

Data center developer announces project in Russell County

By SHAWN STREET
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It has been suspected for some time now that a data center will be coming to the former Moss 3 site.

In 2024, the county applied for, and received, an Abandoned Mine Land Economic Revitalization grant for the construction of a bridge on the property. A data center was mentioned in the application as a possible business.

Since that time, nothing official has been announced by county or data center

officials. But late last week, a major data center developer updated its website, listing Russell County among its projects.

Oasis Digital Properties is a data center development company founded in 2024 by commercial real estate veterans Ross Litkenhous and Nick Over. The company develops data centers both inside and outside traditional technology hubs.

Under the title "Projects", Oasis's website states, "Learn more about the unique data center development opportunities Oasis is bringing to new and diverse mar-



The title slide of a PowerPoint presentation made by the Russell County IDA to bring a data center to the former Moss 3 site.



Tiny Miss contestants: Kinslee McDaniel, India Goliday, Abigail McGlothlin and Wrenley Plaster.

Maddie Percy crowned Miss Russell County Fair

By SHAWN STREET
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The 2026 fair season got underway on Aug. 15 with the annual Miss Russell County Fair pageant. Eight ladies competed for the crown with Nickelsville's Maddie Percy being named the new Miss Russell County Fair.

Jenni Boardwine was first runner-up. Second runner-up went to Lacey Hill and third runner-up went to Lillian Campbell.

Other contestants were Madison Sawyers, Carley Shelton, Camille Hammons and Mackenzie Robinette.

Robinette won the People's Choice Award.

Three women competed for the crown of the Elite category. Breanna Blevins was crowned Miss Elite. Others competing for the crown were Hannah McGlothlin and Marissa Bailey.

The 2026 Miss Teen Russell County Fair is Ava

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Mackenzie Robinette was the People's Choice winner.



Miss Russell County Fair 2026 Maddie Percy.

Citizens raise objections to Moss 3 data center

By SHAWN STREET
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In recent years data centers have become one of the most controversial industries across the nation.

According to a Gallup poll from March of this year, 71 percent of Americans oppose the construction of a data center near their homes. By comparison, the poll found only 53 percent of Americans oppose the construction of a nuclear power plant near their home.

Opposition to data centers crosses political lines as registered Republicans, Democrats and Independents have voiced opposition to such facilities.

Opposition to data centers is based on several factors.

Data centers consume enormous amounts of electricity. Some studies have shown they can use as much electricity as hundreds or even thousands of homes. Opponents say this drives up costs and puts a tremendous strain on electric infrastructure.

The amount of water needed for cooling systems is another universal concern. Data centers can require hundreds of thousands or even millions of gallons of water each day. Opponents say it creates unnecessary competition for water between the centers and residents, farmers and smaller businesses.

Noise from low-frequency cooling fans and generators, air quality and land value are other concerns often cited.

Such concerns, as well as voter opposition, prompted members of the Virginia State Senate – Louise Lucas (D), Russet Perry (D) and Richard Stuart (R) – to write Governor Abigail Spanberger. Their letter called for a data center moratorium in Northern Virginia.

Late last week, Oasis Digital Properties, a developer of data centers, announced it is working on a project in Russell County. That announcement caught the attention of the group that led the fight against a proposed mega-landfill at the former Moss 3 site in 2023 and 2024.

Since the end of the landfill controversy, members of the group have been reporting activities on the Moss 3 property on the group's Facebook page -- We Say No to Moss 3 Landfill Public Group.

Reports of men in suits surveying the property, people studying the water at nearby Lake Bonaventure and other activities were mentioned as concern grew that a data center could be coming to the area.

When the Oasis announcement became known, group members instantly voiced plans to oppose the data center.

R.D. Snead stated, "Let's go to work, start asking questions get facts together get ready for next BOS (board of supervisors meeting). If you care, please be at the next BOS meeting. Keep your eyes and ears open."

Jared Ring outlined four areas of concern. They were potential environmental impact, whether or not the county would be paid for the data center to locate in the county, what exactly is being hosted and the price of electricity.

"I'd want some sort of guarantee that the buildout and subsequent energy use from nearby Carbo wouldn't hike prices," he said.

School system updates admission policy to VHSL events

By SHAWN STREET
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Russell County Public Schools recently announced a change to its policy regarding student admission to Virginia High School League sporting events.

Last year, RCPS offered free admission for students to home events.

For the 2026-2027 school year, however, the school system said it is unable to provide free admission.

A statement released by the central office announced,

"Due to budget constraints, the school division has had to make cuts in several areas this year, and unfortunately, we are unable to continue providing free student admission."

In an effort to keep school events as affordable as possible, the price for student admission will be lowered. Student tickets to VHSL events are usually \$7 or \$8. RCPS will offer student tickets for \$5.

"Students will also have the option to purchase a \$50 season pass for their school, providing an additional way for students who regularly attend events to save on admission costs," the statement said.

School officials stress that the \$5 student admission

price and \$50 school season pass apply to regular-season home events only. These prices and passes cannot be honored during benefit games or postseason play, as prices are established by the VHSL and/or the sponsoring district or region.

"Our students bring tremendous energy and school spirit to these events, and we want them in the stands supporting their classmates," the statement went on to read. "We hope our families and communities will continue to come out and support our student-athletes, band members, cheerleaders, and all students who represent RCPS through VHSL activities."



Sheriff's office K9 Nova to receive body armor

By SHAWN STREET
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The newest member of the Russell County Sheriff's Office, K9 Nova, will soon receive body armor that will protect her from bullets and knives.

K9 Nova will receive the vest thanks to a donation from Vested Interest in K9s, a non-profit organization based in Massachusetts.

The vest was sponsored by the Virginia L. Stoner Huguenard Endowment Fund of Corunna, Indiana and will

be embroidered with the sentiment "In memory of Virginia L. Stoner Huguenard". Delivery is expected within 10 weeks.

Vested Interest in K9s, Inc., established in 2009, is a 501(c)(3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. This potentially lifesaving body armor for four-legged K9 officers is made in America, custom fitted, and National Institute of Justice (NIJ) certified. Since its inception, Vested Interest in K9s, Inc. has provided over 6,631 vests valued at \$6.9 million to K9s in all 50 states, made possible by both private and corporate donations.

The program is open to U.S. dogs at least 20 months old, actively employed, and certified with law enforcement or related agencies. K9s with expired vests are also eligible to participate. There are an estimated 30,000 law enforcement K9s throughout the United States.

Vested Interest in K9s, Inc. accepts tax-deductible contributions in any amount, while a single donation of \$1,050 will sponsor one vest. Each vest has a value of \$1,800, weighs an average of 4 to 5 lbs., and comes with a five-year warranty. For more information, or to learn about volunteer opportunities, please call (508) 824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at www.vik9s.org, or you may mail your contribution to P.O. Box 9, East Taunton, Massachusetts 02718.

DATA CENTER

FROM PAGE 1A

kets."

The first project listed is "Russell County IDA. 236-acre site adjacent to an AEP power plant with immediate power availability."

Oasis provided a link to a PowerPoint presentation that is credited to the Russell County Virginia Industrial Development Authority.

The presentation shows a handful of photographs of the Moss 3 site. It boasts of Lake Bonaventure being a source of water. The presentation states the lake is 66 acres with over 500 million gallons of water capacity. It adds that a "pump station is already in place with a 12" supply line feeding the Industrial Complex."

Lake Bonaventure, as well as other water supplies such as Kiser Well and the county's public service authority, could produce "Daily capacity of approximately 500,000 gpd."

The presentation shows two power resources. The first being the AEP Carbo Power Plant. According to the presentation, the power plant is:

Located 1.9 miles SW of the Industrial Complex
450 MW natural gas power plant
Currently serves the site with an existing 12kV line
Existing 138kV circuit is located 0.5 miles SE of the site

Plant can provide transmission level power, including large power users +50MW [verify intended symbol/meaning]

The second source of power is the Dominion Energy Virginia City Power Plant. Its assets are said to be:

Located 9 miles SW of the Industrial Complex
668 MW hybrid power plant
Interconnection located at the Carbo Power Plant
Plant can provide transmission level power, including large power users +50MW

The Russell County IDA, in the presentation, stated that total property investment to date is \$7,525,500.

The presentation concluded with reasons why Russell County would make a great site for a data center. The reasons given were:

Adequate acreage for security and seclusion
Short timeline to access over 1 GW of power
Numerous water assets for equipment cooling
On site rail assets for importing building materials and equipment

Attractive tax rates for data center projects
Excellent local and state incentive programs

Oasis's website boasts of benefits to data centers. "Data centers produce the highest positive net fiscal revenues of any real estate type in a given locality. Their demand for public services is minimal and tax revenue generation is extraordinarily high," the website stated. "Data centers can transform neglected or underused sites into modern, attractive locations that drive interest and awareness for further local economic development."

Oasis officials also state that unlike other investments, "... "data centers do not lead to traffic congestion, do not impact the character of a community, and do not strain public resources such as emergency services and public schools."

The website also states, "Oasis utilizes significant landscape buffers and setbacks to ensure its data centers operate in the background while generating significant, sustained, steady municipal revenue. This revenue can be leveraged to invest in further economic development growth, reduce the overall tax burden on the community, and fund public capital improvement projects."



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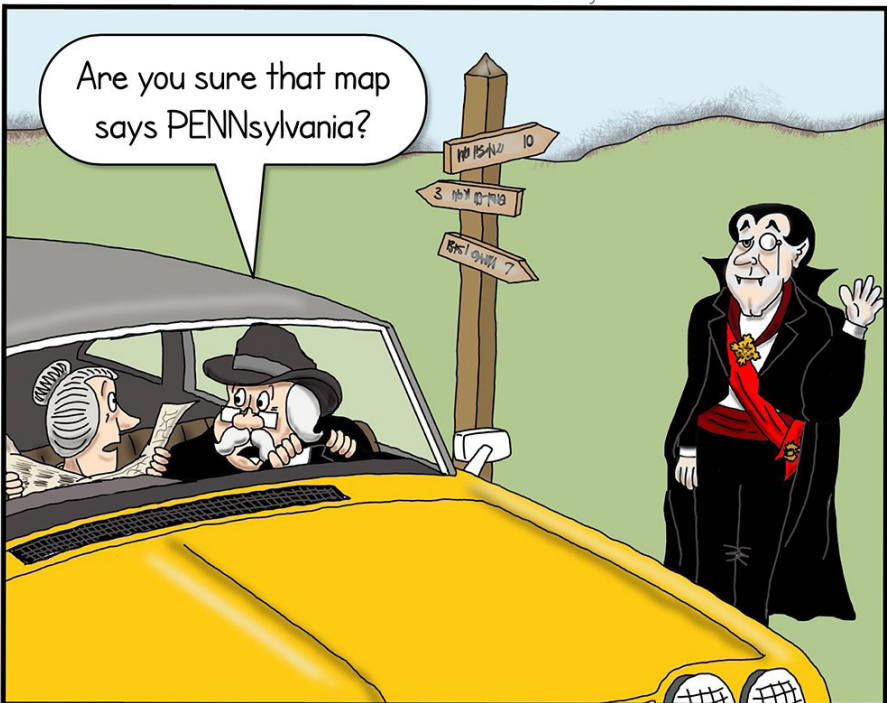
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Rueben



By R.G. Holmes © 2026



Beth Maxfield, owner and chief of dairy operations for Redbud Creamery, LLC, front, is surrounded by Redbud Creamery employees (back) Stevey Howell, dairy operations lead; Breanna Maxfield, livestock and milk operations lead; Jensen Meade, operations manager; and Luna Dunne and Alex Dunne, facility and operations interns.

