The Lebanon News

Russell County's Family Newspaper Since 1880

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Lebanon announces change to collection of delinquent taxes

By SHAWN STREET
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The Town of Lebanon is announcing a change regarding the collection of delinquent personal property and real estate taxes.

According to a notice to town residents and property owners, such taxes will be considered delinquent after 90 days.

"Beginning November 1, 2026, the Town will begin utilizing a third-party tax collection agency to collect delinquent personal property and real estate taxes owed to the Town of Lebanon," the notice stated.

"Once a delinquent account has been turned over for collection, payments on that account will need to be made directly to the third-party collection agency rather than to the Town of Lebanon," the notice further stated. "In addition, accounts referred to collection are subject to collection costs of 20 percent of the outstanding balance."

The notice was given in order to allow residents and property owners an opportunity to review their accounts and take the proper steps before their information is turned over to the collection agency.

The statement added, "We strongly encourage residents, business owners, and property owners who are unsure whether they have an outstanding balance to contact Town Hall prior to November 1. Our staff will be happy to check your account, answer questions, and assist you with making payments to the Town before the account is referred to collection."



Bernard Fletcher was honored by the Lebanon Town Council.

Halloween, Christmas celebrations discussed at town council meeting

By SHAWN STREET
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The annual Haunting on Main and the town's Christmas parade were main topics of discussion during the October meeting of the Lebanon Town Council.

Sharon Vandyke, of the Russell County Chamber of Commerce, told council members about the plans for this year's Haunting on Main.

Unlike previous years, the 2026 event will have a theme: Rock of Horrors – A Totally 80s Halloween.

Another difference is the prizes for the costume contest. Rather than trophies, winners will receive gift cards to local businesses. "We will give gift cards instead of trophies to put money back into the community," Vandyke explained.

"This is one of the best things we do because it provides a safe environment for the children," stated Mayor Tony Dodi.

The event will once again be held on Main Street in Lebanon from 5:30 p.m. until 9:00 p.m.

"250 Years of Christmas Blessings" is the theme for the town's annual Christmas parade and celebration. The theme honors the 250th anniversary of America's independence.

Leonard Kegley made a motion to have Deanna Jackson serve as grand marshal for the parade. His motion was quickly seconded by Scott Gilmer.

Jackson is a longtime member of the council and serves as Vice Mayor. She will not be seeking

SEE **CELEBRATIONS DISCUSSED | 2A**



A state grant will be used to ensure sermons will preached at Bundy's Chapel Church for generations to come. (Photo credit Black in Appalachia)

Castlewood church receives BIPOC Fund Grant

By SHAWN STREET
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A Castlewood church has received grant funding to help preserve the building.

Bundy's Chapel Church is one of eight projects to receive grant funding from the Department of Historic Resources and the Virginia Board of Historic Resources. The grant, worth $121,000, comes from the Virginia Black, Indigenous, and People of Color Historic Preservation Grant Program.

Bundy's Chapel Church formed following the Civil War and served the local African-American community as a place of worship and as a school. It formally joined the African Methodist Episcopal Zion denomination in 1922.

The General Assembly established the BIPOC Historic Preservation Fund in April 2022 under Virginia Code Section 10.1-2202.5. The purpose of this legislation is to create a grant program to protect and support the Commonwealth's historically underserved and underrepresented communities as well as the cultural and historical sites associated with them.

The fund will provide grants for the acquisition, protection, and rehabilitation of historic and archaeological sites of significance associated with Virginia's Black and Indigenous communities and People of Color.

Following a multi-step review process, DHR recommended eight projects for a total of $2,052,650 to the VBHR for approval. This includes seven rehabilitation/stabilization projects and one archaeological data recovery project.

Other organizations receiving funding include the Menokin Foundation in Richmond County; St. John's African Methodist Episcopal Church in the City of Norfolk; Chatham First in Pittsylvania County; OCR Community Empowerment Group in the City of Petersburg; Reimagining the Reclaimed Pine Grove School in Cum-

SEE **CASTLEWOOD CHURCH | 2A**

SWCC mourns passing of founding president Dr. Charles R. King

The Southwest Virginia Community College family is mourning the passing of its founding president, Dr. Charles R. King, whose vision, leadership, and commitment to educational opportunity transformed higher education in Southwest Virginia and shaped the institution that serves the region today.



Dr. Charles King was the founding president of SWCC.

Selected in 1967 to lead the creation of a new community college for Southwest Virginia, Dr. King guided the institution from its earliest planning stages through nearly four decades of growth and service. He served as the college's first president until his retirement on January 1, 2007, making him the longest-serving president in the history of both Southwest Virginia Community College and the Virginia Community College System.

When Southwest opened its doors in 1968, approximately 710 students enrolled in the college's first classes. Under Dr. King's leadership, the institution expanded dramatically, growing its academic offerings, facilities, community partnerships, and regional impact while maintaining a mission centered on student success and opportunity.

Throughout his career, Dr. King championed a belief that became synonymous with Southwest's mission: that no one who could benefit from a college education should be denied the opportunity. His commitment to ensuring that "no student was left behind" helped define the culture of the college and inspired generations of students, faculty, staff, and community leaders.

In March 2026, Southwest Virginia Community College formally honored Dr. King by naming the roadway surrounding campus Dr. Charles R. King Road, recognizing the enduring impact of his leadership on both the college and the region. The designation serves as a permanent reminder of a legacy that continues to shape the institution and the communities it serves.

"Dr. King was more than the founding president of Southwest Virginia Community College," said Dr. Clint Hayes, president of Southwest Virginia Community College. "He was the architect of a vision that changed countless lives across Southwest Virginia.

"Because of his leadership, generations of students found pathways to education, careers, and opportunity. He believed deeply in people, in communities, and in the power of education to improve lives.

"His influence can still be seen across our campus and throughout the region we serve. While we mourn his passing, we also celebrate a remarkable life dedicated to service, leadership, and opportunity. We are honored to carry his legacy forward."

Dr. King often credited the success of the college to teamwork, community support, and a shared commitment to serving others. During his retirement in 2006, he reflected that his proudest accomplishments were not buildings or programs, but the thousands of individuals whose lives had been changed through access to education.

The college extends its deepest condolences to the King family, friends, former colleagues, alumni, and all those whose lives were touched by Dr. King's leadership and service.



CARRI
BRADSHAW
FOR LEBANON TOWN COUNCIL
Leading Lebanon Forward...
ALWAYS FORWARD.
VOTE NOVEMBER 3
2026

ENDORSED BY
RUSSELL COUNTY REPUBLICAN PARTY
U.S. CONGRESSMAN MORGAN GRIFFITH
STATE SENATOR TODD PILLION
DELEGATE ISRAEL O'QUINN
paid for and authorized by Carri Bradshaw

The Lebanon News
Russell County's Family Newspaper Since 1880

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Food City and Feeding SWVA officials celebration the $30,000 grant.

Food City awards $30,000 to Feeding Southwest Virginia's Mobile Marketplace

Food City presents Feeding Southwest Virginia with a $30,000 grant to support the Food Bank's Mobile Marketplace, a program that brings fresh, convenient and affordable groceries directly to rural communities across Southwest Virginia.

The Mobile Marketplace offers sources of reduced-cost pantry staples and shelf-stable grocery items to communities where access to a traditional grocery store may be limited. The program visits sites in Tazewell, Rocky Gap, Clinchco, New Castle, Wytheville, Glade Spring, Council, Honaker, Galax, Cana, Abingdon, Saltville, Newport, and Blacksburg monthly.

Customers may pay with credit, debit, or SNAP/EBT. As a Virginia Fresh Match outlet, the program provides SNAP customers with 50% fresh produce purchases.

"Food City's generous investment strengthens our ability to meet neighbors where they are," says Pamela Irvine, President and CEO of Feeding Southwest Virginia. She continues, "This support will help the Mobile Marketplace continue providing reliable access to nutritious, affordable food for families in rural communities across our region."

"Food City is proud to support Feeding Southwest Virginia and its Mobile Marketplace Program," says Misty Deskins, Senior Director of Marketing for Food City. "By working together, we can help connect more of our neighbors with fresh, wholesome food close to home."

CASTLEWOOD CHURCH

FROM PAGE 1A

berland County; Restoring and Recovering Tribal Cultural Heritage on the Pamunkey Indian Reservation in King William County; and The Morgantown School Project in Fauquier County.

Over the next few months, DHR staff will be conducting initial site visits and meetings with grantees. Applicants who were not selected for funding are encouraged to reapply for the next round, which will open in February 2027.

CELEBRATIONS DISCUSSED

FROM PAGE 1A

reelection in November.

Jackson, however, declined the suggestion. "I would rather Elijah and his family do it," she said, referring to fellow council member Elijah Leonard.

"Miss Deanna, this is your last term," Leonard replied, once again offering Jackson the opportunity.

"I'd rather not," she said.

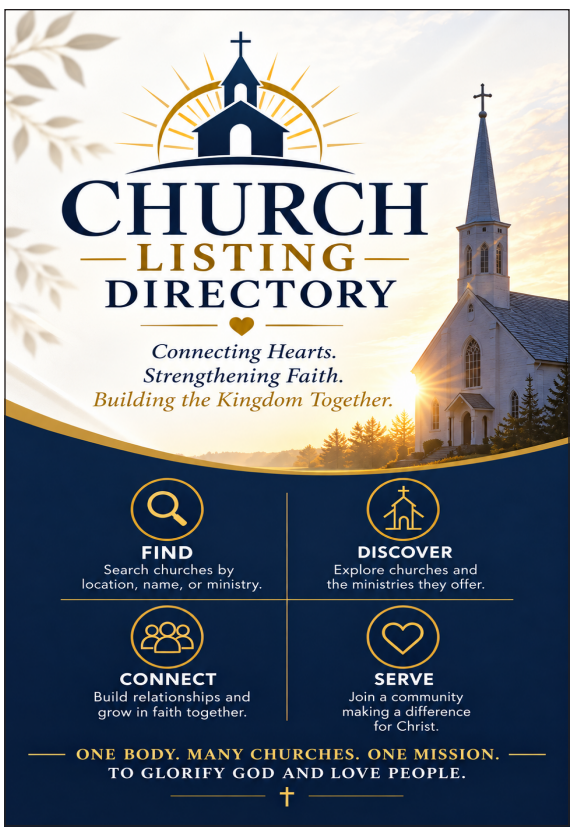
Jackson then made a motion for Leonard and his family to serve the role of grand marshal. That motion was seconded by Gilmer and passed.

"I appreciate it," Leonard said, "But again, I wish Deanna Jackson would do it. We can nominate you again in the future."

Council members also honored Bernard Fletcher for his many years of service on the Lebanon Zoning Appeals Board.

"He has a long history here in our town," Dodi said.

Fletcher served on the board for 36 years and served as chairman for 17 years. Fletcher was presented with a plaque honoring his "diplomatic leadership and skills," as well as his "broad range of knowledge." The plaque also honored his "commitment and accomplishments and all the good works" he had done.



BETHEL BAPTIST CHURCH
Dr. Shawn White (interim)
Sunday Worship 11 AM
Sunday School 9:45 AM
Wednesdays 7 PM
60 Ketron Ave, Lebanon, VA (beside RCCTC)
Phone 276-889-5963
Email: bbchurchlebanon@gmail.com
Website: bbchurchlebanon.org

EMMANUEL BAPTIST CHURCH
Pastor Rev. Jacquelyne Booher
Sunday Worship Service 11 AM
Hotdog Dinner October 16 – 11 AM – 3 PM
485 Cleveland Road, Lebanon, VA
(276) 889-5922





PUBLIC NOTICE

PROPOSED CONSTITUTIONAL AMENDMENT – QUESTION 3

To Be Voted On at the November 3, 2026, Election

BALLOT QUESTION

Should the Constitution of Virginia be amended (i) to provide for the fundamental right to vote in the Commonwealth, (ii) to revise the qualifications of voters so that a person convicted of a felony is not entitled to vote during his period of incarceration but is automatically invested with the right to vote upon release from incarceration, and (iii) to update the existing prohibition on voting by persons found to be mentally incompetent to instead apply to persons who have been found to lack the capacity to understand the act of voting?

EXPLANATION FOR VOTERS
QUESTION 3

Present Law

Virginia's Constitution currently provides that a person who is convicted of any felony loses the right to vote for the rest of their life unless the Governor of Virginia takes administrative action to restore that specific person's right to vote. This is the only means of getting back the right to vote after a felony conviction.

The current constitutional provision also imposes a broad restriction, while using outdated terminology, on voting by persons found to be incapacitated. A person who is determined by a court to be incapacitated, regardless of the kind of incapacity, loses the right to vote, and only a court can restore the person's right to vote later.

Proposed Amendment

The proposed amendment enshrines in the Constitution the fundamental right of all qualified persons in the Commonwealth to vote. Two exceptions to this right are for persons who are serving a sentence of incarceration for a felony conviction and persons who are determined by a court to not understand the act of voting. Such right cannot otherwise be restricted by laws.

Under the proposed amendment, a person who is convicted of a felony loses the right to vote during their period of incarceration. Once released from incarceration, the person gets back the right to vote without needing to apply for restoration by the Governor.

