



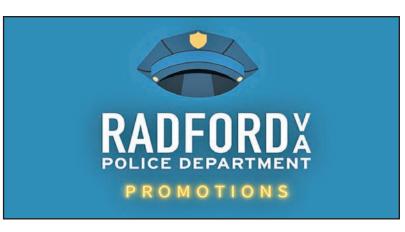
MIRGINIA Land Transfers - Page 5

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Radford City Police Department announces promotions



RADFORD - The Radford City Police Department recently announced promotions for four police officers.

Captain Chris Caldwell has been with the Radford City Police Department for 21 years. He received his Bachelor of Science from Radford University, as well as an MBA from Liberty University. In his 21 years, he has had the opportunity to experience working within all

See **Promotions**, page 3

Deadline soon for free NRCC tuition program for NRV high school seniors

The spring semester at NRCC begins Feb. 1

DUBLIN - The New River Community College Educational Foundation is reminding all local high school students and their families about the Access to Community College Education (ACCE) program's upcoming February 1 deadline.

ACCE is a public/private partnership providing two years of free tuition at NRCC to high school and home-schooled graduates and is available to upcoming high school graduates in NRCC's service region, which includes Floyd, Giles, Montgomery and Pulaski counties and the City of

ACCE students are expected to complete at least 40 hours of community service 15 days prior to the start of each semester they are enrolled in ACCE and complete 80 hours total. Giles County students must complete 100 hours of service.

"It is recommended that students complete all hours during the summer before the start of the fall semester," according to NRCC. "This avoids the student having school and community service at the same time."

Community service meetings are held in mid-May at each high school to assist students with community service placement locations. Community service for ACCE must be served at an approved nonprofit location as assigned by the locality's ACCE community service coordinator.

To participate in the ACCE program at NRCC, students must have at least a 2.5 GPA in high school to qualify; maintain a 2.5 GPA while in the program; complete the Free Application for Federal Student Aid Form and complete all FAFSA-generated documents; qualify for Virginia in-state tuition and reside in Floyd County, Giles County, Montgomery County, Pulaski County, or Radford City at least one year prior to the ACCE application date; complete at least 80 hours of community service annually; maintain full-time enrollment of 12 credits; pay tuition and fees for credits over 15 (funds will support up to 15 credits during fall and spring semesters, 12 credits for Radford City students); purchase their own textbooks; enroll in a degree or certificate program that meets federal financial aid requirements; take a College Success Skills course during their first NRCC semester; do not take online courses during the first semester, except College Success Skills; reimburse the program for any ACCE-sponsored course in which the student is unsuccessful; complete both English and math placement tests (unless exempt - see Career Coach for more information). Students must also be registered for classes by June 1 and meet all ACCE deadlines in order to receive funding.

All students who wish to participate in ACCE for the Fall 2021 semester should complete the ACCE application by the February 1 deadline. The Free Application for Federal Student Aid (FAFSA) should also be completed by February 1. Students who complete the application and FAFSA will be notified of their award by email on April 1 and must accept the award by April 10.

The FAFSA application can be completed at www.fafsa.gov, and the ACCE application can be completed online at www.nr.edu/acce. Returning ACCE program recipients who plan to enroll in Fall 2021 classes must complete an ACCE renewal form and FAFSA by February 1 as well. For more information about the ACCE program, please contact the NRCC Educational Foundation at (540)674-3618 or visit www.nr.edu/acce.

The spring semester begins Feb. 1 at NRCC. Registration is now open and offers more than 500 classes. Class options include art, automotive, creative writing, early childhood development, history, human services, medical coding, paralegal administrative support, personal finance, and police and forensic science. The semester will be offered online with the exception of some career/technical and workforce development programs that require hands-on or clinical experiences.

Re-Employing Virginians funding is available for individuals who lost a job due to COVID-19. Recipients of REV funds must be pursuing classes in a high-demand area such as early childhood education, health care, information technology, manufactur-

ing, public safety or skilled trades. The spring class schedule is available at www.nr.edu/schedule/. Current NRCC students may register for classes online by visiting their student accounts. Prospective NRCC students may visit www.nr.edu/register for enrollment information. NRCC staff members are available online at www.nr.edu and by telephone at 540-674-3600 to assist with registration or

Certified personal trainer offers tips for exercising at home and supporting a healthy immune system during pandemic

Maintaining physical activity and good health during the pandemic will not only help with weight management, but will also support a healthy immune system and improve mental health as we cope with the ongoing disruption

to our lives, says Austin Brooks of the Virginia Cooperative Extension Family Nutrition Program.

"Physical activity guidelines recommend 150 minutes of moderateintensity physical activity and two full-body strength training sessions each week, yet only about 1 in 5 Americans meet these guidelines,' says Brooks.

Brooks offers the following advice for maintaining physical activity at home.

Start small and build up your fitness. The benefits are twofold starting slowly helps you establish a regular habit of activity without overwhelming you and keeps you from getting sore or injured. For complete beginners, 5-10 minutes a day is a great initial goal. For people who have been active off and on, focus on consistency, even if that means dialing back the length per

Use your body. Bodyweight exercises are adaptable for any fitness level and can give you a great workout. Bodyweight exercises can be used for strength training or cardio. There's no need for equipment or large space to perform at home; all you need is a

News Brief: Pulaski Sheriff's Sgt., NRV **Health Task Force** member Perry Hodge killed in car crash



Sgt. Perry Hodge

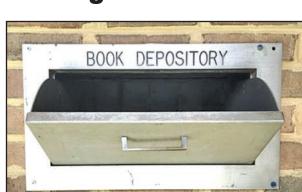
Sgt. Perry Hodge of the Pulaski County Sheriff's Office and a member of the New River Valley Public Health Task Force, was killed in a car crash last Thursday, Jan. 14.

"It's always tough when we lose a soldier in the middle of the fight," said Blacksburg Police Chief Anthony Wilson. "Sergeant Hodge was dedicated to the fight against COV-

ID. He was at every single one of the task force's CO-VID testing sites. We have lost a valued colleague and comrade."

Hodge, 49, was killed when a vehicle going south on Route 11 crossed the center line and hit the Ford F150 truck Hodge was driving head-on. Hodge was a school resource officer for Pulaski County Public Schools.

Library seeks return of long overdue items



The Radford Public Library (RPL) book drop is open and it needs your overdue items. The library is still renewing all items on an ongoing basis, but many items have been checked out for nearly a year now.

RADFORD - The Radford Public Library (RPL) book drop is open and it needs your overdue items.

"While the library is still renewing all items on an ongoing basis, many items have been checked out for nearly a year now," reads an announcement from the library. "Because of our lack of due dates and growing request list for certain titles, some items are accumulating a substantial waiting list.

"If you have had an item for more than two weeks, please consider returning it to the library if you are able to do so," the statement says. "RPL is accepting returns and would be delighted to receive materials that have been checked out for consecutive months so we can begin to catch up on our waiting list. We appreciate you all, and hope you are doing well." The library is also re-

order an item that is not

for an item that isn't in

yet in the collection.

minding people they can request for the library to

"Please know that if you find yourself looking

that meet various criteria." Challenges on the list include reading a book outside of your usual genre, reading a book by a local author, one that is recommended by a librar-

the library collection, you

can consider submitting a

Request for Purchase on-

line," according to RPL.

"If you make a request,

we can usually purchase

the item for the collection.

Although there are some

limitations, like cost, pub-

lication date, and avail-

ability, we absolutely try to

get your requests to you.

Once the requested item is

ordered and received, we'll

place it on hold for you

when it is fully processed

a Radford Reads Reading

Challenge for 2021, en-

couraging people to read

read at least 12 books this

year, and to broaden your

horizons by reading books

"We challenge you to

The library has launched

and ready to go."

ian and "a book you were supposed to read in school, but didn't," among others. Log onto https://www.radfordva.gov/1187/Library for more information.

See **Exercising** page 6

PCOMING EVENTS

Through Thursday, Jan.

Girl Scout Cookie Sales

The Girl Scouts of the Virginia Skyline Council are taking orders for Girl Scout cookies. They are \$5 a box. To locate a Girl Scout to take an order, contact the girl scouts at info@gsvsc.org or 540-777-5100. The scouts will be delivering the cookies in different ways: masked drop-offs to the customer's door; cookie booth drive-thrus; online ordering with shipping via Digital Cookie; a cookie delivery service; and voiceactivated sales via Echo home systems.

Thursday, Jan. 21:

Discord Comic Book Club

Join the Radford Public Library for an all-ages voice-chat discussion of Comic Books via Discord. To be read and discussed this month is Neil Gaiman's "Eternals." It can be checked out on Hoopla at this link: Eternals https://www.hoopladigital.com/title/12003687. Send the library a Facebook message or email duncan.hall@radfordva. gov to sign up. The library will then send an invitation to the RPL Discord.

Wednesday, Jan. 27:

Lyman Whitaker Zoom Talk

Hahn Horticulture Garden's three Lyman Whitaker Wind Sculptures have been installed along the southern edge of the Conifer Garden, a gift from Warren and Margie Kark. Whitaker will present a zoom talk about his work on Jan. 27 at noon. Register through https://virginiatech.qualtrics.com/ jfe/form/SV_291uIAlpoEfN00d

Thursday, Jan. 28:

Writing Flash Fiction Workshop

Blue Ridge Writers, an affiliated chapter of the Virginia Writers Club, is offering a workshop titled "Writing Flash Fiction" (less than 1500 words) for interested writers including both high school students and adults at 7 p.m. via Zoom. Blue Ridge Writers is a 501 (c) 3 non-profit member organization that supports beginning writers, and seasoned writers through critique programs, quarterly literary journal publication and monthly workshops. Contact Dr. John Nicolay nicolay0211@gmail.com or visit https://blueridgewriters.com for additional information. Class size is limited.

Thursday, Feb. 4:

Radford Army Ammunition Plant (RFAAP) Commander's Community Meeting

This is a Facebook Live event from 6:30 to 8 p.m. https://www.facebook.com/RadfordArmyAmmunitionPlant/.

These meetings are an opportunity to learn about RFAAP Modernization and Environmental Projects, Environmental Compliance and Corrective Actions. The meeting is open to the public. For questions relating to the meeting, contact Charlie Saks at 540 731 5785 or visit the RFAAP website at https://www.jmc.army.mil/Radford/RadfordDefault.aspx then "Ask the Commander" in the lower left margin of the home page.

American Legion Meeting

American Legion, Harvey-Howe-Carper Post 30 will meet at 7 p.m. at the VFW Post Home on 102 Watts St. in Radford. If there is heavy snow or ice that day, the meeting will be cancelled. For further information, please call 250-2283 or 239-9864.

Tuesday, Feb. 9:

Sons of Confederate Veterans Meeting Stuart Horse Artillery Camp 1784 will

meet at 7 p.m. at Aly's Family Italian Restaurant at 3204 Riner Rd. Camp Commander Will Reed will present a talk on the "History of the 4th Virginia Infantry Regiment." Members of the United Daughters of the Confederacy (UDC) are also invited to attend. In the event of heavy snow or ice that day, the meeting is cancelled. For further information, please call 320-4315 or 239-9864.

Wednesday, Feb. 10:

A Beginner's Approach to Garden Pho-

Robert E. Lyons, Professor Emeritus University of Delaware and former Director of the Hahn Horticulture Garden/Faculty Member VT Horticulture Department, will present a Zoom talk at noon about using your eyes, your mind and your camera to capture moments in your personal landscapes. They may be your gardens, vignettes from your travels, seasonal records of your favorite plants and/or features of landscape designs. The presentation content is example-driven and provides understandable and uncomplicated information to create aesthetically pleasing images in a relatively short period of time.

While equipment details and camera mechanics will be mentioned, they will not dominate the presentation. Instead, the impact and exploitation of prevailing light, elements of photographic composition, the power of mastering depth of field and developing a personal style will be emphasized. This presentation is particularly relevant for and geared towards early-stage photographers who use a variety of devices, including DSLR's, mobile/cell phones, or both. Register via https://virginiatech.qualtrics. com/jfe/form/SV_4Ymy3HGvrxExkxf

Saturday, Feb. 13:

Dialogue on Race 2021 Winter Sum-

Online via Zoom. Keynote Speakers will be Dr. Abraham B. Hardee III, DO/PhD, and Dr. Pete Guerra, MDA. The subjects include The Year in Masks, The COVID Pandemic, Race and Racism and Vaccination and Vaccines: What to know and what to do. From 10 a.m. until 11:30 a.m. All Dialogue on Race events will be held online - or virtual until further notice. Register at https://us02web.zoom.us/webinar/register/ WN_Jbi908JMSgq1264cQKX8Eg.