Redbud Creamery receives grants

By SHAWN STREET
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Governor Abigail Spanberger announced last week that 14 businesses across Virginia have been awarded an Agriculture and Forestry Industries Development Fund Infrastructure Grant.

The grants are designed to establish and expand opportunities for producers and strengthen local food systems.

Among those receiving a grant was Redbud Creamery in Honaker. The business received a grant worth \$10,000.

Redbud Creamery, a micro goat dairy that produces cheese, Grade A goat yogurt, and Grade A pasteurized goat milk, is expanding its Nubian and Nigerian Dwarf goat herd.

Grant funding will aid in the purchase of two 15-gallon vat pasteurizers, PMO-compliant digital indicating thermometers, a 30-gallon cooling bulk tank, and an additional refrigerator for product storage. Additional milk production will allow Redbud Creamery to expand product lines and hire additional employees.

Redbud Creamery is part of Redbud Highway Farmers. The company delivers high-quality, environmentally friendly, preservative-, hormone- and antibiotic-free dairy, and pesticide-herbicide-free produce to customers through use of Korean Natural Farming and natural predation (praying mantis/ladybugs/predator mites) for pest and microbe (fungi) control.

Additional practices include cover cropping, rotational grazing, and individ-

ualized livestock health and well-being practices.

“The success of Virginia agriculture depends on the ability of all farmers across the Commonwealth to succeed,” said Spanberger. “These infrastructure grants are extremely beneficial for the state’s small and mid-size farms, helping to bridge the gap between farmers and consumers. Modernizing local food supply infrastructure is a win-win for Virginia — it supports local agriculture and strengthens communities with improved access to fresh, locally grown food.”

Administered by the Virginia Department of Agriculture and Consumer Services, the AFID Infrastructure Grant Program awards reimbursable awards to political subdivisions in the Commonwealth for projects such as farmers markets; businesses or organizations that manage the aggregation, distribution, and marketing of food products primarily from local and regional producers; and locally owned processing facilities. Additional information on the AFID Infrastructure Grant Program is available at www.vdacs.virginia.gov/agriculture-afid-infrastructure-grants.shtml.

Redbud Creamery also received 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.

“Redbud Creamery, LLC became Virginia’s first Grade A goat yogurt manufacturer when it began operations in June 2025,”

said Jonathan Belcher, VCEDA executive director/general counsel. “The business projects four full-time employees and three part-time employees within five years.”

For more information about Redbud Creamery, LLC, interested persons may call 276-979-5217, or visit their Facebook page found at Redbud Highway Farms.

CAPTIONS:

Beth Maxfield, owner and chief of dairy operations for Redbud Creamery, LLC, front, is surrounded by Redbud Creamery employees (back) Stevey Howell, dairy operations lead; Breanna Maxfield, livestock and milk operations lead; Jensen Meade, operations manager; and Luna Dunne and Alex Dunne, facility and operations interns.



Calling all Veterans, Active-Duty, Guard and Reserve members! Join us for the FREE Southwest Virginia Veteran Benefits and Resource Fair in Lebanon, Virginia September 10 from, 9 am to 3 pm at the Russell County Conference Center, 139 Highland Dr., Lebanon, VA 24266. Connect with benefits experts from the Virginia Department of Veterans Services, potential employers, and local support organizations. Everyone is welcome!

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Comedy returns to The Russell Theatre Sunday

By SHAWN STREET
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Comedy is returning to The Russell Theatre this weekend with a special performance by Jonnie W.

The award-winning comedian will be performing on Sunday, August 30, from 4 p.m. until 5:30 p.m. Tickets are \$25.

According to information provided by The Russell’s Director Shane Farmer, “Jonnie is a nationally touring comedian whose hilarious blend of storytelling, off-beat stand-up, and even music has made him a favorite in comedy clubs, churches, and conferences across the country.”

Jonnie W. combines music, off-beat standup and a skewed view of the world in his performances. He has headlined stages in 48 states – from comedy clubs, churches, leadership conferences and Fortune 500 companies.

He is played daily on Sirius XM Satellite Radio. His latest Drybar Comedy special is a viral hit, garnering more than five million views to date. He has also been featured on the Grand Ole Opry and recently joined comedian Nate Bargatze on his nationwide “Big Dumb Eyes Tour.”

Jonnie W.’s performance is the last comedy show currently scheduled for The Russell in 2026.

The Clinch Concert Series, featuring Sister Sadie, is The Russell’s next show, which will take place on September 6.

Purple Piano – a tribute to Prince, Tales from the Front Porch, and Second Helping – A Tribute to Lynyrd Skynyrd are scheduled for later this year.

For more information, visit therussell-theatre.com.



Jonnie W. will be at The Russell this Sunday.

Congressman Griffith: Lab Safety

Since the COVID-19 pandemic, lawmakers have intensified scrutiny of laboratory biosafety and research facilities that receive federal funding from the National Institutes of Health (NIH).

As the former Oversight and Investigations Subcommittee Chairman and current Health Subcommittee Chairman on Energy and Commerce, I continue to help lead investigative work of federal research labs and the NIH.

The NIH consists of 27 Institutes and Centers. The NIH maintains a vast and expansive network of labs inside and outside the United States.

One such lab is Rocky Mountain Laboratories in Hamilton, Montana.

Rocky Mountain Laboratories maintains a massive research portfolio. The lab studies various diseases, including but not limited to Salmonella, chronic wasting disease, relapsing fever and plague.

POLITICO reports that scientists there are credited with breakthroughs involving Lyme disease and Ebola, among others.

Rocky Mountain operates as a Biosafety Level 4 laboratory, which is the highest safety designation. Scientists at Level 4 labs tend to deal with diseases that are life-threatening and must follow the most stringent security requirements.

According to a webpage from the National Institute of Allergy and Infectious Diseases (NIAID), only a handful of U.S. labs are qualified Biosafety Level 4 labs.

However, within the last year, the Montana lab was linked to two concerning events.

One incident occurred in November 2025, when a Rocky Mountain worker was bitten by an infected lab monkey.

The monkey was infected with a lethal tickborne illness known as Crimean-Congo hemorrhagic fever. The Centers for Disease Control and Prevention (CDC) recognizes the severe illness as the most widespread viral hemorrhagic fever.

After news broke of the monkey bite incident, questions swirled about the Montana lab, its safety protocols and how such a lab incident could happen.

Controversy did not stop there.



MORGAN GRIFFITH

WEEKLY REPORT FROM THE CAPITOL

In June 2026, two NIH researchers from Rocky Mountain were criminally charged by the Department of Justice. Their crime?

Smuggling monkeypox into the United States.

According to the Department of Justice, the two scientists were traveling on a commercial plane back to the U.S. from the Democratic Republic of Congo in Africa. Editor review required: paragraph identifies monkeypox smuggling but this sentence references an Ebola outbreak — verify accuracy.

When the scientists arrived in Detroit, they lied to Customs and Border Protection officers about the contents of a black case. The scientists claimed their case contained diagnostics and testing equipment.

Federal law enforcement discovered and tested 113 vials, many of which contained deactivated monkeypox virus. Another vial contained chickenpox and a couple contained human DNA.

It is clear that both researchers have experience working with infectious pathogens. In fact, Dr. Vincent Munster led Rocky Mountain’s virus ecology section at that time.

Upon hearing about these incidents, I wanted to get answers.

This August, I traveled to Montana, where I received a tour of the Level 4 lab and a briefing. NIH Director Jay

Bhattacharya, who was a vocal opponent of COVID-19 lockdown policies, joined me to hear from the lab’s researchers.

Explaining the monkey bite incident, the researchers had put the lab monkey under anesthesia. As one worker held the monkey up to their chest, the worker accidentally tapped the back of the monkey’s jaw.

On reflex, instinctively bit the worker.

The worker received immediate treatment for their minor wound, and after appropriate precautions, returned to Rocky Mountain to continue research.

In research settings, animal-handling incidents can occur despite established safety and handling protocols.

Researchers I met with at Rocky Mountain also said they were ashamed and felt betrayed by Munster’s actions.

The Munster case seemed to be a case of arrogance.

Because he was a leading scientist, the theory goes that Munster felt like the normal rules should not apply to him. But more will become clear as the criminal charges proceed.

We have seen too often recently that some scientists share this philosophy, which is why we need to pass specific rules banning risky research, such as my legislation, the Risky Research Review Act.

Rogue activity in the “name of science” must always be confronted. Thanks in part to my efforts to confront these issues, the group responsible for funding dangerous coronavirus research in Wuhan, China, was debarred from getting contracts with the U.S. government.

As infectious disease research develops, Congress has a responsibility to protect the American people. I will continue my vigilance on improving safety compliance, my investigative work and my exploration of additional Congressional action that can be taken regarding biolaboratory safety.

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.

Another letter from your Mountain

Dear Cousin,

One has to wonder, will this be the last generation to remember a free sane America? We, the old people, were raised by the last great generation, those who fought in WWII. Now my father could not fight, he was flatfooted and was rejected, but he was drafted, or called up as they say. That was probably Ameri-

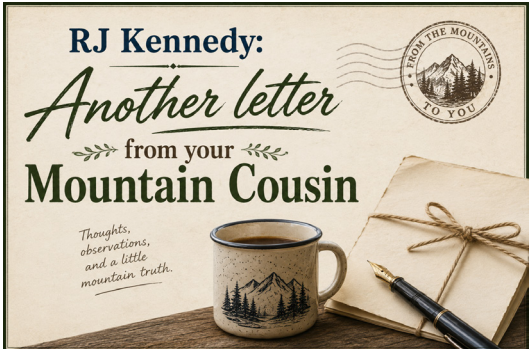
ca’s last great generation. That generation had huge families. That was before the “Pill” was famous and before abortions were so common. Don’t know if you knew cuz, but the Nazis were all in favor of abortions, and suggested that Maria (Sound of Music) abort her baby,, that’s when they decided to clear out of Nazi territory. Back in those days, families wanted children. You got married, and THEN had children, and you stayed married as God intended. Back then, most decent people went to church.

