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THE NEW CASTLE RECORD





Hunger Action Month food drive benefits local community

Bonnie Cranmer
Contributing writer

Hunger Action Month brings attention to the growing needs of vulnerable populations in the community. The month of September was chosen by the national organization, Feeding America, with the goal to raise awareness of the problems of hunger in America and inspire action. The Social Services office provides food and other assistance to Craig County residents facing challenges. Emergency assistance with food, personal care items, and other services can be found. If you are a resident, no application is necessary to pick up a package of food and other needs.

The Craig County Department of Social Services is promoting Hunger Action Month with collections of food and personal items at three local

sites in September. Look for donation boxes available throughout the month at Food Country, Bibo's and Craig-Botetourt Electric Cooperative. The items in high demand include non-perishable foods, individual toothbrushes, toothpaste, shampoo/conditioner and soap. Donations will stay in the community and be available to residents.

The most vulnerable population in Craig County are those individuals over 65 and children. Those 65 years old and older make up 26% of the county's population. "The older population faces unique challenges in getting food, such as health issues and transportation," shared Brittany Goad of DSS. The drive to and from a grocery store can be long and stressful, especially on rural roads. Health conditions requiring medication or oxygen, and mobility issues make the

trip even more challenging.

Monthly food boxes are available through sign ups with the League of Older Americans (LOA), serving a critical need in the community. Currently, there is a waitlist to be added for the monthly boxes. Craig's DSS recently started delivering monthly food boxes to those already in the program without transportation.

There are other ways to participate with Hunger Action Month. Learn more about hunger in your community, the region and Virginia as a whole. Become an advocate for a hunger-free America and share what you learn with your family and friends. "Rural areas comprise less than two-thirds of all U.S. counties, but 9 out of 10 counties with the highest food insecurity rates are rural," states the Feeding America website. Learn about the USDA Farm Bill and how it affects



many nutritional and agricultural programs in rural communities. Those who are food insecure should reach out for assistance. For more information and how you can donate, contact 540.864.5117



The Craig County Fall Festival, presented by the Craig County Historical Society, is set to return to New Castle on Saturday, Oct. 12. Organizers plan to release details about this year's festival in the coming weeks in upcoming issues of The New Castle Record. Pictured above is the Old Brick Hotel from a previous festival, below is the FFA offerings.

Craig County Fall Festival



COURTESY PHOTOS

Remembering Camp Mitchell

Anita Firebaugh
Contributing writer

Joyous laughter. Belly flops in the pool. Serious faces learning how to run a restaurant. Shouts of greeting, the clang of hammers against nails. Families picnicking in the shade.

These are some of the sights and sounds of a former Craig County institution, Camp Mitchell. The 10-acre facility, complete with swimming pool, once was a showplace of county ingenuity and a refuge that offered the local folk a place for socializing and family activities.

How did Craig County come to have such a facility? In 1970, Craig County schools were strapped for space. The federal government, a little more generous with funding 50 years ago than today, offered a variety of grants to educational systems. And in May of that first year of the disco generation, Craig County received \$250,000 for an innovative program that would eventually become Camp Mitchell. In 1999, Walton

Mitchell, Jr., who passed away in 2013, told The New Castle Record the history of Camp Mitchell. Mitchell in the early 1970s was the director of federal programs for the schools, and getting federal money was his job.

The school system applied for a Title III program called Conservation and Recreation Exploration (CARE) to enhance a system of trails and environmental studies already in place at the school campus. Mitchell's father, Walter Mitchell, Sr., donated 10 acres of land for Camp Mitchell. The senior Mitchell, also deceased, was at one time a former chairman of the school board.

"The key was getting something innovative. Something no one else was doing," Mitchell had recalled. And conservation was the political buzz word of the decade. Mitchell put it to good use.

Craig County Schools back then had no vocational education. The grant included a teaching component,

one that would allow students to learn building skills. Not only did the main building serve as a gymnasium of sorts, it was completed with a kitchen so that the school system could teach occupational food services. There were also a half-dozen small cabins built on the land that folks could rent.

The kitchen was well-equipped, and students enrolled in food services courses to learn about the restaurant business. They prepared meals for the school clubs and community endeavors.

The pool was a necessary part of the project and important to the community at large, Mitchell had said. Prior to its completion, several people had been paralyzed by jumping into local creeks.

"We felt if we had a pool, this kind of thing could have been prevented," Mitchell had said. The school taught children lifesaving techniques and paid older students to act as lifeguards. This was another of the unique features of the

See Mitchell page 2

Craig County is home to at least 15 species of endangered wildlife

Anita Firebaugh
Contributing writer

More than 115 conservation groups urged Congress on April 17, 2024 to significantly increase the U.S. Fish and Wildlife Service's budget for endangered species conservation from \$329 million to \$857 million — nearly a three-fold increase over the fiscal year 2024 budget that would more accurately reflect the severity of the joint biodiversity and climate crises and the needs of the agency.

Some of this money, if approved, eventually could funnel down to Craig County, which has at least 15 different species of endangered wildlife, according to the Center for Biological Diversity. Craig County is also home to a large portion of the George Washington and Jefferson National Forests, where many of the animal species live.

"It's gut wrenching to watch our natural world collapse and our most imperiled animals and plants decline knowing Congress could stop the extinction crisis if it just mustered the political will," said Stephanie Kurose, government affairs deputy director at the Center for Biological Diversity. "Fully funding our most successful conservation law is a small price to pay for saving life on earth."

The Endangered Species Act mandates that governments protect and work to recover listed species.

The additional funding could assist in ensuring that federally protected species receive necessary funding in order to help them recover.