Ongoing: **Throughout January:**

Keep Your Lights Up for Healthcare

Local communities are calling upon every citizen and business to keep their holiday lights up through January 31 to recognize those working in healthcare.

StoryWalk

All month at the Christiansburg Library. Brains and bodies get exercise by reading and walking the trail. The walk begins at the library at the College Street entrance of Downtown Park. This month's book is The Emperor's Egg.

Blacksburg seeks feedback on local housing affordability

In December, the Town of Blacksburg launched the first of a three-part online public engagement process on housing afford-

The town's increasing lack of affordable housing has become a major topic of community concern, and the town is considering a variety of affordable housing strategies to help address the issue.

One of those strategies is asking the public to provide feedback to aid in the understanding of top concerns and priorities regarding affordable housing. The feedback will be used to weigh the tradeoffs of potential approaches and to select the most appropriate strategies for local growth and housing availability. As part of phase one, the Town

of Blacksburg produced an informative video about its housing affordability challenges. The video details data and analyses from the forthcoming NRV Regional Housing Study. This current phase also seeks to

understand what citizens feel are the biggest challenges with growth and change and what they would like to see preserved as growth occurs. Individuals also have the opportunity to share their experiences trying to find housing in Blacksburg. Phase one will conclude on

In phase two, the community will have the opportunity to provide feedback on factors such as quality of life, community and neighborhood character, inclusivity, patterns of growth and den-The housing affordability en-

gagement page can be found on the Town of Blacksburg's recently launched online community engagement platform called Let's Talk Blacksburg. (https://letstalkblacksburg.org/affordable-hous-Let's Talk Blacksburg allows

Blacksburg residents and others to get involved, participate in community decision making and provide feedback on a variety of topics. Through the site, the town will listen, engage, provide timely project updates and report back to the community about how their feedback has contributed to decisions that are being made.

Although the town will continue to offer traditional, face-toface engagement opportunities, Let's Talk Blacksburg offers an additional online venue for users to have their say at their conve-

Providing feedback on this site requires a quick and easy, one-time registration process that includes a username, email and

password. Users may register once and return at any time to engage in this, and other, active projects. Registration helps ensure a broader set of perspectives and also means that the town can easily communicate updates related to the issue for which feedback has been provided.

To register and start engaging on this issue, visit https:// letstalkblacksburg.org/affordable-

For additional information, contact Blacksburg's Housing and Community Development Initiatives Manager Kim Thurlow, at kthurlow@blacksburg.gov or 540-443-1619.

Meet the dipper: North America's only songbird that swims

By Justine E. Hausheer Contributing Writer

snowshoeing through Colorado's Rocky Mountains when I see a small, nondescript bird at the far edge of the creek. I look down to adjust my binoculars, fumbling with

36. Marriage announce

66. Round shape

my gloves. When I look up again, the bird is gone.

Water ripples along the ice-edged creek. The wind rattles bare aspen branches. There's no sign of the bird.

Then a dark shape rockets out of the water onto the ice. Oh. That's where the bird went. It devours its prey, does a quick bob-andshake move and then dives back into the creek.

I've just found an American dipper, a chunky, lively aquatic songbird of the American west. Yes, that's right. Aquatic songbird.

American dippers are oddballs of the passerine

world. Along with the four other species in their genus, Cinclus, they're the world's only aquatic songbirds or passerines. They're sometimes known as water ouzels.

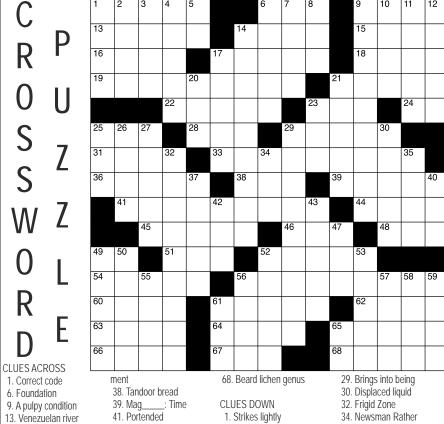
American dippers are small and chunky, about the side of a robin, with

RADFORD

grey-blue plumage, brownish head, pink legs, a short tail and a white eyelid. Males and females look the same while juveniles are a dull grey, without any blue

They're found in high-altitude areas of the west, including Alaska, the Rocky Mountain states and down through Central America along the spine of the Sierra Madre. In the US, dippers are altitudinal migrants, meaning that instead of migrating across continents, they move up and down a

See **Dipper**, page 3



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VT researcher tracking how tissue fluid flow worsens diseases such as cancer and Alzheimer's

As an undergraduate studying chemical engineering at Tulane University in New Orleans, near the heart of oil country, Jennifer Munson modeled how fluids move through

Five years later, she aimed that understanding at the human brain.

"The majority of our brain is water," said Munson, an associate professor at the Fralin Biomedical Research Institute at VTC. "It just made sense to apply that kind of informa-

Today, Munson is a biomedical engineer and one of a handful of scientists examining how the flow of fluids in the spaces surrounding cells within human tissues can aggravate cancers, accelerate Alzheimer's disease and effectively deliver drugs.

"It's kind of a force that's always there," Munson said. "Very few people are looking at how cells behave when you have fluid flow there. However, in our bodies, there's always fluid moving around and through our tissues."

Munson, an associate professor in the Department of Biomedical Engineering and Mechanics in Virginia Tech's College of Engineering, joined the Fralin Biomedical Research Institute's primary faculty team this past sum-

Munson's lab developed tissue-engineered els that let the researchers study how fluid flows through and around cancerous tumors. She also developed a new way to use magnetic resonance imaging (MRI) to identify and track areas of fluid flow in and around brain tumors.

The fluid that flows around cells and through space between vessels in tissues is mostly water, with some proteins and

sugars. A major purpose is to aid in the body's immune response. When immune cells enter a tissue in response to a threat, they release large amounts of proteins and cytokines. Fluid flow helps to drain the proteins and cytokines away. When you cut your finger or twist your ankle and it swells, Munson said, that's the fluid coming in to do its job.

Munson's research has shown, however, that variations in the movement of fluid can be harmful.

"In cancer, we know that heightened fluid flows can facilitate tumor cells' movements contributing to metastases," Munson said. "It can also activate the surrounding tissues, so the tumor cells are more prone to move towards it, or augment their ability to survive therapies.

"In Alzheimer's disease, we know that fluid flow slows down. It can cause

poor waste removal, possibly contributing to the disruption of neural circuitry and attendant functions such as memory."

Munson is part of a team of researchers from three universities that recently found using MRIguided ultrasound and microbubbles to make tumors more porous increased fluid flow, allowing for more effective delivery of therapeutics.

Munson and her team are also collaborating in conjunction with scientists in the Virginia Tech School of Neuroscience to translate research on fluid flow in brain tumors to the study of Alzheimer's disease.

She grew up in Marietta, Ga., with a machinist father and a mother who was a nurse, which fostered an interest in both health care and how things work. She earned a doctoral de-fluid flow. gree in bioengineering

Jennifer Munson of the Fralin Biomedical Research Institute at VTC is one of a small number of investigators in the emerging field of fluid flow research in biomedicine and how it affects diseases such as cancer and Alzheimer's.

from Georgia Tech's school of chemical engineering in 2011 and relocated to the Swiss Federal Institute of Technology as a postdoctoral associate. It was in Switzerland that Munson began her research into

The main contribution

she'd like to make is expanding interest in fluid flow among scientists.

"I want to have more people look at how cells act and how drugs act and how tissues respond to changes in fluid flow or even just if fluid flow is there," she said.

Dipper from page 2

mountain with the seasons. In summer they spread across the higher elevations to breed, but as the winter cold closes in they retreat to lower-elevation streams with free-flowing water.

Once you see a dipper, you immediately understand why they're called "dippers." These birds never seem to sit still. Even while scurrying along a creek, they're constantly bobbing and dipping their bodies up and down like an endearing nervous twitch. One photographer observing dippers noted that the adults bob around 50 times per minute when they're excited, disturbed, courting other dippers or feeding.

The dipping, and their habit of dunking themselves into nearby streams, makes them easy to identify — if you can find them.

A dipper's diet is all things aquatic. If it's found in a mountain stream and is small enough, there's a good chance that a dipper will eat adaptations. To survive cold it. Aquatic insects and their mountain winters, dippers larvae, including mayflies, mosquitoes, and midges, are favorite dipper foods. They will also consume small fish, fish eggs, dragonflies and

Dippers employ a variety of foraging strategies. They that



will walk along the water's edge like a heron, plucking prey from the shallows. Sometimes dippers forage by standing on a rock in the middle of the stream and dunking their head into the depths (my favorite). They will also dive underwater or beneath ice, either swimming with their wings or walking along the stream bottom in search of prey.

None of this would be possible without a few nifty have low metabolic rates, thick down feathers and the ability to carry extra oxygen in their blood. They also have nostril flaps to keep water out.

Many people assume their conspicuous white eyelid is a special membrane to help them see underwater, but it's just a normal bird eyelid with white feathers. (Scientists aren't quite sure why their eyelids are a different color.)

Adult dippers have an unusual molting pattern. Unlike other birds, which lose one or two feathers at a time, adult dippers molt all of their flight feathers simultaneously. This usually occurs around August after breeding. The birds are flightless for about two weeks as they regrow new plumage.

So the next time you head out to explore winter's snowy stillness, keep your eyes peeled for the delightful dipper. You won't be disappointed.

Justine E. Hausheer is an award-winning science writer for The Nature Conservancy, covering the innovative research conducted by the Conservancy's scientists in the Asia Pacific region. She has a degree from Princeton University and a master's in Science, Health, and Environmental Reporting from New York University. Justine's favorite stories take her into pristine forests, desolate deserts or far-flung islands to report on field research as it's happening. When not writing, you can find her traipsing after birds, attempting to fish and exploring the wild places around her home in Bris-



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Promotions from page 1

divisions of the police department, including being a K-9 officer.

Lieutenant Michael Mansdoerfer is a 10-year veteran of the police department and serves as a shift Lieutenant in the patrol division. Prior to his career in law enforcement, he graduated from Virginia Tech with a Bachelor of Science degree in Psychology. He is also a current member of SWAT, Defensive Tactics Instructor, and Field Training Officer for the department. He has attended specialized leadership courses such as the FBI National Academy Associates in Police Leadership and a Supervisory Development course at New River Community

College. Sergeant Travis Coffey has been with the Radford City Police Department since 2012, but has been in law enforcement since 2010. Before starting his law enforcement career, he served six years in the military with the 29th Light Infantry Division. He has been a member of the SWAT team for the last six years. He is currently a Field Training Officer as well as a General Instructor and holds instructorships in Firearms, Urban patrol rifle, Exterior Response to Active Shooter Events, and Operations in

low light conditions. Coffey has also attended The FBINA First-line Supervisor School as well as many other career development

Sergeant Evan McManus attended Radford University where he obtained a Bachelor of Science degree in criminal justice, with a minor in psychology. He has been with the Police Department since 2016. He attended various specialized schools and training including, but not limited to, Field Training Officer School and the FBI LEEDA First Line Supervisor School.

bane, Australia.

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ONLINE ONLY AUCTION Ending Thursday January 28th 2021 @ 4 PM Rental Investment Property

in Christiansburg VA 101 North Pepper St. Christiansburg VA 24073 **Bid Online Now at VaAuctionPro.com**



You have the opportunity to purchase an income producing apartment building for sale in Christiansburg VA. The building was built in 1988 has a total of 3,456 square feet of space and 4 units. There are 4 heat pumps, 1 for each unit. The building is on town water and sewer. There is an upper and lower parking lot which hold approximately 4 cars each. Don't miss out on this awesome income producing opportunity!

> Preview Dates: Thursday January 14th at 4 PM & Saturday January 23rd at 10 AM

Terms: 10% Buyer's Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$10,000 required on day of sale. Close on or before March 15th 2021. Subject to seller confirmation. Property sold as is where is any and all faults. Buyer is expected to complete their own due diligence. Property is being sold by Online Only Auction with a SOFT CLOSE. Auction starts ending at 4pm on January 28th, 2021. Please note that during the last two minutes of bidding, if a new bid is placed, the clock is automatically extended an additional two minutes. Auction ends once bidding ends. Download Bidder Information Pack for complete terms and conditions, purchase contract and maps.

Contact –Matt Gallimore, Auctioneer at 540-239-2585 or Gallimore.Matt@gmail.com; Doug Weddle, Realtor at 540-239-0757 or DougWeddleRealtor@gmail.com



Blue Ridge Land & Auction Co., Inc

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The Horror of it all

Toward the end of Joseph Conrad's masterpiece, Heart of Darkness, as his protagonist, "Mistah Kurtz," lay dying, he cries out, "The horror! The horror!"