I think cuz, people better start praying before we lose our country. People had better start studying their Bibles, they had better get back in church, and they had better remember to love one another and come together and praise God before it’s too late.

In the Good Book, Peter told folks to “grow in the grace and knowledge of our Lord and Savior Jesus Christ”. He also told his friends to “recall the words spoken in the past by the holy prophets”. And to understand that in the last days “Scoffers” will come. Scoffing is making fun to show one does not believe something. And boy are we there! Peter says that people would follow their own desires, (how true these days) and say, “Where is the sign of his coming” that he promised. The signs are everywhere, wars, rumors of wars, earthquakes in divers (meaning various and several) places.

But the Lord, Peter says, is patient not wanting anyone to perish, even the wicked, but desires that all people everywhere should repent of their sins and follow him.

Peter says that we ought to live holy and godly lives as we look forward to the “Day of God” and speed up



its coming.

Well cuz, I don’t know about you but some days I’m so tired I really wish Jesus would return and get his bride real soon. I look forward to a new heaven and earth, “the home of the righteous” with no thistles, no briars, no floods, no earthquakes, no wars,

no rapists, no murders, no thieves, no druggies, no drunk drivers running over people, no earthquakes, no sorrows, no funerals, no wicked people, no cancer killing patients, no broken bones, no riots or idiots on the streets. An earth put right by God.

Peter again says, “To bear in mind that our Lord’s patience means salvation.” And he goes on to warn the readers of his letter to “be on guard so you may not be carried away by the error of lawless men.”

Cuz, for some out there reading this letter, this might be the last words from God’s book they will ever hear. This might be their last chance to turn from their wicked ways and turn to God. To leave their false gods and false beliefs and turn to the true God, the maker of heaven and earth.

I do believe that the first thing the Nazi, the PROGRESSIVES party of the 1920s and 1930s, did was introduce the idea of evolution. The denial of God creating the earth, because if they could get folks to believe they just evolved from animals then there was no God to answer to for their sins. And they could say “survival of the fittest” as they killed millions of Jews, and don’t forget the gypsies, trying to make a pure white superior race.

Well here on the farm, we are still dealing with trees falling off the mountains after all the rains. But we finally got one fully sunny day, so better half sprayed all the fences he could reach from the tractor, and I finished the yard mowing. I cut back the weeping willow, that was now dragging the ground out back. It was beautiful, but hard to mow under.

Until next week, keep looking up.

RJ Kennedy

Adult education connection



BEVERLY PRATER ASHBY

As an adult, going back to school takes courage, commitment, and determination. Adult learners often balance education with work, family responsibilities, and other demands. Because of these challenges, it is important to recognize and celebrate the small wins along the way.

A small win might be passing a test, completing an assignment, attending class when you are tired, improving your reading or math skills, or learning how to use new technology. Even asking a question or reaching out for help can be an important accomplishment. These moments may seem minor, but they are meaningful steps toward a larger goal.

Celebrating progress can help build confidence and motivation. When adult learners focus only on the final goal, the journey can sometimes feel overwhelming. Recognizing smaller accomplishments provides reminders that progress is happening.

Adult education journeys rarely go exactly as planned. There may be setbacks, difficult classes, busy schedules, or times when motivation is low. A setback does not erase the progress that has already been made.

It is important for adult learners to be patient with themselves. Learning takes time, and everyone progresses at a different pace. What matters is continuing to move forward, even if some steps are smaller than others.

There are many simple ways to celebrate small wins. Write down your accomplishments, share your progress with someone who supports you, take a well-deserved break, or simply give yourself credit for your hard work. Keeping a record of achievements can also be encouraging when you face a difficult day.

Most importantly, remember that every accomplishment matters. Completing one assignment, passing one test, or learning one new skill can bring you closer to your larger educational goals. Adult education is a journey, not a race. Celebrate each step forward, because small wins today can lead to major achievements tomorrow.

If you are interested in starting or continuing your adult education journey, you can call Southwest Regional Adult Education at 276-889-5424.

The Elders Have Spoken

Education, education, education! Don’t delay the pursuit of any degree or program that will let you live your best life for the longest period of time possible.

Keep some of the things you want to say to people inside your head and out of your mouth. Consequences befall the loose-tongued.

Connections are important. Be careful whom you befriend and observe the reputations of those you think you might like to associate with before you connect yourself with them and their activities.

Travel as much as you can while you are a young person.

Follow your heart.

You cannot save every stray animal you see.

Don’t try to be old when you are young and young when you are old.

Never take life and health for granted.

The frontal lobe, where good decisions are made, is not fully developed until age 30. Do not get married until then.

Bite your tongue and count to ten if you are thinking about giving someone an earful.



DEBBIE GIBSON

Spend as much time with your children as possible. One day time alone with them may be hard to come by.

Let kids be kids! They are not adults and should not be expected to act/think/dress/play like adults.

If people want to walk away from you, let them. Then shake the dust off your heart and move on.

Great potential is the heaviest burden to bear. Keep your expectations and ego in check, and know that you do not have to be “first” to be successful.

Headphones and concerts are dangerous to the young

ear. Hearing aids will be in your future if you do not heed this.

It is often both good and honorable to question authority.

Save a little money consistently.

Eat to live, don’t live to eat.

Be kind to everyone, for you do not know what they are going through.

Set your goals high. Dream Big!

Bodies change after the age of 45 in ways that are hard to explain.

Never stop being curious, ever.

Listen to your mother, she was right.

If dear old dad wouldn’t approve of it, don’t do it.

Circumstances are intended to make you, not break you.

There are whole lifetimes represented by the above list. Those of you that are young enough to pay heed should give thanks that the “elders” have spoken. “Leave a few things unsaid every day.” So I’ll hush for now and be a good girl.

Happenings of the Drill Senior Citizens

By JANIE THOMAS

August 14 was the latest meeting of the Drill Senior Citizens. It started out with a little hiccup, Betty Sue called as I was getting ready and told me that Don was sick and they would not be attending this meeting. Hated to hear this but we carried on. We got to the Drill Community Building and got busy. I started peeling the potatoes and Freda Sweeney helped me finish this task, we didn't have Don's handy dandy potato slicer, but I think we did a pretty good job cutting them by hand. Kathy Noe put the coffee on, and the smell of fresh brewed coffee soon filled the building. Our members started arriving and things started happening. The tables were readied with our plates, napkins and plastic ware. The ladies got busy frying the potatoes. The tables started filling up with food.

Joyce Baldwin, our Vice President called the meeting to order. She read the prayer requests, then Greg Noe opened devotions with prayer and Gary Thomas read the 121st Psalm from his Bible. To get through this life we must look up to the Lord for our help and strength.

After devotions Joyce called the roll. We had 23 members present today and one visitor. We had several members missing today. Please pray for our little group, a lot of reports of sickness today. Praying everyone will be well and back with us next meeting.

We then stood and made our Pledge of Allegiance to our flag. I then gave the financial report. We decided to do potluck as our next meeting menu as we had so many out today.

While the potatoes were frying and lunch prep was being completed our singers sang for us. Today our singers were Joyce Baldwin, Janet Combs, Greg Noe, and Tommy Meade. They sang: "Time Has Made a Change", "Lord I Want To Be What You Want Me To Be", "Thank You For The Roses", "What A Day" and "Jesus Loves Me". I really enjoyed the good singing.

Our menu today was potluck. As always, the tables were full of good food, and the dessert counters were a little less full today, but there were still plenty of good sweets to choose from.

After lunch was over and clean up was complete, it was bingo time! John Combs gave out the bingo cards and Gary Thomas, Greg Noe, and Ron Jackson brought the prizes in. I called the numbers today; it was hard to do without Don Hess there to fuss at me. Just kidding, we miss our members when they are not able to attend.

Our winners today were: Winning one game each: Inez Sparks, Martha Thomas, Freda Sweeney, Kathy Noe, Linda Baldwin, Greg Noe, Joyce Baldwin, and David Compton. Winning two games each were: Barbara Baldwin, Ruby Hale, Janet Combs, and Me (Gary played my card for me while I called the numbers). These big winners won three games each: Shelia Hale, Ron Jackson, and John Combs. We really enjoy playing Bingo.

Our next meeting is scheduled for August 28, beginning at 11 a.m. Our menu will be potluck. Everyone welcome! Come be with us, we will make you smile and feed you well.

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

There Are Different Ways To Learn



There is more than one way to learn. The formal method is the classroom. Elementary, junior and senior high school. This is of course the minimum standard for our society today.

Many of us spent years in other classroom studies. Today many people are studying online or via correspondence. There was a day when such a concept seemed ridiculous and even unacceptable but now is common.

Education does not always involve disciplined classroom type studies. Another method of education is trial and error, or "doing." We learn by doing. You can read about farming all day but it's another thing to do farming. Planting, tending and harvesting are learned by actually attempting the process.

Anyone would be smart to work with an experienced farmer for a season. Often when we start doing anything different we will mess up a few times but that's how we grow and become better. We often fail and learn from the failure. This enables us to try again with a plan to do better next time.

We also learn by seeing. I saw the ocean on television but never saw the ocean personally until I was 23 years old. I had heard about flying but had never flown until I was 27 years old. I had heard about the Grand Canyon and the Eiffel Tower but never saw either until later in life.

Twenty plus years ago my wife and I experienced much of Israel and many of the religious sites that I had read, heard and talked about for years. If I could have seen these sites when I was much younger it would have enhanced my biblical understanding. You can read about a place but it's far different when you can see and experience it first-hand.

Another way to learn is by listening. Many today don't have the ability to listen because they are always talking. If you will listen to others you will soon know everything they know plus what you know. If you talk all the time then you won't learn anything from other people.

Another way to learn is experiencing what you don't like and then moving forward to something else. You may learn that you don't want to own your own business. I've known people who have lost everything owning their own businesses including all their retirement savings.

Or, you may have learned you simply cannot work for someone else and being your own boss is the only way you can survive. Either way is often learned through a few years of experience.

Regardless of your current status in life, keep in mind that we all have lots to learn. We never know everything. The older we are the more we realize how much we don't know. Keep reading, doing, listening, trying and keep learning.

Savvy Senior: Simple Ways to Soothe Bunion Pain

Dear Savvy Senior,

I'm a 62-year-old woman and have had a bunion on my big toe for years, but lately it's become more painful and is making it hard to find comfortable shoes. I'd like to avoid surgery if possible. What can I do to ease the discomfort and keep it from getting worse?

--Sore Toe Susan



JIM MILLER

Dear Susan,

You're not alone. Bunions are very common, especially among women, and they often become more painful with age as the joint shifts out of alignment and inflammation sets in. What may have started as a minor nuisance can turn into ongoing discomfort, making it difficult to find shoes that fit comfortably.