The proposed amendment also requires a specific finding by a court that a person does not understand the act of voting in order for that person's right to vote to be taken away.

With the right to vote, a person also has the right to be a juror, the right to be elected to an office, and the right to be a notary public.

FULL TEXT OF AMENDMENT

[Proposed new language is underlined. Deleted old language is ~~stricken~~.]

ARTICLE II.

FRANCHISE AND OFFICERS.

Section 1. Qualifications of voters.

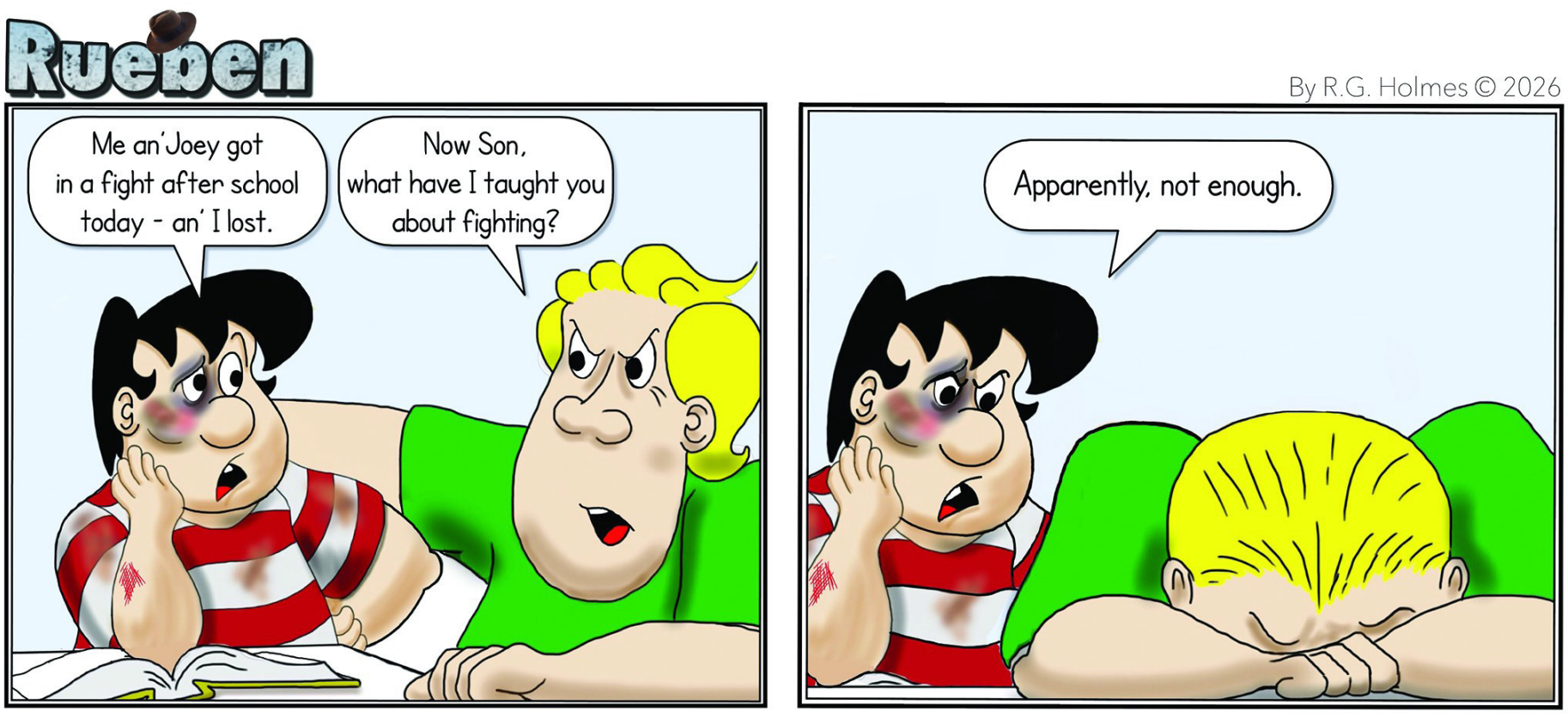
(a) In elections by the people, the qualifications of voters shall be as follows: Each voter shall be a citizen of the United States, shall be eighteen years of age, shall fulfill the residence requirements set forth in ~~this section~~ subsection (b), and shall be registered to vote pursuant to this article. Every person who meets these qualifications shall have the fundamental right to vote in the Commonwealth, and such right shall not be abridged by law, except that:

(1) No person who has been convicted of a felony shall be ~~qualified~~ entitled to vote ~~unless his civil rights have been restored by the Governor or other appropriate authority.~~ during any period of incarceration for such felony conviction, but every such person, upon release from incarceration for that felony conviction and without further action required of him, shall be invested with all political rights, including the right to vote; and

~~As prescribed by law, no~~ (2) No person who has been adjudicated ~~to be mentally incompetent~~ by a court of competent jurisdiction to lack the capacity to understand the act of voting shall be ~~qualified~~ entitled to vote during such period of incapacity until his ~~competency~~ capacity has been reestablished as prescribed by law.

(b) The residence requirements shall be that each voter shall be a resident of the Commonwealth and of the precinct where he votes. Residence, for all purposes of qualification to vote, requires both domicile and a place of abode. The General Assembly may provide for persons who are employed overseas, and their spouses and dependents residing with them, and who are qualified to vote except for relinquishing their place of abode in the Commonwealth while overseas, to vote in the Commonwealth subject to conditions and time limits defined by law. The General Assembly may provide for persons who are qualified to vote except for having moved their residence from one precinct to another within the Commonwealth to continue to vote in a former precinct subject to conditions and time limits defined by law. The General Assembly may also provide, in elections for President and Vice President of the United States, alternatives to registration for new residents of the Commonwealth.

(c) Any person who will be qualified with respect to age to vote at the next general election shall be permitted to register in advance and also to vote in any intervening primary or special election.





Officials will once again be collecting unwanted prescription drugs at the Lebanon Food City this Saturday.

National Drug Take Back Day is Saturday

By SHAWN STREET
shawn@virginiamediainc.com

Officers with the Russell County Sheriff's Office will be participating in the Drug Enforcement Administration's National Take Back Day.

According to the DEA's website, "Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs."

The RCSO will have officers at the Lebanon Food City this Saturday to collect unwanted prescription drugs.

The event will get underway at 10 a.m. and will conclude at 2 p.m.

Anyone with questions is asked to contact Sgt. White at 276-889-8033.

Calendar of Events

SUPPORT GROUP FOR FEMALE SURVIVORS OF SEXUAL ASSAULT

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

SONS OF CONFEDERATE VETERANS MEETING

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



PUBLIC NOTICE

PROPOSED CONSTITUTIONAL AMENDMENT – QUESTION 1

To Be Voted On at the November 3, 2026, Election

BALLOT QUESTION

Should the Constitution of Virginia be amended to (i) protect the freedom to make personal decisions about prenatal care, childbirth, postpartum care, birth control, abortion, miscarriage management, and fertility care; (ii) protect doctors, nurses, and patients from being punished for these decisions; and (iii) allow for restrictions on access to abortion during the third trimester of pregnancy except when the patient's health is at risk or the pregnancy cannot survive?

EXPLANATION FOR VOTERS
QUESTION 1

Present Law
Currently, the Virginia Constitution does not explicitly provide to its citizens a right to reproductive freedom nor does it explicitly protect or prohibit certain kinds of health care procedures or decisions.

Proposed Amendment
The proposed amendment would add to the Virginia Constitution's Bill of Rights the fundamental right to make and carry out decisions about a person's own reproductive care with only certain, specific exceptions. The proposed amendment specifically allows the state government to pass laws to regulate abortion care in the third trimester of pregnancy, but requires any such law to allow for abortion care when it is medically needed to protect the life and health of the pregnant person or because the fetus is not viable.

FULL TEXT OF AMENDMENT

[Proposed new language is underlined. Deleted old language is ~~stricken~~.]

ARTICLE I

BILL OF RIGHTS

Section 11-A. Fundamental right to reproductive freedom.

That every individual has the fundamental right to reproductive freedom, including the ability to make and carry out decisions relating to one's own prenatal care, childbirth, postpartum care, contraception, abortion care, miscarriage management, and fertility care.

An individual's right to reproductive freedom shall not be, directly or indirectly, denied, burdened, or infringed upon unless justified by a compelling state interest achieved by the least restrictive means.

Notwithstanding the above, the Commonwealth may regulate the provision of abortion care in the third trimester, provided that in no circumstance shall the Commonwealth prohibit an abortion (i) that in the professional judgment of a physician is medically indicated to protect the life or physical or mental health of the pregnant individual or (ii) when in the professional judgment of a physician the fetus is not viable.

The Commonwealth shall not discriminate in the protection or enforcement of this fundamental right.

The Commonwealth shall not penalize, prosecute, or otherwise take adverse action against an individual based on such individual's own exercise of this fundamental right or such individual's own actual, potential, perceived, or alleged pregnancy outcomes, including miscarriage, stillbirth, or abortion. The Commonwealth shall not penalize, prosecute, or otherwise take adverse action against any individual for aiding or assisting another individual in exercising such other individual's right to reproductive freedom with such other individual's voluntary consent.

For the purposes of this section, a state interest is compelling only if it is for the limited purpose of maintaining or improving the health of an individual seeking care, consistent with accepted clinical standards of care and evidence-based medicine and does not infringe on that individual's autonomous decision making.

This section shall be self-executing. Any provision of this section held invalid shall be severable from the remaining portions of the section.

PUBLIC NOTICE

PROPOSED CONSTITUTIONAL AMENDMENT – QUESTION 2

To Be Voted On at the November 3, 2026, Election

BALLOT QUESTION

Should the Constitution of Virginia be amended to (i) remove the ban on same-sex marriage; (ii) affirm that two adults may marry regardless of sex, gender, or race; and (iii) require all legally valid marriages to be treated equally under the law?

EXPLANATION FOR VOTERS
QUESTION 2

Present Law
Marriages, civil unions, and other legal relationships with the same rights, benefits, and effects of marriage between persons of the same sex or gender are prohibited under Virginia's Constitution. This prohibition is no longer enforceable as a result of the United States Supreme Court decision in *Obergefell v. Hodges* in 2015, but the prohibition on marriages between persons of the same sex or gender remains in the state's Constitution. If the Supreme Court were to overturn its previous decision, that prohibition would be enforceable again.

Proposed Amendment
The proposed amendment removes the prohibition on marriages between persons of the same sex or gender from the Virginia Constitution's Bill of Rights. It is replaced with the fundamental right to marry, requiring the state to recognize and treat equally under the law any lawful marriage between two adult persons, regardless of the sex, gender, or race of either person. The proposed amendment prohibits the state from denying a marriage license to two adult persons because of their sex, gender, or race.

FULL TEXT OF AMENDMENT

[Proposed new language is underlined. Deleted old language is ~~stricken~~.]

ARTICLE I

BILL OF RIGHTS

Section 15-A. Marriage.

That ~~only a union between one man and one woman may be a marriage valid in or recognized by this Commonwealth and its political subdivisions~~ marriage is one of the vital personal rights essential to the orderly pursuit of happiness.

This Commonwealth and its political subdivisions shall not ~~create or recognize a legal status for relationships of unmarried individuals that intends to approximate the design, qualities, significance, or effects of marriage~~ deny the issuance of a marriage license to two adult persons seeking a lawful marriage on the basis of the sex, gender, or race of such persons. ~~Nor shall this Commonwealth or its political subdivisions create or recognize another union, partnership, or other legal status to which is assigned the rights, benefits, obligations, qualities, or effects of marriage~~ This Commonwealth and its political subdivisions shall recognize any lawful marriage between two adult persons and treat such marriages equally under the law, regardless of the sex, gender, or race of such persons.

Congressman Griffith: Fighting for Coal



WEEKLY REPORT FROM THE CAPITOL

American coal requires fighters in its corner. In our corner of Virginia, I am proud to be in the ring to support a vital industry for communities in Virginia's Ninth Congressional District.

As such, I have supported legislation and signed many letters as one of the co-chairs of the United States House of Representatives Coal Caucus.

Some of those letters have gone to encourage the Trump Administration to be aggressive in promoting coal.

And the President, always a coal supporter, has heard our voice.

Perhaps no president this century has been as supportive of coal as President Donald Trump.

What has happened since Trump's January 2025 inauguration?

Numerous pro-coal Executive Actions. I proudly attended events at the White House to celebrate announcements which invest in America's beautiful clean coal, fight anti-coal actions taken by Presidents Obama and Biden and give coal a seat at the energy table.

The Obama-Biden "War on Coal" constrained American coal production, which encouraged the world to look elsewhere for coal.

Countries like India and China, looking to support the energy needs of their billion-plus populations, view American coal as a key resource.

According to a graphic online from Visual Capitalist, in 2024, China and India accounted for nearly 35% of U.S. coal exports.

China in particular is historically a major buyer of U.S. metallurgical coal, which is the type of coal used to make steel. The coal mined in Southwest Virginia is mainly metallurgical coal and had been sold to China in the first Trump Administration.

