first offered in Craig this year, say they learn more in the two periods they spend each morning with nurse Wanda Myers than they do the rest of the day.

"We're more involved in this class than any other one," said senior Danielle Huffman.

This week students are becoming certified in the administration of cardiopulmonary resuscitation, or CPR. They are also conducting free blood pressure screenings at the CCHS vocational fair Thursday night.

Since August students have become familiar with the proper methods and tools used to monitor patients' vital signs. The class uses everything from bedpans to two-person stethoscopes, and a dummy with interchangeable sex organs rests on a large hospital bed that dominates the classroom.

Some days the students call the dummy Sam—other days she's transformed into Samantha. One day who heard about the nursing class sneaked into the room to take a peek at the dummy.

"They pulled off the covers and it surprised them," said Mike Lucas, the only guy in the health aide class.

That day the dummy was equipped with parts of the male anatomy. Health students learn about all the workings of

the human body, as the field of nursing exposes people to the blood and guts of life.

Several students in the new class plan to pursue health-related occupations upon graduating Craig. Some hope to go into physical therapy, while others want to become Licensed Practical Nurses (LPN's) or Registered Nurses (RN's).

This class will give them a basis," said teacher Wanda Myers. They'll be far advanced when they go into LPN school."

Myers works nights as a nurse at Catawba Hospital, then teaches the health assistant class at the high school before catching a bit of sleep between the hours of 11 a.m. and 6 p.m. Then its time to wake up and eat breakfast, while most people are having dinner, before she starts another day as the sun sets at Catawba Hospital.

"Once in a great while I might just sit down and sleep," Myers said.

She said teaching the nursing course takes time, but she enjoys it. She even brought her 95-year-old aunt to class Friday, to demonstrate walkers and wheelchairs. She's taken class members on an orientation visit to Catawba Hospital, where they will return for classes and clinical studies later in the semester. Sessions at Roanoke Memorial Hospital may also be in the works.

Brandy Huffman hopes the class will help her get into Roanoke Memorial Hospital's School of Practical Nursing after she graduates this summer.



Danielle Huffman, Kasle Fisher and Angle Trent check "patient" Linda Huffman's pulse and blood pressure during their health assistant class. They say the new nursing class is their favorite, since it involves hands-on learning opportunities.

FROM THE NCR ARCHIVES

"I've always wanted to go into medicine," Huffman said.

She and other health students say they like learning from Myers because she can answer their questions about what it's really like to take care of patients. Myers has specialized in several aspects of patient care, including working as Head Nurse in medical units and supervising the care of people with psychological illnesses. Students also hear what it's like to take care of cancer patients when substitute teacher

Lanelle Fisher helps out in class. Fisher works on the oncology floor at Roanoke Memorial.

Myers' goals is to teach all the basics of patient care so students can come out of the class with the ability to pass state certification tests for nursing aides. She said the class is now under examination for state approval as a health assistant course.

"We'll just have to wait and see."

-Prepared By Lisa King

Chemical page 1

maximum level in 18 of about 270 sites that were tested in Virginia.

"This is good public policy trying to figure out how to employ our state environmental agency in a prioritized fashion so that we can have the most benefit on this complex problem," said Chris Pomeroy, an attorney and lobbyist for the Virginia Municipal Drinking Water Association, which represents water systems that serve about three in every four Virginians.

Under the bills, public water systems would report any exceedances of the maximum contaminant level to the Virginia Department of Health, which would then share that information with the Department of Environmental Quality.

DEQ would then identify potential sources of PFAS in the public water system's raw — or untreated — water and require those sources to report what chemicals and how much of them they are using. Based on that information, the agency would determine likely "significant" sources of PFAS, which would then be required to report discharges of the chemicals to the department on a quarterly basis.

The bill would then charge DEQ with identifying "potential regulatory and nonregulatory options for addressing each significant source of PFAS," with the goal of protecting public health by reducing those sources and minimizing the costs to public water systems.

Exactly what is considered "significant" would be up to the agency's discretion, a decision that sparked some discussion in negotiations.

"Where do you draw that line on significant PFAS chemicals?" Pomeroy asked. "We know these are ubiquitous. What sources are worth testing?"

While earlier versions of McPike's bill would only have required medium and large water systems, defined as those serving 3,300 people or more, to report exceedances, the most recent versions apply to all systems regardless of size.

An advisory committee would also be created to review reports on significant sources. Nicholas said that provision gave her "some comfort" in knowing whether monitoring is effective.

"We've built in a few measures to put in some

guardrails on DEQ's review," said Nichols.

DEQ capacity

McPike and Rasoul's bills are advancing alongside proposed budget amendments from both the House and Senate that would provide DEQ about \$380,000 a year for three positions to identify and monitor PFAS.

The Virginia Department of Planning and Budget has noted that while DEQ has identified 18 watersheds that may require PFAS monitoring, that number could grow by an additional 70 to 80 watersheds, with the complexity of oversight varying from region to region.

"DEQ does not have the expertise to carry out the requirements of the bill," the department wrote.

Bulova, who chairs a House subcommittee that has been reviewing the bills, said he is eager to broaden Virginia's efforts to address PFAS. However, he said, there are concerns over the state's capacity.

"We also have to be cognizant of the limited budget resources that DEQ might be able to bite off," said Bulova. "So I hate the perfect to be the enemy of the good."

Budget page 1

that "questionable accidents" could be costly. Huff suggested a policy change that ensured parents know that they are responsible for computers assigned to their children so that the schools could recoup the cost of the computer from the parents if necessary. He also suggested that children be assigned a computer in the ninth grade and that it be given to them upon graduation, in hopes that the laptops might fare better if the students thought they would eventually own it. The school board members agreed to review the issue at a later date.

The school board also heard from the After Prom committee and agreed to the use of school buses for the event.

Additionally, the school board approved a modest increase in pay rates for

substitute teachers. "Since I started in September I don't think we've had one day where we have had every absence covered," Huff said. The school system needs more substitute teachers, he added.

The school board members also discussed the school's "no hat" policy. Students are allowed to wear hats on special occasions, such as an FFA day where students can pay to wear their hats that day. It is school policy that no hoodies or other head gear be worn during school hours.

"It's all about character," Huff said. He wants the schools to teach students to respect those around them and themselves. "If we win that battle," he said, "the academics will take care of themselves."

YOUR LOCAL NEWS JUST THE WAY YOU LIKE IT!

THE NEW CASTLE RECORD

DIGITAL ONLY

One Year
Digital Subscription
\$29.00

DIGITAL & PRINT

Yearly Print & Digital
Subscription
\$67.00

PRINT ONLY

Yearly Print Only Subscription
\$46.00 In County \$50.00 Out of County
\$54.00 Out of State

SUBSCRIPTION TO NEW CASTLE RECORD

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Check Enclosed _____ or call (304) 647-5724 to pay by credit card

Mail to: Circulation Department, NEW CASTLE RECORD,
P.O. BOX 429, Lewisburg, WV 24901 or call us at (304) 647-5724.

