The Lebanon News

Russell County's Family Newspaper Since 1880

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Russell County celebrates the life, legacy of Hensen O'Quinn

By SHAWN STREET
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A young man who inspired thousands with this strength, determination and faith has received his heavenly reward.

Hensen O'Quinn passed away from brain cancer on July 11 at the Dolly Parton Children's Hospital in Knoxville, Tennessee.

"Our sweet baby boy is home," his parents, Dustin and Samantha O'Quinn, stated on the Hope for Hensen Facebook page. "Today, our hearts are shattered, but we know our prayers for healing were heard, just not in the way we had hoped here on earth."

The O'Quinns added, "Our sweet Hensen is healed. Completely. No more brain cancer. No more pain. No more suffering. He is at rest, safe in the arms of Jesus. We will carry you with us every single day until we see you again, sweet boy. You fought the good fight. You finished your course. You kept the faith. Forever our baby boy. Forever loved. Forever ours."

The Hope for Hensen page was set up so supporters could follow the young's battle with cancer. Over the years, close to 5,000 people have followed the page.

Tributes poured in when his passing was announced.

"My heart is broken," stated Megan Lyn. "Henson and his story, as well as your unwavering faith, has touched so many lives…including mine."

Holland Whitehead wrote, "I'm so thankful I got to care for sweet Henson and got to meet ya'll. Your strong faith stood out to me and I am so thankful I had the privilege to meet this sweet boy his beautiful smile will always have a place in my heart."

Staci Davis added, "Your sweet boy is fully healed and resting in Jesus's arms."

SEE **HENSEN O'QUINN | 2A**



Hensen O'Quinn enjoyed being a honorary member of the Lebanon Volunteer Fire Department.



Chris and Tiffany Reece accept their son Michael Reece's plaque honoring his achievements.

Lebanon council honors state champs

By SHAWN STREET
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Members of Lebanon High School's state baseball championship team where honored last week by the Lebanon Town Council.

"We have a very special group of young men and coaches with us here tonight," stated Mayor Tony Dodi. "They've been on a burn the last five years."

Dodi, on behalf of the council, presented players and coaches with plaques honoring their district, region and state championships.

Cody Compton was also honored for being named the Virginia High School League Class 2

SEE **STATE CHAMPS | 2A**



The Lebanon Town Council honors the 2026 VHSL Class 2 State Champs.

Eaton Power Solutions, LLC Approved for VCEDA Seed Capital Grant

Off-grid solar energy solutions for homes, businesses and remote infrastructure utilizing locally manufactured portable solar trailers is what Joshua Eaton's new business, Eaton Power Solutions, LLC provides to those seeking an alternative energy source in the region.

Eaton Power Solutions, LLC is a recent recipient of a $10,000 Virginia Coalfield Economic Development Authority Seed Capital Matching Grant. Seed capital grants are funded from regional funds received by VCEDA which are paid by the natural gas industry.

"Eaton Power Solutions, LLC manufactures solar trailers which have numerous applications from meeting the needs of contractors and in emergency back-up applications to those capable of powering food trucks, large residences or portable EV charging stations," said Jonathan Belcher, VCEDA executive director/general counsel. "The business projects three full-time employees and one part-time employee within five years."

SEE **EATON POWER SOLUTIONS | 5B**



Joshua Eaton opened Eaton Power Solutions. The new business is a recent recipient of a $10,000 VCEDA Seed Capital Matching Grant.

The Sunday Songwriters to feature local talent at The Russell Theatre



Thomas Taylor

By SHAWN STREET
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In recent months The Russell Theatre has brought exceptional regional and nationally known talent to Lebanon. This weekend, the spotlight will have a local flare.

This weekend The Sunday Songwriters series returns to The Russell.

"The Sunday Songwriters bring together talented songwriters from our own Southwest Virginia region for an intimate, up-close performance," state Shane Farmer, Director of The Russell Theatre. "Each artist will take the stage sharing the stories behind their songs and performing them live."

Farmer added, "Every lyric has a story, every song has a soul – and we're proud to provide the stage for them to share both with you."

This week's featured artists include Thomas Taylor,

SEE **SUNDAY SONGWRITERS | 2A**

Murder-suicide reported in Honaker area

By SHAWN STREET
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Virginia State Police are investigating a murder-suicide in the Honaker area.

According to Matthew Demlein, Public Relations Coordinator for the VSP, the incident occurred on the evening of July 9, 2026.

"At approximately 8:43 p.m. on July 9, 2026, Virginia State Police was requested by the Russell County Sheriff's Office to help with a shooting incident in the Honaker area of the county," Demlein said.

When authorities arrived on the scene, they discovered that Larissa D. Cardwell, 45, of Chilhowie, had been shot.

"Russell County deputies located a male suspect, Walter E. Yates, Jr., 54, of Russell County," Demlein added. "Yates then turned the firearm on himself."

Both the Cardwell and Yates were pronounced dead at the scene.

The Virginia State Police Bureau of Criminal Investigation Wytheville Field Office is handling the investigation at the request of the Russell County Sheriff's Office.

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INSIDE THIS WEEK: Opinion: 4A, 5A | Sports: 1B, 3B | Puzzles: 2B | Classifieds: 4B

Nancy Robinson Campbell Johnson



Nancy Robinson Campbell Johnson -It is with heavy hearts and profound love that we announce the passing of Nancy Robinson Campbell Johnson, affectionately known as Nana, who passed away on July 08, 2026, surrounded by her loving family, at the age of 88. She was born on July 16, 1937, in Russell County, Virginia, to the late Albert and Leona Cox Robinson.

Nana was a member of Green Valley Baptist Church where she attended regularly until her failing health prevented it.

Nana's kitchen was a welcoming haven filled with the aroma of her freshly baked

"Stir and Drop" Cookies. You could find family sitting around the kitchen table every Friday enjoying cookies and listening to her lively stories. She always kept us laughing. She looked forward to a visit every Friday from her special granddaughter Cayla Gilmer (whom she affectionately called "Tater Bug'), who was the love of her life. Her grandson Dustin "Bubby" Stallard and Cayla Gilmer were by her side throughout her illness. Nana loved baking cookies, making crafts, sewing, working in her flowers, and sitting on the porch.

Left to cherish her memories are one daughter, Catherine Savage (Josh); one son Bobby Campbell; five grandchildren: Dustin Stallard (Kim), Cayla Gilmer (Aaron), Lance Campbell (Tiffany), Chase Campbell (Morgan), Jordan Campbell Evans (Nathan) and six great-grandchildren, all of whom she loved dearly.

Nana was preceded in death by her husband of 25 years, Claude Robert Johnson and her first husband Jimmie Joel Campbell. She was also preceded in death by a son, Steven Bentley Campbell.

A heartfelt thank you to the Staff of Mountain View Retirement Home for the amazing love and care they provided to Nana during her stay with them. A very special thank you to the staff of Ultra Health Hospice for the loving care they provided. Finally, a very special thank you to Randy Williams for your many visits, Nana loved your humble prayers.

A graveside service was held for Nancy Robinson Campbell Johnson at 2 p.m. on Monday, July 13, 2026, at West Hill Cemetery in Lebanon, Virginia, with Randy Williams officiating.

Share condolences at www.owensfuneralservice.com.

Owens Funeral Service, 7 Tate Ave., Lebanon, Va., was in charge of arrangements.

Walter Adolphus Schwitzerlett



WALTER ADOLPHUS SCHWITZERLETT, age 83, of Kingsport, Tennessee, peacefully passed from this life into his Heavenly home on July 15, 2026.

He was born on February 28, 1943, in Pittsylvania County, Virginia, to the late Samuel Burton and Myrtle Irby Schwitzerlett.

On August 21, 1964, Walter married the love of his life, Nancy Schwitzerlett, and together they celebrated sixty years of unwavering love, faith, and devotion. Walter faithfully served as a minister for more than fifty years, dedicating his life to sharing the Gospel and serving others. He was also the beloved owner of the Kitchenette Restaurant in Lebanon, Virginia, where he became well known for his kindness, hard work, and dedication to his community. Walter proudly served his country in the United States Navy.

Walter's life was a testament to faith, love, service, and family. He will be remembered as a devoted husband, loving father, proud grandfather, faithful minister, respected businessman, and loyal friend whose life touched countless people.

He is survived by his children, Darrell Schwitzerlett (Laura), Karen Schwitzerlett Ball, and Amy Lemmons (Brad); his grandchildren, Noah Schwitzerlett, Kaitlyn Lemmons, and Paiton Lemmons; his sister, Dorothy Jacobs; his sisters-in-law, Christine Schwitzerlett and Lottie Shorter; and many cherished nieces, nephews, extended family members, and dear friends.

In addition to his parents, Walter was preceded in death by his beloved wife of sixtyyears, Nancy; sisters, Mary Alice Haley, Minnie Frazier, Ester Pickeral, Dolly Pettry; brothers, Oscar Schwitzerlette andRichard Schwitzerlett; grand dogs, Koda and Lucy.

The family extends their heartfelt gratitude to the compassionate caregivers of Gentiva Hospice and The Waters for the exceptional care, kindness, and support they provided during Walter's final days.

A funeral service was held at 2 pm Saturday, July 18, 2026,at the Combs-Hess Funeral and Cremation Service Chapel with Charles Lucas officiating. The family received friends from noon until 2 pm prior to the service.

Interment followed at Ketron Memorial Gardens. Military graveside rites will be conducted by the Lebanon VFW Post #9864.

Serving as pallbearers were Brad Lemmons, Noah Schwitzerlett, T.J. Bayless and RogerDalton.

Online condolences and expressions of sympathy may be shared on the Combs-Hess Funeral and Cremation Service Facebook page or on their website. Combs-Hess Funeral and Cremation Service, 291 Highway 71, Fincastle Road, Lebanon, VA 24266, (276) 889-4444, is honored to serve the Schwitzerlett family.

Alisa Gay Rasnake



ALISA GAY RASNAKE, 57, passed away July 9, 2026 at Russell County Medical Center. Mrs. Rasnake was born September 1, 1968, to the late Jeff and Shirley Lasley. She loved spending time with her family, especially her grandchildren. She was an avid Sunday Church watcher, following the Ashland Church of God.

Including her parents, she is preceded in death by her son, Jeremy "Bubba" Robert Anthony Rasnake; and sister Melissa Kiser.

Survivors include her loving husband of 38 years, Anthony Rasnake; sons, Jeffrey Rasnake and wife Ally, and Benjamin Rasnake; daughters, Samantha Schiffer, Sarah Rasnake, and Mary Rasnake; grandchildren include: Tank McCowan, Nathan McCowan, Serenity McCowan, Timothy Rasnake, Riley Rasnake, Ryker Rasnake, Melanie Cantrell, Andrew Rasnake; brother, Joseph Elswick; nephews include: Zachery Kiser and Daylon Elswick; and special relative, Maddie Hunt.

Services at this time will be announced at a later date.

Mountain Laurel Cremation Services is honored to serve the family of Mrs. Rasnake.



HENSEN O'QUINN

FROM PAGE 1A

During his five years with us, Hensen was chosen at the Grand Marshal for the Lebanon Christmas parade, was honored for his courage by the Russell County School Board, and was made an honorary member of the Lebanon Volunteer Fire Department.

When he passed, the fire department sent three trucks to Knoxville to escort him back home. The Lebanon Police Department sent cars to Knoxville as well. The Knoxville Police Department escorted him through city limits.

