

The Lebanon News

Russell County's Family Newspaper Since 1880

VOL. 104 NO. 38

WEDNESDAY, OCTOBER 7, 2026

LEBANON, VIRGINIA | \$2

Tobacco commission approves two regional education projects

By SHAWN STREET

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The Tobacco Regional Revitalization Commission met in Greenville County recently and approved two projects designed to benefit students in Southwest Virginia.

A grant worth \$135,000 was awarded to Southwest Virginia Community College's Workforce Accelerator for Robotic and Orbital Welding program.

The grant will support the establishment of a new Workforce Accelerator for Robotic and Orbital Welding to address a critical regional demand for highly skilled industrial welders. The funds will be utilized directly to purchase advanced training equipment, including a Lincoln Electric Cobot Welding System, alongside specialized instructor training and essential program consumables.

In addition, 20 students will train annually at the main campus and Bluefield Center. The program will provide participants with industry-recognized credentials in automation and precision welding technologies. This initia-

tive will prepare workers for high-performance sectors like modern manufacturing and energy production, helping to fill a projected regional need for nearly 600 new welders over the next five years.

Great Aspirations Scholarship Program received a grant worth \$113,013.71. The grant will go toward GRASP's Postsecondary Advising Expansion into 11 high schools across Southwest Virginia.

The requested funds will be used to cover 50 percent of advisor compensation, along with necessary supplies and equipment over a three-year period.

Working directly alongside high school counseling departments, advisors will provide hands-on assistance to an estimated 333 students and families, guiding them through financial aid options and affordable pathways to college degrees or career credentials.

By helping families minimize student debt and access postsecondary opportunities, the initiative aims to strengthen the regional talent pipeline and encourage graduates to build their careers locally.

"Building a robust economy for Southern and South-

west Virginia requires long-term commitment and I am pleased that at our meetings here in Emporia the Commission has underscored its support for workforce education as well as helping our farmers and producers continue to grow and innovate," said TRRC Chairman Delegate Will Morefield. "I want to extend my thanks to my fellow commissioners, as well as the staff, for their work on bringing these projects and initiatives to life. I know that the real work happens in our communities and so I look forward to seeing these investments create real opportunities for the people who call this region home."

TRRC Executive Director David Manley added, "The Commission is a valuable resource for the rural communities it serves, and I am honored to be part of its work. It has been a pleasure getting to know our commissioners and staff over my first couple of months. I am excited to see the impact the grants approved at this meeting will have in the years to come and I look forward to working with our partners across Southern and Southwest Virginia to make sure the Commission continues to help meet the needs of our region."



Participants honor America at VetFest.

VetFest continues to have "phenomenal support"

By SHAWN STREET

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The last Saturday in September is when Russell County comes together for America's military veterans, reminding them that they are not alone and they are loved. Each year Doro Martin and a host of volunteers host VetFest, a family-oriented day of fun events that also raises funds for Stop Soldier Suicide.

"VetFest SWVA again was a very successful this year," Martin said. "Even though we were compet-

ing with a bunch of other races and events in the area we still got phenomenal support"

Martin added, "Invisible wounds are the hardest to heal because they are not obvious. Our mottos are 'connecting event at a time,' 'you are not alone' and 'make it to tomorrow.' Our goal is to put on events everyone can find interest in and hopefully find a reason to come out and for us to have a chance to meet them where they are at."

Opening ceremonies for the 2026 event fea-

SEE VETFEST CONTINUES | 2A



Winners of the fastest dog contest at VetFest SWVA.

Dante Rescue Squad implements stipend program

By SHAWN STREET

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The Dante Rescue Squad has implemented a volunteer stipend program in order to help members offset expenditures. The program was implemented on Oct. 1.

"The purpose of this program is to support the dedicated volunteers who give their time, incur their own expenses, maintain their training, and answer the call when our community needs them," stated Acting Captain Jarred Glass.

Glass stressed that the stipend program will not affect the services the squad offers.

"This does not change who we are," he said. "Dante Rescue Squad will remain a volunteer organization, and we will continue providing emergency medical care and ambulance transportation at no cost to our patients."

In a letter addressed to the Dante community, Glass explained how the program will operate.

"This stipend will be given based on how many 911 calls they respond to and for obtaining and maintaining their training," he said. "This is not a wage for their work. We will have no employees. This is a small appreciation for their time and effort to help maintain the service we have always provided."

Glass said the program is projected to be \$20,000 annually. He said thanks to the long-term financial planning of his father, the late Daniel "Butch" Glass Jr., the squad is able to afford the stipend program.

"We are again blessed enough that through dad's years of financial planning and trying to keep our operating costs low that we can afford this," Glass said.

He added, "Affording this is also due to our gracious donors. Some of whom have faithfully donated for years and that does not go unnoticed."

Cleveland schedules several Halloween-themed events

By SHAWN STREET

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The Town of Cleveland is the place to be this month for those who enjoy Halloween festivities. Town officials have scheduled several "spooktacular" events for those who love a good scare.

The Fall Movie Night kicks off the Halloween season in Cleveland this weekend with a special showing of "Scream." The movie will be at the Cleveland Town Park on October 10, beginning at 7 p.m.

In addition to the movie, the Cleveland Farmers Market will be open at the town park on October 10 from 5 p.m. until 8 p.m. A bounce house, cornhole and plenty of food

are also on the agenda.

Cleveland's Fall Festival will be the following weekend, October 17 from 5 p.m. until 9 p.m.

Held at the Cleveland Recreational Center, the event will feature a costume contest, cake walk, live music with Bluegrass Circle, cornhole, face painting and much more. Vendors may set up free of charge.

Those who believe they are brave enough to take part are invited to the Haunted School on October 23 and 24. Tickets are \$10 each and the first group will enter the Haunted School at 7 p.m. each night. All proceeds from the VetFest SWVA sponsored event will go to Stop Soldier Suicide.

In addition to ghosts, ghouls and other things that go

bump in the night inside the school, the event will also feature campfire ghost stories, hotdogs and marshmallows for roasting by the campfire, as well as hot chocolate and coffee.

Cleveland's Trunk or Treat and Halloween parade will be October 30. Lineup for the parade will be at the old Cleveland Town Hall at 5:00 p.m. The parade will get underway an hour later at 6 p.m.

The parade will make its way through town before ending at the Cleveland Ball Field, where the trunk or treat will take place.

Awards for first, second and third place will be given out.

For more information, contact the Cleveland Town Hall.





Cedar Realty celebrates the opening of its new home office in Lebanon.

Chamber of commerce celebrates two grand openings

By SHAWN STREET
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The Russell County Chamber of Commerce recently held ribbon cutting ceremonies for Kent Medical and Cedar Realty.

Kent Medical was celebrating the opening of its new office at 619 West Main Street in Lebanon.

“Kent Medical opened the doors at their new location and invited the public in for tours, with a ribbon cutting from the Russell County Chamber of Commerce,” said Sharon Vandyke, President of the Russell County Chamber of Commerce. “Wiley Kent, P.A. and his staff provided food for all of those in attendance.”

Vandyke added, “Even though they moved less than a mile, they grew leaps and bounds with more exam rooms

and space for treating their patients. Dr. Kent is open to new patients and he provides care to walk-ins, as well. If you are looking for a new healthcare provider, check out the Kent Medical Clinic, call to schedule your appointment, and get the healthcare you deserve.”

Chamber officials also celebrated the new home office of Cedar Realty in Lebanon.

“Owners Brandon and Tabitha Davis shared their excitement as they showcased their new office location and welcomed in the public at 307 W. Main St. in Lebanon,” said Vandyke.

She added, “Cedar Realty treated all of those in attendance to two food trucks. To show their appreciation back to the community they love, Cedar Realty picked up the tab for all of the food ordered and gave away a huge gift basket that served as a door prize for the day.”



Chamber and town officials celebrate the new office of Kent Medical.

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. McElhenry Camp 840 meets 4th Thursday each month at 6:30 p.m. at the Russell County Public Library, Lebanon, Va.

Singing
There will be a singing at the Church of Jesus Christ on Stoots St., Lebanon, on Oct. 9, 2026, at 7 p.m. Featured singers will be Dean Hubbard, Sam and Wilma Deskins and the Spirit and Truth Singers. Everyone come out and worship with us.

Community Men's Breakfast
A Community Men's Breakfast originally organized by men of the Lebanon Memorial United Methodist Church is held the 2nd Saturday each month at Pat's Kountry Diner at 8 a.m. All men in the area are welcome to attend. The purpose of the gathering is to share in fun, food and fellowship. Breakfast can be purchased from a buffet or menu. If not interested in eating breakfast, just show up for funny stories, a brief devotional, and community announcements. These three activities take about 20 minutes.

The next breakfast is Oct. 10, 2026. We hope you will join us.

VETFEST CONTINUES

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tured words from Delegate Israel O'Quinn and Senator Todd Pillion. VetFest attendees helped display a 30x60 foot American flag while Tanya Odle, Haley Statzer and Breanna Rasnake brought chills to the crowd with a moving rendition of the “Star Spangled Banner.”

Richlands High School's JROTC presented the colors and the Lebanon Veterans of Foreign Wars gave the 21-gun salute and played taps.

There were 40 plus runners for the Austin Daughtery Memorial 5K-12K Run-Walk-Ruck.

A new event for VetFest in 2026 was the Art Memorial K9 Competition, named in honor of the late Russell County K9 Art. Martin said that competition drew 10 teams, including some from as far away as LaFollet, Tennessee.

“Part of our raised funds will go, per usual, to Stop Soldier Suicide but we have now the resources to help veterans and their families here in the area,” she said.

“One big step in that direction was a donation from the Moose Lodge in Abingdon that allowed us to purchase a trailer, which makes it easier to get our equipment moved around,” she explained. “We have made a lot of connections and hope to be able to step up our involvement in the communities.”

Martin thanked all the sponsors, supporters and the Town of Lebanon for their continued support, not only of VetFest but all the other events the organization hosts throughout the year. Such events include the VetFest car show, pickleball tournament, adventure ride and Poker Run.

“We hope to be able to reach our fundraising goal of \$10,000,” she said.

VetFest has one more event remaining on the schedule.

“We have one event left this year and we are really excited,” Martin said.

VetFest is hosting the Haunted Schoolhouse in Cleveland on Oct. 23 and 24.



Russell, Buchanan and Dickenson Counties Recovery Court programs took part in the Tri-County Recovery Rumble.

Russell County Recovery Court hosted Tri-County Recovery Rumble

By SHAWN STREET
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The Russell County Recovery Court recently hosted the first ever Tri-County Recovery Rumble. The event was held in celebration of National Recovery Month.

The Buchanan County and Dickenson County Recovery Courts also took part in the event.