C
R
O
S
S
W
O
R
D

1	2	3	4		5	6	7	8	9	10	11
12					13					14	
15					16					17	
18					19			20	21		
	22			23				24			
		25						26			
				27		28	29	30			
			31		32						
		33					34				
	35						36		37	38	
39						40					41
42						43				44	45
46				47	48					49	
50				51						52	
53				54						55	

CLUES ACROSS

1. Bay Area Transit Auth. (abbr.)

5. Pull apart by force

9. Ancient Egyptian King

12. Missing soldiers

13. Capital of Japan

14. Diamond month (abbr.)

15. Spheres

16. Surpassing good

17. British thermal unit

18. Philippine island & seaport

19. Legally argued

20. Belonging to singer Fitzgerald

22. Bowler hats

24. Has a strong odor

25. Doyens

26. London Gallery

27. Rural delivery

28. Rods

31. Stonehenge plain

33. Withdraw from membership

34. Execute or perform

35. Central or Yellowstone

36. Municipality in Norway

39. Bay of NW Rep. of Ireland

40. Skin designs

42. Son of Jephunneh

43. Baseball's Ruth

44. Clare Booth __, Am. writer

46. Black tropical American cuckoo

47. Filled with fear or apprehension

49. 6th Jewish month

50. Wide metal vessel used in cooking

51. Make by pouring into a cast

52. Colombian city

53. Heat unit

54. Carpenter, red and army

55. Adam and Eve's garden

CLUES DOWN

1. Big man on campus

2. Made public by radio or television

3. Labelled

4. Inform positively

5. Drinks habitually

6. Supplemented with difficulty

7. SW Scottish river & port

8. American poet 1874-1963

9. Pads

10. Ingestion or intake

11. Tie up a bird before cooking

13. Bulrushes of the genus Scirpus

16. Turned rod on a spinning wheel

21. Having or covered with leaves

23. The 44th U.S. President

28. Midway between S and SE

29. Tuberculosis (abbr.)

30. Inspected accounting procedures

31. A twilled woolen fabric

32. Potato state

33. The work of a sailor

35. Involving 2 dimensions

36. Fanatical or overzealous

37. Consolation

38. Wild sheep of northern Africa

39. Erect leafless flower-bearing stalk

40. Afrikaans

41. Weighing device

43. Very dry champagne

45. Emerald Isle

48. A resident of Benin

Recipe of the Week



Shelly Koon Contributing Writer

Have you ever thought, "If only I had an extra day to ...?" To travel, to read, to spend time with family. Or just to sleep. Every four years because our days aren't exactly 24 hours long, we add an extra day in February, just to get caught up to match the seasonal rotation of the Earth around the Sun. If we didn't, June would eventually be the winter season. Our last leap day was during the 2020 pandemic. That year was so long, an extra day just added insult to injury. How do you spend that rare day that only comes around in four years? I think we should do something that we would not normally do. Play leapfrog, clean out a closet, or eat breakfast for dinner.

My mom used to make breakfast for dinner as a special treat, but I think it was because it was cheap and easy on busy nights. I am not talking about eating a bowl of cereal over the sink, that does not count. It's just sad. According to OnePoll, 65% of Americans love breakfast for dinner. Brunch has been around since the 1890's. Brunches less obnoxious cousin, "Brunner" has been around almost as long. Most of us eat breakfast on the go. An elaborate breakfast

is not always possible in the time between getting up and leaving the house in the morning. The idea of breakfast for dinner is to some a little wrong. It's like eating dessert before dinner. That guilty feeling doesn't last long. French toast and bacon are a satisfying end to the day. Few things in life are guaranteed except for death, taxes, and all-day breakfast at Denny's. Some restaurants that serve all day breakfast include, Denny's, Waffle House, Cracker Barrel and IHOP. If you want to make breakfast at home but need an easy to make casserole, I have the recipe for that. Have dinner for breakfast and breakfast for dinner. Or frog legs, it is leap year after all. Feb. 29 is a special day. It only comes along once every four years. What will you do with your special extra day?

Breakfast casserole

Ingredients:

- 1 30 oz bag frozen shredded hash browns
- 18 oz cubed ham
- 2 green onions, diced
- 1 red bell pepper, diced
- 8 eggs
- 2 12 oz cans evaporated milk
- 1/2 teaspoon salt
- 1/2 teaspoon ground black

pepper
1/4 teaspoon garlic powder
2 cups shredded cheese (whatever kind you prefer)

Instructions:

Preheat oven to 375 degrees F. Spray 9 x 13 casserole dish with non-stick cooking spray.

Add shredded hash browns to the casserole dish. Spread out evenly.

Top with diced ham, bell pepper, green onion and cheese.

In a bowl, whisk together eggs, evaporated milk and spices. Pour over casserole.

Bake for 45-55 minutes or until eggs are set. Remove from oven and let sit for 10 minutes before serving.

You can substitute browned and drained crumbled sausage for the ham. I have also added spinach with the bell pepper.



COURTESY PHOTO

Upcoming public meetings scheduled in Craig County

March 7

Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.

March 11

Library Board of Trustees Meeting at Craig County Library at 6 p.m.

March 18

Town of New Castle Town Council Meeting at New Castle Town Hall at 7:00 pm – 8:00 pm

March 19

Congressman Morgan Griffith citizen comment period 9 am – 10:30 am at Craig County Courthouse Breakroom.

Planning Commission meeting at Planning Commission at 7:00-8:00p.m.

March 20

CPMT MEETING CPMT - Department of Social Services at 1 p.m.

March 28

Department of Social Services Board Meeting at 6:30 p.m.

April 4

Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.

April 8

Library Board of Trustees Meeting at Craig County Library at 6 p.m.

April 15

Town of New Castle Town Council Meeting at New Castle Town Hall at 7:00 pm – 8:00 pm

April 16

Congressman Morgan Griffith citizen comment period 9 am – 10:30 am at Craig County Courthouse Breakroom.

Planning Commission meeting at Planning Commission at 7:00-8:00p.m.

April 17

CPMT MEETING CPMT - Department of Social Services at 1 p.m.

April 25

Department of Social Services Board Meeting at 6:30 p.m.

May 2

Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.

May 13

Library Board of Trustees Meeting at Craig County Library at 6 p.m.

Ongoing

Feeding southwest Virginia will be offering food twice a month on the second and third Wednesday of the month from 3-5 p.m. and 4-5 p.m., respectively. All community members are welcome to purchase fresh produce and other canned and boxed items. EBT recipients receive 50% off their fruits and vegetables.

Booster Club of Craig Schools meet on the third Monday of each month in the school cafeteria at 6 p.m. Community members are encouraged to attend and to join to support the kids of Craig County as they need the participation of more people.

-The New Castle Record

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 Went, 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 7:00p.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 Chanmi Lee, 347-684-2607, 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 Went, 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: 540-580-5837, 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 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 11:15 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.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 Wendi Craig at 276-340-2445 or email advertise@mainstreetnewspapers.com

OPINION

News from the 9th: St. David's Day



Morgan Griffith

Representative

Soon it will be March and for many people, that means looking forward to celebrating St. Patrick's Day on March 17th, the holiday honoring the patron saint of Ireland. However, a lesser-known holiday, St. David's Day, celebrating the patron saint of Wales, is celebrated on March 1st.

St. David was born circa 500 AD in Ceredigion, Wales, into an aristocratic Welsh family. He became a well-known

teacher and preacher, founding churches and monastic settlements across Wales and parts of modern-day England and France. He died on March 1st (the date for which the holiday is celebrated) in 589 AD and was canonized as a Saint in the 12th century by Pope Callixtus II.

Today, to symbolize the holiday, many people of Welsh descent will wear one or both of the national symbols of Wales: the daffodil and the leek. The flag of St. David (a yellow cross on a black background) is also flown on the holiday.

As some may know, the Welsh have had a long and storied history in our country.

Since the early 1600s, Welsh people have emigrated to different parts of the United States searching for a new life. Amongst those were a large group

of Welsh Quakers who emigrated to America with William Penn (namesake of the state of Pennsylvania) in the late 1600s. Other Welsh immigrants included the Morgans, whose descendant Daniel Morgan was the Revolutionary War hero who won the Battle of Cowpens.

Later, another large-scale Welsh immigration occurred in the mid- to late-1800s.

Since then, thousands of farmers, slate workers, iron workers, coal miners, lead miners, silver miners, gold miners, tinplate workers and steelworkers from Wales have settled all across the United States and made valuable contributions to American life.

In fact, eleven of our presidents have been of Welsh decent: John Adams, Thomas Jefferson, James Madison, James

Monroe, John Quincy Adams, William Harrison, Abraham Lincoln, James Garfield, Benjamin Harrison, Calvin Coolidge, and Richard Nixon.

States with mining heritage, such as Virginia, Pennsylvania, West Virginia, and Ohio, have a proud Welsh American tradition. States with a particularly high proportion of Welsh Americans today include Utah, Idaho, Vermont, Oregon, and Wyoming.

The 9th District is no exception: Welsh influence can be seen across Southwest Virginia.

Welsh settlers felt drawn to Southwest Virginia due to the similarity in landscape (Appalachian Mountains as compared to the Cambrian Mountains in Wales).

