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THE VIRGINIA MOUNTAINEER

The Voice of Buchanan County Since 1922

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VOL. 104 NO. 37

GRUNDY, VA. | THURSDAY, OCTOBER 1, 2026

TWO SECTIONS PLUS SUPPLEMENTS | \$2

Adkins challenges IDA minutes, seeks record of July remarks

By CHAD COOPER
coopkam@gmail.com

Knox District Supervisor Trey Adkins wants the Buchanan County Industrial Development Authority to amend its August meeting minutes to reflect concerns he raised in July about the authority's handling of legal matters and public money.

Adkins told the IDA at its Sept. 21 meeting at the Transportation and Logistics Center on Southern Gap that the approved minutes did not mention his appear-

ance or summarize his exchange with board members. He said that omission matters because he spoke about issues he believes the public has a right to follow, including a proposed legal services contract that he urged the board to table.

"I'm not asking for every word of it to be in there," Adkins said. He asked to submit a summary of his July remarks for board members to review before their next meeting.

Adkins' request followed a discussion among board members and attorney Mary Rachel McGeorge, who was

filling in for board attorney Vern Presley. McGeorge said Presley had reviewed what Virginia law requires in meeting minutes. She told the board that comments from a member of the public generally do not have to be included if the board did not discuss or act on them.

Adkins disagreed that the guidance settled the question in his case. He said he objected in July to ratifying a legal services contract and that the board interacted with him about the agenda item. He also said he had contacted

SEE **ADKINS CHALLENGES** | 2A



Buchanan County Chamber of Commerce members, Buchanan County Hall of Fame honorees and local officials cut the ribbon for the Hall of Fame plaque Sept. 25 in the Grundy Community Center Theater foyer. From left are Buchanan County Chamber of Commerce Executive Director Chad Cooper, Chamber member Bill Raines, Grundy Community Center manager Dusty Childress, Chamber member Chris Shortridge, Chamber vice president Ryan Clevinger, recent Hall of Fame member Frannie Minton, Chamber member and Hall of Famer Ginger Robertson, Chamber member Sandy Stiltner, chamber member Bertha Street, Grundy Police Chief Seth McGlothlin, Grundy Mayor Chris Mitchell and Buchanan County Board of Supervisors Chairman and Hurricane District supervisor Tim Hess.

Hall of Fame plaque finds a home at Grundy Community Center

By CHAD COOPER
coopkam@gmail.com

The names of Buchanan County residents who helped shape their communities now have a place where the public can see them.

The Buchanan County Chamber of Commerce dedicated the Buchanan County Hall of Fame plaque Friday, Sept. 25, at the Grundy Community Center Theater. Chamber members and guests gathered at noon for remarks and a ribbon-cutting ceremony before viewing the plaque in the theater foyer, just beyond the entrance ramp.

Chamber Vice President Ryan Clevinger thanked the people and organizations who

helped purchase the plaque and find a home for it. He expressed appreciation to the Grundy Community Center, the Grundy Town Council and his fellow chamber members for helping make it possible to display such a significant piece of county history in a place open to the public.

For years to come, people visiting the theater will be able to stop at the plaque, recognize a name and perhaps learn about someone whose work made a difference in Buchanan County. Clevinger thanked those who worked behind the scenes to bring the project to completion and everyone who came to share in its

SEE **HALL OF FAME** | 2A

Grundy IDA hears concerns over persistent roof leaks at Town Center

By CHAD COOPER
coopkam@gmail.com

Water dripping from a bathroom light fixture and repeated ceiling damage brought dentist Freddy Hackney before the Grundy Industrial Development Authority on Sept. 22 to seek help with persistent leaks at the Grundy Town Center.

Hackney, whose office is above El Sombrero Mexican Restaurant, said water enters his office and a hallway during heavy rain. He told the authority that replacing damaged ceiling tiles would do little good until the source of the leaks is fixed.

"Our roof is a mess," Hackney told the Town IDA. "I got leaks after leaks. Right now I got six ceiling tiles that needs to be replaced. I guarantee you that we have replaced in the past year or two, at least 20 or 30. Until the roof gets fixed, it going to continue."

Hackney also described hearing water inside a wall during heavy rain, although the source has not been located.

The discussion at the town offices turned to grease around the restaurant's (El Sombrero) rooftop exhaust equipment, standing water near heating and cooling units, and access to the roof. Hackney said he was concerned about grease on an air conditioning unit he purchased about a year ago. He said he does not regularly inspect the unit and should not have to police what happens around it.

Photographs shown at the meeting prompted questions about how grease from the restaurant's exhaust system was being collected and cleaned up. IDA properties manager Dennis Ramey said an attempt to pressure-wash the roof had spread the grease.

"They have tried to pressure wash it but made a bigger mess," Ramey said.

IDA member Doug Shortridge asked whether the

SEE **GRUNDY IDA HEARS** | 2A

Heritage Hall Grundy wins statewide award for Elk Fest outing

By CHAD COOPER
coopkam@gmail.com

An outing that gave Heritage Hall Grundy residents a chance to see elk in the mountains and take part in Elk Fest has earned the facility a statewide award.

Heritage Hall Grundy won first place in the Virginia Health Care Association's D.A. "Woody" Brown Community Involvement Award for Special Event. The award recognizes a one-time activity for its design and its ability to bring residents and the community together.

SEE **HERITAGE HALL** | 2A



From left, Karen Lee, Heritage Hall Grundy Administrator Derek Keen and Crystal Kelly accept the facility's first-place D.A. "Woody" Brown Community Involvement Award for Special Event at the VHCA/VCAL annual conference Sept. 16 in Norfolk. Lee and Kelly work in the facility's activities department (Photo by Melisha Keene).

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Edgar Mae(Boyd) Childress

EDGAR MAE(BOYD) CHILDRESS, 86, of Little Prater section of Grundy, VA, passed away Friday, September 18, 2026, at her home. Born in Grundy, VA, she was the daughter of the late Glen and Euna (Deel) Boyd. She was a lifelong resident of Buchanan County and was a member of the Little Prater Church of Christ. She was a loving mother, grandmother, great grandmother, great-great grandmother, sister and was a wonderful homemaker. She loved sewing, quilting, music, spending time with her family, and taught her children to love well especially to our Lord Jesus.

In addition to her parents, she was preceded in death by her loving husband of 66 years, Sidney Roger Childress; siblings: Carrol Nuckels, Leon Boyd, Betty Stiltner, Iva Terry, Vicki Cooley and infant brother Harold Estes Boyd.

Those left to cherish her memory include her 4-children: Alvin (Wan-

da) Childress, Grundy, VA, Willie (Donna) Childress, Grundy, VA, Cindy Hill, Jacksonville, FL, Ben (Genny) Childress, Grundy, VA; siblings: Wayne Boyd, Richard Boyd, Bernice Baker, Elmer Boyd, Darrell Boyd, Roger Boyd, Vanessa Ratliff, Pete Boyd, Jeff Boyd; 6-grandchildren: Ashley Childress, Christopher Childress, Eric Hill, Jason Hill, Tim Childress, and Genna Childress.

Also survived by several great grandchildren, great-great grandchildren, nieces, and nephews.

Visitation was Monday, September 21, 2026, at Little Prater Church of Christ at 6:00 P.M. with services at 7:00 P.M.

Funeral Services for EDGAR MAE (BOYD) CHILDRESS were conducted Tuesday, September 22, 2026, at 1:00 P.M. at the Little Prater Church of Christ with Ken Runyon officiating. Burial followed in Greenhills Memory Garden, Claypool Hill, VA.



Active pallbearers were family and friends.

En lieu of flowers donations can be made to Little Prater Church of Christ, 1299 Little Prater Rd, Grundy, VA 24614.

Grundy Funeral Home is honored to serve the family of EDGAR MAE (BOYD) CHILDRESS.



Happy Fall Y'all

This Fall friend is a ten-month-old female mixed breed. Her straight coat is colored black and white with black speckles. She has chocolate eyes and a curious expression. Her personality is friendly, bright and sweet. She is totally adorable and lovable.

This unbe-leaf-able beauty will be available for adoption at the Buchanan County Animal Shelter until Monday, October 5, 2026.



Also available for adoption is this two-year-old female Pit Bull mix. Her sleek coat is colored white with silver/ blue markings. She has a blocky and powerful build. Her temperament is easygoing and calm. The Buchanan County Animal Shelter is located at 1191 Dogpound Road. For more information about these animals, please call the shelter at 276-935-4067.

ADKINS CHALLENGES

FROM PAGE 1A

the Virginia Freedom of Information Advisory Council and was seeking a more definitive response.

McGeorge mentioned she did not attend the July meeting and planned to relay Adkins' account of the discussion and the tabled item to Presley. Adkins requested that the IDA's next agenda include whether or not the additional review concludes that a legal amendment is necessary. He also noted that the board could decide to include the summary to promote transparency.

At the July 20 meeting, Adkins spoke at length about former IDA Chairman Tim O'Quinn's public statements concerning the authority's proposed financial assistance for the Appalachian School of Law. Adkins disputed O'Quinn's claim that the board had been prevented from conducting due diligence. He pointed to earlier discussions about giving IDA members access to confidential information if they signed nondisclosure agreements.

Adkins also questioned a legal services agreement involving former Tazewell County attorney Flux Neo and a \$10,000 payment associated with it. He acknowledged that the payment appeared in an accounts payable packet approved by the board, but argued that it should have received separate consideration. He urged the IDA to delay ratifying the agreement pending further legal review.

His July remarks extended to reimbursement requests by former IDA Executive Director Matt Fields and the purpose of a trip to Roanoke during which a county-owned vehicle was involved in a crash. Adkins said he had submitted a Freedom of Information Act request for records related to those expenses and the trip.

On Monday, Adkins said the absence of his remarks from the July minutes could leave readers without a clear account of the issues he raised or the board's response. He also returned to his disagreement with O'Quinn's social media statements, calling them misleading. Those are Adkins' characterizations; the dispute over what the minutes must contain has not been resolved.

Adkins said he would provide his proposed summary to County Administrator Craig Horn so board members could examine it before deciding whether to amend the minutes. McGeorge said she would seek further guidance from Presley on the points Adkins raised.

HERITAGE HALL

FROM PAGE 1A

The award was presented Sept. 16 at the VHCA/VCAL annual conference in Norfolk. Administrator Derek Keen and activities department staff members Karen Lee and Crystal Kelly accepted it on behalf of the facility.

For last year's Elk Fest outing, the activities department worked with residents, facility staff, conservation leader Leon Boyd, the Virginia Department of Wildlife Resources, the Rocky Mountain Elk Foundation and Southwest Virginia Sportsman. The trip combined a scenic drive, wildlife viewing and festival activities.

Residents saw elk in their natural habitat and spent time with local businesses, volunteers and other community members. Staff accompanied them, sharing an experience that Keen said helped strengthen their relationships with residents.

"We are truly blessed to receive this award and proud to represent Heritage Hall, our residents, our staff, and the community," Keen said. "This award recognized an event that brought our residents into the community and allowed them to enjoy a special event that makes Buchanan County such a wonderful place to live."

Keen said Heritage Hall wants residents to remain connected to the community they call home and continue to enjoy new experiences. He thanked Boyd, Lee Dotson, the Virginia Department of Wildlife Resources and Southwest Virginia Sportsman for helping make the outing possible.

HALL OF FAME

FROM PAGE 2A



Buchanan County Chamber of Commerce Vice President Ryan Clevinger speaks during the dedication of the Buchanan County Hall of Fame plaque Sept. 25 at the Grundy Community Center Theater. Clevinger thanked those who helped purchase the plaque and find a place to display it.

Chamber Executive Director Chad Cooper opened the ceremony by welcoming the crowd. He thanked theater supervisor Dusty Childress and his staff for hosting the event and allowing the plaque to be displayed in the foyer. He also thanked Dennis Ramey and Donna Smith at the Town of Grundy offices for her help.

"When you look at this plaque, you'll see people from every corner of Buchanan County," Cooper said. "They came from different communities and followed different paths, but each of them made a mark that deserves to be remembered."

Cooper said the display gives families and future generations a place to find those names and reflect on the people behind them.

Among those attending were Grundy Mayor Chris Mitchell, Grundy Police Chief Seth McGlothlin, Buchanan County Tourism representative Traci Evans, Hall of Fame member Ginger Robertson, recent Hall of Fame recipient Frannie Minton, chamber members, other Hall of Fame members and guests.

The list provided for the plaque includes the following Hall of Fame members through 2024:

GRUNDY IDA HEARS

FROM PAGE 1A

condition was new. Ramey said it had worsened over time and pointed to large areas of grease visible in the photographs. He said the roof was not designed to collect grease and that some affected areas appeared to be deteriorating. A bucket had been placed to catch grease, Ramey said, but had not been emptied.

Chairman Chris Shortridge questioned whether a bucket was an adequate way to handle grease from the exhaust system. Mayor and IDA member Chris Mitchell asked whether insurance might help cover repairs and who was responsible for maintaining the restaurant's equipment. Shortridge said the restaurant should be responsible for its own unit.

Hackney said he liked the restaurant's crew and had

not come to the meeting simply to get them in trouble. He said he wanted to protect the money he had spent on his air conditioning unit and get the leaks addressed.

Hackney also asked the authority to consider security cameras. He described people on the upper walkway late at night and raised concerns about children getting onto the roof. Ramey said he had received calls about children playing on the Town Center roof. Members discussed the ladder and locks used to control access.

Ramey raised the possibility of giving the restaurant 30 days to clean up the roof, but the authority took no formal action on that proposal. Members said the roof and grease problems needed further discussion.

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LOOKING BACK

From our files

Looking Back

By **CHAD COOPER**
coopkam@gmail.com

55 YEARS AGO

SEPTEMBER 30, 1971

Buchanan County area Girl Scouts, with leaders Mrs. Johnny Shortridge of Deel and Mrs. George Stewert of Grundy in charge, will be the guests of local civic clubs for special programs during the next few weeks. The first of the series of these programs was done on Thursday, September 23, 1971, for the Grundy Lions Club.

Mrs. Lynda Griffith recently received a B.S. degree in Biology from Virginia Polytechnic Institute and State University with minors in Chemistry and math. Lynda is the daughter of Mr. and Mrs. James E. Null of Rowe and a 1968 graduate of Garden High School.

50 YEARS AGO

SEPTEMBER 30, 1976

The Buchanan County YMCA Community Chorus is being organized under the direction of Kemper Bausell and will meet this Monday, October 4, 1976, in the band room of Grundy Senior High School.

Registration will be held at two locations during the first week of October for a Bridge course taught by Sam Beinhorn of Grundy, a Life Master in Bridge. Interested people may register at Southwest Virginia Community College at 6:30 p.m. on October 12, or in Grundy at 7 p.m. on October 7.

45 YEARS AGO

OCTOBER 1, 1981

Carl Coleman, a sophomore from Grundy, is a member of the Milligan College cross country team, according to head coach Lee Morrow. Matching last year's 8-2 record will challenge the young 1981 team, but coach Morrow is optimistic. Carl attends Mountain Mission School in Grundy.