Russell County Commonwealth's Attorney Zack Stoots praised the efforts of Missy Carter, for not only making the Tri-County Recovery Rumble a success but also for her efforts in helping people get on the road to recovery.

“Missy Carter has been working as the Recovery Court Coordinator in Russell County for 13 years and also oversees the Community Work Program, which has been in operation since 2016,” he said. “During her tenure with both programs, Carter credits both programs' success on being consistent in the program expectations for those

who come into our care and the community support we have in Russell County for people in recovery.”

Carter stated, “This is the third year that Russell County has held this event — but in past years, we have only had our own participants and alumni compete in the games. Our peer recovery specialist, Alisha Yates, suggested we invite other programs this year and we made that happen.”

Carter added, “Programs from Buchanan County and Dickinson County both participated and I feel that the day was a huge success. Recovery is so much more than being sober. Sure, that's a major part of it, but learning how to have fun again and learning how to interact with others is another life skill that I feel we need to pass along to the people that come through our programs. This event does just that.”

Carter started an alumni program for the program in Russell County in 2019. The alumni program is a place for graduates and prior participants to meet monthly for

events and interact with others in the recovery community. Events include movies, dinners, painting classes, board game night and the Recovery Rumble. Russell County Alumni has approximately 30 active members and meets the third Saturday of every month.

In 2025, Carter also started Foundations for Success — monthly life skills classes — for participants in the Recovery Court Program. These classes have been very helpful to the participants but there was not a consistent location to hold them.

With the use of Opioid Abatement Authority funds, Carter was able to develop a classroom that will now host Foundations for Success classes for both Recovery Court and Community Work Program participants. Stoots said, “It was great to have the Recovery Court participants and team members from multiple counties come together for a fun day. Congratulations to the 2026 Recovery Rumble Champs, Buchanan County Recovery Court participants and alumni.”



By R.G. Holmes © 2026



Couch seeking another term as Cleveland mayor

By SHAWN STREET
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Incumbent Linda Couch is seeking another term as the mayor of the Town of Cleveland. Couch is officially running opposed for the office.

A lifelong resident of the town, Couch has been involved in the community for over 20 years – serving on local boards, volunteering and helping families.

“I’m running for mayor because I care deeply about our community and want to help build a stronger, safer, and more prosperous future,” Couch said.

She said she strives to bring fresh ideas and steady leadership to the office of mayor.

“I’m especially proud of two key accomplishments – planting native trees at our campground and securing a deed of dedication for our waterfalls,” Couch said. “The native trees will help preserve our natural beauty, support wildlife and provide shade and a healthier environment for future generations. The deed of dedication ensures our waterfalls are protected for the long term, keeping this treasured resource public and available for everyone to

enjoy.”

Among the most important issues facing Cleveland are improving infrastructure, supporting the local economy and small businesses, and keeping the community safe and connected. “These are the foundation for a healthy, vibrant and sustainable future,” Couch said.

Couch stated that if reelected her top priority in her first year would be to focus on infrastructure improvements such as safer roads, better sidewalks and a continued investment in parks and public spaces. “These projects will make our town safer, more connected and better for our families, businesses and visitors,” she said.

In regards to the local economy, Couch stated, “We should make it easier for local businesses to succeed by reducing unnecessary red tape, supporting our downtown and promoting local shopping and tourism.”

She added, “At the same time we can preserve our community’s character by supporting thoughtful growth, protecting our historic sites and keeping our neighborhoods safe and welcoming. A strong local economy and vibrant community can go hand in hand.”

Election Day is Nov. 3, 2026. Early voting is now underway.



Linda Couch

Vance seeks to strengthen relationship of town, businesses and residents in Cleveland

By SHAWN STREET
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Voters in Cleveland will determine this November who will be on the town council. Among those running is incumbent Thomas Vance.

“I’m proud to be a part of this community. I value the relationships, traditions, and small town character that make our town a great place to live,” Vance said. “I want to use my experience, perspective and commitment to help our community continue moving forward while preserving what makes it unique.”

Vance said he has used his position as a town councilman to build relationships with residents, local businesses and various community organizations.

“I believe meaningful progress comes from listening to people, working together, and following through on commitments,” he said.

“One of my proudest accomplishments is helping to plant native trees at our campground and securing a deed of dedication for Tank Hollow Falls, ensuring this natural treasure is protected for future generations. Being able to contribute to Cleveland in a positive and constructive way is something I take great pride in.”

Vance said if reelected one of his top priorities would be to continue building the relationship between town hall, local businesses and the residents of Cleveland.

“I would like to continue supporting projects that encourage economic development while maintaining the town’s character,” he went on to say. “Creating opportunities for local businesses and community members to work together can help strengthen the local economy and make our town an even more welcoming place to live, work and visit.”

Vance said the residents of Cleveland should play a role in decisions that affect their future. “We should listen to residents and business owners when making decisions that affect the future of the town,” he said.

Vance said improving infrastructure, supporting the local economy and small businesses, and community safety are among the top issues facing Cleveland. “These are the foundation for a healthy, vibrant and sustainable future,” Vance said.

“Supporting local artisans, craftspeople and community-based tourism can also help generate unique products and experiences that attract visitors while keeping economic benefits within the community,” Vance added.

Early voting is now underway for the Nov. 3 election.



Thomas Vance

Ty Harris is seeking a second term on the Cleveland Town Council

By SHAWN STREET
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Early voting for the 2026 election is now underway and one of the candidates seeking another term on the Cleveland Town Council is Ty Harris.

Harris said Cleveland was not just a place on a map. “It’s a community that I care about and a place I have a personal connection to,” he said. “I believe in the people who call Cleveland home and I believe in the potential that our small town has when we work together.”

Harris added, “Growing up and being involved in a rural community has taught me the importance of looking out for your neighbors, helping when someone needs it and understanding that the decisions made locally can have a real impact on everyday families.”

During his time on the Cleveland Town Council, Harris said there are several accomplishments that he is especially proud of. One of which was keeping the town moving forward on very limited funding.

“There are several accomplishments that I’m especially proud of – not simply because they were things we got done, but because of what they meant for the people of Cleveland,” Harris said.

“One thing I’m particularly proud of is the ability of our town government to keep Cleveland moving forward despite having extremely limited financial resources,” he added. “When you serve a small rural town, you don’t have unlimited budgets or resources. Every dollar matters, every decision matters and sometimes you have to find ways to accomplish important things with very minimal resources.”

Lack of financial resources, economic and business opportunities, as well as what he called a lack of support and partnership from county leaders are among the challenges facing Cleveland, Harris said.

“Like many small rural towns, Cleveland operates on very limited resources,” he said. “A strong local economy is important to the future of Cleveland. We need stronger support from our county leaders. Cleveland should not feel like it’s standing alone. Our town is part of the larger county and I believe we should have a stronger working relationship with county leadership.”

Harris said if voters select him to return to the council for another term, he will “give this position everything I have.”

Harris went on to say, “My goal will be to continue moving Cleveland forward, to strengthen our community, encourage growth, create opportunities and make sure our town has a future that our children and grandchildren can be proud of.”

He added, “But while we move forward, I will never forget what makes Cleveland special. Progress should not mean losing the character, history and close-knit spirit that makes us a town in the first place. I will do everything in my power to keep Cleveland a town. I want us to grow responsibly, prosper responsibly and improve without losing the identity that brought us together in the first place.”

As for economic progress, Harris stated, “I believe Cleveland can encourage local businesses and economic development without sacrificing the character that makes our community special. To me, economic development doesn’t mean trying to turn Cleveland into a big city. It means creating an environment where small businesses, local entrepreneurs, farmers, trades-people and existing businesses have a reason to invest and stay here.”

He said a key to economic success is making things easier for business owners.

“I would work toward making it easier for local businesses to operate by looking for ways the town can reduce unnecessary obstacles, promote available business



Ty Harris

properties, pursue grants and outside funding, and work with the county and other organizations to bring resources into our community.”

Another key, Harris said, is taking advantage of natural resources.

“Tourism is key to Cleveland as we have the Clinch River running right through town,” he said.

Congressman Griffith: Actions Against Fraud

Republicans are on the front lines to root out waste, fraud and abuse of the federal government by large criminal conspiracies.

Accordingly, I am taking additional steps to continue the Republicans' War on Fraud.

Earlier this year, I helped lead investigations into Medicaid fraud. Together with Chairman of the House Committee on Energy and Commerce, Congressman Brett Guthrie, and the Oversight and Investigations Subcommittee Chairman, Congressman John Joyce, we probed ongoing fraud in numerous State Medicaid programs.

Our Committee investigations extended to fraud-ridden States such as California, Minnesota and New York.

As a result of our investigative work, which shows nationwide trends in Medicare and Medicaid fraud costing American taxpayers billions of dollars every year, we produced a comprehensive staff report to shed light on our findings.

The report makes several recommendations.

One is to strengthen federal program integrity guidelines.

Minimum qualifications, screening risk standards for providers of equipment and services, and more frequent screenings as well as background checks for providers are fraud-preventative actions that federal authorities can push.

Another recommendation is to improve States' capacity to prevent fraud before it occurs.

It is clear that some States make patients more vulnerable to fraud due to weak oversight measures. If this lack of oversight action is maintained at its current trajectory, this problem will continue to persist and grow, allowing fraudsters access to valuable health care dollars and thus robbing resources from patients that need them.

For example, some States like Virginia exercise provider screening and investigative audits. These program integrity tools and practices must be fully applied in more States.

That is why our report also encourages the employment of innovative tools to improve fraud detection capabilities.

Artificial intelligence technologies can complement the above oversight actions to help States better track unusu-



MORGAN GRIFFITH

WEEKLY REPORT FROM THE CAPITOL

al and fraudulent activity.

As a solution to the highlighted problems, the Committee recently unveiled a package of policies that help combat fraudulent activities, protect public health programs and serve vital health care resources to patients.

As part of this policy package, I introduced H.R. 10621 – the Medicaid Fraud Fighting and Taxpayer Protection Act.

My bill targets Medicaid fraud by incentivizing States to take steps, such as implementing program integrity tools, that investigate fraud and protect federal health care programs.

The incentive provided by my bill allows States to receive an increased portion of the federal dollars saved when they identify fraud. This saved money can then be used to support numerous State programs like those in Virginia.

Ongoing fraudulent activities recently impacted Supplemental Nutrition Assistance Program (SNAP) benefits in Virginia.

In Lynchburg, officials notified residents that more than \$60,000 in SNAP benefits were stolen from Electronic Benefits Transfer (EBT) cards in the month of August! It is believed that fraudsters stole private EBT card informa-

tion and used the money loaded onto the cards to make purchases.