"It was an honor, considering what he's been through," stated John Michael McCoy of the Lebanon Volunteer Fire Department.

Numerous rescue squads and fire trucks from throughout the county, as well as cars from the Russell County Sheriff's Office and Lebanon Police Department joined the processional when O'Quinn arrived back in Russell County. Supporter lined Main Street in Lebanon to thank Hensen for touching their lives.

"He is a true testament of a hero," Castlewood Fire and Rescue said in a statement. "He fought the fight to the very end and is now with our lord and savior."

"O LORD my God, I cried unto thee, and thou hast healed me." – Psalm 30:2

STATE CHAMPS

FROM PAGE 1A

Coach of the Year.

Michael Reece was honored for being named to the VHSL Class 2A all state football and basketball team.

In other action from the July 13 meeting, Russell County Industrial Development Chairman Ron Blankenship introduced Laura Gilmer as the new Executive Director of the IDA.

Blankship said Gilmer is replacing longtime IDA Executive Director Ernie McFadden.

"I'm excited to help economic growth in the county and Lebanon," Gilmer said.

Lebanon Town Manager Drew Shortt said the first order of Hometown Hero Banners that honored the area's military veterans arrived on July 2. Town officials were able to have the banners on display for the Independence Day celebration.

Shortt said the next order of banners recently arrived and are being hung up throughout town.

The banners will remain on display at least until the September 11 anniversary. The banners will again be on display in time for Veterans Day in November.

The town is still accepting orders for banners. Anyone wishing to purchase a banner may do so by contacting the Lebanon Town Hall.



Dan Deel

SUNDAY SONGWRITERS

FROM PAGE 1A

whose poignant lyrics and melodic compositions have captivated audiences far and wide.

Joining him Dan Deel, known for his distinctive sound and ability to weave narratives that resonate deeply with listeners.

Ryan Adkins was originally scheduled to be a part of the program as well, but he is unable to attend. As of press time, Farmer is working to secure a contract with a third local songwriter.

Each of these songwriters will take turns sharing their work, providing insight into the creative process and the personal experiences that influenced their songs.

The event will begin at 3:00 p.m., offering a perfect afternoon escape for music lovers and anyone interested in the art of songwriting. Admission is $20.



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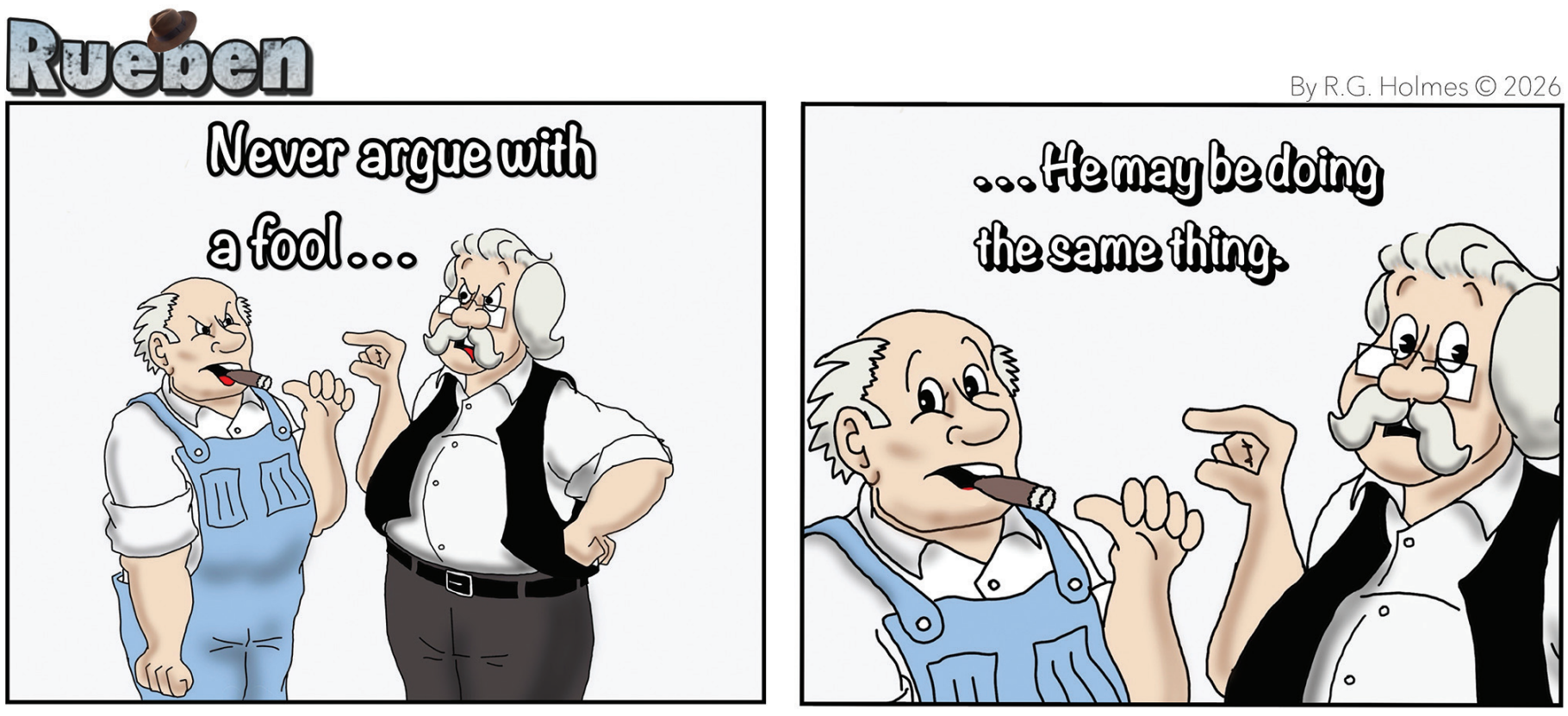
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School board honors LHS for winning National Guard Cup

By SHAWN STREET
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Lebanon High School was honored by the Russell County School Board last week for winning the Nation Guard Cup.

Superintendent Dr. Kim Hooker said LHS Principal Ryan Potts recently received a letter from the Virginia High School League regarding the National Guard Cup.

The 36 year program honors schools for year-long success in academic competition.

The letter stated, "On behalf of the Virginia High School League, we want to congratulate you, your faculty, your staff and students on winning the National Guard Cup."

The letter added, "Having won the cup speaks well of the quality of programs in place at your school. Lebanon can take pride upon being recognized as the Class 2 school with the best overall performance in the VHSL state level academic programs: debate, drama, forensics, creative writing, student publications, scholastic bowl, e-sports, robotics, and film."

The Russell County School Board also honored the 2025-2026 valedictorians from the county's three high schools.

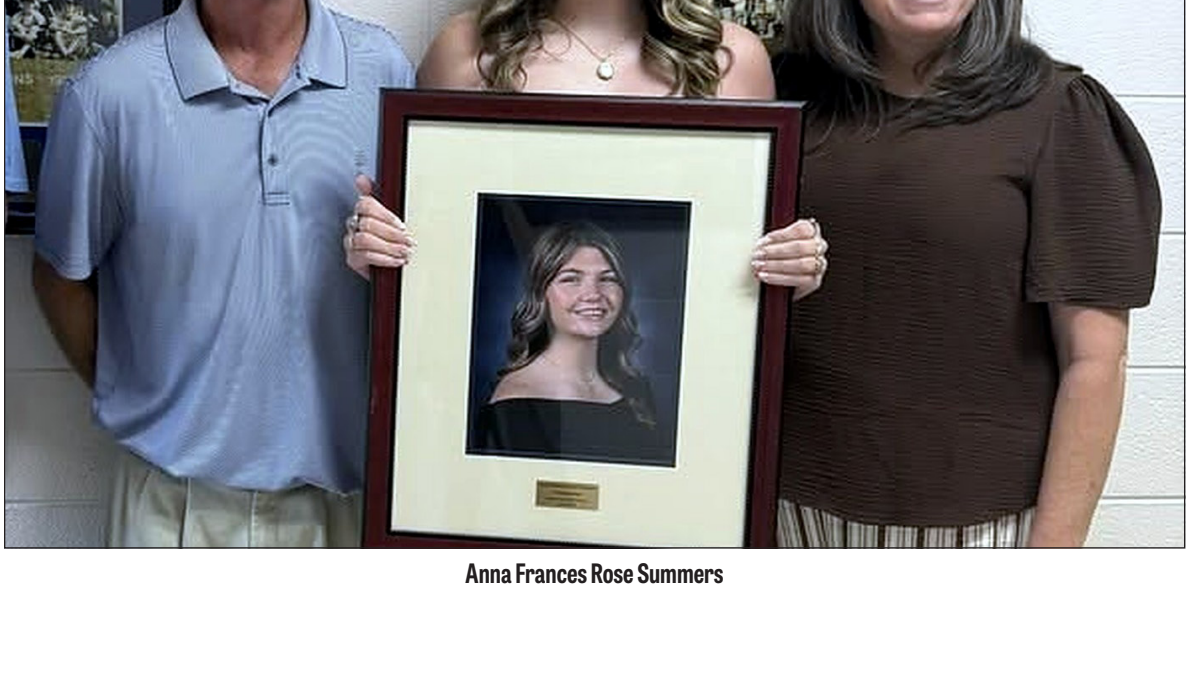
They included Anna Frances Rose Summers from Castlewood High School, Conner Gavin Musick of Honaker High School and Lebanon High School's Michael Landon Owens.

The Teacher of the Month was Jon Boyd of Lebanon High School.

Lana Wright, of Lebanon Primary School, was the Employee of the Month.



Conner Gavin Musick



Michael Landon Owens

Anna Frances Rose Summers

ClearSight EyeCare celebrates one year anniversary

By SHAWN STREET
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ClearSight EyeCare's Lebanon location is nearing its one year anniversary. The facility, located at 2003 East Main Street in Lebanon, opened its doors in August of 2025.



Dr. Jonathan Keen

Dr. Jonathan Keen, Dr. Amber McCulley and staff not only offer standard glasses and contacts, but full comprehensive eye care that can help alert patients to other illnesses in the body.

"We're not just glasses and contacts," Keen explained. "We try to take a more medical approach to things."

Keen added, "The eyes are the tattletale of the body. When we look at your eyes, we can help diagnose other things.

One example Keen pointed to was a patient who came in for a routine eye exam. Keen noticed certain signs in the eye's blood vessels. "We sent them to lab and they were diabetic," he said.

There are over 160 different conditions that can be diagnosed from an eye exam, Keen said. "The big ones, especially in this area, are diabetes, high blood pressure, high cholesterol, things like that."

He went on to say, "The eyes are the one part of the body where you can actually see the blood vessels. You can look at the back of the eye and see what's going on. Other parts of the body, you need specialized equipment to see. We can order labs. We can order imagining. We'll get you taken care of. If there's something going on in the body, the eyes will tell."

In addition to the full comprehensive care, Keen said another thing that sets ClearSight apart is the office's Intense Pulse Light Device. The machine helps with dry eyes while improving other areas of the face.

The oil naturally produced by the eyelids keeps tears from evaporating. When the oil is not being produced as it should, dry eyes are the result.

The IPL heats up the oil and flushes the system. "Then your body reproduces the oil and it flows better," Keen said.