Dale Blankenship, a 17-year-old senior, was named Athlete of the Week at Garden High School for outstanding play, with eight solo tackles and 13 assists in recent gridiron action. He is the son of Mr. and Mrs. L.D. Blankenship of Rowe.

25 YEARS AGO

OCTOBER 4, 2001

Sean Stiltner notched his first cross country win last week. The Grundy junior then took advantage of his only home-course meet to make it two in a row, edging Twin Valley standout Jon Baker by 10 seconds to claim top individual honors Monday afternoon at the Enoch's Branch course near Grundy. In claiming his first meet, Stiltner also won the individual honors at the Camp Bethel course in Wise during a 10-team meet last Wednesday (Sept. 26).

Senior posts Kayla Thomas and Vanessa Compton each posted a double-double on Thursday, and Council completed a two-game sweep of a Buchanan County rival on Tuesday as the Lady Cobras won a pair of games last week. Council opened Black Diamond District play with a 73-50 win over Hurley Thursday night at Hurley Middle School. Jayme Presley hit two free throws with 3.2 seconds remaining last Tuesday (September 25), as the Lady Cobras notched their second win of the year over Grundy, 52-50. Against Hurley, Thomas scored a game-high 22 points and grabbed 14 rebounds -- eight on the offensive end, and Compton added 13 points and a dozen boards for the Cobras. Four players scored in double figures for Council (6-5). Presley scored 19 points, and Nikki Gillispie added 14 points and nine assists for the Lady Cobras. Senior center Amelia Thomas led three scorers in double figures with 18 points for Hurley (3-7).



The Southern Gap Eagles Smurf Black football team. Players: No. 3 Kayce Hall, No. 4 Jamison Mullins, No. 5 Eli Burkes, No. 7 Byron Dailey, No. 10 Collin Hurley, No. 14 Bennett Mullins, No. 19 Jaxon St. Clair, No. 22 Archer Owsley, No. 23 Kiser Peck, No. 25 Grayson Dotson, No. 31 Myles Stevenson, No. 32 Lance Barton, No. 33 Tobias Endicott, No. 35 Cayson Ward, No. 36 Oliver Looney, No. 38 Jeryd Knopf, No. 40 Clayton Adkins, No. 41 Sam Street, No. 45 Mathias Endicott, No. 47 Mason Bland, No. 50 Corey Stacy, No. 52 Aydin Grindstaff, No. 57 Chase Stacy, No. 66 Tucker Lester and No. 83 Elijah Allen. Coaches: Daniel McClanahan, Dathan Vanover, Jeremy Hurley, Greg Stacy, Charlie Cochran, Michael Blankenship, Cole Stacy, Glenn St. Clair, Cody Looney, Kyle Hall and Cody Skeens. (Photo by Ashley Boyd)

Little League Eagles take the field for homecoming, varsity recognition

By **CHAD COOPER**

coopkam@gmail.com

It has been a busy two weeks for Buchanan County Little League. After celebrating homecoming two weeks ago, the Southern Gap Eagles football players and cheerleaders returned to the spotlight last Friday for Little League Night on Smiley Ratliff Field at the Red Roberston Sports Complex

Wearing their jerseys and cheer uniforms despite the cool weather, the Smurf, Peewee and Midget football and cheer teams were recognized during pregame festivities before Southern Gap's varsity football team defeated Honaker 46-10. For the young Eagles, it was a chance to stand on the same field as the players they cheer for on Friday nights.

SEE **LITTLE LEAGUE EAGLES** | 3A



The Southern Gap Eagles Midget football team. Players: No. 1 Jase Hardin, No. 2 Bryson Blankenship, No. 5 Lane Owens, No. 6 Luke Hensley, No. 7 John Vencil, No. 8 Mason Smith, No. 9 Westin Mullins, No. 10 Cael Savage, No. 11 Madix Taylor, No. 12 Dalton Hockman, No. 13 Zack Viers, No. 15 Canaan Yates, No. 16 Conner Yates, No. 18 Aiden Boyd, No. 19 Eli Looney, No. 21 Maddox Meadows, No. 22 Jaxon Boyd, No. 24 Uriah Whitt, No. 30 Ledger Baker, No. 34 Colton Clevinger, No. 35 Lincoln Baldwin, No. 42 Seeley Dale, No. 42 Keelan Daugherty, No. 52 Jaxson Justus, No. 54 Tank Bailey, No. 55 Kreed Lester, No. 60 Joseph Belcher, No. 65 Chase Stiltner, No. 77 Kaden Vance, No. 79 Rylan Lester, No. 88 Grayson Rice and No. 99 Ace Cochran. Coaches: Aaron Looney, Ben Bailey, Matthew Baldwin and Wesley Meadows. (Photo by Ashley Boyd)



The Southern Gap Eagles Smurf Gold football team. Players: No. 0 Cruz Rife, No. 1 Isaac Bradley, No. 2 Dax Hensley, No. 8 Karson Still, No. 9 Blaine McClanahan, No. 11 Beau Vanover, No. 12 Davis Hurley, No. 13 Caiden Keen, No. 15 Evan Shortridge, No. 16 Max Cochran, No. 17 Eli Metz, No. 18 Tripp Boyd, No. 20 Jonah Tester, No. 21 Rhetley Coleman, No. 24 Myles Travis, No. 27 Carter Blankenship, No. 30 Colt Skeens, No. 34 Elijah Rife, No. 42 Easton Stacy, No. 44 Dylan McClanahan, No. 46 Chris Sanabria, No. 54 Easton Lee, No. 60 Dawson Clevinger, No. 67 Alex Sanabria, No. 68 Ayden Sanabria, No. 70 Xander Yates, No. 75 Brek Ratliff and No. 88 Liam Smith. Coaches: Daniel McClanahan, Dathan Vanover, Jeremy Hurley, Greg Stacy, Charlie Cochran, Michael Blankenship, Cole Stacy, Glenn St. Clair, Cody Looney, Kyle Hall and Cody Skeens. (Photo by Ashley Boyd)

GOOD OL DAYS



Professor Herman Duderstadt, seated, reads a copy of The Virginia Mountaineer with his family at their home in Göttingen, Germany. Russ Belcher took the photo during a summer visit to Germany. It appeared in the Sept. 1, 1966, edition of The Virginia Mountaineer.

Congressman Griffith: Helene Revisited

Two years ago, Southwest Virginia communities faced some of the most adverse weather conditions in recent memory.

Hurricane Helene damaged homes, businesses, infrastructure, farms, among other properties and items. Hundreds of thousands of people in Virginia's Ninth District were affected by other losses, including a loss of cellular telephone service in much of the District.

Preparing for danger, Virginia Governor Glenn Youngkin took decisive steps.

The Wednesday before the storm hit, Youngkin called. He advised me that Virginia's Ninth District would be severely impacted by the incoming storm.

During this time, Youngkin and his team were consulting with the National Weather Service in Blacksburg about the imminent threat.

To help the region prepare for the impending crisis, Youngkin declared a State of Emergency. This action mobilized emergency response resources into our region. Youngkin did so to coordinate agency communications and prepare our communities for the worst, including deploying statewide assets like swift water rescue teams and additional State police.

The deployment of statewide swift water rescue teams included the Bristol, Virginia, Swift Water Rescue Team, the only such team based in Virginia's Ninth District at that time.

Youngkin prepared the region so well that Virginia delivered assistance to Tennessee as well.

Unicoi County Hospital, operated by Ballad Health, was completely flooded during the disaster. More than 50 people were stranded and stuck on the roof of the hospital.

With the help of rescue helicopter crews from Abingdon and the Virginia State Police, those on the hospital roof were saved.

Surviving the storm, however, was just the first test.

In the aftermath, I traveled to the impacted areas with Youngkin and surveyed the damages.

From our borders with North Carolina and Tennessee to our borders with West Virginia, we saw homes lifted off foundations, infrastructure decimated and storm



WEEKLY REPORT
FROM THE CAPITOL

debris throughout the region.

Accordingly, Youngkin submitted a request for a federal Major Disaster Declaration. I pushed for federal authorities to approve his request and helped secure federal approval.

In addition to Youngkin's Declaration request, I voted for a government funding package that included Helene relief.

Money and federal relief resources from this package continue to flow into Ninth District communities. These funds have been used to support various projects, including extensive repairs in Damascus and wastewater treatment system repairs in Wytheville.

Thanks to Youngkin's actions, lives were saved and relief resources are available.

More work is underway in Congress to promote life-saving measures in times of emergency.

The impact of Hurricane Helene left many without access to power, cell phone signal and public communications systems. Friends, neighbors and loved ones could not get in touch with local authorities, missed critical alerts and faced persistent danger.

When surveying damages in our region with Josh Hess, my then-district director, we planned to meet in Independence. However, Josh failed to show up. Due to

the mobile signal outage, I could not contact Josh to learn that his vehicle had gone into a sinkhole.

While I later learned that Josh and his car were okay, it illustrated the distressing situations many endured from the lack of communications support.

In Asheville, North Carolina, where Hurricane Helene hit hardest, communities struggled with this reality.

How could they contact people to make sure they were okay?

Fortunately, a local AM radio station came to the rescue.

CBS News detailed how WWNC host Mart Starling and producer Tank Spencer served as a lifeline for North Carolina residents. The station received scores of messages from residents who could deliver news and updates during the damaging storms.

Faced with a natural disaster, AM radio provided life-saving communications access.

This story is a testament to the power, value and reliability of AM radio technologies, particularly for those who live in or drive through rural areas.

AM radio is a trusted and reliable technology that can serve folks in real-time with real emergencies.

Accordingly, I supported a bill requiring AM radio technology for new cars.

As a co-sponsor of the AM Radio for Every Vehicle Act, I voted in favor of the bill during a House Energy and Commerce Committee markup. Following the hearing, I pushed for House leadership to consider a vote on the bill.

In September, the House overwhelmingly passed the measure. I believe that the Senate should follow suit to support a life-saving technology that helps those in rural areas.

As your federal representative, I will continue to advocate for Ninth District access to natural disaster relief, community recovery resources and mitigation measures.

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/>.

SAVVY SENIOR
Planning a Simple, Affordable Funeral

BY JIM MILLER

Dear Savvy Senior,

I'd like to make my end-of-life arrangements, but I want to keep things simple and affordable. What are my options?

--86-Year-Old

Dear 86,

Smart thinking. Planning ahead can save your loved ones a lot of stress, and money. With a traditional burial averaging around \$10,000 and a full-service cremation near \$6,500, it's easy to see why many seniors are looking for simpler, lower-cost ways to say goodbye.

The good news is, there are plenty of options that are dignified, straightforward, and much easier on your wallet. Here's a look at some choices, depending on the kind of farewell you want.

Direct cremation

If cremation appeals to you, a direct cremation is the simplest – and usually the least expensive – option. It includes picking up the body, completing the required paperwork, the cremation itself, and returning the ashes to your family. There's no embalming, formal viewing, or casket; a simple cardboard box called an "alternative container" is used to hold the remains.

Depending on where you live and which provider you choose, direct cremation typically costs \$700 to \$3,500. If you want extra services, ask for an itemized price list so you know exactly what you're paying for. Funeral homes are required by law to provide this.

Immediate or direct burial

If burial is your preference, an immediate or direct burial is the most basic option. The body is buried in a simple container soon after death, skipping embalming, viewings, and the use of funeral facilities. Families can still hold a memorial service at the graveside, at home, or at a place of worship without the body present.

These services usually run \$2,000 to \$3,000, not counting cemetery fees, which can add \$1,000 to \$3,000. Every funeral home offers direct burial.

To find local providers, you can search online for "cremation" or "funeral" along with your city and state. You can also compare prices on sites like Funeralocity.com or Parting.com. Another handy approach is to use AI tools like ChatGPT or Gemini: you can ask them to



pull together lists of nearby funeral homes or cremation providers, see which services they offer, check estimated costs, and even compare options side by side – all in a matter of minutes. It's a quick way to get a snapshot of what's available without making a bunch of phone calls.

SAVVY SENIOR

Green burial

For the environmentally minded, green burial is a simple, natural option. The body is buried in a biodegradable coffin or shroud, without embalming chemicals or a vault. Costs typically range from \$2,000 to \$5,000.

The Green Burial Council (greenburialcouncil.org, 888-966-3330) maintains a state-by-state directory of cemeteries and funeral professionals who offer these services.

Water cremation

Also eco-friendly, water cremation (or alkaline hydrolysis) uses water, chemicals, and heat instead of fire. Costs usually range from \$2,000 to \$3,500, and it's legal in more than 20 states. Search "alkaline hydrolysis" to find a provider near you.

Donate your body

If you want the lowest-cost option, consider donating your body to science. Medical schools use donated bodies for teaching and research, then return the cremated remains to your family or bury them in a local cemetery – usually free. Some schools may charge a small transport fee.

To find a program in your state, check the University of Florida's U.S. program directory at Anatbd.acb.med.ufl.edu/usprograms, or call the Whole-Body Donation Referral Service at 800-727-0700.

Planning ahead gives you control, saves your family money, and ensures your final wishes are honored. With these options, you can choose a farewell that's simple, meaningful, and within your budget – and doing a little homework now makes it easier for everyone later.

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



DEBBIE
FOSTER

ROCKLICK
AREA NEWS

276-935-8296

By DEBBIE FOSTER

Hello Readers

The good Lord woke me up this morning and I went to church. Brother Scotty Coleman brought the message. He read Luke 7:36-50 and John 9:31. Talk to the Lord, Love the Lord and Worship the Lord.

I had an appointment in Richlands Monday afternoon so I made it a fast trip there and back. I won't go into details but God blessed me today.

Tuesday morning I got up early and went with Crystal to Bristol. Today is one month since Ray passed away and the trip over was bittersweet. I, of course, kept an eye on the clock knowing where I was and what was happening just one short month ago.

Thursday afternoon I went to the Buchanan County Humane Society office to help sort the yard sale items and ended up bringing two 3 week old kittens to bottle feed and care for. My house is getting a little noisier and I think that's good for me.

I also stopped and got an inspection sticker on the truck. Ray told me on the way to Bristol that day I needed to stop and get a sticker; I finally remembered.

I told a friend the other day I'm starting to come out of the fog I've been in. I'm remembering things that happened, some good, some bad. Hopefully as time passes I'll remember more of the good things and the bad stuff will fade away.

I helped Saturday morning at the Buchanan County Humane Society pet food pantry for three hours, baby steps. I was nervous thinking about talking to people. Sounds ridiculous but getting back out there is hard.

I was a little late getting there and before I arrived there were a couple of people being very rude to our volunteers. We do not get paid for doing this, we just love animals and are there to help. Just be nice people.

I still haven't started the thank you cards, I will eventually. But I'm remembering things that I was so touched by. Joe and the two troopers that folded the flag and presented it to Amelia were so beautiful, so overwhelming. I was looking at her when he handed it to her. I'll never forget the look on her face.

Though he fall, he shall not be utterly cast down: for the Lord upholdeth him with his hand.

Psalm 37:24 KJV

I am OK...