But the Chinese Communist Party took actions to disrupt American coal access to Chinese markets, threaten U.S. coal mining jobs and rattle our coal communities.

Data provided by the U.S. Energy Information Administration notes the impact of Chinese tariff increases on U.S. coal exports. From 2024 to 2025, U.S. coal exports to China dropped a dramatic 92%!

In response to China's anti-U.S. coal moves, I helped lead efforts to engage the Trump Administration.

As Chinese President Xi Jinping prepared to visit DC for trade negotiations, I requested President Trump prioritize American coal in the negotiations.

Following the late September negotiations, President Trump announced that China will import at least 10 million metric tons of American coal in 2027 and another 10 million metric tons in 2028!

This announcement means coal business in America will get a boost. Foreign belief in American coal will continue to present major opportunities for economic growth, domestic coal jobs and certainty for America's coal operators.

I am proud to help secure this trade win for American communities. It is a positive outcome that confirms the strong demand for resources that our miners work every day to produce.

I am also fighting for another positive outcome that impacts our region's coal.

Currently, one of the last remaining coal-fired power plants in Virginia is the Virginia City Hybrid Energy Center (VCHEC) in St. Paul, Virginia.

As one of the 10 newest coal plants to be constructed in America, VCHEC employs world-class emissions control technologies that reduce carbon harms to the environment. Further, the plant cleans up waste coal sites, like gob piles, and eliminates mine drainage.

The current VCHEC owner and operator is Dominion Energy. However, Dominion is engaged in a new merger proposal with NextEra Energy.

Should the merger secure approval from Virginia regulatory authorities, it would potentially put the VCHEC under the control of NextEra.

As an advocate for VCHEC, I voiced the plant's importance to both Virginia Governor Abigail Spanberger and the Virginia State Corporation Commission (SCC), the regulatory authority responsible for reviewing the merger proposal.

With an SCC decision expected in January, I will continue to monitor discussion on the merger and its potential impacts on VCHEC.

Protecting our region's coal assets through the VCHEC is essential to support coal jobs, provide net environmental benefits as shown by our clean coal technologies and serve reliably as well as affordable electricity.

Coal plants can be particularly helpful for our electric grid to withstand challenges and prevent the threat of blackout periods.

Accordingly, while the Department of Energy works to ensure there is enough energy available for American consumers, I believe Southwest Virginia coal is an indispensable resource that can help meet the growth in electricity demands.

Further, as a co-chair of the Congressional Coal Caucus, I will continue fighting and promoting energy solutions and trade relationships that boost the prospects for American coal.

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



Learning something new is an exciting part of the adult education journey. Whether an adult learner is returning to school to earn a diploma, improve reading and math skills, develop computer skills, or prepare for a new career, every new skill creates an opportunity for growth. Adult education provides a welcoming environment where learners can explore new interests, build confidence, and work toward their personal and professional goals.

Trying something new can feel challenging, especially for adults who have been away from the classroom for several years. It is normal to feel nervous when learning unfamiliar material or using new technology. However, stepping outside your comfort zone is an important part of learning. Each time students practice a new skill, ask questions, or overcome a challenge, they become more confident in their abilities.

Learning does not happen all at once. It takes time, practice, and patience. Adult learners can build confidence by setting small, realistic goals and celebrating their progress along the way. For example, learning a few new vocabulary words each day, mastering a math concept, or completing a computer assignment can lead to meaningful progress. These small achievements remind learners that they are capable of accomplishing more than they may have thought possible.

One of the greatest benefits of adult education is the opportunity to learn skills that can be used in everyday situations. Improving reading skills can help adults understand forms, instructions, and workplace documents. Developing math skills can make budgeting and managing money easier. Learning digital skills can help learners communicate online, search for employment, and complete applications. These practical skills make learning meaningful and help adults become more independent.

Adult education is about more than earning a diploma or passing a test. It is about discovering potential, gaining independence, and opening doors to a brighter future. Every new skill learned is a step toward personal growth and success. No matter a person's age or starting point, it is never too late to learn something new. With determination, patience, and support, adult learners can continue building the knowledge and confidence they need to reach their goals. To get started in an adult education class in our area, please call Southwest Regional Adult Education at 276-889-5424.

Happenings of the Drill Senior Citizens

By JANIE THOMAS

October 9th was the date of our latest meeting. We gave the potato peelers the day off today. Our group was slow in arriving this cool morning. The coffee was soon brewing, and everyone was ready for another meeting to get underway.

Betty Sue called our meeting to order. She read the prayer requests and then opened devotions with prayer. Gary Thomas then finished the devotions. He read I Peter chapter 3 starting with verse 10. Heaven is full of joy unspeakable and glory. God has given us a promise of an eternal home in Heaven.

After devotions Betty Sue called the roll. We had 26 members present today and no visitors. Missed our members who were out today. Numbers were down today.

We then stood and made our Pledge of Allegiance to our Flag.

I then gave the financial report. We talked about different menu options and things going on in the near future. I then gave the financial report. We talked about different menu options and things going on in the near future.

Our Singers today were Linda Wilson, Joyce Baldwin, Betsy Newton, and Greg Noe. Linda, Joyce, and Greg sang: "What A Day"; "When Did I Get This Old"; and "Every Day Is A Gift". then Betsy led everyone in singing: "Happy Birthday", "God Bless America" and "As I Have Loved You", "God Bless America" and "As I Have Loved You"

Betsy asked the blessing over the food. Our menu today was breakfast. One of my favorite meals, I love breakfast anytime.

There were several crockpots full of gravy, there was even one full of chocolate gravy. Sausage and country ham biscuits, plain biscuits, bacon, sausage, eggs and fruit and jelly. A great meal. There were some breakfast pastries for dessert, if you could hold any. I filled up on biscuits and gravy.

After lunch was over and clean up was complete, it was bingo time! Nancy Tiller gave out the bingo cards and Gary Thomas and Ron Jackson brought in the bingo prizes. Betty Sue started the fun by calling the first few games then I finished up so she could play her card. Our winners today were: Winning one game each; Don Hess, Ron Jackson, Ella Mae Peck, Kathy Noe, Betty Sue Hess, Norman Wilson, Nola White, Inez Sparks, Thelma Massie, Greg Noe, Nancy Childress, Joyce Baldwin, and I won one. Winning two games were Shelia Hale and Lucy Blankenship. Winning three games was David Compton and our big winner today was Judy Rowe who won four games.

Our next meeting is scheduled for October 23, beginning at 11 a.m. Our menu is soup and sandwiches. Everyone welcome!

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



What Keeps You Living? Do You Really Enjoy Life?

By DR. GLENN MOLLETTE

What keeps you living? Do you enjoy life? Are you happy for the opportunity to be in the world, breathe the air, see the beauty of God's creation? Do you enjoy family, friends and daily life? What is your reason for living?

None of us chose to be born. We didn't choose our parents or the geographical location of our birth. There are many other choices along the way we do not make.

We don't choose cancer, disabilities, wars, being the victims of crimes, drunk drivers and much more. We make choices about what we eat, activities, lifestyles, religion, attitude, vocation, residences, beliefs, how we treat others and more.

We often cannot control much of life. We can't control the bad things that happen to other people. We are impacted by what happens to people we love. A sick spouse, parent or child greatly impact us and can be very stressful with many challenges.

We do the best we can to offer as much love and support as possible. It's never easy and wears on us. Every day presents new challenges and a flexible, positive attitude is essential for survival.

Children can bless or challenge. We can't control what they do forever and so we usually go with the flow offering as much love and support as possible. We can't take care of them forever. They have to live life when we are gone and so they need to start way before we are gone.

Our careers are often meaningful and give us something to do most of our lives. We have to work and it's better if we enjoy our work. The opportunity to go to work every day is often a blessing many people miss until the work days are over.

We live for all kinds of reasons. We live for love, for family, for pleasure, for careers and for the enjoyment of life.

Lots of things in life can get us down. The loss of a career, the death of someone we love deeply. We miss a spouse, a parent, a child. We grieve the loss of a job. Sickness gets us down. Depression can come to any of us at any time of the day. We've all been there to some extent.

None of us are immune to depression. We have all shed tears along the road of life and it's nothing to be ashamed about. We suffer hurts, disappointments, failures, grief, death and much more. Not much is required to cause us grief, depression and disappointments. We are very fragile when it comes to downswings of life.

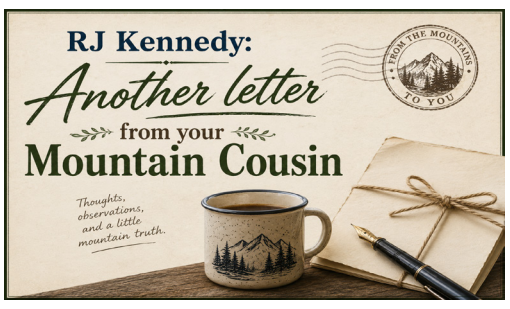
Thus, we have to know where our joy and upswings of life come from. Personally, where would I be or how could I survive without my faith?

God has been my source and rock for most of my life. There have been times when I didn't realize He was all I needed until He was all I had. There is an old song that asks the question, "Where would I be without the Lord?"

I also look around me and give thanks for this beautiful world. I don't hate the world. God made this beautiful place. We mess it up, but God gave us a beautiful place to live. I am fortunate in that I have a beautiful wife, children, grandchildren, siblings and friends whom I love very much. I enjoy my work and have hobbies that are still fun. These and the love of God keep me going and living.

What keeps you going? Who keeps you living? Think about it and keep living!





What is this world coming to? And who is running things these days?

The other day I wrote a letter to our landline telephone provider. When we got this landline, around ten years ago, here at the old farm house, the cost was thirty-nine dollars a month.

The cost now is over one hundred thirteen dollars a month. Now I do believe inflation has not risen that much. At least minimum wage and social security has not tripled in ten years.

We needed a phone here as there was no cell phone service, and we were driving in to work on the farm house from Texarkana. The only service was on top of the mountain, so in the beginning it meant walking up, as the road had been destroyed over time, to the top of the farm to make a cell phone call.

So I wrote to Clear Rate and asked why my bill had gone up so much in ten years and the answer was very disturbing.

It says, and I quote, "Dear _____, We recently received an envelope from you regarding your rate increase." An ENVELOPE! Cuz, who is reading our LETTERS? Is this from a person or a computer/AI?

The "whatever goes on to blame Verizon for the rate increase, saying it is because of the "cost of copper wired lines". (I do believe they were copper-wired lines when we started.)

They suggest I change to their Residential Voip plan that costs twenty-five dollars a month. That way you can use your landline phone over high-speed internet. And that's a problem, because as people in Lebanon tell me, their Verizon internet is terrible.

So then, you would have to pay for internet, plus twenty-five dollars more, but I assume there are taxes on both of them, which would probably make it around a good hundred dollars a month.

Cuz, I like my landline phone. If I try to use a cell phone with Star Link and the cell phone booster, it still drops calls if I go to pick something off the floor, or go in the smoke house or the wrong room of the house. And of course there is the "there is an obstruction" that's called FOG Star Link, it happens back here in the mountains almost every morning some months of the year.

Meanwhile I can go to just about every room in the house, way out in the yard with my landline phone and if I drop it, I just pick it up, put the back cover back on and keep on talking. It doesn't shatter in a thousand pieces, and if it does break, I can pick up another radiophone at Wal-Mart for just a little money.

Now here is the scary news cuz. During the past rainy month, which ruined our hay but helped the pastures grow, our phone was out about half of the month. The water keeps getting in the lines.

People call and my phone tells me I have missed like twenty-five calls but it won't show me who called. And I had heard from Lebanon folks who still had landlines, that they had received a letter saying Verizon was probably going to discontinue their landlines. Bad news for old folks back here.

So when the Verizon guy showed up I asked him about this. He said they are already discontinuing landline service in parts of the country. According to AI land lines are actively being phased out across multiple U.S. states and communities as major telecom providers, AT&T, Verizon and CenturyLink retire legacy "POTS" plain old Telephone service.

I don't know about you cuz, but that plain old telephone service has saved lots of lives, and stupid people who have thought their cell service worked everywhere, laid on a mountain and died as they called 911, thinking someone was coming to rescue them instead of walking out of the wilderness themselves. I tried to call 911 to get some help getting a young spiked buck out of a box fence, hoping to get animal control or someone.

The cell call would not call out, so I just drove down to Mom's house, got some wire cutters and cut the little fellow out myself. I don't know what the old folks who depend on the landlines to call the rescue squad will do. Cell service is just not reliable back here. I told the repairman what my EMT daughter (now taking a break) told me, if you discontinue the landline back here, folks will die.

If you read "online" cuz; it will tell you state by state when the lines are going to be discontinued. For as of now, Verizon has petitioned the FCC to retire the lines, approximately 277,000 lines across multiple states, (VA included) starting late in 2026. Although some states reviewed have faced temporary FCC pauses.

It's like when I found the BIG rock on the river road on a very dark night. I couldn't call V-DOT or 911 from there and if I left someone may have smacked that rock.