See The Ninth, page 5

Sen. Chris Head offers legislative update from Richmond



Chris Head

District 3

Dear Friends,

This week was one of the most important stretches of the General Assembly session. The Senate Finance and Appropriations Committee

passed out its amendments to the budget that the Governor proposed at the end of last year. The Senate also continued its work considering bills that had originally passed in the House.

THE SENATE PASSES ITS VERSION OF THE BUDGET

Enacting a budget is arguably the most important legislation the General Assembly tackles each year. The budget covers the next two years, although the General Assembly will likely adjust next year as necessary to respond to any economic

impacts.

The budget passed by the Senate proposed spending almost \$63 billion of General Fund money over the next two years. This is a structurally balanced budget that, while not perfect, does help address many key priorities for the families I represent. It represents hard work, compromise, and a lot of give and take.

The budget adds money to help Virginia's economy compete in high-growth sectors like biotechnology and

pharmaceuticals while helping workers prepare for good jobs by making our workforce training programs more efficient.

There is funding to expand broadband to more communities throughout Virginia so families and businesses can access information and participate in the digital economy.

Schools get a major boost with \$1.6 billion in additional direct school aid, \$400 million for school construction, and pay raises for teachers.

College degrees will be more

accessible and affordable due to \$74 million being added to financial aid funding.

Virginia is making additional investments in mental health care with over \$29 million in added funds for crisis intervention, peer recovery, and other community behavioral health programs.

Public safety gets a boost with added funding to help recruit and retain correctional officers to keep prisons safe and

See Head, page 5

Del. Terry Austin offers legislative update from Richmond



Terry L. Austin

District 37

To the Constituents of the 37th House District: This past week the

House completed work on its version of the

Commonwealth's \$175 billion biennial budget, which funds everything from schools and roads to public safety initiatives and state parks. As expected with a Democrat majority, significant changes were made to the budget Governor

Youngkin introduced in December. Unfortunately, there are proposed funding decreases in common sense initiatives, including the School Resource Officer grant fund and Project Ceasefire, a proven lifesaving program that reduces gun violence without unnecessary gun control. While disappointing, the budget

does contain significant new funding for our local schools and is a step in the right direction when it comes to improving the Commonwealth's current school funding formula. We are now at the point in the process where both the House and Senate will vote to put our competing budgets into conference, setting the stage for final

negotiations. As a member of Appropriations, I will continue to work for a budget that reflects our region's priorities, keeps our communities safe from violent crime, improves education for our children, and supports small business.

The House continues to consider Senate bills as Session approaches its

conclusion on March 9th. Since many of these are cognates of House bills, the body has the opportunity to reconsider important issues. One such bill would have made it illegal to own a pill press with the intent to manufacture counterfeit pills laced with fentanyl. Although it passed the

See 37th, page 5

THE NEW CASTLE RECORD

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

Michael Showell, *Publisher*
Aila Boyd, *Executive Editor* aboyd@mainstreetnewspapers.com
Brian Hoffman, *Sports Editor* bhoffman@ourvalley.org
Debbie Nixon, *Graphic Designer* dnixon@ourvalley.com
Edmee CR Hasler, *Graphic Designer* edmee@mainstreetnewspapers.com
Wendi Craig, *Advertising Consultant* advertisc@ourvalley.org

Give us your view: aboyd@mainstreetnewspapers.com

To subscribe: 540-389-9355

The New Castle Record (USPS 378-080) is published weekly for \$46 a year in Craig County, \$50 elsewhere in Virginia, and \$54 out of state by Virginia Media Inc., 1633 W Main St., Salem, VA 24153. Periodical postage paid at New Castle, VA. POSTMASTER: Send address changes to THE NEW CASTLE RECORD 1633 W. Main St., Salem, Va. 24153

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.

American Heart Month - Cardiovascular health

Heart disease is the leading cause of death in the United States as well as in Virginia. February is American Heart Month, a time to take steps to reduce your risk of heart disease. According to the National Institutes for Health, the major risk factors for heart disease include:

- High blood pressure or high blood cholesterol
- Prediabetes or diabetes
- Smoking
- Lack of regular physical activity
- Unhealthy eating behaviors
- A family history of early heart disease, for example if your father was diagnosed before age 55, or your mother was diagnosed before age 65
- A history of preeclampsia, when blood pressure rises suddenly during pregnancy
- Age (ages 55+ for women, and 45+ for men)

Each risk factor increases your chance of developing heart disease. The more risks you have, the

Cristy Wells
Roanoke City and Alleghany Health Districts

higher your overall risk. By taking preventive measures to change some of these risk factors, you can lower your risk of developing heart disease that could lead to a heart attack.

Having a healthy lifestyle is the best way lower your chances for serious heart disease. Take steps today to improve your health-steps including quitting smoking, choosing heart-healthy foods, being physically active, getting enough good-quality sleep, aiming for a healthy weight, getting your blood pressure and cholesterol checked, and managing your blood sugar.

If you smoke or use tobacco, quit. If you don't use tobacco,

don't start — and do your best to avoid secondhand smoke. Quit Now Virginia (800-QUIT-NOW) provides free telephone- and web-based tobacco cessation coaching to all Virginians over age 13 who are interested in kicking their nicotine habit, as well as for people looking to help a loved one to quit. A range of coaching services is available for all tobacco usage: cigarettes, cigars, e-cigarettes, vaping, and smokeless tobacco products like snuff, snus, and dip. Access to tobacco cessation medication known as “nicotine replacement therapy (NRT)” is also available, usually in the form of patches or gum.

With respect to healthy eating, when we eat highly processed foods that contain unhealthy fats, sodium, and added sugar, or consume too much alcohol, or smoke, we risk narrowing the blood flow to the heart and increase the risk of heart attacks. To make heart-healthy

See Heart, page 5

COMMUNITY SERVICE DIRECTORY

GUTHRIE INSURANCE AGENCY INC.
HOME~AUTO~BUSINESS~FARM~LIFE~HEALTH
Need a quote or policy information?
PH: 540-864-6688
Text: 540-486-2970

WWW.GUTHRIEINSURANCEVA.COM
GUTHRIEINSURANCE@YAHOO.COM
LICENSED IN VA, WV, TN & NC

ANGIE GUTHRIE-PONTON
OWNER/AGENT
ANGIE@GUTHRIEINSURANCE.NET

LEANN CROY
OFFICE MANAGER/CSR
LEANN@GUTHRIEINSURANCE.NET

MHC
Monroe Health Center

Craig County Health Center
226 Market Street - New Castle, VA
Phone: (540) 864-6390 Fax: (540) 864-6356

*Physical Exams * X-ray Services
* Laboratory Services * Acute Care
*Mental Health Services * Well Baby Checks

ACCEPTING NEW PATIENTS

Paitself Funeral Home

VISIT OUR WEBSITE ONLINE AT WWW.PAITSELFH.COM
ONLINE OBITS, CONDOLENCES, DIRECTIONS,
COMMUNITY SERVICES, ON-LINE PRE-ARRANGEMENTS.

SIGN IN AT THE GUEST BOOK
AND GIVE US YOUR THOUGHTS

PO Box 326, 286 Main Street • New Castle, Virginia
540-864-5142

*Classified Advertising
Really Works!
Call (540) 389-9355*

Guthrie Insurance Agency
We Insure Farms
Angela Guthrie-Ponton, *Owner/Agent*
207 Main Street, New Castle • (540) 864-6688

ADVERTISE With us

To advertise in this space, call
Wendi Craig at 276-340-2445
advertise@ourvalley.org

Book review: 'Jane Eyre' by Charlotte Bronte

Library Corner Alex White

Jane Eyre has lived through a difficult childhood. She was orphaned at a young age and made to live with her wicked aunt and cousins, where they tormented her relentlessly. She was then sent to a boarding school headed by a sadistic headmaster with very questionable food and living conditions. To make matters worse, her best friend had died in her

arms from illness. Now that she's grown into a plain but intelligent woman, she starts looking for a job as a governess. She is soon hired to take care of the only child of the mysterious Mr. Rochester. Over her time working for him, they fall in love and start planning a happy future together. However, nothing is quite as it seems. Mr. Rochester is shrouded

in a dark secret that seems to follow him everywhere, especially when he nearly gets killed in a mysterious fire while sleeping. And there's someone or something roaming around the mansion that lurks in the attic. Will Jane ever get a happy ending or will everything she loves go up in flames?