YOUR HOMETOWN NEWS IS JUST A CLICK AWAY



LOCAL NEWS



SPORTS



OBITUARIES



COMMUNITY EVENTS

www.VirginiaMountaineer.com

THE VIRGINIA MOUNTAINEER

The Virginia Mountaineer (USPS NO. 660-760) is published every Thursday by Virginia Media, LLC., 1633 W Main St, Salem, VA 24153. Entering in the Grundy Post Office as periodicals May 11, 1922, under Act of March 2, 1879. Periodicals postage paid at Grundy, VA 24614. Postmaster Send address changes to The Virginia Mountaineer.

OPINIONS

The views expressed in our opinion section represent the views of the writer and do not necessarily reflect the views of The Virginia Mountaineer or Virginia Media, LLC. Anyone wishing to respond to a column or editorial may contact us at (540) 389-9355.

STAFF

MICHAEL SHOWELL: President, Virginia Media, LLC

AILA BOYD: Executive Editor, Virginia Media, LLC

WENDI CRAIG: Advertising

CHAD COOPER: Editor

ANOTHY STEVENS: Sports Reporter

CONTACT

THE VIRGINIA MOUNTAINEER

Telephone: (540) 389-9355

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A New Season

Dr. Glenn Mollette

Fall has arrived. This is not earth shattering news but very welcome news if you have been living in 95 degree plus heat. For those of us who have, we are welcoming cooler temperatures. Autumn can be several weeks of happy weather but by the time it ends we know what follows – winter. We aren’t always that excited about winter, but it’s okay, it’s another season.

Mainly, let’s be happy to experience a new season. New seasons bring new days and new opportunities. Life is different in every season of life. Life is filled with seasons. We have weather seasons but we have life seasons. If we are fortunate we have many seasons.

How many Fall seasons have you lived to enjoy? Twenty? Fifty? Maybe even 90 or more? They go by quickly. The long hot days have been a grind but looking back they passed by quickly.

Life goes by quickly. Soon we will be celebrating Christmas, we hope. We should enjoy each of these rapidly passing seasons. Childhood, young adult life, middle age years and our senior years. We hope to experience them all and stretch out as long as possible.

Enjoy your season of health. Health and our daily peace with God are our most valued resources. Regardless of how much money you have you won’t enjoy it much without your health. We value and treasure our health. Taking care of ourselves must be a top priority.

Casting all restraints to the side is not a good idea. Pouring a little sand occasionally in your car’s fuel tank is never a good idea and neither is occasional garbage in our bodies. We all do it some. Some do it every day and get by with it a long time but none of us can forever.

The seasons of life can change at any given moment. Sometimes life changes with a phone call or just a text message. The news can be good or bad and our entire direction of life is changed regardless of whether we are ready.

Ecclesiastes chapter three talks about seasons. This biblical passage tells us there are many of them. “To everything there is a season, and a time to every purpose under the heaven. A time to be born and a time to die.

A time to kill and a time to heal, a time to break down and a time to build up. A time to weep and a time to laugh, a time to mourn and a time to dance.

A time to cast away stones, a time to gather stones together, a time to embrace and a time to refrain from embracing; a time to get and a time to let go; a time to keep and a time to lose; a time to keep and a time to cast away.” Read the rest of this good chapter some-time today or this week. For reflection and meditation.

Every season has its ups and downs. Take hold of this new season with all that we will learn, experience and enjoy.

Adult education connection

BEVERLY PRATER ASHBY

By BEVERLY PRATER ASHBY

Adult education is about more than earning a diploma or improving basic skills; it can also be the first step toward a new career. For adults who want better job opportunities, higher wages, or a fresh start, education can open the door to many different career pathways.

Many adult education programs provide opportunities to explore careers while building important skills. Students may learn about healthcare, skilled trades, information technology, business, education, manufacturing, and other growing fields. Career exploration can help students discover what interests them, identify their strengths, and understand what education or training is needed to reach their goals.

Earning a GED ® or improving reading, writing, math, and computer skills can also prepare adults for additional training. These skills may be required for community college programs, apprenticeships, career certifications, or employer-sponsored training.

Career pathways do not always happen in one big step. An adult learner might begin by improving their math skills, earning a GED ®, completing a short-term certification, and eventually moving into a higher-paying position. Each accomplishment builds confidence and creates new opportunities.

Adult education also encourages students to think about their long-term goals. Asking questions such as “What kind of work interests me?” “What skills do I already have?” and “What training do I need?” can help create a clear direction.

Exploring career pathways through adult education is an investment in the future. Whether the goal is to start a new career, advance in a current job, or gain skills for a better opportunity, adult education can provide the knowledge, confidence, and support needed to take the next step.

If you are ready to participate or learn more about the opportunities available through adult education, you can get more information by calling Southwest Regional Adult Education at 276-889-5424.

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The Watchman

JERRY WARD

THE WATCHMAN:

In Revelation 20:1-6, we read about the 1,000-year kingdom. The Messianic age, or Messiah Kingdom, is the future period of time when the Messiah will reign and bring universal peace to the Earth.

In Isaiah 9:6-9, Isaiah gives a future prophecy concerning God’s son. It says, “For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.” Verse seven says, “Of the increase of his government and peace there shall be no end, upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even for ever. The zeal of the Lord of hosts will perform this.”

Isaiah 7:14 says, “Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.” This means God with us. What a day that will be.

There will be no permanent universal peace until then. Jesus prophesied in Matthew 24:6-9, “And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.” Verse seven says, “For nation shall rise against nation, and kingdom against kingdom.” There will be no lasting peace until Jesus returns to set up his kingdom on earth.

Christians believe the Messiah is Jesus Christ, who came to earth previously, lived a perfect life, died on the cross for the sins of the world and rose again. For those who will believe, John 3:16 says, “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” I believe.

Many Jews believe that the Messiah has yet to be revealed but will make himself known to all the world in the future. You may say, when will this take place? The Bible tells exactly when this will take place. Matthew 24:29-31 says in verse 29, “Immediately after the tribulation of those days shall the sun be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken.”

I believe in a premillennial view of the end times. You may disagree, and that’s all right. If you know Jesus Christ as Lord and Savior, you are my brother or sister in the Lord. I believe the Messianic age comes after the second coming of Christ. During this time, Jesus returns in his glory to the Earth. He will defeat his enemies and judge the remaining inhabitants of the Earth. He will set up an earthly kingdom and bind Satan for 1,000 years.

The Messianic age will be ruled by the Lord Jesus Christ and the saints with him. Acts 3:21 says that heaven must receive him until the time comes to restore everything, as he promised long ago through his holy prophets.

The time is getting close, but the next thing to take place is the rapture of the church. You may say the word “rapture” is not found in the Bible. That’s true. The word rapture comes from a Greek word, harpazo, which means to snatch, seize or take away — caught up. That’s exactly what happens when the rapture takes place.

Read 1 Thessalonians 4:14-18. Verse 16 says, “For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first.” Verse 17 says, “Then we which are alive and remain shall be caught up together to meet the Lord in the air.”

At this time, Jesus only comes to the air, the space above the Earth, to receive his bride, the church. Then the tribulation will take place on the Earth for seven years. At that time, the church, which has been taken from the Earth, will be in heaven with the Lord.

In the book of Revelation, chapters 1 through 3, the church is mentioned, I believe, about 19 times. After chapter 3, the church is not mentioned again. You may say, why is this? Because it’s been removed from the Earth, caught up to heaven.

In Revelation 4:1, John said, “After this I looked.” What is “after this”? After the church age is over. He saw a door open in heaven, and the first voice he heard was as it were of a trumpet talking with him, which said, “Come up hither, and I will shew thee things which must be hereafter.”

Hereafter what, you may ask? The church age. From chapter 4 of the book of Revelation, he sees what’s going on in heaven and the seven-year judgment taking place on the Earth — 21 major judgments poured out on the Earth.

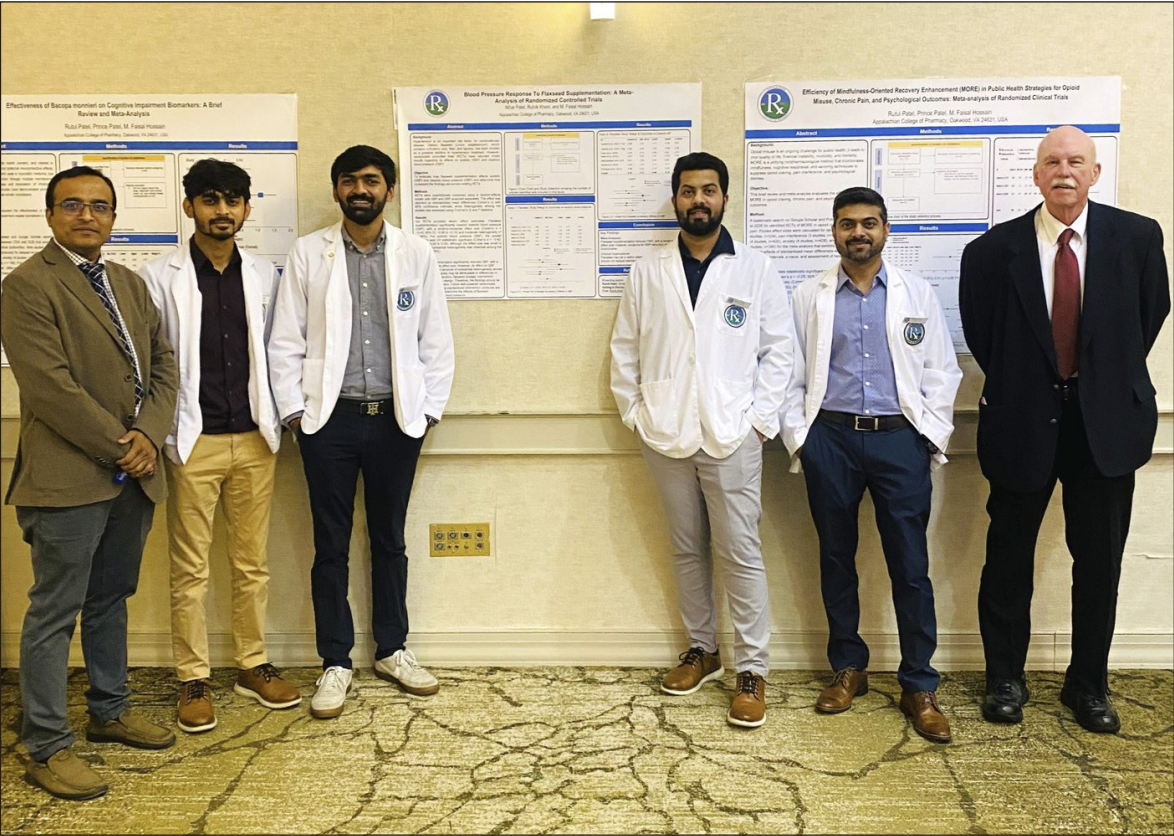
Then, after the seven years of tribulation, John said in Revelation 19:11, “And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True, and in righteousness he doth judge and make war.” Verse 14 says, “And the armies which were in heaven followed him upon white horses.” In that army of angels are also the saints of the living God.

Zechariah 14:4 says, “And his feet shall stand in that day upon the mount of Olives, which is before Jerusalem.” Verse five says, “And all the saints with thee.” This is known as the second advent. The Lord has returned, as prophesied by the prophets, to judge the nations.

Matthew 25:31 says that before him shall be gathered all nations, and he shall separate and judge them, with the saints beside him. Remember what the apostle Paul told the church in 1 Corinthians 6:3: “Know ye not that we shall judge angels?” We shall judge the world and angels, fulfilling Daniel 2:44-45. Verse 44 says, “And in the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever.”

It’s coming soon. Are you ready? If not, all you have to do is ask Jesus to forgive you and live for him.

Stay Tuned: The Watchman



ACP students were among those presenting at the Ballard Health Academics and Research Summit last week in Kingsport, TN. Rutul Patel, Prince Patel, Nihar Patel and Rutvik Kheni presented their research findings. They are pictured here with ACP faculty members, Dr. M. Faisal Hossain (left) and Dr. Randy Mullins (right).

ACP students present research at 2026 Ballard Health Academics, Research Summit

Virginia Mountaineer

Four third-year Appalachian College of Pharmacy students presented their research findings on September 18 at the Fourth Annual Ballard Health Academics and Research Summit at the Meadowview Conference Resort & Convention Center in Kingsport, TN.

Rutal Patel, Prince Patel, Nihar Patel and Rutvik Kheni, all of whom completed an Advanced Pharmacy Practice Experience (APPE) research elective under the preceptorship of Dr. M. Faisal Hossain, ACP assistant professor of pharmaceutical sciences and assistant director of research (PharmD).

“We are proud of our third-year pharmacy students who took part in the Ballard Research Summit,” said ACP Provost and Dean Susan Mayhew. “The summit provided a great opportunity for them to interact with other health professionals and researchers as they presented their findings on a variety of research projects.”

The research projects presented included:

“Effectiveness of Bacopa monnieri on Cognitive Impairment Biomarkers: A Brief Review and Meta-Analysis” -- authors: Rutul Patel, Prince Patel and Hossain;

“Efficiency of Mindfulness-Oriented Recovery Enhancement (MORE) in Public Health Strategies for Opioid Misuse, Chronic Pain, and Psychological Outcomes: Meta-analysis of Randomized Clinical Trials” -- authors: Rutul Patel, Prince Patel and Hossain; and

“Blood Pressure Response to Flaxseed Supplementation: A Meta-Analysis of Randomized Controlled Trials” -- authors: Nihar Patel, Rutvik Kheni and Hossain.

The poster presentations allowed students to share their scholarly work with researchers, healthcare professionals and academic partners across the Appalachian region.

Dr. Hossain expressed his appreciation for the students’ dedication and collaboration throughout their research projects. He also acknowledged the support and collaboration of Dr. Randy Mullins, Dr. Jennifer Hammons and Dr. Angie Matter in supporting student research and scholarly activities at ACP.

“ACP is proud to provide students with opportunities to participate in meaningful research, develop scholarly skills, and present their work at regional and professional research forums,” Hossain said. “ACP strongly encourages students to engage in research as an important part of their academic and professional development.”

SPOTLIGHT ON THE CAM

Comedy comes to The CAM on Oct. 3

By JODI REYNOLDS

They say laughter is the best medicine, and on Saturday, Oct. 3, The CAM is bringing stand-up comedy to its stage for the first time.

East Tennessee native Trav Stevenson will bring his relatable Appalachian humor to Buchanan County. From the quirks of small-town living to the characters we all know, Stevenson finds humor in the familiar.

His comedy has taken him well beyond the mountains. Stevenson has been named Best in Fest at the Blue Ridge Comedy Festival, the Laugh Out Loveland Festival in Colorado and the Rubber City Comedy Festival in Ohio. He has also opened for nationally recognized comedians, including Mark Normand.

One of our goals at The CAM is to offer our community a wider variety of entertainment. Live theater will always be at the heart of what we do, but we have enjoyed bringing people together for new experiences. From our Third Thursday Summer Concert Series to our recent karaoke nights, we have seen how much our community appreciates a night out close to home.

We hope this first comedy show becomes another regular entertainment option at The CAM. After all, who couldn't use a good laugh?