Cardinal News reported that this crime represented a 21-fold increase in food aid fraud.

Even worse, no system was in place to provide the Lynchburg SNAP theft victims with reimbursement of their stolen benefits.

Thus, the victims found themselves squeezed into a desperate situation.

Already faced with challenging health and financial conditions, SNAP recipients who lose access to all or a portion of their benefits will struggle to get by.

That is why I am promoting a measure that cracks down on fraud impacting SNAP benefits and supports victims of SNAP theft.

I am a co-sponsor of H.R. 3887 – the SNAP Anti-Theft and Victim Compensation Act.

This anti-fraud bill creates new civil penalties for any person who knowingly accesses, uses or transfers SNAP benefits.

Additionally, the bill provides that States can use SNAP benefits to reimburse households whose benefits are stolen due to no fault of their own.

These are some policies that can complement the ongoing work of federal efforts that are saving taxpayers billions and bringing bad guys to justice.

Whether you are a recipient of Medicare, Medicaid, SNAP or some other federal public health program, the benefits belong to you, not some criminal actor who is often part of international criminal conspiracies.

I am proud to continue my efforts that target fraud, protect valuable resources for patients and provide leadership for our War on Fraud.

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.

Adult education connection

Digital technology has become an important part of everyday life. Adults use computers, smartphones, and the internet to communicate, work, learn, manage finances, access services, and stay connected with their communities. As technology continues to change, understanding how to use digital tools responsibly and safely has become an essential part of adult education. Digital citizenship teaches adults how to participate in the digital world in ways that are safe, respectful, informed, and responsible.



BEVERLY PRATER ASHBY

One important part of navigating the digital world is maintaining online safety. Adult learners need to understand how to create strong passwords, protect personal information, recognize scams, and identify suspicious emails or websites. These skills can help adults avoid identity theft, fraud, and other online risks. Learning how to protect personal information is especially important as more everyday activities move online.

Digital citizenship is also closely connected to employment and career development. Many workplaces require employees to use email, online training plat-

forms, digital forms, video conferencing, and other technology. Adults who develop strong digital skills may feel more confident when applying for jobs, completing workplace tasks, and learning new technologies.

For adult learners, heightened online awareness can increase confidence and independence. Some adults may feel overwhelmed when using unfamiliar technology. Supportive instruction and opportunities to practice can help learners become more comfortable navigating digital environments. As their skills improve, they may become more willing to use technology for education, employment, communication, and personal goals.

Adult education programs play an important role in helping learners become responsible digital citizens. Digital citizenship can be incorporated into computer classes, GED preparation, workforce training, and other adult education courses. If you are interested in furthering your understanding of digital technology, please call Southwest Regional Adult Education at 276-889-5424.



DR. GLENN MOLLETTE

Determining Your Motivation

Life becomes more difficult if we give up. Impossible may be a better way to describe quitting. Once we quit then how can we expect to go forward or be successful? We can't because the runner wins by staying in the race. Only one person wins the race but many finish the race. The race is tiring and grueling but there is a good feeling associated by completing the journey.

There are many obstacles that we face in life. Discouragement is a major one. There are lots of discouragers in life. Bad health can be very difficult and painful to overcome. Sometimes we are fortunate and we can come back to health. Sometimes bad health beats us down until we can't go on.

Pain, disabilities are progressive disease become a battle that takes everything we have to stay in the race and continue the journey. We should never be sofa coaches when commenting on other persons health struggles. None of us until we personally have our own battle.

Yet, we all must do all we can with all the medical means available to win over the challenges that come with health challenges. We all will face them if we live very long.

Another discourager may be the people with whom you associate. Do they make you better or diminish you? Do they see the good in you? Do they build you up? Do they affirm your efforts, work and life? If your only good vibes come from strangers then maybe you need to find some different friends.

A true friend will tell you the truth but will not hesitate to applaud your talents, attainments and achievements. This helps immensely with your life's race. This is one of the reasons we have cheerleaders at ballgames. The players on the field are encouraged by cheering fans. We all need some of that for our daily lives. Be willing to give some of that to others. You need it yourself and thank those who cheer for you along the way of life.

Stay creative. Don't give up your creativity. Discouragement often robs us of creative energy. We begin to feel useless, helpless and overwhelmed. We begin to feel life is impossible. We have all had bleak moments. Relationships disappoint us.

Careers or business ventures go south. There are always a few failures to throw into the mix of life. We become drained, exhausted and can't see beyond our situation. This is when we have to stir up our creativity. The first place to start may be going to bed and getting some sleep, but stay there. Get rest and refocus.

Utilize your known resources. This may be your family, friends, church, your faith, your talents, whatever resources you have. If you feel you do not have any resources then ask for help.

Pray, talk to a counselor, a minister, a real friend, but someone who can help you to evaluate your life and determine real motivators for pushing forward.

Russell County Unit of the Virginia Cooperative Extension

Your Russell County Unit of the Virginia Cooperative Extension – Scott Jessee, Ashley Clark, Kristen Gibson, and Bill Worrell present this week's Extension News.

Our office is located at 143 Highlands Drive, Lebanon, VA. Check out the Virginia Cooperative Extension Website at www.russell.ext.vt.edu/ or on Facebook at Virginia Cooperative Extension – Russell County

Extension Calendar of Events:

October 8

Virtual Fencing Field Day
Stuart Land & Cattle Co – Clifton Farm – 4 p.m.

October 19

Last day to vaccinate calves for the November VQA Sale

October 23

Last day to wean calves for the December VQA Sale

November 3

VQA Feeder Cattle Sale
DV Auctions: <https://afca.dvauction.com>

If you need information about any of the listed events, please call the Extension Office at (276) 889-8056 or check Virginia Cooperative Extension – Russell County on Facebook.

AGRICULTURE – SCOTT JESSEE
Getting ready for cooler weather!

The days are warm but the mornings are cool. Soon cold weather will make its return to Southwest Virginia. Listed below are some “things to remember” as cold weather approaches.

Check well / pump house - Be sure that adequate insulation is present to prevent pipes from freezing. Installing a warming bulb (light bulb) can help prevent frozen pipes.

Mouse proof your house! – Prevent mouse “move-in” by sealing cracks and crevices. It only takes a tiny opening for mouse entry. Some mouse bait in the attic or basement is well-used effort. Be sure to follow directions on product label to minimize mishaps!

Water hose – Disconnect and drain water hose to minimize repairs next spring.

Remove the leaves from you guttering! This will help to reduce costly repairs from the added weight.

Replace the batteries in your smoke alarm.

Install a new furnace filter. To make sure that your heating unit is running as efficiently as possible, install a new filter.

With the Farmer's Almanac predicting the possibility of extreme snow, gather up some extra firewood! It is

never a bad idea to have some extra firewood.

Winter snows can decimate power lines. The power crews are very efficient in restoring service, but large winter storms can slow their progress.

Remove old vegetation from the garden. Many plant diseases overwinter on vegetation left in the garden. Dispose of all plant material to prevent plant disease in 2027!

Cover crop – Consider planting a winter cover crop on your garden. Small grains (rye, wheat, barley) are excellent for providing soil cover during the winter. Plowed under in the spring, they add valuable organic matter and nutrients for the next crop.

Check tires on mower – Be sure tires have adequate air pressure before winter storage. This will decrease the likelihood of “flats” in the spring.

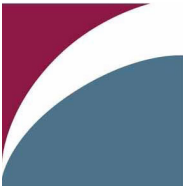
Inspect antifreeze levels in vehicles – Check the antifreeze level and quality in your vehicle to prevent freezing damage. Many auto repair centers will provide this service if you request it. You can also purchase testing equipment at the local automotive store.

Winterize your spray equipment – Drain the remaining water from spray tanks, hoses, and reservoirs. Use some oil to prevent the seizing of roller pumps.

Store insecticides and herbicides to prevent freezing – The efficacy of many insecticides and herbicides is decreased when the product is allowed to freeze. Store pesticides in designated areas away from stored food and water sources.

Inspect watering troughs while the weather is warm! Watering troughs never seem to “break” during warm weather. Take a few minutes to inspect watering trough floats, chains, and hardware before the water is “freezing.”

Dog-house renovations – Check your pets' house to be sure that adequate bedding is available. A doghouse with warm bedding is a good place to rest until warm weather returns!



Virginia Cooperative Extension

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Happenings of the Drill Senior Citizens

By JANIE THOMAS

September 25th was a cool fall morning. It found the door of the Drill Community Building open for another meeting of the Drill Senior Citizens. Someone put a pot of coffee on, and the potato peelers soon got busy getting potatoes ready for lunch.

Betty Sue called our meeting to order. She read the prayer requests and Gary Thomas opened our devotions with prayer, then Rev. Chester Ball read from his Bible Luke chapter 13 verses 23 and 28, and Matthew chapter 25, verse 14. Life is a striving way. Must serve the Lord to get into Heaven. If the Lord gives you a job to do you must do it. Have to ask forgiveness for our sins, must be born again to have a home in Heaven.

After devotions Betty Sue called the roll. We had 31 members present today and four visitors. Missed our members who were out today.

We then stood and made our Pledge of Allegiance to our flag. I then gave the financial report. We talked a little about our dump situation in Drill, such a mess. Hopefully our dump will stay open.

Our singers today were Janet Combs, Joyce Baldwin, Betty Lester, Betsy Newton, Greg Noe and Tommy Meade played his guitar and sang. They sang: "In The Sweet By and By", "God's Coloring Book", "Every Day Is A Gift", "Thank God For Another Day Of Life", and "Thank You Lord". Betsy Newton then sang "Happy Birthday" to all our September birthday people. She then sang "As I Have Loved You".

Our menu today was potluck. Betsy Newton asked the blessing over the food. The tables were full of good food. More than I can remember. As always, the dessert table was full of sweets to end the meal on a sweet note.

After lunch was over and clean up was complete, it was bingo time! Nancy Tiller gave out the bingo cards and Gary Thomas and Greg Noe brought in the bingo prizes. Betty Sue and Don had to leave early so they missed bingo today. I called the numbers today. Our winners who had their birthday on their card were Janet Combs and Linda Wilson. Winning one game each: Becky Ball, Nancy Tiller, Frank Dye, Shelia Hale, Kathy Noe, and Freda Sweeney. These people won two games each: Greg and Barbara Matney, Chester Ball, Joyce Baldwin, John and Janet Combs, Phyllis Miller, Brenda Jackson, and Jeanine Israel. Ron Jackson won three games and our big winner today with winning four games was Linda Wilson. Good thing we went shopping and stocked up on bingo prizes.

Our next meeting is scheduled for October 9, beginning at 11 a.m. Everyone welcome!