Stripped of all the trappings and restraints of civilization, at the moment of his death, Kurtz had the terrible opportunity few people are given and even fewer should desire of seeing themselves as they really are with the extent of their depravity laid bare. What he saw was a monster unable to exert even a shred of self-control. Even worse, he saw that his darkness was the same as that found in every human heart. In other words, the darkness and the horror that stalk and terrify the Earth come from humans, not creatures that go bump in the night. We, sports fans, are the monsters.

That serves as something of a segue into a discussion of one of the more interesting books I've ever made my way through. It's titled Horror Cinema, and it's a blowby-blow examination of the history of horror movies.

Such a book, creepy though it may be, is right up my alley. When I was growing up, the little redhaired girl down the street decorated the walls of her room with photos of handsome male movie stars torn out of the movie magazines so popular back then. I had a full-color, life-sized poster of Frankenstein's monster on the door of my room.

The book does something interesting in providing a list of what it calls The Top 50 Horror Movies. But rather than rank the movies in a totally subjective way bound to upset some folks, the editors somewhat brilliantly just listed the movies in chronological order. The first entry on the list is The Golem (1920), and the last entry on the list is The Others (2001).

The book separates horror cinema into ten distinct

1) Slashers and serial killers (Friday the 13th, Halloween, Psycho, The Silence of the Lambs)

2) Cannibals, Freaks and Hillbillies (Deliverance, The Hills Have Eyes, The Phantom of the Opera, The Texas Chain Saw Massacre (which the book claims is the greatest title ever in the history of horror movies. I agree.))

3) Revenge of Nature and Environmental Horror (Creature from the Black Lagoon, Godzilla, Gremlins, Jaws, King Kong, Them)

4) Science Fiction Horror (Alien, Aliens, The Andromeda Strain, The Fly, Invasion Thing from Another World (remade as The Thing by John Carpenter in 1982 with some of the best special 1986 remake of The Fly))

Night of the Living Dead)

6) Ghosts and Haunted The Haunting, Poltergeist)

Dr. Jekyll and Mr. Hyde)

bie, The Wicker Man) 9) Vampires and Were-

wolves (An American Were-Man) 10) The Monstrous Fem-

inine (The Blair Witch Project, Carrie, Misery, Whatev-

If I were any more im-

as a bona fide horror-movie nut (with perhaps a touch of callousness), I escaped psychologically unscathed and enjoyed reading about these movies and what went into making them. I could, however, have done without a few of the more of the Body Snatchers, The explicit photos because, generally speaking, I am not a fan of slasher flicks or gore. Blood and guts aren't scary; they're just cheap, effects ever, perhaps outdone repulsive substitutes for only by David Cronenberg's honest, hard-earned scaring the socks off us. Thus, 5) The Living Dead my favorite horror movies (Frankenstein, Bride of are long on atmosphere, Frankenstein, The Mummy, tension, and suspense and short on gore.

But I do have some clear Houses (The Sixth Sense, favorites, and if you'll indulge me a bit, I'll share ten 7) Possessions, Demons of them with you. Feel free and Tricksters (The Exorcist, to criticize my selections all you want. These are, after all, 8) Voodoo, Cults and subjective choices in a movie Satanists (Children of the genre many critics over the Corn, I Walked with a Zom- years have deemed to be unworthy of consideration as legitimate cinema.

So here is a very personal wolf in London, Dracula, list of ten horror movies The Howling, The Wolf worthy of devoting some of your precious time to:

1) Invasion of the Body Snatchers (the original 1956 version) The best ever. After er Happened to Baby Jane?). all, sleep is overrated, isn't it?

2) Creature from the pressionistic than I am, the Black Lagoon. Holds up well book would probably have as an environmental protest. given me nightmares. But Plus it has Julia Adams in a

bathing suit. No wonder the creature was obsessed. And I met the creature once. Or at least the stunt man who wore the latex suit.

3) Psycho (Tidbit: A week was spent on what the book calls "the sequence widely considered the most terrifying movie murder in cinema history." Hitchcock used 70 camera shots to fill 45 seconds of scream/screen time. And he never showed the knife entering Marion Crane's body. What is surely the scariest scene of all time had no guts and little blood and was in black and white at that. A master at the height of his career.)

4) Alien (I don't know whether it's true that in space no one can hear you scream, but it sounds so scary that it ought to be true. And, yes, some guts, including one literal stomach-turning scene that's a real shocker, but it's guts in limited amounts that are crucial to the story.)

5) Jaws. Those guys still need a bigger boat.

6) Misery. I'm just glad Kathy Bates has never been my number one fan.

7) The Silence of the Lambs. I'm still not old enough to see this thing. And Hannibal is still having a friend for dinner.

8) The Sixth Sense. Anybody around here see dead

9) The Others. Just exactly whose house is this anyhow?

10) The Blair Witch Project. Tidbit: The movie cost \$35,000 to make. In the U.S. alone, it grossed some \$140 million. Nice return,

What makes watching horror movies so much fun is that you know you're safe. Whatever is after those poor schmucks in the movie can't get out of the movie and get you. Vicarious terror. Gotta

But just a gentle hint. Try to avoid watching these alone in the dark.

The author is a man of a certain age who has indeed met the Creature from the Black Lagoon and one of the underwater divers who worked on Jaws. He can safely claim that the only time in his life he was scared out of most of what passed for his wits was the night a traveling monster show came to the local theater when he was about 11. He was fine until some guy who to this day remains indelibly imprinted in the author's mind as the exact image of Frankenstein's monster clumped off the stage into the audience and they turned the lights out. Ladies and gentlemen, the lobby beckoned. At least nobody got in his way, so no one was in-

Virginia hospitals have administered more than $175,\overline{000}$ vaccine doses since receiving first shipments

RICHMOND -- According to the Virginia Hospital & Healthcare Association (VHHA), Virginia's hospitals have administered more

than 175,000 doses of the doses in mid-December. Pfizer and Moderna COV-ID-19 vaccines in the weeks since the commonwealth received the first shipment of

VHHA is an alliance of 110 hospitals and 26 health delivery systems that develops and advocates for sound health care policy in the commonwealth. Its mission is to achieve excellence in both health care and health. Its vision is through the power of collaboration to be recognized as a driving force behind making Virginia the healthiest state in the nation.

As Virginia Governor Ralph Northam noted at a news conference last Thursday afternoon, "Virginia's hospitals and health systems have administered the majority of shots in arms so far in Virginia."

Progress on vaccine administration in Virginia is contingent on a steady, predictable supply of doses available to hospitals and other providers. A recent announcement by the federal government that additional vaccine doses will be released to states is an encouraging sign, and one that can help build on the vaccination progress achieved so far. Another positive sign is the commonwealth's move into phase 1b of the vaccination process even as work continues to vaccinate health care professionals in the phase 1a priority popu-

Individuals covered in the phase 1b and 1c priority populations include essential workers such as police officers, firefighters, educators and childcare workers, grocery store and food processing plant employees, older adults such as those in high-risk and vulnerable populations, and construction, utility, transportation, and food service workers.

The governor has also announced that Virginians 65 and older and those ages 16-64 with a co-morbidity (which represents about half of Virginia's population) are included in the phase 1b population. This designation can help further expedite vaccination

progress.
With a steady supply of vaccine doses, it is estimated that Virginia's hospitals can administer close to 100,000 doses of vaccine each week with the capacity to expand that if additional doses and funding are available.

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WalletHub ranks Richmond among lower half of best state capitals in whic

With an internal FBI bulletin suggesting there could be armed protests in all 50 state capitals in response to Joe Biden's inauguration, the personal financial website WalletHub recently surveyed all 50 capitals using 44 key indicators of affordability, economic well-being, quality of education and health, and quality of life with an emphasis on safety from their preparedness to deal with violence to their handling of the COVID-19 pandemic and other considerations like traffic fatalities. The survey determined that Rich-

mond was the 32nd best state capital

in which to live.

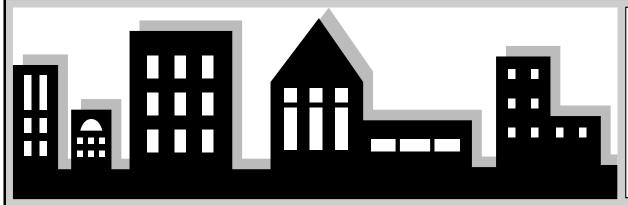
State capitals aren't just for lawmaking. Often, they're thriving cities with a lot of economic and cultural value. In fact, they can be some of the best places to live in America. But not all state capitals are created equal. Though 17 of them are the largest cities in their states, the biggest population doesn't always represent the best quality of life. Some have rampant poverty problems. For example, over 28% of the population of Harford, Conn., lives in poverty, compared to 10.5% of the entire United States.

Since state capitals are the seat of

each state's government, they can also be very hectic and politicallycharged environments and thus the survey's emphasis on safety.

Among the key metrics and Richmond's ranking among the states were affordability, 41; economic well-being, 30; quality of education and health, 23; and quality of life.

The top-ranked state capitals in the four metrics emphasized were Bismarck, N.D., affordability; Austin, Texas, economic well-being; Montpelier, Vt., quality of education and health; and Boston, Mass., quality of life.



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AND TRANSFERS

Kurt L. Zimmerman to Dave Huynh, lot 3, Cedar Run Subdivision, Blacksburg, \$285,000 Carmie Jean Lamb to Clayton B. Perdue, Lot 93, Windmill Hills,

Sec. 11, Christiansburg, \$420,000 Stateson Homes LLC

to Tam Duc Troung, Lot 49, Clifton Phase Christiansburg. \$338,540 Maribeth B. Coluni to

Charles Anthony Hypes, Lot 22, Olde Town Estates, Christiansburg Garry L. McCoy to Garry McCoy, Lot 8, Sec. 1, McCoy Estates

Julianne Lemon to Olivia A. Lemon, 0.1684 acres, Prices Fork Magisterial District., \$36,000 Brenda

Wojciechowski to Suzanne Marie Miles, 0.647 acres, Riner Magisterial District, \$203,000 Asmr. Gary T. Davis

to Sharon K. Davis, Lot 29, White Oaks Townhouses, \$146,000 Suzanne M. Miles

to James L. Miles, Lot

Christiansburg, \$263,000 Gary E. Earles to Daniel W. Hamrick, 0.87 ac.,

lot 3, Riner Magisterial District, \$335,000 Wallace L. Huff to Teal Holdings, LLC, lots

5, 6, Ringer Magisterial District, \$400,000 Lev Osinovsky to Carl Saunders, Jr., Lot 50, Block 5B1, Blacksburg,

\$250,000 Susan Lynne Exor Miller to Christopher Albert Garguilo, Lots 65, 66, 67, Beverly Christiansburg, Hills, \$165,000

Virginia Tech Foundation, Inc., to Enrique Ruiz-Geli, 2.3 acres, Mt. Tabor Magisterial District, \$488,500

R. Fralin Homes, LLC to Fralin Construction, Inc., Lot 18, The Villas on N. Main, Phase II, \$65,000

Steven W. Robinson to David P. Anderson, 5.007 acres, Mt. Tabor Magisterial District,

\$76,999 Little River Stitches LLC to Beverly Gwen Cox Henley, 1.018 acres,

Riner Magisterial District, \$6,410. Little River Stitches LLC to Beverly Gwen Henley, 19.523

acres, Riner Magisterial District, \$116,589 Brandi Gayle Exor Barnett to Whitethorne

Properties LLC, 1.006 acres, Prices Fork Magisterial District, \$110,000 Thomas P. McGold-

rick to Paul Anderson, 1.025 ac. Lot 88, Heritage Pl., Ringer Magiste-

rial District, \$65,000 R. Fralin Construction Inc., to Joshua Sayre

Durkee, Lot 18, Villas on N. Main, Phase II, \$445,000 Kathleen F.S. Hawes to Kathleen F.S. Hawes

Tr., Lot 33, Phase 1, Blacksburg John Allen to Rebekah Christina Cox, Condo

623, Bldg 6 Cascades Condo, \$145,000 Homes Stateson

LLC to Christopher J. Faith, Lot 90, Clifton Phase I, Christiansburg,

\$297,640 Owen Anderson LLC to Kingdom Land LLC,

1.075 ac., Mt. Tabor District, Magisterial \$278,500 Martha M. Thomas

Tr. to Brett R. Jesmer, Lot 3, Pinewood Estates, \$285,000

John C. Shifflett to Christopher J. Faith, Lot 37, Oak Tree Townhomes, Phase VI, Christiansburg, \$178,000

Tyris Rentals LLC to Jodeci Elice Houston, \$319,000

Shirley Funk Diggs to William J. Ferguson, two

parcels, \$218,000 Joseph Ray Conrad to George Estel Thomas, Lots 5, 7, Roseland Hts, Sec. I, Christiansburg, \$171,000