Doors, concessions and the cash bar open at 7 p.m., and the show begins at 7:30 p.m. Tickets are \$15 per person. Attendees must be at least 18 years old. Stevenson's act includes some coarse language and suggestive humor, though it is not considered raunchy. Think of it as a night out for the grown-ups.

Bring your spouse, round up your friends or make it a date night. Whether you are a stand-up comedy fan or



have never been to a live show, we would love to see you there.

Keep up with everything happening at The CAM on our social media pages or at www.seeyouatthecam.com. You can also purchase tickets on the website to reserve your seat. See you at The CAM.



Members of the Appalachian Journal of Law gather for a group photo. Appalachian School of Law has announced the journal's 2026-27 staff. (Photo by Traci Evans)

Appalachian School of Law names journal members for 2026-27

By CHAD COOPER
coopkam@gmail.com

From reviewing submissions to working with authors on their final drafts, students on the Appalachian Journal of Law will help shape the legal scholarship published by the Appalachian School of Law this year.

The school has announced the journal's 2026-27 members. The student editors work with judges, professors, public figures and other contributors on articles examining legal issues.

Emma Duty will serve as editor-in-chief. The rest of the executive board includes Sydney Kimberlain, executive editor; Sehjal Kaur, senior articles editor; Samuel Sandler, managing editor; Le Solomon, senior notes and comments editor; Jeffrey Watkins, publications editor; Daniel Huff, symposium editor; and Jaxon Harris, online development editor.

Harry Austin, Jeree Davis and Madison Wallace are senior editors. The source editors are Zachary Coleman, Kai Bunch, Sana Fadah and Sabrina Aljamal.

Andrew Mackey, Travis Honaker and Gabrielle Boyles are style editors. Bo Hohgood, Tilanijha Dawson and Kinsey Sanders are footnote editors.

The journal's editors also include Allie Minor, Fletcher Dalton, Tatum Damron, Layla Apo, Michael Rowe, Riley Petroski, Claudia Silva and Naidaly Gonzales Miranda.

Through their work with authors, the students will review and refine submissions for publication during the academic year.

LITTLE LEAGUE EAGLES

FROM PAGE 6A



The Southern Gap Eagles Midget cheerleaders. Cheerleaders: Nadia Belachew, Sadie Blankenship, Venna Blankenship, Ariel Coleman, Ahleah Daniels, Cheyenne Davis, Bristol Grizzle, Abby Dye, Melody Hockman, Madelyn Lane, Brienne Lester, Isabella Lockhart, Paislee Looney, Gabby Perry, Sophiea Perry, Harper Prater, Autumn Quinley, Aubree Stacy, Aulora Stanley, Amelia Whitt and Rylee Wilson. Coaches: Kayla Prater and Katelyn Blankenship. (Photo by Ashley Boyd)



The Southern Gap Eagles Smurf cheerleaders. Cheerleaders: Erin Berglowe, Olive Dotson, Emily Gallagher, Lou Hurley, Callie Justus, Everleigh Lester, Karaline Looney, Blair McClanahan, Hadley Waynick, Ember Webb, Trinity Wolford, Chrissy Coleman, Riley Coleman, Aria Dotson, Cayden Epling, Aubrey Mullins, Abigail Onate, Aubrey Owens, Maddie Perry, Oaklynn Street, Callie Yates, Sophie Yates, Catherine Adkins, Mya Armendariz, Kinsley Clevinger, Emma Horn, Rylan Hibbits, Blakeli Justice, Liliith Lee, McKenlee Meadows, Blakey Owens, Stella O'Quin, Kensley Ratliff, Margot Robertson, Mary Savage, Lakota Smith and Ada Viers. Coaches: Brittany Clevinger, Whitney Rowe, Erica Owens and Angie Wolford. (Photo by Ashley Boyd)



The Southern Gap Eagles Peeewe football team. Players: No. 2 Jason Colley, No. 3 Hunter Cooper, No. 4 Logan Johnson, No. 5 Caden Charles, No. 6 Jackson Perry, No. 7 Joeden Rowe, No. 8 Jensen Dale, No. 9 Brantley Ward, No. 10 Elijah Roden, No. 11 Houston Shumate, No. 12 Colston Stacy, No. 14 Jaxon Stiltner, No. 16 Walker Yates, No. 18 Cashton Stacy, No. 20 Brayden Baldwin, No. 22 Wyatt Lee, No. 25 Jonah Shelton, No. 27 Waylon Rife, No. 33 Eli Cochran, No. 34 Keagan Davis, No. 44 Emmitt Church, No. 45 Ryker Hibbits, No. 45 Christopher Moore, No. 47 Eli Blankenship, No. 54 Brently Elswick, No. 55 Anthony McClanahan, No. 56 Caitlyn McClanahan, No. 62 Colton Ratliff, No. 77 Dakota Clevinger, No. 98 Conner Wolford and No. 99 Ian Charles. Coaches: Tyler Cooper and Jason Ward. The Southern Gap Eagles Peeewe cheerleaders. Cheerleaders: Lana Bennett, Tineleigh Blankenship, Kinsleigh Bostic, Kinzley Bowman, Ashlynn Brown, Ida Clevinger, Addyson Coleman, Audriana Dales, Isla Evans, Grace Hackney, Bralynn Hardin, Bailey Looney, Emalynn Looney, Lashay Looney, Savannah Looney, Charlotte Miller, Olivia Prater, Addilyn Ratliff, Whitney Rowe, Mia Stiltner and Emmy Underwood. Coaches: Traci Evans, Hope Dales and Ashlee Miller. (Photo by Traci Evans).

RAM clinic bringing free health care services to Grundy

By CHAD COOPER
coopkam@gmail.com

Residents who need dental, vision or medical care will have an opportunity to receive services at no cost when a Remote Area Medical clinic comes to Grundy in October.

Buchanan County Youth Inc. will host the two-day RAM clinic Oct. 17-18 at Riverview Elementary and Middle School, located at 27382 Riverside Drive.

The clinic is open to anyone in need, regardless of where they live. No identification, insurance or proof of income is required, and all services will be provided free of charge on a first-come, first-served basis.

Dental services will include cleanings, fillings and extractions. Vision care will include eye examinations and glasses, while medical volunteers will provide basic health exams and screenings. Denture services will not be available.

Dental and vision services are limited and may fill quickly. Patients will be asked to choose between dental and vision care, but medical services will be available to every patient.

The clinic's parking lot will open no later than 11:59 p.m. Friday, Oct. 16, and remain open throughout the night. Clinic doors will open at 6 a.m.

Volunteers will direct arriving vehicles to designated parking areas and help keep patients in order by arrival time. Each patient must be present to receive a service ticket and must remain in the parking lot to keep a place in line.

Anyone who leaves the property and returns will be moved to the end of the line and issued a new service ticket. The policy is intended to keep the process fair for everyone waiting to receive care.

There will be no indoor waiting area before the clinic doors open. Patients should be prepared to wait in their vehicles because the parking area will not have heated or air-conditioned shelter. Bathrooms will be available.

Organizers recommend that patients bring water, snacks, weather-appropriate clothing and any medications they regularly take. Patients should continue taking medications as directed. Blankets, coats, gloves, hats and insulated layers are recommended if the weather is cold. Those expecting a long wait may also want to bring a phone charger.

Clinic closing times may change depending on patient capacity. Weather conditions and the availability of volunteer health care providers could also affect which services are offered.

Remote Area Medical clinics are designed to help remove some of the financial barriers that prevent people from receiving needed care. For individuals who have delayed a dental procedure, struggled to afford an eye examination or gone without a basic health screening, the Grundy clinic will provide an opportunity to receive care without worrying about insurance coverage or cost.

Patients are encouraged to check for updates before traveling because clinic details are subject to change.

For questions about the Grundy Clinic, call RAM at 865-579-1530 between 8:30 a.m. and 5 p.m. Monday through Friday. Additional information about attending a clinic is available at ramusa.org/frequently-asked-questions.

Wolford makes history
as Southern Gap girls
win George Brown Invite

By **CHAD COOPER**
coopkam@gmail.com

Katelyn Wolford made Southern Gap High School history on Sept. 23 in Tazewell, becoming the first girl from the new school to win a high school-sanctioned cross-country meet.

The freshman won the girls' 5,000-meter race at the George Brown Invitational in 21:52.08. Her first varsity

SEE **WOLFORD MAKES HISTORY** | 2B



Southern Gap runners gather after winning the girls' team title at the George Brown Invitational on Sept. 23. From left are Katelyn Wolford, Ava Ward, Kelly Ratliff, Sierra Lowry and Ella Robinson (Contributed photo). Not pictured Carley Slayton and Aliyah Armendariz.



Southern Gap freshman Carson Blankenship cuts back against Honaker during the Eagles' 46-19 win Friday night. Blankenship rushed for 172 yards and three touchdowns on 16 carries (Photo by Keith Ray).

Eagles seize control
after halftime, roll
past Honaker 46-19

By **CHAD COOPER**
coopkam@gmail.com

Southern Gap defeated Honaker 46-19 this past Friday night at Smiley Ratliff Field at the Red Robertson Athletic Complex, turning a three-point halftime lead into a commanding win with two touchdowns in the opening minute of the third quarter.

A 43-yard touchdown pass from senior quarterback Brayden White to senior tight end Kanan Justice gave the Eagles some breathing room. Matthew Thompson followed with a squib kick that Reid Stiltner recovered, and Carson Blankenship scored moments later. Just like that, a 16-13 battle had become a 32-13 Southern Gap lead.

The Eagles improved to 3-2 behind 172 rushing yards and three touchdowns from freshman Blankenship.

"We knew all night it was going to be a tough battle for us," Southern Gap coach Greg Tester said. "With the type of offense they run, they

can score at any time. All the credit goes to my guys up front. They took over the ballgame for us."

The Eagles built their early lead with two runs that brought the home crowd to its feet. Freshman Gunner Baker broke several tackles on a 54-yard touchdown run with 3:22 left in the first quarter, and Blankenship added the two-point conversion.

Later in the quarter, freshman Mason Rife stopped a Honaker reverse to help force a turnover on downs. Two plays later, Southern Gap took possession; Blankenship reversed the field, broke free and raced 64 yards for a touchdown. White ran in the conversion, making it 16-0 with eight seconds left in the first.

Honaker answered with two second-quarter touchdowns. Quarterback Levi Honaker hit Kameron Keen for a 37-yard gain before finding Malachi Gilbert on a swing pass, and Gilbert carried it 15 yards into the end zone.

SEE **EAGLES SEIZE CONTROL** | 2B

IN THE LOCKER ROOM
Eagles find their footing
as Friday nights heat up

By **CHAD COOPER**
coopkam@gmail.com

The first cool Friday night in Southwest Virginia usually means one thing: High school football is beginning to heat up.

The VHSL's first power rankings are only a couple of weeks away, and teams across the region are starting to show what they can do. Southern Gap gave another strong crowd at the Red Robertson Athletic Complex plenty to cheer about Friday, turning a close halftime game into a 46-19 win over Honaker.

The Eagles led 16-13 at the break, then took control up front. Carson Blankenship ran for over 170 yards and three touchdowns on 14 carries as Southern Gap improved to 3-2. Gunner Baker and Aidan Baker added rushing touchdowns, and Brayden White connected with Kanan Justice for another score.

Coach Greg Tester said the offensive and defensive lines took over the game. From where I was watching, it was hard to argue.

The young backfield of freshman Carson Blankenship, freshman Gunner Baker and junior Aidan Baker has the ground game humming. Give plenty of credit



IN THE LOCKER ROOM

The Virginia Mountaineer
Football Scoreboard for
Southwest Virginia

- Chilhowie 56, Northwood 22
- Craig County 44, Twin Springs 14
- David Crockett, TN 31, Gate City 30 (2OT)
- George Wythe 26, Rural Retreat 21
- Graham 27, Princeton 14
- Grayson County 7, Virginia High 0
- Happy Valley, TN 48, Thomas Walker 6
- J.I. Burton 35, Galax 0
- Lebanon 26, Richlands 19
- Patrick Henry 42, John Battle 6
- Ridgeview 43, Lee High 0
- Rye Cove 54, Castlewood 21
- Southern Gap 46, Honaker 19
- Tazewell 34, Giles 33
- Tennessee High 58, Abingdon 28
- Union 49, Central (Wise) 6

Southern Gap sweeps Tazewell,
Richlands in Southwest District play

By **CHAD COOPER**
coopkam@gmail.com

Southern Gap made it two Southwest District volleyball sweeps in three days, defeating Tazewell at home Sept. 22 before traveling to Richlands for another three-set win

Sept. 24.

Against Tazewell, Bela Hurley handed out 10 assists, Leah Rasnake put down eight kills and Claire Griffey recorded 13 digs to lead the Eagles.

The Eagles carried that momentum on the road to Richlands.

Rasnake had nine kills and eight digs, Adyson Bell added 10 assists, and Griffey led the defense with 25 digs as Southern Gap completed its second sweep of the week.

Across the two matches, Rasnake totaled 17 kills and Griffey collected 38 digs for Southern Gap.



Southern Gap's Leah Rasnake totaled 17 kills in the Eagles' three-set sweeps of Tazewell and Richlands.



Southern Gap's Claire Griffey recorded 38 digs across the Eagles' wins over Tazewell and Richlands.

New People's Bank

PLAYER OF THE WEEK

SOUTHERN GAP EAGLES.

CARSON BLANKENSHIP

Southern Gap High School freshman Carson Blankenship is the New People's Bank Player of the Week.

Blankenship rushed for 172 yards on 16 carries and scored three touchdowns in a 46-19 win over Honaker on September 25, 2026, at Southern Gap. Blankenship also picked off a pass in the victory.

NP New Peoples
www.NewPeoples.Bank

CONGRATULATIONS!
Member FDIC

Southern Gap sets middle school boys’ basketball sign-ups, tryouts

By CHAD COOPER
coopkam@gmail.com

GRUNDY, Va. — Middle school boys interested in playing basketball for the Southern Gap Eagles can sign up at a parent meeting Oct. 1 at 6 p.m. in the Southern Gap High School cafeteria. Tryouts are scheduled for Oct. 6-8. Players must have a current physical to participate. The meeting gives families a chance to sign up and learn more before tryouts begin. For more information, contact Southern Gap boys basketball coach Jory Rife, Jake Stacy, Tyler Cooper, Dale or Charlotte Anglin,

WOLFORD MAKES HISTORY

FROM PAGE 1B

victory helped the Southern Gap girls earn their first team win, finishing with 35 points at Cavitts Creek Park.

“Getting my first varsity-level victory meant a lot to me. I knew I had worked hard, but I also know God gave me the ability to run and helped me throughout the race. I was able to stay ahead for most of the race, and toward the end I knew I just needed to keep pushing and trust God to get me to the finish. I’m really thankful for the opportunity and proud of our team for getting our first win as Southern Gap,” Wolford said.

Wolford finished more than two minutes ahead of runner-up Caroline Harper of the Virginia Bearcats, who ran 24:04.38. Tazewell’s Emily Baker was third in 24:52.09.

The Eagles placed four runners in the top eight. Senior Ava Ward finished fourth in 25:23.00, sophomore Vieronika Silishchenko was sixth in 25:28.72, and senior Kelly Ratliff took eighth in 25:59.93.