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



DEBBIE GIBSON

All you need is love. I could have told them this without the seventy-five-year study, but the differences in the two groups they chose to track and research were stark and should have produced different results, but be ye poor, or of a true Harvard education, the results are the same.

For over 75 years, Harvard's Grant and Glueck Study has tracked the physical and emotional well-being of two populations: 456 poor men growing up in Boston from 1939 to 2014 (the Grant Study), and 268 male graduates from Harvard's classes of 1939-1944 (the Glueck Study) for the same time frame.

Due to the length of the research period, this has required multiple generations of researchers. Since before WWII, they've diligently analyzed blood samples, conducted brain scans (once they became available), and pored over self-reported surveys, as well as actual interactions with these men, to compile the findings.

The conclusion? According to Robert Waldinger, director of the Harvard Study of Adult Development, one thing surpasses all the rest in terms of importance: "The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period. Not how much is in your 401(k). Not how many conferences you spoke at--or keynoted. Not how many blog posts you wrote, or how many followers you had, or how many tech companies you worked for, or how much power you wielded there, or how much you vested at each.

No, the biggest predictor of your happiness and fulfillment overall in life is, basically, love. Specifically, the study demonstrates that having someone to rely on helps your nervous system relax, helps your brain stay healthier for longer, and reduces both emotional as well as physical pain.

The data is also very clear that those who feel lonely are more likely to see their physical health decline earlier and die younger.

"It's not just the number of friends you have, and it's not whether or not you're in a committed relationship," says Waldinger. "It's the quality of your close relationships that matters."

What that means is this: It doesn't matter whether you have a huge group of friends and go out every weekend or if you're in a "perfect" romantic relationship (as if those exist). It's the quality of the relationships--how much vulnerability and depth exists within them; how safe you feel sharing with one another; the extent to which you can relax and be seen for who you truly are, and truly see another.

According to George Vaillant, the Harvard psychiatrist who directed the study from 1972 to 2004, there are two foundational elements to this: "One is love. The other is finding a way of coping with life that does not push love away." Thus, if you've found love (in the form of a relationship, let's say) but you undergo a trauma like losing a job, losing a parent, or losing a child, and you don't deal with that trauma, you could end up "coping" in a way that pushes love away.

This is a very good reminder to prioritize not only connection but your own capacity to process emotions and stress.

If you're struggling, get a good therapist. Join a support group. Invest in a workshop. Get a grief counselor. Take personal growth seriously so you are available for connection. Because the data is clear that, in the end, you could have all the money you've ever wanted, a successful career, and be in good physical health, but without loving relationships, you won't be happy.

The next time you're scrolling through Facebook instead of being present at the table with your significant other, or you're considering staying late at the office instead of getting together with your close friend, or you catch yourself working on a Saturday instead of going to the farmers market with your sister, consider making a different choice. "Relationships are messy and they're complicated," acknowledges Waldinger. But he's adamant in his research-backed assessment: "The good life is built with good relationships."

Savvy Senior: When Home Care Isn't Enough

Dear Savvy Senior,

My mother has several chronic health conditions and needs a home caregiver to help with daily activities. I know she wants to stay at home as long as possible, but how do I know when it's time to consider an assisted living facility or nursing home?

--Exhausted Daughter

Dear Exhausted,

Most older adults hope to remain in their own home as long as possible, and with the right support many can. But there may come a point when home care is no longer enough to meet a person's medical, safety or social needs. While moving to an assisted living facility or nursing home is never easy, recognizing the warning signs early can help you avoid a crisis and make the transition less stressful.

If you answer "yes" to several of the following questions, it may be time to start exploring other care options.

Is home care becoming too expensive?

Eight to 10 hours of care a day, seven days a week, can easily cost \$100,000 a year or more. That's well above the median annual cost of a one-bedroom assisted living apartment (about \$70,000), though still less than a private room in a nursing home (about \$128,000), according to Genworth's Cost of Care Survey.

Does she need more medical care?

If your mother needs ongoing nursing care or frequent medical monitoring, a nursing home may be the better choice. If she mainly needs help with daily activities, assisted living may be enough.

Is she falling, forgetting medications or going to the hospital more often?

Frequent falls, medication mistakes and repeated hospitalizations are often signs that living at home is becoming unsafe.

Does she have dementia?

Wandering, confusion or unsafe behaviors can make home care increasingly difficult. Memory care communities provide a secure environment and specially trained staff.

Does it take two people to help her?

If she needs two people to assist with transfers, bath-



JIM MILLER

SAVVY SENIOR

Is she isolated or neglecting personal care?

Loneliness, poor nutrition, weight loss, or neglecting bathing and grooming can all signal that she needs more support than can realistically be provided at home.

Is caregiving overwhelming?

If you're constantly worried, sleep-deprived or neglecting your own health, it may be time to consider a higher level of care. Planning ahead gives your family more choices and helps avoid making an important decision during a medical emergency.

Keep in mind that Medicare generally doesn't pay for long term stays in assisted living or nursing homes. It only covers limited skilled nursing care after a qualifying hospital stay. Understanding what Medicare covers and what it doesn't can help you avoid costly surprises.

If you're unsure what level of care your mother needs, an Aging Life Care professional (aginglifecare.org) can assess her situation and recommend appropriate options. An initial assessment can cost \$300 to \$800 or more. You can also use a senior care advising service like A Place for Mom (aplaceformom.com), which provides free guidance because it is compensated by participating care communities.

To research facilities, visit Caring.com. For Medicare-certified nursing homes, use Medicare's Care Compare tool at Medicare.gov/care-compare. You can also contact your local long-term care ombudsman (ltcombudsman.org) to learn about complaints or quality concerns involving facilities you're considering.

The best time to choose a care community is before a crisis forces the decision, giving your mother more choices and your family greater peace of mind.

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



The Valentine Baugh House where Minnie spent much of her life and added an apothecary shop onto the home.

A Woman Who Was Ahead of Her Time

There are women whose names seem to belong to another age and then there are women who somehow seem to have arrived before their own. In the mountains of Southwest Virginia, Minnie L. Baugh lived a life that feels modern in hindsight. She was a remarkable businesswoman, a druggist, a traveler, a genealogist and collector of stories at a time when many of the lives and accomplishments of women were easily left out of the historical record. Before preserving history became something communities organized around, Minnie was already looking backward, gathering pieces of the world she knew and making sure they were not forgotten.

Born in 1857, Minnie spent her entire life in the Baugh family home on Main Street in Abingdon, Virginia, a house whose story stretched back generations. The western portion began as a long building around 1798 and her grandfather, Valentine Baugh, purchased it in 1805. The home eventually passed to Minnie and in 1891 she added an apothecary shop to the house. She operated the store and practiced as a druggist there for many years.

That alone makes Minnie worth remembering. In the 19th century, women were still a small minority in the American pharmacy profession. Women had begun entering pharmacy schools, but their numbers remained small compared with men. Minnie's story is fascinating because her work was not tucked away as an invisible role in someone else's business. She operated her own apothecary and store from her family home, where commerce, community and medicine met beneath one roof.

But Minnie's interests reached far beyond the bottles and shelves of her shop. She was an avid genealogist and traveler. She began collecting and sharing the stories of the people and places around her. She printed postcards and brochures about the history and characters of her hometown and wrote "Old Homes and Gardens", a work later used by historians studying the town. She preserved pieces of Appalachian history through family stories, old houses, cemeteries, photographs and the memories of people with ordinary lives worth remembering.

Even her home became a scrapbook of the past. When the local Presbyterian church was converted into the town hall in the early 1900s (which is now The Barter Theatre), Minnie purchased its wooden columns and used them when remodeling the front porch of her family home. She was literally carrying pieces of the past forward.

Even today, Minnie's name carries a particular fascination amongst local antique collectors. Original Minnie

Baugh items, from her postcards and printed materials to pieces connected to her apothecary are prized by local history collectors, making the objects she left behind part of the very history she worked so hard to preserve.

Minnie and her sister Ethel were also instrumental in laying the groundwork for the Washington County Historical Society, which was formally organized the year after Minnie died in 1935. She did not live to see that organization take shape, but the impulse behind it was already present in her work.

Perhaps that is what makes Minnie Baugh's story feel so Appalachian. In these mountains, where generations can live beneath the same ridgelines and old houses can carry a century's worth of voices, history has always depended on somebody caring enough to remember. Minnie understood that before preservation became a movement. She looked at the fading edges of her own time, carefully gathered what she could and carried it all forward in time. More than a century later, the people she knew are gone, her shop is quiet and the voices have long since fallen still, but the trail she left behind and the history she kept from fading remains.

Brittany Breeding
Appalachian Bluebird



Minnie Baugh, 1857-1935. A woman ahead of her time. She was an apothecary, a traveler, genealogist, historian and collector who devoted much of her time to preserving local history.



Storyteller and author Catherine Yael Serota Shealy is among the featured acts for the third annual Tales from the Front Porch.

Russell Theatre presents Fall Into Autumn, Tales from the Front Porch

By SHAWN STREET
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The Russell Theatre in Lebanon will be presenting Fall Into Autumn, as well as the third annual Tales from the Front Porch this Saturday, Oct. 10.

“This year, we’re making our third annual Tales from the Front Porch a little more special by adding Fall Into Autumn at Pavilion Park,” stated theatre director Shane Farmer. “Come spend the afternoon with us and enjoy live music, food trucks, local vendors, pumpkin painting, cornhole, Giant Jenga and more.”

Fall Into Autumn is free of charge and open to everyone.

Inside the theatre audiences will be entertained by some of the best storytellers and authors in the region as part of the third annual Tales from the Front Porch.

That event is scheduled from noon until 6:30 p.m.

Tickets are \$20.

Among the featured acts is Catherine Yael Serota Shealy. Her stories focus on her mountain life, tales from history and her imagination.

Delanna Reed will also be sharing stories at The Russell. Reed discovered storytelling in 1985 as an MA student at the University of North Texas. In 1999 she became a member of the East Tennessee State University Master’s Program in Storytelling.

Reed has told stories for children and adults in schools, conferences, festivals and at historic sites. She enjoys telling folktales, fairy tales and ghost stories from Appalachia, Texas and around the world.

She particularly enjoys humorous stories and stories of strong women. Her favorite stories touch upon the sacred, explore relationships, and expand our understanding of humanity.

Lightnin’ Charlie and Beth Dolinger will be special musical guests.



Cole Feix will be the keynote speaker at the fourth annual Vision Dinner.

Clinch Mountain Christian School’s Vision Dinner set for this month

By SHAWN STREET
shawn@viriniamediainc.com

Clinch Mountain Christian School has scheduled its annual Vision Dinner for later this month.

The event will be held at the Lebanon Community Fellowship Auditorium on Oct. 24 at 6 p.m.