John Nichols to Juan 1 ac. Lot 3, Shawsville Magisterial District

John F. Hale to John \$160,000 D. Weatherspoon, three parcels, \$340,000

River Valley, 0.7182 ac., District Lot 5, \$290,000

Ruby Tr., 4.683 acres Richard G. Saacke Tr., Magisterial District Lot 5, Block 1, Sec. 1, Westover Hills, Blacks-

burg Magisterial District David Shrader, Jr., to Carohomes, Christiansburg, \$132,500

Anthony D. Dodson acre lot 35, \$450,000

501, Blacksburg Country Club Estates, Mt. Ta- to Darrell D. Linkous, bor Magisterial District

Clark, Town of Blacks- District, \$8,250 burg, \$222,000 Donald S. Hayes to to

nor Subdivision, Blacks-Wallace J. Nelson, Jr., Oak Tree Townhomes, \$250,000

Blacksburg, \$172,000 parcels, \$1,155,000 to Walter A. Fowler, Lot Highland Park, Chris- \$100,000

12, Mt. Top Estates, tiansburg, \$136,000 Phase 1, Christiansburg, \$287,600

Shenandoah, Phase 1, \$331,525 LLC to Novarp LLC,

wood Condo, Phase II, Blacksburg, \$228,000 Miles R. Dodge to William Lawrence Keeth,

3.5 acres, \$172,500

Donald R. Sunshine Sunshine Tr., 1.24 ac., Mt. Tabor Magisterial District

Poff Construction Inc., to Linda Robin well lot, Riner Magisterial District, \$750

Stateson Homes LLC Lot 48. Phase II. Christiansburg, \$377,770

Monica Dae Perdue Wylie to Monica Dae Perdue Wylie, .091 acres, .448 acres, Prices Fork Magisterial District

Albert E. Carrier to acres, Riner Magisterial District

Christine M. Fulmer trict Tr. to Anna M. Roach, Gate, Chrsitiansburg, \$305,000

Diane Lytton Mabry District, \$335,000 to Sandra T. Daniels Tr., two tracts, \$36,250

Lot 51, Clifton Phase burg Christiansburg, \$361,545

Doyle Walters, Lot 35A, Blacksburg

Lorene G. Eanes to John Darryl Eanes, 4202 Shamrock Cir., Hwy 114, Radford, \$71,200 Shiv Dutt Kale to Em-

ily Kathleen Alberts, Lot Chad Lee Raines to Emily A. Engdahl, tiansburg \$239,900

41.681 acres, \$232,000 Thomas J. Horne Tr. Lane Haydens

cels, Blacksburg Jerald F. Robinson to Phase 1, The Orchard,

District, \$325,000 HME Properties LLC \$1,200,000 to Tony W. Linkous, Multiple parcels, Chris- PDOCCINIODD ANCIMEDO tiansburg, \$444,000

Kenneth R. Kingrea to Ray Anthony Kingrea, 5.441 ac., Riner Magisterial District

Barbour Jean Duvall to Sean C. Duvall, unit 16-4, phase VII, Villas at Peppers Ferry, Christiansburg

Thomas J. Horne Tr. to Sally Helms, 0.379 DISCHER

acres, Blacksburg

Eladio Jamie Melgar, Laurie Ann Sallee, 0.491 23, Radford Hts Subd. acres, parcel A, Prices Fork Magisterial District, Vincent Loparo III, Lot

Derry Hutt Tr., Lot 18, JBP Properties LLC to Montgomery Farms, Sec. Kristy Hubbard Karas, Free Clinic of the New 1, Prices Fork Magisterial Lot 23, Kensington Ph.

Kenneth M. Carlton to 10, Phase II, Rutherford Blacksburg Richard G. Saacke to Townhomes, Mt. Tabor Robert Kaleb Stettler wicz, Lot 29, Ph 1, Shad-

Kleine to Ian F. Kim- owlake Village Subv, brough, 0.417 acres, Blacksburg, \$351,000 Marshall Blacksburg, \$285,000 Riley Collins to Vir- hoker to

8, Old School Town- Inc., 8.6 acres, Mt. Ta- Blacksburg bor Magisterial District, Club Estates, Sec 1, Mt. \$18,000. Frank R. Garvin to trict

to Randy Biddle, 11.058 Darrell D. Linkous, Elton Lane Moore \$160,000

Asimle LLC to Stacey Shawsville Magisterial Christine burg, \$336,345 Debra

Wallace J. Nelson, Jr., Smith, Lot 1, Shawsville .0811 acres, Hayes Mi- Magisterial District

to Heritage Hall, three Phase X, Chritiansburg, Kennedy Living Trust Dylan Lee Hanks, Lot 13, Magisterial

Stateson

Bojo LLC to Clat23 to Azra Urhio, 37.035

Sec. 1, Ramble Ridge rial District, \$216,000 Condo unit 2303 Knoll- Subdivision, \$229,900 Kevin Gilbarte

of 1, Commonwealth Virginia to Town of \$230,000 Christiansburg, Rt. 114,

ac., Lot B, Blacksburg, District, \$120,000 \$546,000

ac., Prices Fork Magiste- \$197,500 rial District, \$250,000

Townhomes, Phase X, \$232,000 \$224,000

Lot 34, Walnut Creek ac and .009 ac., Chris-Phase I, \$279,900

Kenneth M. Carlton Anton, 1.7958 to Kenneth M. Carlton to Jordan Chase Clende-

Tr., Lot 10, Phase II, Mt. non, \$206,000 Tabor Magisterial Dis-

Walnut Creek Phase 1, burg, \$218,250 Magisterial Shawsville

Stateson Homes LLC, two parcels, Christians- trict, \$15,250

William Sec. 2, Riner Magisterial \$27,000

District, \$475,000 Teresa Josephine Sylvina to RWW48 LLC, Lot 25, Gulberg Estates, Riner Magisterial District,

\$475,000 Golden Triangle De-1, Shelor Ac. Blacksburg velopment LLC to Joan E. Sexton, Lot 34, Chris-

Bonnie Williams to LLC, to Sally Helms, 10 par- 1.002 ac, Mt Tabor Magisterial District, \$67,500 Ronald J. Kovalcin to

Thad W. Lowe, Lot 1, Ronald J. Kovalcin Tr., Hash Investments LLC Mt. Tabor Magisterial to KBJ Enterprises LLC, 3.32 ac., Christiansburg,

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Sharon Lisa Lucas to Sallee Family LLC to Sharon Lisa Lucas, Lot

Vincent Loparo III to 15 Sec 1, Carriage Hill Derreth E. Hutt to Townhouses, Blacksburg Patricia Ann Covey to

I, \$241,000 Scott A. Metz to Scot

Mark Ruby to Mark Kennth M. Carlton, Lot A. Metz, Lot 20, Sec 1, Nur Aida Abdul Rahim to Pawel Nazare-

William J. Linken-William J. line D. Capocelli, Lot ginia Tech Foundation, Linkenhoker, Lot 111, Tabor Magisterial Dis-

Katherine Rose Da-Lot 22, Phase II, Kirk vis to Tommy F. Clapp, Ian W. McKeague to Heights, Shawsville Mag- Lot 65 Belmont Estates, Kezia F. McKeague, Lot isterial District, \$9,500 Sec II, Christiansburg,

> Lot 19 and ½ lot 20, Town of Blacksburg, \$1 Stateson Homes LLC to Sahil Ahora, Lot 103, Debra Christine Smith Clifton Ph 1, Christians-

Fredric LaChance to

RFSG LLC to Suzanne R. Mellen, Lot Brandon P. Semel 45, Cambria Crossing to John Allen, Lot 2, Ph 1, Christiansburg,

James K. Cowan Jr. to Jeffrey Edwin Smith, Elizabeth A. Harold to 0.6412 ac., Mt. Tabor Robert K. Miller to

Homes Tyris Homes, Inc., Lot LLC to Venkata Aku- 47, Hillcrest at Union Michael T. Reilly to la, Lot 105, Clifton Valley, Riner Magisterial Emily V. Tucker, Lot 52 Phase 1, Christiansburg, District, \$55,000 New River Land Trust

Knollwood Associates LLC, Lot 18, Phase III, ac., Mt. Tabor Magiste-Jo U Orji to Joseph Cambria House LP to R. Golias, Lot 20, Falling Branch Subd. Ph

Christiansburg,

Caldwell Construc-Peppers Ferry Road Hwy tion to Betzabel Velediaz to Donald Raymond Project, Christiansburg Enriquez, 1.025 ac., Lot Jeanne H. Stosser to 79, Heritage Place, Ph Alfred B. Baldwin, 1.013 IV-A, Riner Magisterial

John V. Travis to Sahar Fre G. Aloof Jr., Tr. to Saleem, Lot 13, Charles-Rogers, W part of lot 78 RSMWTD LLC, 0.821 ton Pl, Christiansburg

Benjamin W. Lehmer Luis Omar Carmona to Russ Marlon Tyree, to Francis S. Porterfield, to Angela D. Semo- Lot 12, Ph 1 Forelmont nes, Lot 29, Oak Tree Estates, Christiansburg,

Chad Lyn Vaught to Tyris Rentals LLC to Blacksburg Land Lease Andrea Michelle Altis, LLC, two parcels, 17.32 tiansburg, \$1,300,000

Darrell J. Musselman

Knollwood Associates LLC to Liang Tan, con-Jeffrey P. Moss to do unit 3302 Knollwood Lot 16, Phase II, Lions Kelly A. Peeler, Lot 18, Condos, Ph III, Blacks-

> William Mullens to Diana Bonofiglio, 0.875 Timothy D. Simpkins ac. Alleghany Mtn, Mt. to Rhonda F. Simpkins, Tabor Magisterial Dis-

Commonwealth In-Dorothy P. Williams vestment Services to Eric Thomas P. Frith, 0.366 ac., Gris-Amy Woods to Derick Sutherland Jr., Lot 23, som Lane, Blacksburg,

Nassef A. Gawargy to

Michael Chad Bolding, four parcels, \$77,500 Knollwood Associates

LLC to Liang Tan, condo unit 5102 Knollwood Condos, Ph 1, Blacksburg, \$203,700 JLS 23 LLC to Li-

ang Tan, condo unit 4303 Knollwood Condos, Ph III, Blacksburg, \$175,000 Stephanie Fagg Parker

to Stephanie Fagg Park-

er, Lot 10, Block 1, Ph III, Blake Forest Subd, Shawsville Magisterial District Michele C. Wrenn to Michele C. Wrenn, Lot 26, Sec 2, Riner Magis-

terial District Knollwood Associates LLC to Liang Tan, condo unit 1302, Knollwood Condos, Ph II,

JLS 23 LLC to Liang Tan, condo unit 4206 Knollwood Condos, Ph III, Blacksburg, \$175,000 Morgan L. Wetzel to

Blacksburg, \$218,250

Christopher Spotswood, Lot 17, Kensington Ph 1, Christiansburg, \$249,900 Stateson Homes LLC to Clara J. Reed Pence, Lot 104, Clifton,

Ph 1, Christiansburg,

\$271,900 W.C. Flinchum & Sons Inc. to Diane R. Flinchum, Panorama Dr., Blacksburg, 14.9895 ac., Mt. Tabor Magisterial District

Sons Inc. to Brenda Lee Martin, Panorama Dr., Blacksburg, 14.989 ac., Mt. Tabor Magisterial District Aldred В. Bald-

W.C. Flinchum &

win to Donald F. August, Gracelyn Court, \$295,000 Stateson Homes LLC to Nalin A. Patel, Lot 39,

Clifton, Ph II, \$473,735 BC Housing LLC to Samuel Brent Helmandollar, Lot 70, The Villas at Fiddlers Green

Clara J. Reed Pence, Lot 104, Clifton, Ph 1 Golden Triangle De-

Clara J. Reed Pence to

velopment LLC to Tammy A. Brown, Lot 50, Reagan's Pointe along Giles Drive, \$279,900 Cory A. Edmonds to

liulio Menciotti, Lot 140, Ph VI, New River Village, 0.157 ac., \$260,000 Kelly Ann Peeler to

Adam K. Shoemaker, Lot 38, Oak Tree Townhomes, Ph IV, Christiansburg, \$215,000

Donald M. Chapman to Paul Francis Kaiser, Lot 32, Oak Tree Townhomes, Ph X, Christiansburg, \$279,000 Constance Cedras to

Armando Jay Singer, 20.824 ac., Prices Fork Magisterial District, \$1,150,000 Karen D. Mayer to Karen D. Mayer, Lot 4,

Bonnie Gilbert to Seth Sigmon, Lot 6, Blacksburg, \$200,000

Lions Gate, Christians-

Paul E. Fritz to John R. Trcka, Lot 54, Blk 5B1, Pheasant Run Blacks-Townhomes, burg, \$270,000 Sandra T. Daniels Tr.