A byproduct of the treatment is a reduction in fine lines around the eyes, as well as a reduction in wrinkles.

Keen said he grew up in Jewell Ridge and always wanted to help people. "You've only got two eyes, I want to help you take care of them," he said.

ClearSight EyeCare is open Monday through Friday and staff is available for emergencies on weekends. For more information, visit https://clearsightswva.com.

CALENDAR OF EVENTS

SUPPORT GROUP FOR FEMALE SURVIVORS OF SEXUAL ASSAULT

Women survivors of sexual assault are invited to attend regular support group meetings or individual support if you prefer. Survivors meet in a safe environment with other women who have had similar experiences. Clinch Valley Community Action, Inc. Family Crisis Services knows and understands what a survivor is going through. The fact that you are alive and reading this means that you are incredibly strong, courageous and intelligent. We are here to aid in the recovery process with individual support sessions. Please call and let us help. We are a confidential service. For information, call Ranetta Davis (276) 889-8206 or Haley Slade at (276) 988-5583.

SONS OF CONFEDERATE VETERANS MEETING

Sons of Confederate Veterans Capt. John F. McElhenny Gamp 840 meets 4th Thursday each month at 6:30 p.m. at the Russell Co. Public Library, Lebanon, VA.

HELBERT REUNION

The Helbert reunion will be held on July 26, 2026 at 1 p.m., at Copper Creek Volunteer Fire Dept on Hwy 71. Bring a covered dish. Everyone is Welcome.

Congressman Griffith's: End Birthright Citizenship in the Territories



WEEKLY REPORT
FROM THE CAPITOL

At the close of June, the Supreme Court of the United States (SCOTUS) weighed in on various issues that impact the country.

Perhaps the SCOTUS decisionto receive the most media attention is Trump v. Barbara. This case concerns the Citizenship Clause in the Fourteenth Amendment to the U.S. Constitution.

The Citizenship Clause specifically states, "all persons born or naturalized in the United States and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside."

The Trump Administration challenged this definition to argue the Citizenship Clause does not apply to children born in the United States to illegal immigrants. Through Executive action on birthright citizenship,automatic U.S. citizenship would not apply to these newborns.

Trump's Executive action became the subject of SCOTUS scrutiny in Trump v. Barbara.

SCOTUS ruled against the Administration. Whether we like it or not, absent a Constitutional amendment, birthright citizenship will remain in place for the U.S. States.

However, this ruling does not address the birthright citizenship process inthe U.S. territories.

Citizenship in the territories is distinct from that of the States.

Currently, four of the five inhabited U.S. territories have been granted U.S. citizenship by laws passed in Congress. These are Guam, the Northern Mariana Islands, the Virgin Islands and Puerto Rico.

These fourterritories exercise these powers because Congress extended such rights in statute through laws like the Immigration and Nationality Act of 1952. The Northern Mariana Islands have acquired such rights through a different statutory mechanism.

The U.S. territory of American Samoa is the lone exception. Those born in this territory are considered American nationals but have not been granted citizenship status by Congress.

Accordingly, birthright citizenship does not apply currently in American Samoa.

The application under the Barbara case of birthright citizenshipin the U.S. territories differs from what is established in the 50 U.S. States according to Supreme Court cases.

The birthright discrepancy between the territories and the Statesdates tolegal casesbeginning in the early 20th century known as the Insular Cases.

Generally, these cases governed which constitutional protections apply in U.S. territories.

Additionally, since 2010, two federal courts of appeals cases have rejected the notion that those born in the U.S. territories access the same automatic rights by virtue of the Constitution as those in the U.S. states.

Thus, the Barbaracase leaves the door open for Congressional action on citizenship in the American territories. I am leading a bill to crack down on abuse of birthright citizenship in the territories. This bill should stop the so-called "birth tourism" that is taking place in the American territories.

Because of the current birthright laws in place in the territories, any child born in a U.S. territory (minus American Samoa) accesses U.S. citizenship automatically.

Accordingly, business in the "birth tourism" industry, which Justice Clarence Thomas references in his dissent of Trump v. Barbara, empowers groups to exploit U.S. citizenship laws for personal gain.

A New York Post article this year notes estimates of roughly 1,000 companies that offer "birth tourism" services.

Oneof the referenced China-based "birth tourism"companiesadvertises with the slogan "Create beautiful memories while having an American baby."

"Birth tourists" and their babies later return to the parent's country of origin. But by providing U.S. citizenship to their child, one day their child can access the benefits that U.S. citizenship has to offer.

That can come in the form of work, education, voting in federal elections and more.

This is outrageous and I am working on a legislative fix.

Just like Congress possesses the power to grant the territories Constitutional rights in statute, we have the power to take them away in statute.

Whereas under Barbaraa Constitutional amendment would be needed to change birthright citizenship in the 50 U.S. states, a simple statutory reform for the U.S. territories is a realistic solution with real world implications.

Accordingly, I am leading the charge in Congress to rectify this problem,clarify U.S. citizenship laws in the territories and combat foreign nationals who are exploiting loopholes in our citizenship laws to take advantage of U.S. generosity.

My bill would stop "birth tourism" in the U.S. territories!

While this change is limited to the territories, it is the only step we can currently take to effectively protectU.S. citizenship.

If you have questions, concerns, or comments, feel free to contact my office. You can call my Abingdon office at 276-525-1405 or my Christiansburg office at 540-381-5671. To reach my office via email, please visit my website at https://morgangriffith.house.gov/. Also on my website is the latest material from my office, including information on votes recently taken on the floor of the House of Representatives.

Field Trips of the Mind



I have an on-line friend who is a Texas farm wife. She drives huge tractors, reads books from her Kindle, prays for rain, thinks her grandchildren are the best grandchildren ever made, loves the flat earth that surrounds her, calls her husband Sweet Farmer, and can draw and paint in such a way that it makes me drool. This morning I awakened to find a new painting gracing her blogspot. The painting is called *Exuberance*, and as my eyes took it in, I fell in love for the umpteenth time with Peggy and her pencils, paintbrushes, and palette of color. She always lists the items used to create her art, as though the tools are as important as the painter. I guess if you are an artist you'd be up a creek without your tools. Fluid acrylics, shiva oil pencils, and black gesso gave birth to this particular painting.

This magical spilling of color to the page is of a fairy-winged, skinny-legged, aging, gray-haired ballerina. This lovely dancer has a huge head, rainbow-colored eyeshadow gracing the lids of starry, twinkling eyes, and a heart that appears to be "dripping" love sewn to the front of her tu-tu. She is a magical little creature born in Peggy's imagination.

Peggy and I both live within the realms of imagination. Peggy likes the way I write. She's told me so. I love the way she paints, and I have told her the same. Both words and paint are tools of expression, and just thinking about that made me go off on a " field trip for the mind" this morning. I suppose I am known by those who love me for those field trips. I don't exit the room. I don't pack a bag. I don't board an airplane, but I go far, far away as stories, characters, and dialogue are spun from nothing into something inside my head. Peggy does the same, she just does it with pencils, chalks, and paint.

I wonder how many of you take similar "field trips?" Perhaps your field trip shows up in the kitchen. You take a little of this, and a little of that, and churn out a culinary miracle. Can you make a really good pie crust and fill it to the brim with yum? If you can, I assure you that you're talented. Perhaps, your trip takes you to the workshop "out back" where you assemble wood and nails, screws and bolts, and "Voila" you've created a treasure with the magic of your hands. Do you clean house well, or perhaps, for a living? If you do, you are a giant among humankind (in my messy-housed opinion) because you bring both joy and exuberance to the unorganized of the world. Can you sew, knit, crochet, or do counted cross stitch? If you can, there is a real likelihood that the works of your hands will outlive you. Your creation, your gift, will become someone's treasure.

Gifts and treasures come in all shapes, sizes, and mediums. Just as the biblical wise men came from afar bearing gifts for the Christ child, we too are expected to share our gifts with the world. Those men brought gold, frankincense, and myrrh. In yesteryear's economy those were items of great value. There wasn't just one wise man hoarding all the gifts on his long-legged camel. There were wise men, bringing multiple gifts. Think about what that little field trip cost them. Not only did it cost the value of those gifts, but also the time and attention it took to follow a star that led to a child of Promise. Some theologians surmise the trip took about two years, and yet, these wise men left behind their families, and their lives as they knew them in order to ride camelback so they might "gift" another with something of precious value.

I am not suggesting you leave your family and ride camelback for two years in order to share your gift, but what I do want to say is that whatever your gift may be..... you do have a responsibility to share it with others! Be it words, paint, wood, food, needle and thread, organization, or even the lovely intangibles like humor, kindness, and tenderness *you must share your gift* . So take a little field trip in your mind. See what comes up, and then see that it comes out. You'll be glad you did, and so will the people who get to share in your act of joyful creation and exuberance.

"Thank you, Peggy, for that reminder, and also for the image of the starry-eyed, big-headed, knobby-kneed, dripping- hearted ballerina that is now forever etched in my mind and in my heart!"

Motto of the story: **Live life exuberantly, and don't forget to share**.

Adult education connection



As adults, we often have moments of conflict in our lives, and we tend to lose sight of the power of positivity. Positive thinking can have a beneficial effect mentally, but it can also help us physically.

Not only will thinking positively make you feel good, but studies have shown that it helps strengthen the immune system, reduces anxiety, and increases positive emotions; all that combined is fuel for your future success.

Eventually, we all come to understand that you rarely achieve success without some hardships. To ensure future success, it is vital to understand how to cope with failure and overcome negative thinking.

We view the world through our mental attitude. If that attitude is mostly negative, it can impact everything. Failure is linked with feelings and emotions such as sadness, anxiety, stress, anger, etc. Accepting how you feel can help form a healthy coping mechanism which, in turn, can make you work harder to find different and better solutions to your problems in the future.

Learning from your failures is the single most important thing you can do to cope positively from failure. Allow yourself to accept that one path has proven to be ineffective and that a new direction is needed. Understanding what steps you may have missed can help you be mentally more prepared and establish specific goals for the future.

Failure is a part of life, but we should not let that define who we are. We all fail in various aspects of life; it can be in our jobs, relationships, etc... We can learn from our setbacks and not let them hold us back from accomplishing our goals with a sense of renewed purpose. We can and need to let go of those negative thoughts, so that we may gain the confidence needed to move forward.

Hardships and struggles are understood concepts, and some people focus on the tough times and fail to move past them in order to achieve success. It is essential to recognize that everyone experiences some form of failure in life, and that it should be considered a learning experience, not a demonstration of your self-worth.

If you are thinking about making a positive change in your life, whether it be a new career or possibly taking a class to refresh some skills, there are so many options available free of charge. You can call Southwest Regional Adult Education at **276-889-5424** to get more information. Don't let past failures hold you back, remember that today is a new day, and we all deserve a fresh start.

Why Did Senator Lindsey Graham Have To Die?

DR. GLENN
MOLLETTE

We were shocked by the death of Senator Lindsey Graham. For 23 years he was a mighty force in the United States Senate representing South Carolina.

There have been a multitude of news releases. Hours of television reports have aired about the service and life of Lindsey Graham. Our President and Washington will miss Lindsey Graham regardless of which side of the aisle his colleagues sat.

Graham had just returned from a trip to the Ukraine. He had spoken with President Trump just hours before his death. His death was sudden and without apparent warning.