A bunion, known medically as hallux valgus, is a bony bump that forms at the base of the big toe when the joint moves out of place, causing the toe to angle inward. Over time, this pushes the joint outward, creating the noticeable bump.

Why it happens

While tight or narrow shoes can make bunions worse, they're usually not the root cause. Genetics plays a major role, which is why bunions often run in families. Other factors like flat feet, arthritis, and past foot injuries can also contribute. Women tend to be more prone to them, partly due to years of wearing high heels or shoes with narrow toe boxes.

The good news is that most bunions can be managed without surgery, especially if your goal is to ease symptoms and slow their progression.

Simple relief

The first place to start is with your shoes. Switching to footwear with a wide toe box, soft materials, and good arch support can make a big difference, while high heels and tight shoes that crowd your toes should be avoided. It can also help to shop later in the day, when your feet are slightly swollen, for a more realistic fit.

Beyond footwear, a few simple steps can help ease the pressure. Padding the area with over-the-counter bunion cushions can reduce friction, and if the joint becomes sore or swollen, icing it for 10 to 15 minutes a few times a day may bring relief. Anti-inflammatory medications like ibuprofen can also help if your doctor says they are appropriate for you.

To further reduce strain, orthotic inserts, either store-bought or custom, can improve how your foot distributes

weight. Toe spacers can also help by keeping the toes in a more natural position, while a night splint, such as Dr. Scholl's Bunion Relief & Toe Corrector (about \$20), can gently guide the big toe into better alignment while you sleep.

It may also help to rotate your shoes rather than wearing the same pair every day, reducing repeated pressure. In addition, gentle exercises, such as stretching your toes, picking up small objects, or rolling your foot over a tennis ball, can help maintain flexibility.

It is important to keep expectations realistic. These steps will not eliminate a bunion, but they can make it more manageable.

When to get help

If your bunion pain interferes with daily activities or if you are developing corns, calluses or ongoing inflammation, it is wise to see a podiatrist or orthopedic specialist. They can evaluate the severity and recommend additional treatments.

Also seek care if you notice redness, warmth or significant swelling, which could signal irritation or infection around the joint.

Surgery is typically advised only when conservative measures no longer provide relief. Today's procedures are more advanced than in the past and are often done on an outpatient basis, though recovery can take up to six months and bunions can sometimes recur.

In the meantime, taking steps to protect your feet can go a long way. With the right care, many people are able to manage bunions effectively and stay comfortable, active and on their feet.

Send your questions or comments to questions@savvysenior.org or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.



Photo Credits: Finsley Creative

Everything Is Going to Be Brine

Nothing says summer quite like firing up the grill and putting some beautiful crosshatches on a chicken breast or a thick-cut pork chop. There's something primal about cooking over fire. The smell of charcoal, the sizzle when meat hits the grate, the satisfaction of pulling off a perfectly marked piece of protein—it's hard to beat.

But grilling comes with a common pitfall. The same intense heat that creates those gorgeous grill marks can also turn a perfectly good piece of meat into something dry enough to rival an August creek bed. Most of us have done it. We get distracted talking to friends, grabbing another frosty beverage, or chasing kids around the yard, and suddenly that juicy chicken breast has transformed into a hockey puck.

Fortunately, your friendly neighborhood Vagabond Chef has a simple solution. Actually, two solutions. But first we're focusing on one of my favorite grilling techniques: brining.

At its most basic, a brine is simply water and salt. That's it. The salt helps season the meat all the way through while also helping it retain moisture during cooking. The result is a more flavorful and forgiving piece of meat that stays juicy, even if you leave it on the grill a minute or two longer than intended.

Once you understand the basics, a brine becomes a blank canvas. Add a little sugar and you'll encourage better browning and a beautiful crust. Toss in a few garlic cloves, some black peppercorns, a bay leaf, fresh herbs, and some citrus peel? Now you're building flavor from the inside out.

Brining is especially useful for lean proteins like chicken breasts, pork chops, turkey, and tenderloins. These cuts don't have much fat to protect them

from drying out, so they benefit tremendously from a little time in a flavorful saltwater bath.

Here's my go-to all-purpose brine:

- 1 quart water
- 1/4 cup kosher salt
- 2 T brown sugar
- 3 cloves garlic, crushed
- 1 bay leaf
- 1 teaspoon whole black peppercorns
- A couple sprigs of fresh herbs is nice, too.

Bring about half the water to a simmer and dissolve the salt and sugar. Add the aromatics, then remove from heat and let stand for five minutes. Add the remaining cold water. Let the brine cool completely before adding your meat. You can cheat it with ice cubes if you're in a rush.

Brine chicken breasts for anywhere from 2-4 hours, pork chops for 4-6 hours, and turkey for up to 24 hours. After brining, pat the meat dry, rub with oil, season lightly, and grill as usual.

The result? Better flavor, better texture, and a much smaller chance of serving something that resembles boot leather.

Oh, and that second trick I mentioned? Get a good meat thermometer and learn the correct internal temperatures to cook each protein to. We've got a bad habit in this state of overcooking everything. Once your protein hits the correct temp, get it off the heat. Even a medium-well steak can still be delicious.

This summer, before you fire up the grill, remember one simple rule: everything is going to be brine.



Photo Credits: Finsley Creative

Sweet 16th Coal Bowl kicks off on Thursday
Castlewood hosts Bland County on Friday

By ANTHONY STEVENS
anthony@virginiamediainc.com

LEBANON – Last August’s 15th Coal Bowl featured an exciting shootout, with the Pioneers scoring the last three touchdowns to win 49-31. The game saw both teams combine for 53 first downs, 972 yards of total offense, 12 touchdowns, and 80 points. Coaches couldn’t use game film for defensive instruction.

Since its inception in 2011, the Coal Bowl has seen the Tigers lead with a 9-6 record. In contrast, Lebanon has a strong overall record of 42-18-2 in matchups against

Russell County Schools, dating back to 1936.

It should be another exciting matchup on Thursday when the two Russell County rivals meet on Fuller Field at EMATS Stadium, with a 7 p.m. kickoff scheduled.

“I think Honaker is a talented football team,” Lebanon coach Hunter Norris said. “They’re definitely going to be ready to play. They’re hungry, but we’re hungry too. We’ve had a good preseason. We faced a lot of talented teams to see what we’re not good at, what we are good at, and what we need to fix.”

Both teams had strong seasons and reached the playoffs

last year. Ridgeview ended Lebanon’s run, while Eastside defeated Honaker to conclude their season.

Both clubs played Mountain 7 foes as a tuneup with much different results. Honaker trounced Lee High and Lebanon fell to perennial powerhouse Ridgeview.

“With us, we have to play all three phases of the game and be good in all three,” Honaker coach Aaron Lowe said. “That’s how the game works. You need to be good in all three phases. I always tell my team to take care of yourself and play for each other.”

SEE SWEET 16TH COAL BOWL | 5B



Jeremiah Rose jumps for a touchdown catch as the Generals' Collyn Chasteen (1) gives chase. Keith Ray | For the Lebanon News

Honaker’s Air Raid Bombs Generals

By ANTHONY STEVENS
anthony@virginiamediainc.com

HONAKER, Va. (August 21, 2026) – The only thing that slowed the Tigers on Friday was a storm that delayed the start of the VHSL Benefit game by 25 minutes. Honaker broke in the pristine new turf at Fuller Field at EMATS Stadium with a 40-0 shutout of Lee High.

“We did some good things,” remarked Honaker coach Aaron Lowe. “We’ve been telling our guys it’s about the little things and that we have to take care of ourselves. We came out tonight, flew around, had a lot of energy, and I thought all three phases of the game were good.”

The Tigers had the ball six times when the first units were playing in the first half--the result was six touchdowns.

Honaker took the opening kickoff, and Cole Morrison returned it 27 yards to give them good

field position. They moved down the field in six plays, with Parker Lowe connecting with Tyler Hubbard on a 10-yard touchdown.

“This win means a lot,” declared Morrison. “It helps set the standards for us and definitely sets the tone for the regular season. It boosted our team morale and got us ready for Thursday.”

The Tigers’ defense was outstanding. They forced punts on the Generals’ first two possessions. Sophomore Brayden Justus had a “Pick 6,” returning an interception 25 yards for a score. Justus had a second interception and raced into the end zone, but it was called back for holding. Jeremiah Rose had a third pick for Honaker.

“This year is going to be so much better,” Morrison stated. “Everybody’s locked in. It’s going to be a great year. Energy and intensity are the biggest things for us. Last year, that’s what we lacked.

SEE HONAKER’S AIR RAID | 2B

Pioneers fall to Ridgeview, 49-7, in VHSL Benefit Game

By ANTHONY STEVENS
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LEBANON, Va. (August 20, 2026) – With the first units playing, Lebanon trailed the Wolfpack 21-0 at halftime in the VHSL Benefit Game on Thursday at Harry Stuart Field. Their second team took the opening kickoff and scored, cutting the deficit to 14, but Ridgeview reserves scored the final 28 points to post a dominant 49-7 victory.

“In the first half, I thought we did okay,” Lebanon coach Hunter Norris said. “Offensively, we couldn’t move the ball. We struggled up front to block them. They’re really good in the box. We struggled to communicate who we needed to pick up and where we needed to go, and that killed our offensive momentum.”

“Our defense played well, given how much they had to play in the first half, and held them to 21 points. I was happy with that. We could still get better at tackling. We missed a couple of tackles when we had them in the backfield.”

Ridgeview took the opening kickoff and methodically moved down the field. They ran 13 plays and took more than six minutes off the clock.

They got to the Lebanon two-yard line, but the Pioneers made a strong defensive stand to keep the contest scoreless.

SEE PIONEERS FALL | 2B



Freshman Lebanon quarterback Will Jessee get hit as he’s trying to pass by Ridgeview lineman Gunner McCoy (60). Preston Ball Photography | For the Lebanon News

Lebanon’s Baker & Reece prepare for UVA-W football season

By ANTHONY STEVENS
anthony@virginiamediainc.com

WISE, Va. – Lebanon football standouts Toby Baker and Mike Reece signed with the University of Virginia’s College at Wise. The two former Pioneers are preparing for the upcoming Cavalier football season.

It’s a different level, but the two Pioneers are still wearing red and black.

“It’s something we’ve dreamed of as kids,” stated Baker. “We’ve played together since we were little, and we’ve both worked hard for this. You put in the work from little league through middle school and high school. This is what we all want, and we’re excited to come out here and put all that good work to use.”

It has been an adjustment.

“For me, it’s been a full three-hundred-and-sixty-degree turnaround from high school to college,” Reece noted. “Just catching up with the speed, the play calls, and all that. It was hard at first, but Toby and I both came during the summer, and that really helped. We built strong relationships with everyone on the team. That’s been the biggest thing, just staying connected with all the teammates. That’s been a great thing about Wise, and it’s close to home. I sometimes go home, but it’s been awesome. I mean, it was the dream to play with Toby for as

long as possible, and now we’re playing in college, so it’s made it a lot easier. He helps me with the plays back in our dorm, so it’s been awesome.”