"An investment in the Endangered Species Act today is an investment in our shared tomorrow," said Mary Beth Beetham, legislative director for Defenders of Wildlife. "Shortchanging our ability to respond to the emergent needs of the joint biodiversity and climate crises is not worth the political points some members of Congress think they are scoring. The Endangered Species Act is our best tool for preventing extinction and we must invest in its proven track record of saving species and the ecosystems we all depend on from the brink."

The listing program has been chronically underfunded for decades, according to the Center, and as a result more than 300 species are still waiting for protection under the Endangered Species Act. Nearly 50 species have been declared extinct while waiting for protections because of these funding shortfalls.

The conservation of endangered species in Craig County necessitates a collaborative approach involving government agencies, non-profit organizations, academia, and local communities. Strategies such as habitat restoration, land conservation, and public outreach are integral to safeguarding these imperiled species. Funding from the federal government could help with this effort.

Some of the notable species that are listed as endangered in Craig County include the Northern Long-Eared Bat, the James Spynmussel Clam, Small Whorled Pogonia (an orchid species), and Swamp Pink (a plant) that grows in wetlands such as Fenwick Mines.

Other species listed as endangered in Craig County and neighboring jurisdictions include Atlantic pigtoe, candy darter, gray bat, Indiana bat, monarch butterfly, northeastern bulrush, red knot, shale barren rock cress, smooth coneflower, tricolored bat, Virginia big-eared bat, and yellow lance.

There could be more species that are endangered. For example, in 2022, the Center sought Endangered Species Act protection for the roughhead shiner, an olive-colored minnow found only in the upper James River watershed in western Virginia, including tributaries in Craig County that feed into the James River.

The 3-inch fish, named for the bumps on its head, lives in the Cowpasture River and its tributary creeks in Alleghany, Bath and Craig counties, where it's being displaced by the telescope shiner, an invasive fish.

"The roughhead shiner is an emblem of the quiet extinction crisis unfolding in our nation's rivers," said Tierra Curry, a senior scientist at the Center. "Endangered Species Act protection will bring a recovery plan to pull it back from the brink."

The shiner was first identified as

threatened 50 years ago and was put on a waiting list for federal protection in 1994. The state of Virginia has identified it as a species of critical concern but doesn't have the necessary funding for monitoring or restoration.

"There's still time to save the roughhead shiner so that it doesn't become another 'don't know what you've got till it's gone' fish," said Curry. "Endangered Species Act protection is the surest way to make sure it's still here for future generations."

Another example is the Atlantic pigtoe is a 2-inch-long, yellow to dark-brown mussel that often has beautiful streaks across the back of the shell. It is unique in that its shell is rhomboid in shape, and the outer surface has an odd texture like cloth or parchment.

The pigtoe is sensitive to pollution and has been wiped out in areas with poor water quality. It was once widespread along the southern Atlantic slope, ranging from the Ogeechee River basin in Georgia north to the James River basin in Virginia, but has been completely eradicated from Georgia and South Carolina. It is now only found in North Carolina and Virginia, including Craig County. Only a few individual mussels now survive in most locations, and just three populations are considered healthy.

Mussels improve water quality by filtering small particles from the water

See Wildlife page 2

FROM THE ARCHIVES

Keffer named as Virginia ACS Volunteer of the Year
Has donated time to cause for 20 years

From the December 21, 1994 edition of *The New Castle Record*

Kitty Keffer of New Castle was named as the recipient of the volunteer of the Year award presented by the American Cancer Society, Virginia division.

Keffer, the current president of the Craig County unit of the American Cancer Society, has volunteered with that organization for over 20 years.

"I've always liked to help people," she said. "When I got asked to do it I said, 'Sure.' That's how I got involved."

She said she has also had several family members who died from cancer, which really brought the importance of cancer awareness home to her.

"Early testing is important to identify and treat cancer," Keffer said. "Early detection is almost a positive cure for cancer."

She said if cancer is identified early and can be isolated through removal or radiation, there is more hope for a 'cure'. She noted most people don't catch it before it's too late.

To ensure people are aware of the importance of early detection, the Craig Unit helps distribute informational pamphlets. They provide information about the seven warning signs of cancer and the different types of self-tests which can be performed like breast and testicular exams. The Craig Unit also provides

information about the annual smoke-out day.

The Craig Unit may be small—about five members—yet, they stage an aggressive campaign in April (Cancer Control Month) to help raise money. Their goal is usually \$3,000 to \$3,500 per year.

"We have a one-day blitz in April where we go door to door," Keffer said. "There are so many who have contributed in this area."

As the school's cafeteria manager, Keffer ensures the meal program incorporates those foods which have been linked to lower cancer rates in studies.

"We have a salad bar fifth through twelfth grades, and fresh fruit on the ala carte line," she said. "Uncooked foods are best."

Additional awareness efforts at the schools include film packs about cancer in the library. Keffer said the P.E. teachers use them in their lessons.

"Mostly at the schools we deal with the dangers of smoking and tobacco use by dipping and chewing," she said. "That's when you need to nip it in the bud when they are little like that."

In order to help prevent cancer, Keffer recommended people should have proper diet, get plenty of rest and know the seven basic warning signs of cancer.

-Prepared by Shelly Koon



Kitty Keffer

FROM THE NRC ARCHIVES

Mitchell from page 1

facility that the government found inviting.

The school system ran Camp Mitchell for almost 20 years. But in the 1980s the schools needed to expand again. The school board closed the facility and moved all the equipment to mobile units outside of New Castle High School. "They were trying to get money to build a new school. They needed to say they had no space," Mitchell had explained.

The move was not a popular one. The Mitchell family voiced concern about the closure. The deeded land was given to the schools with no restrictions, so when the school

system turned the property over to Craig County, there was little the Mitchells could do.