As I write this, a preliminary autopsy report indicates that the cause of death was an aortic dissection. By now there may be an update on the final cause of death. Did Graham have heart issues that he was being treated for? Did he know he had cardiovascular issues? Was he taking a blood thinner?

The plane ride from Ukraine is a long. Did he develop a blood clot while traveling. Plane rides can be dangerous for this very reason. People are often stationary for a long period of time. It is not always easy to stretch out or move around on a plane. It's easy to develop a blood clot. Many people do and have done so.

Was Graham poisoned? Russia is notorious for poisoning people many times in years past. I understand he was not in Russia but I am fully convinced many Russian spies and agents are roaming the streets of Kiev and working undercover in all kinds of places. Russia has perfected a poison that mimics a heart attack. Could something like this have been slipped in Graham's food?

Early reports indicate Graham had a tear in his aorta and serious plaque buildup in his arteries. A tear in the aorta is almost always a death sentence.

The fact of the matter is that death can happen anytime and any day. Death is never convenient. Death never provides an announced warning years in advance. Yet, it sort of does.

We know it's coming but we don't know the day. Death may come at an old age or a young age. Young people who have all their lives ahead of them die every day. Some old people live on and on but the time eventually comes.

Graham had a lot of good years ahead of him. If he had lived as long as Senator Mitch McConnell he would have had several more years left.

Senator Lindsey Graham had to die because we all have to die. The high and mighty and the low and very poor. The proud and the humble. Those who have everything and those who have nothing. We all come into this world naked and crying and leave the same way.

The Bible says in Psalm 90 "So teach us to number our days that we may apply our hearts unto wisdom." We should prepare for death and then live our lives as fully as possible. Paul said, "For me to live is Christ and to die is gain," Philippians 1:21.



Another letter from your Mountain Cousin

RJ KENNEDY

Dear Cousin,

Sorry I missed getting you a letter out last week, but as they say, "into each life some rain must fall." And boy has it been raining! And with all the rain, comes all the mowing.

Between the storms, the farm road getting tore to pieces, gravel and rocks washing into places it's not supposed to be, a broken refrigerator at mom's house, a broken wash machine and stove at our house, it's been a bit crazy over here.

Between waiting for deliveries or repairmen, we've been getting ready for the yearly Grizzle family reunion. Better half and I have been running in circles. Moreover, Baby Bear has pink eye again and three of the goats have hurts that have to be treated nightly. And the son decided to sell off a whole bunch of unused farm machinery, so it's meet this one at this time and calls with folks asking how big a certain bucket is, or is it gone or is it still for sale, it's been wild! We have been putting in sixteen hour days quite often, with pick-ups near eight o'clock in the evenings.

Well at least with all the broken appliances, we finally got all the scrap metal hauled in for recycling. There was a lot of old wire and metal poles from off the farm. And of course, while the kids were in for July 4th, our bull and Frankie's decided to get into a fight so there were more fences to repair!

And cuz, with all this rain you better watch out for the trees. Better half and I decided to take a short walk the other day and as we were going up Rocky Fork, we thought we heard a bear up in the woods above us. It was too much noise for a deer. We heard a bit of noise again, I saw something fly through the woods, and then there was all this popping and cracking and the next thing you know we were running to the far side of the road as a tree came down off the mountain. It broke another tree and landed thankfully still in the woods, not the road. But we had no idea how far it would reach.

Life is like that at times cuz. You will be going peacefully along and suddenly the bottom falls out of everything. Now Job was one of the richest men of his time yet he went through terrible troubles. You just stand there and wonder, "What's next?" Can it get any worse?

And cuz, we were very sadden to hear that one of the girls that works at "Handy's" had lost her sister. She suddenly died at forty-one years young. You know cuz the bottom just fell out of her and her mom's world. Some days it's like Job, where is God amidst all the sorrow and hurt. Well God is still there cuz. I remember a preacher once saying, if you are away from God. Guess who moved! I know it's hard, but one day, like Job, we will understand. Some times as they say, when you're at rock bottom, look up.

God made a beautiful world, each spring the baby fawns are born, the flowers return, and the grass grows. It's the wicked old Devil who brought the sadness and sorrow to this old world. If he couldn't be greater than God, he would wreck everything God made that was so beautiful. He's like a wicked little spoiled child; if he doesn't get his way, he'll break all the toys in the nursery so no one can play with them.

I know I've said before cuz, as we work on our yards and gardens, trying to make them beautiful, it is as if man is always trying to return to the Garden of Eden. It is the devils' children who bring death, chaos and disorder. He has his wicked little pawns that do his work; they are not happy, they are miserable and would rather take their big four-wheel drive truck and run it right through your beautiful garden.

We used to live in Louisa Kentucky cuz, and back in the day, they built the first subdivision up on a hill outside of town. The locals called it "Snob Knob" because that was where some of the engineers for the power plant lived and other hardworking successful people.

Some folks were jealous of their big unfenced (subdivision rules) yards and nice houses, and so that was what they did. They ran their trucks right through their yards, tearing up the grass.

Now when you're poor, young, and just starting out, many think, "I'll never have anything like that!" They don't realize it took years of work, years of learning to get that place. They just couldn't imagine ever being able to afford a nice place.

Now cuz, Job lost everything, (except his wife) but God gave him back twice as much in the end. Just remember, God is Good.

Until next week,
RJ Kennedy



Alissa Beck earned a $250 scholarship from the Daughters of the American Revolution.

LHS student wins From Frontier to Freedom contest

By SHAWN STREET
shawn@virginiamediainc.com

Lebanon High School recently issued a statement praising a student for winning the From the Frontier to Freedom essay contest.

Alissa Beck recently won the From Frontier to Freedom essay contest, which was sponsored by the Daughters of the American Revolution.

The essay contest was in honor of the nation's semiquincentennial.

Beck's efforts earned her a scholarship of $250. She read her essay to an audience celebrating Independence Day at the Historic Crab Orchard Museum in Tazewell County on July 4.

"Her essay was selected because it reflects a unique point of view based on her passions and personal experiences," the LHS statement read. "Way to go!"

Southwest studies abroad in Greece

By APRIL QUESENBERRY

This summer, a group of Southwest Virginia Community College students, faculty, staff, and community members embarked on an unforgettable study abroad journey through Greece, exploring some of the world's most significant historical and cultural landmarks while gaining a broader perspective on global citizenship.

The travelers experienced the vibrant energy of Athens, where ancient history and modern life blend seamlessly. Highlights included visits to the Acropolis, the Parthenon, and the Acropolis Museum, offering a firsthand look at the foundations of Western democracy, philosophy, and education.

By stepping beyond the classroom and immersing themselves in another country, participants gained valuable educational experiences that cannot be replicated through textbooks alone. The Greece program reflects Southwest Virginia Community College's commitment to expanding horizons and creating life-changing learning opportunities that prepare students for success in an increasingly global society.



Students from SWCC spent the summer in Greece.

Happenings of the Drill Senior Citizens

July 10 was a cloudy, humid morning, but it was cool inside the Drill Community Building as we gathered together again for another meeting of the Drill Senior Citizens.

Betty Sue Hess called the meeting to order. She read the prayer requests, then Tommy Meade opened devotions with prayer and Gary Thomas read from Proverbs chapter three, verses 1-13. We need to read our Bible and study God's word each day to grow closer to him.

After devotions Betty Sue called the roll. We had 28 members and three visitors present today. We missed Rev. Chester Ball and Becky today. We had several members out today; hope you were not sick.

We then stood and made our Pledge of Allegiance to our flag. I then gave the financial report. We talked about the law that was passed making styrofoam containers illegal and just wondering if the stores would stop selling it. Time will tell but we voted to stock up on paper supplies.

Our singers today were Joyce Baldwin, Janet Combs, Betsy Newton and Tommy Meade. They Sang; "Beautiful", "It's Me Again Lord", "Beulah land", "Thank You For The Roses", and Betsy led everyone in singing "God Bless America" and "Happy Birthday" to our July birthday members.

Our menu today was potluck. Betsy Newton asked the blessing over the food today. As always, our tables were full of good food, the electric skillets were full of fried potatoes and they were all eaten. The dessert counters were full of plenty of sweets to end the meal just right. As always Bruce and Barbara had the cooler full of cold drinks.

After lunch was over and clean up was complete, it was bingo time! John Combs gave out the bingo cards and Gary Thomas brought in the bingo prizes. Betty Sue started the fun by calling the numbers for first few games then I finished up so she could play her card. Our winners today were: winning one game each: Jeanine Israel, Nancy Tiller, Bruce Baldwin, Betty Sue Hess, David Compton, Ron Jackson, Freda Sweeney, Don Hess, Lucy Blankenship, John Combs and Judy Rowe. These lucky people won two games each: Linda Baldwin, Gary Thomas, and Sandy Miller. Our big winner today was Betsy Newton she won three games. Also Janet Combs had her birthday on her card.

Our next meeting is scheduled for July 24 beginning at 11 a.m. Our menu will be sandwiches and sides. Everyone welcome! Come be with us, we will make you smile.

Remember to pray for one and another. When prayers go up, blessings come down!

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Even in summer play, Honaker's JuJu Farmer (5) draws a lot of attention from opposing defenses.

Honaker girls' basketball has a big day at Va. High

By ANTHONY STEVENS
anthony@virginiamediainc.com

BRISTOL, Va. (July 14, 2026) – The Tigers have one of the state's best girls' basketball programs. Coach Misty Davis Miller has amassed 300 career wins in 15 years at the helm, including three state championships.

One of the reasons for the phenomenal success of the defending Hogoheegee District regular season, tournament, and Region 1D titles is their offseason work.

On Tuesday at the Bearcat Den, Honaker flexed Class 1 muscle. The Tigers picked up victories over David Crockett, a TSSAA 4A school, and over VHSL Class 2 host Virginia High. It capped a busy summer for the Tigers.

"I'm pleased. We've had some good games this summer," declared Miller. "Even some of the losses we took at Emory & Henry University came against good teams from Knoxville. The girls have faced strong competition this summer, and they're making strides in the right direction. Year to year, you have to step up and fill the gaps left by players you've lost, and that's what we're working to do. I see a lot of potential in this team."

Honaker certainly hasn't avoided tough competition. Many think that to be the best, you have to compete against the best.

"We're competitive and we want to win every game," Miller stated. "Sometimes you can play a good team, come out with a loss, but be better for it. That's what we've seen this summer. We've played tough competition, and the girls have stepped up and met the challenge. I'm proud of the summer season we've had."

The Tigers bring back three key starters from their 22-win team. Candence Rose will direct the offense at point guard, while shooting guard Dani Whaley and reigning *Lebanon News* Player of the Year small forward JuJu Farmer also return. All three are juniors, providing Honaker with a solid core for the upcoming two seasons.

"Those three have put in the time, and it shows on the floor," noted Miller. "They've played well all summer. I'm expecting big things from those three this coming season. I think they will do a good job carrying a leadership role for me this season."

Rose handles the ball well and is long, which allows her to change the geometry of the court defensively. Rose has great instincts and recovery ability on that end. With her athleticism, she can get to the rim, which is a positive at any level of basketball. Rose has unlimited potential.

"It opens things up when I draw defenders inside," Rose noted. "I have options to pass it back out for a teammate to shoot a 3 or to drive. We know we have to work on a few things, but I think this team will get there in time for the basketball season.