So between a Good Samaritan and two four-wheel drives and a good strong chain we got that rock out of the road ourselves. You simply can't rely on cell phones back here; there are too many dead zones.

If you want to know why they want to build Data Centers, last year Americans used 159.3 trillion megabytes of data. But yet these data centers don't help little old ladies and men back in these hills and hollers who can't get enough clear sky for Star Link to hook up and cell service is nonexistent.

Why do you think we had to run TV lines up the hills to an antenna to get one station back in the days? Now we have no antenna and no TV stations.

Meanwhile here on the farm, the firewood cutting continues. Like the cell phone and landlines, the electricity is taken out as well as trees come off the mountain when it rains.

You can't depend on it, so you had better have a good supply of firewood for your fireplace, cook stove or outside wood furnace. The grandkids have been a great help getting the wood in, and the new help on the farm has been at it as well.

Until next week, enjoy your landline while you got it.

RJ Kennedy

Savvy Senior: Helping an Older Parent Cope with Loneliness



SAVVY SENIOR

Dear Savvy Senior,

My 78-year-old father has lived alone since my mother passed away two years ago. He insists he's fine, but I can tell he spends most of his time by himself and seems increasingly lonely and withdrawn. What can I do to help him, and are there any resources that could support him?

--Worried Son

Dear Worried,

You're right to pay attention to this. The loss of a spouse often leads to increased isolation in older adults, even when they insist they're fine. But long stretches without meaningful contact can take a real toll on both emotional and physical health.

Public health research shows that about one in three adults age 50 and older reports feeling lonely at times, and those who live alone are at higher risk for social isolation. But loneliness isn't always easy to spot, especially in older adults who live alone.

The good news is there are practical ways to help your father reconnect, along with programs and services designed specifically for older adults living alone.

What you can do

Focus less on big changes and more on steady, predictable contact. A short call every few days, a standing weekly meal or coffee, or a regular shared errand gives him something to count on. Consistency matters more than length or intensity.

Even if you're not especially close, or don't live nearby, steady contact can still make a difference. Technology can help bridge the distance through simple routines like weekly video calls, text check-ins, shared family schedules or photo threads. The goal isn't constant communication, but fewer long stretches where isolation can quietly take hold.

It also helps to widen his circle in practical ways. Siblings, grandchildren, neighbors and longtime friends can all play a role. Even brief calls, occasional visits or shared meals can slowly rebuild connection. Familiarity and repetition matter more than effort or duration.

Encourage activity

Staying active can help reduce isolation. Many communities offer exercise classes, hobby groups, church activities, volunteer opportunities and lifelong learning programs. The best fit depends on personality and whether your father prefers group settings or smaller, low-key interactions.

If transportation is a challenge, helping arrange rides or connecting him with local services can make participation more realistic. Just as important is a sense of purpose. Volunteering, gardening, pet care, time with grandchildren, helping neighbors or mentoring others can all add structure, meaning and a reason to stay engaged.

Available programs

There are several well-established programs that can help reduce isolation among older adults.

A good place to start is the Eldercare Locator at 800-677-1116 or eldercare.acl.gov, which connects families to local Area Agencies on Aging that can help arrange services like meals, transportation, home visits and social programs.

Meals on Wheels America delivers home meals and often includes brief daily check-ins from volunteers, offering both nutrition and a bit of regular human contact.

AmeriCorps Seniors (americorps.gov) runs the Senior Companion Program, where trained volunteers provide regular visits, conversation and light assistance, depending on what's available locally.

For phone-based connection, the Institute on Aging Friendship Line (ioaging.org/friendship-line) offers 24/7 support and scheduled check-in calls for older adults living alone, while DOROT Caring Calls (dorotusa.org/programs/caring-calls) pairs seniors with volunteers for weekly conversations based on shared interests.

Local senior centers are also a strong resource, offering meals, classes, group activities and transportation in many communities. Libraries, churches and community organizations can provide additional low-pressure ways to stay connected.

Signs to watch

Loneliness can overlap with depression. If you notice changes such as poor sleep, loss of interest in usual activities, irritability, confusion or neglect of personal care, it may be time to involve his doctor. These issues are common and treatable.

In the end, the goal is simply to help your father stay connected and reduce isolation. Start small, stay consistent, and those simple touchpoints can add up to a more connected and meaningful daily life.

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

When the Old Farms Fade into the Mountains

There is something beautifully haunting about an old Appalachian farmhouse still standing empty in a field where the grass has grown tall and the fence posts have begun to lean. The mountains rise behind it just as they always have, and the wind still moves through the trees, but the life that once filled those rooms has gone quiet. It is hard to look at a place like that without wondering who lived there, the lives they built and whether they ever imagined a day would come when nobody would be left to tend the land.

There was a time when family farms shaped much of the Appalachian countryside. A homeplace might belong to the same family for generations, passed down from parents to children along with the knowledge and responsibility that came with it. The land provided food, work and a measure of independence. Gardens were planted, livestock raised, orchards tended and barns filled with the sounds of animals. Life was rarely easy, particularly in these mountains where steep ground and rocky soil could make farming a difficult way to earn a living. But the farm was more than livelihood; it was where a family put its roots and where one generation left something for the next.

These old farms were once busy little worlds of their own. Before a trip to town became part of everyday life, families often depended heavily on what they could grow, raise, preserve and make themselves. Skills were learned by watching parents and grandparents and the rhythm of life followed the seasons. There were fields to plow, fences to mend, wood to cut and animals that needed tending regardless of the weather. Much of what kept a farm going was never written down. It was remembered, practiced and passed along.

The Appalachian countryside did not remain the same, although we can sometimes spot places like this that appear almost frozen in time. During the twentieth century, changes in agriculture brought larger machinery, new methods of production and increasing pressure on small farms to remain profitable.



Brittany Breeding

The cost of keeping a farm running could be difficult to manage and opportunities beyond the mountains drew many younger generations away from the land. Some farms were sold or divided among heirs and others fell out of use when there was nobody left to work them. Families left for many reasons and not every farm had the same fate, but across rural Appalachia, the disappearance of small family operations changed the landscape one homeplace at a time.

Sometimes, what remains is a farmhouse that seems almost too beautiful to be forgotten. Look closely at these old homes and you may find intricate woodwork beneath the eaves, carefully turned porch posts, tall windows, decorative gables and details that required a carpenter's patience and a craftsman's hand. These were not necessarily grand houses by the standards of their day. They were homes built by people who wanted something lasting, something sturdy enough to take pride in. The hands that shaped those details may have been gone for generations but their work remains visible in the wood.

Abandoned farmhouses are often difficult to pass without a second look. The buildings are still there, but the world they belonged to has changed. The porch where someone once sat at the end of a long day may now overlook an empty yard. The barn that once held livestock and harvest may stand with its doors hanging loose. Where children once ran between the house and the fields, briars and saplings slowly claim the ground.

When a family farm disappears, the loss reaches beyond its buildings. It can mean the end of a family's long relationship with a particular piece of land, the fading of skills learned over generations and the disappearance of a way of life that helped shape the mountains. A farmhouse may survive its last occupants by a hundred years, but without someone to care for it, even the finest craftsmanship eventually succumbs to weather and time. One day these buildings may disappear altogether, leaving little more than a foundation beneath the grass. Maybe we are fortunate to live in a time when so many of these old places still stand. A hundred years from now, many of these homes may be nothing more than memories beneath the grass and the generations that follow us may never know they were there at all.

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Russell County Democrat chair asks voters to vote "yes" on amendment questions

By SHAWN STREET
shawn@virginiamediainc.com

The 2026 ballot contains three proposed amendments to the Virginia Constitution. Such proposals are traditionally written in ways that can be confusing even to those who closely follow Virginia politics.

As a result, The Lebanon News reached out to the Russell County Republican Party and the Russell County Democratic Committee for more information on the amendments.

RCDC Chair Alice Schlichting is asking voters to cast a "yes" vote on all three proposals on Election Day.

The first question on the ballot asks, "Should the Constitution of Virginia be amended to (i) protect the freedom to make personal decisions about prenatal care, childbirth, postpartum care, birth control, abortion, miscarriage management, and fertility care; (ii) protect doctors, nurses, and patients from being punished for these decisions; and (iii) allow for restrictions on access to abortion during the third trimester of pregnancy except when the patient's health is at risk or the pregnancy cannot survive?"

Schlichting said, "This will be the most controversial of the three. This amendment would establish a fundamental right to reproductive freedom, including decisions about prenatal care, childbirth, postpartum care, birth control, abortion, miscarriage management, and fertility care. It would also protect doctors, nurses, and patients from being punished for those decisions. The state could regulate abortion care in the third trimester, but it could never prohibit an abortion that a physician judges medically indicated to protect the patient's life or physical or mental health, or when a physician judges the fetus is not viable."

She added, "There's been a lot of misinformation about 'third-trimester abortions' so let me address that here. Only about one percent of abortions happen at 21 weeks or later, and the third trimester doesn't begin until 28 weeks, so the number is smaller still. Virginia law already restricts them. They must be performed in a hospital, and the physician and two consulting physicians must certify that continuing the pregnancy would likely result in the woman's death or substantially and irremediably impair her physical or mental health. The amendment on the ballot says the state can still regulate these procedures, but can't prohibit one that a physician, using their professional medical judgment, finds necessary to protect the patient's life or health, or when the fetus isn't viable."

Schlichting said such procedures are tragedies.

"Women are not seeking these out," she said. "When this happens, it is a tragedy: a pregnancy that cannot result in a surviving child, or one that threatens the mother's life, where without treatment both could be lost. These are deeply personal medical decisions. Politicians, who may lack medical expertise and knowledge of the individual situation, shouldn't be making them. Laws written without that nuance can leave doctors and expectant parents afraid to make difficult but necessary decisions for fear of legal consequences."

The second question on the ballot asks, "Should the Constitution of Virginia be amended to (i) remove the ban on same-sex marriage; (ii) affirm that two adults may marry regardless of sex, gender, or race; and (iii) require all legally valid marriages to be treated equally under the law?"

"This amendment is more straightforward. It would remove the ban on same-sex marriage from Virginia's Constitution, affirm that two adults may marry regardless of sex, gender, or race, and require all legally valid marriages to be treated equally under the law," Schlichting explained.

She went on to say, "It's worth separating personal beliefs from civil rights. People can hold different beliefs about marriage, and those beliefs deserve respect. But our laws must protect civil rights equally for everyone, whether or not they share those beliefs."

She added that it was also a question of personal freedom and limited government.

"Many people believe the government should have a limited role in the private decisions of consenting adults and should focus on protecting individual rights," she said. "Its job is not to decide which beliefs are correct, but to treat all citizens equally under the law."

She further stated, "That principle is part of religious freedom, too. The First Amendment protects both the freedom to practice religion and freedom from the government, establishing one person's beliefs as the rule for everyone. Virginia's Constitution likewise protects the free exercise of religion and says a person's civil rights should not depend on their religious beliefs. People should be free to live by their own faith and values while recognizing that others have the same right."

The final question asks, "Should the Constitution of Virginia be amended (i) to provide for the fundamental right to vote in the Commonwealth, (ii) to revise the qualifications of voters so that a person convicted of a felony is not entitled to vote during his period of incarceration but is automatically invested with the right to vote upon release from incarceration, and (iii) to update the existing prohibition on voting by persons found to be mentally incompetent to instead apply to persons who have been found to lack the capacity to understand the act of voting?"

Schlichting said, "This amendment would establish the fundamental right to vote in Virginia. It would also automatically restore voting rights to those convicted of a felony once they are released from incarceration. They would still be ineligible to vote while incarcerated."

Schlichting added, "Under the current Virginia Constitution, a person convicted of a felony must go through a separate restoration process before voting again. Many states have moved toward automatic restoration after incarceration or completion of a sentence, and a few don't remove voting rights based solely on a felony conviction in the first place."

She went on to state, "The felony provision raises a question about the purpose of incarceration. Once someone has completed their sentence and returned to the community, should the goal be to support their rehabilitation and reintegration, including participation in civic life? Or should they continue to lose the right to take part in our elections?"

In closing, Schlichting said it is important for voters to hear different perspectives on these issues in order to make an informed decision. "People make better decisions when they have accurate information and room to think things through for themselves," she said. "And in short: think, learn, vote. I encourage you to vote: Yes. Yes. Yes."

The difference between a constitutional amendment and passage of a law is that a law can be amended rather easily by future General Assemblies. An amendment to the constitution becomes a fixed law that every future governor, legislature and judge is bound to.

Undoing or changing an amendment would require a multi-year process ending with another election.

Kegley running for second term on town council

By SHAWN STREET
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Election Day 2026 is just a few weeks away and one of the candidates seeking another term on the Lebanon Town Council is Leonard Kegley.

A lifelong resident of Lebanon, he is the owner of Kegley Service Center in Lebanon. "Being a local business owner has given me the opportunity to work with people throughout our community and understand firsthand the challenges and opportunities facing small businesses," he said.

"Lebanon is home to me. My family, my business, and my community are all here. Serving on the town council is a responsibility I take seriously because the decisions we make affect the place where I have spent my entire life," Kegley said. "I believe in listening to our citizens, being accessible to the people we represent, and working together to make responsible decisions for Lebanon's future."