“This is our fourth annual event and we are thrilled

about this year’s keynote speaker and the event itself,” stated CMCS Head Emily Farmer.

Attire is semi-formal and individual tickets are \$60. Tickets may be purchased at www.clinchmountains.org.

The keynote speaker for the Vision Dinner is Cole Feix, the Senior Pastor of Carlton Landing Community Church in Carlton Landing, Oklahoma.

Feix graduated from Oklahoma State University, completed a Master of Divinity at Oklahoma Christian University, and a Ph.D. in Philosophical Theology at the Southern Baptist Theological Seminary. He previously served at churches in Oklahoma and Missouri.

He is the president of So We Speak Media, a director of the Library Company, and a fellow of the Center for Pastor Theologians.

According to the school’s website, Clinch Mountain Christian School offers “...families an option for Christian education marked by academic excellence, theological clarity, and spiritual nourishment. Our mandate is to share with students the love of Christ and teach them to love God and love people. At CMCS, we work alongside parents to raise disciples, training them to become servant-hearted leaders. It is our goal that students will develop a genuine love of learning and a desire to spread the Gospel in any future vocation or environment they find themselves.”



Sat. 10th – 3rd Annual Tales From the Front Porch: 12 Noon (Ticketed Event)
Fall Into Autumn Festival: 12–6 PM
FREE

112 West Main Street - Lebanon, VA
www.therusselltheatre.com



October is Emotional Wellness Month

By LAUREN EDWARDS

October is Emotional Wellness Month, making it a natural time to pause and consider how we manage stress, process emotions, and care for our mental and physical well-being. Emotional wellness involves more than simply feeling happy. It includes recognizing and managing emotions, maintaining healthy relationships, handling life’s challenges, and developing healthy ways to cope with stress.

For some people, alcohol can become part of that coping process. A drink may seem like an easy way to unwind after a difficult day or take the edge off during a stressful situation. However, as Community Outreach Coordinator at Virginia Recovery Centers (an alcohol and drug rehab in Virginia), I’ve seen firsthand how alcohol can affect the brain and body in ways that may ultimately influence mood, stress, sleep, and overall well-being.

Understanding that connection can be an important part of taking care of your emotional health.

Alcohol affects the central nervous system, which can influence how you think, feel, and behave. Some people initially experience feelings of relaxation or reduced inhibition after drinking. These short-term effects may make alcohol feel like an effective way to temporarily escape stress or difficult emotions.

However, those effects don’t necessarily last. As alcohol wears off, some people may experience changes in mood, irritability, restlessness, or feelings of sadness. Regularly using alcohol to manage difficult emotions may also make it harder to develop other coping strategies.

Everyone responds differently to alcohol, and factors such as how much and how often someone drinks, overall health, medications, and individual circumstances can affect the experience. Paying attention to how you feel before, during, and after drinking can provide useful insight into whether alcohol may be affecting your emotional wellness.

When life feels overwhelming, reaching for a drink can become a familiar routine. Alcohol may provide temporary relief from tension, which can reinforce the habit of drinking in response to stress. The challenge is that temporary relief doesn’t address the source of the stress. If alcohol becomes the primary way someone relaxes or manages difficult emotions, other healthy coping strategies may get less attention. Over time, this can create a cycle in which stress leads to drinking, drinking provides short-term relief, and difficult emotions return afterward.

During Emotional Wellness Month, consider asking yourself: What do I turn to when I’m stressed, and is it actually helping me feel better in the long run?

Emotional wellness is closely connected to physical health, and sleep is an important part of that relationship. Although alcohol may make some people feel sleepy initially, drinking can interfere with sleep quality and contribute to disrupted or less restorative sleep. Poor sleep can make it harder to manage emotions and cope with everyday stress. It can also contribute to feeling tired, unfocused, or irritable the following day. When these effects occur repeatedly, they may influence overall quality of life.

Alcohol can also affect other areas of well-being. Depending on a person’s drinking patterns, it may influence relationships, daily responsibilities, energy levels, and physical health. Looking at the bigger picture can help you understand whether your drinking habits are supporting or interfering with the life you want to lead.

Emotional Wellness Month doesn’t have to be about making dramatic changes. It can simply be an opportunity for honest reflection.

Consider asking yourself these questions:

- Do I regularly drink when I’m stressed, anxious, lonely, or upset?
- Do I notice changes in my mood after drinking?
- Has alcohol become my main way of relaxing?
- Does drinking affect my sleep or energy?
- Has alcohol affected my relationships or daily responsibilities?
- Have I wanted to cut back or change my drinking habits?
- Do I have other ways to cope when I’m experiencing difficult emotions?

There are no required answers to these questions. The goal is awareness. Recognizing patterns can be the first step toward deciding whether you want to make a change or seek additional support.

There are many ways to support emotional wellness that don’t involve alcohol. What works best will vary from person to person, but healthy coping strategies can include physical activity, spending time with supportive people, getting adequate sleep, practicing mindfulness, journaling, enjoying hobbies, or spending time outdoors.

Talking with someone you trust can also make a difference. A friend, family member, counselor, therapist, or healthcare professional can provide support when stress or difficult emotions become challenging to manage on your own.

If you are concerned about your drinking, you don’t have to wait until it creates a serious problem to seek help. A healthcare or mental-health professional can help you understand your options and develop an approach that fits your circumstances.

Emotional Wellness Month is an opportunity to reflect on the habits that affect your well-being, including the role alcohol may play in managing stress and emotions. You don’t have to make every change at once. Start by recognizing your patterns, exploring healthier coping strategies, and seeking support when needed. This October, take time to check in with your mind, body, and habits and consider what changes could help you feel healthier and more balanced.



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War Eagles shut
down Castlewood

By ANTHONY STEVENS
anthony@virginiamediainc.com

CASTLEWOOD (Oct. 1, 2026) – On Thursday, two teams going in different directions faced off on Buddy Poole Court at Tom Allen Gymnasium. The War Eagles started strong, limiting the Blue Devils to only eight points in the first two sets. They rolled to a 25-8, 25-8, 25-18 sweep. Castlewood (4-12, 0-5 CD) started the match with five consecutive attack errors as Rye Cove earned the first 11 points. “Before the match, in the first set, I told them we needed to get a lead and hold on to it,” said Rye Cove coach SEE **WAR EAGLES | 2B**



Chloe Davis (12) loads up for a smash as Castlewood's Kadence Culbertson and Cheyenne Elam get ready to defend.

Anthony Stevens | For the Lebanon News



Will Jessee (4) finds running room outside as Braylin Moran (7) closes in for the Trojans. Preston Ball Photography | For the Lebanon News

Lebanon hammers
Battle to win fourth
straight

By ANTHONY STEVENS
anthony@virginiamediainc.com

LEBANON (Oct. 2, 2026) – The Pioneers made a statement on a rainy Friday night, Homecoming 2026, at Harry Stuart Field. Lebanon scored on its first six possessions, rolling to a 41-11 win over John Battle. “We talked about it all week,” said Lebanon coach Hunter Norris. “We hadn’t put together four quarters of football yet. We’d played a half here and three quarters there, but I thought they put together four good quarters tonight in all three phases of the game.” After opening the season with two losses, the Pioneers have won four straight games. 5-foot-11, Easton Taylor has played a key role in turning the season around. What’s led to the success? “Mostly correcting the small things, like cutting down on penalties and trying to stay out of our own heads,” Taylor said. John Battle (0-6) took the opening kickoff and moved the ball down the field. On 2nd-and-5 from the Lebanon 28, quarterback Braylin Moran

dropped back to pass. The Pioneers’ Braelin Hess intercepted the pass. “It was a good way to start the game and get the energy up,” Taylor said. “We have a problem sometimes with starting out and locking in, but that really helped the team get into the feel of the game.” The scoring started innocently enough, with Lebanon quarterback Will Jessee marching the team 67 yards on an 8-play, workmanlike touchdown drive. Brother Layne Jessee took a pitch from Will and raced 19 yards up the sideline to pay dirt. After the Trojans turned the ball over on downs, Lebanon scored on the next play. Will Jessee rolled left and hit Blair Clark with a 62-yard TD strike. After a short Battle punt, on Lebanon’s sixth play, Layne Jessee burst into the end zone from two yards out, giving Lebanon a 20-0 lead less than three minutes into the second quarter. The Trojans again turned the ball over on downs. It took one play for Taylor to display his outstanding speed on a 56-yard TD sprint.

SEE **LEBANON HAMMERS | 6B**

Honaker volleyball comes up
short in four sets to the Indians

By ANTHONY STEVENS
anthony@virginiamediainc.com

HONAKER (Sept. 29, 2026) – The Lady Tigers dropped Tuesday’s match to Rural Retreat 3-1 at A.P. Baldwin Gymnasium, 23-25, 18-25, 25-18, 23-25. It was the Honaker girls’ sixth straight loss and the Indians’ first

Hogoheegee District win. The 2026 season has been a struggle for both teams. Each team entered with one win. Honaker (1-12, 0-3 HOGO) defeated Castlewood, and Rural Retreat (2-10, 1-2 HOGO) bested Fort Chiswell. “This is a big road win for us,” Rural Retreat coach SEE **HONAKER VOLLEYBALL | 2B**



Cadence Rose (5) with a set for the Tigers in the loss to Rural Retreat. Anthony Stevens | Lebanon News

Day-by-Day

Tuesday (9/29)
Lebanon 3, Richlands 1 (Volleyball)

The Lady Pioneers kept pace with first-place Marion, winning the Southwest District match at Richlands, 25-16, 25-14, 22-25, 25-16. Jaidyn Fields continued her stellar play with 14 kills and 10 digs. Kaytie Lampkin (12 kills) and Rhealyn Barton (seven kills) also played well on the frontline. Carlee Ingram directed the offense with 25 assists. Kenlie Fields paced the defense with 27 digs in the win. Thomas Walker 3, Castlewood 0 (Volleyball) Maddie Burke recorded a dozen kills, 11 assists, and eight digs in Thomas Walker’s 25-16, 25-17, 25-21 Cumberland District victory over visiting Castlewood. Emily Covington (13 assists, six digs) and Kayden Short (17 digs) also played a crucial role for the Pioneers. Leanna Franklin dished out 17 assists for the Blue Devils. Cheyenne Elam (six kills, two aces), Kadence Culbertson (six kills, four aces) put up good numbers for Castlewood.

Wednesday (9/30)
Lebanon 3, Tazewell 0 (Volleyball)

Jaidyn Fields hammered 18 kills and 15 assists as Lebanon Pioneers rolled to a 3-0 sweep at Tazewell, 25-15, 25-6, 25-15. Carlee Ingram (18 assists, five kills), Abby Mullins (six kills), Rhealyn Barton (six kills), and Kenlie Fields (14 digs) also starred in the Pioneers’15 win.