"I'm still shy about taking shots on offense. I need to be more aggressive. My teammates encourage me constantly and are always supportive."

Whaley played a key role on the patented pressure defense employed by the Tigers against the Pioneers and Bearcats. She is another 'gym rat' that works continuously on her craft.

"We work a lot on defense, but we also try to take a lot of shots," remarked Whaley. "We want to work together as a team because there are a lot of new girls coming up to varsity. We're trying to

SEE **HONAKER GIRLS | 3B**



Paisley Lowe gets the ball inside for the Tigers.

Pioneers host 7-on-7 with Tennessee High



Pioneer quarterback Will Jessee in action against Tennessee High.

By ANTHONY STEVENS
anthony@virginiamediainc.com

LEBANON, Va. (July 16, 2026) – The Pioneer football program is ready to begin its third season under head coach Hunter Norris. Lebanon is coming off a successful 8-4 campaign. The team won a Region 2D playoff game, a thriller at Virginia High, before suffering a season-ending loss at Ridgeview.

On Thursday, at the practice field at Lebanon High School, the Pioneers continued to prepare for the upcoming season with a 7-on-7 competition with Tennessee High.

"We've had 40-plus here throughout the summer, about every day," noted Norris. "We're looking pretty good. I like where we're at. The attitude and work ethic of this group is great. They've come out with the right mindset. They've attacked the summer, and we're looking to finish the next two weeks on a high note before we get into official practice."

With junior Layne Jessee, a 6-foot-2, 220-pound running back, wide receiver, and linebacker attracting D1 interest, the 2026 season shows significant promise.

"It's no secret, Layne is our guy," Norris stated. "Most of what we want to do is going to go through him. We have some great pieces around him who can spell him. As a coaching staff, we have to do a good job of getting those guys some touches, too. Will Jessee, Easton Taylor, Braelyn Hess, Ethan Horne, and a couple of others we feel very confident in. If we can get the ball in their hands in space, they can make something happen. We have to keep people honest so they can't just lock in on Layne. We're looking forward to some people stepping up and leaving their mark here at Lebanon."

Most teams use spread offenses and pass the ball frequently, but line play remains important in football. How will Lebanon look in the trenches?

"Depth is an issue for us, but I think that's everyone in southwest Virginia," remarked Norris. "We're not a big school. We're dropping down to Class 1 next year, but everyone is facing depth issues. The guys we have,

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Luke Spener has a big gain for Lebanon against the Vikings.

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LEGAL NOTICE

Legal Notice
Trustee's Sale 3865 REEDS VALLEY RD, CASTLEWOOD, VA 24224

(Parcel ID: 140R1690 & 140R1692B & 140R1692B1A) Default having been made in the terms of a certain Deed of Trust dated 1/31/2022, in the original principal amount of $294,944.00 and recorded in the Clerk's Office of the Circuit Court of the Russell County, Virginia on 2/3/2022, as Instrument No. 220000263, the undersigned Substitute Trustees will sell at public auction on 10/1/2026 at 11:00 AM, Front doors, Russell County Courthouse, 53 East Main Street, Lebanon, Virginia 24226, the property designated as 3865 REEDS VALLEY RD, CASTLEWOOD, VA 24224. Parcel No. 1: Beginning at a 40" maple tree N 10 E 110 feet to the graveyard fence, thence running with the graveyard fence 90 feet west; thence N 50 W 110 feet; thence N 55 W 300 feet; thence S 45 W 120 feet; thence S 10 W 100 feet; thence S 45 W 130 feet; thence S 75 W 120 feet to the State right of way line; thence running with the State right of way line __ 10 W 90 feet; thence running wihe the Mike Fields and Marvin Robinson property line 600 feet; thence S 10 E 30 fee to the beginning, containg 3.75 acres, more or less. There is further excepted from this conveyance by the parties of the first part a non-exclusive right of way and easement for ingress and egress over and along the existing driveway leading to above excepted 3.75 acre tract and the graveyard. Parcel 2: All that certain 0.10 acre tract of land more particularly shown and described on drawing recorded in Deed Book 689, page 651. TERMS: CASH. A deposit of $29,494.40 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 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 upon request before the sale, 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. Vylla Solutions - Virginia, LLC, 283 Constitution Drive, Suite 102, Office B, Virginia Beach, VA 23462, File No. 26-38632, Tel: 888-313-1969 **********END OF ADVERTISEMENT**********
7-22,9-2,9-9;2026

NOTICE OF TRUSTEE'S SALE
1012 Purcell Road, Lebanon, Virginia 24266

In execution of that certain deed of trust in the original principal amount of $63,280.00 dated September 30, 1994 and recorded among the land records of Russell County, in Deed Book 427, Page 421 and subsequent modifications or re-recordings, if any, as amended by an instrument appointing the undersigned as Substituted Trustee dated in the land records of Russell County, Virginia, default having been made in the payment of the indebtedness thereby secured and having been requested to do so by the holder of the note evidencing the said indebtedness, the undersigned Substituted Trustee will offer for sale at public auction in front of the Russell County Courthouse located at 53 Main Street, Lebanon, VA 24226, on:
August 13, 2026 at 11:00 AM
The property described in said deed of trust located at the above street address, and more particularly described as:
The following described tract or parcel of land with improvements thereon, to-wit:
All that certain tract or parcel of land, situate, lying and being in the Lebanon Magisterial District of Russell County, Virginia, in the Crossroads Community, and designated as Lot No. Fourteen (14), as shown on a plat prepared by D. R. Price Engineering & Land Surveying, Inc., dated March 14, 1994, entitled "Russell Hills Subdivision", which is of record in the Russell County Circuit Court Clerk`s Office in Plat Cabinet 1, at Slide 217-G, and being more particularly described as follows:
Beginning at an iron pin set in the northern right of way line of State Route No. 674, and in the southwest corner of Lot No. 15. thence with the common boundary line of Lot No. 14 and Lot No. 15 S 25 30 18 W (reversed) 251.89 feet to an iron pin in the northwest corner of Lot No. 15 and in the line of Lot No. 17; thence, with the common boundary line of Lot No. 17 S 64 29 42 E (reversed) 100 feet to an iron pin set in the northeast corner of Lot No. 13 and in the boundary line of Lot No. 17; thence with the common boundary line of Lot No. 13 S 25 30 18 W 226.93 feet to an iron pin set in the northern boundary line of State Route N. 674; thence with the northern boundary line of State Route No. 674 N 50 29 00 W (reversed) 103.07 feet to the point of Beginning.
TERMS OF SALE: Cash or certified funds. A non-refundable deposit of ten percent (10%) of the successful bid price, payable in cash or by certified or cashier's check to the undersigned will be required of the successful bidder at time of sale. Terms of sale to be complied with within 14 days from date of sale or deposit will be forfeit and property will be resold at costs of defaulting purchaser. All real estate taxes to be adjusted as of date of sale. Seller shall not be responsible for any costs incurred by the purchaser in connection with their purchase or settlement, including, without limitation, state and local recording fees, title insurance or research, or any other costs of purchaser's acquisition. The property and the improvements thereon will be sold as is, without representations or warranties of any kind. The sale is subject to all other liens, encumbrances, conditions, easements and restrictions, if any, superior to the aforesaid deed of trust and lawfully affecting the property. Trustee shall have no duty to obtain possession for purchaser. All risks of casualty pass to successful bidder at conclusion of bidding. Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower(s) entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of the Purchaser's deposit without interest. Additional terms to be announced at the sale.
FOR INFORMATION CONTACT:
Terra Abstract Virginia, Inc.
1581 Main Street
Suite 200
Warrington, PA 18976
(215) 572-8111, M-F
Between 8:00AM - 5 P.M.
(VA202500000126)
In the event of postponement of the sale, which may be done at the discretion of the trustee, the date of the postponed sale will be announced at the sale. No new or additional notice will be provided other than the announcement at the sale.
LN-7-15-4t

NOTICE OF TRUSTEE'S SALE
830 Edgar Drive, Lebanon, Virginia 24266

In execution of that certain deed of trust in the original principal amount of $57,280.00 dated October 17, 1994 and recorded among the land records of Russell County, in Deed Book 428, Page 003 and subsequent modifications or re-recordings, if any, as amended by an instrument appointing the undersigned as Substituted Trustee dated in the land records of Russell County, Virginia, default having been made in the payment of the indebtedness thereby secured and having been requested to do so by the holder of the note evidencing the said indebtedness, the undersigned Substituted Trustee will offer for sale at public auction at the Front Doors of the Russell County Courthouse located at 53 Main Street, Lebanon, VA 24226, on:
August 13, 2026 @ 11:00 AM
The property described in said deed of trust located at the above street address, and more particularly described as:
The following described property located in the County of Russell, State of Virginia All that certain tract, piece or parcel of land containing 0.372 acres, more or less, situate in the Town of Lebanon, Lebanon Magisterial District of Russell County, Va., on the north side of but not adjacent to U. S. Highway No. 19, and being more particularly described as follows:
Beginning at an iron pin in the northwestern line of the unnamed street, and being the southwest corner of the 0.459 acre lot conveyed to Clarence Lee Wilson by deed dated February 5, 1964; thence with one line of the Wilson lot N 24 44 W 200` to an iron pin; thence, reversed S 64 04 W 81.1` to an iron pin on the northeast side of a 30` unnamed street; thence with one line of the unnamed street S 24.44 E 200` to an iron pin; thence continuing with one line of the unnamed 30` street, reversed N 64 04 E 81.1` to the iron pin, the point of beginning, containing 0.372 acres, be the same, more or less, together with a right of ingress and egress to and from said lot from the northwestern line of U.S. Highway No. 19, along and over a 40` street, a distance of 690`; thence leaving the said 40` wide street, and in a southwesterly course over a 30` unnamed street to the property herein conveyed.
Property Address: 830 Edgar Drive Lebanon, VA 24266
Tax ID: 104R 3681
TERMS OF SALE: Cash or certified funds. A non-refundable deposit of ten percent (10%) of the successful bid price, payable in cash or by certified or cashier's check to the undersigned will be required of the successful bidder at time of sale. Terms of sale to be complied with within 14 days from date of sale or deposit will be forfeit and property will be resold at costs of defaulting purchaser. All real estate taxes to be adjusted as of date of sale. Seller shall not be responsible for any costs incurred by the purchaser in connection with their purchase or settlement, including, without limitation, state and local recording fees, title insurance or research, or any other costs of purchaser's acquisition. The property and the improvements thereon will be sold as is, without representations or warranties of any kind. The sale is subject to all other liens, encumbrances, conditions, easements and restrictions, if any, superior to the aforesaid deed of trust and lawfully affecting the property. Trustee shall have no duty to obtain possession for purchaser. All risks of casualty pass to successful bidder at conclusion of bidding. Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower(s) entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of the Purchaser's deposit without interest. Additional terms to be announced at the sale.
FOR INFORMATION CONTACT:
Terra Abstract Virginia, Inc.
1581 Main Street
Suite 200
Warrington, PA 18976
(215) 572-8111, M-F
Between 8:00AM - 5 P.M.
(VA202500000128)
In the event of postponement of the sale, which may be done at the discretion of the trustee, the date of the postponed sale will be announced at the sale. No new or additional notice will be provided other than the announcement at the sale.
LN-7-15-4t