To Pamela D. Tabor, 1.03 ac., Blacksburg, \$285,000 Danielle Leigh Mc-Niel to William T. Watkins, Lots 13, 14, Lynwood Terrace, Chris-

Kevin K. Gilbarte to Loic M. Lachenal-Chevallet, Lot 24, Dundas Hts, Blacksburg, \$287,500 Kevin Council Coppedge to Double V

tiansburg, \$105,000

Crossing Ph II, Christiansburg, \$323,000 Frank E. Hubbard Ir. Tr. To Montgomery County Emergency, two parcels, 0.343 ac., 0.142 Christiansburg, ac., \$300,000

LLC, Lot 76 Cambria

John C. Brown to Timothy A. Brown, 1.00 ac., Prices Fork Magisterial District, \$128,000 Michael E. Exor Donohue to Wenquan Wu, Lot 6, Karr Hts

burg, \$300,000 John O. Sutton to Mary H. Plott, 0.618 ac., lot 3, Riner Magisterial District, \$149,900 Jerry G. Sloss to James W. McAlister Jr., Lot 2 Falling Branch Sec. VIII,

Subd Sec III, Blacks-

Jason Stuart Owens to Jason Stuart Owens, 27.5692 ac., Shawsville Magisterial District, \$45,640 Allen R. Ramsey to Janet L. Convery, Lot 12

Ph 1, \$225,000

Craig Mtn. Christiansburg, \$311,500 Kenneth Dawson to Reese H. Tuckwiller, Lot 30, Falling Branch Subd, Ph 1, Shawsville Magis-

terial District, \$215,000 Michelle E. Carter to Kelsey L. Sapp, Lot 5, Edgewood Subd, Christiansburg, \$185,500

Roxia A. Owens to RWW48 LLC, NE of depot, Christiansburg, \$9,200 Nathan M. Holmes to Jonathan Holmes, 290

Holmes St., Christiansburg, \$39,000 Raymond D. Mansfield to Cara Gangloff, 4.976 ac., 7.736 ac., 2.23 ac., Shawsville Magisterial District,

\$39,000 Peter J. Recupero to Virginia Capital Investments LLC, Lot 17 Oak Tree Townhomes Ph IX, Ringer Magisterial District

Peter J. Recupero to Virginia Capital Investments LLC, Lot 85 Cambria Crossing Ph II, Christiansburg Peter J. Recupero to Virginia Capital In-

vestments LLC, Lot 84 Cambria Crossing Ph II, Christiansburg F&B Land LP to Fra-

lin Construction Inc., Lot 11, Ph IV Kensing-Land Transfers, page 6



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AND TRANSFERS continued from page 5

ton Subd., Christiansburg, \$58,000

Beth M. Fiske to Kingdom Investments Virginia LLC, Lot 69, Sec 3, Ph 3 Blacksburg, \$260,000

R. Fralin Construction Inc., to Colton L. Keene, Lot 11 Ph VI, Kensington Subd, Christiansburg, \$346,290 Bradley Gene De Wet

to SBD Properties LLC, 1903 Sussex Rd., Lot 17 Carriage Hill Townhouses Sec II, Blacks-Jennifer Ann Exor

Lucas to Deborah G. Alderman, 285 Haymaker St., Christiansburg, two parcels.304 ac. Randolph Dewey Va-

den to Rodney Eric Vaden, 76.499 ac., Mt. Tabor Magisterial District Randolph Dewey Va-

den to Russell Derék Vaden, 1.950 ac., Mt. Tabor Magisterial District Randolph Dewey Vaden to Russell Derek Vaden, 79.453 ac., Mt Ta-

bor Magisterial District Randolph Dewey Vaden to Ryan Daniel Vaden, 67.015 ac, Mt. Tabor Magisterial District

Randolph Dewery Vaden to Raymond Jacob Vaden, 9.137 ac., Mt. Tabor Magisterial Dis-Snyder-Hunt Com-

pany LLP to Stateson Homes LLC, Lot 12, Christiansburg, \$69,357 RDT Construction Inc. to Michael N. Creamer, 0.424 ac., lot

10, Mt. Tabor Magiste-

rial District, \$123,000 Ethan L. Thompson to CIP Properties LLC, two parcels, 20,000 sq. ft., 0.250 ac., Christiansburg, \$175,000

Dwane L. Williams to Florence G. Bishop, Lot 10, Sherwood Forest Sec. E, Christiansburg, \$259,900

Ronald Bruintjes to Neel R. Parikh, 0.249 ac. Lot 1B, Christiansburg, \$260,000

Daniel H. Dempsey to Jason L. Fisher, 2.426 ac., \$104,000

Sally Helms to Mustafa Akbar, 3.9 ac, Forest Hill Subd, Sec C, \$32,000

Citigroup Mortgage Loan Trust to Benjamin J. Wilder, 31,292.4 sq. ft., Lot 7, Phillips Subd, Riner Magisterial District, \$116,700

R. Fralin Homes LLC to Fralin Construction Inc., Lot 14 Villas on N. Main, Ph II, \$65,000 Hill Companies LLC

to Heritage Hall-Nassawadox LLC, condo units 100, 202, 204, 206, 304, 100-C, 200-C, Jackson St. Condo-Blacksburg, minium, \$2,373,000

Hill Companies LLC to Heritage Hall-Nassawadox LLC, condo units 101, 102, 201, 202, The Lofts at the Bank Condos, Blacksburg, \$3,129,975

Kenneth W. Schor to Bryan Cheng, 0.436 ac. Lot 58 Mt. Tabor Magisterial District, \$583,000 R. Fralin Construc-

tion Inc., to Boleredene Namjil, Lot 14, The Villas on N. Main, Ph II, \$332,956 Constance S. Joyce to

Frank David Sale, Jr., 58 ac and 1.598 ac., lot 3, \$350,000 Woody Roger

Thomas Clarke Westmoreland David Edward Foresman Tr. To ADZ Prop I

LLC, condo unit P, bldg 503, Sundance Ridge, Blacksburg, \$121,000 Robert W. Grove to Joseph John Connor,

3.190 ac., lot 615, Preston Forest Ph VI, Mt. Tabor Magisterial District, \$547,500 James K. Bayne to CMH Homes Inc., two

parcels, 1.713 ac. Lot A, 3.372 ac. Lot B, Riner Magisterial District, Rebecca Galyean Exor

Yopp to Alexander Adams, Lot 49, Belmont Farms, Unit 2, Christiansburg, \$170,000 Patricia Keister Elliott

to Michael Henry Barnett, 2.0132 ac., tract D, Mt. Tabor Magisterial District, \$6,000 Bryan Cheng to Jin

Hyun Lim, Lot 36, The

Orchards, Ph III-B, Mt. Tabor Magisterial District, \$310,000

John M. Evans to

He Hu, Lot 6, The Glen Subd, Blacksburg, \$349,000

Trevor H. Soles to Tiler Smith, Lot 19, Springview Subd, Ph IV, Riner Magisterial District, \$130,000

Marla Scarola to Marla Scarola, Lot 9, Knob Hill Sec V Dean A. Bower to

John M. Evans, Lot 15, Walnut Creek Ph 1, Shawsville Magisterial District, \$400,000 Mark G. Becker to McCalla Family LLC,

19.644 ac. Prices Fork

District, Magisterial \$152,500 Theressa R. Thayer to Barrett D. Henzel, 4.6 ac., Prices Fork Magisterial District, \$290,000

Michael R. Fleming to Brian L. Jun, Lot 27 Staffords Farm Subd, Christiansburg \$318,500 Harold D. Hogan to

Patricia Ann Shaffer, Lot 5, Block B, Clovd Magisterial District, \$20,000 Amy Orsini Freck to Amy Orsini Freck, Lot

27, Dunton Dr., Blacks-Midland IRA Inc., to Jared A. Keyel, Lot 8 Hunters Ridge, Ph

III,

\$168,000 William R. Ryan to Michael Bradley Sutphin, two parcels, 42 ac., Alleghany Magisterial District

Christiansburg,

Collegiate Associates LLC to Price Collegiate LLC, Blacksburg Harding Associates

LLC to Price Harding LLC, multiple parcels

Thomas L. Jeter to Thomas L. Jeter, 0.1164 ac., lot 142, Ph VI, New River Village, Christiansburg Jordan K. Reed to

Teresa Tabor, 1 ac., Riner Magisterial District, \$120,000 Kimberly O. Hall to Jackie G. McCann, two

parcels, \$110,000 Darlene Barnett Kathy LLC to Kathy B. Mills Tr., Lot 60, Map #1, JRK Cowan Farm, Prices Fork Magisterial District

Darlene Barnett Kathy LLC to Kathy B.

Mills Tr., Lot 59, Map #1, JRK Cowan Farm, Prices Fork Magisterial District

Peter Greider to Peer C. Greider Tr., Tract 4, Indian Run, Mt. Tabor Magisterial District Julia Thompson to

Hylton Properties LLC,

2881 Seneca Hollow Rd.

Elliston, 1 ac., Mt. Tabor Magisterial District, \$2,100 Nettie Lee Thornton to Arthur G. Hamrick Jr., 903 Rock Rd.,

Christiansburg, 10 ac., Riner Magisterial District, \$5,000 Dorothy Helen Pelkey to Meldo G. Richards, Hiawassee, 1.143 ac., Riner Magisterial Dis-

Alene Saundrs Hawthorne to Jennifer Pitzer, 5 ac., Elliston, \$2,400 Seth Hobson Hale to Sarah Lindsey Hale, 1.111 ac. Lot 3, Mt. Tabor Magisterial District

trict, \$5,000

Secretary of Housing and Urban Development to David E. Shelor, Jr., Lots 9,10, 11, Riner Magisterial District, \$92,000

David E. Shelor, Jr., to David E. Shelor, Jr., Lots 9, 10, 11 Riner Magisterial District David A. McDaniel to

2.3614 ac. Lot 3, Walnut Hill Subd., \$120,001 Jessie C. Nester to Jessie C. Nester, 06.26 ac.,

Charles David Phlegar,

Shawsville Magisterial District Timothy W. Blevins to Tyler D. Street, two parcels, 0.41 ac., 0.173

ac., Riner Magisterial District, \$168,000 Zachariah Milton to Aly M. Sultan, three parcels, Shawsville Magiste-

rial District, \$162,000 Hoge Farm Properties LLC to Ott & B LLC, 2.766 ac., Lot B. Prices

trict, \$425,000 William D. Thomas to Stephen C. Roberson, Lot 19, Christiansburg, \$269,900

Fork Magisterial Dis-

Patrick W. Lloyd to Richard Otto Claus, 39.047 ac., Prices Fork Magisterial District, \$935,000

NRV Group LLC to

Chad Lynn Vaught, Lots 13, 14, 15, Blk 1, Christiansburg, \$80,000

Paul Martin Biederman to Paul Matthew Biederman, 0.070 ac., Lot 13, The Orchards, Ph 1, Woods Edge, Mt. Tabor Magisterial Dis-

Stateson Homes LLC to Elaine M. Head, Lot 22, Clifton Ph II, Christiansburg, \$530,630 Wesley T. Young to F.