The facility served a variety of purposes after that, including operating as a make-shift factory when a local business burned. The Mitchells and others were concerned that the 10 acres was on its way to becoming an industrial park.

The pool was empty. It was no longer a public gathering place. The large building went through a parade of renters, and the supervisors eventually closed the facility. Then they voted in October 1997 to lease Camp Mitchell to the Craig County

Ruritan Club.

Camp Mitchell experienced a bit of a renaissance under the Ruritan Club. The group fixed up the building and distributed food through the USDA programs. They created a place for youth to play ball.

A variety of other activities, ranging from flea markets to school dances, also took place. But the pool never returned, and the cost of upkeep was never-ending.

Over time, the facility became known as Club Camp Mitchell. An old Facebook page indicates Club Camp Mitchell was a membership-based nonprofit. The facility was

used as an open gym and the club offered basketball, dodge ball, and other activities. They also had a snack bar and an occasional dance for adults.

However, the organization apparently did not survive the pandemic, and in August 2022, the Board of Supervisors held a public hearing to dispose of the Camp Mitchell property. On March 2, 2023, the Board of Supervisors sold the property to a private purchaser with the stipulation that the land may not be used for commercial automotive activities, ending the 50-year project for good.

Wildlife from page 1

as they eat. More species of freshwater mussels are found in the Southeast than anywhere else in the world, but 75% of the region's freshwater mussels

are now imperiled. Thirty-six species have already been lost to extinction.

While the species currently thought to be

endangered may not garner much attention, their conservation is vital for maintaining Craig County's ecological integrity.

Safety experts say distracted mobility is a public health issue

RICHMOND — Advertising in the 1950s promoted doctor recommendations for cigarette brands. But sentiments changed. Now smoking is at an all-time low, linked to numerous negative health outcomes.

Distracted driving activities, like using a smartphone behind the wheel, should be talked about and treated as an addictive behavior—just like smoking, said Virginia Department of Motor Vehicles Commissioner Gerald F. Lackey.

"We're starting to realize we're having a

major epidemic with distracted driving, and it's killing people," he said.

Traffic safety leaders discussed strategies for changing motorist behavior at Drive Smart Virginia's 11th Annual Distracted Driving Summit. Virginia Farm Bureau Mutual Insurance Co. is a summit sponsor.

Reframing public attitudes toward motorist and pedestrian distraction is a first step.

"Think about the progress we made with seat belt usage," said Rick Birt, director of the Washington, D.C.

Highway Safety Office. "We started out with no seat belts. Now, over 90% of individuals changed their behavior, and are buckling up."

Birt said Americans should start thinking about distracted driving as a public health crisis that requires an all-hands-on-deck response. "What are the values of our community around distracted mobility?" he asked.

Distracted driving accounts for about 17% of all traffic crashes in the state, according to Virginia Crash Facts. Sixty-one fatalities and

7,200 injuries resulted from 21,528 distracted driving crashes in 2023.

Lackey quoted University of Utah research that says motorists who talk on hand-held cell phones are as impaired as drivers with a .08 blood-alcohol content, which is the minimum level that defines drunk driving in most U.S. states.

"We create diversion programs with other addictive behaviors," he continued. "But I have not seen one that does it with distracted driving—engaging it as an addiction and taking

you through a process to understand that and put you back in control."

Virginia State Police Superintendent Col. Gary T. Settle shared a new tactic to promote highway safety called Operation DISS-rupt. First implemented in 2023, it focuses on the four key causes of fatal and serious injury crashes in problem areas across Virginia's interstate system.

Operation DISS-rupt stands for Distracted Driving, Impaired Driving, Speed Compliance and Seat belt Safety.

"The operation's

goal is to achieve zero fatal crashes during designated enforcement periods and to reduce the total number of crashes on our interstates for the calendar year by 10%," Settle continued. "I'm proud to say since initiating our first operation last winter on Interstate 81, we had zero deaths and saw decreases in overall crashes during those enforcement periods."

Operation DISS-rupt continues to be successfully conducted on Interstates 64, 66 and 95.

-Virginia Farm Bureau

VDOT Roadwatch

INTERSTATE 81 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:

LANE CLOSURES - Northbound and southbound possible for various work on the project during nighttime hours.

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 periodic lane closures or quick merges into traffic onto Thompson

Memorial Drive from the southbound or northbound exit ramps of exit 140 off of I-81. 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.

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. Expected completion in early 2026.

NB & SB DECK OVERLAY AT PEAK CREEK MILE MARKER 95.7 - Repair work is underway on the northbound and southbound bridges on I-81 over Peak Creek near mile marker 95.7. This repair work will require nighttime single lane closures for the duration of the project. Lane closures may occur nightly from Sunday night through Friday mornings between the hours of 8 p.m. and 6 a.m. For the deck overlay process, lane closures may be in place between Sunday nights through Friday mornings. For the southbound lanes these will occur between the hours of 7pm and 10am, and for the northbound lanes between the

hours of 6pm through 9am. Details on these closures will be listed below on a weekly basis. Estimated completion is scheduled for end of 2024.

Alternating nighttime northbound left lane closures and southbound right lane closures beginning Monday night, August 26 through Friday Morning, September 6, between the hours of 8 p.m. and 6 a.m.

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. 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.

Recipe of the Week



Shelly Koon
Contributing Writer

Cabbage is one of my favorite vegetables to enjoy when the seasons start turning colder. It might not taste sophisticated like arugula, but cabbage is packed with nutrients and is pretty cheap. Which makes it a winner in my opinion. You can use cabbage as a more nutritious crunchy base for salads instead of lettuce, pack it into lunch wraps or enjoy in soups, stir-fries, stews and curries. After a summer full of tomatoes, cucumbers, peppers and all the peaches I could eat, cabbage is back on my grocery list. I've been buying cabbage and making healthy cabbage additions to my meals.