Thursday (10/1)
Patrick Henry 3, Honaker 0 (Volleyball) Erin South slammed down 14 kills and recorded four blocks as Patrick Henry rolled to a 25-11, 25-13, 25-10 Hogoheegee District victory over visiting Honaker. Mia Owens dished out 30 assists, and Aspyr Harner (19 digs, nine aces), Autumn Parks (13 digs), Kinsley Counts (nine kills), and Emma Harris (10 digs, four kills, two aces) contributed for the Rebels. No Honaker (1-13) stats were provided.

Friday (10/2)
Northwood 42, Castlewood 13 (Football) The battle of the Woods went easily to the Panthers. Brody Waddle rushed for 54 yards and tallied three touchdowns – becoming the Panthers’ all-time leading TD scorer – as Northwood cruised past visiting Castlewood, 42-13. Skylar Boardwine added 67 yards and a TD, while Dawson Prater threw a touchdown pass to Duke Colley. Brett Garner also returned a fumble for a touchdown in the victory. Jacob Farmer and Hank Glover scored Castlewood’s touchdowns.

Chilhowie 46, Honaker 12 (Football) The top-ranked team in Region 1D remained undefeated. Defending Hogoheegee District football champion Chilhowie rolled past the visiting Tigers 46-12. The top-ranked team in Region 1D remained undefeated. Defending Hogoheegee District football champion Chilhowie rolled past the visiting Tigers 46-12. Chilhowie controlled the game, scoring the first seven touchdowns. Dylan Martin had four receptions for 107 yards and two touchdowns; he also scored on a three-yard rush. Gunnar Mihorne had three TDs on 107 rushing yards. Quarterback Bryce Robinson was 13-of-17 passing for 168 yards and three scores. Honaker (1-5) lost its fifth straight contest. Levi Honaker got the Tigers on the scoreboard with a 14-yard touchdown run in the fourth quarter. Colt Hubbard contributed a one-yard TD plunge.

New Peoples Bank

PLAYER OF THE WEEK

Easton Taylor

Helped lead the Pioneers by John Battle for their fourth straight win, rushing for 75 yards with a TD, averaging 25 yards per carry, plus seven tackles on defense.

www.NewPeoples.Bank

WAR EAGLES

FROM PAGE 1B

Hayley Wolfe White. “Last year and this year, we’ve had a difficult time getting leads and keeping them. Often, we find ourselves in a hole and wait until the last minute to try to dig ourselves out. Tonight, I thought they did a pretty good job of getting a lead and staying ahead. The third set was a little close, but overall, they did what they were supposed to do.”

The second set was more of the same as the Eagles went up 2-0 in the match in a lopsided fashion.

“We made a lot of errors,” Castlewood coach Derek Allen said. “In the first two sets, it didn’t seem like we were ready to play. I don’t know if they’re tired or if it’s the sickness going around. Who knows? We started communicating better in the third set and stopped making some of the simple mistakes. That helped, but we just couldn’t find a rhythm.”

The Blue Devils did not lead in the first two sets. The first tie occurred at 1-1 in the third set after a kill by Castlewood’s Cheyenne Elam. The Eagles took the lead for good at 8-7 in the third set with a spike from Chloe Davis and maintained their advantage from then on.

“It’s hard to come back from 25-8, especially two sets in a row,” declared Allen. “We never had a lead until the third set, so it was difficult to build any momentum. It’s hard to build confidence when you’re only scoring eight points.”

A lot of the Blue Devils’ problems were self-inflicted, with errors and mistakes.

“Too many hitting errors and bad passes on easy, playable balls,” Allen said. “It’s a game of mistakes, and we made a bunch of them. Once we play as a team, I think we can keep up with anybody. We just have to get everybody on the same page at the same time. We can’t seem to get everybody there at once. It won’t work if we do it for just one set. We’ve got to do it for at least three sets.”

Rye Cove did a lot of damage from the service line, finishing the match with 14 aces.

“I’m going to be honest. I think that’s the most we’ve had so far this season,” White noted. “We focus on serving during practice. When the girls get back on the line serving, it’s up to them to stay focused, not rush, and make sure they get the ball over the net. When you’re

missing five, six, or seven serves in a set, those are easy points for the other team. I’m pretty proud of our serving. We hardly missed any serves.”

Davis and Celia Stewart each had nine kills for the Eagles. Freshman Brooklyn Wilson added six kills. Lexi Shupe had 25 assists and four aces. Freshman Kendal Osborne totaled 25 digs.

“We tried some of the plays we’ve been running in practice, and they worked,” White said. “We made some silly mistakes, like net violations and letting balls hit the floor when they shouldn’t. It was just the little things. But we came out, placed the ball, and made smart offensive decisions. I’m pretty happy with that.”

Elam (five kills) and Kadence Culbertson (four kills) led the Blue Devils.

Rye Cove (7-5, 5-1 CD) won its fourth straight game. They kept pace with Eastside, the Cumberland District leader. Although the Eagles’ record isn’t overly impressive, they’ve lost to M7 powerhouses Wise Central twice and Gate City once.

“We decided to play more of the bigger Class 2 schools,” remarked White. “I’m from Gate City, and I played there. That’s the kind of schedule that helps you get better. I wanted us to have a slightly tougher schedule this year so that when we get into the postseason, we’re prepared.

“I’m all about playing bigger, better teams to get us where we need to be for the postseason. I’m not interested in just playing teams we know or think we can beat and having a perfect record.”

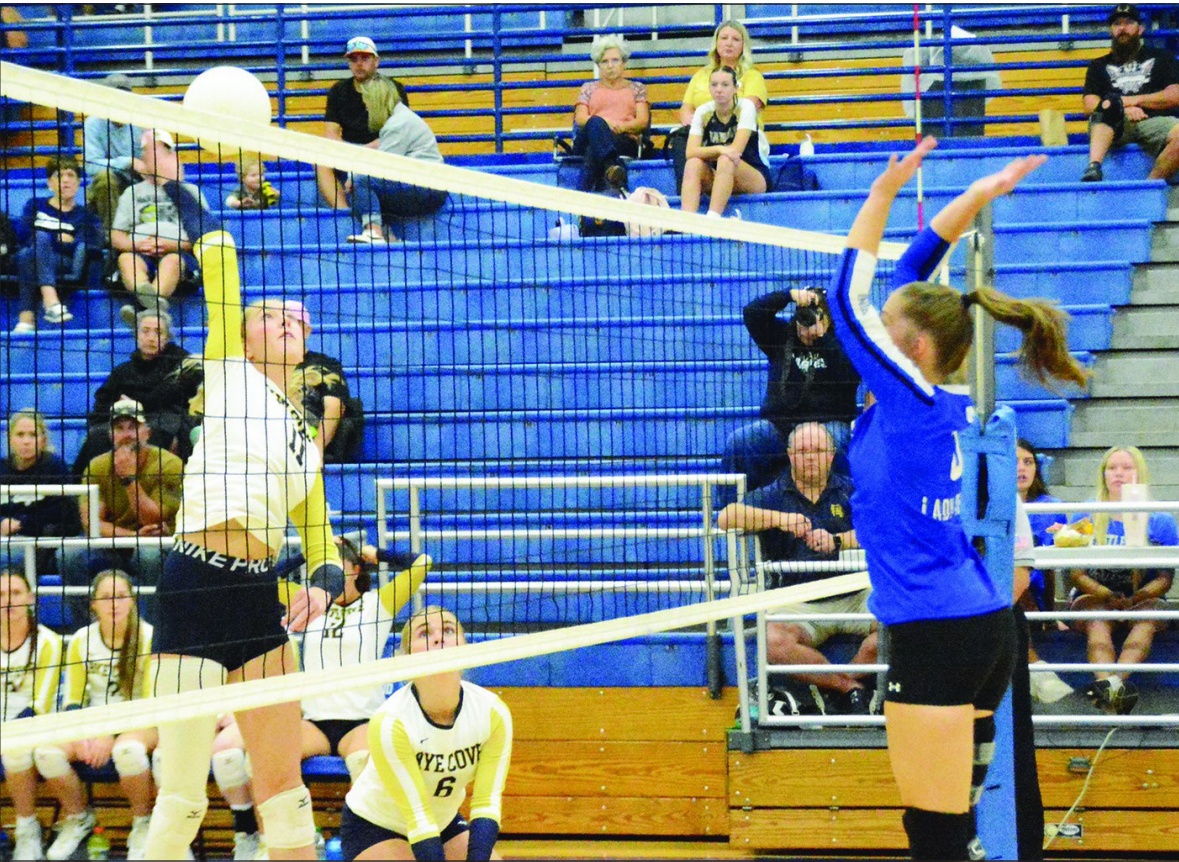
After a 4-3 start to the season, the Blue Devils have now dropped nine straight matches.

“The girls have been working hard in practice, showing up and wanting to be here,” commented Allen. “But when it comes to game time, maybe the nerves are getting to the younger players. They’re playing scared and playing it safe.

“We’ve got to get them to take some big swings instead of just trying to get the ball over and letting the other team make the mistakes. They need to make smart choices. They will get better as they gain more game experience.”



Eden Bush lunges for a dig in the Lady Devils’ loss to Rye Cove. Anthony Stevens | For the Lebanon News



Celia Stewart attempts a kill for the War Eagles as Cheyenne Elam leaps up for the block. Anthony Stevens | For the Lebanon News



Madison Gottschall (11) with a spike for Castlewood as Rye Cove’s Brookly Wilson goes up for a block. Anthony Stevens | For the Lebanon News



Aliyah Hilton gets low for a dig as Ily Bandy (10) observes. Anthony Stevens | Lebanon News

HONAKER VOLLEYBALL

FROM PAGE 1B

Brittany Sage said. “We’ve been on the struggle bus because of injuries and other issues. We haven’t been able to play a consistent rotation yet this year. We’ve had a new rotation every night we’ve played, so the girls have had to work hard and step up. Even tonight, we were down an outside hitter and a libero, so people stepped into positions that aren’t normally theirs. I’m proud of my team for filling those roles. We definitely needed this win. We needed it in the win column to give us a boost of confidence heading into more district play.”

Honaker’s Cadence Rose hammered a kill to tie the first set at 23 for the ninth time. Two attack errors by Honaker gave the set to the Indians. Rural Retreat scored the first three points of set two and was never tied or trailed, going up 2-0 in the game.

“Those little mistakes have been game changers for us,” declared Honaker coach Lindsey Miller Marshall. “If we can fix them, I think we’ll be all right. The girls have got to keep their heads up and keep working. We’ve still got a lot of talent, and we’re just scratching the surface right now. I know we can get there. They’ve got to keep their heads down, work hard, and want it.”