This classic novel is a thrilling delight. Whether you have read it before or are reading it again, the mystery and romance are exceedingly compelling and the suspense will have you hooked until the very end. The book is very well written and still holds up today with readers readily identifying with Jane and her plight and wanting her to finally by

happy after all her heartache and trauma. However, there are some pretty hard stuff that might turn off some readers such as old English customs, physical and verbal abuse (especially towards children), and some plot elements that may have some readers wanting to throw the book at the wall (but please don't, it is our library book). Despite these concerns, this book is a classic in every way from its fairytale inspirations (mostly Cinderella), relatable characters, and great suspense. Whether you're reading it for the first time or the millionth time, this is one book you're not going to forget any time soon.

The Ninth page 4

Welsh settlers also had a long history of raising sheep and coal mining, two things that could be done in Southwest Virginia.

Perhaps the most visible sign of the Welsh's imprint on Southwest Virginia are the communities with Welsh names, such as Jonesville in Lee County and Pembroke in Giles County.

If you know of others, feel free to inform us!

Also, common Welsh surnames

include Davis, Evans, Griffin, Griffith, Jenkins, Jones, Lloyd, Morgan, Powell, Thomas, and Williams. According to the Welsh government, today more than 10 million people in the United States have a Welsh surname.

As you can probably tell, based on the common Welsh surnames, I am of Welsh heritage and am proud of my Celtic ancestry. I hope all of my fellow Americans take pride in their family lineage, whatever that might be.

Since being elected to Congress, I started the Friends of Wales Caucus as a way for lawmakers of Welsh backgrounds to honor their heritage and for Members of Congress to build direct relations with government and business figures in Wales, especially in light of the hundreds of American-owned companies that are based in Wales.

Our two countries share a long history of strong economic links. The U.S. is Wales largest export destination,

with nearly £3.4 billion in goods sent to the U.S. in 2022. Additionally, Welsh semiconductor fabricators have developed close ties to the U.S. tech industry.

I've had the privilege of meeting with members of the Welsh Parliament here in Washington and in Wales.

So, I hope this March 1st you all will join me in celebrating St. David's Day and recognize the positive impact Wales as had on our country.

Head page 4

orderly.

While these and other provisions will help the families I represent, there are items in the budget that I disagree with. As I said, this proposal is not perfect.

Senate Democrats added a new tax on digital downloads and streaming, while removing the tax relief Governor Youngkin had put in the bill.

Senate Democrats funded legislation to allow violent criminals with long sentences to petition the courts to let them out early.

Senate Democrats also funded health insurance for minors who are in the country illegally.

Senate Democrats put money in the budget for programs that infringe on your 2nd Amendment rights.

As I said, it is not perfect, but on balance, the good outweighs the bad. That said, there are fundamental disagreements that remain, including the issue of taxes – I remain committed to keeping taxes low for Virginia families.

LEGISLATION

This week I had 5 bills pass the House and now they head to the Governor's desk for action.

SB 132 will help expedite assessments of the Health Insurance Reform Commission (HIRC), by requiring that whenever the Chairman of the House Committee on Labor and Commerce or the Senate Committee on Commerce and Labor requests that the Commission assess a legislative measure containing a mandated health insurance

benefit or provider, the HIRC is to complete its assessment and submit a report for each such request within 24 months. SB 132 passed the Senate (39-1) and passed the House (98-0).

SB 133 will help physician assistants across the Commonwealth by allowing PAs who are employed by a hospital or employed in certain facilities operated by the Department of Behavioral Health and Developmental Services or in Federally Qualified Health Centers designated by the Centers for Medicare and Medicaid Services to practice without a separate practice agreement if the credentialing and privileging requirements of the applicable facility include a practice arrangement. SB 134 passed the Senate (39-

0) and passed the House 97-1.

SB 134 will help the Craig County Economic Development Authority continue to operate at full capacity by allowing the Craig County Board of Supervisors to appoint one of its members to its EDA. SB 134 passed the Senate (39-0-1) and passed the House (100-0).

SB 413 is the result of the Code Commission's workgroup to address changes in local government public notices that help provide clarity and establish uniformity regarding the timing and frequency of their publication. SB 413 passed the Senate (40-0) and passed the House (99-1).

SB 679 will help continue economic development opportunities in localities across the Commonwealth by

providing that any enterprise zone in existence as of June 30, 2024, shall be extended for a period of four years in addition to any renewal periods currently authorized by law. SB 679 passed the Senate (40-0) and passed the House (100-0).

KEEP AN EYE ON THE GENERAL ASSEMBLY

As always, I want to encourage you to watch the General Assembly session. Of course, you are always welcome to visit us in person in Richmond and view the proceedings from the gallery.

Week 8 of Session starts on Monday. Please let me know where you stand on legislation impacting you. You can email my office at senatorhead@senate.virginia.gov or call us at (804) 698-7503.

37th page 4

Senate on a 38-2 vote, House Democrats refused to give this bill a hearing, citing the "high fiscal impact" of the bill. The estimate: \$50,000 over two years. As mentioned before, counterfeit pills are of major concern.

Recently, Loudoun County reported eight overdoses at one high school in one week. Had teachers not intervened, some of these students would likely have died from overdose. In 2022, there were 2,490 drug overdose deaths; 80 percent of which involved fentanyl or its analogues. This is almost five times as many deaths as firearm related homicides in the same year. This crisis needs more attention than is currently being given. As for my bills, I am pleased to report that HB191, HB839, HB843, HB844, HB845, and HB1425 all unanimously

passed out of the Senate this week. They will now head to the Governor's desk for his signature. HB191 establishes objective measures for the automobile franchise sales process.

HB839 creates a license plate supporting the VA250 Commission's efforts to promote Virginia's leadership role in our country's 250th anniversary.

HB843 distributes revenues generated by historical horse racing to support the equine industry, including the Virginia Horse Center in Lexington and

Virginia Tech veterinary school's equine programs. HB844 conforms Virginia's Commercial Driver's License training and qualifications to federal standards. HB845 creates efficiencies in the abandoned vehicle title search process. And HB1425 creates a building

code exemption for the

Virginia Passenger Rail Authority to expedite rail projects without sacrificing safety.

Unfortunately, my bill which sought to expand student transportation options was continued to 2025. As mentioned in previous updates, HB842 would have addressed the school bus driver shortage in Virginia by allowing school systems to not only permit the utilization of vehicles other than the yellow school bus, but provide in lieu of transportation grants to families who choose to transport their children to and from school. This flexibility would likely reduce systemwide transportation expenses and improve the chronic student absenteeism still much too prevalent in our schools, both rural and urban. The bill had

the support of numerous educational institutions, community organizations and businesses, and I am hopeful that its merits will overcome the hesitation it faced this year.

This week, we welcomed teachers from Alleghany and Rockbridge to the State Capitol. We also had the pleasure of meeting with upperclassmen from VMI, who met with legislators to thank them for their support of the Institute and higher education. This impressive group of young men and women reinforced how fortunate we are to have VMI located in the 37th House District. As always, if I can be of assistance to you, or you would like to share your position on legislation, please do not hesitate to contact me at DelTAustin@House.Virginia.gov or 804-698-1037.

Heart page 4

changes, limit your use of alcohol and add more whole foods, such as vegetables, fruits, beans, whole grains, nuts, and lean proteins. Even in winter months, Feeding

Southwest Virginia has monthly mobile marketplace stops where anyone can shop for fresh vegetables in our outlying areas, such as in Covington, New Castle

and Buchanan.

Getting at least 150-300 minutes of physical activity each week, and visiting your healthcare provider to know your numbers, such as your

blood pressure and cholesterol levels, can also help protect your heart. Getting enough sleep helps heal and repair your heart and blood vessels. Not getting enough sleep

or good-quality sleep over time can raise your risk for chronic health problems.