Growing up I wasn't the biggest fan of cabbage, my mom only made boiled cabbage it just had that smell to it. But then I grew up and now I can't get enough. Cabbage is cheap, super resilient (it stays good in the fridge for many weeks), it's super healthy and versatile. I love it in salads – it's crunchy and so much better than lettuce...but once you sauté it...well, it is simply irresistible. Simple shredded cabbage with ranch dressing is a staple side I eat weekly.

According to the Mayo clinic, cabbage, especially red cabbage, seems to raise levels of beta-carotene, lutein, and other heart-protective antioxidants. It also helps lower something called "oxidized" LDL, which is linked to hardening of the arteries. And since it eases inflammation, it can help prevent heart disease. Half a cup of cooked cabbage has about a third the vitamin C you need for the day. It also gives you servings of fiber, folate, potassium, magnesium, vitamins A and K, and more. Cabbage has 1 gram of fiber for every 10 calories. That helps fill you up, so you eat less. It also keeps you regular, and it could help lower your "bad" (LDL) cholesterol and control your blood sugar. Cabbage also has nutrients that keep the lining of your

stomach and intestines strong. Its juice also can help stomach ulcers heal.

This week's recipe is an easy stir fry. Chop all your ingredients first then stir fry. Add other vegetables for more flavor like carrots, peppers, and zucchini. If you don't want to use beef, you could make this low carb cabbage stir fry with ground turkey or chicken or even boneless, skinless chicken thighs or breast. If you want to make this stir-fry vegan, you can use tofu. In fact, I have a vegetarian version of this cabbage recipe with tofu also.

Cabbage Stir Fry

Ingredients

- 3 cups red or green cabbage
- 1 red pepper, chopped thinly
- 2 scallions, thinly chopped
- 3 garlic cloves, minced
- 1 ½ tsp tamari sauce
- 1 tsp olive oil
- 3 tbsp chopped parsley or cilantro (if you like)
- 1lb ground beef (or chicken, turkey, pork)

Instructions

Add ground beef to a nonstick pan with one garlic clove and some oil of choice. After a minute, stir, breaking the pieces apart. Let the beef sauté for about 5-6 minutes at medium-high heat. Use the time while the beef is cooking to chop your vegetables - cabbage, carrots, peppers and the parsley (or cilantro) and scallions. Stir in the chopped cabbage, crushed pepper, carrot, another minced clove of garlic and the scallions. Cover for about 2-3 minutes to allow the vegetables to cook. Stir in the chopped pepper, the last clove of garlic and the tamari sauce. Add a little bit of oil if needed and stir for 2-3 minutes. Turn the heat off and stir in the chopped parsley or cilantro. Serve immediately!