Mike’s dad Chris Reece played for the Cavaliers. What’s it like following in his footsteps?

“It’s a little strange,” Mike commented. “I’m not gonna lie, I never thought I would play where he did. But it lined up that way, and it’s pretty funny. All the coaches joke about it.”

They also have some teammates who they played against in high school and who are suiting up for UVA-Wise.

“We went from battling it out, not just in football but also in basketball; we often talk about it, but now they’re just one of the guys,” remarked Reece. “We joke with each other constantly, both Jaalan Deel (Ridgeview) and Keith Chandler (Union), about who’s better and all that, but it’s the best to have them around, other Southwest Virginia boys. It’s been pretty cool to see all those local guys here.”

UVA-Wise has tapped into a lot of talent in this area.

“They’re amazing football players, and I think good players make each other better, and that’s what we’ve really learned from them,” Baker said. “You play against them...so I think that’s the coolest part of it is just getting some local guys and kind of putting this area under the

SEE LEBANON’S BAKER & REECE | 2B

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PLAYER OF THE WEEK

Brayden Justus

Had two interceptions, including a 'Pick 6' and another that was called back by a penalty, helping lead the Honaker defense to a shutout of Lee High.

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HONAKER’S AIR RAID

FROM PAGE 1B



Cole Morrison (6) with a 13-yard gain as Lee High’s John Tynn (15) closes in. Keith Ray | For the Lebanon News

This year, we’re picking it up and doing what’s needed to win the game.”

Lowe was 15-of-20 passing for 203 yards and five touchdowns. In addition to Hubbard, he threw two scoring strikes to Rose and connected with Kam Keen and Levi Honaker for scores. The running game was effective, led by Malachi Gilbert, who rushed for 51 yards on only six carries.

“We made mistakes, and we have to clean a few things up,” Coach Lowe noted. “Special teams was good, and defense—we allowed zero points. That’s what we need defensively. Offensively, we were methodical and did a good job with drives, getting the ball to all of our play-makers, and the run game looked good. So, I’m very, very pleased with our guys.”

The junior varsity and eighth-grade teams played the second half without any scoring.

It was a tough outing for the Generals with only 68 yards of total offense and only four first downs.

“Benefit games are, to me, an exceptional tool,” Lee High coach Joey Carroll said. “It’s game-like — everything about it is game-like — so it exposes a lot. Some strengths can be exposed, as can some weaknesses. We had a lot exposed tonight. We have a lot of things we need to work on.”

Class 2 Lee High competes in the challenging Mountain 7 District and anticipates a successful year.

“We’re still expecting a lot,” Carroll said. “We have super high expectations. We’ve got a lot of returning ballplayers on this team — a lot of guys who can make plays. We had some plays that were there to be made. I had no idea Honaker would bring as much pressure as they did. We were not prepared for that. But we still have high expectations, and these guys know it. Like I said, they’re up for it. We’ll get back to work.”

The Generals couldn’t overcome adversity in the

contest against Honaker.

“We had some important coaching staff members who didn’t show up, so we’ve got some changes to make schematically, staff-wise, across the board,” noted Carroll. “You can tell we were disorganized. We were in chaos at times. That’s what happens when adults don’t hold up their end of the bargain. We’ll go back to the drawing board. We have to make some moves, but it’ll be all right. These guys are up for it. We’re up for the challenge.”

Honaker appears ready to begin the regular season after a dominating performance.

“I told our guys, that’s what we do,” commented Lowe. “We have to come back Monday, more focused than we’ve been all year, and get ready to go. It’s going to be a short week because we play Thursday night. We have to get a couple of little bumps and bruises taken care of this weekend, come back Monday, focused and ready to go.”

Honaker 40, Lee High 0

Lee High	0	0	0	—0
Honaker	13	27	0	—40

First Quarter

HON—Hubbard 10 pass from Lowe (Beavers kick), 9:57.

HON—Rose 30 pass from Lowe (kick blocked), 4:58.

Second Quarter

HON—Rose 10 pass from Lowe (Beavers kick), 11:53.

HON—Justus 25 interception return (Beavers kick), 9:32.

HON—Keen 25 pass from Lowe (Beavers kick), 6:46.

HON—Honaker 21 pass from Lowe (kick failed), 1:43.

LEE HON

First downs414

Total Net Yards68272

Rushes-yards13-2911-73

39 199

Comp-Att-Int4-20-316-22-0

Fumbles-Lost0-00-0

Penalties-Yards9-6510-95

Punts4-36.51-45

PIONEERS FALL

FROM PAGE 1B



Layne Jessee (44) works to find a seam on a kickoff return for the Pioneers. Preston Ball Photography | For the Lebanon News

“We had a great goal-line stand there. I thought we did a fantastic job,” noted Norris. “I think we got a little gassed offensively, and that’s my fault. I have to do a better job of preparing them and being more efficient. We have to fix some things on the offensive side of the ball. If we can get some momentum offensively, I think that’s really going to help us.”

The first series was one of the few bright spots for Lebanon.

“When we get down there inside the five-yard line and end up back on the twenty-five-yard line, that kind of thing hurts,” said Ridgeview coach Kent Grant. “It’s early, and hopefully we learn from things like that. We have to clean some things up. We have to get more efficient with our blocking assignments. But there were some good things to build on.”

It was the only time Lebanon stopped the Wolfpack.

“We got down to the two, and we made a lot of mistakes,” commented Ridgeview’s Alex Grant. “We can’t have that in the regular season or the postseason. That’s just not who we want to be. We have to eliminate those mistakes and get into the end zone.”

Next possession, Connor Ramey picked off a Lebanon pass. Four plays later, the Wolfpack was in the end zone on a two-yard rush by Grant.

The Pioneers turned the ball over on downs, and Ridgeview drove down the field for another Grant score. Grant picked off a pass and then scored his third TD on a 48-yard scamper after breaking a tackle in the backfield for a 21-0 advantage.

“Coming in, we knew Lebanon was physical, and we had to show our physicality, too,” Alex Grant said. “We didn’t start too hot. We had to dig deep right there and bring some grit. We still have a lot to improve on. I mean—we still have a lot in our pocket.”

Ridgeview amassed almost 300 yards of total offense in the first half to less than 50 for Lebanon.

“This year, we want to be able to do more than just one thing,” Coach Grant noted. “We want to be versatile, mixing it up and getting the ball to four or five different guys, and that’s what we’re looking to do.

“Alex can really do a lot of things for us. Having guys like him, Colin (Hill) and Xander (Wallace), who can line up at multiple positions, allows us to do a lot of things.”

The second units played most of the time for both teams in the second half. Lebanon had their only score in

the opening possession of the third quarter. Liam Spencer grabbed a 12-yard TD pass from Brody Boothe.

The Wolfpack answered in 12 seconds, the amount of time it took Kyler McFall to race 86 yards for a TD on the kickoff return. Ridgeview added three more scores before time expired.

With Layne Jessee and Easton Taylor returning kicks, the Pioneers did a good job in that phase of the game.

“I thought they did well,” Norris stated. “We were good at that last year. Coach Jessee did a good job preparing those guys. We had good field position, but you have to capitalize on it. I think we got the ball past the forty on every kickoff return. We have to be able to capitalize on those situations.”

The Wolfpack controlled the line of scrimmage, rushing for over 400 yards.

“The team that’s better up front is usually the team that wins,” declared Norris. “I thought we had some moments when we were one block, or one cut away from busting it on Ridgeview. They did a good job tackling one-on-one. We have to do a better job of picking that up so we can break those big runs.

“We did a lot of good things and a lot of bad things. It’s definitely a game we can learn from. This one doesn’t count, but we can learn from it and develop.”

Ridgeview 49, Lebanon 7					
Ridgeview	7	14	21	7	—49
Lebanon	0	0	7	0	—7
First Quarter					
RIDGE—Grant 2 run (Deel kick), 1:58.					
Second Quarter					
RIDGE—Grant 3 run (Deel kick), 6:04.					
RIDGE—Grant 48 run (Deel kick), 4:01.					
Third Quarter					
LEB—Spencer 12 pass from Boothe (Curry kick), 6:08.					
RIDGE—McFall 86 kickoff return (Deel kick), 5:56.					
RIDGE—McFall 22 run (Deel kick), 2:32.					
RIDGE—Rose 3 run (Deel kick), 1:04.					
Fourth Quarter					
RIDGE—Stevens 5 run (Deel kick), 4:22.					
RIDGELEB					
First downs2110					
Total Net Yards461162					
Rushes-yards42-42924-93					
Passing 3269					
Comp-Att-Int3-9-010-25-2					
Fumbles-Lost0-00-0					
Penalties-Yards6-371-10					
Punts0-03-26.7					

SWCC Educational Foundation announces 2026 Scholarship Golf Classic

By STACEY MCGHEE

The Southwest Virginia Community College Educational Foundation invites community members, businesses, alumni, and supporters to participate in the 2026 SWCC Scholarship Golf Classic on Thursday, September 24, 2026, at the Tazewell County Country Club. The annual event serves as one of the Foundation’s longest-running philanthropic initiatives, providing critical scholarship support for Southwest Virginia Community College students.

For more than 30 years, tournament participants and sponsors have helped raise over \$500,000 in scholarship funding, assisting students with tuition, textbooks, required supplies, and certification expenses. Funds generated through the tournament directly help students overcome financial barriers and pursue educational and career goals.

This year’s tournament is dedicated to the memory of James “Jim” Boyd and Eugene “Gene” Hurst Jr., whose leadership, generosity, and commitment to Southwest Virginia Community College helped create opportunities for countless students. Their service to the college and steadfast support of the Educational Foundation established a lasting legacy that continues to impact lives throughout the region.

The importance of scholarship support is reflected in stories like that of Kaylen Whitt, an SWCC student studying education who has benefited from multiple scholarships. Active in the Student Government Association, Phi Theta Kappa, and serving as President of the Honors College, Whitt credits donor generosity with allowing her to focus on academics, leadership development, and preparing for a career in elementary education rather than worrying about financial challenges.

[DO NOT CHANGE — inside direct quotation] Whitt shared. “Because of your support, I have the opportunity to grow, lead, and pursue my future without finances standing in the way.”

The tournament will begin with registration at noon, followed by a 1 p.m. shotgun start and an awards dinner at 6 p.m. Participants may register individually or as teams, while businesses and community organizations can further support the event through sponsorship opportunities.

The SWCC Educational Foundation encourages individuals and organizations across the region to support the 2026 Scholarship Golf Classic and invest in the next generation of workforce leaders, educators, healthcare professionals, and community members.

LEBANON’S BAKER & REECE

FROM PAGE 1B

spotlight. I think there is a lot of talent in this area that goes under the radar, and as a whole, we’re going to show off this area.”