If you are concerned about any of your risk factors, talk to your health care provider about

getting them in healthy ranges. Celebrate yourself by reducing controllable risk factors for heart disease to lower your risk of developing heart disease.

VDOT Roadwatch

Interstate 81 INTERSTATE 81 LANE WIDENING CONSTRUCTION PROJECT EXIT 137 TO EXIT 141 –

The \$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 underway. Work is being performed along a five-mile section of both northbound and southbound Interstate 81 in Roanoke County and the city of Salem. Barrier wall is in place along the shoulders. Two lanes of I-81 traffic in each direction are expected to 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 traffic impacts in this area on northbound and southbound I-81:

ADDITIONAL TRAFFIC IMPACTS:

WORK ZONE SPEED: Drivers should adhere to posted 60 mph speed limits in the work zone and

allow space when following a vehicle. Narrow spacing in lanes due to barrier walls, lack of shoulders and lane shifts in various locations, are present.

TRAFFIC SHIFTS ON WILDWOOD ROAD: Expect a work zone with traffic shifts and narrow width on Wildwood Road after exiting I-81 southbound on exit 137 heading towards Salem. Southbound and northbound I-81 exit and entrance ramp narrows are possible at Route 311.

TRAFFIC SHIFT ON EXIT 140: Drivers may experience a periodic quick merge into traffic onto Thompson Memorial Drive from the southbound exit ramp of exit 140. Work zone located at bottom of the ramp for work on the I-81 bridge at the underpass.

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.

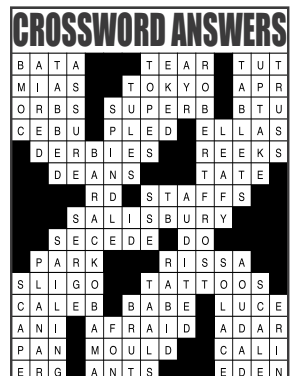
I-81 NB & SB BRIDGE REHAB OVER ROUTE 100 AT EXIT 98 - Beginning late March 2024, work

will begin on I-81 rehabbing the northbound and southbound bridges over Route 100 at Exit 98. Lane and shoulder may be in place on Route 100 north and on I-81 northbound and southbound, 8 p.m. – 6 a.m. Flagging operations may also be in place on Route 100 north for up to eight-minute slow rolls. Both northbound and southbound on and off ramps at exit 98 for I-81 traffic will remain fully operational for the duration of this project. Estimated completion date is summer 2024. Pulaski County line.

I-81 BRIDGE DECK REPAIRS – Weather permitting, crews will repair bridge decks on Interstate 81. Craig County

MOUNTAIN VALLEY PIPELINE – The Mountain Valley Pipeline construction project is underway. Temporary intermittent flagging operations will be in place in the county throughout the project to load/unload equipment at crossings and construction entrances. Scheduled completion is February 2024.

Like Us on Facebook



Tickle Oil & Propane

Serving Craig County

Call today for prices!

540-626-6000

Now delivering propane!

We accept all major credit cards.



For Sale - Firewood

FIREWOOD
Mixed Hardwood.
Call 540-784-3436 or 540-581-4183. Delivery in Botetourt only.

Help Wanted - General



Vice President for Planning & Resource Development

Nonprofit seeks an individual with experience in directing the activities of a planning department. Must have a minimum of seven years successful grant writing and supervisory experience. Thorough knowledge of state and federal anti-poverty programs; ability to understand and interpret RFPs, regulations and guidelines. Preferred knowledge of Human Service, Economic Development, Community Development programs at the local, Commonwealth, and federal levels. Performs complex professional and administrative work in directing the activities of the planning department, providing strategic planning, resource development and program development for the antipoverty programs, economic development, community development and partnership activities of the agency. Assists in gathering and collating pertinent data and program outcomes; identifies and qualifies resources; writes clear and compelling narratives, effective and accurate budgets; and prepares grant applications in response to request for proposals. Leads and trains a team of planners who support the agency's programs. Directs the communications and marketing efforts of the agency.

Disseminates information to program components, CEO, Board of Directors, and other management staff on issues affecting the work of agency.

Recruits, trains, supervises, and evaluates planning staff, marketing & communications staff, and Whole Family Intake staff; organizes department responsibilities and workflow.

Coordinates the preparation of grant applications and proposal writing for all new and renewing agency program initiatives. Responsible for quality and effectiveness of all proposals.

Writes proposals for funding of specific projects as assigned.

Training, education and experience: Any combination of education and experience equivalent to graduation from an accredited college or university with major work in planning, public administration, journalism or a related field and extensive experience in community, economic development planning.

For a full job description please visit Indeed.com or at our website www.tapintohope.org

Salary: \$60,000-\$75,000/yr. Submit cover letter and resume to: TAP, Human Resources, Job Code VPPRD-PL, PO Box 2868, 302 2nd St SW Roanoke VA 24011 or fax to 540-345-1944 TTY: 540-345-4096 AA/EOE/Drug Free Workplace Bilingual ability is a plus

Legals - Botetourt County

BWW# VA-208643-6 TRUSTEE'S SALE OF 17 KNOLLWOOD DRIVE, TROUTVILLE, VA 24175.
In execution of a certain Deed of Trust dated August 1, 2003, in the original principal amount of \$111,000.00 recorded in the Clerk's Office, Circuit Court for Botetourt County, Virginia, in Book 0000 at Page 0167 as Instrument No. 0307051. The undersigned Substitute Trustee will offer for sale at

Legals - Botetourt County

public auction in the front of the Circuit Court building for Botetourt County, Main Street, Fincastle, VA 24090, or any such temporary alternative Circuit Court location designated by the Judges of the Circuit Court, on March 29, 2024, at 2:15 PM, the property described in said Deed of Trust, located at the above address, and more particularly described as follows: ALL THAT CERTAIN TRACT OR PARCEL OF LAND SITUATE, LYING AND BEING IN THE COUNTY OF BOTETOURT, STATE OF VIRGINIA, AND MORE PARTICULARLY DESCRIBED AS FOLLOWS, TO-WIT: LOT 1, BLOCK 1, ACCORDING TO THE MAP OF SECTION 1, KNOLLWOOD, MADE BY T.P. PARKER AND SON, ENGINEERS AND SURVEYORS, DATED FEBRUARY 2, 1973, OF RECORD IN THE CLERK'S OFFICE OF THE CIRCUIT COURT FOR BOTETOURT COUNTY, VIRGINIA, IN PLAT BOOK 7, PAGE 76.

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 have no further recourse against 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: BWWLaw Group, LLC, attorneys for Equity Trustees, LLC, 6003 Executive Blvd, Suite 101, Rockville, MD 20852, 301-961-6555, website: www.bwvsales.com. VA-208643-6.

Legals - City of Radford

Trustee's Sale

133 Monroe Street, Radford, Virginia 24141

(Parcel ID: 6-(9)-50)

Default having been made in the terms of a certain Deed of Trust dated April 13, 2016, in the original principal amount of \$126,678.00 and recorded in the Clerk's Office of the Circuit Court of the City of Radford, Virginia in Instrument No. 201600345, the undersigned Substitute Trustee will sell at public auction on March 11, 2024 at 1:45pm in front of the building housing the City of Radford Circuit Court, 619 Second Street, Radford, VA 24141, the property designated as Lot 50 in Monroe Terrace Subdivision, as shown on a plat of Monroe Terrace Subdivision, which plat is of record in the aforesaid Clerk's Office in Deed Book 40, Page 1. Sale is subject to all prior liens, easements, restrictions, covenants, and conditions, if any, of record, or other matters which would be disclosed by an accurate survey or inspection of the premises. **TERMS:** CASH. A deposit

Legals - City of Radford

of \$13,000.00 or 10% of the sale price, whichever is lower, will be required of the successful bidder at time of sale. Prior to the sale, interested bidders will be required to register with and must present a bid deposit which may be held during the sale by the trustee. The bid deposit must be certified funds and/or cash, but no more than \$9,900.00 of cash will be accepted. The successful bidder's deposit will be retained at the sale and applied to the sale price. If held by the trustee, all other bid deposits will be returned to the unsuccessful bidders. Settlement is to be made within 15 calendar days. The successful bidder will be responsible for obtaining possession of the property, and for all costs and fees related to recording the Trustee's Deed, including the grantors tax. The successful bidder will be required to execute a Memorandum of Trustee's Sale, available for review on the Foreclosure Sales page of www.glasserlaw.com, outlining additional terms of sale and settlement. A Trustee's Deed will be prepared by Trustee's attorney at high bidder's expense. This is a communication from a debt collector, Glasser and Glasser, P.L.C. on behalf of Atlantic Trustee Services, L.L.C., and/or M. Brennan Hutt d/b/a H&H Abstracting, and/or NFPDS-VA LLC, Substitute Trustees, Crown Center Building, Suite 600, 580 East Main Street, Norfolk, VA 23510, File No. 233421-01, Tel: (757) 321-6465, between 10:00 a.m. & 12:00 noon only.