Frad Denardo Tr. David R. Stephens to

Katlin R. Shelor, 1.3953

ac., Lot 9, Riner Magis-

terial District, \$300,000 US Bank National Association Tr. To Joe Brunk, 0.46 ac., Riner Magisterial District, \$59,900

Hill Rentals LLC to Ridgeback Real Estate LLC, Condo unit 105 Clay Ct., Blacksburg, \$558,600 Jonathan Kidwell to Rosent LLC, Lot 2A,

Kamran Dr., Christiansburg, \$132,000 Douglas Lawrence McEldowney to Graham Reynolds, Lot 6,

Myers Ac., Blacksburg, \$310,881 Duncan Terry Kimberly Denise Bane, 1545 Fire Tower Rd., Christiansburg, Auburn Magisterial District,

Jason P. Lancaster to Corkwood Properties LLC, Lot 22 Oak Tree Townhomes, Ph XIII, Christiansburg Paul Fritz to Everone

\$11,175

LLC, condo unit 1203K Ph IV University Terrace, \$200,500 Carl Wayne Yates to

Mark Holsinger, 0.689 ac., Riner Magisterial District, \$193,000 Christopher Clay Duncan to Brendan Fra-

sier Dent, 0.2586 ac., Shawsville Magisterial District, \$114,600 Nancy Anne Scagel to

Reginald Roakes, 0.331 Christiansburg, \$182,500 R. Fralin Homes LLC to Fralin Construction

Inc., Lot 13, The Vil-

las on N. Main, Ph II,

\$65,000 PL Griffith to Brenda H Flora, 0.281 ac., Christiansburg, \$90,000 Robert H. Guill to HGB Investments LLC, 18.001 ac. Lot 3, Little River, Riner Magisterial District, \$277,000

R. Fralin Construction Inc. to Maziar Ouliaeinia, Lot 13, The Villas on N. Main, Ph II, \$359,352 Connie Noonkester

M. Epperley, 1.087 ac., Prices Fork Magisterial District, \$305,900 Martin Irvine, Jr. to Joyce Parish, condo unit 206 Piedmont at Blacksburg II, Ph 3, Blacks-

Linkous to Brandon

burg, \$160,000 Rodney Allen Exor King to Nicolas M. Caruso, two parcels, Riner Magisterial District, \$182,000

James E. Walker to

Stephen Russell Lackey, Lot 16, Highland Park #4, \$168,000 Guardian Properties LLC to Karibu Proper-

ties LLC, \$427,607 Paul E. Fritz to Christopher Baker, Condo unit 1211-D, Ph IX University Terrace,

\$210,000 William I. Snyder to Christie E. Veatch, Condo unit 305 clay Ct., \$450,000 Julie Mae com Sisson to Melissa

Faye Sisson Shepherd, 3642 Sisson Hall Dr., Shawsville, Lot 13, 0.96 ac., Shawsville Magisterial District Paul E. Fritz to Roberto Gobbi, condo unit 1207-D, Ph XI, Univer-

sity Terrace, \$209,750 McCalla Family LLC to Brian H. Baddley, 0.428 ac., Blacksburg \$362,500

Deeds Transfer upon

Richard G. Saacke to Richard G. Saacke Tr., Lot 5 Block 1, Sec 1, Westover Hills, Blacksburg Magisterial District Ian W. McKeague to Kezia F. McKeague, Lot 501, Blacksburg Country Club Estates, Mt. Ta-

bor Magisterial District Barbour Jean Duvall to Sean C. Duvall, Unit 16-4, Ph VIII, Villas at Peppers Ferry, Christiansburg

Virginia Tech employees donate more than \$404,000 to charity

In the middle of a pandemic, Virginia Tech employees rallied together to exceed the university's 2020 Commonwealth of Virginia Campaign (CVC) goal of \$370,000 by more than \$34,000.

The campaign to raise money for charities across the commonwealth ended Dec. 11, 2020.

In a mostly virtual environment, senior management areas changed up the way they typically raised money. Fundraisers historically held in person and in the office were creatively switched from bake sales, potlucks, and contests to credit card fund giving, online bingo, and various virtual contests. Made up of Virginia Tech employees from the

university's senior manage-

ment areas, the steering

team sets an annual cam-

mat or towel to get started.

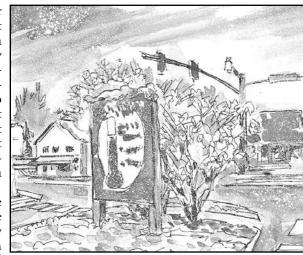
paign goal. From that goal, senior management goals are then set based on their size and recent history of

Many areas not only met, but exceeded their goal in 2020, including College of Agriculture and Life Sciences, College of Engineering, College of Natural Resources and Environment, College of Science, Dean of Libraries, Vice President for Advancement, Vice President for Business Affairs, Vice President for Finance and Chief Financial Officer, Vice President of Human Resources, Vice President of Information Technology and Chief Information Officer, Vice President for Research and Innovation, and Virginia Tech Carilion School of Medicine.

Virginia Tech employees' generous contributions to the CVC reflect our collective commitment to our motto, Ut Prosim (That I May Serve)," said Laura Sands, this year's honorary campaign chair. "Their donations will provide essential resources to those who have experienced significant challenges during this past year. Their positive impact on others is yet another reason I am so proud to be a Hokie."

Edward Lener said he was deeply humbled to see the generosity of his fellow Virginia Tech employees in 2020, who really stepped up to help meet the needs in the community and beyond during a difficult time.

"We had to restructure and redesign many of our traditional CVC events for this campaign, and it was great to see the creativity shown by our volunteers," Lener said. "I especially enjoyed hosting a weekly



Virginia Tech doodle of Alumni Mall and CVC sign.

approximately

charity spotlight series fea-1,000 participating charities, ranging from health turing representatives from many of our local charitable and human services to organizations and enabling animal welfare; from envithem to share with viewers ronmental conservation to the important work they medical research and everything in between. CVC donations have As the sponsoring de-

partment for CVC, Vice

STEVEN WHITE President for Human Resources Bryan Garey said, "It is truly remarkable seeing employees come togeth-

er to support our local com-

munities during a trying

time. Once again Virginia

Tech rose to the challenge

to help those in need."

Exercising

Get creative for cardio. Unless

you feel like investing in a sta-

from page 1

and down at the fastest speed

tionary bike or treadmill, there are low-cost options for cardio activities outside the gym. Dress appropriately and head outdoors for a walk around the neighborhood, a bike trip on a local trail, or hit your favorite hiking spot.

Indoors, jumping rope (real or imaginary), jumping jacks and other cardio moves you may remember from P.E. are good options. There are ways to modify for lower impact or lower intensity as needed, such as step taps in place of jumping jacks. If you have a staircase in your home, take a few trips up

Don't forget a mask.

you can safely manage or quickly step up and down the bottom Check out online resources

for follow-along workouts. There are lots of good workout videos online you can use. Many personal trainers have also shifted to streaming workouts using Zoom or Instagram Live. You can find plenty of options for low or no equipment workouts. Find a reputable source – a certified and respected personal trainer - and try one out.

DIY equipment for new challenges. If you're ready to add weight to some of your strength

moves, head for the recycling

bin. Plastic bottles or jugs (espe-

cially with handles) make good home weights. One gallon of water in an old milk jug weighs eight pounds and can be used for bicep curls, bent over rows or goblet squats. Smaller drink bottles or cans of beans are a nice option for lighter weights. While not a DIY option, resistance bands are much more affordable and available than dumbbells or other traditional weights and take up almost no room at home. Just like our diets need bal-

gone

to

ance, physical activity routines should include time spent on all the components of fitness: cardio or aerobic activity, strength training, flexibility and balance. This balance helps maximize health benefits and reduce the risk of injury. If you have a strong cardio habit, start incorporating strength training and flexibility or vice versa.

Fit in fitness throughout the day. It can be hard to find a full 30 minutes every day to devote to physical activity, which is why this is one of the biggest barriers to moving more. It works just as well to break it up into smaller "bite-sized" chunks throughout the day until you hit the 30-minute (or more) mark. It might even be better to approach physical activity this way. When working out at the gym, you probably only want to go once during the day. But if your

home is the gym, you can go as

many times as you like. Perhaps start the day with 10 minutes of stretching, take a 20-minute walk after lunch and do a 15-minute circuit of strength moves to decompress after work

is complete for the day. You have

three different types of activity

in and are well on your way to meeting the physical activity guidelines for the week. Austin Brooks is a project associate for the Virginia Cooperative Extension Family Nutrition Program focusing on promoting access and opportunities for physical activity across the state for SNAPeligible families. Brooks is a regis-

tered dietitian nutritionist and a certified personal trainer.

Each Saturday the paper features pets from the Montgomery County Animal Care and Adoption Center (480 Cinnabar Road, Christiansburg). Those interested in adopting a pet can call 382-5795 or visit www.montgomerycountyva.gov/acac. At this time, visits to the Montgomery County Animal Care and Adoption Center are limited to one party at a time in the lobby area. Animal areas are not open to the public. To schedule an appointment to meet a prospective pet call (540) 382-5795 or email animalcenter@montgomerycountyva.gov.



and play. She is litter-box trained.



Tortilla the energetic tortie, a short-time resident of the Animal Care and Adoption Meet lovable Bernie. He's a mini-lion lop rabbit who is very easygoing and mellow. Center, is ready to head home. Tortilla would love a place where she can be active At the Animal Care and Adoption Center, Bernie enjoys freely roaming around a smaller room and never causes any trouble. He is also litter-box trained.

BITUARIES

Farley, Josephine Smith

Josephine Smith Farley, 83, of Blacksburg, transitioned to be with her heavenly father on Thursday, Jan. 14, 2021.

She was born in Montgomery County on Sept. 28, 1937, to the late Harvey Ray and Mallie Huffman Smith.

She was preceded in death by her husband, Frank James Farley, and several sisters and brothers. She is survived by her daughter and

son-in-law, Rhonda and Glenn Carroll; a son, Frank James Farley, Jr.; granddaughters Heather Huff, Deanna Farley and Sydney Farley; a great-granddaughter, Aubrey Huff; and her sisters Mary Dowdy and Dorothy Reynolds.



Rehab Center.

Funeral Home, Blacksburg.

Sewell, Judy Carol Pinson

Judy Carol Pinson Sewell, 77, of sephine found comfort with Blacksburg, died on Saturday, Jan. 16, 2021, at LewisGale Medical Center, Sa-The family wishes to lem, following surgery.

She was preceded in death by her parents, Doyle and Mildred Pinson of Rehab for their dedicated Olton, Texas.

She is survived by her husband of 53 she was there. In lieu of years, Edward (Edd) Holt Sewell, Jr.; flowers, please make con- Neffi, her cat; sons John Edward Sewell tributions to the fam- and his wife, Karen Linkous Sewell, of ily, as they would like to Montgomery County, Zachariah (Zac) purchase baby dolls and David Cole and fiancé Maddie Reda teddy bears for the other of Raleigh, and Phoenix Damien Cole residents at Highland Ridge Health and of Dublin; granddaughters Chelsea La'Raye Sewell and Courtney Roxanne A graveside service was conducted Mon- Sewell Croy and her husband, Paul Loday, Jan. 18, 2021, at 11 a.m. in the Smith gan Croy, all of Montgomery County; Family Cemetery. Arrangements by McCoy a great-granddaughter, Marlee Ryder Sewell; a daughter, Virginia (Ginny) Carol Sewell Cole of Blacksburg; her brother, Jackie Pinson and his wife, Sue, of Brownfield, Texas; brothers-inlaw James Sewell and his wife, Carol, of Knoxville, Tenn.; and Thomas Sewell

and his wife, Susie, of Columbia, Mo.; and many other nephews, nieces, family and friends.

Judy taught at Harding Avenue Elementary School for 35 years. In retirement, she volunteered with palliative care at NRV Medical Center, played mahjong with gusto, quilted with love and was active in Glade Church (United Church of Christ, formerly Baptist) for 50 years. She received her undergraduate degree from Hardin-Simmons University, Abilene, Texas, and her gradu-

ate degree from Virginia Tech. Due to COVID-19, a service of remembrance will be scheduled in the

In lieu of flowers, memorial gifts may be made to Glade Church at P.O. Box 11565, Blacksburg, VA 24062 or online at www.gladechurch.breezechms. com/give/online, or to a local humanitarian organization of your choice.

Arrangements by McCoy Funeral Home, Blacksburg.

Price, Peggy O'Neal McCoy

Peggy O'Neal McCoy Price, 92, passed away Jan.

She was born in McCoy in 1928 to Marvin Issac (Billy) and Margie Croy McCoy.

Throughout her childhood and teen years, Peggy lived in McCoy, the Salem-Roanoke area and eventually in Prices Fork where she met and married her husband, Ellie, and raised

their two daughters at the Price home-

She was preceded in death by her parents; her husband of 54 years, Frank Ellison Price; a daughter, Jeanne Price Keister; sisters Judy Lindsey and Norma Rutledge; and a brother, Delwin (Sonny) McCoy.

She was a loving and dedicated wife, mother and grandmother who loved spending time with family, flower gardening, sewing, reading, porch sitting, taking Sunshine Tours and traveling with "the

Peggy was a member of St. Michael Lutheran Church in Blacksburg where she was a longtime member of the church choir, women's groups and the Happy-Go-Lucky senior group. She was also a member of Prices Fork Grange where she was a dedicated volunteer with the Prices Fork Fair and many other community projects.

Left to cherish her memory are her daughter and son-in-law, Angela and Michael Gunther of Blacksburg; her grandchildren, Michael A. Keister of Prices Fork, Allison Price (Brian) of Moneta and Chris Keister (Erin) of Midlothian; and greatgrandchildren Chase, Mason, Chance, Emma and

Cole. She is also survived by sisters Marguerite Olinger of Prices Fork and Mary Jo Snider Lindsey of Roanoke; and many special nieces, nephews, cousins and

Peggy's family would like to thank Kindred at Home, Intrepid Healthcare, LewisGale Hospital Montgomery and Dr. Christine Jordan and staff for the care and support they showed Peggy throughout the last several years.

Graveside services will be private. An additional celebration of life is planned for when all can gather safely.