Junior Sierra Lowry completed Southern Gap’s five-runner scoring lineup, placing 22nd in 31:37.98. Junior Ella Robinson finished 24th in 32:31.42, freshman Carlee Slayton was 25th in 35:11.03, and sophomore Aliyah Armendariz placed 30th in 51:59.84.

Southern Gap finished nine points ahead of Tazewell, which scored 44. The Virginia Bearcats were third with 45.

In the girls’ middle school 3,000-meter race, Southern Gap placed second in the team standings. Eighth grader Angela Lin led the Eagles with a 30th-place finish in 15:59.74. Tazewell won with 15 points. Southern Gap and Richlands each scored 57, with Southern Gap listed second in the meet results.

George Brown Invitational

Sept. 23, 2026 • Cavitts Creek Park, North Tazewell, Va.

Girls’ varsity 5,000-meter team scores: 1. Southern Gap 35; 2. Tazewell 44; 3. Virginia Bearcats 45.

Girls’ varsity 5,000-meter individual results: 1. Katelyn Wolford, Southern Gap, 21:52.08; 2. Caroline Harper, Virginia Bearcats, 24:04.38; 3. Emily Baker, Tazewell, 24:52.09; 4. Ava Ward, Southern Gap, 25:23.00; 5. Elizaveta Sakaly, Tazewell, 25:23.49; 6. Vieronika Silishchenko, Southern Gap, 25:28.72; 7. Harmony McCoy, Virginia Bearcats, 25:31.49; 8. Kelly Ratliff, Southern Gap, 25:59.93; 9. Sadie Stables, Narrows, 26:13.17; 10. Warner Pyott, Tazewell, 26:24.37; 11. Zoey Woods-Abdullah, Tazewell, 26:38.27; 12. Ember Wohlford, Virginia Bearcats, 27:17.31; 13. Brooklyn Peak, Marion, 27:45.81; 14. Jocelyn Wohlford, Virginia Bearcats, 28:05.40; 15. Cadence Scott, Virginia Bearcats, 28:15.35; 16. Mia Porter, Graham, 28:29.70; 17. Lyla Cheatham, Virginia Bearcats, 28:36.57; 18. Eleanor Peterson, Virginia Bearcats, 29:30.25; 19. Lila Williams, Graham, 29:30.40; 20. Amelia Forsyth, Carroll County, 29:37.32; 21. Olivia DeBord, Virginia Bearcats, 29:56.68; 22. Sierra Lowry, Southern Gap, 31:37.98; 23. Eme Corell, Tazewell, 32:00.85; 24. Ella Robinson, Southern Gap, 32:31.42; 25. Carlee Slayton, Southern Gap, 35:11.03; 26. Amy Alberto, Virginia Bearcats, 35:22.68; 27. Lizzie Watson, Tazewell, 37:01.78; 28. Addison Quillen, Tazewell, 37:14.51; 29. Camdyn Patrick, Virginia Bearcats, 43:42.12; 30. Aliyah Armendariz, Southern Gap, 51:59.84.

Girls’ middle school 3,000-meter team scores: 1. Tazewell 15; 2. Southern Gap 57; 3. Richlands 57.

Girls’ middle school 3,000-meter individual results provided: 12. Grayson Leighton, Tazewell, 13:58.39; 14. Eme Rodeheaver, Tazewell, 14:35.41; 16. Kamryn Scott, Tazewell, 14:44.98; 20. Mila Havens, Tazewell, 15:11.01; 21. Alexis Hicks, Tazewell, 15:14.26; 29. Paisley Richard-



Southern Gap freshman Katelyn Wolford shows off her first-place medal after winning the girls’ 5,000-meter race at the George Brown Invitational. She became the first girl in Southern Gap High School history to win a high school-sanctioned cross-country meet (Contributed photo).

son, Richlands, 15:43.11; 30. Angela Lin, Southern Gap, 15:59.74; 32. Ella-Rae Patton, Richlands, 16:07.47; 33. Maddy McCann, Tazewell, 16:12.08; 35. Arianna Gonzalez, Richlands, 17:15.56; 36. Autumn Yates, Southern Gap, 17:15.87; 37. Abby Jude, Southern Gap, 17:50.82; 38. Hannah Terry, Carroll County, 17:52.89; 39. Ahleah Daniels, Southern Gap, 17:53.05; 40. Olivia Bradley, Southern Gap, 17:54.53; 43. Emmaline Todd, Carroll County, 18:30.91; 44. Addi Compton, Richlands, 18:44.13; 45. Madiley Rife, Southern Gap, 19:03.96; 46. Natalie Bolling, Carroll County, 19:07.08; 47. Baylee Tatum, Southern Gap, 19:26.25; 49. Aliza Graf, Carroll County, 19:53.67; 50. Emily Layne, Southern Gap, 20:10.49; 51. Maleah Vandyke, Southern Gap, 20:27.12; 52. Kinzlee Christian, Southern Gap, 20:39.14; 55. Addy Perkins, Richlands, 23:07.59; 56. Makailyn Hurley, Southern Gap, 23:13.30; 57. Erin Layne, Southern Gap, 24:20.51.

IN THE LOCKER ROOM

FROM PAGE 1B

to the War Pigs, too. Southern Gap’s offensive line has played extremely well over the past two games, and the Eagles rushed for 307 yards against Honaker.

I enjoyed watching the defense just as much. Aidan Baker was flying off the edge all night. His strip sack of Honaker quarterback Levi Honaker was one of the hardest hits I have seen this season. A Tigers lineman recovered the fumble, but Honaker never saw Baker coming.

Chase Baker and Trevor Blankenship kept getting into the backfield, while freshman corner Mason Rife continued to impress me. If Rife keeps playing the way he has, he could become one of Southwest Virginia’s top defensive backs over the next few years. Gunner Baker is another hard-hitting young linebacker who is exciting to watch.

It was another great turnout for the Eagles, and I want to thank Keith Ray for sending me his photos from the game. I have covered many games over my decade as a journalist; one thing I have come to realize is that Southern Gap High School is the gem of Southwest Virginia. It is something to be proud of. Our kids are truly blessed with these facilities. Having Tim Bane as an athletic trainer and Dylan Campbell as his supervising physician gives our student-athletes an advantage no other school I know of has. It truly is a collegiate atmosphere each Friday night. Make sure you all get out this Friday night as the Richlands Blue Tornado comes to town.

Southern Gap’s win was one of several Friday results that caught my attention. Graham handed defending West Virginia Class AAA champion Princeton a 27-14 loss, ending the Tigers’ 18-game winning streak. Garrett Palmer, the son of head coach Tony Palmer, accounted for three Graham touchdowns, and Cambel Fix sealed the win with a late interception return for a score. That is the kind of victory that gets people talking as district play approaches.

Tazewell provided its fans with an unforgettable ending at Giles. The Bulldogs were down 26-19 in the fourth quarter, forced overtime, and then scored a touchdown to tie. Jayson Hancock made the game-winning two-point conversion, leading to a 34-33 victory. This win already matches last season’s total as head coach J’Me Harris’s enters his second stint as the Bulldogs head coach.

Ridgeview answered its loss to Bluefield with a 43-0 shutout of Lee High. Colin Hill did a little bit of everything for the Wolfpack: He ran for two touchdowns, caught one and threw another. Alex Grant added a 94-yard punt return for a score. That is a convincing way to get back on track.

Patrick Henry’s Jeb Stewart put together another remarkable night in a 42-6 win over John Battle. Stewart rushed for 341 yards and scored six first-half touchdowns, including one on a reception. Five games into the season, he has more than 1,000 rushing yards and 19 total touchdowns. Head coach Austin Cooper has the Rebels

EAGLES SEIZE CONTROL

FROM PAGE 1B

The Tigers recovered a Southern Gap fumble on the Eagles’ next offensive play. A roughing-the-passer penalty later extended their drive, and Gilbert scored from 1 yard out. Honaker trailed 16-13 with 4:10 left in the half.

“We battled,” Honaker coach Aaron Lowe said. “We made some adjustments in the first half and got back in the game.”

At halftime, Tester told the Eagles to keep fighting, protect the ball and avoid the penalties that had put their offense behind the chains.

“We get a first down, then a penalty backs us up to second-and-20,” he said. “There’s not a good play for second-and-20 or third-and-20. We’ve just got to stay in front of the sticks.”

Southern Gap answered. Justice caught White’s 43-yard touchdown pass and carried defenders into the end zone. White ran in the two-point conversion for a 24-13 lead with 11:02 left in the third quarter. Tester said Justice had suggested the play after seeing how Honaker was covering him. Honaker was called for a facemask penalty on the touchdown, which allowed Southern Gap to kick from midfield.

The Eagles then took the ball right back. Thompson sent a squib kick toward Honaker, and Stiltner recovered it at the Tigers’ 28-yard line. Blankenship ran for consecutive gains of 6 yards, and a roughing-the-passer penalty helped set up his 8-yard touchdown run. Gunner Baker added the conversion to make it 32-13 with 10:02 left in the third.

“They scored twice in about two and a half or three minutes,” Lowe said. “You go down three scores, and that’s hard to come back from.”

Honaker cut the deficit to 32-19 on an 8-yard touchdown pass from Levi Honaker to Brayden Justus, but the Eagles shut down the comeback. Blankenship scored his third rushing touchdown on a 28-yard run in the fourth quarter, then intercepted a pass on the Tigers’ next possession. Aidan Baker capped the scoring with a 12-yard run with 2:55 remaining.

Blankenship averaged 10.7 yards on 16 carries. Gunner Baker rushed five times for 70 yards and a touchdown, while Aidan Baker gained 39 yards and scored on six carries. White completed 2 of 7 passes for 74 yards and a touchdown, rushed for 24 yards and scored three two-point conversions. Justice had one catch for 43 yards, and Ayden Whited caught a 31-yard pass.

Southern Gap’s defense held Honaker to 54 rushing yards and 95 passing yards. Gunner Baker led the Eagles with nine tackles, including five solo stops and a tackle for loss. Stiltner had seven tackles and a sack, while senior lineman Chase Baker had five tackles and helped clear the way for Southern Gap’s runners.

“We were slow in the first half, but we came out after a good talk,” Chase Baker said. “I think we opened some holes and scored some touchdowns.”

Blankenship quickly credited the line for his big night.

“I wouldn’t rather run behind anybody else,” he said. “They’re some real dogs. They work their tails off every day, and it’s really paid off. It’s showing.”

Honaker fell to 1-4. The Tigers have lost four straight since their season-opening win over Lebanon, when they lost their star quarterback, sophomore Parker Lowe, to injury.

Before the game, Buchanan County’s Little League football players and cheerleaders were recognized on the field. On a cool night at Southern Gap, they got their turn in front of the large crowd before settling in to watch the Eagles earn their third win of the season. This Friday, the Richlands Blue Tornado will travel down to Shortt Gap to take on the Eagles, while Honaker heads to Chilhowie.

SCORING SUMMARY

First quarter
SG – G. Baker 54-yard run (Blankenship run good) 8-0
SG – C. Blankenship 64-yard run (White run good) 16-0
Second quarter
H- L. Honaker 15-yard pass to Gilbert (Kick no good) 16-6
H – Gilbert one-yard run (Kick good) 16-13
Third quarter
SG – White 43-yard pass to K. Justice (White run good) 24-13
SG- Blankenship eight-yard run (G. Baker run good) 32-13
H- L. Honaker eight-yard pass to Justus (Run no good) 32-19
Fourth quarter
SG – C. Blankenship 28-yard run (White run good) 40-19
SG – A. Baker 12-yard run (Run no good) 46-19

from Glade Springs playing at a high level heading into the second half of the season.

Not every memorable game was a shootout. Grayson County held Virginia High to 58 yards of offense in a 7-0 win. Backup quarterback Mason Carico’s touchdown pass to Gavin Walker late in the first half supplied all the points the Blue Devils needed.

George Wythe edged Rural Retreat 26-21 behind 255 rushing yards from Caden Golliher. Gate City came painfully close at David Crockett, falling 31-30 in double overtime after taking the lead in the second extra period. J.I. Burton shut out Galax 35-0, while Twin Springs fell to Craig County 44-14 and Thomas Walker lost to Happy Valley 48-6.

On Saturday morning, I attended the 26th annual Kiwanis/Tru-Point 5K at Breaks Interstate Park. A key takeaway was the promising future of the Southern Gap cross country team. Head coach Christina Bane had a large group competing in the high school race, along with many young runners in the middle school race. It’s rewarding to see so many young athletes committed to the sport. Pat Chambers and Barb Rife did a fantastic job organizing a delicious pancake breakfast with sausage. Be sure to check next week’s Mountaineer for a detailed coverage.

“Thanks for joining me In the Locker Room. Until next week, let’s keep celebrating the victories, learning from the defeats, and always standing behind Buchanan County’s athletes.”

VIRGINIA MOUNTAINEER PIGSKIN PROGNOSTICATORS							
THIS WEEK'S GAMES		CHAD COOPER	SAM BARTLEY	RYAN KEENE	TERESA MATNEY	MARK COOPER	BRIAN MOORE
							
1	Richlands at Southern Gap	Southern Gap	Southern Gap	Southern Gap	Southern Gap	Southern Gap	Richlands
2	Honaker at Chilhowie	Chilhowie	Chilhowie	Chilhowie	Chilhowie	Chilhowie	Chilhowie
3	Virginia High at Tazewell	Virginia High	Virginia High	Virginia High	Virginia High	Virginia High	Virginia High
4	Union at Gate City	Union	Gate City	Union	Union	Union	Gate City
5	John Battle at Lebanon	Lebanon	Lebanon	Lebanon	Lebanon	Lebanon	Lebanon
6	Rye Cove at Lee High	Rye Cove	Rye Cove	Rye Cove	Rye Cove	Rye Cove	Rye Cove
7	Fort Chiswell at Holston	Holston	Holston	Holston	Holston	Holston	Holston
8	Rural Retreat at Patrick Henry	Patrick Henry	Patrick Henry	Patrick Henry	Patrick Henry	Patrick Henry	Patrick Henry
9	UVA-Wise at Newberry	Newberry	UVA-Wise	Newberry	Newberry	Newberry	Newberry
10	Pittsburgh at Virginia Tech	Virginia Tech	Virginia Tech	Virginia Tech	Virginia Tech	Virginia Tech	Virginia Tech
11	Virginia at Florida State	Virginia	Florida State	Florida State	Florida State	Florida State	Virginia
12	Steelers at Browns	Steelers	Steelers	Steelers	Steelers	Browns	Browns
OVERALL RECORDS		48-12	43-17	45-15	47-13	45-15	40-20



Southern Gap's boys gather after placing second at the George Brown Invitational on Sept. 23. From left are Westen Deel, Kyler Lester, Oliver Breeding, Wyatt Street, Bentley Jackson, Jaccob Smeltzer and Ethan Deel.

Southern Gap boys place second at George Brown Invitational

By CHAD COOPER
coopkam@gmail.com

Four Southern Gap runners finished within 23 seconds of one another on Sept. 23 in North Tazewell, helping the Eagles place second in the boys' 5,000-meter race at the George Brown Invitational.