The third set was tied five times before the Tigers took the lead for good at 9-8 on a block by JuJu Farmer. Honaker then pulled away to close within 2-1 in the match.

“We struggle at times right now because we have more people playing across the board than we normally do,” noted Sage. “We get a little more tired than we should. That’s not an excuse. It’s definitely something we need to work on, and it’s on my agenda. We can’t be a two-and-done team. We’ve got to be a three-and-done team.”

The fourth set was back-and-forth. Honaker went up 21-18, but it wasn’t enough. The Indians then took the next four points to tie it at 21. The score was tied at 22 and 23. Rural Retreat rallied for the final two points to win the game.

“It was tight. We’ve been working on those games to five in practice,” Sage stated. “We’re constantly putting ourselves in situations where we’re down by two and have to fight back to win. That’s another item on our schedule. If we’re down, we’re not done. We need to keep pushing and moving forward.”

The Tigers suffered another tough loss but battled until the final point.

“That’s all I asked of them. I told them to fight for every point, and that’s exactly what they did tonight,” commented Marshall. “We’ve come a long way this season. I know it may not look that way to some people, but these girls have worked hard. Tonight was another sign of progress. They’re playing hard and competing to 25 every night.”

The Tigers have nearly won multiple games but haven’t been able to get over the hump.

“Confidence is a big issue, especially with my younger players,” remarked Marshall. “We get rattled pretty easily, and I’m hoping that will improve with time and experience. I know they’ll get there. I tell them every night that I wouldn’t put them out there if I didn’t think they could do it. We’ve just got to get them to believe in themselves.”

Mazzie Fontaine led a balanced Indian attack with eight kills. Ada Childress added six kills, and Grace Watkins and Raelyn Morris each contributed five kills. Emery Sage was the difference maker with 25 assists and 14 service points, including two aces and two kills.

Rose led the Tigers with 11 kills, and Farmer added three.



Honaker’s Kyndall Miller (4) leaps for a hit in the match against the Indians. Anthony Stevens | Lebanon News



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1. Castlewood at Twin Springs

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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. **NEW ADDRESS! Mail entries to "Football Contest" c/o The Lebanon News, 20 Clinch Mountain Ave., Lebanon, VA 24266**
4. If a game is postponed, cancelled, or played on Thursday, 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.

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Scores from last week (9/30/26) Contest

1. Lebanon 41, John Battle 11
2. Chilhowie 46, Honaker 12
3. Northwood 42, Castlewood 13
4. Gate City 21, Union 15
5. Rye Cove 34, Lee High 20
6. Southern Gap 61, Richlands 21
7. Abingdon 49, Johnson Co. (TN) 6
8. Graham 56, Marion 6
9. Tazewell 11, Virginia High 0
10. Eastside 33, J.I. Burton 0
11. Holston 55, Fort Chiswell 21
12. Patrick Henry 55, Rural Retreat 22
13. Pittsburgh 35, Va. Tech 33
14. Tennessee 24, Auburn 14
15. Florida State 38, Virginia 7
16. Kentucky 35, South Carolina 34 (OT)
17. Missouri 45, Florida 17
18. Chicago Bears 23, New York Jets 12
19. Jacksonville Jaguars 22, Cincinnati Bengals 17
20. New York Giants 36, Arizona Cardinals 24

LAST WEEKS WINNERS!

1. David Statzer (18-2), Castlewood
2. Charles C. Charles (18-2), Lebanon

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. _____

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will be the total points scored between
Castlewood at Twin Springs.

SECOND TIE-BREAKER

will be the total points scored between
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NAME: _____

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19. Indianapolis Colts at Pittsburgh Steelers

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

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

WORDS

ASTIGMATISM
AXIS
CASE
CORNEA
CURVE
CYLINDER
DAILY
DIAMETER
DIOPTER
DISINFECTANT
DRYNESS
EXTENDED
HYDRATION
HYDROGEL
HYPOXIA
MULTIFOCAL
PERMEABILITY
PRESBYOPIA
RIGID
SALINE
SCLERAL
SOLUTION
TORIC
WETTABILITY

1 2 3 4 5 6 7 8
9 10 11 12
13 14 15
16 17 18
19 20 21 22
23 24 25 26
27 28 29 30
31 32 33
34 35 36 37
38 39 40 41 42
43 44 45 46 47
48 49 50 51 52
53 54 55
56 57 58 59

CLUES ACROSS

1. Difficult
5. Coarsely ground corn
9. A group of similar things ordered one after another
11. Loved Romeo
13. Something to solve
15. Pelvic areas
16. Informal debt instrument
17. Ineffective
19. A device attached to a workbench
21. Related on the mother's side
22. "Fresh Prince of ___ Air"
23. Astronomer Sagan
25. C. Utah city
26. Turkey
27. Informal terms for money
29. Awakens
31. Those who favored Prohibition
33. Blabbed
34. Looked through
36. Rhode Island rebellion
38. A type of "cast"
39. One's duty
41. Where golfers begin
43. Make a mistake
44. Semitic Sun god
46. Ancient Greek City
48. Removed someone's head
52. A place to stay
53. Unwise
54. Most unnatural
56. "Dennis" is a notable one
57. Ointments
58. Examination
59. Leaked fluid

CLUES DOWN

1. Brave
2. A state of excitement
3. Jest at
4. Sandwich store
5. Chapter of the Koran
6. Dismounted from a horse
7. Small vehicle
8. Irked
9. A disreputable man
10. Monetary unit of Samoa
11. A list of woes
12. Weight unit
14. Alone, single
15. Broadway legend Bernadette
18. Monetary unit of Serbia
20. Worn by exposure to the weather
24. A body of traditions
26. Students seek one
28. Hydrophilic amino acid
30. Nasal mucus
32. Branch of U.S. Congress
34. Swinish
35. Russian assembly
37. Grant an exemption to
38. Set up in advance
40. Satisfy
42. Felt
43. Mild yellow Dutch cheese made in balls
45. Witnesses
47. Strong insects
49. Gasteyer and de Armas are two
50. One of an ancient people inhabiting Scotland
51. Cheerless
55. Unhealthy

SUDOKU

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

Level: Intermediate

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to contacts.

ELCNA

Answer: Clean

GUESS WHO ?

I am a television producer, executive and talent manager born in England on October 7, 1959. My father got me a job in the mail room at his music publishing company. I left to start signing talent. Later, I became a talent judge on various singing and entertainment competition programs.

Answer: Simon Cowell

CRYPTO FUN

Solve the code to discover words related to contact lenses. Each number corresponds to a letter. (Hint: 25 = S)

A. 25 10 4 15 11 9 10 2
Clue: Cleaning liquid

B. 26 24 25 14
Clue: Container

C. 14 6 14 25
Clue: Sight organs

D. 26 10 2 11 24 26 11 25
Clue: Fixes vision

Answers: A solution B case C eyes D contacts

PUZZLE SOLUTION

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

SUDOKU SOLUTION

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

Horoscopes

ARIES – Mar 21/Apr 20
Aries, some free time opens up this week. Focus on social outings and keeping things light. Use the time to relax and re-charge.
TAURUS – Apr 21/May 21
Tact may be required in the days ahead, Taurus. You have strong opinions about how to approach a situation, but present your views with kindness and express a willingness to be flexible.
GEMINI – May 22/Jun 21
Gemini, save up your energy for something fun instead of getting swept up in someone else's drama. Patience is your best friend this week, even if it doesn't always come easy.
CANCER – Jun 22/Jul 22
You tend to be very careful with money, Cancer. Financial discipline is a great asset that will pay dividends for you in the days ahead.
LEO – Jul 23/Aug 23
You may find yourself in a highly visible position this week, Leo. That means you will need to be on your best behavior at all times. People will notice your every move.
VIRGO – Aug 24/Sept 22
Virgo, steer clear of any controversial subjects this week because they may escalate into something that can be off-putting for all involved. Try to keep your opinions to yourself.
LIBRA – Sept 23/Oct 23
Embrace a challenge for all it has to offer, Libra. A unique situation arises this week, and you can learn something about yourself and feel a strong sense of accomplishment.
SCORPIO – Oct 24/Nov 22
Harsh words can be hard to forget, Scorpio. Be careful about how you communicate with others. Your intentions are good, so take a thoughtful approach to how to express them.
SAGITTARIUS – Nov 23/Dec 21
This week you are juggling many things, including work, appointments and family obligations. Optimism and patience will be key for the time being, Sagittarius.
CAPRICORN – Dec 22/Jan 20
Concerns about money may be on your mind, Capricorn. If you can get a handle on your finances, you will feel more secure about spending money.
AQUARIUS – Jan 21/Feb 18
There is no winning if you enter a fray between family members right now, Aquarius. It is best if you keep your distance and do your own thing this week.
PISCES – Feb 19/Mar 20
Your input will be sought this week, Pisces. Carefully consider an emerging situation, and then use your critical thinking skills to come up with the right advice.

FAMOUS BIRTHDAYS

OCTOBER 4

Dakota Johnson, Actress (37)

OCTOBER 5

Travis Kelce, Athlete (37)

OCTOBER 6

Brett Gelman, Actor (50)

OCTOBER 7

Toni Braxton, Singer (59)

OCTOBER 8

Matt Damon, Actor (56)

OCTOBER 9

Megan Moroney, Singer (29)

OCTOBER 10

Dan Stevens, Actor (44)

Honaker Elementary accepting donations for fire victims

By **SHAWN STREET**
shawn@virginiamediainc.com

Honaker Elementary School is asking county residents to help a family in need. A house fire robbed a Honaker family of all of their belongings.

The family, who officials are keeping anonymous, includes a woman and two small boys, ages six and eight. The six-year-old boy wears sizes seven-eight in clothing and a size two in shoes. The eight-year-old boy is a size 10/12 in pants, size 14 in shirts and a size three and a half in shoes. The woman is a size double large in shirts and leggings.

Her shoe size is 10. “The two boys lost everything,” the school said in a statement. “So if you have anything that you think they would like, I’m sure they’d be happy with it.” Donations may be dropped off at J&A Farme Supply and the Food Dude in Honaker, Dominion Office in Lebanon and Southwest Virginia Star Project in Swords Creek.

Pizza made perfect right at home

Pizza is among the most popular foods in many areas across the globe. Indeed, few people have likely had a slice of pizza and not wanted to have another at some in the near or distant future. Versatility of ingredients has undoubtedly contributed to the popularity of pizza. People can now enjoy pizza with a wide range of toppings. Homemade pizza has also become a staple in many households, and this Lines+Angles recipe for “Pizza With Peppers, Tomatoes, Onions, and Prosciutto” features an array of tasty toppings.