NOTICE OF JOINT PUBLIC HEARING

The Radford City Council and Planning Commission will hold a joint public hearing on Monday, March 11, 2024 at 7:00pm in the City of Radford Council Chambers, 10 Robertson Street, Radford, VA 24141. The purpose of the public hearing is to receive public comments concerning: Jones Builder, LLC seeking approval of a rezoning for .43 acres 402 West Rock Rd, Radford VA 24141 Portion of Tax Map # 12-(2)-SEC 2-8 and all of Tax Map # 12-(2)-SEC 2-9,10,11 & 12. The request is to rezone from (B-1) Limited Business to R-3, Single-Family Residential District (R-3) to allow the property owner to redevelop existing building into duplex and (1) Single Family Resident. The general usage and density range of the proposed amendment is low-medium residential development. The general usage and density range of the property as set forth in the City's comprehensive plan is commercial corridor. Comments may be presented at the meeting and by phone or in writing prior to the meeting. Additional information on this request may be obtained in the Community Development Department, 10 Robertson Street, Radford VA 24141, 540.267.3188 or by email at Melissa.Skelton@radfordva.gov

NOTICE OF PUBLIC HEARING-

The Radford City Council and Planning Commission will hold a joint public hearing to receive comments regarding a request from the Jones Builder, LLC, for a Special Use Permit to develop an existing building into a duplex, 402 West Rock Rd, Radford VA 24141, Tax Map #s 12-(2)-SEC 2-10,11 & 12. The general usage and density range of the proposed amendment is low-medium residential development. The general usage and density range of the property as set forth in the City's comprehensive plan is commercial corridor. The hearing will be held on Monday, March 11, 2024 beginning at 7:00 P.M. E.S.T. at 10 Robertson Street, Radford, VA. Interested parties are invited to attend the public hearing and present their views on the proposed Special Use Permit. Written comments may be sent to 10 Robertson Street, Radford 24141; please allow adequate mailing time: Melissa Skelton, Community Development Director.

Legals - City of Salem

NOTICE OF A PUBLIC HEARING FOR THE PURPOSE OF DETERMINING THE NUMBER OF PUBLIC VEHICLES, TAXICABS, AND FOR HIRE CARS FOR WHICH CERTIFICATES OF PUBLIC CONVENIENCE AND NECESSITY SHALL BE ISSUED DURING THE NEXT YEAR AND FOR THE PURPOSE OF DETERMINING TO WHICH PERSON OR PERSONS SUCH CERTIFICATES SHALL BE ISSUED. IN THE COUNCIL OF THE CITY OF SALEM, VIRGINIA:

Pursuant to the provisions of Section 98-94 of The Code of the City of Salem, Virginia, the Council of the City of Salem hereby gives notice that at the regular meeting of said Council to be held on March 11, 2024, at 6:30 p.m., in Council Chambers of the City Hall, 114 North Broad Street, Salem, Virginia, a public hearing will be held for the purpose of determining the number of public vehicles, taxicabs, and for hire cars for which certificates of public convenience and necessity shall be issued during the next year and for the purpose of determining to which person or persons such certificates shall be issued. At said hearing, parties in interest and citizens shall have an opportunity to be heard, present evidence, and show cause why such certificates should or should not be granted.

THE COUNCIL OF THE CITY OF SALEM, VIRGINIA
BY H. Robert Light
Clerk of Council

ABC NOTICE

MAA VEDA I 8 LLC, trading as **SHIRLEY'S MARKET**, 4956 SUGAR GROVE HWY, SUGAR GROVE, VIRGINIA 24375.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer OFF Premises license to sell or manufacture alcoholic beverages.

HARESH KUMAR CHAUDHARI OWNER

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.

MAKE AN "A" IN ADVERTISING!
To place your ad, call 389-9355

Legals - City of Salem

Notice is hereby given

to all interested persons that the City of Salem Planning Commission, at its regular meeting on March 13, 2024, at 7:00 p.m., in the Community Room, Salem Civic Center, 1001 Roanoke Boulevard, 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:

1. Consider the request of E3MAG LLC, property owner, for rezoning the property located at 744 Electric Road (Tax Map # 155 - 2 - 2.2) from HBD Highway Business District to HM Heavy Manufacturing District.
2. Consider the request of Pinkesh R. Patel and Sonal P. Patel, property owners, for rezoning the property located at 1200 block Thompson Memorial Drive (Tax Map # 20 - 2 - 4) from RSF Residential Single-Family District to HBD Highway Business District.

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: Christopher J. Dorsey
Executive Secretary

Legal notice: Adoption February 29, 2024

NORTH CAROLINA DAVIDSON COUNTY IN THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION SPECIAL PROCEEDINGS 24 SP 58

For the Adoption of: EMALEIGH ANN JONES, A minor child, Vs. JOHN DOE, Respondent.

TO: John Doe (unknown father of the adoptee) Take notice that a Petition for Adoption was filed by JEREMY NATHAN JONES on the 7th day of February 2024, with the Clerk of Superior Court for Davidson County, Lexington, NC, in the above entitled special proceeding. The Petition relates to a female child born on 29th day of October, 2013 at LewisGale Medical Center, Salem, Virginia. The birth mother's name is Shana Marie Goodwin and the minor child was conceived in Roanoke County, Virginia on or around February 3, 2013.

TAKE NOTICE that you are required to make defense to such pleading no later than forty (40) days after the date of first publication of this notice, exclusive of such date. Upon your failure to do so, the Petitioners will apply to the Court for relief sought in the Petition. Any parental rights that you may have will be terminated upon the entry of the Decree of Adoption. This the 29 day of February, 2024.

Legals - City of Salem

Selena D. Lackey
Attorney for Petitioner
NC Bar# 44544
25 W. Guilford St., Ste. 1
Thomasville, North Carolina
27360
Telephone 336-475-4710

Legals - Craig County

Order of Publication

Commonwealth of Virginia VA Code §§ 1-211.1; 8.01-316.20-104
Case No. JJu002260-06-00
CRAIG COMBINED COURT-JUVENILE Juvenile and Domestic Relations Court District Court

Commonwealth of Virginia, *in re* MANNING, EMILEE ROSE

The object of this suit is to: terminate the residual parental rights of the parents, including the right of visitation, right to consent to adoption, the responsibility of support and all other rights and responsibilities remaining with the natural parents of the aforesaid child and to obtain the right to place said child for adoption. And, based on an affidavit filed herein, the court finds that there exists sufficient grounds for causing service of process by publication.

It is ORDERED that the unknown father and any or all other persons who may be related to Emily Rose Manning, whose actual whereabouts are unknown, appear at the above-named Court on or before the 5th day of April, 2024, at 9:30 a.m. to do whatever is necessary to protect their interests.

We ask for this CRAIG COUNTY DEPARTMENT OF SOCIAL SERVICES 177 Court Street, New Castle, Virginia 24127

February 8, 2024,
Patty Taylor, CLERK

Legals - Montgomery County

Trustee's Sale

1990 Reesedale Road, Elliston, Virginia 24087

(Parcel ID: 022175; Tax Map No.: 057-2 6)

Default having been made in the terms of a certain Deed of Trust dated December 29, 2015, in the original principal amount of \$106,837.00 and recorded

STATEWIDE ADS



It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$735.
Call 844-947-1479 to schedule your free quote!