Baker will likely remain at wide receiver and Reece at quarterback. Both arrived at UVA-Wise in July to get acclimated to the college game. There are tremendous differences from high school.

“Not only has it made us better football players, but it’s also made us closer as a team and built team chemistry,” declared Baker.

“When you’re around these guys twenty-four-seven, all day, with a very strict schedule, you have to be here at certain times. The lifts and conditioning were very intense. It was challenging if you didn’t have that prior conditioning and strength training. Fall camp is super hard.”

Having an early opportunity definitely helped them to make quick adjustments.

“I was very grateful that they allowed us to come in July,” Reece stated. “Just coming to that first throwing session and seeing how fast... it’s not so much about defense; it’s how fast my receivers are going. That makes a world of difference to timing. Getting the timing down with receivers is the biggest part. Now I’ve built that trust with them, and I know where they’re gonna break and be open. That’s the biggest part.

“We’ve got some fast guys on the team, and we’re throwing to some freaks of nature. I was very grateful to be here this summer.”

On Thursday, Aug. 27, the Cavaliers open the season when they travel to Clinton, South Carolina, to face Presbyterian.

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\$20
SECOND PRIZE

CONTEST RULES

1. Anyone can enter except employees of this paper and their families. ONLY one entry allowed per person per week.
2. Teams in this week's games are listed in each advertisement on this page. Put your choice-in each game in consecutive order. Pick the total number of points you think will be scored between the two teams playing each other in the appropriate blank at the bottom of the entry. A second tie-breaker is added in case there is still a tie after the first tie-breaker has been used. If a tie still exists, the prize money will be divided evenly. The second tie-breaker is only used if the first fails to break a tie.
3. Your entry can be delivered to the Lebanon News prior to 4:00 p.m. Friday or be postmarked prior to 4:30 p.m. Friday each week. Mail entries to "Football Contest" c/o The Lebanon News, P.O. 1268, Lebanon, VA 24266
4. If a game is postponed or cancelled, the submission will automatically be counted as correct for all entrants.
5. Children under 16 years of age NOT QUALIFIED TO ENTER.
6. Winners will be announced following each contest.
7. Decisions of judges will be final! A new contest will be announced each week.
8. Official entry form on this page must be used.

**NO OBLIGATION! NOTHING TO BUY!
USE CONVENIENT ENTRY FORM ON
THIS PAGE**



**LOOK HERE EACH
WEEK FOR WINNERS!**

OFFICIAL ENTRY FORM

Pick The Winner Only! No Scores

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

FIRST TIE-BREAKER

will be the total points scored between
Lebanon at Honaker.

SECOND TIE-BREAKER

will be the total points scored between
Bland County at Castlewood..

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

PHONE: _____

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P.O. BOX 1268

LEBANON, VA 24266



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11. Rural Retreat at Fort Chiswell

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12. Radford at George Wythe

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13. Unake (TN) at J.I. Burton



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14. Northwood at Twin Springs

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15. Cumberland Gap (TN) at Thomas Walker

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16. Floyd County at Narrows

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17. N.C. State at Virginia

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18. Hawaii at Stanford

Lebanon

Lube

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19. New Mexico State at Florida State

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20. North Carolina at TCU

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10. Holston at East Montgomery

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LEGAL NOTICE

COMMONWEALTH OF VIRGINIA VIRGINIA GAS AND OIL BOARD HEARING SEPTEMBER 15, 2026
Pursuant to Sections 45.2-1609.C and 45.2-1624.B of the Code of Virginia, the Virginia Gas and Oil Board will hold its scheduled monthly hearing commencing at 10 a.m. on Tuesday, September 15, 2026. Location: The Russell County Government Center, Southwest Virginia Community College, Auditorium B115, 139 Highland Drive, Lebanon, VA, 24266. Those who wish to join the meeting online, please contact the Gas and Oil office at 276-393-5507, prior to the day of the hearing. If you wish to call in to the meeting, you may do so by dialing 1-434-230-0065, Conference ID: 847072378#. 1. The Board will review/approve the remote attendance resolution(s) for any Board Member(s) that will be attending the meeting remotely. 2. The Board will receive public comments. 3. A petition from Pocahontas Gas LLC, for the modification of the VS18 unit to remove acreage being pooled under sealed gob area Buch No 1 South 2 Panel SGU. Unit VS-18. Docket Number VGOB 23-1121-4277-02. 4. A petition from Pocahontas Gas LLC, for the creation of a sealed gob drilling unit. Unit Buch No 1 South 2 Panel SGU. Docket Number VGOB 26-0721-4330. 5. A petition from the Division of Gas and Oil - on behalf of others for Diversified Production LLC, appealing the decision of the Director issued on 3/3/2026, for Objection Number 77 regarding Application Number 64170 from Pocahontas Gas LLC, for proposed well CBM F37A W/PL, located in the Garden Magisterial District, Buchanan County, Virginia. Docket Number VGOB 26-616-4326. Contin-

LEGAL NOTICES

ued from July 21, 2026 and July 28, 2026. . 6. A petition from the Division of Gas and Oil - on behalf of others for Buchanan Energy Company LLC - James O. Bunn II, Manager, appealing the decision of the Director issued on 3/3/2026, for Objection Number 78 regarding Application Number 64170 from Pocahontas Gas LLC, for proposed well CBM F37A W/PL, located in the Garden Magisterial District, Buchanan County, Virginia. Docket Number VGOB 26-616-4327. Continued from July 21, 2026 and July 28, 2026. . 7. A petition from the Division of Gas and Oil - on behalf of others for Diversified Production LLC, appealing the decision of the Director issued on 3/3/2026, for Objection Number 79 regarding Application Number 64222 from Pocahontas Gas LLC, for proposed well CBM G37B W/PL, located in the Garden Magisterial District, Buchanan County, Virginia. Docket Number VGOB 26-616-4328. Continued from July 21, 2026 and July 28, 2026. . 8. A petition from the Division of Gas and Oil - on behalf of others for Diversified Production LLC, appealing the decision of the Director issued on 3/3/2026, for Objection Number 80 regarding Application Number 64223 from Pocahontas Gas LLC, for proposed well CBM G37C W/PL, located in the Garden Magisterial District, Buchanan County, Virginia. Docket Number VGOB 26-616-4329. Continued from July 21, 2026 and July 28, 2026. . 9. A petition from Pocahontas Gas LLC, for a. the Board to extend the 30-day election period for all respondent s pending resolution of the foregoing issues; b. that the E37 Order be modified to inform pooled parties that participation, i.e., obtaining a working interest in Panel 19 production, cannot be obtained by paying Diversified; c. that the Board modify its Order to delete the Completed-for-Production costs attributed to and allegedly due Diversified as a condition precedent to obtaining a working interest in Panel 19 production; d. that the Board determine the Diversified/Pocahontas working interest/capital allocation in regard to their respective working interests in Panel 20; e. that the Board reconsider its decision to appoint multiple designated operators in the same long wall panel; f. that the Board specially address the payment of production royalties to owners in units where the payor is not the designated unit operator; g. that the Board address a resolution of inconsistencies in acreages and DOI s when production is allocated and royalties are paid; and h. such other relief as may be appropriate under the circumstances. Unit E37. Docket Number VGOB 26-0915-4331. 10. The Board will receive an update of Board and Division activities from the staff. 11. The Board will review the July 21st and July 28th, 2026 minutes for approval. Information concerning the above docket items can be viewed electronically at: <https://www.energy.virginia.gov/DgoInquiry/frmmain.aspx?ctl=68>. All questions concerning the agenda should be directed to the Gas and Oil Team by telephoning 276-415-9700. Special accommodations for the disabled and other extenuating circumstances will be made available at the hearing on request. Anyone needing special accommodations for the September 2026 hearing should contact the Virginia Department of Energy in advance of the hearing at 276-415-9700 or by calling the Virginia Relay Center TTY/TDD at 1-800-552-7917 or 711 by September 08, 2026. The deadline for filing of petitions to the Board for the October 2026 hearing is 5 p.m.. Friday, September, 18 with the October hearing scheduled for Tuesday, October 20, 2026 at the Russell County Government Center, Southwest Virginia Community College, Auditorium B115, 139 Highland Drive, Lebanon, VA. LN 08-26;2026

LEGAL NOTICES

VA ABC NOTICE Full Name of owner: SN3911 LLC Trading as: County Mart 3911 Swords Creek Rd, Swords Creek, Russell County, VA 24649
The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a convenience grocery store, beer, wine, consumed off premises license to sell or manufacture alcoholic beverages. Sohail Makani, Owners. Note: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200. LN-08-26,09-2;2026

NOTICE OF TRUSTEE'S

SALE 1225 Green Valley Rd, Lebanon, Virginia 24266 In execution of that certain deed of trust in the original principal amount of \$62,500.00 dated January 19, 1995 and recorded among the land records of Russell County, in Deed Book 431, Page 59 and subsequent modifications or re-recordings, if any, as amended by an instrument appointing the undersigned as Substituted Trustee dated in Deed Book 522, Page 458 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: September 24, 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 tract, piece or parcel of land which is designated as Lot No. 2 on that certain map or plat of the Scenic Green Valley Estates, which is dated May, 1976, and prepared by L. K. Addison, Certified Land Surveyor, and of record in the Russell County Circuit Court Clerk's Office in Plat Book No. 5, at Page 55, to the record of which reference is here made for a more full and complete description of said lot. 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, or if trustee is unable to complete the sale, or if it is set aside or not fully completed for any reason except purchaser's default, 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

LEGAL NOTICES

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. (VA202500000121) 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-08-26;09,2,9,16;2026

SUBSTITUTE TRUSTEE'S NOTICE OF SALE OF 97 Middle Avenue, Cleveland, Virginia 24225