Pizza With Peppers, Tomatoes, Onions, and Prosciutto Makes 4 servings

- For the crust:**
- 1/2 teaspoon Instant Or Active Dry Yeast
 - 3/4 cups warm water
 - 2 cups all-purpose flour
 - 1/2 teaspoon kosher salt
 - 5 tablespoons good-quality olive oil, plus extra for the bowl and as needed

- For the pizza toppings:**
- 2 tablespoons good-quality olive oil
 - 2 red bell peppers, rinsed, seeded, and cut into thin strips
 - 2 1/2 cups cherry tomatoes, rinsed, trimmed, and halved
 - 1 red onion, peeled and sliced into wedges
 - 1 1/3 cups fresh mozzarella cheese, thinly sliced or crumbled
 - 12 slices Prosciutto, thinly sliced
 - 3 Fresh basil, rinsed and chopped, to taste
 - 3 sprigs fresh oregano, rinsed and leaves chopped
 - Salt, to taste
 - Freshly cracked black pepper, to taste



- For the crust:**
1. Sprinkle yeast over warm water. Let stand for 5 minutes.
 2. In the bowl of a standing mixer, combine flour and salt. With the mixer running on low speed (with paddle attachment), drizzle in olive oil until incorporated with flour. Pour in yeast mixture and mix until the dough comes together in a sticky ball.
 3. Coat a separate mixing bowl lightly with olive oil. Form the dough into a smooth ball, place the dough in the bowl and toss to coat dough in olive oil. Cover the bowl tightly with plastic wrap and set aside to rise for at least 1 to 2 hours.
 4. Preheat oven to 450 F. Lightly oil a pizza pan.
 5. Knead the dough for several minutes and reshape into a ball. Roll out the dough with a rolling pin or stretch it out, until very thin. Carefully transfer the dough to the prepared pizza pan. Drizzle a little olive oil over the dough and spread it to the edges. Season the crust lightly with salt.

- For the pizza toppings:**
1. Prepare the vegetables. Sprinkle the prepared dough with Parmesan cheese. Arrange half of the mozzarella evenly over the top of the crust. Arrange the peppers, cherry tomatoes, onions, and prosciutto over the top of the mozzarella. Sprinkle with the remaining mozzarella, basil, and oregano. Season to taste with salt and pepper.
 2. Bake for 15 to 17 minutes in the lower half of the oven, until the crust is golden brown and toppings are bubbly. Remove from oven and cut into slices and serve immediately.

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LEGAL NOTICES

1-844-902-4611
NOTICE OF PUBLIC HEARING
Community Development Block Grant Funds (CDBG)
The Russell County Public Service Authority will hold a public hearing at 6:15 p.m. on Tuesday, October 13, 2026, at the Russell County Public Service Authority's offices, 141 Highlands Drive, Lebanon, Virginia, to solicit public input on proposed changes to the Community Development Block Grant (CDBG) funded Dante Regional Wastewater Treatment Plant Upgrade Project. The changes were submitted to the Virginia Department of Housing and Community Development for the Dante Regional Wastewater Treatment Plant Upgrade Project. Residents of the project area are encouraged to attend. The Project will include the following activities: Dante Wastewater Treatment Plant Upgrade. The draft CDBG proposal will be presented for comment along with information on projected beneficiaries, including the number of low-to-moderate-income residents to benefit from the proposed project, and plans to minimize displacement. Citizens will also be allowed to comment on Russell County's past use of CDBG funds. A fact sheet on the proposed project is available at the Russell County Public Service Authority's offices. For additional information, contact Chris Dye, Executive Director at 276-991-0200 or email cdye@rcpsa.org. Comments and grievances can be submitted in writing to the Russell County Board of Supervisors, 137 Highlands Drive, Lebanon, VA 24266, or by phone at 276-889-8000, fax at 276-889-8011, TDD line 711, or Email lonzo.lester@russellcountyva.us until October

LEGAL NOTICES

20, 2026. If you plan to attend and have any special needs, please call the number listed above.
LNR-10-7;2026
VIRGINIA:
IN THE CIRCUIT COURT OF RUSSELL COUNTY
CASE NO. CH26-748
JUDY MORRISON,
PLAINTIFF
v.
JACQUELINE JESSEE CHAFIN, et al, DEFENDANTS
ORDER OF PUBLICATION
The object of this suit is to partition certain lands located in Castlewood, Castlewood Magisterial District of Russell County, owned by the heirs and successors of G. V. Osborne, deceased, and Maxie Osborne, deceased, described in the Russell County Circuit Court Clerk's Office in Deed Book 119, at Page 256, and Deed Book 109, at Page 547. An Affidavit has been made and filed that the number of defendants upon whom process has been served is seven (7), and the defendants so served represent like interests with the parties not served with process; and The defendants not served with process are designated in the attached Exhibit "A", and It appearing from the pleading that certain unknown defendants, as possible heirs or devisees of the defendants; if they be dead, and possible heirs or devisees of G. V. Osborne, deceased, and Maxie Osborne, deceased, and any other persons that may have an interest in the subject property, are proceeded against as all other parties unknown. It is so Ordered that the aforesaid defendants designated in the attached "Exhibit" and all other persons who have an interest in the subject property appear on or before the 26th day of October, 2026, in the Clerk's

LEGAL NOTICES

Office of the Circuit Court of Russell County, Virginia, to do what is necessary to protect their interests. It is further ORDERED that the foregoing portion of this Order be published in the Lebanon News, a newspaper with general circulation in Russell County, Virginia, for one (1) time a week for four (4) consecutive weeks, and that a copy of this Order be posted at the Courthouse of Russell County, Virginia, and also a copy of such Order be mailed to the defendants designated in the attached Exhibit "A", at their last known address, all to be done within ten (10) days after the entry of this Order. ENTER this 3rd day of September, 2026.
Michael L. Moore
JUDGE
REQUESTED:
TILLER & TILLER, P.C.
P.O. BOX 466
LEBANON, VA 24266
BY:
LINDA TILLER, Counsel for Plaintiffs
EXHIBIT "A"
CASE NO: CH05-123
DEFENDANTS TO BE SERVED BY
ORDER OF PUBLICATION
DEFENDANTS
JACQUELINE JESSEE CHAFIN
ADDRESS UNKNOWN
RICHARD GRIFFIN
ADDRESS UNKNOWN
TAMMY GRIFFIN
ADDRESS UNKNOWN
CASSANDRA SWEAT
108 E. LAMBERT DRIVE
SANTA ROSA BEACH, FL 32459
HARPER RHYS TOLLIVER
OSBORNE
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APT. 311
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P.O. BOX 597
CASTLEWOOD, VA 24224
SHEILA RIFFEY
3330 ROBERTS ROAD
CORYTON, TN 37721
CYNTHIA ROSE

312 MT. AREA DR.
BRISTOL, TN 37620
UNKNOWN HEIRS OF BETTY KENNEDY
UNKNOWN HEIRS OF ELIZABETH VIDGO
UNKNOWN HEIRS OF G.V. OSBORNE
UNKNOWN HEIRS OF MAXIE OSBORNE
LN-09-16,23,30;10-7;2026

SERVICES

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

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Lebanon Homecoming 2026 King & Queen: Italian exchange student Luca Filaninno and Mercedes Raguz. Preston Ball Photography | For the Lebanon News

LEBANON HAMMERS

FROM PAGE 1B

“We had Layne at H-back, and they probably expected him to get the ball, so the defense followed him,” Taylor stated. “That opened up a big gap on the right side. I busted it right, and no one was there.”

The Pioneers added another score before the break. Will Jessee lofted a screen pass to Layne Jessee, who raced 57 yards for a touchdown.

Senior Hunter Gillespie put John Battle on the scoreboard with a 38-yard field goal, pulling the Trojans within 34-3 just before intermission.

“I thought our defense did a fantastic job of settling in after that first drive and adjusting to the game’s pace,” Norris noted. “From there, we kept rolling. We did a great job across all three phases of the game. I’m very proud of how we played tonight.”

The freshmen connection added a touchdown on Lebanon’s first series in the second half. Will Jessee connected with Liam Spencer in the end zone with a 13-yard scoring strike.

The game was delayed with 3:51 remain-

ing in the third frame when John Battle’s Moran was injured and taken off the field by an ambulance.

“Moran’s a kid we had to game plan around this week,” Norris said. “He’s a great football player. We’ll keep up with him and see how he’s doing. Our prayers go out to him, and we hope he’s OK.”

Battle scored again in the fourth quarter. Jaxson Cunningham had a 12-yard TD run. Luke Odum caught a pass from Cunningham for the two-point conversion for the final margin.

Will Jessee put up good numbers in the contest, going 7-for-11 for 170 yards passing and three TDs. Layne Jessee (78 yards) and Taylor (75 yards) powered Lebanon, which rambled for 236 yards on the ground.

“We challenged the guys up front,” Norris stated. “This back end of our schedule is a tough stretch, and it’s going to determine whether we make the playoffs. These last four games are extremely important, and we control our own destiny. We’re in control of what happens. I’m

looking forward to the bye week so we can take care of some minor injuries and get healthy for the final push.”

The Pioneers are on a roll. They have a week off before hosting Union and Graham, back-to-back.

“We wanted to finish these first six games on a high note,” declared Norris. “I feel good about where we’re at, especially with our attitudes and effort, heading into the final four games.”

LEBANON 41, JOHN BATTLE 11

John Battle.....	0	3	0	8	—11
Lebanon	14	20	7	0	—41

First Quarter
LEB—L. Jessee 19 run (Curry kick), 4:21.
LEB—Clark 62 pass from W. Jessee (Curry kick), 1:31.

Second Quarter
LEB—L. Jessee 2 run (pass failed), 9:26.

LEB—Taylor 56 run (pass failed), 6:48.
LEB—L. Jessee 56 pass from W. Jessee (L. Jessee run), 2:49.
JSB—FG Gillespie 38, 0:38.

Third Quarter
LEB—Spencer 13 pass from W. Jessee (Curry kick), 8:23.

Fourth Quarter
JSB—Cunningham 12 run (Odum pass from Cunningham), 7:29.

JSBLEB

First downs	13	19
Total Net Yards	150	406
Rushes-yards	40-128	29-236
Passing	22	170
Comp-Att-Int	3-9-1	7-11-0
Fumbles-Lost	0-0	0-0
Penalties-Yards	1-10	10-109
Punts	1-18	0-0



Easton Taylor (32) finds an opening to score for Lebanon against the Trojans at Harry Stuart Field. Preston Ball Photography | For the Lebanon News



Lineman Wesley Alexander (68) stops John Battle running back Jaxson Cunningham. Preston Ball Photography | For the Lebanon News

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