PUBLIC NOTICE APPLICATION FOR REVISION TO COAL SURFACE MINING/NPDES PERMIT NO. 1302285/0082285 UNDER CHAPTER 19, TITLE 45.1 OF THE CODE OF VIRGINIA PUBLICATION NUMBER: 05RSY26 APPLICATION NUMBER: 1011925

Blacjewel, L.L.C. of 1051 Main Street, Milton, WV 25541 is applying to the Virginia Division of Mined Land Repurposing for a Revision of Permit 1302285.
This revision concerns changing part of the permit area to a post mining land use of Industrial – Manufacturing Area. The presently approved land use and acreage is 51.68 acres of hayland/pastureland. The revision proposes land uses and acreages as follows: 5.14 acres of hayland/pastureland and
46.54 acres of Industrial – Manufacturing Area.
This Facility is located approximately 3 miles West of the town of Swords Creek, off Virginia Rt. 67, in Russell County, VA located on the 7.5-minute Honaker Quadrangle map at SPC N 3,552634.760 and E
10,479,651.953 (Virginia NAD83 South Feet Coordinates). The Permit covers 51.68 acres.
Drainage and waste water resulting from the permitted operation will be discharged as follows: Discharge points 003, 004, and 006 discharge into unnamed tributaries into the Clinch River. No new discharge points are being added in this revision. The Post Mining Land Use Map showing the permit area is attached in Section 21.2 of this application. The NPDES discharge locations may be viewed on the Surface Water Hydrology Map in Section
21.2 in this application.
Any person whose interests are or may be adversely affected by the proposed revision, or an Officer, or Head of any Federal, State, or local government agency or authority may within 30 days of (August 12,2026) submit written comments or objections to the Division of Mined Land Repurposing Program concerning the proposed revision; and may also request, in writing, that the Division hold an Informal Conference concerning the application. A request for an informal conference shall follow the requirements of 4 VAC 25-130-773.13c of the Virginia Coal Surface Mining Reclamation Regulations. A copy of the Application materials is available electronically for public inspection at https://www.energy.virginia.gov/dmlrinquiry/frm-Main.a spx.
All correspondence concerning the application should be submitted to the attention of the
Mined Land Repurposing Program (Attention: Permit Section), at 3405 Mountain Empire Road; Big Stone Gap, Virginia 24219.
Written comments and a request for an informal conference may be e-mailed to the Division at repurposing-publicnotice@ energy.virginia.gov.
Questions concerning the application review process may be directed to the Permit Section at (276) 523-8160.
LN-07-22,29;08-5,12;2026

Public Notice Application For Bond Reduction Under Chapter 10, Title 45.2 Code of Virginia Publication Number: 26HNM01 Application Number: 1011930

Russell County Reclama-tion, LLC is applying for-bond reduction on Permit No.1302253 located in Russell County near South Clinchfield, Virginia off State Route 615 at the in-tersection with State Route 600. This permit consists of 1209.11 acres which are bonded under the Virginia Coal Surface Mining Rec-lamation Fund (Pool Bond) for $ 2,686,800.00 in the form of certificate of deposit. As provided by §§4VAC25-130-800.40 and 4VAC25-
130-801.17 of the Virginia Coal Surface Mining Rec-lamation Regulations, the Applicant is requesting a Phase I bond reduction of $183,600.00 of on Incre-ments 9, 10, 19 and 20 con-sisting of 102.16 acres and the Applicant is requesting the current bond amount of $291,000.00 be released (a Phase III final release of increments18 and 25) con-sisting of 97.38 acres.
The Phase I bond reduction request is based on the fol-lowing reclamation:
(1) Backfilling and regrade work has been completed.
(2) The reclamation work performed occurred be-tween 2019 and 2024.
(3) The reclamation work has returned the disturbed areas to AOC.
(4) The Post-Mining Land Use is Unmanaged Forest Land.
The Phase III bond release request is based on the fol-lowing reclamation:
(1) The Post-Mining Land Use is Industrial – Manufac-turing.
Any person with a valid legal interest which might be ad-versely affected by this pro-posal, or an officer or head of any federal, state or local government agency or au-thority, may within 30 days of (July 29, 2026) submit writ-ten comments or objections concerning this bond reduc-tion, and may also request, in writing, that the Mined Land Repurposing Program hold an Informal Conference concerning this application. A copy of the application materials is available elec-tronically for public inspec-tion at https://www.energy. virginia.gov/dmlrinquiry/frm-Main.aspx?ctl=4.
All correspondence concern-ing this application should be submitted to the Mined Land Repurposing Program (Attention: Permit Section), 3405 Mountain Em-pire Road, Big Stone Gap, Virginia 24219.
Telephone
(276) 523-8160. Written comments and a request for informal conference may be e-mailed to the Division at repurposingpublicnotice@ energy.virginia.gov.
LNR-7-8,15,22,29;2026

NOTICE OF TRUSTEE'S SALE
4896 Back Valley Rd, Cleveland, Virginia 24225

In execution of that certain deed of trust in the original principal amount of $58,100.00 dated August 8, 1991 and recorded among the land records of Russell County, in Deed Book 387, Page 542 and subsequent modifications or re-recordings, if any, as amended by an instrument appointing the undersigned as Substituted Trustee dated in the land records of Russell County, Virginia, default having been made in the payment of the indebtedness thereby secured and having been requested to do so by the holder of the note evidencing the said indebtedness, the undersigned Substituted Trustee will offer for sale at public auction in front of the Russell County Circuit Court Building, 53 East Main Street, Lebanon, Virginia, on:
July 30, 2026 at 11:00 AM
The property described in said deed of trust located at the above street address, and more particularly described as:
All that certain lot or parcel of land, with all appurtenances thereunto belonging, lying and being in the Castlewood (formerly Cleveland) Magisterial District of Russell County, Virginia, on the south side of and adjacent to State Route 615, and containing 0.40 acres, more or less, as shown on a map and plat by Frank A. Carpenter, Certified Land Surveyor, dated March 1980, a copy of which is recorded in Deed Book 296, at Page 93, Russell County, Virginia, records, reference to which plat is hereby made for a more full and complete description of the said property conveyed.
Beginning at a point in the southern right of way line of State Route 615 being the northeastern corner of the subject property which point is marked by a post; thence, N 65 degrees 15` E 111.16 feet to a post, a corner; thence, in a southern direction S 15 degrees 48` E 169.90 feet to an iron pin, a corner; thence S 68 degrees 56` W 99.77 feet to an iron pin, a corner; thence, with a line of Ronald McGlothlin N. 19 degrees 30` W 162.10 feet to the point of Beginning and containing 0.40 acres, more or less.
TERMS OF SALE: Cash or certified funds. A non-refundable deposit of ten percent (10%) of the successful bid price, payable in cash or by certified or cashier's check to the undersigned will be required of the successful bidder at time of sale. Terms of sale to be complied with within 14 days from date of sale or deposit will be forfeit and property will be resold at costs of defaulting purchaser. All real estate taxes to be adjusted as of date of sale. Seller shall not be responsible for any costs incurred by the purchaser in connection with their purchase or settlement, including, without limitation, state and local recording fees, title insurance or research, or any other costs of purchaser's acquisition. The property and the improvements thereon will be sold as is, without representations or warranties of any kind. The sale is subject to all other liens, encumbrances, conditions, easements and restrictions, if any, superior to the aforesaid deed of trust and lawfully affecting the property. Trustee shall have no duty to obtain possession for purchaser. All risks of casualty pass to successful bidder at conclusion of bidding. Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower(s) entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of the Purchaser's deposit without interest. Additional terms to be announced at the sale.
FOR INFORMATION CONTACT:
Terra Abstract Virginia, Inc.
1581 Main Street
Suite 200
Warrington, PA 18976
(215) 572-8111, M-F Between 8:00AM - 5 P.M.
(VA202500000125)
In the event of postponement of the sale, which may be done at the discretion of the trustee, the date of the postponed sale will be announced at the sale. No new or additional notice will be provided other than the announcement at the sale.
LN-7-1,8,15,22;2026

Trustee's Sale
75 ANGEL WAY AVENUE, CLEVELAND, VA 24225
(Parcel ID: 105L SA 2802)

Default having been made in the terms of a certain Deed of Trust dated July 2, 2024, in the original principal amount of $220,924.00 and recorded in the Clerk's Office of the Circuit Court of the County of Russell, Virginia on July 2, 2024, as Instrument Number 240001131, the undersigned Substitute Trustees will sell at public auction on August 20, 2026 at 11:00 AM, in front of the building housing the County of Russell Circuit Court, 53 East Main Street, Lebanon, VA 24266, the property designated as BEING all of those certain two lots or parcels of land, situate, lying and being in the Lebanon Magisterial District of Russell, Virginia, near Spring City, and on the south side of but not adjacent to Secondary Highway No. 662, and being known and designated as Lots Nos. Twenty (20) and Twenty-One (21), as shown on plat of a part of the H. Cleve Gray property, surveyed by J. W. Hortenstine, Certified Land Surveyor, and which` said plat is of record in the Office of the Clerk of Russell County, Virginia in Plat Book 2, at page 21, reference to which is hereby made and as if set out in full herein. 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 of $22,000.00 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 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 upon request before the sale, 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. Tromberg, Miller, Morris & Partners, PLLC on behalf of Southeast Equity Trustees, LLC and/or NFPDS-VA LLC, Substitute Trustee(s), 5310 Markel Road, Suite 201, Richmond, VA 23230, File No. 26-001415-VA, Tel: 804-525-1570.
LN-6-24,7-15,22;2026

LEGAL NOTICES

LEGAL NOTICES

LEGAL NOTICES

LEGAL NOTICES

LEGAL NOTICES

Final Notice and Public Explanation of a Proposed Activity in a 100-Year Floodplain and Wetland

To: All interested Agencies [including all Federal, State, and Local], Groups and Individuals

This is to give notice that the Town of Honaker has conducted an evaluation as required by Executive Order 11988 and 11990, in accordance with HUD regulations at 24 CFR 55.20 Subpart C, "Procedures for Making Determinations on Floodplain Management and Wetlands Protection". The project title is Honaker Flood Recovery & Resilience.

The proposed action consists of permanent repairs around a section of waterline near Triple Court Drive which was damaged during the February 2025 flood event and temporarily repaired shortly afterward. The project will also seek to install an emergency generator at the Putnam Well located nearby in order to mitigate the potential for public water service loss during extended power outages. GPS locations of these two activities are (37.0198, -81.9637) and (37.0187,-81.9623), respectively.

The combined project area consists of approximately 0.24 acres; of that, approximately 0.2 acres of the project area intersects with the 100-Year Floodplain. Similarly, waterline repairs will intersect with a known riverine wetland associated with Lewis Creek. Approximately 0.2 acres of the project area will intersect with said wetland.

The Town of Honaker has considered the following alternatives and mitigation measures to be taken to minimize adverse impacts and to restore and preserve natural and beneficial values: This project must occur in the floodplain/wetland due to the nature of the project and both the geographic constraints posed by the area in which it is located. The only alternative to this project—a no-action alternative—would allow existing conditions to persist.

Permitting and consultation will be required to ensure that any and all mitigation and restoration measures will be undertaken for the protection of the natural and beneficial values of the floodplain and wetland in the project area. This project will comply with all state, federal, and local floodplain/wetland protection procedures and follow Best Management Practices (BMPs) for mitigation of potential environmental impacts.