WHEREAS, by Deed of Trust dated September 10, 2019, of record in the Clerk's Office for the Circuit Court of Russell County, Virginia, by Book 858, Page 0409, Denver Lee Turner and Kayla Yvonne Turner, husband and wife, conveyed to Kristie Helms and Michael Page, Trustees, the herein-after described real estate to secure the payment of a note in the original principal amount of \$46,200.00; and WHEREAS, the undersigned was appointed and substituted as Substitute Trustee under this Deed of Trust by a substitution dated June 15, 2026, and recorded in the Clerk's Office of the Russell Circuit Court of Russell County, Virginia, by Instrument No 260001187; and WHEREAS, default has been made in the payment of said indebtedness, and Eastman Credit Union, the holder of said indebtedness has declared the entire amount due and payable as provided in said Deed of Trust, and the Substitute Trustee has been directed to foreclose the Deed of Trust in accordance with the terms thereof; and WHEREAS, the public is hereby notified that the undersigned Substitute Trustee will sell the hereinafter described real estate at public auction, to the highest and best bidder, for ten percent down with the remainder due at closing within 20 days of sale, at the main entrance of the Russell County Courthouse, 83 East Main Street, Lebanon, VA 24266, at 10:00 a.m. on September 1, 2026. Lying and being in the Castlewood Magisterial District of Russell County, Virginia, as follows, to-wit: PARCEL 1: BEING Lot No. 8, in Block C, of Wallace Manor No. 1, which is of record in the Circuit Court Clerk's Office of Russell County, Virginia, in Plat Book 2, at page 48, and which said lot is more fully described as follows: Beginning at a stack in the southeast corner of Lot No. 8 as shown by plat of Wallace Manor No. 1; thence S 55 55 W 110 feet to a stake; thence N 34 05 W 140 feet to a stake in the south side of Harold Street; thence following south side of Harold Street N 55 55 E 110 feet to a stake; thence S 34 05 E 140 feet to the beginning, containing all of Lot No. 8 in Block C. PARCEL 2: BEGINNING at a stake which is located at a point in the northern boundary of Harold Street, which said point is N 34-05 W 40 feet from the northwest corner of Lot No. 8 in Block C; thence N 34-05 W 150 feet to a locust post in the southeast corner of Reginald Stallard's lot; thence in the eastern direction 110 feet to a locust post; thence in a south direction 150 feet to a stake on the north side of Harold Street; thence in a west direction with the north side of Harold Street 110 feet to the BEGINNING. BEING the same two parcels of property conveyed to Denver Lee Turner and Kayla Yvonne Turner, Husband and Wife, by Warrant Deed dated September 10, 2019, from Reda Tolba, Executrix of the Estate of Willie Viola Hall, which appears of record in the Office of the Circuit Court Clerk for Russell County, at Lebanon, Virginia in Deed Book , at page . The following information is for description purposes only and shall not be construed as amending or altering the description set forth above in any way. Tax Map No. 116R-IB-832N/116R-ID-803K Property Address: 97 Middle Ave, Cleveland, VA 24225 The sale will be made without covenant or warranty regarding title, possession, easements, restrictive covenants, or encumbrances, in bar of all rights and equity of redemption waived in the deed of trust, and subject to all unpaid real estate taxes and all other rights or exemptions of the grantors in

LEGAL NOTICES

said deed of trust. This 30 th day of June, 2026. Hanor Law Firm, PLLC, Substitute Trustee (423) 245-5000 PUBLISH: The Lebanon News Wednesday, August 19, 2026 Wednesday, August 26, 2026 SALE: Tuesday, September 1, 2026 at 10:00 a.m. FOR FURTHER INFORMATION CONTACT: Angela Hurst Loss Management Assistant Eastman Credit Union 201 South Wilcox Drive Kingsport, TN 37660 (423) 349-1368 LN-8-19,26,2026

TRUSTEE SALE OF 70 Greystone Drive, Castlewood, VA 24224 In execution of the Deed of Trust dated November 29, 2022, in the original principal amount of

\$116,040.00, recorded as Inst. 220002576, in the Clerk's Office of the Circuit Court for the County of Russell, Virginia, default having occurred in the payment of the indebtedness thereby secured and at the request of the holder of the note, the undersigned, as Substitute Trustees, any of whom may act, will sell at public auction at the front entrance of the Circuit Court for the County of Russell on September 15, 2026, at 12:00 noon, the property located at the above address and described as beginning at a pin in the northwestern boundary of VA Highway Alt. 58, corner to the Sabo lot, thence with the northern boundary of said road S67 20W 100.00 feet to a pin, thence leaving said road N22 40W 147.58 feet to a stake in the southern boundary of a 15 foot wide alley, thence with the southern boundary of said alley N77 40E 101.64 feet to a pin in the northwestern corner of the said Sabo lot, thence with the line of said lot S22 40E 129.34 feet to the point of beginning,Tax Map No. 157L SA 2739, County of Russell. TERMS: CASH. PROPERTY SOLD AS IS WITH SPECIAL WARRANTY OF TITLE. A deposit of \$10,000.00 or 10% of the successful bid amount (whichever is lower) will be required immediately of the successful bidder, in cashier's check or certified funds made payable to the purchaser and endorsed over to "DOLANREID PLLC, TRUSTEE", no personal checks accepted. Balance is due within 15 days from date of sale VIA BANKWIRE ONLY. Sale is subject to post sale confirmation and audit of the status of the loan including, but not limited to, determination of whether the borrower filed for and obtained bankruptcy protection, entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, or if trustee is unable to com-

LEGAL NOTICES

plete the sale, or if it is set aside or not fully completed for any reason except purchaser's default, the sale shall be null and void, and the purchaser's sole remedy, in law or equity, shall be the return of the deposit without interest. Upon purchaser's default, the deposit shall be forfeited and the property resold at the risk and costs of the defaulting purchaser. Sale is subject to all prior liens, easements, restrictions, covenants, reservations and conditions, if any, of record, as well as inchoate liens and any other matters which would be disclosed by an accurate survey or inspection of the premises. Real estate taxes will be adjusted to the date of sale. All costs of conveyance, deed, examination of title, recording charges, grantor's tax and possession will be at the expense of the purchaser. All risks of casualty immediately pass to the successful bidder. Time is of the essence. Winning bidder must sign a memorandum of sale immediately upon completion of sale. Additional terms may be announced at the time of sale. Trustee's affidavit and a copy of the notice of sale available at the foreclosure sale. The opening bid is not announced until the sale. Current sale status available at dolanreid.com/foreclosure-sales. THIS IS A COMMUNICATION FROM A DEBT COLLECTOR. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. For Information Contact: DolanReid PLLC, G. Benny Moore and P. Matthew Roberts, PLC, Substitute Trustee(s) 12610 Patrick Henry Dr., Ste. D, Newport News, VA 23602; (757) 320-0255, Ext. 220 or Ext. 260 Publish On: LN August 19 & 26, 2026

SERVICES

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THE TOWN OF HONAKER IS CURRENTLY ACCEPTING APPLICATIONS FOR A PART TIME POSITION ON THE SOLID WASTE DEPARTMENT. APPLICANT IS REQUIRED TO POSSESS A VALID CDL LICENSE. RATE OF PAY EXPECTED IS BETWEEN \$17- \$23 PER HOUR DEPENDING ON EXPERIENCE. APPLICATIONS MAY BE OBTAINED AT THE TOWN HALL, 455 HERITAGE DR., HONAKER, VA 24260 THE TOWN OF HONAKER IS AN EQUAL OPPORTUNITY EMPLOYER



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.



The Blackwater Band headlined the Beach Party for the second year in a row.

Lebanon bids summer farewell with beach party

By SHAWN STREET
shawn@virginiamediainc.com

The Town of Lebanon said so long to summer with its annual end of season bash -- the seventh annual Beach Party. The town's pool had free admission throughout the day. Hungry beachgoers had plenty to choose from as the Jamie's Delight and Crazy Banana, Leno's Hibachi Grill, and Wetzel's Pretzels food trucks were on hand.

Taking care of dessert were the trucks of The Drippy Cone, Donuts and More, Mas and Pas Sweet Treats, and Sno Shak. DJ Ben Morris was broadcasting live throughout the day on the internet radio program Beach Waves Radio. Headlining the Lebanon Beach Party for the second year in a row was the Black Water Band. The North Carolina-based band entertained the crowd with beach music favorites, as well as plenty of soul, rhythm and blues, country, funk, yacht rock, and rock and roll.



Cold treats are a must during the Beach Party.



The crowd gathered early at the edge of the sand for the Beach Party.

St. Paul's Float Festival rescheduled for September

By SHAWN STREET
shawn@virginiamediainc.com

The Float Festival in St. Paul has been rescheduled for September 26. The event, which was originally scheduled for August 1, was postponed due to river and weather conditions. According to town officials, the festival will feature floating on the Clinch River, among other activities, and will begin at Replace all on-the-hour times: '8:00 a.m.' -- '8 a.m.; '10:00 p.m.' --10 p.m.; '7:00 a.m.' --7 a.m.; '8:00 a.m.' --8 a.m.; '8:00 a.m.' --8 a.m.; '2:00 p.m.' --2 p.m.; '6:00 p.m.' --6 p.m.; '8:30 p.m.' stays as-is and conclude at 10:00 p.m. A community yard sale is planned as part of the event. Registration is from 7:00 a.m. until 8:00 a.m. The yard sale is scheduled to begin at 8:00 a.m. and conclude at 2:00 p.m. Alli Epperson will be performing at 6:00 p.m. and From the Edge will perform at 8:30 p.m. More festival activities will be announced as the date approaches.

Honaker man among 45 new troopers to join Virginia State Police

By SHAWN STREET
shawn@virginiamediainc.com

On Friday, August 21, 2026, the Commonwealth graduated its 145th generation of Virginia State Troopers. The 45 new troopers received their diplomas during commencement exercises at the State Police Training Academy in North Chesterfield County. Among those graduating was Honaker resident Daylen Mickinley Stapleton. He will be assigned to the Botetourt, Lexington and Rockbridge areas. The new troopers have received The new troopers have received more than 1,300 hours of classroom and field instruction in more than 100 different subjects, including de-escalation techniques, strategies to assist people in mental health crisis, ethics and leadership, fair and impartial policing, constitutional law, emergency medical trauma care, and public and community relations. The Trooper Trainees of the 145th Basic Session began their 29 weeks of academic, physical, and practical training at the Academy on January 26, 2026. of classroom and field instruction in more than 100 different subjects, including de-escalation techniques, strategies to assist people in mental health crisis, ethics and leadership, fair and impartial policing, constitutional law, emergency medical trauma care, and public and community relations. The Trooper Trainees of the 145th Basic Session began their 29 weeks of academic, physical, and practical training at the Academy on January 26, 2026. The graduates of the 145th Basic Session are from every corner of the Commonwealth, as well as Alabama, California, Florida, Kansas, Kentucky, Montana, New Jersey, New York, North Carolina, Ohio, Oregon, Pennsylvania, and Texas. Additionally, one graduate comes to Virginia State Police from the Republic of the Gambia. For their final phase of training, each trooper will spend an additional six weeks paired up with a Field Training Officer learning his or her new patrol area.

SUDOKU

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Level: Intermediate

GUESS WHO ?

I am an actor and musician born in California on August 28, 1969. I attended UCLA with fellow actor Tim Robbins, and we were in a theater troupe. I've had a very successful movie and music career, and was once nominated for a Golden Globe Award for Best Actor for my role as a substitute teacher teaching rock.

Answer: Jack Black

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to golf.