In lieu of flowers, the family suggests donations to one of Micah's Fund Programs at St. Michael Lutheran Church (http://www.st-michael-lutheran-church. org/) or the Blacksburg Volunteer Rescue Squad. Arrangements by McCoy Funeral on Thursday, Jan. 14, 2021. Home, Blacksburg.

Skurupey, Arlene Echols

Arlene Echols Skurupey, 77, of Blacksburg died, Friday, Jan. 15, 2021, at her home. She was born in Blacksburg on Oct. 18, 1943, to the late Paul B. and Mamie Dillon Echols.

She was preceded in death by her husband, Fred Skurupey; a son, Greg Skurupey; and three brothers, Gale Echols, Shirley Echols and Mitchell Echols.

She was a member of Slussers Chapel Church of God and was very active in Girl Scouts and Boy Scouts. She is survived by her daughter, Jodi Skurupey; a son and daughter-in-law, Reggie and Wendy Skurupey; a daughter-in-law, Kathryn Tidwell; grandchildren Logan, Sheridan, Abria, Adam, Dillon, Ashton, Cameron and Matthew; great-grandchil-



dren Jack, Gabriella and Gregory; a special sister-inlaw, Ruth Echols; several nieces, nephews and other relatives; a special friend, Sheena; and special caregivers Janna Anderson, Allen Linkous, Doris Smith and Frances Burton.

Funeral services were conducted Monday, Jan. 18, 2021, at 2 p.m. in the Mc-Coy Funeral Home Chapel with the Rev. Richard Gil-

bert officiating. Interment followed in the Westview Cemetery, Blacksburg.

In lieu of flowers, memorial contributions may be made to Jodi Skurupey in order to establish a sports scholarship fund in Arlene's name. The family received friends Monday prior to the service. Arrangements by McCoy Funeral Home, Blacksburg.

Spencer, Chester Wallace

Chester Wallace Spencer passed away quietly on Thursday, Jan. 7, 2021, from natural causes at his home in Blacksburg.

Chester was 96 years of age at the time of his death. He was born in 1924 to his parents, Frank and Hazel Spencer, in Greeley, Kan. Chester continued to live in Greeley until his high

school graduation. He then went on to serve in the European Theater of World War II from 1943 to 1945 in the 42nd Infantry Division. Chester was awarded the Bronze Star and other medals for his valor in service. He was among the first American soldiers to liberate the death camp at Dachau.

After the war, Chester completed a bachelor's and a master's degree in engineering from the University of Kansas. He then earned his PhD in Material Science from the University of

Wisconsin in Madison.

Chester continued his research by taking a position as a faculty member in the Chemical and Metallurgical Engineering Department at Cornell University. After leaving Cornell, Chester went to AVCO, where he managed the development of the heat shield for the Apollo re-entry vehicle for NASA.

He then took a business management position as Vice President of Research for Kennecott Copper Corporation. He later served as Executive

Director of the National Materials Advisory Board in Washington, D.C. This position was a part of the National Academy of Sciences. By 1976, Chester returned to a more traditional academic life by accepting a position as Department Head of Materials Science and Engineering at VPI&SU (now Virginia Tech).

Chester lived in the Blacksburg area for the balance of his life. He enjoyed travelling the world hunting large game and birds. He took his daughters and grandchildren on some of these memorable hunting trips. He also enjoyed working on vintage British cars.

Chester was preceded in death by his wife of 64 years, Elizabeth House Spencer, and by his oldest daughter, away on Jan. 4, 2021, in Elizabeth Spencer Allen (Charles). He Lawrenceville, Ga., his is survived by three daughters: Mar- residence for the last sevgaret (Daniel), Catherine (Harry, and eral years. Hazel (John). Eight loving grandchildren also survive.

Because of the pandemic, no visitation is set at this time. Instead, the County on Jan. 9, 1955. family will be scheduling a memorial service sometime in the spring or summer of 2021 in the Blacksburg area.

In lieu of flowers, the family suggests that donations may be made in Chester's memory to the Veterans of rangements by McCoy Funeral Home, Blacksburg.

Hodge, Perry Anthony

Perry Anthony Hodge, 49, of Dublin passed away

He was preceded in death by his father, Jackie Bowman Hodge, a brother-in-law, Shane Simmons and his grandparents.

Survivors include his wife, Lisa Hodge; daughters and son-in-law Melissa Quesenberry, and Katie and Justin Noonkester; grandchildren Briggs,

Cameron, Branson, Maddy, Mason and Harper; his mother, Francis Harless Hodge; sisters and brother-in-law, Tina and Gene Duncan, and Jacqueline Simmons; a nephew, Jeremy Chadwick; an



uncle Wayne "Pickle" Harless; an aunt, Lois Blevins; and a host of other family members and friends.

The family received friends on Sunday, Jan. 17, 2021, at the Blue Ridge Church in Christiansburg. Memorial services followed with Pastor Scott Obenchain officiating.

In lieu of flowers, the family requests that donations be made to the

American Cancer Society, 2200 Lake Blvd., Atlanta, GA, 30319.

The Hodge family is in the care of Mullins Funeral Home & Crematory. www.mullinsfuneralhome.com.

Williams, Robert Michael

Robert Michael (Mike) Williams, formerly Giles County,

Mike passed from complications of liver cancer.

He was born in Giles Mike could always be seen with a smile on his face, and his jokes and pranks will forever be remembered by his family and friends.

Mike is survived by his partner and Foreign Wars at heros.vfw.org. Ar- the love of his life, Nancy Emm of Lawrenceville. He also leaves behind three daughters: Dawn Suni, Sherri Branco



and Marlene Musso, and grandchildren. His surviving siblings are Jean Smith of Blacksburg, Ed Williams of Blacksburg and Rose (Fred) Riviezzo of Pennsylvania. Mike is also survived by a host of nieces, nephews, great-nieces and greatnephews. He was preceded in

death by his parents, Mildred and Bill Williams; a

brother, Powell Williams; and sisters Rachel Green and Debbie (Elmore) Calfee

In keeping with his wishes, the body was cremated and a private memorial for Mike will be held by his family at a later date.

ourvalley.org

THE FINCASTLE HERALD

Vinton Messenger

THE NEW CASTLE RECORD

Legals - Botetourt

County

The object of this suit is to:

Obtain a divorce based on

It is ORDERED that Richard

Lee McKenney appear at

the above-named court and

protect his/her interests on

SPECIAL

COMMISSIONER'S

SALE OF

58 Lakeland Circle,

Troutville, VA

24175

Tax Map

#108(A)(1)BK2-19

The Special Commissioner

described property for sale

public auction on the date

Lot 19, Block 2, according

Forest, property of Botetourt

Development Corporation,

Botetourt County, Virginia,

made by C.B. Malcolm and

Son, S.C.E's dated August

15, 1960, of record in the

Clerk's Office of the Circuit

Court of Botetourt County,

Date of Sale: February 9,

2021 at 9:00 a.m.

Location: outside the

Court, PO Box 219,

Fincastle, VA 24090.

Botetourt County Circuit

Courthouse, Main Street,

Terms: CASH: a deposit in

the amount of \$10,000 or

whichever is lower. Final

settlement is subject to

Court approval of terms.

Time is of the essence.

1. All costs of conveyance,

recording charges, etc. will

be at cost of purchaser with

grantor's tax. Neither the

Special Commissioner nor

any other party quarantees

or covenants to deliver or in

possession of the premises

Commissioner reserves the

extend the time to receive

property from sale at any

Special Commissioner be

sole discretion, to convey

time. In addition, should the

unable, for any reason, in its

title, the successful bidder's

sole remedy in law or equity

deposit. Upon refund of the

shall be the return of his

deposit, the sale shall be

Additional terms may be

announced at the time of

Commissioner will convey

property to the purchaser(s)

by Special Warranty deed at

settlement and makes no

additional representations

or warranties of any kind

regarding the title to said

John K Prillaman Esq.

Special Commissioner

For Information Contact:

John K. Prillaman, Esq.

3140 Chaparral Drive

(540) 725-8194

Roanoke, Virginia 24018

VIRGINIA:

IN THE CIRCUIT

COURT OF

BOTETOURT

COUNTY

IN RE: ESTATE OF

GEORGINA B.

HUTCHENS,

property.

OPN LAW

the sale. The Special

the above-described

void and of no effect

right to reject all bids,

bids or withdraw the

examination of title,

the exception of the

any way to obtain

for any third party

2. The Special

purchaser

10% of the sale price,

the form of certified funds in

Virginia in Plat Book 4, page

to the Map of Blocks 2

through 7, of Rainbow

and time referenced below.

to the highest bidder at

will offer the above-

or before 02/01/2021.

12-28-20

Sherry Perry

Deputy Clerk

separation of 1 year

SALEM TIMES REGISTER

News Messenger

RADFORD News Journal

Autos - Trucks/ **Vans**

For Sale

1986 Chevrolet S-10 Pick-up, Red, W/ extended Cab, shell back 87k miles, recent state

inspection Good tires, new exhaust. Complete maintenance records available \$1475 or best offer

540-808-3754

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Legals - Botetourt County

ORDER OF **PUBLICATION**

Commonwealth of Virginia VA. Code Ann. §§ 8.01-316,

Case No. 20-649

DECEASED NOTICE

Having been requested to do so by Jane Judah, Administratrix of the estate of Georgina B. Hutchens, Deceased, and in accordance with Section 64.2-550 of the 1950 Code of Virginia, as amended, all creditors of Georgina B. Hutchens, and all persons in any way interested in her estate are hereby notified that I have fixed the 17th day of February, 2021 at 10 o'clock a.m., at my office at

13 South Roanoke Street,

Legals - Botetourt County

Fincastle, Virginia as the time and place for determining an account of the debts and demands against said Georgina B. Hutchens or her estate, the priorities among them, and the names of the persons to whom they are due. All creditors of Georgina B. Hutchens, deceased, and persons interested in her estate should appear at the time and place named, or any other time or place to which the proceedings may be adjourned, and protect their interest. Given under my hand this the 11th day of January,

Malcolm McL. Doubles Commissioner of Accounts

Legals - City of Salem

ORDER OF **PUBLICATION**

Commonwealth of Virginia VA. Code Ann. §§ 8.01-316, -317 Case No. CL20-2497 Roanoke County Circuit

April Lynn Webster-Mullins

Timothy Roger Mullins The object of this suit is to: Obtain a divorce based on a one year separation. It is ORDERED that Timothy Roger Mullins appear at the above-named court and protect his/her interests on or before 2-26-2021 @ 4:30pm.

1-4-2021 Jennifer Vest Deputy Clerk

Legals - Craig County

ORDER OF **PUBLICATION**

Commonwealth of Virginia VA CODE § 8.01-316 Case No. JJ002182-04-00, JJ002182-05-00, JJ002182-06-00 CRAIG COMBINED

COURT- JUVENILE Juvenile and Domestic Relations District Court Commonwealth of Virginia. in re PAITSEL, RAYNĚ, AKA BABY GIRL GARMAN The object of this suit is to:

The object of this suit is to

terminate the residual narental rights of the fa of Rayne Paitsel, aka Baby Girl Garman thought to be either Daniel Garman, Christopher Allen Paitsel or Unknown Father pursuant to Virginia Code Sections 16.1-283 B and C, and which child is under the age of twelve (12) months and was born to Kristen Nicole Garman. Residual parental rights are defined in Section 16.1-228 of the Code of Virginia (1950, as amended) as the rights and responsibilities remaining with a parent after the parent loses custody of a child, including but not limited to the right to visitation, consent to adoption, the right to determine religious affiliation, and the responsibility for support. The termination of your residual parental rights will permanently end all of your rights and responsibilities to the child named in the petition. The ties between you and your child are severed forever and you become a legal stranger to

It is ORDERED that Daniel Garman, Christopher Paitsel & Unknown Father appear at the above-named Court and protect his or her interests on or before 02/17/2021 09:30 AM.

12/29/2020 Patty Taylor Deputy Clerk

the child.

Montgomery County

Legals -

NOTICE OF JUDICIAL SALE Pursuant to an Order of

Sale entered in United States vs. Aimee E Reese, and Randall J. Reese, Civil Action No. 7:19-cv-00645, United States District Court for the Western District of Virginia Roanoke Division, the United States will offer for sale at public auction, to the highest bidder, according to law and pursuant to the terms and conditions set in herein, the property described below:

Legals -Montgomery County

Date: February 25, 2021 Time:10:00AM

Sale Location: Front of the Montgomery County Courthouse 1 E Main Street Christiansburg, Virginia 24073. All prospective bidders will be required to wear a face mask and maintain a social distance.