The Town of Honaker has reevaluated the alternatives to building in the floodplain and wetland, and the Town Council has determined that it has no practicable alternative. Environmental files that document compliance with steps 3 through 6 of Executive Orders 11988 and 11990 are available for public inspection, review and copying upon request at the times and location delineated in the last paragraph of this notice for receipt of comments.

There are three primary purposes for this notice. First, people who may be affected by activities in floodplains/wetlands and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Second, an adequate public notice program can be an important public educational tool. The dissemination of information and request for public comment about floodplains/wetlands can facilitate and enhance Federal efforts to reduce the risks and impacts associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplains/wetlands, it must inform those who may be put at greater or continued risk.

Written comments must be received by the Town of Honaker at the following address on or before Wednesday, July 29, 2026: Town of Honaker, PO Box 746, Honaker, VA 24260, Attention: Valerie Sykes, Clerk. A full description of the project may also be reviewed from 8 AM to 4 PM at the offices of the Cumberland Plateau Planning District Commission – 224 Clydesway Drive, Lebanon, VA 24266. Comments may also be submitted via email at CPerkins@cppdc.org. All written comments received on or before Wednesday, July 29 will be considered.

We are pledged to the letter and spirit of Virginia's and HUD's equal opportunity housing policies. Virginia's fair housing law makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, national origin, sex, elderliness, familial status or handicap. This newspaper (**The Lebanon News**) will not knowingly accept advertising for real estate that violates the fair housing law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. For more information about Virginia's Fair Housing Law or to file a fair housing complaint call the Virginia Fair Housing Office at (804)367-8530. Toll free call (888)551-3247/ For the hearing impaired call (804)527-4290.





Dani Whaley (12 makes a move into the paint for the Tigers.

HONAKER GIRLS

FROM PAGE 1B

work together and figure out how each other plays.

"I feel really good about the upcoming season. I'm so happy to get back in the gym."

Farmer is versatile and can do everything on the court. She has a combination of size and shooting ability and is a factor on the defensive end. Farmer is fluid on the floor and has grown accustomed to being the focus of opposing defenses.

"Even though they are early, these camps show us what we need to improve on," commented Farmer. "We're still learning about each other and how to read each other. Defense is our thing, so we always focus on it."

The Tigers graduated only two, Carey Keene and Cheyenne Musick.

Farmer said, "Every season, we graduate players, and that's simply part of the process. We must learn and grow from it. Even with the loss of two talented players, we believe we can still succeed and go far this season."

Also returning with varsity experience are Sophie Campbell (jr.), who saw some starts last year,

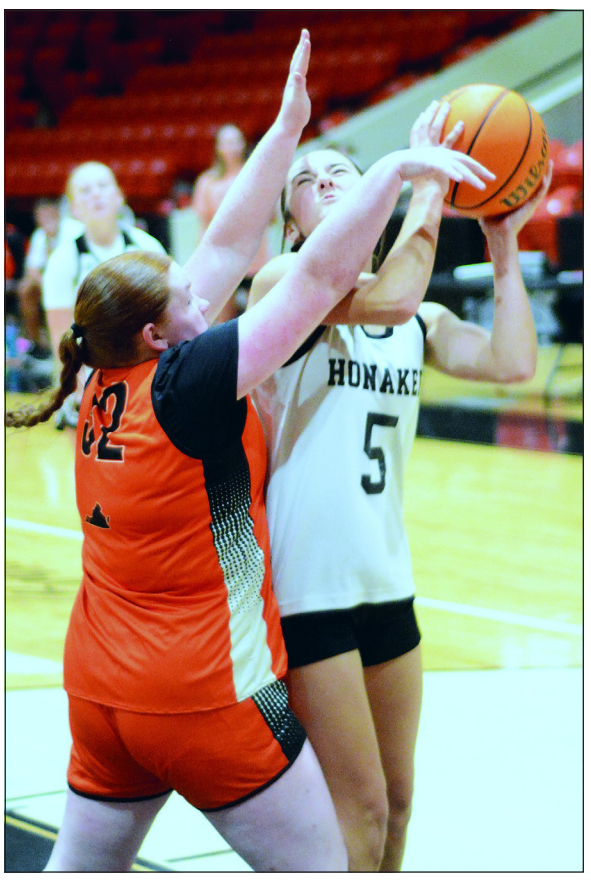
Paislee Lowe (so.), and Ily Bandy (so.). Alivia Keene (sr.) and Ava Keene (so.) also return but were unable to attend the games against Crockett and VHS.

Working with the varsity this summer are sophomores Taylor Honaker and Sawyer Bailey, along with freshmen Lyla Bostic, Christine Gennette, and Ainsley Rose.

"Those girls have come out and worked hard," Miller stated. "Whenever you step up to a new level, it's a different pace and a different level of competition, and there's an adjustment phase. I feel there's a lot of good talent there."

Before you know it, practice will start in earnest in November, and of course games begin in December. The Tigers want to hit the court running then.

"We just have to keep working hard," said Coach Miller. "You have to put in a lot of time during the off-season, and that's what I told them today. Between now and November, we don't want to let up. We want to make a big push between August and November and fix the problems we've seen that we need to work on. I'm excited to have this team. The key for us is always defense. We have speed, length, and athleticism. We want to build on the defense and hustle we've always had."



Cadence Rose (5) gets inside against pressure from the Bearcats.

PIONEERS HOST

FROM PAGE 1B

we feel very confident in them. The reason we feel that way is their work ethic. We have some smart kids. We will lean heavily on Haiden Sears and Wesley Alexander. Those are two guys who will make or break us on the line, and they know that. We're looking to scheme around them and let them lead the offense and defensive lines. We have some guys we can use to spell them on the defensive side of the ball and give them a break. They attacked it the right way. With their leadership skills, they've barely missed this summer. They've done a good job of staying committed and being here when they can. They are setting the right example."

The Pioneers graduated 14 players, including their four-year starting quarterback Mike Reece. Lebanon will now rely on freshman Will Jessee, Layne's brother, to take the snaps.

"We feel good about Will; he's done a good job," Norris said. "I got to watch Mike develop for two seasons, and it's been a good summer watching Will. He learned from Mike, who was a great mentor and taught him a lot about the game of football, about what we want to do, how to be successful, and how to lead the right way. We talk about leadership not having an age or grade level. Will is not a vocal guy, but he leads by example and does what we ask him to do.

"We're excited for Will not only at quarterback but on the defensive side of the ball. He is a kid who will play a lot of positions on the defensive side of the ball; he's a versatile athlete. We're looking forward to Will having a breakout season, his first year on varsity."

High school football practice officially begins on Thursday, July 30th. On August 20th, the Pioneers will host Ridgeview for a Benefit game. The regular season officially starts on August 27th, with the prestigious "Coal Bowl" at Honaker's Fuller Field.



Ethan Horne grabs a pass from Will Jessee in the 7-on-7 competition against Tennessee High at the Lebanon High School practice field.



Coach Hunter Norris talks things over with the Pioneers before they run a play.

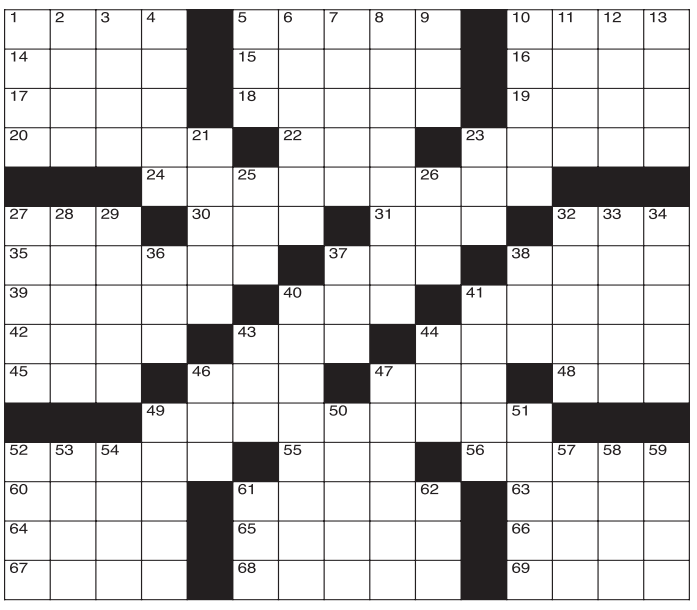
DIVE RIGHT IN WORD SEARCH

H	P	K	I	P	K	S	E	K	O	R	T	S	Y	A	R	V	U	R	E
M	G	O	G	G	L	E	S	H	E	W	Y	H	E	P	W	C	E	E	L
H	S	O	H	D	S	P	W	K	F	F	C	A	O	I	H	L	N	T	Y
S	W	S	Y	T	L	P	O	P	L	A	E	M	K	Y	H	A	I	A	T
A	D	E	U	B	A	R	P	O	E	P	U	L	S	H	W	N	R	W	S
L	H	Y	B	N	T	E	A	B	T	Y	Y	B	A	H	H	E	O	B	E
P	K	K	G	S	S	T	R	I	K	T	L	G	V	P	S	S	L	H	E
S	T	T	K	P	I	C	U	B	R	A	V	F	R	B	S	P	H	C	R
K	Y	C	O	N	A	S	R	A	O	O	R	B	R	R	T	E	C	U	F
E	A	N	G	T	M	L	I	E	M	T	G	O	T	E	L	T	W	M	V
B	C	U	G	I	B	N	L	Y	E	D	W	W	L	A	T	N	T	W	B
D	U	N	W	U	I	R	S	O	D	N	S	T	V	S	P	T	D	A	Y
S	U	S	A	N	O	W	C	I	O	E	N	C	L	T	P	E	U	D	P
S	D	O	G	R	D	C	V	E	R	P	T	D	G	S	U	A	A	B	L
V	W	K	H	E	U	I	K	G	Y	A	O	A	K	T	T	S	S	B	P
D	V	Y	P	H	N	D	G	W	Y	B	W	D	I	R	F	K	S	H	U
B	E	T	H	G	L	N	N	N	I	V	E	T	E	O	A	S	R	N	P
C	H	H	Y	W	D	N	A	E	C	O	L	F	B	K	M	D	L	A	U
Y	K	D	R	A	U	G	E	F	I	L	U	V	S	E	A	S	T	K	E
F	M	I	W	L	I	I	A	K	N	R	D	W	I	C	F	H	U	M	F

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BACKSTROKE
BEACH
BREASTSTROKE
BREATH
BUTTERFLY
CHLORINE
DEPTH
DIVING
ENDURANCE
FLOATING
FREESTYLE
GOGGLES
LANES
LAPS
LIFEGUARD
OCEAN
POOL
SPLASH
STROKES
SUNSCREEN
SWIMSUIT
TOWEL
TRAINING
WATER



CLUES ACROSS

1. Listen to
5. Presents
10. A type of guitar
14. Actor Idris
15. A citizen of Iran
16. Pretentiously artistic
17. Harness
18. Diamond weight measurement
19. "Better Call __"
20. Fervent support
22. Male cat
23. Jewish spiritual leader
24. Disposed to venture or take risks
27. A way to nail
30. Cool!
31. Women's __ movement
32. "Losing My Religion" rockers
35. Step-shaped recess
37. A princess can detect it
38. Tractor-trailer
39. Leslie and Leon are two
40. Color at the end of the spectrum
41. Lines where fabrics are sewn
42. Dodgers great Hershiser
43. Floor covering
44. Traveled aimlessly
45. Rocker Stewart
46. Body art
47. Congressman (abbr.)
48. No seats available
49. Breaks apart
52. Hand gesture
55. Ballplayer's tool
56. Sword
60. Baseball team
61. Upper bract of floret of grass
63. Italian Seaport
64. Mars crater
65. Tube on a shoelace
66. U. of Miami mascot
67. South American nation
68. Video game series "Max __"
69. Upper body part