Sophomore Ethan Deel led Southern Gap with a fourth-place finish in 19:59.92 at Cavitts Creek Park. Freshman Bentley Jackson followed in sixth at 20:04.99. Sophomore Wyatt Street placed seventh in 20:22.45, just ahead of freshman teammate Kyler Lester, who was eighth in 20:22.74.

Freshman Oliver Breeding completed the Eagles' scoring five, placing 23rd in 23:04.80. Sophomore Jacob Smeltzer finished 25th in 23:37.21, and junior Westen Deel placed 35th in 41:09.26.

Southern Gap scored 40 points, eight behind the first-place Virginia Bearcats. Carroll County and Tazewell each scored 75, with Carroll County listed third in the meet results.

The Virginia High Bearcats claimed the first three individual places. Junior Liam Pratt won in 18:14.09, followed by freshman Timothe Regin in 19:06.04 and junior Alex Kariuki in 19:50.35. Carroll County's Avery Jones was fifth in 20:04.73, finishing just ahead of Jackson.

Southern Gap also placed second in the boys' middle school 3,000-meter team race. Eighth grader Dacen Anglin led the Eagles, placing 10th in 13:34.83. Eighth grader Edward Stiltner was 13th in 14:34.11, seventh grader Colten Crouse placed 17th in 14:53.36, and fifth grader Malachi Hall finished 18th in 14:56.99.

Seventh grader Wilson Tanudjaya placed 23rd in 15:17.66, followed by sixth grader Wesley Tanudjaya in 24th at 15:19.23. Fifth grader Easton Stevens was 28th in 15:38.09. Fifth grader Brayden Yates finished 34th in 17:05.50, fourth grader Evan Mullins was 48th in 19:51.75, and fifth grader Alex Dailey placed 54th in 22:41.23.

Carroll County won the middle school team race with 36 points. Southern Gap scored 53, followed by Tazewell with 59 and Richlands with 72.

George Brown Invitational
Sept. 23, 2026 • Cavitts Creek Park, North Tazewell, Va.

Boys' varsity 5,000-meter team scores: 1. Virginia Bearcats 32; 2. Southern Gap 40; 3. Carroll County 75; 4. Tazewell 75.

Boys' varsity 5,000-meter individual results: 1. Liam Pratt, Virginia Bearcats, 18:14.09; 2. Timothe Regin, Virginia Bearcats, 19:06.04; 3. Alex Kariuki, Virginia

Bearcats, 19:50.35; 4. Ethan Deel, Southern Gap, 19:59.92; 5. Avery Jones, Carroll County, 20:04.73; 6. Bentley Jackson, Southern Gap, 20:04.99; 7. Wyatt Street, Southern Gap, 20:22.45; 8. Kyler Lester, Southern Gap, 20:22.74; 9. Daniel Sorrell, Narrows, 20:43.65; 10. Ethan Baker, Tazewell, 20:50.34; 11. Jake Cook, Northwood, 20:52.31; 12. Wesley Jones, Graham, 21:24.43; 13. Isaac Chambers, Carroll County, 21:37.89; 14. Daniel Corell, Tazewell, 21:47.56; 15. Eli Fisher, Narrows, 21:58.99; 16. Evan Webb, Narrows, 22:06.57; 17. Griffin Johnson, Northwood, 22:11.82; 18. Owen Helmondollar, Narrows, 22:12.14; 19. Oscar Peterson, Virginia Bearcats, 22:32.55; 20. Gavin McCann, Tazewell, 22:34.71; 21. Easton Houchins, Northwood, 22:56.71; 22. Roy May, Virginia Bearcats, 23:04.19; 23. Oliver Breeding, Southern Gap, 23:04.80; 24. Thomas Caldwell, Virginia Bearcats, 23:08.11; 25. Jaccob Smeltzer, Southern Gap, 23:37.21; 26. William Dalton, Carroll County, 24:57.27; 27. Asa Rodeheaver, Tazewell, 25:15.09; 28. Emmett Edwards, Carroll County, 25:40.38; 29. Carson Mullins, Virginia Bearcats, 26:11.33; 30. Ian McKenzie, Virginia Bearcats, 26:20.95; 31. Christian Smith, Carroll County, 26:32.72; 32. Noah Takach, Tazewell, 26:51.43; 33. Landon Pierce, Virginia Bearcats, 29:51.96; 34. Isaac Williams, Graham, 30:12.50; 35. Westen Deel, Southern Gap, 41:09.26.

Boys' middle school 3,000-meter team scores: 1. Carroll County 36; 2. Southern Gap 53; 3. Tazewell 59; 4. Richlands 72.

Boys' middle school 3,000-meter individual results provided: 1. Jake Gibson, Graham, 11:07.36; 2. Maddux Gibson, Graham, 11:07.89; 3. Sylas Nissel, Carroll County, 11:55.56; 4. Elijah Viers, Tazewell, 12:07.88; 5. Caleb Jackson, Tazewell, 12:08.70; 6. Eli Mulgrew, Narrows Middle School, 12:35.74; 7. Canaan Wess, Richlands, 12:40.63; 8. Colton Marshall, Carroll County, 12:54.80; 9. Cole Bowers, Carroll County, 13:13.12; 10. Dacen Anglin, Southern Gap, 13:34.83; 11. Tymas Nissel, Carroll County, 13:48.40; 13. Edward Stiltner, Southern Gap, 14:34.11; 15. Jackson Reeves, Richlands, 14:41.00; 17. Colten Crouse, Southern Gap, 14:53.36; 18. Malachi Hall, Southern Gap, 14:56.99; 19. Cullen Mullins, Graham, 15:05.77; 22. Reece Arney, Tazewell, 15:14.98; 23. Wilson Tanudjaya, Southern Gap, 15:17.66; 24. Wesley Tanudjaya, Southern Gap, 15:19.23; 25. Coulson Moser, Carroll County, 15:21.19; 26. Tanner Sparks, Richlands, 15:27.14; 27. Jace Mitchell, Richlands, 15:34.52; 28. Easton Stevens, Southern Gap, 15:38.09; 31. Ryker Robinson, Tazewell, 16:05.45; 34. Brayden Yates, Southern Gap, 17:05.50; 41. Nolan Viers, Tazewell, 17:56.89; 42. Hayden Lineberry, Carroll County, 18:10.87; 48. Evan Mullins, Southern Gap, 19:51.75; 53. Bentley Stacy, Richlands, 22:40.95; 54. Alex Dailey, Southern Gap, 22:41.23.

Miss Black Diamond Pageant seeks contestants from across SWVA

By CHAD COOPER
coopkam@gmail.com

Contestants from across Southwest Virginia are being invited to take the stage this fall for one of the region's largest pageants.

The Miss Black Diamond Pageant will be held Saturday, Oct. 10, at Twin Valley Elementary School, located at 9017 Riverside Drive in Oakwood.

Hosted by the Buchanan County Chamber of Commerce and directed by Mary Rachel McGeorge-Young, the pageant will feature 13 age divisions, providing opportunities for contestants ranging from infants to women 40 and older.

Organizers hope the wide range of divisions will bring together contestants and families from Buchanan County and communities throughout Southwest Virginia for a day of confidence, fellowship and celebration.

Former Miss Black Diamond queens are also invited to return and walk across the stage during the pageant. Their participation will give the community an opportunity to recognize those who have previously worn a Miss Black Diamond crown and celebrate the pageant's history.

The winner of the Miss Black Diamond division, which is open to contestants ages 18 to 22, will receive a \$500 college scholarship. Additional prizes will be awarded throughout the pageant.

The pageant divisions are Wee Miss, ages birth to 11 months; Baby Miss, ages 12 to 23 months; Mini Miss, ages 24 to 35 months; Toddler Miss, ages 3 to 4; Tiny Miss, ages 5 to 6; Little Miss, ages 7 to 8; Petite Miss, ages 9 to 10; Pre-Teen Miss, ages 11 to 12; Junior Teen Miss, ages 13 to 14; Teen Miss, ages 15 to 17; Miss, ages 18 to 22; Ms., ages 23 to 39; and Elegant Ms., ages 40 and older.

A concession stand will be operated during the event by the 29th Judicial District Court Appointed Special Advocate program, commonly known as CASA. The organization advocates for children involved in the court system because of abuse or neglect.

The pageant is designed to give contestants of different ages an opportunity to represent their communities, build confidence and create lasting memories with their families.

Applications are now being accepted, and the registration deadline is Oct. 4. Those interested in participating may register online at pci.jotform.com/form/262376833520155.

Street McGlothlin Memorial golf tournament, gala set for Saturday

By CHAD COOPER
coopkam@gmail.com

Golfers and community members will gather Oct. 3 for the annual Street McGlothlin Memorial Golf Tournament and Gala, held in memory of H.A. Street, N.D. Street, James "Jim" McGlothlin and Woodrow McGlothlin.

The tournament will be played at Willowbrook Country Club, 1181 Willowbrook Drive in Breaks. The first flight opens registration at 8 a.m. and begins play at 9 a.m. Registration for the second flight begins at noon, with play starting at 1 p.m.

Team registration costs \$400, and individual registration costs \$100. Golf registration includes admission to the evening gala.

A golfer who makes a hole-in-one on the first hole could win a 2023 Coleman DR48V-S golf cart valued at \$6,997. Modern Chevrolet of Honaker is helping sponsor the prize.

The gala will run from 6:30 p.m. to 10 p.m. at the Appalachian School of Law, 1169 Edgewater Drive in Grundy. It will feature dinner and live entertainment. People who are not golfing may purchase gala-only tickets through the event's ticket link. The dress code is dressy casual.

Tournament, luncheon, flight, hole and flag or cart sponsorships are also available. For more information about the tournament or registration, email golftournament@asl.edu.

OFF TO COLLEGE

WORD SEARCH

K	C	L	G	T	B	N	J	B	I	D	O	F	T	U	I	T	I	O	N
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Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ALUMNI
BURSAR
COMMENCEMENT
COMMUTER
CREDIT
DORMITORY
FRESHMAN
GPA
GREEK
JUNIOR
LECTURE
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MINOR
POSTGRADUATE
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12 13 14 15 16 17 18 19 20 21 22

23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38

39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55

56 57 58 59 60 61 62 63 64

CLUES ACROSS

1. “Wicker Man” actor Nic
5. Protection
8. Cloth worn over a shoulder
12. Ceramic jars
14. Midway between northeast and east
15. South American hummingbird
16. Platforms
18. Taxi
19. Mild yellow Dutch cheese made in balls
20. A citizen of Yemen
21. Military mailbox
22. Nuclear near reach weapon
23. Clears
26. Broken
30. Actress Lathan
31. Avid fan
32. One and only
33. Proceeding
34. River in Portugal and Spain
39. Doctor of Education
42. Defeat handily
44. Less complicated
46. Handyman tools
47. Written works
49. Castle dweller’s safety net
50. Honorable title (Turkish)
51. Greatest
56. Can do
57. A place to sleep on the road
58. Member of U.S. Navy
59. 24-hour units of time
60. Actor Horsley
61. In a way, sounds off
62. Formerly (archaic)
63. Eye infection
64. Plundered

CLUES DOWN

1. William __, Buffalo Bill
2. Wings
3. Candle or lantern
4. Freedom from difficulty
5. A type of pie
6. Metrical foot
7. __ Kerr, actress
8. Nap
9. Popular singer Bocelli
10. Immune responses
11. “Mad Men” leading man
13. A citizen of Senegal
17. Philly basketball player
24. Not even
25. Measures wind speed
26. Insecticide
27. Jordan glided through it
28. Bird-like dinosaur genus
29. Expression of satisfaction
35. Big Blue
36. One point east (clockwise) of due north
37. Of she
38. Oral rehydration solution
40. Knocks off course
41. Popular cop show of yesteryear
42. Zhou dynasty state
43. Genus of gulls
44. Onion flatbreads
45. Declare as true
47. Of a lobe
48. Missouri county
49. Produced
52. Volcanic crater
53. Off-Broadway theater award
54. KU hoops coach Bill
55. Check for

PUZZLE SOLUTION

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

WORD SEARCH SOLUTION

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

WORDS

ALUMNI
BURSAR
COMMENCEMENT
COMMUTER
CREDIT
DORMITORY
FRESHMAN
GPA
GREEK
JUNIOR
LECTURE
MAJOR
MINOR
POSTGRADUATE
PREREQUISITE
QUAD
REGISTRAR
RESIDENT
SEMINAR
SENIOR
SOPHOMORE
SYLLABUS
TUITION

SUDOKU

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

Level: Intermediate

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to college.

SCAMUP

Answer: Campus

GUESS WHO ?

I am a singer born in Canada on September 27, 1984. I began singing when I was 2-years-old after my father built a studio in the basement. I won an MTV Video Music Award for Best New Artist in a Video in 2002. I also was the youngest female solo artist to release a #1 album in the United Kingdom.

Answer: Avril Lavigne

CRYPTO FUN

Solve the code to discover words related to college. Each number corresponds to a letter. (Hint: 16 = S)

A. 17 23 25 14 26 6 16 25 3 21
Clue: Higher learning

B. 16 21 10 10 7 11 17 16
Clue: Plan for class

C. 12 2 17 6 16 26
Clue: Class

D. 12 6 26 9 25 3
Clue: Academic measurement

Answers: A. university B. syllabus C. course D. credit

SUDOKU SOLUTION

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

Horoscopes

ARIES – Mar 21/Apr 20

Aries, you will soon learn that any obstacle can be overcome if you set your mind to it. While a certain task may seem daunting right now, don't allow it to intimidate you.

TAURUS – Apr 21/May 21

Others are paying attention to you even if they seem distracted, Taurus. Embrace the scrutiny and do your best to reciprocate any special attention coming your way.

GEMINI – May 22/Jun 21

Gemini, make an effort to be there for a loved one this week. You have a unique ability to listen and support others, and your loved one will not take your efforts for granted.

CANCER – Jun 22/Jul 22

Cancer, if your energy and attention span is a bit scattered this week, take steps to ensure all of your responsibilities are taken care of. A respite is on the horizon.

LEO – Jul 23/Aug 23

Leo, by observing others you can learn how they operate and make the most of your chances to work with them. Apply a similar approach to your personal relationships.

VIRGO – Aug 24/Sept 22

Try to tackle a financial project this week, Virgo. Select something relatively easy to begin with, and then go from there if you find yourself in a financial groove.

LIBRA – Sept 23/Oct 23

It's time to get the creative juices flowing, Libra. Tackle a project around the house, like painting or rearranging a room. Look for a new creative hobby as well.

SCORPIO – Oct 24/Nov 22

Scorpio, you have a lot of energy and a need to strive toward perfection in all that you do. Those traits will prove valuable around the office this week.

SAGITTARIUS – Nov 23/Dec 21

Keep trying to convince someone that your ideas are credible, Sagittarius. With a little more persuasion, you may win this person over and he or she will become a big supporter.

CAPRICORN – Dec 22/Jan 20

Capricorn, even if you don't want to go along with what the group is doing this week, you may have to concede that what is best for the group trumps your personal preference.