When asked about his accomplishments while on the Lebanon Town Council, Kegley said, "During my time on town council, I am proud of the progress we have made in several important areas that directly affect the quality of life for our citizens and the future of Lebanon."

He said, "One area that stands out is the upgrades to our wastewater treatment plant and sewer lines in areas of town that have experienced problems. Maintaining and improving our infrastructure is essential to keeping Lebanon moving forward and ensuring we are prepared for future growth."

Kegley went on to say, "I am also proud of the progress made in Parks and Recreation, including the construction of our pickleball courts. Providing recreational opportunities for our residents of all ages helps strengthen our community and gives families more reasons to enjoy what Lebanon has to offer."

Kegley said economic development is another area that is important to him. "I am proud of the efforts to support our small businesses, encourage new investment, and help secure major employers in town," he said. "As a small business owner myself, I understand how important these opportunities are to our local economy and the families who depend on it."

He said he was also proud of the improvements made to Main Street. "Our downtown is an important part of Lebanon's identity, and investing in it helps preserve the character of our community while creating opportunities for the future."

He added, "Ultimately, what I am most proud of is being part of a council that is working to improve our town, address its needs, and create opportunities for future generations."

If reelected in November, Kegley said one of his top priorities would be supporting local business and encouraging responsible economic development.

"I understand the importance of having a community where businesses can establish themselves, grow, and continue serving local residents," he said. "I also understand the challenges that come with operating a business and the importance of having a town government that is approachable and willing to work with business owners."

During the first year of his second term, Kegley said he would like to focus on finding practical ways to support existing businesses, while encouraging new investment and creating new opportunities to work and build their lives in the town.

"My goal would be to help create an environment where businesses can succeed, jobs can grow, and Lebanon can continue moving forward without losing the small-town character that makes it home," Kegley said.

"We should continue working to make Lebanon a welcoming place for entrepreneurs and investors," he went on to state. "That means maintaining open communication with business owners, helping them navigate the process of establishing or expanding a business, and working with our regional economic development partners to identify opportunities that benefit our community. We should also continue to search for and provide small business grants and loans when available. "

Kegley continued, "At the same time, we need to be thoughtful about the type and pace of growth we pursue. Economic development should strengthen our town without putting unnecessary pressure on our infrastructure, public services, or quality of life."

He added, "Lebanon has a long history and a strong sense of community. I want to see us build on the opportunities available to us while preserving the hometown atmosphere that makes people proud to live here. To me, successful economic development means creating opportunities for future generations while continuing to support the people and businesses that have helped make Lebanon what it is today.

Kegley said, in his opinion, there are three important areas that deserve continued attention in the future.

"First, supporting local businesses and encouraging economic development," he said. "We need to continue supporting our existing businesses, encouraging new investment, and working to bring quality employers and job opportunities to Lebanon. A strong local economy benefits our families, supports our town, and helps create opportunities."

The second area is maintaining and improving infrastructure.

"We must continue investing in our wastewater treatment plant, sewer lines, streets, drainage, and other essential services," he said. "The improvements already made to our wastewater plant and sewer lines demonstrate the importance of addressing problems and preparing for future needs. We need to continue planning responsibly, identifying areas that require attention, and making sure taxpayer dollars are used wisely."

The third area Kegley said needs continued attention is preserving Lebanon's quality of life and small-town character.

"We need to make sure we continue investing in the things that make our community special," he explained. "That includes our parks and recreation opportunities, improvements to Main Street, and maintaining the hometown atmosphere that has always been part of Lebanon. The construction of our pickleball courts and improvements to Main Street are examples of how we can invest in our community while preserving its identity. We need to continue to showcase all our town has to offer by providing community events, including Cedar Fest and shows at the Russell Theatre."

Kegley concluded, "I want Lebanon to remain a place where people are proud to live, work, and raise their children. These priorities go hand in hand. We need a strong economy, dependable infrastructure, and a community that feels like home. If re-elected, I will continue working with my fellow Council members and listening to our citizens to make responsible decisions that move Lebanon forward."

Local Republican chair addresses proposed constitutional amendments

By SHAWN STREET
shawn@virginiamediainc.com

When going to the polls, voters often find on their ballots proposed constitutional amendments. Unfortunately, the questions are often written in what is commonly known as "legalese" and can be confusing even to the most astute voter.

To help voters understand the 2026 proposed amendments to the Virginia Constitution, The Lebanon News reached out to the chairs of the local political parties for a clear explanation on where they stand on the proposals and why.

Tara Dye, who chairs the Russell County Republican Party, explained the difference between passing a law and amending the state's constitution.

"It all starts with one principle, and it is the most important thing: changing the constitution is not the same as passing a law," Dye said. A law can be amended or repealed by the very next session of the General Assembly. The constitution cannot. Once a policy is written into it, it stops being a question the voters and their representatives get to decide each year - it becomes a fixed rule that every future governor, every future legislature, and every future judge is bound to, whether they like it or not. And undoing it would take another multi-year amendment process that is deliberately, extraordinarily hard. When we amend the constitution, we are not making a decision for today - we are making it for our children and grandchildren, and taking it out of their hands. That is a far bigger thing than most people realize, and it is the reason these three measures should be judged by a far higher standard than an ordinary bill."

The first question voters will find on their ballot asks, "Should the Constitution of Virginia be amended to (i) protect the freedom to make personal decisions about prenatal care, childbirth, postpartum care, birth control, abortion, miscarriage management, and fertility care; (ii) protect doctors, nurses, and patients from being punished for these decisions; and (iii) allow for restrictions on access to abortion during the third trimester of pregnancy except when the patient's health is at risk or the pregnancy cannot survive?"

Dye urged voters to cast a "no" vote to this question.

She said, "This would write a broad right to 'reproductive freedom' - abortion, birth control, fertility care, and more - into our Bill of Rights, and shield doctors, nurses, and patients from being 'punished' for decisions made under it. Read what that means in practice: once abortion is a constitutional right, every safety regulation around it - clinic licensing and standards, informed consent - becomes a legal target that courts can strike down as an unconstitutional 'burden' on the right. And a clause protecting providers from 'punishment' is a clause that weakens oversight of them. The effect is not simply that abortion remains legal; it is that the safeguards around it become far harder to keep."

Dye went on to state, "And there is a third consequence that touches nearly every family: parental rights. Under Virginia law today, a minor generally needs a parent's consent to obtain an abortion. But once 'reproductive freedom' is written into the constitution, those parental-consent and notification laws become legal targets - vulnerable to being struck down as 'burdens' on the new right. The amendment does not say so outright, but it would put courts in a position to take parents out of decisions they are a part of today."

She went on to say, "Whatever one's view of abortion, writing it into the constitution in a way that makes it harder to regulate, harder to oversee providers, and easier to push parents out of their children's decisions is the wrong way to make law. That decision belongs with the people's elected representatives, where it can be revisited and kept answerable to voters."

The second question on the ballot asks, "Should the Constitution of Virginia be amended to (i) remove the ban on same-sex marriage; (ii) affirm that two adults may marry regardless of sex, gender, or race; and (iii) require all legally valid marriages to be treated equally under the law?"

Dye also called for a "no" vote on the second question.

She said, "This would strike Virginia's definition of marriage and replace it. But read the actual words: it does not just remove the old definition - it affirms that two adults may marry 'regardless of sex, gender, or race.' Note 'sex' and 'gender' listed as two separate things. That is not an accident of drafting; it writes the modern sex-versus-gender distinction - the idea that 'gender' is a self-declared identity separate from biological sex - into our founding document. That is a far larger change than the label 'marriage equality' lets on, and it is being made quietly."

The final question asks, "Should the Constitution of Virginia be amended (i) to provide for the fundamental right to vote in the Commonwealth, (ii) to revise the qualifications of voters so that a person convicted of a felony is not entitled to vote during his period of incarceration but is automatically invested with the right to vote upon release from incarceration, and (iii) to update the existing prohibition on voting by persons found to be mentally incompetent to instead apply to persons who have been found to lack the capacity to understand the act of voting?"

The Republican Party asks voters to vote against this proposal as well.

Dye stated, "This would automatically restore the right to vote to every released felon, the moment each walks out of prison. Read what that means: the amendment makes no distinction between crimes.

"A person convicted of a non-violent offense and a person convicted of murder or rape are treated exactly the same - both automatically regain the right to vote upon release, with no case-by-case review, no consideration of the offense, and no requirement to first complete probation or parole.

"Our Committee believes the right to vote is sacred, and that restoring it should be done thoughtfully and individually - weighing each case on its own merits - not granted automatically and identically to every released felon regardless of what they did. This amendment would replace judgment with automaticity, and it would do so permanently."

Dye added, "The constitution is the one document we are not supposed to rewrite lightly - and these three amendments would rewrite it in the most permanent way our government allows. They would settle, at the highest and most permanent level, exactly the kind of policy questions that belong where the rest of our laws are made - with elected representatives who answer to you, in the daylight, and able to be changed when circumstances change."

She concluded, "On Nov. 3, our Committee respectfully asks you to vote 'NO' on all three proposed amendments. Early voting runs through Oct. 31. Please vote - your voice belongs in the voting booth."

Tigers end skid

Finally healthy, Honaker thumps Narrows 42-6

By ANTHONY STEVENS
anthony@virginiamediainc.com

HONAKER (Oct. 16, 2026) – The Tigers looked like a brand-new football team on Fuller Field at EMATS Stadium on Friday.

With several players injured, including All-State quarterback Parker Lowe, the Tigers had dropped five straight games and allowed 41 points while scoring only 21 per game.

Playing with all their cards, Honaker steamrolled Narrows 42-6 on a rainy night to finally get the monkey off their backs.

SEE **TIGERS END SKID | 6B**



Levi Honaker (4) gets away from the Narrows defense for a 45-yard touchdown. Keith Ray | For the Lebanon News



Brooklyn Sutherland (6) digs a ball up against the Tornado. Anthony Stevens | Lebanon News

Lebanon volleyball blows by Tornado

By ANTHONY STEVENS
anthony@virginiamediainc.com

LEBANON (October 15, 2026) – On Thursday at Charles C. Long Gymnasium, the Lady Pioneers got the job done.

Despite building sizable leads in every set, Lebanon had to fend off a strong challenge from Richlands to earn a 25-19, 25-22, 25-14 Southwest District sweep.

"Richlands is going to fight, and they played hard against us both times we played them this year," remarked Lebanon coach Dennis Price. "There's a bit of a rivalry because we're close, but we knew they weren't going to give us anything. We knew we'd have to earn everything we got, so I thought we did a good job tonight."

"What we hadn't been doing was staying the course and not panicking. We handled those situations much better tonight. We did a better job mentally and didn't let things get to us. I was happy with the way the girls played. It was much better for us."

Richlands (5-13, 5-6 SWD) has played well in their district games.

"We've had a long week, and it's taken an emotional, mental, and physical toll," said Richlands coach, Aaron Buchanan. "This was our third match this week, and we're trying to fight through it, find the right combinations, and get ready for the district tournament.

"We've got Southern Gap on Tuesday, so that's the plan. We want to go down there, hopefully get a better seed, and earn the chance to host a district game at home."

To the Blue Tornado's credit, Lebanon had a hard time putting them away.

"The girls don't quit. They battle," noted Buchanan. "I've got some good senior leadership with Averi Fuller, Patlyn Barnett, Haven Crabtree, and Casey Addison. Those girls play their hearts out. They try to lead these girls, and they're working hard.

"They've been successful not only on the volleyball court but also on the soccer and softball fields. That carries over, but we get a little frustrated sometimes."

Defeating Richlands was their sixth straight win.

Lebanon (18-7, 10-1 SWD) lined up a critical rematch with Marion, whom they host on Thursday.

"This is going to be a year I'll never forget," Lebanon outside hitter Jaidyn Fields said. "It's been an amazing year for me and my team, and I'm so proud of everyone.

"From the beginning of the season to now, I feel like we're a whole new and improved team. We work together so well. We're still improving, and I see us going far this year."

Jaidyn Fields led the Pioneers with 13 kills and also had nine assists and 14 digs.

"Jaidyn had a good game on the outside," Price noted. "She does a good job. She's one of our seniors and wants to perform well. Jaidyn's attitude is outstanding every night, and so is her work

SEE **LEBANON VOLLEYBALL | 2B**

Sports Day-By-Day

Tuesday (10/13)
Eastside 3, Castlewood 0 (Volleyball)

Lexi Nixon led Eastside's hitting attack as the Spartans posted a 25-15, 25-18, 25-17 win over Cumberland District at Castlewood.

Nixon recorded 28 assists and five digs, setting up Heidi Craiger (nine kills), Harper Mullins (nine kills), and Abby Ward (eight kills). Katie Williams (10 digs, nine service points) and Dakota Clay (22 digs, eight service points) also played well in the victory.

Leanna Franklin recorded 13 assists for the Blue Devils, while Cheyenne Elam (five kills, two blocks) and Layla Ervin (four kills, four blocks) also stood out despite the loss.

Wednesday (10/14)
Lebanon 3, Graham 1 (Volleyball)

The Pioneers picked up an important 25-20, 25-13, 21-25, 25-20 Southwest District victory over Graham at Bluefield.

