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News Journal



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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

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 COVID 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.

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 Radford.

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, manufacturing, 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 other matters.

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 moderate-intensity 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.

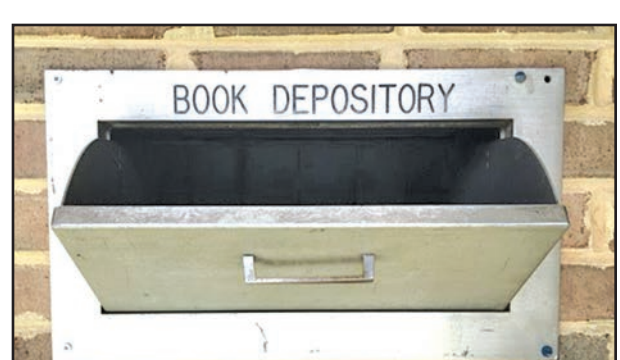
Start small and build up your fitness. The benefits are twofold - starting slowly helps you establish a regular habit of activity without overwhelming you and keeps you from getting sore or injured. For complete beginners, 5-10 minutes a day is a great initial goal. For people who have been active off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

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

See Exercising page 6



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 reminding people they can request for the library to order an item that is not yet in the collection.

"Please know that if you find yourself looking for an item that isn't in

the library collection, you can consider submitting a Request for Purchase online," according to RPL. "If you make a request, we can usually purchase the item for the collection. Although there are some limitations, like cost, publication date, and availability, 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 and ready to go."

The library has launched a Radford Reads Reading Challenge for 2021, encouraging people to read more.

"We challenge you to read at least 12 books this year, and to broaden your horizons by reading books 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 librarian 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.

UPCOMING EVENTS

Through Thursday, Jan. 21:

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 voice-activated 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_291uAlpoEfN00d

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 Photography

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 devel-

oping 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 Summit

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 Heroes

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 affordability.

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 strate-

gies 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

February 12.

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 density.

The housing affordability engagement 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-housing>)

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-to-face engagement opportunities, Let's Talk Blacksburg offers an additional online venue for users to have their say at their convenience.

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-housing>.

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

I'm 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

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-and-shake 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 size of a robin, with

grey-blue plumage, a 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 tones.

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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CLUES ACROSS

- Correct code
- Foundation
- A pulpy condition
- Venezuelan river
- Orange-red chalcidony
- The shallowest Great
- Floating ice mountain
- Japanese cervids
- Special Interest Groups
- Divertimentos
- Indian wet nurses
- Flatfishes
- Haitian currency (abbr.)
- Southeast
- One point N of due W
- 10 decibels
- Wild oxes of SE Asia
- Ancient Greek City of SW Italy
- A passing glancing blow
- Marriage announce-

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- Tandoor bread
- Mag. Time
- Portended
- Alicante's 7th city
- Gulf of, in the Aegean
- Strike
- Hill (Celtic)
- Stuart Little's author
- White
- Male sheep
- Indian dresses
- Pears
- Tardy arriver
- Smudge of ink
- Youngsters
- About aviation
- Small ornamental ladies' bag
- Unreturnable serves
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- Round shape
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CLUES DOWN

- Strikes lightly
- Fencing sword
- Hooked pericarp
- Entreats
- Edison's Corp.
- Cooks in an oven
- Amounts of time
- Tooth caregiver
- Spellbind
- Solo opera piece
- Audible exhales
- Siddhartha author
- Coach's game area
- Gross revenue
- Toff
- 1896 Italian defeat (alt. sp.)
- Auto fuel
- A woven structure
- Reveal a secret
- Hawaiian geese
- Brings into being
- Displaced liquid
- Frigid Zone
- Newsman Rather
- Prefix for inside
- Short-billed rails
- Sensory receptor
- Egyptian temple
- Ombo
- Challenges
- Photograph (slang)
- Declined gradually
- Tilapia nilotica
- One-edge sword
- Wets
- Small coins (French)
- Twine together
- The middle point
- Sea eagle
- Activist Parks
- Humbug
- Atomic #79

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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 pipes.