AQUARIUS – Jan 21/Feb 18

Aquarius, financial issues may be keeping you on your toes, but it's nothing you can't handle if you stick to your plan. You may want to do some tinkering, however.

PISCES – Feb 19/Mar 20

Pisces, continue to bring the right people into your inner circle. One person in particular has your eye and might be just what you need.

FAMOUS BIRTHDAYS

SEPTEMBER 27

Jenna Ortega, Actress (24)

SEPTEMBER 28

Naomi Watts, Actress (58)

SEPTEMBER 29

Halsey, Singer (32)

SEPTEMBER 30

Olivier Giroud, Athlete (40)

OCTOBER 1

Julie Andrews, Actress (91)

OCTOBER 2

Kelly Ripa, TV Host (56)

OCTOBER 3

Gwen Stefani, Singer (57)

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, advertising@commonwealthmediasolutions.com

HOME IMP

No more cleaning out gutters. Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferable warranty. Call today 1-877-614-6667 to schedule a FREE inspection and no obligation estimate. Get 15% off your entire order. Plus, Military & Seniors get an additional 10% off. Limited time only. Restrictions apply, see representative for warranty and offer details.

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-844-947-1479 today to schedule a free quote. It's not just a generator. It's a power move.

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-902-4611

LEGAL NOTICES

**Trustee's Sale
721 Route 721, Keen Mountain, VA 24624
(Parcel ID: 2HH055054)
(Parcel ID: 2HH055033)
(Parcel ID: 2HH055055)**

Default having been made in the terms of a certain Deed of Trust dated June 29, 2006, in the original principal amount of \$87,000.00 and recorded in the Clerk's Office of the County of Buchanan, Virginia on July 13, 2006, as Instrument Number 060002378, the undersigned Substitute Trustees will sell at public auction on November 09, 2026 at 1:00 PM, in front of the building housing the County of Buchanan Circuit Court, 1012 Walnut Street, Grundy, VA 24614, the property designated as SEVEN (7) LOTS AND ADJOINING 1/4TH ACRE TRACT, SITUATE ON LEVISA RIVER, AT KEEN MOUNTAIN, IN BUCHANAN COUNTY, VIRGINIA, AND SHOWN ON PLAT ENTITLED "MAP- SUBDIVISION OF PROPERTY OF EDGAR M. CALL***" WHICH PLAT IS OF RECORD IN THE CLERK'S OFFICE, IN PLAT BOOK NO. 2, PAGE 26. There is Excepted and Reserved from this conveyance such of the Coal, Oil, Gas and Other Minerals, Rights, Rights of Way, Privileges and Easements, if any, as may have been heretofore Excepted, or conveyed from said Land by Proper Owners thereof. Sale is subject to all prior liens, easements, restrictions, covenants, and conditions, if any, of record, or other matters which would be disclosed by an accurate survey or inspection of the premises. TERMS: CASH. A deposit of \$9,000.00 or 10% of the sale price, whichever is lower, will be required of the successful bidder at time of sale. Prior to the sale, interested bidders will be required to register with and must present a bid deposit which may be held during the sale by the trustee. The bid deposit must be certified funds and/or cash, but no more than \$9,000.00 of cash will be accepted. The successful bidder's deposit will be retained at the sale and applied to the sale price. If held by the trustee, all other bid deposits will be returned to the unsuccessful bidders. Settlement is to be made within 15 days. The successful bidder will be responsible for obtaining possession of the property,

**Kitchen Staff
Wanted**
Mountain Mission School (MMS) is seeking a cook/kitchen staff. Position is part-time but may develop into full-time. Please apply online at www.mmskids.org or at the Administration Office 1760 Edgewater Dr. Grundy, VA

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and for all costs and fees related to recording the Trustee's Deed, including the grantors tax. The successful bidder will be required to execute a Memorandum of Trustee's Sale, available for review upon request before the sale, outlining additional terms of sale and settlement. A Trustee's Deed will be prepared by Trustee's attorney at high bidder's expense. This is a communication to a debt collector. Tromberg, Miller, Morris & Partners, PLLC on behalf of Southeast Equity Trustees, LLC and/or NFPDS-VA LLC, Substitute Trustee(s), 5310 Markel Road, Suite 201, Richmond, VA 23230, File No. 26-002346-VA, Tel: 804-525-1570. VAM 10-1,8,15;2026

**PUBLIC NOTICE
APPLICATION FOR REISSUANCE OF NPDES PERMIT NO. 0082067
UNDER CHAPTER 19, TITLE 45.2 OF THE CODE OF VIRGINIA
Publication Number: 26NXA02
Application Number: 1011942**

The Black Diamond Company of 1073 Riverview Street, Grundy, VA 24614 is applying to the Virginia Mined Land Repurposing Program for reissuance of NPDES Permit No. 0082067. The operation is located in Buchanan County along Bee Tree Branch of Cow Fork and along Middle Fork of Hunts Creek, directly off Route 610. The permit is situated on the Elkhorn City USGS 7.5 Minute Topographic Quadrangle Map. The acreage for this operation is 53.06 acres. Surface runoff from the permit will be discharged into Middle Fork of Russell Fork of the Big Sandy River. The existing discharge locations may be viewed on the Renewal Map which is attached in Section 21.2 of the application. Additional discharge details are available in the NPDES Application attached in Section 5.15 of the application. Any person with a valid legal interest which might be adversely affected by this proposal, or an officer or head of any federal, state or local government agency or authority, may within 30 days of (October 22, 2026) submit written comments or objections concerning this application and may also request, in writing, that the Mined Land Repurposing Program hold an Informal Conference concerning this application. A copy of the application materials is available electronically for public inspection at <https://www.energy.virginia.gov/epinquiry/frmMain.aspx> All correspondence concerning this application should be submitted to the Mined Land Repurposing Program (Attention: Permit Section), 3405 Mountain Empire Road, Big Stone Gap, Virginia 24219. Telephone (276) 523-8160. Written comments and a request for informal conference may be e-mailed to the Division at repurposingpublicnotice@energy.virginia.gov. VAM-10-1,8,15,22;2026

**TRUSTEE'S SALE
OF PROPERTY
2689 Laural Branch Road,
Vansant, VA 24656**
Tax Map No. 2HH209002B
In execution of a Deed of Trust dated February 27, 2023, in the principal amount of \$153,400.61, recorded in the Clerk's Office of the Circuit Court of Buchanan County, Virginia, as Instrument Number 230000274, Woods Rogers Vandeventer Black PLC, Substitute Trustee, will offer for sale at public auction outside the main entrance of the Buchanan County Circuit Court, 1012 Walnut Street, Grundy, VA 24614, on October 13, 2026 at 12:00 noon, the property described in said Deed of Trust lying in Buchanan County, Virginia, and more particularly described as follows, to-wit:-
All that certain tract or parcel of land, with the improvements thereon and all rights, privileges and appurtenances thereunto belonging situate, lying and being on Laurel Branch, a tributary of the Russell Fork River of the Big Sandy River in Buchanan County, Virginia, and being more particularly bounded and described as follows:
BEGINNING at an iron pin in the center of County Road 663, a corner adjoining Rand and Kathy Gilbert; thence going up the hill with the Gilbert line, N. 45 deg. 08' 32" W. 294.34 feet to a set pin; thence N. 23 deg. 37' 39" E. 319.37 feet to a set iron pin; thence S. 45 deg. 08' 32" E. 292.59 feet to an unmarked point in County Road 663; thence along said road, S. 24 deg. 35' 07" W. 115.79 feet to an unmarked point near the center of County Road 663; thence S. 22 deg. 37' 47" W. 204.86 feet to the point of BEGINNING, containing 2

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acres, more or less. Pursuant to Section 8.9A-604 of the Virginia Code, a 2022 TRU Manufactured Home, Serial No. CWP054288TNAB will be sold with the real property. TERMS: Cash - Bidder's deposit of ten percent (10%) of the sales price by cashier's or certified check may be required. Balance of purchase price shall be due and payable not later than ten (10) days after sale. WOODS ROGERS VANDEVENTER BLACK PLC Substitute Trustee
For Information Contact: Woods Rogers Vandeventer Black PLC, P.O. Box 14125, Roanoke, VA 24038-4125, Telephone: 540-983-7729 VAM-10-1,8;2026

**PUBLIC NOTICE
APPLICATION FOR RENEWAL/REISSUANCE OF COAL SURFACE MINING/ NPDES PERMIT NO. 1202170/0082170
UNDER CHAPTER 19, TITLE 45.2 OF THE CODE OF VIRGINIA
Publication Number: 26NXA03
Application Number: 1011935**

The Black Diamond Company of 1073 Riverview Street, Grundy, VA 24614 is applying to the Virginia Mined Land Repurposing Program for renewal of Permit No. 1202170, to continue the operations at the following location:
The operation is located in Buchanan County along Cow Fork of Grassy Creek and is approximately 2.3 miles NE of Breaks, VA. The permit is situated on the Elkhorn City USGS 7.5 Minute Topographic Quadrangle Map. The acreage for this operation is 56.67 acres. Drainage will pass through sediment control structures and will be discharged into Tilley Fork and Abes Fork of Russell Fork of the Big Sandy River. The existing discharge locations may be viewed on the Renewal Map which is attached in Section 21.2 of the application. Additional discharge details are available in the NPDES Application attached in Section 5.15 of the application. Any person with a valid legal interest which might be adversely affected by this proposal, or an officer or head of any federal, state or local government agency or authority, may within 30 days of October 15, 2026, submit written comments or objections concerning this application and may also request, in writing, that the Mined Land Repurposing Program hold an Informal Conference concerning this application. A copy of the application materials is available electronically for public inspection at <https://www.energy.virginia.gov/epinquiry/frmMain.aspx> All correspondence concerning this application should be submitted to the Mined Land Repurposing Program (Attention: Permit Section), 3405 Mountain Empire Road, Big Stone Gap, Virginia 24219. Telephone (276) 523-8160. Written comments and a request for informal conference may be e-mailed to the Division at repurposingpublicnotice@energy.virginia.gov. VAM-9-24,10-1,8,15;2026

VIRGINIA: IN THE CIRCUIT COURT OF THE COUNTY OF BUCHANAN COUNTY OF BUCHANAN, VIRGINIA, a Political Subdivision of the Commonwealth of Virginia, Complainant, v. ESTATE OF JAMES MEADOWS, ET AL Respondent(s). Case No. CL25-705 ORDER OF PUBLICATION

The object of this suit is to enforce the lien of the Complainant, County of Buchanan, Virginia, for delinquent real estate taxes against certain real property located in the County of Buchanan, Virginia, described as follows:
Tax Map No. 2HH123058 Account No. 11232
All that certain lot, piece or parcel of land situate in Buchanan County, State of Virginia, on the Ridge between Prater Creek and Garden Creek and on the head of Box Camp fork of said Prater Creek and on the head of Breedings Branch of Garden Creek waters of Louisa fork of Sandy River, which is more particularly described as follows:
Beginning for the same at a water oak in the Gap of the Ridge between Garden Creek and Prater Creek at a corner of land now or formerly of John H. Street; and running thence from said place of beginning by and with said Street's line South 65 degrees West 14 poles to a chest nut on a spur; thence down said spur North 45 degrees West 41 poles to a small chestnut; thence North 11 degrees West 16 poles to two chestnut oaks; thence North 21 degrees West 14 poles to a chestnut oak; thence North to 65 degrees West 8 poles to

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a red oak; thence North 12 degrees West 38 poles to a white oak by the side of a path; thence North 1-1/2 degrees West 44 poles to a chestnut and chestnut oak sprouts on top of a spur; thence North 69 degrees East 18 poles to a black gum at a corner of land now or formerly of I. R. Coleman on the spur between the right hand and left hand forks of Box Camp fork of said spur; thence North 57 degrees East 16 poles to a double chestnut on top between Box Camp and Breedings Branch; thence South 60 degrees East 18 poles to a black oak and chestnut oak; thence South 23 degrees East 46 poles to a chestnut and two black oak; thence South 80 degrees East 21 poles to a hickory on a hillside; thence South 64 degrees East 64 poles to two chestnut on a spur in a line of the old survey of land now or formerly of James H. Coleman; thence with same South 22 poles to a chestnut; thence South 25 degrees West 48 poles to two chestnuts and poplar; thence North 72 degrees West 50 poles to the place of beginning; containing about 70 acres, more or less. Being the same property conveyed to James Meadows by Deed from W. J. Coleman and Sarah J. Coleman, his wife, dated October 25, 1907 and recorded among the land records of the Circuit Court of Buchanan County, Virginia on November 11, 1907 in Deed Book 34 at Page 255. This description is made subject to all easements, conditions, agreements, restrictions, and reservations of record which affect the property herein described including but not limited to those recorded in Deed Book 220 at Page 45, Deed Book 388 at Page 475, Deed Book 389 at Page 818, Deed Book 389 at Page 822, Deed Book 389 at Page 844, Deed Book 390 at Page 455, Deed Book 390 at Page 515, Deed Book 390 at Page 518, Deed Book 390 at Page 521, Deed Book 390 at Page 527, Deed Book 390 at Page 530, Deed Book 391 at Page 650, Deed Book 393 at Page 545, Deed Book 393 at Page 548, Deed Book 393 at Page 552, Deed Book 393 at Page 557, Deed Book 457 at Page 552, Deed Book 459 at Page 17, Deed Book 459 at Page 19, Deed Book 463 at Page 693, Deed Book 465 at Page 594, Deed Book 463 at Page 695, Deed Book 463 at Page 697, Deed Book 464 at Page 490, Deed Book 464 at Page 492, Deed Book 464 at Page 520, Deed Book 464 at Page 525, Deed Book 646 at Page 542, Deed Book 464 at Page 544, Deed Book 464 at Page 546, Deed Book 464 at Page 548, Deed Book 465 at Page 522, Deed Book 465 at Page 528, Deed Book 465 at Page 535, Deed Book 465 at Page 537, Deed Book 465 at Page 550, Deed Book 465 at Page 552, Deed Book 465 at Page 559, Deed Book 465 at Page 585, DEED Book 465 at Page 587, Deed Book 465 at Page 592, Deed Book 465 at Page 846, Deed Book 465 at Page 848, Deed Book 466 at Page 1 Deed Book 466 at Page 3, Deed Book 466 at Page 19, Deed Book 466 at Page 21, Deed Book 466 at Page 312, Deed Book 466 at Page 33, Deed Book 466 at Page 38, Deed Book 466 at Page 40, Deed Book 467 at Page 757, Deed Book 466 at Page 832, Deed Book 466 at Page 846, Deed Book 543 at Page 395, Deed Book 553 at Page 801, Deed Book 553 at Page 807, Deed Book 553 at Page 811, Deed Book 553 at Page 817, Deed Book 553 at Page 821, Deed Book 553 at Page 827, Deed Book 554 at Page 213, Deed Book 554 at Page 270, Deed Book 557 at Page 239, Deed Book 557 at Page 243, Deed Book 557 at Page 246, Deed Book 557 at Page 249, Deed Book 557 at Page 252, Deed Book 557 at Page 256, Deed Book 557 at Page 259, Deed Book 557 at Page 263, Deed Book 557 at Page 266, Deed Book 557 at Page 270, Deed Book 557 at Page 273, Deed Book 557 at Page 277, Deed Book 557 at Page 334, Deed Book 557 at Page 336, Deed Book 557 at Page 340, Deed Book 557 at Page 343, Deed Book 558 at Page 100, Deed Book 559 at Page 103, Deed Book 564 at Page 72, Deed Book 564 at Page 76, Deed Book 564 at Page 79, Deed Book 564 at Page 84, Deed Book 564 at Page 88, Deed Book 564 at Page 92, Deed Book 564 at Page 96, Deed Book 564 at Page 100, Deed Book 564 at Page 104, Deed Book 564 at Page 108, Deed Book 564