STATEWIDE ADS

ESTATE SALE LOG HOMES
PAY THE BALANCE OWED ONLY!
4 LOG HOME KITS SELLING FOR BALANCE OWED, FREE DELIVERY

1) MODEL #103 WACO	\$22,780 BALANCE OWED \$14,500
2) MODEL #202 TOPEKA	\$34,050 BALANCE OWED \$16,000
3) MODEL #403 AUGUSTA	\$42,450 BALANCE OWED \$16,500
4) MODEL #502 SANTE FE	\$44,950 BALANCE OWED \$20,500

BEFORE CALLING: VIEW at www.americanloghomesandcabins.com Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

Offer not available to American Log Home Dealers*
AMERICAN LOG HOMES & CABINS
SERIOUSLY ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Do back-to-office better



Want to make your employees happy to come back to work? Learn how commuter benefits have been helping companies do exactly that for over 30 years. Visit connectingva.org today!



BUSINESS SERVICES DIRECTORY



DR FAME
ALLERGY
ASTHMA

540 404-9598
1002 APPERSON DR • SALEM, VIRGINIA 24153
WWW.DRTOMFAME.COM



FOX RADIO 910
Roanoke and 104.3 FM
CBS SPORTS RADIO

ROANOKE'S #2 NEWS TALK AND SPORTS RADIO STATION
(Nielsen Fall 2022 book)
www.foxradioroanoke.com
(540) 343-7109



Lisa Martin, REALTOR®
Serving the industry for 30+ years
Roanoke Valley & Blue Ridge Mountains
Premier, REALTORS
(540) 597-0480
Lisa@Lisa2buy.com • www.Lisa2buy.com
1638 Roanoke Road, Suite 101
Daleville, VA 24083

BERKSHIRE HATHAWAY HomeServices
A member of the franchise system of BHH Affiliates, LLC



Craig County Health Center
226 Market Street - New Castle, VA
Phone: (540) 864-6390 Fax: (540) 864-6356

*Physical Exams * X-ray Services
* Laboratory Services * Acute Care
*Mental Health Services * Well Baby Checks
ACCEPTING NEW PATIENTS

CARPET RE-STRETCHING!
STEVEN W. DURRANCE FLOORS

Repairs • New Sales • Expert
540-776-9591
Cell: **540-353-7908**
Licensed & Insured
carpetroanoke.com

Sunflooring Inc. STEVE SMITH
With over 40 years of experience

Specializing in Hardwood Floors, Hardwood Refinishing, Laminate Flooring, Engineered Floors, Ceramic Tile, Carpet and Luxury Vinyl Plank

540-556-3100




CENTURY 21
Wampler Realty
64 Wendover Road
Daleville, Va 24083
Cell: 540-312-7792
Office: 540-992-2500
sfleshmansells@hotmail.com

SHERRYE FLESHMAN REALTOR®
Each office is independently owned and operated

WE BUY COIN COLLECTIONS
Top money paid
FREE estimates




EADES & LOWER INSURANCE
5007 Carriage Dr., Suite 100
P.O. Box 21483
Roanoke, VA 24018

SHERRI STINETTE HOLT
INSURANCE AGENT

Cell (540)819-9179 • Office (540)981-1124
Fax (540) 981-1266
sherri@eadesandlower.com
www.eadesandlower.com

AUTO | HOME BUSINESS | LIFE




Residential and Commercial Construction

540-966-0688
PO Box 630
Daleville, VA 24083

www.southerntracellc.com

Contact us at
540-988-2420

Windy Ridge Tree & Mulching Service

Contact us today for a free quote!
540-473-5176
fincastletreedr@gmail.com
windyridgetreedr.com



Colonial Title and Settlement

Serving the Greater Botetourt & Roanoke Valley communities with all your real estate needs for residential, commercial, construction with MLA services, Assist with 1031 Real Estate Exchanges, Purchases, Refinances and More!!!!

Call Loretta, Debbie or Kristi for your next move!
540-966-1260
1215 Roanoke Road, Daleville

SENIOR FOR SENIORS
PAINTING & RESIDENTIAL MAINTENANCE

Cell: **540-293-4271**

Selling Your Business?
Call: The Hopkins Group
Business & Real Estate Brokers

*Planning *Valuations *Marketing * Closings

Lewis W. Hopkins, ABI Principal Broker
C: 540-354-2791 - O: 540-567-2242
Email: Lewis@TheHopkinsGroup.biz
Website: TheHopkinsGroup.biz
VA Real Estate Firm Lic. #: 0226018756
VA Principal Broker Lic. #: 0225056411



HARDWOOD FLOORS

- Cleaning
- Waxing
- Beautification

Save 10% NOW!

540-776-9591
Cell: 540-353-7908

STIHL PARTS & SERVICE
New and Used Equipment & Parts Available on All Brands
Husqvarna • CubCadet • Toro • MTD • Murray • Echo
Poulan • Honda • Mulch • Top Soil • Fill Dirt • Firewood • Sand
Gravel • Brick Chips • (Tandem Truck Hauling • Excavating • Grading)

Specialized Saw & Mower, Inc.
3954 West Main Street, Salem
John King, President (540) 380-3901
Shelley Buchanan, Mgr. (Sales and Service)
Jo Maitland, Office Mgr.

Credit Available
Equipment Rental
Pick Up & Delivery Available

Want to keep up with local news, sports and events?
SUBSCRIBE TODAY
Call (540) 389-9355

LIMITED TIME SAVINGS

King's Hauling & Excavating, Inc.

Housing Foundations • Land Clearing • Road Building • Pond Building

John King, President

Septic Tanks • Yard Grading • Demolition Work • Tandem & Tri-Axle • Dump Truck Hauling

Free Estimates • Licensed & Insured • Satisfaction Guaranteed

Beat the Spring Rush!
3954 West Main Street, Salem
(540) 380-3901

Topsoil/Sand Gravel/Mulch Asphalt Milling

STATEWIDE ADS

AUCTIONS

Absolute Auction: Approved Real Estate Redevelopment Plan for Restaurant & 7 Townhouses on .61+/- acres located at 201 S. Main St., Blacksburg, VA 24060. Prime downtown location within walking distance of VA Tech Campus. Auction held March 28, 11 AM at The Inn at VA Tech. Online bidding available. 10% Buyer's Premium. For details visit woltz.com or call Woltz & Associates, Inc. Real Estate Brokers & Auctioneers 800-551-3588. (VA #321)

ATTN. AUCTIONEERS: Advertise your upcoming auctions statewide and in other states. Affordable Print and Digital Solutions reaching your target audiences. Call this

STATEWIDE ADS

paper or Landon Clark at Virginia Press Services 804-521-7576, landonc@vpva.net

HOME IMPROVEMENT

Vinyl Replacement Windows Installed! Starting at \$350 Call 804-739-8207 for More Details! Ronnie Jenkins II Windows, Siding, Roofing and Gutters! FREE Estimates! Call 804-739-

STATEWIDE ADS

8207 for More Details! American Made Products!

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase. Call 1-844-947-1479 today to schedule a free quote. It's not just a generator. It's a power move.

STATEWIDE ADS

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off in-stall (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-902-4611

STATEWIDE ADS

Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-877-591-9950

SERVICES

DIVORCE-Uncontested, \$475+\$86 court cost. WILLS-\$295.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB Member. https://hiltonoliverattorneyva.com.

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-608-4974

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-888-550-3083 #wvden50plus.com/virginia #6258

Alaska, Europe, Hawaii plus dozens of other popular trips! Starting at \$1649 per person (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax and enjoy. Call 1-855-743-0491 for more details. Use promo code YMT2024 for \$250 off. Limited time only.

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-888-366-7596 or visit dorranceinfo.com/vapress

Make the smart and ONLY CHOICE when tackling your roof!