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 information."

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 summer.

Munson's lab developed tissue-engineered models 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 MRI-guided 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 degree 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 fluid flow.

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 it. Aquatic insects and their larvae, including mayflies, mosquitoes, and midges, are favorite dipper foods. They will also consume small fish, fish eggs, dragonflies and worms.

Dippers employ a variety of foraging strategies. They



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 adaptations. To survive cold mountain winters, dippers 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 that 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 Brisbane, Australia.

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 Supervi-

sory 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 schools.

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 has attended various specialized schools and training including, but not limited to, Field Training Officer School and the FBI LEEDA First Line Supervisor School.

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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;

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OPINION

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 blow-by-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 red-haired 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 sub-genres:

- 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 of the Body Snatchers*, *The Thing from Another World* (remade as *The Thing* by John Carpenter in 1982 with some of the best special effects ever, perhaps outdone only by David Cronenberg's 1986 remake of *The Fly*))

5) The Living Dead (*Frankenstein*, *Bride of Frankenstein*, *The Mummy*, *Night of the Living Dead*)

6) Ghosts and Haunted Houses (*The Sixth Sense*, *The Haunting*, *Poltergeist*)

7) Possessions, Demons and Tricksters (*The Exorcist*, *Dr. Jekyll and Mr. Hyde*)

8) Voodoo, Cults and Satanists (*Children of the Corn*, *I Walked with a Zombie*, *The Wicker Man*)

9) Vampires and Werewolves (*An American Werewolf in London*, *Dracula*, *The Howling*, *The Wolf Man*)

10) The Monstrous Feminine (*The Blair Witch Project*, *Carrie*, *Misery*, *Whatever Happened to Baby Jane?*)

If I were any more impressionistic than I am, the book would probably have given me nightmares. But

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 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, repulsive substitutes for honest, hard-earned scaring the socks off us. Thus, my favorite horror movies are long on atmosphere, tension, and suspense and short on gore.

But I do have some clear favorites, and if you'll indulge me a bit, I'll share ten of them with you. Feel free to criticize my selections all you want. These are, after all, subjective choices in a movie genre many critics over the years have deemed to be unworthy of consideration as legitimate cinema.

So here is a very personal list of ten horror movies worthy of devoting some of your precious time to:

- 1) *Invasion of the Body Snatchers* (the original 1956 version) The best ever. After all, sleep is overrated, isn't it?
- 2) *Creature from the Black Lagoon*. Holds up well as an environmental protest. 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 people?

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, huh?

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 love it.

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 injured.

Virginia hospitals have administered more than 175,000 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 Pfizer and Moderna COVID-19 vaccines in the weeks since the commonwealth received the first shipment of

doses in mid-December.

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 population.

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 which to live

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 Richmond was the 32nd best state capital

in which to live.

State capitals aren't just for law-making. 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 Hartford, 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 politically-charged 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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LAND 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, Blacksburg

Jennifer Ann Exor Lucas to Deborah G. Alderman, 285 Haymaker St., Christiansburg, two parcels.304 ac.

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

Randolph Dewey Vaden to Russell Derek Vaden, 1.950 ac., Mt. Tabor Magisterial District

Randolph Dewey Vaden to Russell Derek Vaden, 79.453 ac., Mt. Tabor Magisterial District

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

Randolph Dewey Vaden to Raymond Jacob Vaden, 9.137 ac., Mt. Tabor Magisterial District

Snyder-Hunt Company LLP to Stateson Homes LLC, Lot 12, Christiansburg, \$69,357

RDT Construction Inc. to Michael N. Creamer, 0.424 ac., lot 10, Mt. Tabor Magisterial 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. Condominium, Blacksburg, \$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 Construction 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

Roger Woody to Thomas Clarke Westmoreland

David Edward Foreman 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, \$42,500

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 Magisterial District, \$152,500