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at Page 112, Deed Book 564 at Page 116, Deed Book 564 at Page 119, Deed Book 564 at Page 123, Deed Book 564 at Page 127, Deed Book 564 at Page 131, Deed Book 564 at Page 135, Deed Book 564 at Page 139, Deed Book 564 at Page 143, Deed Book 564 at Page 147, Deed Book 565 at Page 476, Deed Book 565 at Page 594, Deed Book 565 at Page 645, Deed Book 565 at Page 649, Deed Book 565 at Page 653, Deed Book 566 at Page 657, Deed Book 566 at Page 820, Deed Book 566 at Page 824, Deed Book 566 at Page 828, Deed Book 566 at Page 832, Deed Book 567 at Page 49, Deed Book 567 at Page 53, Deed Book 573 at Page 70, Deed Book 573 at Page 073, Deed Book 573 at Page 077, Deed Book 573 at Page 80, Deed Book 573 at Page 084, Deed Book 573 at Page 088, Deed Book 573 at Page 091, Deed Book 573 at Page 094, Deed Book 574 at Page 403, Deed Book 577 at Page 066, Deed Book 577 at Page 069, Deed Book 577 at Page 080, Deed Book 577 at Page 083, Deed Book 577 at Page 560, Deed Book 577 at Page 564, Deed Book 585 at Page 468, and Instrument Number 080001326. IT APPEARING that an Affidavit has been made and filed stating that due diligence has been used, without effect, to ascertain the identity and location of certain parties to be served, that the last known addresses for the Respondents herein are as follows: James Meadows, who is believed to be deceased and whose last known address is unknown; Linda Meadows Svoboda, who is believed to be deceased and whose last known address is unknown; Loretta Meadows Seitler, who is believed to be deceased and whose last known address is unknown; Charles Melvin Seitler, who is believed to be deceased and whose last known address is unknown; Bobby Lee Meadows, who is believed to be deceased and whose last known address is unknown; Myrtle Ann Boyd, who is believed to be deceased and whose last known address is unknown; Billy Carnell Boyd, who is believed to be deceased and whose last known address is unknown; Brenda Joyce Boyd, who is believed to be deceased and whose last known address is unknown; Joseph Daniel Boyd, who is believed to be deceased and whose last known address is unknown; Karen Ann Roberts, who is believed to be deceased and whose last known address is unknown; Ellis James Meadows, who is believed to be deceased and whose last known address is unknown; Rufus McKinley Meadows, who is believed to be deceased and whose last known address is unknown; Leonard Alfred Meadows, whose last

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known address is unknown; Eunice Viola Meadows Strouth, who is believed to be deceased and whose last known address is unknown; Carter Strouth, whose last known address is unknown; Donnie Jay Strouth, who is believed to be deceased and whose last known address is unknown; Virginia Ethel Meadows Osborne, who is believed to be deceased and whose last known address is unknown; Lavern Wayne Osborne, who is believed to be deceased and whose last known address is unknown; Rufus Meadows, Jr., who is believed to be deceased and whose last known address is unknown; Amos Lee Meadows, who is believed to be deceased and whose last known address is unknown; Susan Meadows, whose last known address is 1208 Armistead Way, Baltimore, Maryland 21205; Ruby Jean Meadows McGuigan, who is believed to be deceased and whose last known address is unknown; Robert Russell Coleman, who is believed to be deceased and whose last known address is unknown; Brenda C. Coleman, whose last known address is 14 Elkton Trail, Bracey, Virginia 23919; Ronnie Coleman, Jr., who is believed to be deceased and whose last known address is unknown; Clarence Sewell Meadows, who is believed to be deceased and whose last known address is unknown; Jimmie Clyde Meadows, who is believed to be deceased and whose last known address is unknown; Robert Russell Coleman, who is believed to be deceased and whose last known address is 639 Baptist Valley Road, Cedar Bluff, Virginia 24609; Ernest Clyde Meadows, who is believed to be deceased and whose last known address is 857 East Avenue, Richlands, Virginia 24641; Eddie Arnold Meadows, who is believed to be deceased and whose last known address is unknown; Dellie Brown Meadows, whose last known address is 2117 Walnut Crossing Run, Yadkinville, North Carolina 27055; Howard Daniel Meadows, who is believed to be deceased and whose last known address is unknown; and that any officers, heirs, devisees, and successors in title of the Respondent named herein are made parties Respondent to this action individually and/or by the general description of Parties Unknown, it is hereby ORDERED that the parties herein and all Parties Unknown and/or whose location cannot be ascertained appear on or before October 23, 2026 in the Clerk's Office of the Circuit Court of the County of Buchanan, Virginia, and do what may be necessary to protect their interests in this cause. Entered on the 31st day of August, 2026. Reece Hale Robertson Judge I Ask For This: John A. Rife, Esq. (VSB No. 45805) Jeffrey A. Scharf, Esq. (VSB No. 30591) Mark K. Ames, Esq. (VSB No. 27409) Andrew M. Neville, Esq. (VSB No. 86372) Gregory L. Haynes, Esq. (VSB No. 37158) Seth R. Konopasek, Esq. (VSB No. 97065) Garrett W. Patton, Esq. (VSB No. 98345) Michelle V. Clayton, Esq. (VSB No. 81365) Lauralei K. Singsank, Esq. (VSB No. 100611) G. Andrew Hall, Esq. (VSB No. 24114) Taxing Authority Consulting Services, PC P.O. Box 31800 Henrico, Virginia 23294-1800 Phone: (804) 506-3102 Facsimile: (804) 545-2378 TACS No.: 759787 VAM-09-10,17,24;2026 10-1;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. See Habla Espanol. BBB Member. <https://hiltonoliverattorney-va.com>

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Clint and Sharon Lester stand on the land where they plan to build Southern Gap Trading Post-Hardware & Storage. Their company, Southern Gap Enterprise LLC, received a \$10,000 VCEDA Seed Capital Matching Grant.

Trading post planned for Southern Gap receives \$10,000 grant

By CHAD COOPER
coopkam@gmail.com

Clint and Sharon Lester plan to give residents and visitors a place to buy hardware, pick up ATV supplies, shop for gifts and find storage near the Southern Gap trail system.

Their company, Southern Gap Enterprise LLC, has received a \$10,000 Virginia Coalfield Economic Development Authority Seed Capital Matching Grant to help develop Southern Gap Trading Post-Hardware & Storage on Route 744 in Buchanan County. Construction is expected to begin soon, with an opening planned for 2027.

The business will be across from Chipping Sparrow Road and the Breaks Interstate Park’s Southern Gap Outdoor location. The Buchanan County Industrial Development Authority donated the land for the project, and CSN Construction of Abingdon is the general contractor.

“We developed the concept for Southern Gap Trading Post-Hardware & Storage after recognizing significant service gaps in the Southern Gap area, particularly hardware and retail access, motorsports supplies and storage and customized merchandise services,” Clint Lester said.

Plans call for a 50-by-125-foot building with a gift shop featuring Appalachian and tourism products, a hardware section and a motorsports department serving ATV riders and other outdoor recreation visitors. The Lesters also plan to make and sell customized shirts, hats and hoodies and take advance orders from schools and community members.

“From tourist gifts to parts on site needed to repair ATVs with breakdowns, to ATV accessories, the trading post will have a variety of options,” Sharon Lester said.

Clint Lester said the location near the Southern Gap

Visitor Center and Spearhead Trails will allow the business to serve local residents as well as people visiting the area for outdoor recreation and wildlife tourism.

Jonathan Belcher, VCEDA’s executive director and general counsel, said the business projects six full-time jobs within five years.

The grant will help pay for shelving, permits, advertising, operating expenses and inventory, Clint Lester said.

“The grant meant a lot to us,” Sharon Lester said. “It means a lot and helps us with start-up.”

The Lesters worked with the Small Business Development Center at Southwest Virginia Community College on their grant application. The Buchanan County IDA provided a letter of support.

“It has been a pleasure working with Clint and Sharon Lester, as they developed their vision for this unique business,” said Denise Harmon, executive director of the college’s Small Business Development Center. She said its combination of services could benefit both the community and visitors to Buchanan County.

Buchanan County IDA Executive Director Craig Horn said the Lesters have been part of the local business community for many years.

“We look forward to seeing them develop their new business at Southern Gap which will provide both goods and services for local residents and visitors alike,” Horn said.

VCEDA’s seed capital program offers eligible new businesses dollar-for-dollar matching grants of up to \$10,000. The grants are funded through regional revenue paid by the natural gas industry.

For more information about the business, call 276-312-0784 or visit the Southern Gap Trading Post-Hardware & Storage Facebook page.

Grundy IDA accepts \$45,000 for former Huddle House property

By CHAD COOPER
coopkam@gmail.com

The Grundy Industrial Development Authority accepted a \$45,000 contribution from the town on Sept. 22 to help equip the former Huddle House property as preparations continue for a new restaurant operation.

During the meeting at the town offices, officials described the money as an economic development contribution. Most of it is intended for equipment, including refrigeration units and an ice maker.

The property update indicated that equipment had been ordered, and much of it was already on site. Additional modifications are needed to fit the equipment into the existing restaurant space, including fabrication of stainless steel pieces. Town of Grundy IDA properties manager Dennis Ramey said Chad Thomas, who owns a fabrication shop in Vansant, will fabricate the stainless steel pieces.

An opening date remained uncertain. The incoming operator’s Greg and Michelle Stacy’s contract begins in October, but the board was told the remaining work could prevent an October opening.

In other business, the authority received an update on renovations at the Richardson building. Epoxy floor work was expected to begin with surface preparation that weekend and take about two weeks to complete.

A meeting with Appalachian Power was also planned to settle details of the building’s electrical metering equipment. The property update indicated that the utility would provide meter boxes and that additional equipment and installation work remained to be arranged.

The authority also heard about a temporary request to use a gravel lot at Town Center to stage trailers carrying crane components for bridge construction. The proposal involved roughly 12 to 15 trailers, with components moved to the work site as needed.

That arrangement was described as temporary, with the staging period expected to fall in the first half of October.

Family Ag Day set for Saturday in Grundy

By CHAD COOPER
coopkam@gmail.com

Families can enjoy an afternoon of games and learn about agriculture at the fourth annual Family Ag Day this Saturday, Oct. 3.

Hosted by the Big Sandy Soil and Water Conservation District, the free event will run from 11 a.m. to 3 p.m. in the movie theater parking lot at the Grundy Community Center, 22734 Cinema Drive.

The day will feature carnival games, prizes and educational demonstrations, along with popcorn, snow cones and cotton candy. The district invites families to come out, have fun and learn together.

Grundy IDA reviews EV charging rates, considers faster chargers

By CHAD COOPER
coopkam@gmail.com

Electric vehicle chargers at two Grundy locations are seeing use, but they bring in little money beyond the cost of providing the service, members of the Town of Grundy Industrial Development Authority said at their Sept. 22 meeting.

The authority recently raised its charging rate from 35 cents to 45 cents per kilowatt-hour after comparing rates at other locations. Chargers at Grundy Plaza are seeing more use than those in front of Factory Connection at the Grundy Town Center.

IDA properties manager Dennis Ramey said the authority collects the charging fees but also pays for the electricity.

“We pay the power bill,” Ramey said. “People will use their credit card, and it will charge the credit card for how much they use, whether it’s \$10 or whatever.”

Ramey said the authority applied for the chargers through Virginia Clean Cities. Tennessee Tech provided the equipment, and the IDA paid to install it, IDA Chairman Chris Shortridge said. Each location can charge two vehicles.

Shortridge said the chargers are roughly breaking even. He described them as a service to drivers rather than a major revenue source for the authority.

Board members also talked about adding faster chargers. The existing units are Level 2 chargers, and Shortridge said he would like to see more chargers and faster equipment if an opportunity becomes available.

The authority did not approve purchasing or installing additional chargers.



Appalachian College of Pharmacy’s Dr. Ted Hagen, Dr. M. Faisal Hossain, Dr. Ghous Khan, Dr. Afsana Momen, Dr. Jennifer Hammons and Dr. Randy Mullins participated in a panel discussion on “Appalachian Health Research: On Our Own Together” during last week’s Ballad Health Academics and Research Summit.

ACP faculty members participate in 2026 Ballad Health Academics, Research Summit

Virginia Mountaineer

Six members of the faculty at the Appalachian College of Pharmacy (ACP) took part in the Fourth Annual Ballad Health Academics and Research Summit September 18 at the Meadowview Conference Resort & Convention Center in Kingsport, TN.

ACP faculty members -- Dr. Ted Hagen, Dr. M. Faisal Hossain, Dr. Ghous Khan, Dr. Afsana Momen, Dr. Randy Mullins and Dr. Jennifer Hammons -- participated in a panel discussion titled “Appalachian Health Research: On Our Own Together.”

The panel highlighted ACP’s research activities, faculty scholarship and the college’s contributions to addressing health needs in rural and Appalachian communities. The discussion emphasized the importance of collaborative research, innovation and community-focused scholarship in improving health outcomes across the Appalachian region.

“The discussion showed the depth and range of work happening at ACP, including research on barriers to continuous glucose monitor access in rural Appalachia, naloxone stability under real-world storage conditions, botanical medicine, vitamin D and diabetes and education surrounding the PALM test,” said Dr. Jennifer Hammons, ACP director of rural health advancement.

“What stood out most was that, while our research areas are different, they are connected by a shared purpose,” Hammons continued. “That purpose is addressing real needs in the communities we serve.

This work is not research for the sake of publication. It has the potential to improve access, strengthen patient care, influence practice and contribute to better health outcomes across Appalachia.”

Hammons noted Appalachian communities are too often included in research only after the questions have already been written and the decisions have already been made.

“ACP has an opportunity to change that,” she said. “We live here, we serve here and we understand the realities behind the data. Our research is grounded in the needs of our communities, but its impact can reach far beyond our region. The strength of this panel was seeing six faculty members with very different areas of expertise come together around one shared goal: improving health in Appalachia.”

Hammons said she thought the title of the ACP panel, “On Our Own Together,” captured ACP well. “Each of us is leading distinct work, but we are stronger when we bring those projects, perspectives and partnerships together,” Hammons said. “That collaboration is how a small college in Central Appalachia can make a much larger impact.”

“I am proud of our ACP faculty members for their continuing research and academic collaborations,” said ACP Provost and Dean Susan Mayhew. “At ACP, we are pleased to play a part in supporting the health and well-being of our community and those across Appalachia.”

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