ERIC Metal Roofs
FREE ESTIMATE
1.844.902.4611

Limited Time Offer! SAVE! Up to 50% OFF ON YOUR INSTALLATION + TAKE AN ADDITIONAL 10% OFF

MADE IN THE U.S.A.

OUTER BANKS, NC - VACATION RENTALS

Over 500 Vacation Homes

Entire Outer Banks from Corolla's 4x4 to Hatteras Island! Oceanfront to Soundfront! All price ranges!

Book Now For Best Selection!

877-642-3224
brindleybeach.com

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-877-614-6667

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-844-945-1631

Remove gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-877-614-6667

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off in-stall (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-902-4611

SPORTS

Send story ideas & announcements to bhoffman@ourvalley.org

Rockets put three on All-Pioneer boys team

Three Craig County Rockets were recently named to the All-Pioneer District basketball team, including first team selection Matthew Lucas.

Lucas, who scored over 1,000 points in his Rocket career, was named to the first team for the third year in a row. Another senior, Hayden Reynolds, made the second team and junior Jaycob Wolfe was a third team selection.

The Rockets finished the season with a 7-15 overall record and were one win away from making the Region 1C tournament for the third year in a row. Craig dropped a 50-48 game at Eastern Montgomery when a foul was called with a second to go and East Mont drained two free throws. A win in that game would have put Craig in the regional.

"Tough end of the season," said coach Ryan Frazier. "We had higher expectations for the season, but things

happen and you try your best to overcome, but that's life. I felt we fought hard until the very end, and that says a lot about our guys."

Craig will graduate seniors Lucas, Reynolds, Will Johnson, Seth Parsons and Martin Campbell.

"This was a really good group to coach this year," said Frazier. "They are really good kids, who I see a lot of potential when they get out on their own. This is a group of seniors I see being successful after they graduate."

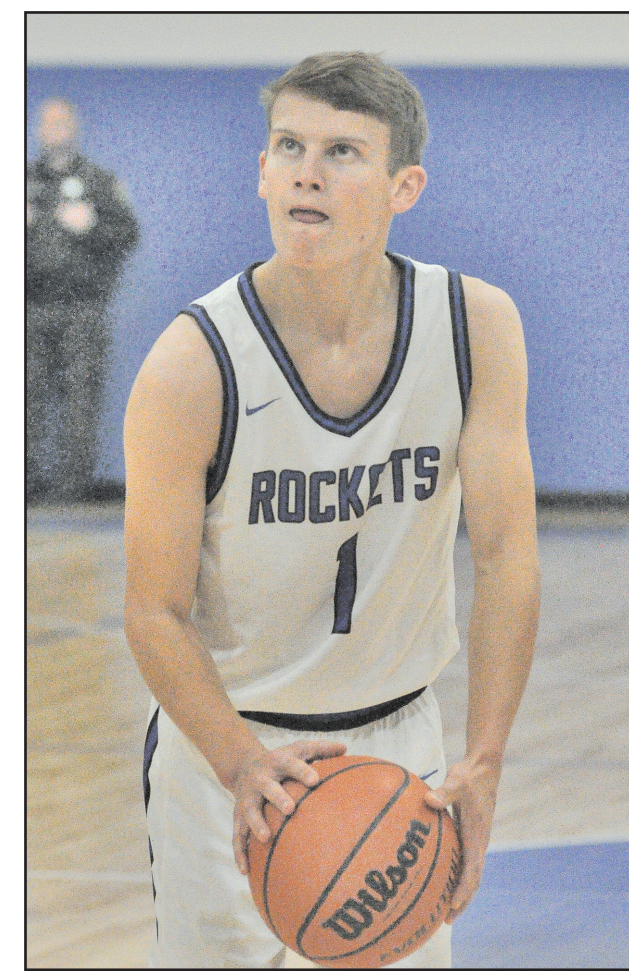
"I will miss all of them in what they brought to the team this season. They all had different roles and were vital to the team. We hope that all of them keep in touch and come back to help us out from time to time."

Looking to the future, the Rockets will return Honorable Mention All-District forward Wolfe and

some other good pieces.

"We have a few returning players that had big roles on the team," said Frazier. "Jaycob is back for his senior year and Talon Ritter was also a starter this season and will return for his senior season. Luke Potter, who was a starter for us for most of the year, will be back for his junior season, as will Tristan Dooley, who was getting increased minutes as the season went on."

"Isiah Wente and Cam Huffman both improved as the season went on, and they will look to make the step up for their senior season as well. These players return along with what we have coming up from the jayvee team. A lot can change in a year. We need to work hard, returners and newcomers alike, to improve for next year and be ready to make the jump in roles depending on what is needed."



RECORD FILE PHOTOS

Three Craig County boys were named to the All-Pioneer District team. Left to right, senior Matt Lucas was named to the first team, senior Hayden Reynolds was a second team selection and Jaycob Wolfe, a junior, was deemed Honorable Mention.

Girls end season with loss to Pioneers in Region 1C Basketball tournament

The Craig County girls saw their basketball season come to an end with a loss to Fort Chiswell in the Region 1C basketball tournament. The Rockets dropped a 74-34 decision to a strong Pioneer team in Max Meadows.

"We got hammered," said Craig coach Brock Jones. "They were the defending 2023 Region champs. They're fast, long and physical and they had good team play and their maturity level was above par."

Fort Chiswell went on to beat Parry McCluer, who was undefeated in Pioneer District games, by 31 points after beating the Rockets, then they lost to George Wythe for the fourth time this year. Fort Chiswell finished 20-6 and four of the six losses were to George Wythe.

Craig finished the season with an 8-13 overall record and had five underclassmen named to the All-Pioneer District team, including first team selection Kailyn

Jones as a freshman. Kailyn led the Pioneer District in points per game with 16.85, rebounds per game with 14.9 and blocks per game with 5.4.

"I couldn't be more proud of Kailyn," said coach Jones, who is also her dad. "I don't get to enjoy the fans' view of watching my own child play as others do. I am coaching 13 other kids and until I break down film or rewatch the game I rob myself short of cheering on my daughter. Tommy Fisher will tell me the stats for all the kids after the game and sometimes I am mind blown of Kailyn's rebounds and have to go back and watch the film to make sure. Until now, since the season is over, it doesn't sink in with me, but man am I super proud of my kid and the work she puts in."

Two Rockets were named to the second team, and both are sophomores. Daileigh Donithan averaged 7.3 points per game and made 31 three point shots this year.

"Top five shooter in the district," said Jones. "I would throw Daileigh out there against anyone in the district for a shot for shot comparison."

Kallie Fisher also made the second team. She averaged 5.6 points per game, 3.4 assists per game and 2.85 steals a game.

"She's the starter for the offense at the point guard spot," said Jones. "Best ball handler we have and she runs the show for us."

Junior Brooklyn Cayton and sophomore Jenna Boitnotte were Honorable Mention. Brooklyn led the team in steals and usually guarded the other team's best player. Jenna was a strong defensive player and one of the most improved players on the team.

"I'm 100 percent proud and glad I was able to fight and present their skill levels as we got five basketball players voted on all-districts," said Jones. "I would like to

know the last time a Craig County High School team had five girls represented on all-districts in basketball? This group of girls is outstanding! And what makes me even more proud and happy is that most of the girls have asked me when we are going back to work with open gyms and camps, as they see finishing third in the district as successful but they aren't satisfied. Their goal is set on a district title in the next few years."

Craig had just one senior on the team, Ashley Cayton, so the sky is the limit for the future success of the Rocket team.

"They know it's going to take a lot of hard work and a strong mind set to block out the negativity outside of the program and just focus on us as a team," said Jones. "We are working on team chemistry and 'team first' attitudes, but you couldn't ask for a better group of young kids to coach. I'm ready to get back and get going right now."



Five girls from the Craig County High basketball team were recently named to the All-Pioneer District team. Freshman Kailyn Jones (left) is a first team selection while sophomores Kallie Fisher (right) and Daileigh Donithan (left below) were named to the second team. Honorable Mention went to junior Brooklyn Cayton (second from right) and sophomore Jenna Boitnotte (left above).