Kaytie Lampkin (11 kills), Abigail Mullins (nine kills), and Jaidyn Fields (eight kills) led Lebanon at the net. Jaidyn Fields (20 assists) and Carlee Ingram (16 assists) distributed the ball. Jaidyn Fields (26 digs) and sister Kenlie (20 digs) paced the defense.

Thursday (10/15)
Thomas Walker 3, Castlewood 0 (Volleyball)

The Pioneers picked up a 25-23, 25-23, 25-17 Cumberland District road win over the Blue Devils on Buddy Poole Court.

Layla Ervin and Cheyenne Elam led Castlewood (4-16, 0-8 CD), which lost its 13th straight match with nine kills each. Leanna Franklin added 26 assists.

Rural Retreat 3, Honaker 0 (Volleyball)

SEE **DAY BY DAY | 2B**



Easton Taylor (32) had four receptions and a touchdown for the Pioneers. Preston Ball Photography | For the Lebanon News

Honaker Unable to Break Losing Streak, Dropping 10th Straight Match

By ANTHONY STEVENS
anthony@virginiamediainc.com

HONAKER (Oct. 13, 2026) – It has been a rough volleyball season for the Lady Tigers, to say the least.

Honaker (1-16, 0-7 HOGO) entered Tuesday's match-up as losers of their last nine, looking for their first Hogoheegee District win. Chilhowie (17-5, 6-1 HOGO) was on the opposite end of the spectrum, looking to keep pace with league-leading Patrick Henry.

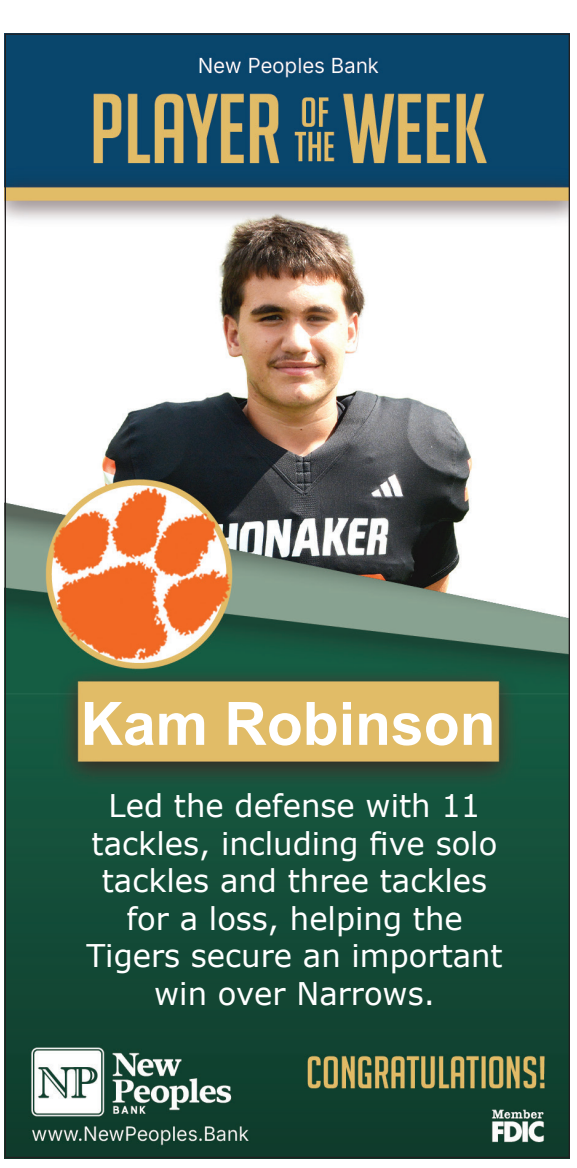
The Warriors rolled to a dominant 25-15, 25-14, 25-18 victory on Misty Davis Miller Court in A.P. Baldwin Gymnasium.

"My girls came in tonight, and it was as if our batteries

SEE **LOSING STREAK | 2B**



Ava Keene with a push in the Tigers' loss to Chilhowie. Anthony Stevens | Lebanon News



LOSING STREAK

FROM PAGE 1B

were dead," Honaker coach Lindsey Marshall said. "I told them after the second set that we didn't show up in the first and second sets. You have to be ready to play. They woke up a little in the third, but it was too late to get anything going."

Chilhowie led from the start in the first set. The Tigers' first lead came on a Warriors service error to start the second set. Chilhowie took the lead at 2-1 and never relinquished it, going up quickly 2-0 in the game.

"Chilhowie has a good bunch. I won't take anything away from them," Marshall stated. "They work hard, and it shows."

The third set was full of ups and downs. It tied at 15 for the sixth and final time on a Warriors attack error. Honaker was called for being over the line to give Chilhowie the lead, and they won nine of the final 12 points for the sweep.

"I have a very young team this year," said Chilhowie coach Laura Robinson. "I have only two seniors and two freshmen, with everyone else in between. They've been working hard to step up and fill the spots left by last year's four seniors. We're hoping they can finish strong, too."

Was Robinson pleased with her team's performance?

"Yes and no. We did some good things tonight, including some things we've been working on," stated Robinson. "There were also some things where we were a little lax. I don't think we had our best serving game. We've been serving better lately, but maybe that's because they're trying to place the ball instead of just serving it. We've got a good team. They work well together, and they keep pushing themselves to get better."

JuJu Farmer led the Tigers with six kills and two blocks.

"Juju can be one of my standouts," commented Marshall. "I want her to be a little more aggressive, and that's what we're working on every day in practice. I want her to really be big at the net. She could dominate at the net if she wants to, so we're just trying to bring that out of her."

It was hard for Honaker to get the ball down with the strong defense of the Warriors. Libero Rilynn Copeland (12 digs), Kenley Hill (seven digs), and Maddie Williams (six digs) were on the court most of the night.

"We've been working hard on defense, trying to get ready for Patrick Henry and Northwood," Robinson noted. "They've got some good hitters, so we're just trying to get ready for them."

Kenley Hill, only a freshman, directed the offense with 38 assists. Junior Raegan Jones (16 kills, two blocks), sophomore Rylee Hill (11 kills), and Williams (11 kills) controlled the net.

Has the success of the young Warriors surprised Robinson?

"They came on strong. They were strong from the start," remarked Robinson. "They work hard and have worked hard throughout middle school and JV. They were ready for this, so I expected them to do well, and I expect it to continue."

With a week remaining in the regular season, Honaker is still searching for win number two.

"I know the record doesn't show it, but we are improving," Marshall noted. "That's what I've tried to tell them. I don't want the record to define their season. They're a young bunch, and they can be competitive. I think this year was definitely a growing year.

"I can see progress every day. I know the record may not look like it, but they're putting in the work and coming to practice every day to get better."



JuJu Farmer leaps for the block as Chilhowie sophomore Rylee Hill (5) gets a spike on the frontline. Anthony Stevens | Lebanon News

DAY BY DAY

FROM PAGE 1B



Will Jessee (4) gets outside as Kaleb Stacy (70) pursues in Union's 42-20 win at Harry Stuar Field on Friday. Preston Ball Photography | For the Lebanon News

Honaker couldn't contain Mazzie Fontaine, who delivered eight aces and six kills for the Indians in their 25-22, 25-19, 25-10 Hogoheegee District triumph over the Tigers.

Grace Atkins (eight kills), Emery Sage (25 assists, 10 digs, seven aces), Ada Childress (five kills), Raelyn Morris (four kills), and Alexa Vineyard (four kills) also contributed to Rural Retreat's roll.

It was the 11th consecutive loss for Honaker (1-17, 0-8 HOGO).

Friday (10/16)

Thomas Walker 28, Castlewood 0 (Football)

The Blue Devils were shut out for the third time this season. Henry Munsey and Brayden Snodgrass led the defensive effort for the Pioneers as they blanked visiting Castlewood 28-0 for a Cumberland District win.

Munsey finished with nine tackles, and Snodgrass made seven stops as Thomas Walker limited the Blue Devils to 95 yards of total offense.

Quarterback Luke Golden was 10-of-22 for 127 yards with two touchdown passes.

Lincoln Munsey rushed for 165 yards and two touchdowns on 19 carries.

Union 42, Lebanon 20 (Football)

A four-game winning streak ended as the Bears handed Lebanon a 42-20 setback.

Although they lost, the Pioneers played one of their best games against a powerful Union. The Pioneers trailed only 12-0 at intermission.

Abe Hall threw three touchdown passes, and Deegan Tavernier had three TD runs as the Bears bested Lebanon 42-20 for a non-district victory. Rayvon Jones had two scoring grabs for Union (6-2), while Matty Polier also caught one.

The Bears finished with 374 rushing yards and 77 passing yards.

Lebanon (4-3) managed only 61 rushing yards.

Lebanon freshman quarterback Will Jessee went 13-for-37 for 193 yards and two touchdowns.

Braelin Hess (five catches, 141 yards) scored a touchdown and also snagged an interception. Easton Taylor and Layne Jessee also reached the end zone in a losing effort.

LEBANON VOLLEYBALL

FROM PAGE 1B

ethic. She deserves everything she gets. Jaidyn is a very good, smart outside hitter who knows how to mix things up and place the ball when things aren't going well. I thought she did a good job of that tonight."

Abigail Mullins led the middle hitters with eight kills. Kaytie Lampkin added five slams, while Carlee Ingram and Rhealyn Barton hammered four spikes each.

"All the middles did well," declared Price. "All the girls in the middle had at least two or three, with some having quite a few more. We really played well in the middle tonight. When we get those passes, we can run the middle, and the girls did a good job of passing."

Fuller (nine kills) and Maddie Webb (five kills, 10 assists) powered the Blue Tornado. Barnett (27 digs) and Ava Lester (22 digs) paced the defense.

The SWD's final regular-season week and tournament will be interesting.

"It's a very competitive district," remarked Buchanan. "You could go in and lose any night of the week, and we've competed against all the teams. We're not losing by much. The Southwest District is very competitive, and hopefully we can reach the district tournament and show what we can do."

Heading into the season with a young team, the Pioneers are happy with their position with one game remaining.

"I think you'd have to be happy with where we are," Price stated. "We're proud of the girls. It's going to be a big game on Thursday. Marion is our last regular-season game. That's what you look forward to this time of year."

It comes down to Lebanon and Marion, the only district team to beat the Pioneers.

"I think that was what everyone expected," Jaidyn Fields commented. "That's what it's been every year, but we're going to take the next few days to prepare and come in Thursday rolling. I have high hopes for us, and I know we can get it done."

Marion will still need SWD wins over Graham and Virginia High, in which they will be heavily favored, before traveling to Lebanon for the showdown.

What is the key to the Pioneers' victory?

"Focusing and getting the ball into the open spots," stated Fields. "That's the key for us, along with sticking together and keeping our energy high. Finding the open spots is important. Marion is a great team, but I think if we play smart, we can get them."



Kenlie Field (9) with a return for the Pioneers. Anthony Stevens | Lebanon News



Kaytie Lampkin (13) goes up strong against the Blue Tornado. Anthony Stevens | Lebanon News



Averi Fuller (6) with a hit for the Blue Tornado as Lebanon's Abigail Mullins (12) and Jaidyn Fields (2) jump to block. Anthony Stevens | Lebanon News



Abigail Mullins (12) with a spike on the outside in the win over Richlands. Anthony Stevens | Lebanon News

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11. Rural Retreat at Northwood

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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.
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1. Union 42, Lebanon 20
2. Honaker 42, Narrows 6
3. Thomas Walker 28, Castlewood 0
4. Northwood 29, Holston 13
5. Wise Central 66, Abingdon 40
6. Gate City 42, Lee High 14
7. Graham 31, Virginia High 3
8. Ridgeview 50, John Battle 6
9. Tazewell 56, Marion 7
10. Chilhowie 45, Rural Retreat 7
11. Eastside 40, Twin Springs 7
12. Tulane 31, Memphis 17
13. BYU 28, Notre Dame 24
14. Tennessee 26, Alabama 10
15. Ole Miss 31, Missouri 3
16. Virginia Tech 34, Georgia Tech 24
17. Ohio State 19, Indiana 15
18. Chicago Bears 31, Atlanta Falcons 23
19. New Orleans Saints 34, New York Giants 27
20. Pittsburgh Steelers 26, Tampa Bay Bucs 19 (OT)