Theresa 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, Cloyd Magisterial District, \$20,000

Amy Orsini Freck to Amy Orsini Freck, Lot 27, Dunton Dr., Blacksburg

Midland IRA Inc., to Jared A. Keyel, Lot 8 Hunters Ridge, Ph III, Christiansburg, \$168,000

William R. Ryan to Michael Bradley Sutherland, two parcels, 42 ac., Alleghany Magisterial District

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, Hiawasse, 1.143 ac., Riner Magisterial District, \$5,000

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

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 Charles David Phlegar, 2.3614 ac. Lot 3, Walnut Hill Subd., \$120,001

Jessie C. Nester to Jessie C. Nester, 06.26 ac., 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 Magisterial District, \$162,000

Hoge Farm Properties LLC to Ott & B LLC, 2.766 ac., Lot B. Prices Fork Magisterial District, \$425,000

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

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 District

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 Magisterial 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

Terry Duncan to Kimberly Denise Bane, 1545 Fire Tower Rd., Christiansburg, Auburn Magisterial District, \$11,175

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

Paul Fritz to Everone 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 Frasier Dent, 0.2586 ac., Shawsville Magisterial District, \$114,600

Nancy Anne Scagel to Reginald Roakes, 0.331 ac., Christiansburg, \$182,500

R. Fralin Homes LLC to Fralin Construction Inc., Lot 13, The Villas 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 Ouliacinia, Lot 13, The Villas on N. Main, Ph II, \$359,352

Connie Noonkester Linkous to Brandon 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, Blacksburg, \$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 Properties 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 Baucum 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, University Terrace, \$209,750

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

Deeds Transfer upon death

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. Tabor 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 management areas, the steering team sets an annual cam-

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

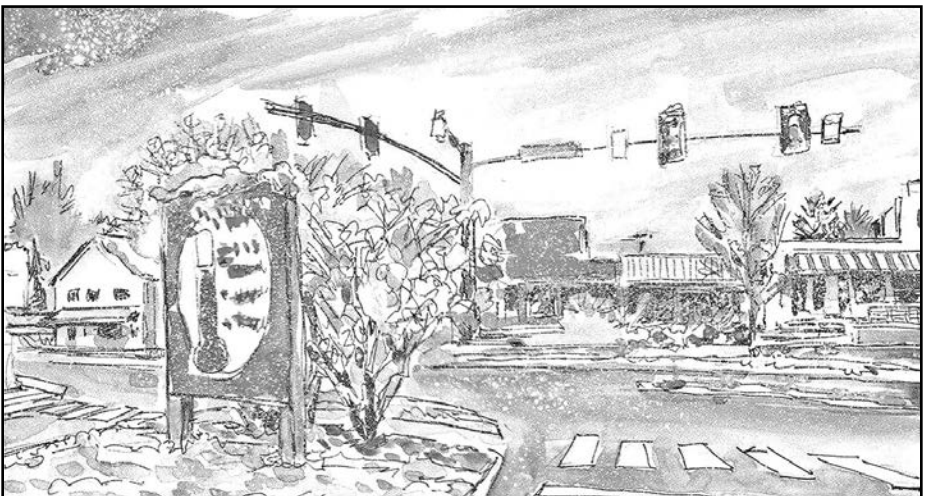
Many areas not only met, but exceeded their goal in 2020, including College of Agriculture and Life Sciences, College of Engineering, College of Natural Resources and Environment, College of Science, Dean of Libraries, Vice President for Advancement, Vice President for Business Affairs, Vice President 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 col-

lective 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.

STEVEN WHITE

charity spotlight series featuring representatives from many of our local charitable organizations and enabling them to share with viewers the important work they do."

CVC donations have gone to approximately

1,000 participating charities, ranging from health and human services to animal welfare; from environmental conservation to medical research and everything in between.

As the sponsoring department for CVC, Vice

President for Human Resources Bryan Garey said, "It is truly remarkable seeing employees come together to support our local communities during a trying time. Once again Virginia Tech rose to the challenge to help those in need."