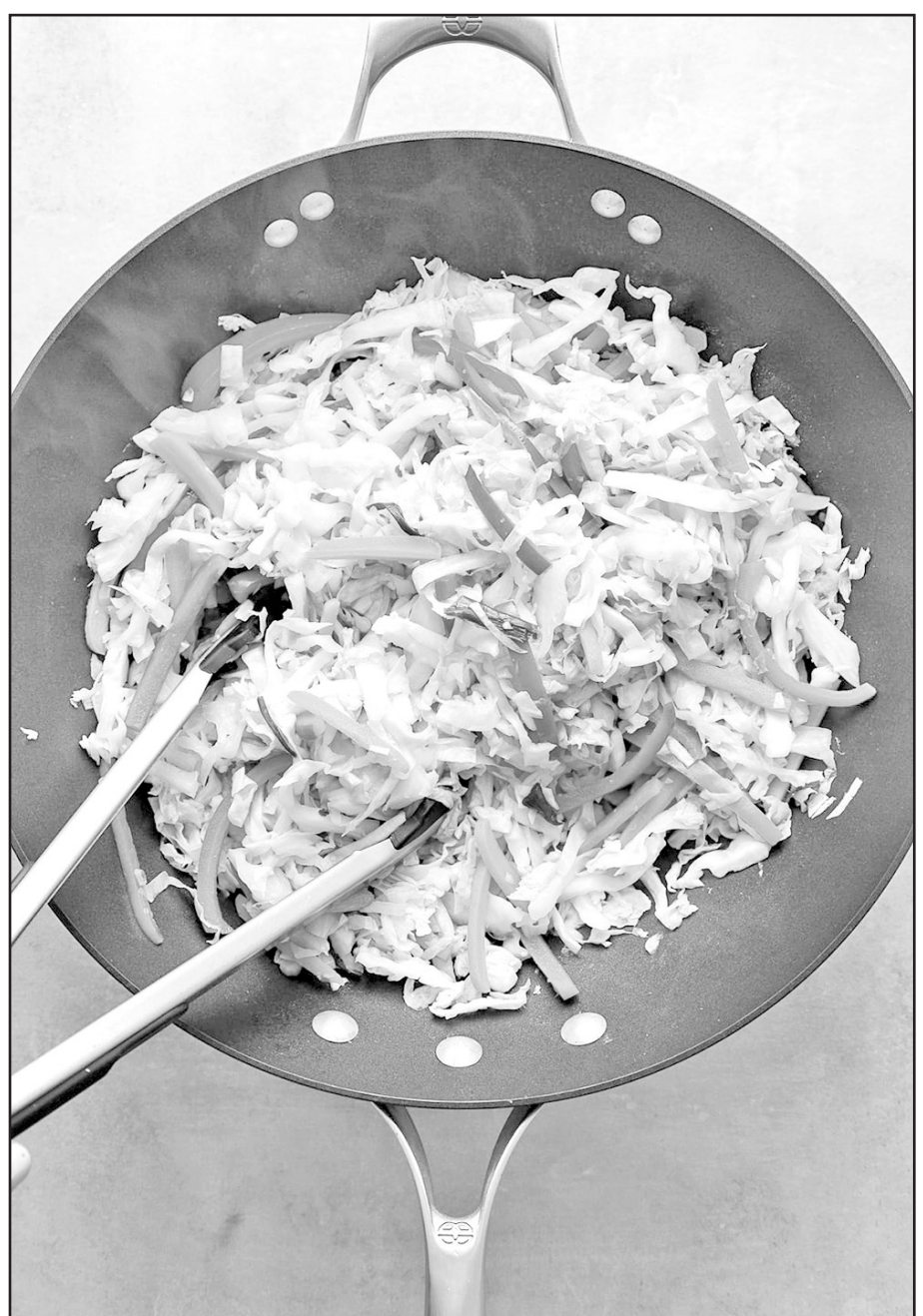
Vegan Option-Cabbage Tofu Stir Fry

Ingredients

- 6oz/ 180g smoked tofu
- 4 cups cabbage, chopped
- 1 carrot, chopped
- 1 tbsp fresh ginger, thinly chopped
- 1 mushroom, chopped
- 3 garlic cloves, minced
- ½ onion, small, thinly chopped
- 1 tsp crushed red pepper
- 1 tsp tamari sauce
- 1 tsp olive oil

Instructions
Wash your vegetables and chop everything: tofu in slices, cabbage,

carrots, mushrooms, onion and ginger. Peel and mince the garlic. Heat a nonstick pan, add some oil to it to sauté the mushroom for about 2 minutes while stirring. Move the mushrooms to the side and add in the sliced tofu. Let the tofu cook for about two minutes, then flip to get it golden brown on both sides. Add some crushed red pepper if you want. Stir in the onion and ginger. Then add in the garlic, cabbage, carrot and finally the tamari sauce. Let cook and stir occasionally for about 5 more minutes. Serve immediately.



COURTESY PHOTO

Upcoming public meetings scheduled in Craig County

Sept. 5 Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.	Sept. 17 Tourism Commission Meeting will be held at 5:30 p.m at the Craig County Administration Building.	County Administration Building.
Sept. 10 Economic Development Meeting will be held at 9:30 a.m., at the Craig County Administration Building.	Oct. 3 Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.	Oct. 15 Tourism Commission Meeting will be held at 5:30 p.m at the Craig County Administration Building.
Sept. 16 Booster Club will meet in the CCHS cafeteria at 6 p.m.	Oct. 8 Economic Development Meeting will be held at 9:30 a.m., at the Craig	Nov. 7 Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.
		Nov. 12 Economic Development Meeting

will be held at 9:30 a.m., at the Craig County Administration Building.	Dec. 17 Tourism Commission Meeting will be held at 5:30 p.m at the Craig County Administration Building.	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.
Dec. 5 Board of Supervisors Monthly Meeting will meet at the Craig County Courthouse at 6 p.m.	Ongoing Craig County Genealogy Library open Fridays 1-4. p.m. 152 Main Street. 540-864-7023	Booster Club of Craig Schools meet on the third Monday of each month in the school cafeteria at 6 p.m.
Dec. 10 Economic Development Meeting will be held at 9:30 a.m., at the Craig County Administration Building.	Feeding Southwest Virginia will be offering food twice a month on the second and third Wednesday of the	<i>-The New Castle Record</i>

CROSSWORD PUZZLE

- CLUES ACROSS**
- 1. Current unit
 - 7. Reciprocal of an ohm
 - 10. God of the sea
 - 12. A way to disfigure
 - 13. Positioned
 - 14. Tall tropical American tree
 - 15. Large deciduous trees
 - 16. ___ and ends
 - 17. Part of a machine
 - 18. Brews
 - 19. One who leads prayers in a mosque
 - 21. Indian state
 - 22. Partisans
 - 27. Top lawyer in the land
 - 28. Former Dodgers MVP
 - 33. Title for women
 - 34. Heated and allowed to slowly cool
 - 36. Copycat
 - 37. Sounds
 - 38. One-time Israeli diplomat Abba
 - 39. Part of (abbr.)
 - 40. Hateful
 - 41. Collide
 - 44. European football heavyweight
 - 45. One who works for you
 - 48. Song
 - 49. Ancient marvels
 - 50. Bridge building degree
 - 51. Delivery boys
- CLUES DOWN**
- 1. Continent
 - 2. Submissive
 - 3. There's a lot in a bowling alley
 - 4. Sun up in New York
 - 5. Court decision ___ v. Wade
 - 6. Finish line
 - 7. Young women
 - 8. Hives of activity
 - 9. Hyman Roth's right-hand man Johnny
 - 10. Eastern U.S. river
 - 11. Popular cooking ingredient
 - 12. Greek mythological princess
 - 14. Scent for men
 - 17. Cost, insurance and freight (abbr.)
 - 18. Once more
 - 20. Irate
 - 23. Triangular spaces above a door
 - 24. Norwegian playwright and poet Henrik
 - 25. Atomic #58
 - 26. Patti Hearst's captors
 - 29. Natural logarithm
 - 30. Talk incessantly
 - 31. Went by
 - 32. Strives
 - 35. Fall back
 - 36. Manila hemp
 - 38. Not easily explained
 - 40. Former 'Double Dare' host Summers
 - 41. Mollusk
 - 42. Capital of Togo
 - 43. Letter of Semitic scripts
 - 44. Founder of Babism
 - 45. Indicates near
 - 46. Family of regulator genes
 - 47. Indicates before

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OPINION

News from the 9th: Labor Day



Morgan Griffith
Representative

economic contributions American workers have made to the strength, prosperity, and well-being of our country.