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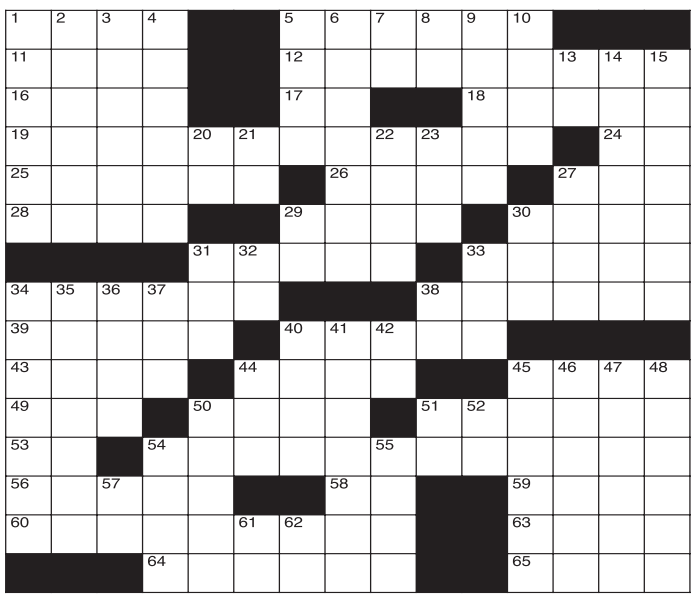
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Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ACQUISITION
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DEMOGRAPHICS
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LIABILITY
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MARGIN
MODEL
NICHE
OVERHEAD
PAYROLL
PIVOT
PROPRIETORSHIP
RETENTION
REVENUE
SCALABILITY
VENDOR



CLUES ACROSS

1. Nocturnal rodent
5. Requesting
11. Give temporarily
12. Frivolousness
16. Military arm
17. "Westworld" actor Harris
18. Persian Gulf port city
19. Air hostesses
24. Partner to "Pa"
25. Percussion instrument
26. Raincoats
27. Lower the light
28. Asian mountain range
29. Every one of two or more
30. Lack of difficulty
31. A public announcement of a proposed marriage
33. Reduces in size
34. Make an impact
38. Serviceman
39. A French river
40. Prehistoric people
43. Messenger ribonucleic acid
44. "Layla" singer Clapton
45. Ancient Greek sophist
49. Largest English dictionary (abbr.)
50. "Top Gun: Maverick" actor Powell
51. A way to disentangle
53. Atomic #93
54. Manifesting approval
56. Indigo bush
58. Larry and Curly's pal
59. Off-Broadway theater award
60. Fencers
63. Masses of fish eggs
64. Passerine birds
65. Arrange systematically

CLUES DOWN

1. Colorless part of blood
2. Of a main artery
3. Photog's tool
4. Blues Traveler hit "But __"
5. Grew older
6. Not the leader
7. __ Lang: country singer
8. A driver's license is one
9. Nests of pheasants
10. Antelopes
13. One quintillion bytes
14. Japanese lute
15. A type of cat
20. It cools your home
21. Dorm official
22. Pouches
23. German trigraph
27. Form of Persian
29. __ route
30. Upper body part
31. Bridge building degree
32. Indicates position
33. Political action committee
34. Edible nuts
35. Front part of a quadruped
36. Locate
37. Geological time
38. Of I
40. Northern Utah city
41. They work in the trenches
42. Hammer is one
44. Tall deciduous tree
45. Performers
46. Slang for mistake
47. More open
48. Most slick
50. Provokes
51. Home of the NCAA's Flyers
52. Sodium
54. Large fish of the mackerel family
55. Not one
57. __ and behold
61. Atomic #21
62. "The Great Lakes State"

PUZZLE SOLUTION

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

SUDOKU

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

Level: Intermediate

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to small business.

V N I E T S

Answer: Invest

GUESS WHO?

I am an athlete born on October 18, 1984, in Minnesota. I am one of only six women to have won World Cup races in all disciplines of alpine skiing. I have won four World Cup championships and hold an Olympic gold medal. I suffered a bad injury at the 2026 Winter Olympics.

Answer: Lindsey Vonn

CRYPTO FUN

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

Solve the code to discover words related to small business.
Each number corresponds to a letter.
(Hint: 22 = S)

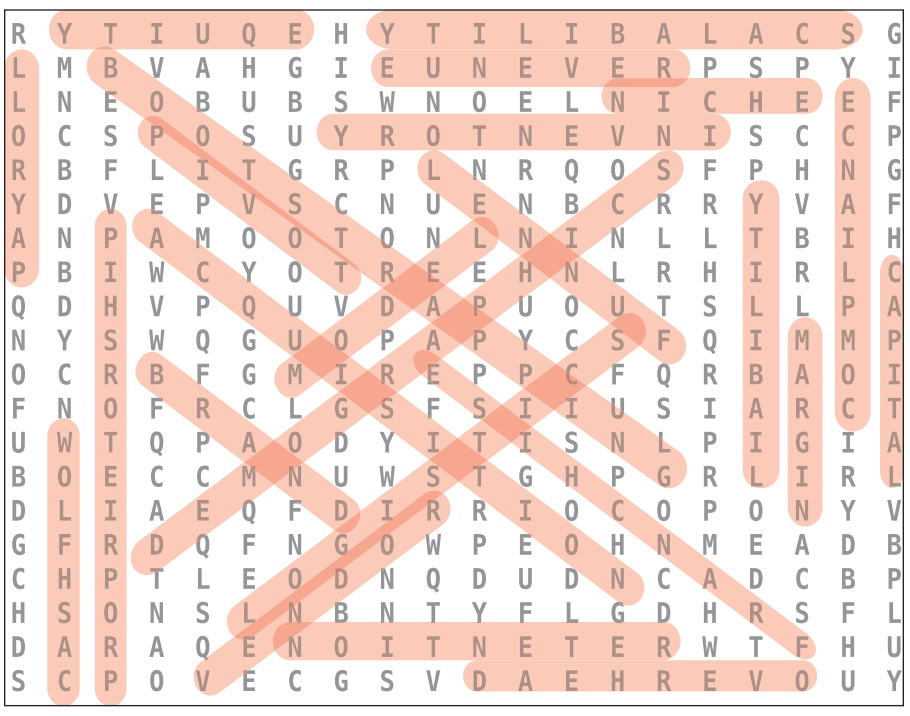
A. 26 17 20 23 26 15 23 26 17 26 8 23
Clue: One who establishes a business

B. 7 8 22 2 17 26 22 22
Clue: Company

C. 1 10 10 6 8 17 20 22
Clue: Clients

D. 22 8 10 10 26 22 22
Clue: Achievement of something

Answers: A. entrepreneur B. business C. accounts D. success



SUDOKU SOLUTION

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

Horoscopes

ARIES – Mar 21/Apr 20
This is a great week for you, Aries. You are empathetic and tuned into your surroundings. You might feel warm and friendly to everyone.

TAURUS – Apr 21/May 21
Taurus, this is a feel-good week for you. Enjoy spending some private moments during which you reflect on the things you want to accomplish.

GEMINI – May 22/Jun 21
Gemini, sympathy toward a cause or a friend may prompt you to become involved in a charitable organization. You also are interested in learning more from others.

CANCER – Jun 22/Jul 22
Use the fact that others are noticing you to your advantage, Cancer. You can set good examples by being compassionate and generous to others.

LEO – Jul 23/Aug 23
Leo, your desire to expand your world is strong this week. You may renew an interest in travel and begin making progress on some big ideas.

VIRGO – Aug 24/Sept 22
You are happy to be working behind the scenes, Virgo. However, you might take on a prominent fundraising role or engage in other activities that benefit others.

LIBRA – Sept 23/Oct 23
This is a popular time for you to converse with others and interact with members of the general public, Libra. You might develop a strong connection to someone new.

SCORPIO – Oct 24/Nov 22
Scorpio, you might make a fabulous impression on someone this week. This might compel this person and others to get involved with a cause dear to your heart.

SAGITTARIUS – Nov 23/Dec 21
Do something different this week, Sagittarius. You are open for an adventure. Accept invitations to socialize, and use your free time to the fullest.

CAPRICORN – Dec 22/Jan 20
Capricorn, you are sensitive to the needs of family members right now. You might be on a mission to help someone who needs assistance by researching programs or funding.

AQUARIUS – Jan 21/Feb 18
Aquarius, you may have to be especially patient with a loved one who is still trying to process the news you gave them. Everyone deals with things in their own time.

PISCES – Feb 19/Mar 20
Pisces, if you can do something to help others, especially within your professional arena, do not hesitate to do it. Your willingness to assist others will not go unnoticed.

FAMOUS BIRTHDAYS

OCTOBER 18
Zac Efron, Actor (39)

OCTOBER 19
John Lithgow, Actor (81)

OCTOBER 20
Kamala Harris, Politician (62)

OCTOBER 21
Glen Powell, Actor (38)

OCTOBER 22
Bob Odenkirk, Actor (64)

OCTOBER 23
Weird Al Yankovic, Singer (67)

OCTOBER 24
Wayne Rooney, Retired Athlete (41)

Russell Theatre welcomes back Sunday Songwriters

By SHAWN STREET
shawn@virginiamediainc.com

The ever-popular Sunday Songwriters Series returns to The Russell Theatre this weekend.

The series is a partnership between the theatre and Give Life Ministries.

"This partnership is dedicated to fostering a vibrant environment for local artists while also promoting uplifting and inspiring music that resonates within the Appalachian Region," stated Shane Farmer, Director of The Russell Theatre. "The goal of these events is not only to entertain but also to encourage a sense of community and connection among attendees and performers alike. Each concert serves as a platform for local artists to share their stories behind the songs they have written."

Performing this Sunday, October 25, will be Chloe and Jake Angeles, Adam Bolt, and Seth McKay. The concert will begin at 3 p.m. and admission is $20..

Farmer said the partnership with Give Life Ministries will lead to big things in 2027.

"Looking ahead, we are excited about the plans for 2027, where we aim to bring a renowned Christian artist to The Russell Theatre," he said. "This initiative reflects our commitment to continually elevate the quality of performances and provide our audience with the opportunity to experience music that uplifts the spirit and enriches the soul. By collaborating with Give Life Ministries, we are able to tap into a network of talented musicians who share our vision of spreading hope and inspiration through their art and our region."

CLASSIFIEDS

AUCTIONS

ATTN. AUCTIONEERS: Promote your upcoming auctions statewide! Affordable Print and Digital Solutions reaching your target audience. Call this paper or Commonwealth Media Solutions 804-521-7570, kellym@commonwealthmediasolutions.com

CEMETERY LOTS

FOR SALE Monuments & Markers. Competitive prices year round. Call Jamie Combs 276-206-7801.

LEGAL NOTICES

NOTICE OF TRUSTEE'S SALE
38 May Drive, Swords Creek, Virginia 24649

In execution of that certain deed of trust in the original principal amount of $59,280.00 dated December 28, 1994 and recorded among the land records of Russell County, in Deed Book 430, Page 406 and subsequent modifications or re-recordings, if any, as amended by an instrument appointing the undersigned as Substituted Trustee dated in the land records of Russell County, Virginia, default having been made in the payment of the indebtedness thereby secured and having been requested to do so by the holder of the note evidencing the said indebtedness, the undersigned Substituted Trustee will offer for sale at public auction at the Front Doors of the Russell County Courthouse located at 53 Main Street, Lebanon, VA 24226, on:
November 19, 2026 @ 11:00 AM
The property described in said deed of trust located at the above street address, and more particularly described as:
All that certain piece or parcel of land lying and being in Clark`s Valley, northeast of Sword`s Creek Station in the New Garden Magisterial District of Russell County, Virginia, and bounded and described as follows:
BEGINNING at a stake in the southwest corner of that certain tract or parcel of land sold to Curry, now Miller, Deed Book 253 Page 774, thence with the line of Miller S 60 70 38 E 31.81 feet to an iron rod set in the western boundary line of a 25 foot right of way leading to the Miller property; thence with the western right of way of the 25 foot right of way S 06 78 19 E 3.05 feet to a stake; thence S 02 40 34 W 74.28 feet with the western right of way line of the 25 foot right of way to an iron rod set in the norther right of way line of Virginia Secondary Route No. 633, a corner; thence the following calls with the northern boundary line of Secondary Route No. 633S 67 119 30 W 56.09 feet, S 52 09 37 W 50.08 feet, S 41 46 10 W 75.19 feet, S 54 37 11 W 69.69 feet, S 62 40 29 W 19.31 feet to a stake, a corner; thence N 02 42 52 E 319.55 feet to a spike set in pavement; thence N 65 04 19 E 28.69 feet to an iron rod; thence S 60 70 36 E 75 feet to the point of BEGINNING, containing 1.00 acre plus, or 43,560 square feet, and shown on that certain map or plat, designated, the Kyle Matney, Jay Carl Matney and Leonard C. Matney lands, being the remaining portion of that certain tract as recorded in Deed Book 363 at Page 131, situate in Clark`s Valley, New Garden Magisterial District, Russell County, Virginia", dates November 28, 1994, and made by L.R. Addison, Certified Land Surveyor, and to be recorded with that certain deed dated December 28th, 1994, and to be recorded just prior to the recordation of the Deed of Trust.
TERMS OF SALE: Cash or certified funds. A non-refundable deposit of ten percent (10%) of the successful bid price, payable in cash or by certified or cashier's check to the undersigned will be required of the successful bidder at time of sale. Terms of sale to be complied with within 14 days from date of sale or deposit will be forfeit and property will be resold at costs of defaulting purchaser. All real estate taxes to be adjusted as of date of sale. Seller shall not be responsible for any costs incurred by the purchaser in connection with their purchase or settlement, including, without limitation, state and local recording fees, title insurance or research, or any other costs of purchaser's acquisition. The property and the improvements thereon will be sold as is, without representations or warranties of any kind. The sale is subject to all other liens, encumbrances, conditions, easements and restrictions, if any, superior to the aforesaid deed of trust and lawfully affecting the property. Trustee shall have no duty to obtain possession for purchaser. All risks of casualty pass to successful bidder at conclusion of bidding. Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower(s) entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of the Purchaser's deposit without interest. Additional terms to be announced at the sale.
FOR INFORMATION CONTACT:
Terra Abstract Virginia, Inc.
1581 Main Street
Suite 200
Warrington, PA 18976
(215) 572-8111, M-F Between 8:00AM - 5 P.M.
(VA202500000061)
In the event of postponement of the sale, which may be done at the discretion of the trustee, the date of the postponed sale will be announced at the sale. No new or additional notice will be provided other than the announcement at the sale.
LN 10-21,28;11-4,11;2026