CLUES DOWN

1. German courtesy title
2. Ancient Greek personification of mercy
3. Jewish calendar month
4. Family of long-legged frogs
5. Photo
6. Delivered a speech
7. Lute used in Indian music
8. Decorated
9. Cease to stand
10. The bottom layer
11. Member of a Semitic people
12. Part of a ticket
13. Defunct monetary unit
21. Challenges
23. Body part
25. Tell on
26. By way of
27. Shady green alcove
28. Egyptian city
29. __ and flowed
32. Widens a hole
33. Eurasian wheat
34. Act incorrectly
36. "Be back later"
37. Al Bundy's wife
38. Ocean
40. Large root eaten as a vegetable
41. Units of subjective loudness
43. Music genre
44. A way to drench
46. Popular hot beverage
47. Silk-like cotton fabric
49. Rumanian city
50. Come back
51. Vaccine developer
52. Canadian law enforcers
53. Wings
54. Observational comedian Bill
57. Small fry
58. __ Clapton, musician
59. Take a chance
61. Semi-liquid food for babies
62. Consumed food

PUZZLE SOLUTION

H	E	A	R	■	P	O	S	E	S	■	B	A	S	S
E	L	B	A	■	I	R	A	N	I	■	A	R	T	Y
R	E	I	N	■	C	A	R	A	T	■	S	A	U	L
R	A	B	I	D	■	T	O	M	■	R	A	B	B	I
■	■	■	D	A	R	E	D	E	V	I	L	■	■	■
A	C	E	■	R	A	D	■	L	I	B	■	R	E	M
R	A	B	B	E	T	■	P	E	A	■	S	E	M	I
B	I	B	B	S	■	R	E	D	■	S	E	A	M	S
O	R	E	L	■	R	U	G	■	R	O	A	M	E	D
R	O	D	■	T	A	T	■	S	E	N	■	S	R	O
■	■	■	S	E	P	A	R	A	T	E	S	■	■	■
R	A	B	I	A	■	B	A	T	■	S	A	B	E	R
C	L	U	B	■	P	A	L	E	A	■	B	A	R	I
M	A	R	I	■	A	G	L	E	T	■	I	B	I	S
P	E	R	U	■	P	A	Y	N	E	■	N	E	C	K

SUDOKU

					7			5
					3		8	
1	6				4		9	
	3			7	6			
7		1				5		2
				5				7
6				3			1	
					9			
		8		2		9		

Level: Intermediate

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to swimming.

T E K S O R

Answer: Stroke

GUESS WHO?

I am a singer/dancer/actress born on July 24, 1969 in New York. I danced before I took up acting, and my breakout performance was playing the lead character in a biopic about a slain singer. I have sold more than 80 million records worldwide, and I've starred in many hit films.

Answer: Jennifer Lopez

CRYPTO FUN

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Solve the code to discover words related to swimming.
Each number corresponds to a letter.
(Hint: 23 = E)

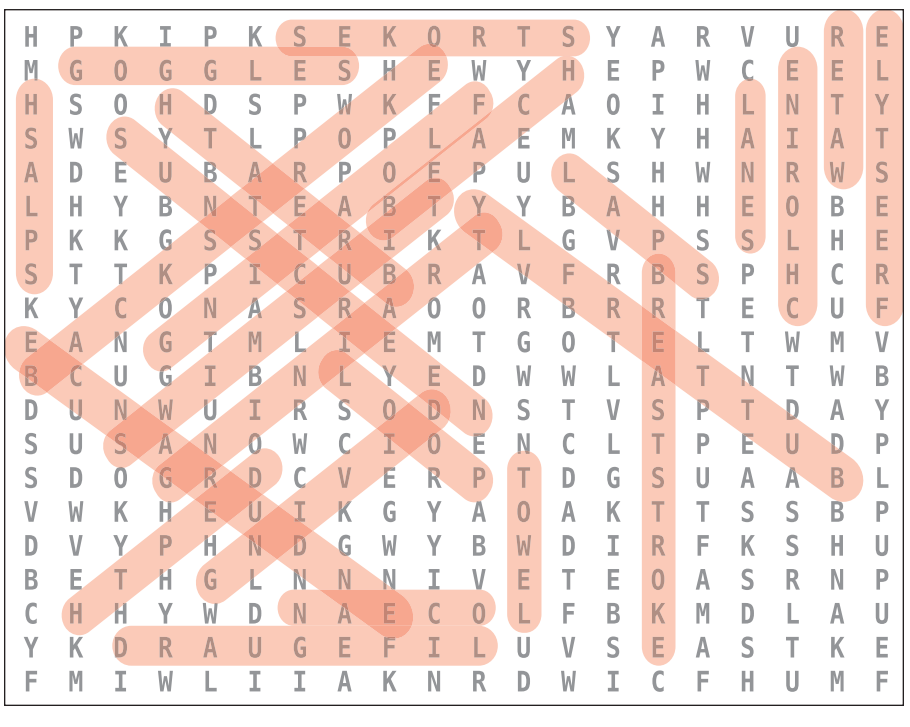
A. 3 11 11 18
Clue: A place to take a dip

B. 11 6 23 22 17
Clue: Salty sea

C. 18 22 1 23
Clue: Freshwater body

D. 24 25 2 23 24
Clue: Can have rapids

Answers: A. pool B. ocean C. lake D. river



SUDOKU SOLUTION

9	8	3	6	1	7	4	2	5
4	2	7	5	9	3	6	8	1
1	6	5	2	8	4	7	9	3
5	3	2	1	7	6	8	4	9
7	9	1	3	4	8	5	6	2
8	4	6	9	5	2	1	3	7
6	7	9	8	3	5	2	1	4
2	1	4	7	6	9	3	5	8
3	5	8	4	2	1	9	7	6

Horoscopes

ARIES – Mar 21/Apr 20

How you respond to a situation matters more than how quickly you react, Aries. Interactions with others will feel more charged than expected, but will be effective.

TAURUS – Apr 21/May 21

Taurus, slow down so you can see what actually matters right now. You may feel slightly off if you move too quickly; give yourself time to respond to those seeking your help.

GEMINI – May 22/Jun 21

You may want to say yes to something quickly, Gemini, without giving it ample time for consideration. Do not jump into things without careful reflection. It's hard to backtrack.

CANCER – Jun 22/Jul 22

What you prioritize this week will shape how stable you feel, Cancer. Focus on those things that matter to you the most and give them your full attention.

LEO – Jul 23/Aug 23

Leo, when your messages are clear and direct, others will understand you more easily and this will keep discussions moving forward. Clarity comes from simplicity.

VIRGO – Aug 24/Sept 22

This week you may feel a pull between staying comfortable and going deeper into something that has been on your mind, Virgo. When you stay grounded, your decisions will be easier.

LIBRA – Sept 23/Oct 23

Tell others what you need without conforming to what you think they want you to be, Libra. You may feel pulled between your needs and theirs. Stay clear about what works for you.

SCORPIO – Oct 24/Nov 22

Set clear boundaries around your time this week, Scorpio. Your work will be consistent and controlled. This is how to find success.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, plans will move better this week when you keep them simple and flexible. Progress will build when you have a clear and manageable plan.

CAPRICORN – Dec 22/Jan 20

It is important to be direct with others about your limits, Capricorn. Identifying what you are willing to do and what you are not can help you and others to achieve your collective goals.

AQUARIUS – Jan 21/Feb 18

A shift in your perspective this week helps everything make more sense to you, Aquarius. You may feel tension, but take a moment to think before responding to others.

PISCES – Feb 19/Mar 20

You may be pulled to either avoid a topic or resolve it quickly, Pisces. Progress builds when you stay present and define what's actually beneficial.

FAMOUS BIRTHDAYS

JULY 19
Jared Padalecki, Actor (44)

JULY 20
Julianne Hough, Dancer (38)

JULY 21
Juno Temple, Actress (37)

JULY 22
Willem Dafoe, Actor (71)

JULY 23
Slash, Guitarist (61)

JULY 24
Kristin Chenoweth, Actress (58)

JULY 25
Meg Donnelly, Actress (26)

EATON POWER SOLUTIONS

FROM PAGE 1B

"Not only do we manufacture portable solar power trailers in the region, but we also rent them or install them from our 21 Mountain View Circle, Honaker location," Eaton said. "We design and build trailer-mounted solar power systems that deliver clean, reliable electricity anywhere it is needed with no additional fuel costs, no noise and no emissions.

"I started the business because I saw a need for it in order to supply power in remote areas. "No plug-in or panel? No problem. With the solar power trailer, the need for electricity is met. "We offer 5, 10 and 15kw trailer models, but can customize them to meet specific customer needs."

Eaton noted response to his new business, which opened last September, has been good.

"What we have seen is a clear, validated demand for both the sales and rental sides of the business," Eaton said. "Existing customers have responded enthusiastically to the project and inquiries for both purchases and rentals continue to grow as word spreads across the region of their availability."

He noted in the near term, the business is marketing its services in the seven county-coalfield region as well as into Washington County. In the longer term, Eaton plans to expand sales and rentals into surrounding multi-state Appalachian markets including those in Northeast Tennessee, Western North Carolina, Southeast Kentucky and Southern West Virginia.

Eaton used the VCEDA grant for the component supplies and equipment needed to build and equip the solar trailers.

"I am really thankful for the grant," Eaton said. "It will help us to furnish out the trailers."

The trailers are available for purchase or may be rented out by the day, the week, or longer as needed. They assist with powering light towers, food trucks, as emergency back-up power sources and more and are noise and emissions-free, unlike a traditional generator, Eaton noted. Currently, he has five available for rent.

Eaton worked with the Small Business Development Center at Southwest Virginia Community College in developing his application to VCEDA. He received a letter of support from the Russell County Industrial Development Authority.

"We are always excited to see new entrepreneurs invest in Southwest Virginia, bringing innovation, specialized services and new opportunities to our local economy," said Denise Harmon, SBDC director at SWCC. "It was a pleasure working with Josh as he launched Eaton Power Solutions and turned his business vision into reality. His dedication and entrepreneurial spirit are a great example of the talent and determination found throughout our region. The SBDC is proud to have been part of Josh's entrepreneurial journey. We wish him continued success and look forward to watching Eaton Power Solutions grow, serve the community, and contribute to the economic vitality of Southwest Virginia. Congratulations, Josh, on this well-deserved achievement."

"Eaton Power Solutions fills a critical need in Russell County by expanding access to alternative energy services," said Laura Gilmer, executive director of the Russell County Industrial Development Authority. "Businesses like this one are exactly the kind of forward-looking investment that will help attract new business growth to our county, while creating jobs and generating new tax revenue for our community."

The business is open from 8 a.m. to 5 p.m., Monday-Friday. For more information about Eaton Power Solutions, interested persons may visit the website at eatonpowersolutins.com or visit the Facebook page. Contacts for company services may be made via Facebook Messenger or by emailing .