While the first Labor Day was celebrated on Tuesday, September 5, 1882, in New York City, it would not become a nationally recognized holiday until 1894. On June 28, 1894, Congress

passed an act designating the first Monday of September the legal holiday we observe today.

More than a century later, the jury is still out on who founded Labor Day – Peter McGuire, the cofounder of the American Federation of Labor, or Matthew Maguire, a secretary of the Central

Labor Union in New York City, which is credited with executing that first celebration in 1882.

During the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to make ends meet.

On Labor Day, it is important to reflect on the strides made by American workers and their contributions to industry and innovation.

As we look forward to a Labor Day weekend full of parades, picnics and celebrations, I wish you a safe and restful Labor Day.

We dedicate Labor Day each year to the social and

News from the 9th: Afghanistan



Morgan Griffith
Representative

Taliban to seize, but as our troops withdrew, they did not disable the equipment.

The idea of spiking the cannons before retreating is centuries old.

This rushed exit forced us to deploy evacuation troops to the region.

On August 26, an ISIS-K suicide bomber carried out a terrorist attack at Abbey Gate, killing 13 American soldiers and 200 others. 18 other American soldiers were wounded.

Videos of what unfolded circled the globe. Like you, I watched in horror as abandoned Afghans clung to the outside of departing airplanes, only to see them fall and plummet to their deaths.

Following the botched exit, I called for the impeachment of Secretary of State Antony Blinken and the resignations of Defense Secretary Lloyd Austin and Chairman of the Joint Chiefs of Staff General Mark Milley.

Their incompetence and failure to protect American citizens during this withdrawal jeopardized American lives and left thirteen soldiers dead.

And yet, nothing ever happened to these officials. The Biden-Harris Administration allowed all three to continue in their roles (Milley retired in September of 2023).

To the delight of our terrorist foes overseas, the freedom-seeking world is paying the price for Biden-Harris naivete and negligence.

Were the Biden-Harris actions in Afghanistan and their dealings with Iran partly responsible for the Hamas attack on Israel on October 7th of last year?

Maybe? But I believe it certainly didn't help!

That Hamas attack resulted in more than 1,200 deaths. More than two dozen were American citizens. Hundreds were taken hostage, including 12 Americans. 11 months later, Israeli forces are still trying to rescue them. As I'm writing, they rescued a Bedouin hostage in Gaza. Some Americans are still held captive by Hamas.

As we watch the news, Israel faces missile and drone attacks from Hezbollah.

American forces are also facing threats from other Iranian-backed terrorist groups.

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40 others were wounded. The attack was carried out by Iran-backed terrorists.

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As history has repeatedly showed us, a stronger America means a safer and more peaceful planet. August 26th marked the anniversary of the killing of 13 American servicemembers in Afghanistan.

As you recall, the Biden-Harris Administration in April of 2021 announced a decision to withdraw our troops.

In that announcement, the withdrawal was to conclude by September 11, a symbolic tribute to the 20th anniversary of the 9/11 attacks carried out by the Taliban.

I had supported an orderly and responsible withdrawal of our soldiers from Afghanistan. After defeating Al Qaeda and warding off radical Islamic extremism, the U.S. accomplished its

original mission.

However, Biden-Harris oversaw an ill-planned and chaotic withdrawal.

The U.S.-backed government quickly fell to the Taliban.

American troops were removed before securing our embassy personnel and other Americans in Kabul.

We not only left behind billions of dollars in military equipment for the Taliban to seize, but as our troops withdrew, they did not disable the equipment.

The idea of spiking the cannons before retreating is centuries old.

This rushed exit forced us to deploy evacuation troops to the region.

On August 26, an ISIS-K suicide bomber carried out a terrorist attack at Abbey Gate, killing 13 American soldiers and 200 others. 18 other American soldiers were wounded.

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See **The Ninth** page 7

THE NEW CASTLE RECORD

USPS 378-080
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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

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The Ninth

from page 4

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The first Roanoke College football team in over 80 years will have their first game this Sunday at Salem Stadium. The Maroons are fielding a jayvee team and they'll play host to the Hampden-Sydney jayvees at 2 pm, and there is no admission fee. The Maroons are playing a five game jayvee schedule and will play a full Old Dominion Athletic Conference schedule in 2025. Here the team poses for a team picture with head coach Bryan Stinespring. On the right, Craig County High School graduate Johnny Hutchinson is an offensive lineman for the Maroons.



PHOTOS BY BRIAN HOFFMAN

RC football opens Sunday in Salem

Volleyball team looking for first win this week

The Craig County volleyball team will have two home games as the Rockets look for their first win. The girls were scheduled to host Glenvar on Tuesday and on Thursday Parry McCluer comes to New Castle for the Pioneer District opener.

The Rockets had a home-and-home with North Cross to open the season last week and both games

went to the Raiders. In the season opener, at Craig, North Cross took a 25-14, 25-16 and 25-17 win.