Exercising from page 1

mat or towel to get started.

Get creative for cardio. Unless you feel like investing in a stationary 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. Don't forget a mask.

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

and down at the fastest speed you can safely manage or quickly step up and down the bottom step.

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 balance, 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 maxi-

mize 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 SNAP-eligible families. Brooks is a registered dietitian nutritionist and a certified personal trainer.

PETS-OF-THE-WEEK

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.



Tortilla the energetic tortie, a short-time resident of the Animal Care and Adoption Center, is ready to head home. Tortilla would love a place where she can be active and play. She is litter-box trained.



Meet lovable Bernie. He's a mini-lion lop rabbit who is very easygoing and mellow. 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.

OBITUARIES

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.



For the last two years, Josephine found comfort with her baby doll, Jeremiah.

The family wishes to thank all the staff at Highland Ridge Health and Rehab for their dedicated care throughout the years she was there. In lieu of flowers, please make contributions to the family, as they would like to purchase baby dolls and teddy bears for the other residents at Highland Ridge Health and Rehab Center.

A graveside service was conducted Monday, Jan. 18, 2021, at 11 a.m. in the Smith Family Cemetery. Arrangements by McCoy Funeral Home, Blacksburg.

Sewell, Judy Carol Pinson

Judy Carol Pinson Sewell, 77, of Blacksburg, died on Saturday, Jan. 16, 2021, at LewisGale Medical Center, Salem, following surgery.

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

She is survived by her husband of 53 years, Edward (Edd) Holt Sewell, Jr.; Neffi, her cat; sons John Edward Sewell and his wife, Karen Linkous Sewell, of Montgomery County, Zachariah (Zac) David Cole and fiancé Maddie Reda of Raleigh, and Phoenix Damien Cole of Dublin; granddaughters Chelsea La'Raye Sewell and Courtney Roxanne Sewell Croy and her husband, Paul Logan Croy, all of Montgomery County; 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-in-law 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 graduate degree from Virginia Tech.

Due to COVID-19, a service of remembrance will be scheduled in the future.

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. 7, 2021.

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 sisters."

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 great-grandchildren 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 friends.

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 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 Slusers 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-grandchild-



dren Jack, Gabriella and Gregory; a special sister-in-law, 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 McCoy Funeral Home Chapel with the Rev. Richard Gilbert 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.

Hodge, Perry Anthony

Perry Anthony Hodge, 49, of Dublin passed away on Thursday, Jan. 14, 2021.

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 Quesberry, 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.

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, Elizabeth Spencer Allen (Charles). He is survived by three daughters: Margaret (Daniel), Catherine (Harry, and Hazel (John). Eight loving grandchildren also survive.

Because of the pandemic, no visitation is set at this time. Instead, the 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 Foreign Wars at heros.vfw.org. Arrangements by McCoy Funeral Home, Blacksburg.

Williams, Robert Michael

Robert Michael (Mike) Williams, formerly of Giles County, passed away on Jan. 4, 2021, in Lawrenceville, Ga., his residence for the last several years.

Mike passed from complications of liver cancer.

He was born in Giles County on Jan. 9, 1955. 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 the love of his life, Nancy Emm of Lawrenceville. He also leaves behind three daughters: Dawn Suni, Sherri Branco



and Marlene Musso, and several 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 great-nephews.

He was preceded in death by his parents, Mildred and Bill Williams; 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.

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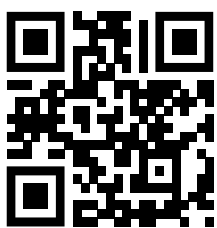
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RADFORD SPORTS

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 project 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 facilities, 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 lines.