Title Offered: The property shall be offered for sale at public auction, free and clear of all liens and interests of the parties to this action

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Form of Payment: All payments must be by Certified or Cashier's Check made payable to the United States District Court for the Western District of Virginia

TERMS AND CONDITIONS OF SALE:

No bid (except for bids made by the United States) shall be accepted by the IRS, unless the same is accompanied by a certified check or cashier's check, in the minimum amount of \$1,560 made payable to the United States District Court for the Western District of Virginia. Before being permitted to bid at the sale, all bidders shall display to the IRS proof that they are able comply with this requirement. No bids will be received from any person who has not presented proof that, if he or she is the successful bidder, he or she can make the deposit required by the Order.

The successful bidder shall tender the balance of the purchase price, in certified funds payable to the United States District Court, at the office of the IRS on or before March 25, 2021.

In the event the successful bidder defaults on any of the terms contained in the Order, the deposit shall be forfeited and retained by the IRS as part of the proceeds of sale, and the real property shall again be offered for sale, without further permission of the Court, under the terms and conditions of the Order, or, in the alternative the real property shall be sold to the second highest bidder.

The United States may bid as a creditor against its judgments without tender of

The sale of the real property shall be subject to confirmation by the Court. Upon confirmation of the sale and receipt of the entire purchase price, the Court shall issue and the IRS shall deliver to the purchaser, a deed conveying the real property to the purchaser. Upon confirmation of the sale, all interests in, liens against, or claims to, the real property that are or may be asserted by any of the parties to this action are discharged and extinguished.

The United States reserves the right to reject any and all bids and to withdraw the property from sale.
*****IMPORTANT

INFORMATION***** This is not an advertisement

of a sale of administratively seized property. This is an information notice only regarding a sale being conducted by the Internal of the foreclosure of an Internal Revenue Service Federal Tax Lien by the Department of Justice.

Commonwealth of Virginia VA CODE § 8.01-316 Case No. JJ018725-06-00 Montgomery County Juvenile and Domestic Relations District Court *In re* Dejah Moser Montgomery County DSS

Telisha Leigh Moser Gebhart

Legals -Montgomery County The object of this suit is to:

Terminate the residual parental rights of Telisha Moser Gebhart legal parent of Dejah Moser a minor, in that said parent has, without good cause, failed to correct the conditions which resulted in the child entering foster care and it is not reasonably likely that they will be able to do so in a reasonable amount of time, failed to maintain continuing contact with the child and substantially plan for the child's future. Residual parental rights include, but are not limited to the right to visitation, consent to

Legals -Montgomery County adoption, the right to

determine religious affiliation, and the responsibility for support. The termination of residual parental rights will permanently end all of your rights and responsibilities to the child named in the

It is ORDERED that Telisha Leigh Moser Gebhart appear at the above-named Court and protect her interests on or before February 16, 2021.

Amie Blankenship Clerk

petition.





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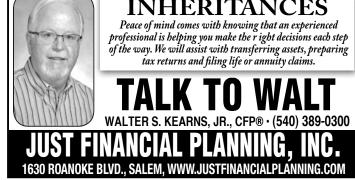
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RADFORD SPORTS

Artificial turf to be installed at Radford University baseball field

Williams Field at Sherman Carter Memorial Stadium will have a new look for the 2021 baseball season as the Radford University athletics department has announced that an artificial turf field will be installed at the ballpark.

"I know that I speak for the entire Radford baseball program, past and present players and coaches when I say thank you to our donors for this most generous gift during this most unprecedented time," head coach Karl Kuhn said of the project. "We are grateful, humbled and honored to have a brand-new playing surface to match our already magnificent baseball stadium and indoor development center."

Radford University President Brian O. Hemphill said, "Radford University is fortunate to be supported by past, present and future Highlanders who give freely of their time, talent and treasure. The financial support for the baseball turf project is a clear symbol of the generous spirit of Highlanders and one that will provide an enhanced experience for Radford student-athletes and devoted fans for years to come."

The artificial turf project was privately funded through an anonymous donor, broke ground in November and is scheduled to be completed this month. FieldTurf, Inc., a world leader with more than 20,000 artificial turf field installations worldwide, is installing the field, which replaces the natural grass surface that has been in place since the stadium's opening.

"Without the investment from our gracious supporters, this project would not have been possible,' athletic director Robert Lineburg said. "As we continue to enhance the student-athlete experience, this project will allow our baseball program to better prepare for their season at a higher level. This addition will not only help with recruiting top athletes, but will serve our current student-athletes in their development to compete for championships." Similar to many baseball facili-

ties, the design will feature green shading in certain areas rather than a solid green look for a more aesthetically pleasing field. The infield has alternating shades of green stripes that stretch from home plate towards second base. The outfield has a similar system with wider striping. The Radford shield logo will be prominently displayed in center field in the same color shades as the striping in both the infield and the outfield while the Highlander wordmark will be featured behind home plate on a halo. Additional logos will be seen down the first- and third-base

"As a baseball coach, you are always looking for avenues to update your facility for the betterment and development of your players," Kuhn said. "This new state-of-the-art turf field will allow our program the opportunity to join the elite baseball programs in the country by giving us the ability to develop and train our players on a surface second to none.' The new field is the latest im-

provement to Radford's baseball facilities and infrastructure that have been funded through donor support. Within the last decade, the Highlanders opened both Williams Field at Sherman Carter Memorial Stadium and the Sioros Center, which houses the baseball and softball offices and the indoor practice facility, and had a video board installed at the ballpark. They were all either completely funded through donors or had large donor contributions.

President Hemphill said, "This critical project is also a true testament to the many ways in which our university is providing worldclass facilities and unique experiences in the classroom, in competition and in the community. I cannot wait to see Coach Kuhn and his dedicated team take the field once this project is completed and the season begins."

The first games on the new field will take place beginning Feb. 19 when the Highlanders host LaSalle for a three-game series.

--RU Athletics

Former pro football player writes book on achieving dreams



Christiansburg resident and former football player Dennis Haley has written a book which relates his personal trials and setbacks, will recounting his experiences on the football field and his time at Salem High School, the University of Virginia and in the National Football League.

Marty Gordon

NRVsports@ourvalley.org

Dennis Haley has spent most of his life on the gridiron as a former Salem High School, University of Virginia and NFL football player. He now calls Christiansburg home and has been through trials, setbacks and challenges that along the way almost convinced him to quit. His spirit of resiliency, as he puts it, would not let him stop dreaming and quit.

Earlier this month, Haley completed the book *The* Playbook: The Art of Dreaming in which he introduces the five pillars of achieving dreams. They are self-worth, work ethic, discipline, relationships and sacrifice. He hopes the book will help teach young players the next-play mentality, which will keep them going whether circumstances are good or

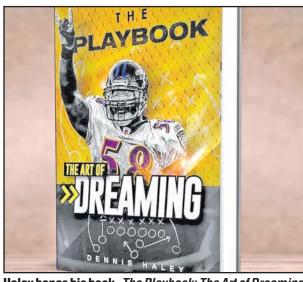
Haley was born in Roanoke and excelled on the football field as a linebacker and running back at Salem High School, rushing for 3,762 yards and 63 touchdowns during his 4-year career. He led the school to three state championships (1996, 1998 and 1999). He also played on Salem's 1999 state basketball championship team. He went on to star at the University of Virginia and then turned pro. In

the NFL, he has played for

the Baltimore Ravens, the San Francisco 49ers and the New York Jets.

He first touched a football when he was 2. He apparently inherited some of his talent from his father, who played football at Bluefield State.

"Football taught me patience, taught me to never be too excited or angry because there is always the next play," Haley said. "I transferred that mentality from the field to my life off the field and to my experiences. Football taught me how to be accountable because when others depend on you to do your job and do it well, you have no choice but to put your all into it.'



FILE PHOTOS Haley hopes his book, The Playbook: The Art of Dreaming, help others achieve their dreams in whatever their profession may be.

With the extraordinary support of his parents, Haley developed a "humble hustle" that had kept him focused. Now he has created a different kind of passion and focus that has switched from crushing his opponents on the field to molding the minds of men, women and youth.

"I wrote this book because I know that there are millions of boys, girls, men and women who are dreaming of going pro in something," Haley said. "Dreaming has no age or profession, whether athlete, teacher, lawyer or doctor.

"I wanted to tell my story of winning and losing on the path to achieving my dreams and to show that no

was all business. When he

finished his run, he led test-

ing in the ARCA Menards

Series at Daytona Interna-

tional Speedway. Saturday,

he pushed his car to the

front for a lap of 183.902

miles per hour with a .046

second lead over Ty Gibbs

matter what you go through on your journey, you should never lose faith in your ability to be great. Self-worth is one has," Haley said.

recounts what took him on he has learned a lot from his journey to success.

book to achieving their UVA, and Long has said that dreams. This book details what Haley continues to do the process to reaching your after football is what sepadreams. It's the work ethic, rates him from others. relationships, self-worth, sacrifice and discipline," said Canty said the book is truly Haley, who spends his spare inspirational and has sometime running fundamental sports camps for area young-

Haley credits his family Kindle for \$9.99.

and a strong faith in helping him to reach the top.

"Don't let anyone control your destiny," Haley said. "You know your dreams and what you want to accomplish. Do the right things and put in the work. They can be achieved."

Anything is possible if you want it as Haley writes. "You have to believe in yourself and your abilities. You have to know your worth. I lived and still to this day live by these Five Pillars. I believe that if you put these in your everyday life and make a daily commitment to them, I promise it will put your mind in a space where anything can be achieved." He said he hopes people will use the experiences he recounts in his book to achieve their dreams.

Early responses to the the most important trait that new book have been posi-

The Playbook: The Art of Two-time Super Bowl Dreaming is his life story that champion Chris Long said Haley during his collegiate "I want [readers] to use and professional career. my experiences as a play- The two were teammates at

> **ESPN** analyst Chris thing for everyone.

> The book is available on Amazon for \$19.99 and on

Christiansburg racer Derrick Lancaster back on track after months in neck brace

NRVsports@ourvalley.org

August 9, 2020, is a day Derrick Lancaster would like to forget.

The Christiansburg racer was rushed to the hospital after being involved in the most serious accident he has had in his 20-plus years in the sport. He had been pulled from a Late Model race car that had catapulted over another car and into the Turn 4 wall at Kingsport Speedway.

MRI results showed a hairline fracture at the base of his skull. He did not require surgery but was in a neck brace for three months and was advised by doctors not to race again. The doctor's words were simple: "Mr. Lancaster, you may never be able to race again.'

The injury was very similar to one that killed NAS-CAR legend Dale Earnhardt.

But Lancaster, who has made more than 100 starts between Motor Mile Speedway and Kingsport Speedway since 2008, was determined to work through rehab and see what those

doctor's words really meant

for his time on the track. "At first, I couldn't move my neck, and, yes, I was worried," he said Sunday sitting in his office at Total

Car Care and Truck Service. Those comments came less than 24 hours after he suited up and got behind the wheel of his ARCA race car for new-year testing at Daytona Speedway.

'It's like chewing gum or riding a bike. You don't for-

get," he said. Lancaster admitted to having some reservations,

but when the flag fell, he

"It felt great," Lancaster The return to the track did not come without a lot of effort. "I did everything the doctor asked of me including wearing a neck brace for most of the past

of Joe Gibbs Racing.

He spent most of the past few months traveling back and forth to the Johnson City doctor who first saw

the doctor," he said.

three months. I also had to

get a written release from

him after the accident. wasn't easy on my family. It wasn't easy for me," Lancaster said.

to Lancaster, but in the back the accident.' of his mind he always knew seat of a race car again.

He plans to run the month. So far in three tries, he has not finished the race after small mishaps in heavy traffic. Now, he has his eyes and having all those other the New River Valley. racers chasing him.

cident was not his first incident, but it definitely was the most serious. "After I hit the wall, I looked down and my pants were on fire,"

was on fire. I told myself that would not be the way I would end it. For the past The time in between was three months, it has been very emotional, according hard for me to talk about

This weekend's run he wanted to be back in the might erase at least a part of that.

"My phone has not big race at Daytona next stopped ringing since I grabbed the top of the board," Lancaster said.

His run came with an allvolunteer race crew that has on qualifying near the front full-time jobs back here in

That's what made it The Kingsport track ac- feel so much better against crews with full-time crew members," he said.

The team did hire veteran crew chief Marcus Richmond, which helped leading into the trials.

Lancaster has been a frequent competitor in the Dirty Dozen Late Model series. All five of his Top-10 finishes came at Motor Mile, and he has run four ARCA races in the past four years, scoring a career-best finish of sixth at Talladega Superspeedway in 2014.

He will return to Florida for the February 13 season opening event. He also plans to run the Late Model season at Motor Mile Speedway in Radford this summer.



FILE PHOTO

Christiansburg racer Derrick Lancaster was back on the track this weekend just five months after a serious accident at Kingsport Raceway in Tennessee.