Layla Dooley had a kill, a block and four digs at North Cross while Cheyanne Bell had four aces and four blocks. Jenna Boitnotte had three aces, a kill and eight digs, Daileigh Donithan had three aces and a kill and Maggie Mays had four aces, four

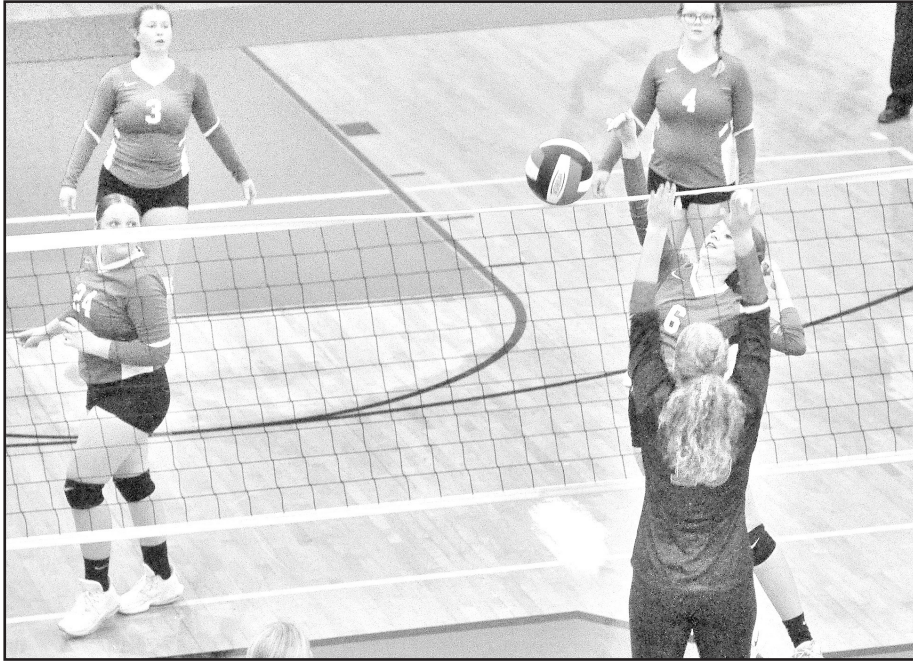
assists, two kills and a pair of digs.

On Thursday of last week the Rockets returned the trip to Roanoke County and again the Raiders came out on top, this time by scores of 25-8, 25-8 and 25-22.

Dooley had two kills, a block and three digs at North Cross. Bell had two blocks and two kills, Boitnotte had six digs and a pair of aces,

Donithan had six aces, four digs and two kills while Mays had four aces and eight assists. Felicity Fisher had a game high five aces to go with two kills and three digs.

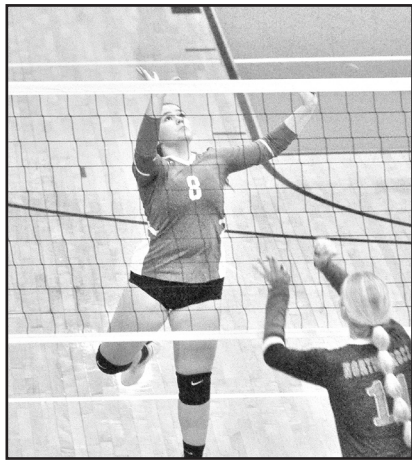
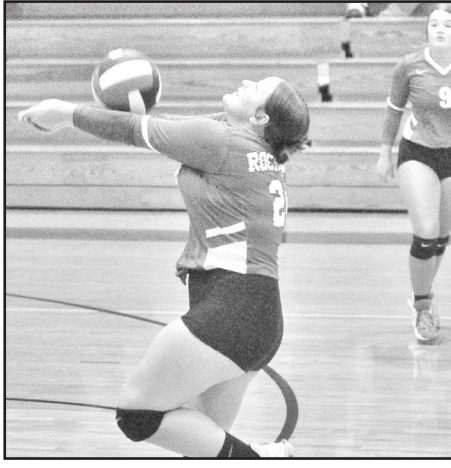
"Not a very good start to the season but the last game effort definitely shows progress and promise for the future," said coach Suzanne Crawford.



Craig County Volleyball

Top left: Cheyanne Bell(#6) puts down a spike. Top right: Ashlyn Keen is ready to receive a serve at North Cross. Bottom left: Maggie Mays controls the ball for the Rockets. Bottom right: Jenna Boitnotte tips one over the net.

PHOTOS by Brian Hoffman



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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 11:15 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 our with Pastor Gary Burch. Check us out on facebook or contact us at: craigcountycommunitychurch@gmail.com.

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

SPORTS

Send story ideas & announcements to bhoffman@ourvalley.org



The Rockets pose for a group shot with the belt after winning the "Backwoods Brawl" last Friday at Mitchell Field.

PHOTOS BY CHELSEA LOUTHEN

Rockets dominate Bland County for opening night win

The results are in for the first "Backwoods Brawl" and the Craig County Rockets left the field with the belt. Craig County defeated Bland County, 53-0, in the high school football season opener for both at New Castle's Mitchell Field last Friday.

It was a beautiful night for a high school football game and the Rockets made it a big night. Along with the game there was a big tailgate party, a big crowd an enthusiastic student section and a reunion for the 1983 and '84 teams coach by Charlie Darling. The surprise firing of a live Rocket, courtesy of Adrien and Lynn Schneiderhan Drouault, got the home crowd pumped before the first hit was made and the performance of the hometown Rockets kept them pumped throughout the game.

Just about everything went right from the get-go for the home team as Craig won the toss and elected to receive. Three "Rocket" sweeps later, junior running back Carter Calfee was standing in the end zone for the first points of the season.

"We love the Rocket Sweep because it really stretches the defense and gets players out of the box to open up the inside run game," said coach Jim Fisher. "We've put a ton of time into running this sweep correctly."

Calfee's outside runs set up the inside running of senior Josh Craft. Calfee scored the first touchdown on a 20 yard run and Craft scored the next

two on runs of eight and 15 yards and the Rockets led 21-0 after the first quarter with senior kicker Isaac Lucas making all three PAT attempts.

The second quarter went very much like the first with stifling defense and big plays from the offense.