"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 improvement 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 Siors

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 world-class 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



FILE PHOTOS

Christiansburg resident and former football player Dennis Haley has written a book 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

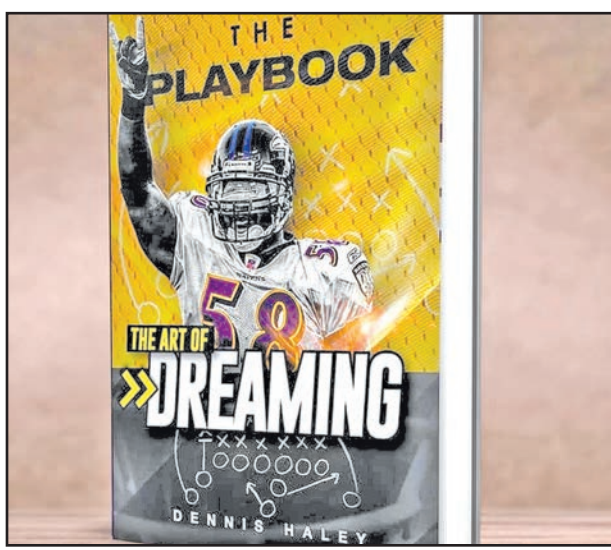
hopes the book will help teach young players the next-play mentality, which will keep them going whether circumstances are good or bad.

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."



Haley hopes his book, *The Playbook: The Art of Dreaming*, which relates his personal trials and setbacks, will 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

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

The Playbook: The Art of Dreaming is his life story that recounts what took him on his journey to success.

"I want [readers] to use my experiences as a playbook to achieving their dreams. This book details the process to reaching your dreams. It's the work ethic, self-worth, relationships, sacrifice and discipline," said Haley, who spends his spare time running fundamental sports camps for area youngsters.

Haley credits his family

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 new book have been positive.

Two-time Super Bowl champion Chris Long said he has learned a lot from Haley during his collegiate and professional career. The two were teammates at UVA, and Long has said that what Haley continues to do after football is what separates him from others.

ESPN analyst Chris Canty said the book is truly inspirational and has something for everyone.

The book is available on Amazon for \$19.99 and on Kindle for \$9.99.

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

Marty Gordon

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 NASCAR 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 forget," he said.

Lancaster admitted to having some reservations, but when the flag fell, he

was all business. When he finished his run, he led testing in the ARCA Menards Series at Daytona International 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 of Joe Gibbs Racing.

"It felt great," Lancaster said.

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 three months. I also had to get a written release from the doctor," he said.

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

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

The time in between was very emotional, according to Lancaster, but in the back of his mind he always knew he wanted to be back in the seat of a race car again.

He plans to run the big race at Daytona next month. So far in three tries, he has not finished the race after small mishaps in heavy traffic. Now, he has his eyes on qualifying near the front and having all those other racers chasing him.

The Kingsport track accident 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,"

Lancaster said. "The car was on fire. I told myself that would not be the way I would end it. For the past three months, it has been hard for me to talk about the accident."

This weekend's run might erase at least a part of that.

"My phone has not stopped ringing since I grabbed the top of the board," Lancaster said.

His run came with an all-volunteer race crew that has full-time jobs back here in the New River Valley.

"That's what made it 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.

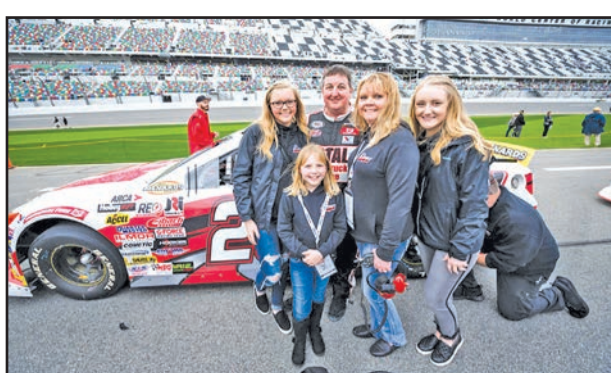
He will return to Florida for the February 13 season opening event. He also plans to run the Late Model season at Motor Mile Speedway in Radford this summer.



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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.