BEIIRD

Answer: Birdie

SWEET 16TH COAL BOWL

FROM PAGE 1B

It will be a huge crowd, and one team will come away with a win and momentum to start the season. What is the main secret to winning the game? "I think whoever's going to be more physical and who's going to be better up front is who is going to win the football game," said Norris. "We have to be able to get after Parker Lowe. He's a quarterback; we have to put pressure on him. We can't let him sit back there. If we let him sit back there and give him all day to throw the ball, he'll pick you apart. We have to get after him and make him uncomfortable." Russell County's other team, Castlewood, will open the season under new coach Cody Smith on Friday when they square off with Bland County at B.C. White Stadium.

"Coal Bowl" Scores

2025Lebanon	49-31
2024Lebanon	35-16
2023Honaker	52-7
2022Lebanon	19-13
2021Honaker	37-18
2021Lebanon	27-6
2019Honaker	14-0
2018Honaker	35-28
2017Lebanon	34-16
2016Lebanon	37-14
2015Honaker	28-7
2014Honaker	25-14
2013Honaker	36-7
2012Honaker	14-13
2011Honaker	31-14

YOUR HOMETOWN NEWS is just a click away!

LOCAL NEWS

Stay informed on what matters most.

SPORTS

Follow your favorite teams and athletes.

OBITUARIES

Honoring lives and sharing memories.

COMMUNITY EVENTS

Discover local events happening near you.

The Lebanon News

Local News. Local Stories. Local People.

The Lebanon News

Your Community. Your Stories. Your Newspaper.

Find us online at www.thelebanonnews.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 they 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 Camp 840 meets 4th Thursday each month at 6:30 p.m. at the Russell County Public Library, Lebanon, VA.

HONAKER HIGH SCHOOL CLASS OF 1966 REUNION

The Honaker High School Class of 1966 will hold its 60th reunion on

Saturday, Sept. 19, 2026, at the Russell County Conference Center in Lebanon. Details about the time, as well as the cost per person will be forthcoming. Also, the Class of 1968 has asked to join us. It'll be a great time for us to reconnect! Contact Jim Baldwin for more information at the following: Phone/Text 276-608-7186, Email: jimbaldwin2@outlook.com

THE RUSSELL COUNTY COMEDY SHOW

SUNDAY, AUGUST 30TH @ 4:00PM

FEATURING

Adam Smith

Comedy

Get Those Tickets Here

www.therusselltheatre.com

At TigeRx Pharmacy, every member is ready to work and be there for our patients!

(276) 873-4700

TIGER Pharmacy

HERE FOR YOU, READY TO HELP

2026 DAILY SCHEDULE

Friday, September 4

6:00 Team Roping

8:00 Seth McKay & Moonshine Rivals

Saturday, September 5

10:00 Dirt Bike Race

10:00 Archery Tournament

11:00 Youth Rodeo

4:00 Weigh In & Registration for Tractor Pull

(In case of rain, make up Date will be Sat. Sept. 12th)

4:00 Tractor Parade

4:30 Tractor Games

6:00 Antique Tractor Pull

6:00 Ranch Rodeo

6:00 Demolition Derby (Registration begins at 2 PM)

7:00 Noah Spencer

8:00 Honeybadgers

Sunday, September 6

2:30-7:00 Register for Scarecrow Competition

2:30-7:00 Register for Home Economics/Art/Agriculture

2:30-7:00 Vendors set up in Commercial Building

Monday, September 7

(Veterans Day)

Veterans Admitted Free until 2:00 PM.

Free Breakfast for all Veterans at the Pavilion beginning at 9:00 AM. (Sponsored by Bonanza)

9:30 Judging of Home Ec/Agriculture/Art/Barn Quilt Square Exhibits/Special Contest Entries (Buildings closed during judging)

10:00 4X4 XU SHOW (Registration 8-10)

10:00 Register Halter Beef Cattle

11:00 Halter Beef Judging (Sponsored by FB&T Agriculture Division) (Released at discretion of Committee)

11:00 Registration for Russell County Strongest FarmHand Competition

12:00 Strongest FarmHand Competition (Located in Horse Show Ring)

3:00 BARBIE POWER WHEELS RACE

4:00 4H Market Lamb Show (Sponsored by Farm Credit) (Release at Discretion of Committee)

5:30 Pie Eating Contest (Pavilion) sponsored by Pat's Diner and Home Care Equipment

7:00 Drag Racing

8:00 Midlife Crisis

Fireworks after Drag Racing (sponsored by First Bank & Trust and Leonard Family Charitable Foundation)

Tuesday, September 8

(Full Carnival Opens) (Classroom Day)

6 PM-10 PM Carnival

6:00 Registration for Rabbit Show

6:00 Calvary's Chosen

6:40 Valley Grass

7:20 The Jesse Family

8:00 The ChuckWagon Gang

7:00 Rabbit Show

7:00 BULL RIDING (Spur'n S Rodeo)

Wednesday, September 9

(Special Needs Day 10-2)

3:00-6:00 Register Goats

5:00-6:00 Register for Cornhole Tournament

CARNIVAL WRISTBANDS 6-10 PM

6-8 PM Cornhole Tournament

6:00 Goat Show

7:00 Bull Riding

7:30 4H Market Goat Show (Sponsored by Leonard Land & Livestock) (Released at discretion of Committee)

8:00 Mountain Highway

Thursday, September 10

(Senior Day) (Gospel Night)

(Senior Citizens 55 & over admitted free until 2 PM. Activities provided by AASC. Beginning at 10 am) (Sponsored by Town of Lebanon)

1:00 Deadline to Register Pen Cattle

2:00 Judging of Pen Cattle (Sponsored by Tri-State Livestock Market) (Released following judging)

4:30 Registration of Horseless Cowboy Contest

5:00 Horseless Cowboy Contest

6:00 RUSSELL COUNTY HORSE SHOW

6:00-10:00 CARNIVAL

GOSPEL NIGHT ENTERTAINMENT

6:00 Holston River Boys

6:30 The Hubbard Family

7:00 The Jackson Family

7:30 Mike Upright

8:15 Jeff Tolbert and Primitive Road

Friday, September 11

(School Day - School Children admitted Free until 3 PM)

9:00 Youth Tractor Driving Contest

10:00 School Day Activities Begin

12:00 Baby Crawling Contest (located next to Horse Show Ring)

12:15 Toddler Stickhorse Race (next to Horse Show Ring)

Carnival (1:00-10:00)

5:00 Open Poultry Show (registration from 4-5)

5:00 Registration for Truck Pull

6:00 Truck Pull

7:00 Registration for 4H Poultry Show

7:00 Horse Pull

7:30 4H Poultry Show & Sale

(Sponsored by Anderson & Son Meat Packing)

8:00 Entertainment: Gents And Liars

Saturday, September 12

(If Tractor Events are canceled due to rain on Aug. 30th, that schedule will take place today)

10:00 Open Western Horse Show

10:00 Side By Side Race

10:00 LINEMAN RODEO (Derby Ring)

10:00 Breeding Sheep Show (Hair Sheep Show will follow)

11:00-12:00 Horseshoe Pitch Tournament Registration

11:00 Commercial Sheep Show

12:00-2:00 Double Elimination Horseshoe Pitch Tournament

Carnival Wristbands 1-6 PM, 5-10 PM, 1-10 PM

1:00 Chainsaw Demonstration & Chainsaw Competition (Sponsored by Spring hill Lawn & Garden)

2:00 PET SHOW (Sponsored by Southwest Virginia Veterinary Services) (registration at 1:30)

3:00 Weighing of Market Hogs

5:00 Market Hog Show (Sponsored by Anderson & Son Meat Packing)

6:00 Open Horse Show

7:30 Last Chance to Purchase Raffle Tickets

8:00 Kickin' Up Dust

8:00 RAFFLE

Sunday, September 13

Exhibits Removed 3:00-5:00

TICKET INFORMATION

DAILY TICKETS:

Adults 18 & over.....\$10

Children 6-17.....\$5

Children 5 & under are Free

SEASON TICKETS:

Adults: \$40 Children: \$20

Exhibit buildings open 10 AM - 9 PM daily

SPECIAL INTEREST DAYS:

Monday - Veterans Day

Tuesday - Classroom Day

Wednesday - Special Needs Day

Thursday - Senior Day

Friday - Kid's Day

SPECIAL NOTICE

All Home Economic, Agriculture, Art, & Commercial Exhibits

TAKE IN: September 6th

JUDGING: September 7th

REMOVAL: September 13th

GENERAL STORE

Souvenirs, Snacks & Raffle Tickets Available

10:00 AM-9:00 PM

2026 Livestock Schedule

MONDAY, SEPTEMBER 7

10:00 Register Halter Beef Cattle

11:00 Halter Beef Judging (Sponsored by FB&T Agriculture Division) (Released at discretion of Committee)

4:00 4H Market Lamb Show (Sponsored by Farm Credit) (Release at Discretion of Committee)

TUESDAY, SEPTEMBER 8

6:00 Registration for Rabbit Show

7:00 Rabbit Show

WEDNESDAY, SEPTEMBER 9

3:00-6:00 Register Goats

6:00 Goat Show

7:30 4H Market Goat Show (Sponsored by Leonard Land & Livestock) (Released at discretion of Committee)

THURSDAY, SEPTEMBER 10

1:00 Deadline to Register Pen Cattle

2:00 Judging of Pen Cattle (Sponsored by Tri-State Livestock Market) (Released following judging)

4:30 Registration of Horseless Cowboy Contest

5:00 Horseless Cowboy Contest

FRIDAY, SEPTEMBER 11

9:00 Youth Tractor Driving Contest

5:00 Open Poultry Show (registration from 4-5)

7:00 Registration for 4H Poultry Show

7:30 4H Poultry Show & Sale (Sponsored by Anderson & Son Meat Packing)

SATURDAY, SEPTEMBER 12

10:00 Breeding Sheep Show

11:00 Commercial Sheep Show

3:00 Weighing of Market Hogs

5:00 Market Hog Show (Sponsored by Anderson & Son Meat Packing)

Russell County Horse Show 2026

Russell County Show • Western Horse Show • Open Horse Show

Lineman Rodeo

September 12th at 10:00 AM

PETS ON GROUNDS MUST BE KEPT ON LEASH.

COLE SHOWS

2026 CARNIVAL HOURS:

MONDAY: 6 PM to 10 PM (Limited Rides)

TUESDAY, WEDNESDAY, THURSDAY: 6 PM to 10 PM

FRIDAY & SATURDAY: 1PM to 10 PM

Wristbands Presales must take place before September 7th.

BULLS AND BRONCS

SEPTEMBER 8TH & 9TH

RUSSELL COUNTY FAIR & HORSE SHOW AND SPUR'N S RODEO presents

ACTION PACKED FAMILY ENTERTAINMENT

BULL & BRONC RIDING, MUTTON BUSTING & MORE

www.russellcountyfair.com

50/50 RAFFLE with NO LIMIT of TICKETS SOLD!

\$50 PER TICKET

50/50 raffle

Drawing will be held on September 12th at 8:00 PM. Need not be present to win.