"It looked like the game was going to get out of hand and I thought that if we were going to throw the ball, we needed to do it in the first half," said Fisher. "We've worked insanely hard on having a passing game and I wanted the receivers and quarterback to have an opportunity in that phase of the game. We threw the ball pretty extensively in the second quarter. Senior quarterback Jaycob Wolfe has been throwing the ball really well all summer."

Wolfe threw three second quarter touchdown passes with junior wide receiver Tristan Dooley hauling in the first touchdown pass of the season with an eight yard catch and run. Lucas, who also plays tight end, caught a nine yard touchdown pass and Calfee caught a three yard touchdown pass. Lucas converted on two of the three second quarter PAT attempts and the Rockets took a commanding 41-0 halftime lead.

The third quarter went like the first two but much faster. If a team has a 35 point lead or more any time in the second half the clock runs continuously. The defense got a three-and-out and

the offense went down and scored again with a Calfee four yard run as the Rockets led 47-0 after three quarters.

The fourth quarter was mainly played by both teams' second strings.

"A few mistakes but, all in all, the second string played very well too," said Fisher.

Junior running back Isaiah Nichols had some electric runs and sophomore running back Noah Paxton had some punishing runs as well. Freshman quarterback Brady Dunbar had a four yard touchdown run on a broken play with seconds left in the game to account for the final score of 53-0, and the Rockets didn't attempt the extra point.

"I heard after the game, and over the weekend, that we shouldn't have scored the last touchdown and I do understand that viewpoint," said Fisher. "However, these second strings have worked their tails off since last December, getting up early to be at the school by 6:30 am three times a week for weightlifting, showing up all summer for lifting and open field, 7 on 7's, etc. They worked extremely hard and I am not going to reward all that hard work by telling them to take a knee."

"I have never had a problem with another team's second team scoring if they didn't pass or run trick plays. We want all of our guys competing and fighting for every inch of grass. If we are in a similar situation down the road, I am going to do the

same thing. My second string scoring on an opponents' second string with simple runs is not running up the score, in my opinion."

Fisher was excited about the performance of the defense, as the defense has been lights out through both scrimmages and the Bland game. Craig gave up only 23 total yards Friday night and zero pass completions.

Calfee led the defense with 7.5 tackles, Craft had 5.5 tackles, sophomore defensive end Carter Price had 5, Dooley had 5, Paxton had 5 and junior nose guard Doug Hutchison also had 5. Lucas added 4 tackles and senior defensive tackle Joseph "Big Jesus" Lee had 3.5.

"We were in Bland's backfield a lot, racking up a bunch of tackles for loss," said Fisher.

Calfee, Dooley and Paxton each had 2 tackles for losses and Craft, Lucas, and freshman linebacker Blake Kendall each added one

"I turned the defense over to Coach (Jayke) Dowdy last season," said Fisher. "Last year he cut his teeth and got his feet wet. This year he has been a man on a mission and has done an outstanding job with the guys. The kids really respect him and will run through a brick wall for him."

"I do not concern myself at all with that side of the ball except for coaching the defensive line. It's totally his thing. He does ask my opinion on things but we almost always agree

anyway. We compliment each other very well. I have given him the two things I love the most, the defense and the weight room, and he has done a tremendous job with both. I do the offense, special teams, the fundraising and the business and public side of things. Every decision I make, I try to include him."

The offense was hitting on all cylinders against the Bears. The Rockets had over 500 yards of total offense Friday. Calfee led the team in rushing with 128 yards on 12 carries and two touchdowns and he also caught a pass for a third touchdown. Craft had 116 yards on 13 carries and two touchdowns and caught one pass for 23 yards. Wolfe was 10 of 15 passing for 159 yards, three touchdowns and no interceptions while Dooley led the receiving corps with four receptions.

"Offensively, we are multi-dimensional and have a ton of playmakers," said Fisher. "Moving forward, we hope to be a tough match-up for a lot of teams on our schedule."

The Rockets were scheduled to play at Auburn this week but Auburn could not field a team so Craig is off this week. Fisher has not decided whether to find another opponent during the season or just take the forfeit win.

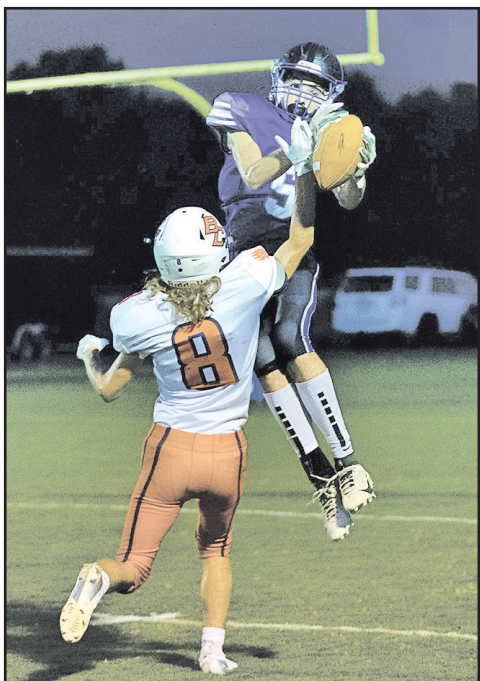
Craig's next game is September 13 at Montcalm, a game that was moved up a week so the Rockets wouldn't be off for two weeks in a row after missing out on the Auburn game.



The Rockets take the field prior to last Friday's opening win.



Carter Price(#64) leads the way for ballcarrier Joshua Craft.



Bentley Smith(#5) goes high to make the catch.



Tristan Dooley(#7) and Carter Price(#64) make the tackle in the backfield.



Tristan Dooley(#7) seals the corner for Carter Calfee.