NOTICE OF TRUSTEE'S SALE
93 Clairmont Circle , St. Paul, Virginia 24283

In execution of that certain deed of trust in the original principal amount of $55,280.00 dated September 7, 1994 and recorded among the land records of Russell County, in Deed Book 426, Page 586 and subsequent modifications or re-recordings, if any, as amended by an instrument appointing the undersigned as Substituted Trustee dated in the land records of Russell County, Virginia, default having been made in the payment of the indebtedness thereby secured and having been requested to do so by the holder of the note evidencing the said indebtedness, the undersigned Substituted Trustee will offer for sale at public auction at the Front Doors of the Russell County Courthouse located at 53 Main Street, Lebanon, VA 24226, on:
November 12, 2026 @ 11:00 AM
The property described in said deed of trust located at the above street address, and more particularly described as:
All those certain pieces or parcels of land containing 0.35 acres, by survey, lying and being in the Castlewood Magisterial District of Russell County, Virginia, in Clairmont Estates, which said pieces or parcels of land are described as a portion of Lot Nos. 1, 2, 3, 4 and 5, and are more particularly described from the hereinafter mentioned plat as follows:
Beginning at an iron pin set in the eastern boundary line of Cross Street and in the northern boundary line of Clairmont Drive, at the intersection of Cross Drive and Clairmont Drive; thence with the eastern boundary line of Cross Street and the western boundary line of Lot No. 1 N 03 47 00 E 123.00` to an iron pin in the eastern right- of-way line of Cross Street and the western boundary line of Lot No. 1; thence leaving Cross Street N 85 03 13 E, crossing Lots Nos. 1, 2, 3, 4 and 5, 151.14` to an rod set in the eastern boundary line of Lot No. 5 and the western boundary line of Lot No. 6; thence leaving the boundary line of Lot No. 6, and crossing Lots Nos. 4 and 5 S 24 16 20 W 133.50` to a roof-bolt in the southeastern corner of Lot No. 3; and in the northern boundary line of Clairmont Drive; thence with Clairmont Drive, and with the southern boundary lines of Lots Nos. 1, 2 and 3 S 82 17 00 W 104.76` to the point of beginning, containing 0.35 acres, a plat of which is attached hereto and made a part hereof, designated, "Plat showing the Vaughn L. Hammacker and Sharey Hammacker Lands, recorded in D.B. 400, Pg. 578, see also D. B. 305, Pg. 695. Being a portion of Lots 1, 2, 3, 4, and 5 in what is known as Clairmont Estates. Situated in the Castlewood Mag. District of Russell County, VA.", dated August 22, 1994, made by Hubert T. Nash, Certified Land Surveyor.
TERMS OF SALE: Cash or certified funds. A non-refundable deposit of ten percent (10%) of the successful bid price, payable in cash or by certified or cashier's check to the undersigned will be required of the successful bidder at time of sale. Terms of sale to be complied with within 14 days from date of sale or deposit will be forfeit and property will be resold at costs of defaulting purchaser. All real estate taxes to be adjusted as of date of sale. Seller shall not be responsible for any costs incurred by the purchaser in connection with their purchase or settlement, including, without limitation, state and local recording fees, title insurance or research, or any other costs of purchaser's acquisition. The property and the improvements thereon will be sold as is, without representations or warranties of any kind. The sale is subject to all other liens, encumbrances, conditions, easements and restrictions, if any, superior to the aforesaid deed of trust and lawfully affecting the property. Trustee shall have no duty to obtain possession for purchaser. All risks of casualty pass to successful bidder at conclusion of bidding. Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower(s) entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of the Purchaser's deposit without interest. Additional terms to be announced at the sale.
FOR INFORMATION CONTACT:
Terra Abstract Virginia, Inc.
1581 Main Street
Suite 200
Warrington, PA 18976
(215) 572-8111, M-F Between 8:00AM - 5 P.M.
(VA202500000087)
In the event of postponement of the sale, which may be done at the discretion of the trustee, the date of the postponed sale will be announced at the sale. No new or additional notice will be provided other than the announcement at the sale.
LN-10-14,21,28,11-4;2026

VA ABC NOTICE
Full Name of owner: 2BY3 LLC
Trading as: Hanging Rock Market n Deli
1273 Dante Road, St Paul, Russell County, VA 24283-3660

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a convenience grocery store, beer, wine, off premises license to sell or manufacture alcoholic beverages.
Deveshkumar Patel, Owner.
Note: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.
LN-10-14,21;2026

SERVICES

DIVORCE-Uncontested, $525.00 + $89.00 court cost. WILLS-$295.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB Member. https://hiltonoliverattorney-va.com



PUBLIC HEARING

The Cumberland Plateau Regional Housing Authority announces that on or about November 16, 2026 the Authority shall make available for public review a draft copy of components of its 5 Year/Annual Agency Plan per the guidelines of 24 CFR 903, a requirement of the Quality Housing and Work Responsibility Act of 1998.

These documents will be available Monday through Friday from 8:30 a.m. to 4:30 p.m. at the Cumberland Plateau Regional Housing Authority administration office located on 35 Fox Meadow Drive, Lebanon, Virginia for a period of approximately 45 days.

A Public Hearing is scheduled to be held on January 4, 2027 at 11:00 a.m. in the community room at Fox Meadow Apartments in Lebanon, Virginia. At this time, the Housing Authority shall receive and consider any and all comments prior to finalization of their agency plan for submission to HUD on or before January 15, 2027.

Authorized by: Keith L. Viers
Executive Director

TOWN OF LEBANON

IMPORTANT NOTICE TO RESIDENTS AND PROPERTY OWNERS

The Town of Lebanon would like to inform our residents and property owners of an upcoming change regarding the collection of delinquent personal property and real estate taxes. Taxes will be considered delinquent after 90 days.

Beginning November 1, 2026, the Town will begin utilizing a third-party tax collection agency to collect delinquent personal property and real estate taxes owed to the Town of Lebanon.

Once a delinquent account has been turned over for collection, payments on that account will need to be made directly to the third-party collection agency rather than to the Town of Lebanon. In addition, accounts referred to collection are subject to collection costs of 20% of the outstanding balance.

The Town is providing this advance notice to give everyone an opportunity to review their accounts and take care of any outstanding taxes before the collection process begins and additional collection costs are applied.

We strongly encourage residents, business owners, and property owners who are unsure whether they have an outstanding balance to contact Town Hall prior to November 1. Our staff will be happy to check your account, answer questions, and assist you with making payment directly to the Town before the account is referred for collection.

The Town understands that circumstances vary, and our goal is to provide notice and an opportunity for taxpayers to address any outstanding balances before additional costs are incurred.

For questions or to check whether you have delinquent taxes, please contact:

Town of Lebanon Town Hall
276-889-7200

We appreciate your attention to this notice and your cooperation.

Town of Lebanon

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

TIGERS END SKID

FROM PAGE 1B

"It's just a blessing to be able to come out here and play this great sport that God has allowed us to play," declared Honaker wide receiver/defensive back Brayden Justus. "We wake up every morning, and we might take it for granted, but we've really got to come out here and work, continue to praise God, continue to work on ourselves and have a great rest of the football season."

Lowe, a six-foot-one, 160-pound quarterback, played a little in the first possession of the first quarter. He didn't look like he had missed a game, leading the Air Raid offense.

"The receivers ran good routes, and the offensive line blocked well," Lowe said. "I think I was sacked once tonight, so it was a good overall win. I think this will definitely help us for the rest of the season. We really needed this one. We went on a five-game losing streak, so we've just got to keep looking forward and take it one game at a time."

Honaker (2-5) took the opening kickoff. Lowe connected on his first eight passes. They scored when Jeremiah Rose hauled in a 30-yard scoring strike from Lowe.

The Tiger defense stymied the Green Wave. In punt formation, with a high snap, Narrows couldn't get the punt off and turned the ball over on downs at their own eight. Lowe again found Rose with a five-yard TD in the back of the end zone.

"I felt great. My shoulder and the whole arm felt great," said Lowe. "I thought we played really well on offense. We had a great defensive effort, too, allowing only six points. A big part of it was scoring a lot tonight, which gave the defense a little momentum and extra motivation."

Narrows (2-5) fought back early in the second quarter. The Green Wave capitalized when Honaker fumbled, and La'Velle Cunningham recovered it. Jack Buckland found an opening in the middle and scored on a 23-yard run to cut the deficit to 14-6.

"I asked the kids to go out and compete for four quarters, and I thought they did," Narrows coach Dakoda Shrader said. "Obviously, the score didn't go in our favor, but the game of football is kind of like life. Sometimes you don't see the big picture, but it's about how you got there in the first place. As I said, I thought we fought hard for four quarters, but at the end of the game, it just didn't go our way."

Narrows couldn't keep the momentum. It took the Tigers only five plays to answer. Lowe connected with Levi Honaker on a 45-yard slant for a touchdown to give the Tigers a 21-6 advantage at the break.

"Honaker is a completely different team with Parker Lowe back," remarked Shrader. "He's a heck of an athlete and definitely makes a difference, especially in the Air-Raid they run. You couldn't ask for a better athlete at quarterback.

"That's a different offense than what we typically see throughout the season. But you still have to prepare for them like every other team."

The Green Wave couldn't slow Honaker in the second half. It started when Justus returned an interception 55 yards for a Pick-6.

"I saw the quarterback looking at the receiver the whole time," noted Justus. "All I had to do was break down and take it back. Keaton Smith had a big block for me so I could cut it back and take it back. I just praise God for it."

On the first play of the fourth frame, Lowe again connected with Rose on a seven-yard score. He later found Kam Beavers in the end zone with a 32-yard TD pass.

Lowe finished the game 19-of-31 passing for 264 yards and five touchdowns.

"Parker did a really good job. He throws the ball well in the rain," Honaker coach Aaron Lowe said. "I don't know if he threw an uncatchable ball all night. We knew what they were going to do defensively, and he knew where he needed to go with the ball. He ran the offense well, and the offensive line kept him on his feet. Parker also did a good job of avoiding unnecessary hits."

Rose had six receptions for 86 yards, and Levi Honaker had six catches for 83 yards.

Everyone knew Air Raid would be effective with Parker Lowe at the helm. But the Tigers' defense surprised everyone. They allowed only six points and 72 yards of total offense by the Green Wave. Sophomore Kam Robinson totaled 11 tackles to lead the D.

"We've been telling them all season that defense is a mindset," Coach Lowe said. "You've got to go out there, trust what you're doing, play hard, and get hats to the ball. We've got a lot of young guys out there playing. I thought Kam Robinson and Colt Hubbard did a good job at inside linebacker tonight. Levi Johnson did a really good job, too. We had to move him to outside linebacker in the second quarter, and I thought those guys handled it well."

It was a big, much-needed win. The Tigers have three tough Hogoheegee District games left as they begin their playoff push. They host Patrick Henry on Friday.

"It's kind of a cliché, but I've told our guys that nothing else matters except taking it one game at a time," remarked Lowe. "We've got to keep taking care of ourselves and stay extremely focused on whoever we're playing that week.

"We can't look ahead or worry about whether we're going to make the playoffs. We've just got to take care of one game at a time. When Week 10 comes, we'll figure out where we stand. We just have to keep doing the things that will make us better."

HONAKER 42, NARROWS 6

Narrows	0	6	0	0	—6
Honaker	14	7	7	14	—42

First Quarter

HON—Rose 30 pass from Lowe (kick failed), 10:38.

HON—Rose 5 pass from Lowe (Honaker run), 7:30.

Second Quarter

NAR—Buckland 23 run (kick failed), 7:21.

HON—Honaker 45 pass from Lowe (Beavers kick), 4:42.

Third Quarter

HON—Justus 55 interception return (Beavers kick), 5:11.

Fourth Quarter

HON—Rose 7 pass from Lowe (Beavers kick), 11:54.

HON—Beavers 32 pass from Lowe (Beavers kick), 9:28.

	NAR	HON
First downs	7	20
Total Net Yards	72	344
Rushes-yards	26-108	20-95
Passing	36	249
Comp-Att-Int	7-12-31	9-31-0
Fumbles-Lost	1-0	2-1
Penalties-Yards	1-10	5-48
Punts	5-34	2-41.5



The 2026 Homecoming Queen, Mackenzie Robinette.

Keith Ray | For the Lebanon News



